



# 17th European Congress of Psychology

Psychology as the Hub Science: Opportunities & Responsibility

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## Book of Abstracts

### Congress organiser

Slovenian Psychologists' Association  
Under the Auspices of the European Federation of Psychologists' Associations

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## Preface

### **Dear authors, EFPA members and other participants of the 17th European Congress of Psychology, dear colleagues,**

It is a pleasure and a privilege for the Slovenian Psychological Association to welcome you to ECP 2022 with the overarching theme of Psychology as a Hub of Science: Opportunities and Responsibility. Indeed, the main objective of the Congress is to provide a forum to review the wealth of international research findings, professional practices, and theories in light of the opportunities and responsibilities of psychology as a hub science in today's society. Given our diverse cultural environments, lack of social and economic security, climate crisis, current war hotspots, and mental health issues raised by the COVID-19 pandemic, psychology's contribution to society has never been more important. Therefore, we believe that ECP 2022 will be a stimulating venue to discuss current trends and groundbreaking research and advances in various areas of psychology and related disciplines from 71 countries worldwide, 35 of which are from Europe.

This Abstract Book demonstrates the high quality of EFPA's traditions, which has been and continues to be an important hallmark of the organisation over the past 40 years. Moreover, the abstracts show the many colours of European and international psychological knowledge from a scientific perspective and with practical applications. In addition to the 18 keynote lectures that will serve as hubs of psychological science during ECP 2022, we will network and deepen our understanding of specific topics in 22 invited and 40 regular symposia, 78 thematic sessions, 227 posters, 11 workshops, and 7 pro-and-con discussions. A total of 918 presentations will be made over three working days.

The content of the abstracts provides insight into the scope and quality of the professional and scientific work of psychologists. We must continue to learn from each other and from other sciences and professions, and to share our knowledge with them and with society. In this way, we will strengthen both our internal psychological network and the position of psychology and science in general in today's world.

*Mojca Juriševič,  
on Behalf of the Scientific Programme Committee  
June 2022*

## Keynote Lectures

### Social Communication and Role of Consensus in Honeybees

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Discussant: Stephen David Reicher  
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Humans have special relations to honeybees. We can find cultural correlations between public perception of honeybees and human society. Very often, research of honeybee life was strongly motivated with general questions of human society development. Behind such research, we are studying basic scientific questions to better understand processes in the cells, organismal and social level. Social life of honeybees looks very rigid because we can't observe some major changes in a way of organization in a bee colony through our lifetime. Although from evolutionary point of view there was a development from solitary life to eusocial life as we know now in honeybees. There are some basic mechanisms that keeps honeybee colony together in dependable society. Most of that can be contributed to chemical communication by secretion of pheromones by the queen, brood as well workers. In addition, bees have special developed waggle dance communication which enables sharing of and selection between different resources. Colony level decision is based on interactions between individual workers and not some kind of central physical storage of information. Bees use different level of narrowing of the selection of the resources. Water, plants resins and pollen are more widely selected, but nectar and honeydew resources can be narrowed to the most profitable resources. In case of new hive location during swarming behavior they practically achieve total consensus. Narrowing of the selection can be linked to specific needs of the colony, potential discrimination of the quality of the resources and rewarding mechanisms for the resource. If there is clear reward like sugar concentration in case of nectar and honeydew resources, selection can be simplified inside of the hive without rechecking of the quality at the field by the recruits. In case of a new hive, it seems that rechecking and repetitions of specific locations' information is critical to achieve final swarm level decision with nearly full consensus. We could say that in case of honeybee social organization, level of consensus depends on importance for the survival of the colony.

### Can a Profession Be Resilient? European Psychology in Times of Rapid Transformation and Unpredictable Change

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Resilience is a construct recognized in many sciences. Resilience thus becomes a multi-systemic process in which the interplay of risk and protective factors, of weaknesses and strengths of the system, as well as difficulties and supportive potentials of its environment are balanced in such a way that opportunities open. Science and practice and their fields can be understood as semi-autonomous systems. They contribute to the positive adaptation of the overall system to changing internal and external conditions. The period of the pandemic has led to a variety of adjustments in professional science, professional practice, and professional policy. Professional perception focuses more on changes in the environment with its physical conditions. The profession's self-image and self-ideal now emphasize social responsibility more strongly. In action, new channels and tools are used to achieve direct impact. Dialog with experts from other professions and politics is sought. These changes can be understood as systemic change in the sense of resilience. With them come opportunities for positive advancement of the discipline: Psychology has mastered this challenge excellently in many countries. Low-threshold offerings, especially virtual ones, have developed spontaneously for different target groups. Changes in the living environment are actively accompanied, from the home office to social interaction in the neighborhood. Virtual communication supports the regional, national, and international cooperation and visibility of psychology. Now it is important to secure these successes and to use the new status as a multi-functional "hub science and profession" for the future. However, it is also important to develop an identity from the narrative of a competent and helpful science and profession that strengthens the unity of psychology in all its diversity. With growing self-confidence and a positive identity, psychology can then also face the challenges reflected in the United Nations Sustainable Development Goals.

## Using the Internet to Provide and Support Psychological Treatments in the Era of a Pandemic

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Internet interventions have been around now for about 20 years. While the field still suffers from a scattered terminology a dramatic number of programs and studies now exist. In the present talk I will present an overview of our experiences of studying internet-supported cognitive-behavior therapy (ICBT), but also other approaches including the use of smartphones. I will cover transdiagnostic treatments and also applications in relation to the COVID-19 pandemic. Four questions will be addressed. What are the effects for different conditions?, Can ICBT be as effective as face-to-face therapy?, What are the long-term effects?, and does this treatment format work in real life? The talk will end with a discussion about future directions and how we can disseminate internet interventions further across borders.

## Homo Creativus: An Overview of the 7 Cs of Creativity

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The creative side of human nature will be examined. Creativity refers to the ability to produce original, valuable work. The 7 C's approach to creativity explores this topic in terms of (1) Creators - characteristics of creative people, such as the cognitive and personality characteristics that contribute to creative potential, (2) Creating - the process of crafting new ideas, the sequence of thoughts and actions involved in the productive act, (3) Collaboration - the nature of interactions in dyads and group settings for creative work, (4) Context - characteristics of the physical and social environments, at family, school, professional and cultural levels that support (or inhibit) creative work, (5) Creations - the characteristics of productions deemed creative and the manner that evaluators put the criteria into play, (6) Consumption - the adoption and uptake of creative work, the manner that creative work integrates in the larger marketplace of ideas and goods, (7) Curricula - the development of creativity in children and adults, both through formal and informal educational experiences. Recent research in psychology related to each of the 7 Cs will be presented.

## Understanding the Multifactorial Developmental Pathways to Mental Health in Youth: Psychological Clinical Science Contributions

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This talk with overview research on the contributions that psychological makes to understanding risk factors youth mental health, with a particular focus on depression and suicidal ideation, with onset as early as preschool. These factors include reduced responses to rewarding outcomes associated with disruptions in reinforcement learning and impaired activation of striatal and insular regions, increased responses to negative outcomes, also associated with disrupted amygdala, striatal and insular activation, and impaired emotion regulation skills associated with decreased prefrontal activity, and disrupted connectivity between emotion reactivity and emotion regulation regions that may reflect disrupted cognitive control mechanisms that normally serve to suppress heightened emotional reactivity. I will also present results of a novel psychological treatment for early onset depression and evidence for modulation of hypothesized psychological and neural targets as a function of treatment. Together, these data highlight the ways in which psychological science can inform our understanding of the causes and treatment of mental health challenges in youth.

## Job Demands - Resources Theory in Action: Recent Interventions

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In this presentation, I give an overview of my recent work with Job Demands – Resources theory. Among others, this research has focused on job crafting – the proactive behaviors employees use to optimize their demands and resources. I will discuss how we have developed job crafting interventions to improve employee well-being and functioning and will showcase several intervention studies. In addition, I have developed new behavioral interventions that aimed at improving proactive job crafting behaviors, work-family balance, and recovery. This blended approach was tested during the COVID-19 pandemic, and I will show how these interventions can be effective for various occupational groups.

## Clinical Supervision: The Pedagogical Key to Hub Science Training

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Increasingly, psychology is gaining recognition as a hub science, and clinical supervision for psychologists is being recognized as a major contributor to the pedagogy and development of science. This is because clinical supervision provides a strategic and foundational mechanism in hub sciences in future generations of practitioners and leaders. To date, however, clinical supervision has not been elevated to the level of importance it warrants as a signature pedagogy. It has not sufficiently achieved the educational status necessary to ensure essential transmission of knowledge, skills, values, and attitudes to future generations. There are several future steps to achieve that goal on a global basis: (1) increase the recognition of the necessity of clinical supervision and training; (2) support the implementation of intentional and systematic practices as a model for training; and (3) assure that carefully defined “competence” is placed in the forefront of these aspirations, rather than simply “experience or education.” To ensure this recognition, a sequence of requisite supervision training needs to be provided normatively in the developmental progression of graduate education. The objective will be to ensure trainers and trainees alike of the value of clinical supervision and supervision relationships. The ever-growing body of evidence and research support, inclusive of empirical methodology, aspiring to the highest ethical adherence, all supporting interdisciplinary and international collaboration. The sequence would include theoretical, research, and experiential components, with evaluative modules to assess supervisee competence. International sharing of experience, evidence, and analysis will provide the essential building blocks to achieve that objective.

## The Role of Psychologists in Optimizing Olympians and Paralympians’ Development, Performances and Mental Health

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While elite sport is generally viewed in terms of maximizing performances, a strong need exists to focus on the development and mental health of athletes. Based on his experiences as lead psychologist to the Olympic Committee of the Netherlands and as team psychologist for TeamNL during the 2016 Rio and 2020 Tokyo Olympic Games, Paul will use a holistic perspective to reflect on the development, mental health and

performing of athletes and coaches. Specific attention will be paid to the long-term development of athletes’ psychological competences and the psychological support services provided to athletes, coaches, and members of staff. In conclusion, Paul will reflect on (sport) psychologists’ competences essential when working at the elite, Olympic and Paralympic level.

## Deep Inference

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In the cognitive neurosciences and machine learning, we have formal ways of understanding and characterising perception and decision-making; however, the approaches appear very different: current formulations of perceptual synthesis call on theories like predictive coding and Bayesian brain hypothesis. Conversely, formulations of decision-making and choice behaviour often appeal to reinforcement learning and the Bellman optimality principle. On the one hand, the brain seems to be in the game of optimising beliefs about how its sensations are caused; while, on the other hand, our choices and decisions appear to be governed by value functions and reward. Are these formulations irreconcilable, or is there some underlying information theoretic imperative that renders perceptual inference and decision-making two sides of the same coin? And does a model of the lived world entail a model of how we make choices?

## How do Young People Cope With Climate Change and How do They Deal With Sustainability Conflicts? Implications for Wellbeing and Climate Engagement

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Many young people worry about climate change. Is this worry related to hopelessness and low wellbeing, or is it rather related to climate engagement? Research shows that young people are not victims of whatever climate change related emotions that are aroused in them but actively cope in different ways. The focus in this presentation is on research with young people in the ages from late childhood, through adolescence, up to young adulthood about how they cope with climate change and how these coping strategies relate to engagement and subjective wellbeing. The importance of meaning-focused coping and constructive hope will be emphasized. Research about how young people deal with conflicts related to trying to live in a sustainable way in a

more or less unsustainable society will also be presented. In this regard the importance of dialectical thinking as a form of postformal thinking will be emphasized. The presentation ends by elaborating on implications of this research for both informal learning, for example, parent-child discussions, and formal learning in school.

### **Psychology as a Hub Science: The Central Role of Talent Development**

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Psychology has been described as a hub science, meaning that it has strong links to and overlapping associations with other fields. Given psychology's focus on attitudes, behaviors, cognitions, and emotions, it is not surprising that the field has many nodal relationships. Talent development, as a subdiscipline with psychology, plays a critical role in psychology as a hub science, because talent development speaks to issues of learning, development, and performance across every field of endeavor. Whatever label is given to a child—gifted, talented, or prodigy—the role of education is to meet that child where they are and help them to enhance their skills so that they move to the next level of performance. Outstanding adult success requires more than high potential in a domain—outstanding performance also requires effective teaching, coaching or mentoring, long-term effort on the part of the individual, and in some cases, chance circumstances that provide opportunities for development. In this presentation, I review several major models of giftedness and show that they all rest on a talent development framework. Next, I use the talent development megamodel (Subotnik et al., 2011, 2018), which integrates literature from a variety of to review the major contributors to outstanding performance across multiple domain (e.g., academic, artistic, athletic, profession) and articulate the developmental nature of giftedness within every domain.

### **There's No Turning Back Now? The Potential of Technology for Mental Healthcare**

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E-mental health, or the use of technology in mental healthcare, has been the focus of research for over two decades. Over that period, the evidence-base for the potential of technology to improve clinical practice has grown steadily. This sharply contrasts with the actual use of e-mental health by psychologists, which has remained limited. The pandemic

has however clearly demonstrated that technology can sometimes serve as an indispensable solution to allow for the delivery and continuation of high-quality mental healthcare. As online consultations were initially rapidly implemented all around the world to meet urgent demands, their pragmatic use will probably remain in the long-term as well. There is, nevertheless, more to technology than Zoom sessions. The goal of this talk is therefore to provide an overview of the broad variety of technologies, their potential applications, and how they could be used to help meet the ever increasing demand for accessible mental healthcare for all. Special attention will also be paid to the role which psychologists and psychological theory can play in the conceptualisation, development and testing of (new) technologies for mental health. This will be followed by a hypothetical case, which will make the integrated use of these technologies in clinical practice more tangible. Throughout the talk, current limitations will be highlighted and we will conclude with discussing challenges for future research.

### **Universal, School-Based Screening to Provide Early Intervention for Youth Mental Health: Experiences From a State-Wide Study**

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Diagnosable mental disorders affect around 13% of young people worldwide. Mental disorders produce the largest burden of disease during childhood and adolescence and importantly, they predict the continuation and onset of mental disorders along the life course. Yet despite this serious impact, the vast majority of young people suffering mental disorders do not receive empirically validated help. Increasing access to effective interventions for mental disorders during the child and adolescent period is a critical step for countries to reduce the personal, social, and economic burden of poor mental health. Schools provide widespread and equitable access to young people in many countries, making this a practical setting within which to provide help to those suffering mental disorders. Poor recognition of mental disorders from parents, teachers, and young people themselves creates a serious barrier. Universal mental health screening is one method by which young people in distress can be identified within a school setting, following which they can receive direction towards the most appropriate care. The current talk will describe a study that is being conducted across the state of New South Wales in Australia to trial a system of school-based mental health screening and referral. The first step has been to develop a screening instrument that is brief, acceptable, and easily administered. Participants include around 10,000 young people across grades 4 to 11, along with teachers, school principals, and parents. In this

talk, I will describe the development of the instrument and its psychometric properties as well as its feasibility and acceptability. I will describe our process of universal mental health screening as well as difficulties and barriers that we encountered and consider potential future directions.

### **Make Russia Great Again: On the Toxic Leadership of Vladimir Putin**

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Chair: Boris Jokić  
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In this talk I shall use recent developments in the social psychology of leadership in order to analyse and understand Vladimir Putin's toxic appeal. First of all, I shall introduce the idea of 'identity leadership' which views leader influence as dependent on a process of social identity management. Second, I shall address what makes leadership toxic both in terms of intra-group relations (authoritarianism) and inter-group relations (outgroup hate). In particular, I shall point to a common form of 'enemyship' rhetoric which is used to invoke these toxic features and which involves (a) a sense of ingroup exceptionalism; (b) a sense of decline from one's rightful pre-eminence; (c) a belief that this decline has been produced by a combination of external enemies abetted by internal traitors; (d) a claim that unity under the leader can restore group pre-eminence. In the third and final part of the talk I shall examine the public rhetoric of Putin (and others) to see the extent to which he exemplifies this pattern.

### **Achievement Emotions: State of the Art, Challenges, and Future Directions**

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Emotions are ubiquitous in achievement settings. We frequently experience emotions such as enjoyment, hope, pride, anger, anxiety, shame, boredom, or hopelessness in these settings, in school, at work, and in sports. These emotions can profoundly influence learning, performance, identity, and health. Nevertheless, traditionally achievement emotions have not received much attention by psychological scientists. Test anxiety studies and attributional research were notable exceptions. More recently, however, there has been an affective turn; today these emotions are a hot topic in inquiry across fields. In this talk, I will provide a state-of-the-art overview of this research. Using Pekrun's (2006, 2021) control-value theory as a conceptual framework, I will focus on the following issues. (1) Which emotions are

experienced in achievement settings, and how can they be measured? (2) Are achievement emotions functionally important for learning, achievement, and health? Test anxiety research has shown that anxiety can exert profound effects on performance; is this true for other achievement emotions as well? (3) How can we explain the development of these emotions, what are their individual and social origins? (4) Are achievement emotions universal, or do they differ between domains, genders, and cultures? (5) How can achievement emotions be regulated, and how can we design practices in the classroom, at work, and in sports in emotionally sound ways? In closing, open research problems will be addressed, including the development of more sophisticated measures, the prospects of neuroscientific research on achievement emotions, strategies to integrate idiographic and nomothetic methodologies, and the need for intervention studies targeting achievement emotions.

### **Bayesian Hypothesis Evaluation**

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Null hypothesis significance testing has been an important mode of inference in psychological research. However, the attention for null and informative hypothesis Bayesian testing (see, for tutorials, Hoijtink et al., 2019, and Van Lissa et al., 2021) is rapidly increasing. Where the traditional null hypothesis states that "nothing is going on", e.g.,  $H_0: \mu_1 = \mu_2 = \mu_3$ , an informative hypothesis represents an expectation of a researcher, e.g.,  $H_1: \mu_1 > \mu_2 > \mu_3$ , where the  $\mu$ 's denote the population means in each of three groups. Bayesian testing employs the Bayes factor which quantifies the support in the data for two competing hypotheses. If, for example,  $BF_{01} = 10$ , the support for  $H_0$  is 10 times larger than the support for  $H_1$ . This presentation will introduce Bayesian hypothesis evaluation using concepts and examples (and not equations and formulas). Subsequently, informative hypotheses, the Bayes factor, posterior model probabilities (the Bayesian counterpart of Type I and Type II errors), and Bayesian updating (in the Bayesian realm one can repeatedly collect additional data and re-evaluate the hypotheses under investigation) will be introduced. One example uses JASP (<https://jasp-stats.org/>) the other the R package (<https://www.r-project.org/>).

## Psychological Profiling in the Digital Environment: Risks and Opportunities

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Individuals, organizations, and societies are increasingly migrating to the digital environment. A growing proportion of our activities—such as socializing, work, entertainment, shopping, and even dating—are now mediated by digital devices and services. Such digitally mediated activities can be easily recorded, producing large amounts of digital footprints of our behavior. The resulting data is fed to ever-more powerful algorithms, offering an unprecedented opportunity to understand, predict, and influence our behavior. This is changing the lives and experiences of individuals; reshaping societies; and leading to the emergence of new products, industries, and business models. Much of this change is for the better, but there are also challenges ranging from the loss of privacy to AI-fueled mass propaganda. It's on us to ensure that we are building the Global Village and not the world of Mad Max.

## Emerging Adulthood Through the Lens of Individuation

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More than two decades ago, Arnett proposed emerging adulthood to represent a new conceptualization of the developmental period from the late teens to the late twenties. The new period, however, refers to (post)industrialized societies in which the postponement of taking on adult roles and responsibilities has created the conditions for the manifestation of characteristics that differ from those of adolescents and adults. Not only do young people have different developmental experiences than in the past, but the path to adulthood is longer and the time required to accomplish important developmental tasks of adolescence (e.g., individuation in the parent-child relationship) is prolonged. This presentation will focus on emerging adults' individuation in relation to their parents – an intrapsychic process of gaining individuality and autonomy while maintaining relatedness to parents. Given the changes in developmental context and improvement in psychological resources from adolescence to emerging adulthood, there are differences in aspects of individuation between the two periods. Nevertheless, the instruments used to assess individuation in adolescence have been more or less adopted

for emerging adulthood. The presentation will therefore emphasize an important contribution of Slovenian authors in this field, namely the construction of a targeted measure (the Test of Individuation for Emerging Adults; ITEA) and its short form, both of which capture specific aspects of individuation in emerging adulthood and have been validated in several countries. A comprehensive review of ITEA based and related research that follows both dimensional and person-centered approaches will address several questions. For example, do the characteristics of individuation in relation to mother and father overlap? Are there differences between same-sex and opposite-sex parent-child dyads? To what extent do emerging adults' individuation experiences match their parents' perceptions? What role do parental characteristics, sociocultural context, and emerging adult personality play in individuation? How does individuation affect important developmental outcomes (e.g., attainment of criteria for adulthood, subjective well-being)? Do parents also individuate in relation to their children and does this matter? By discussing the findings and their implications, the presentation will also highlight new challenges for research and practice.

## Invited Symposia

### The Organization of Psychological Services Throughout Europe

Chair: Koen Lowet  
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This symposium aims to exchange experiences amongst European countries in the hope to advance psychological services throughout Europe. Koen Lowet, managing director of the Flemish Association of Clinical Psychologists and EFPA EC – member, in his presentation “Funding psychological functions in primary care through networks and multidisciplinary collaborations” will elaborate on Belgium’s response to the COVID-19 related mental health problems. For the first time, Belgium will invest a substantial part of its social security resources in the access to psychological services with some remarkable new approaches. David Neto, assistant professor at “ISPA Instituto Universitário”, discusses a Portuguese national policy in psychological services organization. The issue of administrative autonomy paired with scientific and technical autonomy is important as a way to adapt psychological solutions to local problems that are contextually embedded. A few examples in increasing the access to psychological care are discussed and reflected upon based on the service organization perspective. Borrik Schjødt is a clinical psychologist and head of board of clinical health psychology, the Norwegian Psychological Association. He will present the development of municipality psychology role in Norway. In 2020 it was regulated by law to employ psychologists in all 356 Norwegian municipalities. They are expected to participate in preventive work, contribute to the development of health services, and offer low threshold psychological support. Do they supplement or compete with more traditional psychologist in private practice and in the specialist health care system? Irina Galasyuk, PhD, Associate Professor of Moscow State Psychological and Pedagogical University and EFPA member, in her presentation „The Russian Psychological Society’s responds to the COVID-19 pandemic: scientific research and practice“ will share the results of several projects, which started in Russia because of the new coronavirus infection spread which put not only physical, but mental health in danger.

### Funding Psychological Functions in Primary Care Through Networks and Multidisciplinary Collaborations

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Clinical psychology is on the rise in Belgium. Since the clinical psychologist was recognized as a health profession in 2016, the profession is steadily being integrated into Belgium’s health care system. The heavy burden of COVID-19 on mental well-being proved to be the catalysator to launch the first real attempt to reimburse psychological services and to make psychologists in primary care more accessible. The Belgian government liberated a budget of approximately 151 million euros to organize and fund psychological services in primary cares through the use of networks and local multidisciplinary collaboration. This initiative is being integrated in an ongoing mental health reform in Belgium which tries to organize mental health services into regional networks. These networks were created to facilitate and integrate residential psychiatric care and are now reorientating towards the ambulatory field. The project involves also some innovative approaches. There is a clear choice for a public health approach with a priority for groups that have been detected vulnerable for the COVID-19 consequences. A new funding mechanism is being tested for the first time in the mental health sector, a population based funding. Naturally, the project meets its own challenges. The budget is limited and doesn’t allow for all psychologists and their patients to be included. Private practitioners need to make a shift from fee for service towards a population based funding in which they are one of the responsible actors to govern it properly and many more. This talk will go deeper into the project and highlight its philosophy, challenges and first experiences.

### Psychologists Organizing Their Work: The Experience of Psychology Service Creation in Portugal

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IS2-1-E3

Professional autonomy is a crucial element of the practice of psychology. In Portugal, a legislative framework proposed a legal framework (Diário da República n.º 247/2017, Série II) for psychologists working in the National Health Service. This legal framework promotes the creation of psychological services or units within the organizational framework. We reflect upon the three types of autonomy of a profession: a) Administrative autonomy – i.e., the ability to participate in the organization of psychological health service delivery; b)

scientific autonomy – i.e., the self-sufficiency in the scientific models and consideration of research; and d) technical autonomy – i.e., the ability to choose interventions and other procedures related to psychological practice. We consider that all three are cornerstones of psychology's affirmation. In this symposium, we share and reflect upon experiences of service implementation and a reflection of the gains. We discussed the gains and possible challenges of administrative autonomy. The gains in interdisciplinary work and improvements in psychological service delivery are of particular relevance.

### **Easy Access to Psychologists in Primary Care in Norway**

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IS2-1-E3

The Norwegian Psychological association established a specialty program in community psychology for clinical psychologists in 1989. Some years later the association worked systematically towards political and health authorities to promote easy access to psychologists in primary care, and better preventive efforts for children, adolescents and their families. As a consequence, in 2020 it was regulated by law to employ psychologists in all 356 Norwegian municipalities. They are expected to participate in public health, contribute to the development of health services, and offer easy access psychological support. Do they supplement or compete with more traditional psychologist in private practice and in the specialist health care system?

### **Lessons Learned From the European Countries in the Field of Psychosocial Support After Crises, Disasters and Trauma**

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IS2-2-LD

The Standing Committee on Crisis, Disaster and Trauma Psychology of the European Federation of Psychologists' Associations EFPA issued a survey to assess the current state of preparedness for dealing with the psychosocial impact of crises and disasters and to establish the role of psychology in planning, responding and recovering from emergencies. The survey examines four areas in which psychologists could be involved: preparation, immediate responses to the disaster during the first month, ongoing responses to the disaster beyond one month monitoring, evaluation and review. The respondents were asked to provide information on: what is available in your country, to what extent psychologists have been involved, what extra benefits could psychology offer. 24 countries responded and the findings and recommendations will be discussed at the symposium. Practical examples from the different European countries will be presented by the members of the Standing Committee, who together represent 27 European countries. The members will present experiences and expertise from the daily practice of their work.

### **Developing Community-Based Psychosocial Support for Veterans: Ukrainian Lessons Learned**

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IS2-2-LD

Ukraine has been facing many challenges and disasters, with continuous armed conflict among them. Thousands of veterans have appeared lately, needing psychological and social assistance and support. Since 2014, despite infrastructure and financial challenges country in moved toward better and inclusive psychosocial care for veterans. Lessons learned from those seven years of development will be presented and discussed: role of political leadership, participation of veterans community, evidence-based intervention, improving social determinants of mental health, task-shifting approach, and mistakes made by Ukrainian and international bodies.

## European Survey on the Role of Psychologists in Crisis, Disaster and Trauma Responses

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IS2-2-LD

Over recent years there has been an increasing number of crises and disasters involving terrorist attacks, human trafficking, manmade and natural disasters, war, and civil unrest affected thousands of people. In addition, the impact of torture, war and economic hardship have created circumstances in which large numbers of refugees and asylum seekers have sought refuge in European countries. For the countries of Europe this has created a significant challenge which has tested the capacity of emergency responders to cope. There is a wide range of knowledge and experience of dealing with crises and disasters with some countries having developed sophisticated plans and procedures to support their populations. Other countries are less experienced and need the support of their more experienced colleagues to set up frameworks which are practical, economically viable and culturally sensitive to their needs. The aim of the EFPA survey is to assess the current state of preparedness for dealing with the psychosocial impact of crisis and disasters and to establish the role of psychology in Planning, Responding and Recovering from Crises, Disasters and Trauma. There is a wide discrepancy between the size and populations of the twenty responding countries. The structure and stage of development of the national and regional response to crisis, disaster and trauma is determined by many factors including resources, infrastructure, history, culture, and preferences found within the country. Some of the countries in our survey have highly developed systems for dealing with disasters whilst others are trying to build the essential framework to enable them to deal with the psychosocial problems that accompany a major incident. We will present the results of the survey to our audience and want to discuss what role could psychologists play to improve the level of preparedness, responding and evaluation of National and the European disaster related activities.

## Development of Crisis, Disaster and Trauma Psychology and Experience From the Czech Republic

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IS2-2-LD

Crisis, disaster and trauma psychology is a relatively new area of applied psychology. The lecture focuses on the historic roots, development and present of CDT psychology. A holistic definition of the field of CDT psychology is given. Other topics include guidelines, standards and trends in

applied practice. In the past 20 years, CDT psychology has been established as an independent branch in many countries, depending on practical requirements. The extent of climate disasters is growing. We are witnesses to several massive and prolonged military conflicts. Polarisation and violent radicalization leads to local and international terrorism. We have experienced serious earthquakes and tsunami and the subsequent Fukushima nuclear disaster. Climate change and military conflicts lead to mass migration. We have been dealing with the COVID-19 pandemic. Disasters during the last 20 years often have a global impact. Current topics include: Intervention and response following terrorist attack, psychology within the terms of disaster victim identification, prevention of radicalisation, reinforcement of the resilience of individuals, groups and the community, especially vulnerable groups, the psychology of mass gatherings and evacuations, the psychology of migration, CBRN threats incl. the pandemic, the impact of racism, adaptation to climate change etc. Key points: Participative community involvement in the entire crisis cycle is important. A resilience building and community based approach is essential. Development of new intervention methods and options is a challenge. Systems for psychosocial help in situations with global impact on mental health must be prepared. We can apply the experience from the pandemic to the climate change crisis. It is important to strengthen interdisciplinary and international cooperation. The development of this area will be illustrated by the experience and best practice from the Czech Republic.

## Neuromodulation as an Experimental Tool to Investigate the Neural Mechanisms Underlying Emotion Regulation

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IS2-8-LD

Recent theoretical models on neural mechanisms underlying the regulation of emotions and stressors highlight the role of prefrontal regions in impaired attentional control, leading to repetitive self-referential negative thoughts, decreased stress reactivity, and sustained depressed mood. In this symposium, researchers from Belgium (Marie-Anne Vanderhasselt, Ghent University), United Kingdom (Jacinta O'Shea, University of Oxford) and Spain (Alvaro Sanchez-Lopez, Complutense University of Madrid) will present an overview of their state-of-the-art research using experimental modulation of the excitability of the prefrontal cortex by transcranial Direct Current Stimulation (tDCS), to unravel brain-behavior interactions underlying mechanisms related to the top-down regulation of emotions. Different methods are used, such as experimental paradigms (reward learning, eye-tracking), fMRI, and physiological indicators of emotion regulation such as heart rate variability, skin conductance and pupil dilatation. Andre Brunoni (University of Sao Paulo, Brazil) will discuss how this fundamental research can contribute to the development of transdiagnostic interventions for psychiatric disorders.

## Combined Effects of tDCS Over the Left DLPFC and Gaze-Based Contingent Attention Training in Emotion Regulation

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IS2-8-LD

A novel eye-gaze-based contingent attention training (ECAT) was used to test the causal role of affective attentional control in emotion regulation in low-resilient individuals. The study used ECAT alone and in combination with transcranial direct current stimulation (tDCS) to increase excitability of the left dorsolateral prefrontal cortex (DLPFC). One hundred low-resilient individuals were randomly assigned to active or sham tDCS in combination with active or sham ECAT (i.e., four groups). Participants undergoing active ECAT were trained to allocate attention toward positive words to create positive interpretations while receiving feedback on their viewing behavior. Participants receiving sham training freely generated emotional interpretations without receiving feedback. Reappraisal and state rumination were evaluated before and after training. ECAT resulted in improved attentional control whereas its combination with tDCS also

led to improved reappraisal and reduced rumination. These results highlight the importance of considering attentional control mechanisms in understanding (and treating impaired) emotion regulation.

## Towards Neurocognitive Stimulation to Treat Affective Disorders

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IS2-8-LD

In depression and anxiety, cognition is biased: negative information is prioritized at the cost of positive information, which causally maintains symptoms. Antidepressants rapidly reduce negative biases, which predicts mood response. Here we tested whether tDCS also reduces negative bias - a clinically relevant treatment mechanism. In separate studies, healthy, high-trait anxious, and sub-clinically depressed volunteers underwent prefrontal tDCS (real/sham) and emotional tasks sensitive to affective disorder. Repeated measures designs yielded within-participant quantification of placebo-controlled stimulation effects. In healthy volunteers, stimulation reduced threat vigilance. In an fMRI study in high-trait anxiety, tDCS reduced (hyperactive) amygdala threat reactivity, increased cortical attention control signals, and reduced attentional capture by threat. In a reward-learning task, stimulation increased learning from positive outcomes. Thus, prefrontal tDCS can reduce negative emotional biases relevant to affective disorders. Stimulation reduced attention to threat and increased learning from positive outcomes. We argue for cognitively designed neurostimulation to remediate affective disorders.

## The Influence of tDCS Applied to the DLPFC on Emotional, Cognitive and Physiological Processes Using Ecological Stress Paradigms

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IS2-8-LD

When confronted with stressful situations, the prefrontal cortex (PFC) is an important region to regulate our thoughts, actions and emotions through extensive connections with other cortical and subcortical regions. Neuromodulation applied to the prefrontal cortex has shown effects on emotion-related and cognitive processes, but these are usually not measured in a stressful context. Results of several studies using sham-controlled transcranial Direct Current Stimulation (tDCS) applied to the PFC will be discussed, demonstrating its beneficial effect on working memory, attention (eye-tracking), counterfactual and prospective thoughts when confronted with a psychosocial stressor (i.e., using criticism, social rejection, social feedback on mental arithmetic). These data will be integrated in a framework

focusing on different aspects of emotion regulation, and the causal influence of prefrontal cortex neuromodulation. In addition, mechanistic insights important to optimize interventions using neuromodulation in psychiatric disorders will be discussed.

## **Current Issues in European Psychology From European Federation of Psychologists' Associations (EFPA) Point of View**

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IS8-2-LN

Christoph Steinebach, EFPA President in his presentation "Changing the world by changing the profession. European Psychology's responses to the challenges of the times", will consider interrelated internal changes of psychology as a science and profession and the external challenges such as current ecological, social and environmental issues. Concrete tasks for European psychology that live up to its social responsibility will be discussed. Nicola Gale, EFPA Vice-President, in her presentation "Climate change is firmly back on the global agenda. How can psychology develop the leadership needed to make its contribution?" will be talking on one of such interrelated challenges of harnessing the diversity of psychology and psychologists' interests in order to achieve common goals by tackling climate change and working across disciplines with professionals in other areas such as policy and communications. Koen Lowet, EFPA EC member, in his presentation "Psychology and health: past, present and future" will be talking about the role of psychologists in their largest sector of employment, the broad health sector. Where are we coming from and where should we go as a profession and as a discipline? He will discuss this issue from a perspective of EFPA. Eleni Karayianni, EFPA EC member, in her presentation „Improving on existing EC-MA and cross-MA collaboration models“ will be talking on efforts to connect between and within EFPA structures and initiatives through discussion of specific examples and exploring learning opportunities from inside and outside EFPA.

### **Climate Change is Firmly Back on the Global Agenda. How Can Psychology Develop the Leadership Needed to Make Its Contribution?**

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IS8-2-LN

Psychology as a broad discipline can contribute on many of the challenges that face citizens and their leaders in our modern society. Europe has a particular model of cooperation to achieve common goals in terms of the EU and its established institutions. European psychology cooperates more broadly than the EU, across 38 countries currently of the continent of Europe. Potentially our reach is great. One of the leadership challenges however is how to harness the diversity of psychology and psychologists' often varied interests in order to achieve common goals. Tackling climate change seems to be one such unifying issue. Membership organisations

can face particular challenges, having to choose and do things that members will value, that benefit the profession more broadly, managing at times competing interests, and running an effective organisation. Specifically, regional bodies face challenges from being comprised of associations with differences in size, cultures, expectations and needs. Psychology needs people equipped and enthused to lead. Developing leadership capacity in psychology is important, as is encouraging and valuing organisational experiences beyond psychology in order to foster fluency in working with influencers in other fields. This is especially pertinent in working across disciplines in the environmental field, and important too for working with professionals in other areas such as policy and communications. One thing that seems to unite psychologists and their professional associations is the desire for psychology to have impact and profile, and this is probably why tackling climate change as a focus has such appeal. In the context of the critical issue of tackling climate change, setting the agenda, delivering, and developing people and organisations for the future placed are going to be central to success.

### **Psychology and Health: Past, Present and Future**

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IS8-2-LN

Psychologists are working in various sectors throughout society but a majority of us are active in the broad health and well-being sector. There, they are using knowledge of psychological science to prevent both somatic and mental illness, detect and treat psychological problems in various settings. In most European countries, the health sector is strictly regulated and still dominated by a medical point of view. Big players like hospital organizations or medical syndicates can pose challenges for psychologist to obtain their rightful place within the health sector. Furthermore, European health systems are confronted with enormous challenges that puts into question the very basic fundamentals on which they are based. An aging population, economic crises, a global pandemic, etc. obligates every stakeholder to rethink the basic mechanisms of a health system: funding, access, organization. From the point of view of EFPA, a European umbrella organization of psychologists' associations, we are confronted with a wide variety on the status of the discipline in the different health systems throughout Europe. In this talk we'll address some of the major issues psychologists working in the health sector are confronted with such as the organization and funding of psychological services, maintaining identity and autonomy within a multidisciplinary environment, the tension field with psychotherapy, etc. Using the broad experience and expertise of EFPA's network, we'll try to give some indication for future developments of our profession.

### **Improving on Existing EC-MA and Cross-MA Collaboration Models**

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IS8-2-LN

Throughout its existence, the European Federation of Psychologists' Associations (EFPA) has faced challenges and produced successes in terms of collaborating with its own Member Associations (MAs), as well as promoting cross-MA collaboration. Examples include from the workings of its internal groups (e.g., Board, Standing Committees, Task Forces) to the development and implementation of the European Certificate in Psychology – EuroPsy; from promoting psychology as a science and profession at European level to supporting MAs efforts at a national level in establishing psychological training and legal regulation, and so much more. The last two years have seen great changes come about with the restructuring of EFPA as an organization and an entity. And while these changes may have turned us “upside down,” they have been the result of a pronounced need for EFPA to become even more active, to increase its European-level presence, and to place psychological science at center stage. The presentation will be talking on efforts to connect between and within EFPA structures and initiatives through discussion of specific examples and exploring learning opportunities from inside and outside EFPA.

### **Changing the World by Changing the Profession: European Psychology's Responses to the Challenges of the Times**

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IS8-2-LN

There is no shortage of challenges for psychology as a science and as a profession. External challenges meet internal goals, necessities, and processes. Internal and external changes interact, condition, and reinforce each other. External challenges certainly include the pandemic or psychological, social, and ecological changes. Thus, questions about the contribution of psychology to the promotion of Mental Health in the context of COVID-19 and the promotion of the Sustainable Development Goals (SDG) of the United Nations (UN) meet a discipline whose identity seems to be in question: The unmanageable abundance of findings, knowledge and experiences of psychology, the apparent dominance of psychotherapy as a psychological activity, the newly found importance of biological foundations, the confusing overlap in the competence profiles of different professions, the disappointing crisis of confidence in empirical research, and so on. call psychology as a science and profession into question. In analyzing these internal and external conditions, initial responses emerge that suggest

the resulting interactions are opportunities. Possible effects for the future of psychology as a science and profession are pointed out.

## **The Impact of COVID-19 on Children, Families, and Schools: Implications for Psychology in Education Professional's Role During the Recovery Phase**

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IS13-3-M1

The COVID-19 pandemic to date had wide ranging effects on children and young people, schools and families globally. The pandemic, of course, had impact on psychology in education professionals, with many having had to rapidly adjust their professional practices to support school communities during times of great uncertainty. Our proposed symposium aims to document the impact of the COVID-19 pandemic on children, families and schools across five European countries, including Portugal, Romania, Slovenia, Sweden, and UK, ranging from preschool age range to the end of secondary school. Research presented in the symposium will consider the impact of COVID-19 pandemic on typically developing children, children with special educational needs and disabilities and gifted pupils. The results of these five papers will be discussed in the light of the implications they have for psychology in education professionals as they are working towards meeting the needs of school communities during challenging issues. Among the issues discussed we will consider what is the role of psychology in education professionals during the recovery phase, following COVID-19 pandemic? We will consider challenges but also examples of good practice deriving in the field at European level and how we can work collaboratively to better meet the needs of children's, families and schools now and in the phase of any similar crisis in the future.

## **Introduction to Preschool During the COVID-19 Pandemic: Impacts of Social Restrictions on Staff-Family Relational Establishment**

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IS13-3-M1

The social restrictions during the COVID-19 pandemic have challenged many aspects of preschool everyday life. Particularly vulnerable to these restrictions is the aspect of introducing new children to preschool since preschool introduction constitutes a natural arena for establishment of preschool staff's relationships with children and their parents. Organizing the preschool introduction to enable constructive relationship-building between preschool staff and the families is important since recent attachment research suggest that preschool staff in early childhood education and care contexts can contribute to attachment development in children. In Sweden, preschools stayed open during the pandemic of COVID-19, however with implementation of several social restrictions, such as physical distancing between preschool staff and parents. It is therefore crucial to understand whether,

and how, these pandemic-related social restrictions have affected the prerequisites for facilitating good interactions between preschool staff and the families. Based on analysis of open-ended survey data (N = 465), the present study explored how Swedish preschool staff experienced and dealt with the pandemic restrictions during preschool introduction. Our qualitative analysis resulted in three categories and six subcategories, including results demonstrating that social distancing-restrictions accentuated the importance of engaging relationally with the families, while simultaneously constituting a disconcerting complication since the physical distance constrained the relationship-building between staff and parents. Moreover, the children seemed to interpret the parent-staff physical distance as relational distance, which negatively affected their emerging relationship to preschool staff. Our results also showed that it might be of special concern, also in a non-pandemic context, to consider the organization of parental participation, as it may be of critical importance for staff-child relational establishment. Lastly, to promote engagement of preschool staff, our results indicated that it might be essential to have reflexively defined procedures when introducing children to preschool.

### Reliability and Construct Validity of the Online School Students

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IS13-3-M1

The aim of this presentation is to discuss the impact of COVID-19 and school closure on a group of 20 gifted students' well-being and attitudes about distance learning. Two forms of data were collected: (1) semi-structured interviews with 20 gifted students aged from 7 to 15 who attend the ANEIS Lisbon Gifted Enrichment Program; (2) the interpretation of artistic productions that represent the emotions felt during the two years of changes in the lives of the gifted. The results show the distressing nature of some of the changes brought by the pandemic but also some of the advantages. Some guidelines are suggested in order to promote the well-being and adaptation of gifted students to novel life circumstances.

### Reliability and Construct Validity of the Online School Climate Questionnaire

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IS13-3-M1

School closure and distance learning during the COVID-19 lockdown highlight the need to examine students' perceptions about classroom climate in these environments. Although there are many studies about face-to-face school climate, the online school climate is an under-researched topic but a very important one, given the fact that the transition to remote learning affected physically, cognitively and emotionally

teachers and students. The main aim of the study is to assess the psychometric properties of the Online School Climate Questionnaire. More specifically the study focuses on the reliability and construct validity of the instrument. We also aimed to compare the online school climate questionnaire to a previous version of school climate questionnaire designed for face-to-face education. The participants were 481 Romanian students, attending public schools located in the urban area, from two education levels (24% lower secondary and 76% upper secondary education), Mage = 16.22 (SD = 1.81). Exploratory and Confirmatory Factor Analysis were used to determine the structure of the questionnaire. The results highlighted a nine-factor structure, covering more than 62% of the total variance: (1) Online bullying, (2) Headmaster's involvement in school life, (3) school attachment, (4) The teachers' involvement, (5) Access to technology, (6) Student-student supportive relationships, (7) Students noncompliant behaviours, (8) Being excluded from the group, (9) Achievement motivation. Psychometric evaluation demonstrated high reliability and construct validity based on exploratory and confirmatory factor analysis techniques. The analysis showed a good fit between the data and specified model. School climate can be investigated even in online settings and the results of our study showed that The Online School Climate Questionnaire is a useful tool for assessing perceptions of students on the school climate. Feedback from students could offer insights to develop a positive online school climate and maintain students' well-being.

### Back to School: Using Psychological Perspectives to Support Re-engagement and Recovery

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IS13-3-M1

This guidance produced by The British Psychological Society complements the UK and national government advice on the return to school for pupils by offering a psychological perspective on the challenges being presented at government, community, school, family and child levels. The briefing offers recommendations to those working to support the return to school. Based on Bronfenbrenner's bioecological theory of human development, we consider the influences of interacting systems and contexts as a means of informing planning for those who might be additionally disadvantaged through differences in socio-economic means as well as age.

## Gifted and Non-gifted Students During the COVID-19 Pandemic in Slovenian Upper Secondary Schools

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IS13-3-M1

The COVID-19 pandemic had a major impact on adolescents who spent 19 weeks of the 2020/2021 school year in emergency remote education. The main aim of this mixed-methods study was to investigate their psychosocial and academic adjustment to the pandemic. It also aimed to compare groups of gifted students and their peers in three different areas of their experiences, i.e. learning, emotions, and social relations. The sample included 705 gifted and 341 non-gifted Slovenian upper secondary school students aged 15-19 years who completed a questionnaire specifically designed for this study. The results showed gifted students rated learning in emergency situations as less suitable compared to normal classrooms. They also reported that their general mood, well-being, and ability to learn were worse than under normal conditions. They felt more stressed than before the pandemic. MANOVA analysis revealed no significant differences between gifted and non-gifted students. However, significant gender differences were found, especially in the experience of negative emotions, which were more pronounced in girls. The interaction between giftedness and gender was not statistically significant. Although both gifted and non-gifted students reported negative effects of the pandemic on their learning and well-being, the qualitative analysis provided a deeper insight into their experiences, with several positive aspects of emergency remote education. These included more time and sleep, better time management, and feeling more autonomous and flexible.

## Health and Mental Health Issues During the COVID-19 Pandemic: The Experience of EFPA's Board of Promotion and Prevention

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IS14-3-KD

The Board of Promotion and Prevention (BPP) of EFPA and its members responding to the multilevel impacts of COVID-19 outbreak have been involved in various projects on international level mainly related to health and mental health issues that emerged in European countries. One of the endeavors that BPP actively participated is the EUCLID-Project Risk perceptions & behavior initiated by the University of Konstanz that collected data through an online survey to shed light on individuals': a) subjective health & symptoms, b) perceived risk & outbreak related perceptions, c) protection motivation & behavior, d) expected future developments of the current outbreak. The purpose of the symposium is to present the results of the aforementioned research and implemented control strategies including containment and mitigation of the disease that governments from Cyprus, Greece, Portugal, Slovenia and Switzerland have adopted. In addition, the BPP has conducted relevant research collecting data from psychologists to collate evidence on European governmental response to promote the public's health and wellbeing during the COVID-19 pandemic. The main outcomes investigated were whether local government or health authorities have provided any advice on how to perform a number of protective behaviors and whether people have the capabilities, opportunities and motivation to use behavioral insights to inform guidelines. Both surveys among other initiatives of BPP members have provided crucial knowledge as a background in shaping guidelines for either psychologists in Europe or other community members aiming to beneficial behavior change in an effort to manage the unprecedented effects of Covid 19.

## High Personal Response Efficacy and Moderate Perceptions of Vulnerability: Results From the EUCLID COVID-19 Survey in Switzerland

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IS14-3-KD

Public perception throughout a pandemic can be a crucial guide for implementing public health measures. However, little was known about public perception of COVID-19, especially at the beginning of the pandemic. The EUCLID project, an international collaboration of psychologists, aimed to fill this gap by surveying public perception during

the pandemic. In this contribution, we will present the results from Switzerland. Data include a series of cross-sectional surveys of the Swiss EUCLID survey from April 2020 to January 2022 (N = 1519, self-selected), conducted in German language. Participants' age ranged from 18 to 110 years (M = 52, SD = 15), with 65% women, 34% men, and 0.9% diverse. They lived in 24 cantons, and had a median income of CHF 5000–10'000. Each participant filled in the online questionnaire once, reporting on risk perception, protective behaviors, and opinions related to public health measures using a Likert-type response format. The data were analyzed comparing the different pandemic waves using ANOVA and post-hoc comparisons. Self-reported health was good with no significant differences across the pandemic. Vulnerability to contract COVID-19 and disease severity were rated small to moderate. They were highest during the first wave of the pandemic ( $p < .01$ ). Participants felt well-protected from COVID-19 by their personal behavior, but less so by government measures ( $p < .001$ ). Highest perceived protection by government measures was reported during the first wave. This study showed that a selection of German-speaking persons living in Switzerland have high personal response efficacy to protect themselves against COVID-19. A trend that vulnerability to contract the disease was greatest during the first pandemic wave stands in contrast with the exacerbating number of infections in subsequent waves. Conclusions about Switzerland have to be drawn with caution due to potential sampling bias and limitation to German speaking participants.

### Living Under Pandemics COVID-19: Highlights From the EUCLID International Study in Portugal

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IS14-3-KD

This work aims to analyse citizens living in Portugal during the pandemic COVID-19 2020/2021, subjective health, perceived risk and perception related to the outbreak, motivation for protection and adoption of preventive behaviours, and their expectations for the future, within the EUCLID international study. 225 individuals were included, 81.3% female (18-83 years; M = 36 years; SD = 13.42), 49.8% single. Data was analyzed with SPSS v. 26 software undergoing descriptive and bivariate analysis. The results highlight that women stand out in the perception of a higher probability of infection, presenting a higher motivation for protection and behaviours such as disinfecting their mobile

phones. Women, along with young people, are those who feel less protected by the actions taken by local authorities. With a lower perception of the probability of infection, young people were the ones who least increased their protective behaviours. Similarly, to adults +55 years, young people are the ones who have more positive expectations of how long it will take for the situation in the country to improve. Women and the 35-44 age group are those who perceive the most severe health impacts. Based on the results, will be discussed the contribution to the development and adaptation of public health and prevention and health promotion policies related to the pandemic, rethinking the adaptation and development of health promotion and well-being strategies for specific target groups, such as youth and women.

### First Phase of COVID-19 Outbreak: The Case of Greece and Cyprus as Reported by the EUCLID Project

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IS14-3-KD

The EUCLID Project and related survey has been developed by the University of Konstanz in Germany to investigate issues related to the Coronavirus outbreak (SARS-CoV2) and the associated disease (COVID-19). The online survey collects information about subjective health symptoms, the perceived risk and outbreak related perceptions, protection motivation and behavior and the expected future developments of the current outbreak. Data was collected in Greece from residents mainly in Greece and Cyprus from 27th of April 2020 and participants were recruited through different strategies (e.g., social media such as Twitter, Facebook and Instagram and email lists using a snowball sampling approach). Currently the sample consists of 310 Greek, 73 Cypriots and 15 native speakers living abroad. The majority are females (82.4%). The results revealed that during the first phase of the pandemic in both countries there were : a) low personal experience with COVID-19, b) high adoption rates of individual protective behaviors such as washing hands and staying home, c) high perceived effectiveness of collective protection measures, however, especially Greeks perceived that governmental support for collective protection measures was low. Interestingly, the introduction of lockdowns, i.e., the most intensive collective measure to reduce contact, was rated from participants as the least effective measure. The results provide a framework for further discussion on national actions and policies related to public health and the pandemic that could be implemented to encounter the challenging adversities even after two years from COVID-19 outbreak.

## Coronavirus Perceptions During the First Wave of Pandemic in Slovenia – EUCLID Study

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IS14-3-KD

During the first wave of the Covid 19 pandemic, there was very little information about coronavirus. It was therefore interesting to study how people shaped perceptions of the virus, i.e., the likelihood of getting infected, concerns about it, and perceived severity, and to compare this with other diseases. In Slovenia, there was almost complete lockdown and many measures were taken against the spread of the coronavirus during this period. The international study EUCLID approached this problem from the perspective of health psychology. The Slovenian data are presented in this paper. A convenience sample of 291 participants was gathered during the first wave of the Covid 19 pandemic between April and June 2020. The mean age of participants was 35.2 (SD = 13.8), and the gender distribution was 72.2% female, 27.5% male, 0.3% other. The majority (66.6%) were either married or living in a registered partnership, 30.3% were unmarried, 1.4% were separated or divorced, and 1.7% were widowed. Half of the participants (53.3%) were employed, 30.5% were students, 6.0% were unemployed, 6.0% were self-employed, 3.9% were retired, and 0.4% worked in their household. The perception of coronavirus was compared with that of normal influenza, common cold, and coronary heart disease. Coronavirus was not perceived as a disease with a high likelihood of infection ( $M = 2.45$ ;  $SD = 1.12$  on a five-point scale), which was lower than the common cold ( $M = 2.58$ ,  $SD = 1.07$ ), but participants were very concerned about it ( $M = 2.13$ ;  $SD = 1.14$  on a five-point scale) comparable to coronary heart disease ( $M = 2.12$ ,  $SD = 1.29$ ) and also perceived the consequences as serious ( $M = 3.22$ ,  $SD = 1.03$ ). The study contributes to the data on perceptions of illness and its impact on people's behaviour.

## Building Climate Justice in the Community. Psychologists Addressing the Drivers of Climate Injustice

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IS21-4-E3

Climate, conflict and migration are linked problems. Community psychology organizes more than 1200 psychologists in six European Associations, and provides insight to achieve social justice, placing the cultural and political context at the heart of what psychologists do. This symposium aims to outline community psychology approaches to building social justice in the struggle for climate change. The first contribution takes into account the different contextual and cultural identities of climate problems, aiming to increase engagement. A case study combining integration of migrants with urban farming in Norway is presented. Consumer levels and industrial growth are the key drivers of both climate injustice and higher CO<sub>2</sub> emissions. The industry of militarism and ongoing wars are one of the dirtiest industries, and are not included in environmental policies. The second contribution will provide insight on how militarism, peace and justice is linked to the issues of climate change. Those countries who are responsible for the lowest CO<sub>2</sub> emissions, are those who are affected most by war and climate changes, i.e. floods, sea levels, storms, draughts and higher temperatures. The problems caused by climate change are cross discipline problems by nature, and can only be addressed by increasing the connectedness between communities and their school boards, labour unions, local media and neighbourhood groups. The third contribution will report from ongoing international Friday school strikes for the climate. Our social capital is invested in these local initiatives, and are crucial to increase climate change activism, participation and global sense of community.

## Urban Farming for Refugees: Connecting People With Environment to Regenerate Communities

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IS21-4-E3

To connect with our local environment we need to act in sustainable ways in cooperation with others. The farming project in Bergen aimed to facilitate integration through co-productive practice. People who cooperate in small group, doing a meaningful activity together, are also learning a skill to facilitate the process of integration in society. Modern societies seem to lack manual and cooperation skills. Individual problems tend to seek individual answers, but cooperation skills can only be learned in the context of a group, organization or community. Knowing something by intuition, sharing local and inherited knowledge are invisible skills we

bring from our culture and background. The evidence from Community Psychology research on participation, tell us that people need to feel that one's contribution is genuinely useful, to have some level of control over self and environment, and to be recognised for one's efforts. Community Psychology considers the different contextual and cultural identities of social problems, aiming to transform the social fabric of communities. Some refugees have experienced first hand the effects from climate change, bringing their knowledge about group- and community resilience. The farming group started as a place to integrate language learning with a useful activity, building compost containers, microgreen, herb spirals and recycling waste. Our social capital and local cultures are useful resources in times of crisis. Accessible and inclusive communities are more resilient than others. A resilient community is more able to act towards regeneration of their own resources. Regeneration includes re-establishing a different connection with our natural environment, recognizing the importance of the natural environment for our wellbeing and humankind's impact on nature as part of the cause for the current disaster. Urban farming can help develop people's awareness about climate justice by adopting a sustainable approach to our local environment.

### **Militarism vs. Peace and Justice: Psychology at the Crossroads of Climate Change**

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IS21-4-E3

Over the last two decades, there has been a huge increase in scientific publications on climate change. The scientific literature indicates that environmental collapse is inevitable unless serious measures are taken. Psychological research on climate change has shifted its focus primarily toward the way climate change influences psychological well-being. This exclusive focus on the consequences of climate change is misleading because there is an urgent need to address causes of climate change. The leading institutional user of fossil fuel and the single largest producer of greenhouse gases is a military force. Based on a comprehensive literature review, this presentation offers evidence that psychologists have been very reluctant to address military pollution and environmental destruction, and the environmental impact of nuclear weapons. This omission is coupled with a long-standing reluctance in mainstream psychology to address militarism. Based on this evidence, psychologists cannot continue this reluctance while militarism produces two global threats: A total nuclear war and environmental collapse. Psychologists can find a more meaningful role in any given society around the world focusing on peace, justice and human rights, rather than militarism and national security. In the context of the environment, psychologists must choose to defend the planet, which is home to all. In the context of climate change, psychologists can chart a meaningful course of action only if they focus on environmental justice.

### **Use of Psychological Science in Schools from a Euro-North American Perspective**

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IS13-4-M1

In this symposium we will, based on presentations of recent research in Europe and in the United States, discuss how psychological knowledge is used for teaching and learning. Based on an identified need to find a common strategy to increase the quality in education, all presenters will share research results on how psychological knowledge can be better used by teachers in their profession. We will for example discuss how teachers can benefit from more accessible knowledge of evidence-based practice, how school psychologists can provide guidance for practical implementation effective teaching, as well as how less established psychological knowledge could be disseminated into professional practice. The research presented has a solid base in the theoretical framework suggested by the APA Coalition for Psychology in Schools and Education listing the twenty most important principles from psychology, organized into five areas: (1) how do students think and learn, (2) what motivates students, (3) why are social contexts, interpersonal relationships, and emotional well-being important to student learning, (4) how can the classroom best be managed, and (5) how to assess student progress.

### **Applications of Psychological Science in U.S. Classrooms: Teacher Knowledge and Implementation of Top 20 Principles of Psychology for Teaching/Learning**

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IS13-4-M1

The American Psychological Association Coalition for Psychology in Schools and Education surveyed U.S. teachers in 2018 to assess educators' level of familiarity with and implementation of five core domains (i.e., classroom management, thinking and learning, motivation, social-emotional learning, and assessment) of the Top 20 Principles from Psychology for PreK-12: Teaching and Learning. Coalition members created an online survey that included familiarity and efficacy questions based on each principle within its respective domain. The survey was piloted in August 2017, and then distributed to teachers through various networks (e.g., American Federation of Teachers) via Survey Gizmo, from January through November 2018. A total of 391 respondents from 44 states and Washington D.C. completed the survey. Most respondents were women, from White non-Hispanic backgrounds, and taught in public

schools. Educators from rural, urban, and suburban school settings participated. In general, teachers reported high levels of familiarity with psychological principles except in the assessment domain where lower familiarity levels were reported. Alternatively, educators reported mixed levels of confidence for classroom implementation of psychological principles with greater implementation efficacy reported for Teaching/Learning principles (e.g., teach in a way that builds on each student's prior knowledge) and lower confidence in implementing Classroom Management principles (e.g., using functional behavior assessment to identify appropriate replacement behaviors). Confidence in implementation varied as a function of educators' years of experience, teaching situation (i.e., elementary, middle, and high school), and school location (i.e., urban, suburban, rural). Although several factors (e.g., relatively small sample size; representativeness of sample in terms of geographic region, grade level, and teaching experience level) limit firm conclusions, survey findings have guided the development and dissemination of professional development resources to educators in order to promote understanding and implementation of psychological science principles in classrooms and schools.

### **School Psychologists' Assessment of the Use of Psychological Knowledge in Schools: Development of the Use of Psychological Constructs in Schools**

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IS13-4-M1

Teaching and learning could be guided by psychological knowledge to a larger extent. The aims of this study were to examine school psychologists' (N = 117) assessments of how psychological constructs related to learning are being used by teachers in Swedish schools. In addition, we aimed to evaluate school psychologists' awareness of teachers' implementation of psychological knowledge. A theoretically driven survey was designed for the purpose of this study where we used as a base the theoretical framework suggested by the APA Coalition for Psychology in Schools and Education. In this framework divided into five domains: thinking and learning, motivation, social emotional factors, classroom Management, and assessment, twenty central principles from psychology important for learning are constructed constituting a foundation for the survey design. The results, as measured with the instrument Use of Psychological Constructs in Schools (UPCS), revealed three main findings: (a) social and emotional factors were rated as less practiced than other investigated areas, with the principle of social context being especially low, (b) traditional teaching techniques were seen as being more present than psychological concepts such as emotion regulation and positive reinforcement, and (c) school psychologists perceived themselves as having a fair insight

into teachers' educational practice. The study contributes to the literature by providing a school psychologist perspective on the use of psychological knowledge in schools.

### **Teachers' Attitudes Towards Psychological Knowledge Use in Teaching: A Cross-Cultural Perspective**

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In the present study, the theoretical framework suggested by the APA Coalition for Psychology in Schools and Education (2015) was used as a starting point to build a questionnaire measuring views on how psychological knowledge and skills are used in teaching. The main aim of this cross-cultural study is to analyse how teachers from different European countries use the psychological knowledge in their teaching. The participants were pre-university teachers from different European countries (The Czech Republic, Lithuania, Romania, Slovenia, Sweden, and Italy). A preliminary reliability and construct validity of the new developed instrument were also analysed. The questionnaire revealed appropriate validity and reliability. It addressed seven aspects of teaching and learning: student thinking and learning, motivation, psychosocial and emotional aspects of student learning, classroom management, academic progress, individual differences in students, and distance teaching and learning. The analyses highlighted both similarities and discrepancies between the countries involved in the study regarding the use of psychological knowledge in teaching. The results were discussed in the context of the learning practices in schools specific to different European countries. The results show that the Psychological Knowledge Use in Teaching Questionnaire is a useful tool for assessing teaching practices across Europe. The instrument could be used to assess the use of psychological principles in teaching practices. The results could offer an image on the need for support for teachers in schools and it could help practitioners to propose further intervention programs to support teachers in their understanding and use of psychological knowledge.

## **The Use of Psychological Constructs in Schools (UPCS): Preliminary Results on the Factorial Structure and the Relationship With Other Constructs**

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IS13-4-M1

Within the theoretical framework suggested by the APA Coalition for Psychology in Schools and Education, we investigated how psychological knowledge is used by teachers administering the Use of Psychological Constructs in Schools (UPCS) questionnaire. In particular, we explored, in Italian teachers, the factorial structure of the UPCS questionnaire and the relationship between its dimensions and teachers' self-efficacy, conceptions of intelligence and educational practices.

Participants were 589 Italian primary and secondary teachers, who completed 4 questionnaire: UPCS, Educational Practices (Catalano et al., 2014), Constructive Conceptions of Intelligence Scale (Albanese & Fiorilli, 2003), Teachers' Sense of Efficacy Scale (Tschannen-Moran & Woolfolk Hoy, 2001). Preliminary exploratory factor analyses were performed. For the dimension How do students think and learn? emerged the factors Contribution to learning and Flexibility in teaching. For the dimension What motivates students? emerged Intrinsic motivation, Self-regulated learning and Goal-setting. For the social emotional dimension three factors emerged: Social relationships, Social ability and Emotional well-being. For the classroom management dimension, emerged the factors Rules and behaviors and Class climate. For the dimension on assessment, emerged the factor Assess effectively. Correlation analyses showed many significant relationships. Flexibility in teaching and Assess effectively were mostly related to Self-efficacy in Instructional Strategies, Emotional well-being and Rules and behaviors with Self-efficacy in Classroom Management, Intrinsic motivation with Self-efficacy in Student Engagement. A second set of correlations showed Self-regulated learning, Social ability and Class climate positively related to constructive conceptions and negatively related to innate conceptions of intelligence. Finally, Assess effectively was positively related to relationship-based practices and the teacher's emotional regulation, while Social relationships was positively related to practices based on active strategies. In conclusion, the UPCS questionnaire can be a valid and reliable tool for self-reflection on teaching practices in order to improve the students' learning, the school climate, and the well-being of students and teachers.

## **The Psychologist Profession in Europe – Legal Regulations, Scope of Practice, Mobility Potential, and Work Context Diversity**

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IS8-5-LN

The overarching goal of the project is to have an up to date, complete and objective overview of the psychologist profession in Europe. The overview should be on display and subject to amendments and corrections from the MAS. Four sub goals are identified: (1) A model of legal regulation for Member Associations in whose country 'Psychologist' is not yet a regulated profession or will be revised (MODEL), (2) Identified mobility options (professional migration) in Europe (MOBILITY), (3) Identified boundaries and communalities between the profession of psychologists and that of psychotherapists, to demonstrate and promote the uniqueness of the psychologist profession (SCOPE), and (4) A basis for development of the psychology profession to optimally serve society and psychologists in the national contexts (CONTEXT). Data are drawn from 4-6 available data bases. Data are compiled and displayed for each country in a sufficiently condensed format to make it accessible. Each Member Association is invited to make amendments and corrections. Once the Member Associations have approved the overviews, they will go on display on a designated page at EFPA's website, to be regularly updated. Preliminary results and experiences from the project work will be presented. Nady van Broeck will give an overview of the legal regulations of Clinical psychology and Psychotherapy in health care in 37 European countries. Robertas Povilaitis will introduce core items of a model for legal regulation and give an example of the attempt to pass a national law regulating psychologists. Koen Lowet will discuss the possibilities and constraints for psychologists' mobility in Europe. Ole Tunold (chair) will present an overview of the professional working context diversity in Europe.

### **Professional Mobility in Europe – Why and Why Not?**

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IS8-5-LN

Probably the biggest visual effect of the European union on its citizens is the opening up of the borders between the different member states. Apart from a brief period during the first Covid wave European citizens can travel freely without border and customs control. Although health regulation is one of the few things that remain explicitly under the authority of member states, some health professions, like medical doctors or nurses can travel relatively easy across

Europe and exercise their profession in multiple European countries. This is however not the case for psychologists or even for psychologists working in the health sector like health psychologists or clinical psychologists. In this talk we are exploring the pro's and con's of a European mobility for (clinical) psychologists. Within the European Federation of Psychologists' Associations we are confronted with regular questions of colleagues we want to exercise their profession in other European countries. We created in EFPA the Europsy certificate as means to harmonize training standards for practicing psychology in an autonomous way. Could Europsy provide us with a basis for European mobility?

### **Psychology and Psychotherapy in Health Care. A Review of Legal Regulations in 37 European Countries**

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IS8-5-LN

The WHO proposes a pyramid model of differentiated mental health care services to respond to the various mental health care needs of the citizens of a society. Optimal mental health care requires integration of clinical psychology and its respective applications such as psychotherapy in the health care system. In this contribution an overview is given of the legal regulations of Clinical psychology and Psychotherapy in health care in 37 European countries. Available information on the existence or absence of legal regulation of clinical psychology and psychotherapy in health care, the regulating authorities and the training standards for the respective legal titles and licences to practice is presented. In the countries with a legal regulation of specific psychotherapeutic services, next to or instead of a legal regulation of of psychology in health care, two main models of regulation can be distinguished, reflecting different view on this type of psychological intervention. The results of the survey of legal regulations in the 37 are discussed in terms of their implications for the quality and accessibility of psychological health care services in the various European countries.

### **The Importance of Context When Regulating the Profession of Psychologists**

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IS8-5-LN

Is a psychologist a psychologist - regardless of the context in which she works? Whether the profession is comparable across national borders, depends, among other things, on the organization of health services (primary and secondary, inpatient- and outpatient clinics, availability of community care services, etc.). It also depends on society's views on mental health. And the composition, number, and roles of health professionals. Doctors, nurses and several health professionals are automatically approved within the EEA area

because the educational programmes and professions are quite similar across national borders. Psychologists are not among these health professions, although there is a widespread belief that the title 'psychologist' describes a homogeneous and relatively unambiguous profession in European countries. But that is not the case. In 2013–2016, the EU implemented a large-scale mutual evaluation of regulated professions. The purpose was to create new jobs and economic growth through deregulation in the labour market and thereby increased mobility for the professions. The evaluation revealed a huge variation both in terms of regulations, educational structure (from 3 to 11 years) and the scope of psychologists. The evaluation avoided the question of whether the individual countries' regulations are related to organization of health care and the role of psychologists. Unfortunately. Because then one would have found the explanation for these large variations. It is imperative to secure that the professional standards are fit to cover the tasks and responsibilities entrusted to the profession in a given country. A paramount question to address when settling the framework for mobility: Is it meaningful to establish a universal professional standard when the role of a psychologist could be so different across borders?

### **A Long Road Towards the National Regulation of Psychologists in Lithuania**

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IS8-5-LN

The presentation will look into attempts to pass a law of regulating psychological practice in the Republic of Lithuania and will discuss the obstacles that prevented the adoption of the national law. The practice of psychologists was regulated in educational sector and recently the licensing of psychologists working in health sector (only in governmental or municipal services) was introduced. Also, there are regulations of psychological practice working in military, police, courts and elsewhere. The practice of psychologists working privately or in some sectors is not regulated at all. The proposals for adopting a national legislation created some tension among psychological community. The following issues raised discussions: (1) The need for regulation. Although there is a clear need to protect clients from psychological malpractice, there were doubts expressed about the necessity of regulation. (2) The education of psychologists. Although there were some attempts to provide two-year education (as master studies) for people having various university education of bachelor level, but this process is stopped. Currently, there is a wide agreement for the need of minimum 5 years of academic training. (3) The supervised practice. The requirement for supervised practice for one year after the academic training created one of the strongest debates in the psychological community. There was no financial mechanism to support the idea of supervised practice and psychologists were afraid that they themselves would have to cover the price for the supervised practice. (4) Ethical Committee. As there is no legislation that requires psychologists to practice ethically, the ethical questions can

be addressed only within the national association and only for members of the association. If a person is not a member of an association, there is no procedure to start an investigation on the complaint.

## **Ethical Issues in Changed Psychological Practices: Opportunities and Responsibilities in the Time of COVID-19**

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IS6-6-M4

After the declarations of the pandemic, several countries around the world have taken preventative measures to prevent the spread of SARS-Cov-2 or COVID-19. This has led to significant changes in the lives of people and has influenced their daily routines in different ways. It has potentially also impacted their mental health, relationships and other psychosocial and psychological aspects of life. In order to maintain the benefits of psychological services, psychologists (as well as other mental health professionals) were faced to change their well-established practices. One of the predominant changes was to use the internet-based services in order to provide psychological support and thus avoid physical contacts. Many of these newly established ways to provide the services do not have a long tradition and are therefore prone to greater risks for the breach of ethical principles. Various speakers will address cases and experiences about the ethical issues in changed psychological practices in their countries in the time of COVID-19 and what opportunities and responsibilities this brings for the future of our profession.

## **Trust of Portuguese Citizens in Psychology and Other Professions During COVID-19**

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IS6-6-M4

In the COVID-19 pandemic, trust in some professions became more relevant, including Psychologists. The aim of this study is to analyse the levels of trust of Portuguese people towards different professions. We found a trend of higher trust in medical doctors, nurses, and researchers. The opposite trend was found for politicians and journalists. Measured in two pandemic moments (first and second lockdown). This study shows a trend in the trust of the Portuguese people in science-based activities during COVID-19 pandemic, including psychologists. Professionals with a direct role in pandemic response seem to deserve more trust from people. To ascertain the levels of trust, we used the questionnaire developed and validated by the authors. The questionnaire was composed of two main questions. In addition to demographic questions, participants were asked about their degree of trust in a total of 25 professions and other activities with a direct or indirect role in the COVID-19 pandemic. Participants were recruited by the snowball method. The inclusion criterion was that participants were Portuguese citizen over 18 years. Data from 2020 and 2021 was collected and analysed to

understand changes in the levels of trust of the Portuguese population in different professional groups. 1455 participants answered the questionnaire in June/September 2020 and 1156 in February/March 2021. Statistical analysis was performed using Statistical Package for the Social Sciences. Descriptive statistical analyses were performed for the characterization of the sample and the trust variable. To determine differences in the trust between groups, the t-test for independent samples was performed. Homogeneity was checked by the Levene test, and if the variance was not homogeneous, t values for equal variances not assumed were used. P-values < .05 were considered statistically significant.

### **Forensic Telepsychology in the Time of COVID-19**

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IS6-6-M4

Psychologists who provide psychological care at a distance, i.e. telepsychology services, have an ethical obligation to develop their competence in order to maintain it on a high level. The model code of ethics, written by the EFPA Board of Ethics provides the parameters within which professional judgment should be made. Acquiring competence includes a review of the relevant literature. Due to the present COVID-19 pandemic, forensic mental telehealth, assessment is an increasingly utilized means of conducting court-sanctioned psychiatric and psychological evaluations. The literature provides some encouraging evidence that telepsychology is an acceptable method for forensic evaluations. The validity of forensic assessment instrument administered via telepsychology will be addressed.

### **Fragilities and Hardships in Psychotherapy Room During the COVID-19 Pandemic**

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IS6-6-M4

The pandemic of COVID-19, influenced deeply the practice of psychotherapy. Especially at the beginning phase, nearly all the psychotherapy practice had to be online. In the following period, depending on the national or regional conditions, most therapists preferred a hybrid work model. Although technology offered us many possibilities, it has brought its own challenges as well. In this presentation we will have an overview of these difficulties and the resulting ethical pitfalls.

### **Ethical Issues During the COVID-19 Pandemics in Professional Work of Psychologists in Slovenia – Pilot Study**

Vita Poštuvan<sup>1,2</sup>, Tina Jeromen<sup>2</sup>, Dusica Boben<sup>2</sup>, Irena Lovrencic<sup>2</sup>, Barbara Stozir Curk<sup>2</sup>, Tamara Malešević<sup>2</sup>, Katarina Drev<sup>2</sup>, Mojca Čerče<sup>2</sup>

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IS6-6-M4

The spread of COVID-19 changed many aspects of psychologists' daily practise. This was partly because of the many measures taken to prevent the spread of the virus, but also because of the highlighted distress in the population during this time. The Ethics Board of the Slovenian Psychologists' Association (SPA) conducted a brief survey on how these new realities affected psychologists and what their most common ethical concerns or dilemmas were during the last two years. The online questionnaire was sent to members of SPA in the fall of 2021. Many psychologists reported that they could not identify any particular ethical dilemmas during this period. Others commented that they faced increased demands on their work and consequently longer waiting times for clients. More specifically, some reported dilemmas related to vaccination, problems related to media coverage of certain mental health issues, and implementation of required preventive measures against the spread of COVID-19. Other cases will be discussed in the presentation. The study provides an important insight into the changing ways psychologists work and their ethical awareness and dilemmas in Slovenia.

## Supporting and Enhancing Cultural and Ethnic Diversity Within European Psychology as a Contribution to European Societies I

Chair: Ulrike de Ponte

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IS8-6-LN

In European societies personal life and work have progressively become overlapping cultural contexts. This represents a double demand for European psychologists: On the one hand, many psychologists' knowledge and deeper understanding of cultural dynamics is still limited though they often find themselves intertwined in intercultural happenings on an almost daily basis. On the other hand, psychologists are increasingly seen as the "ones who shall know about." And indeed, this knowledge and understanding is essential and not the least because psychologists could contribute immensely to European societies by spreading intercultural knowledge in all kind of work fields, for they do work almost everywhere. The EFPA symposium will take you on a journey introducing the vision and mission of the EFPA-Board on Cultural and Ethnic Diversity about how to enhance and support European psychologists in the future. This section is Part I and will be about (a) Mission and Vision of the Board on Cultural and Ethnic Diversity (Ulrike de Ponte, Convenor EFPA Board on Cultural and Ethnic Diversity), (b) Focus on Bachelor Study Programmes of Psychology (Elke Murdock, Luxembourg), (c) Focus on Multipliers by the Centre of Expertise PALOMA (Saija Kankaanpää, Norway), (d) Enhancing Attitudes Towards Cultural and Ethnic Diversity: Insights from Social Psychological Research (Sylvie Graf, Czech Republic).

[Remark: This is part I of a two-sectioned symposium: Part I – frameworks; Part 2 – practice.]

### Bachelor Study Programs of Psychology: Moving Towards More Culture-Inclusive Curricula

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IS8-6-LN

One facet of contemporary societies is their increasingly diverse composition. To what extent has this diversity entered the teaching of psychology to undergraduate students? The Bologna Process created the European Higher Education Area, defining qualifications and learning outcomes and making higher-education qualifications in Europe comparable. Study programs need to meet the standards and guidelines for the quality assurance in the European Higher Education Area (ESG 2015). In addition, national psychological associations such as the German Association for Psychology (DGPs) introduce a special catalogue of course content, study programs need to comply with to achieve quality control accreditation. The field is constantly expanding with pressure

to include the latest developments, for example in the field of neuro-cognitive sciences. This makes for already very tight curricula – yet how can we enhance the awareness of and increase the competences in dealing with ethnic and cultural diversity in the next generation of psychology students? Possible avenues of building a culture-inclusive curriculum will be shown by building on the analysis of the cultural content of introductory psychology textbooks. An extensive analysis of the cultural content of introductory psychology textbooks has shown that it is possible to integrate cultural references into all topics taught in psychology. There are different ways to do so – options will be presented and discussed as well as examples of good practice provided. Importantly, teaching of culture is not relegated to specialized courses – cultural examples can be cited in any subfield or facet of psychology. In addition, some examples on how to include the cultural lens will be provided from the Bachelor of Psychology Program (BAP) taught at the University of Luxembourg. These examples are thought as impulses for a discussion towards more inclusive teaching of psychology in an increasingly diverse European cultural context.

### Enhancing Attitudes Towards Cultural and Ethnic Diversity: Insights From Social Psychological Research

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The growing cultural and ethnic diversity of European societies represents a challenge for people in general and psychologists in particular. Members of social majorities can suffer from fear of the unknown and perceived threats, while members of minority groups are facing various forms of prejudice and discrimination. This presentation will introduce insights from social psychological research on harmonizing tensed relationship among different groups in society via distinct forms of intergroup contact. First, it will focus on both positive and negative direct experiences between people of different cultural and ethnic backgrounds and their effect on perceived threat, prejudice and discrimination. Second, it will outline distinct forms of indirect intergroup contact and discuss how experiences of our close ones, people we know, or even those of strangers that we are witnessing can contribute to reducing prejudice in society. Lastly, it will outline how experiences with members of one social group can be generalized across distinct groups in society to maximize the potential of intergroup contact to improve tensed relations between people of distinct cultural and ethnic backgrounds.

## Mission and Vision of the Board on Cultural and Ethnic Diversity

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IS8-6-LN

The Board on Cultural and Ethnic Diversity's vision is to mandatorily integrate (Inter)Cultural Psychology as a stand-alone subject in the curricula of the Bachelor Study programmes of Psychology all over Europe. We are sure that this will enhance and empower psychologists in their daily work as well as their own development, and we are convinced that this generates a next step for the psychology as a profession, leading into a reflexive turn. Additionally, this could contribute immensely to our societies by spreading (inter)cultural knowledge in various areas of work e.g. schools (teacher's education), institutions, and decolonialising research. The presentation will come up with a short introduction into who we are and a sketch of the Boards' history spotlighting the process of the idea. It will relate to how a curriculum could look like, what is reached so far, and what is seen as the main levers and next upcoming steps. Finally, we will share what we see as possible connected deeper layers for contributing to our societies, and briefly introduce the three other presentations of this symposium.

## I Could Be Financially Self-Sufficient, If: Individual and Relational Factors Contributing to Financial Self-Sufficiency During the Transition to Adulthood

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IS6-7-M4

The transition to adulthood is a time of life when individuals make important life choices (education, career, marriage, and family formation); many of those choices are related to financial possibilities and most have financial consequences. Because these choices have significant implications for long-term financial security and adult wellbeing (Fuster et al., 2019; McKee, 2012), it is crucial to understand the individual and relational factors involved in the development of financial behavior and financial wellbeing. The need for this research has become even more pressing due to the further erosion in emerging adults' economic stability following the COVID-19 pandemic (Lanz & Serido 2020). Previous studies identified family interactions and financial identity as two crucial factors for financial wellbeing (Danes & Yang, 2014). Family interactions create the foundation for emerging adults' financial behavior (Shim et al., 2010) and financial wellbeing (Lanz et al., 2020). Financial identity provides an understanding as to how domain-specific identity development relates to financial behavior and financial wellbeing. Shim et al. (2013) have demonstrated that there are four financial identity statuses that combine to form discernible profiles or clusters among US emerging adults and that those clusters are related to adult status. The papers in this symposium focus on investigating how family interactions and financial identity development contribute to financial behavior and financial wellbeing. Zupančič et al. present findings from a cross-cultural study (Slovenia and Austria) about the individuation process and financial wellbeing. Vosylis et al., use a longitudinal design to investigate how need-supportive and need-thwarting financial parenting is associated with positive financial behaviors via four financial identity statuses in a Lithuanian sample. Sorgente et al., test the invariance across countries of both the dimensions of financial identity and the financial identity profiles using a cross-national sample (10 nations). We discuss the findings to highlight the implications for researchers and practitioners who support emerging adults during the transition to adulthood.

## How Do Emerging Adults Feel Financially? The Role of Independence, Financial Self-Efficacy, and Autonomy-Relatedness in Financial Well-Being

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IS6-7-M4

This study examined associations of indicators of self-sufficiency (living arrangement, financial independence, and income), individuation in relation to mother, and financial self-efficacy with emerging adults' subjective financial well-being (SFWB). Participants (69% female) in Austria (N = 449) and Slovenia (N = 400) responded to demographic questions (e.g., gender, living situation), assessed their level of financial independence and amount of income, and filled-in the Test of Individuation for Emerging Adults-Short (Komidar et al., 2016, 2018), the Financial Self-Efficacy Scale (Lawton, 2011) and the Multidimensional Subjective Financial Well-Being Scale (Lanz & Sorgente, 2019). Using latent profile analysis, we identified four interpretable profiles of individuation in each country: Independent, Dependent, Anxious and Individuated-Average. Results of the multiple multivariate regression analyses in each country suggested both consistent and country-specific predictions. In regard to consistencies, financial self-efficacy was predictive across all dimensions of SFWB, whereas gender showed no significance. Higher income and lower levels of financial dependence on parents predicted higher general SFWB, satisfaction with having money, and with financial peer comparison. Participants with the Independent individuation profile (high self-reliance and low relatedness to mother) scored lower on general SFWB and having money compared to those classified as Individuated-Average (average self-reliance and relatedness). In regard to country specific predictions, Slovenian participants with Independent profile, however, fared significantly better on the aforementioned dimensions of SFWB when they also scored higher in financial self-efficacy. While the Slovenians living at least partly outside of the parental home scored higher in money management, the Austrians in such living situation scored lower in having money. The Austrians with the Anxious profile (individuation difficulties) also scored lower than those with the Individuated-Average profile across four of the five SFWB dimensions. We will discuss the findings in light of culture differences, as well as developmental commonalities of emerging adulthood.

## Financial Identity Scale: Testing the International Validity of Its Variable-Centered and Person-Centered Models Across Ten Countries

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A well-formed financial identity may facilitate the transition from adolescent financial dependency to financial self-sufficiency in adulthood. In order to investigate this important construct, in 2011 Barber et al. developed a 12-item Financial Identity Scale (FIS). When a variable-centered approach is adopted, this scale measures four dimensions (achieved, foreclosure, moratorium, and diffused), which mirror the statuses of the Marcia's (1966) identity status model. Instead, when a person-centered approach is adopted, this scale is able to identify three profiles of financial identity (pathfinders, followers, drifters), which represent three ways to combine the four dimensions of identity. This evidence about financial identity is based on longitudinal data collected from US emerging adults. The current study aims to test if the variable-centered and person-centered models of FIS are confirmed across other countries. Specifically, this study combines several different national datasets to create an international sample of around 5,000 emerging adults (i.e. individuals aged 18-29) living in Austria (N = 676), Finland (N = 1000), Hungary (N = 360), India (N = 392), Italy (N = 153), Lithuania (N = 481), Portugal (N = 408), Romania (N = 317), Slovenia (N = 379), and the USA (N = 957). Analyses to test the variable-centered model have been already carried out. Of note, the 4-factor model was confirmed in all countries, except Slovenia. In the Slovenian sample, a single item (measure of foreclosure) also loaded on diffusion factor. The fit indices for the 4-factor model on the total sample (excluding Slovenian participants) are good:  $\chi^2(48) = 603.63$ ,  $p < .001$ , CFI = .949, RMSEA = .050, SRMR = .038. Approximate measurement invariance will be run among the remaining nine countries to verify if FIS variable-centered model is fully invariant across countries. Analyses to test the person-centered model are currently underway. In an era of increasing financial uncertainty for emerging adults (OECD,

2021), these findings about the individual functioning within the financial domain may be relevant to support emerging adults' ability to become self-sufficient.

### **Short-Term Dynamic Associations Between Need-Supportive and -Thwarting Financial Parenting and Emerging Adults' Financial Identity and Positive Financial Behaviors?**

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IS6-7-M4

Reaching adulthood requires becoming financially self-reliant, i.e., earning and effectively managing own income. Empirical support indicates that effective financial parenting (FP) contributes to positive financial behaviors required to sustain financial independence. However, the content of FP is studied much more than the interpersonal style of FP in this line of research. The current study investigates how autonomy, competence, and relatedness need-supportive and -thwarting FP contributes to emerging adults' financial identity and positive financial behaviors. Data for this investigation come from a short-term three-wave longitudinal study. The initial sample included 600 emerging adults (mean age = 24.94, SD = 3.03, range 19–29 years; 52.3% women; retention rate at T2 78% and at T3 68.5%) recruited from an online survey panel. FP was assessed with a new scale that targets basic psychological need-supportive and -thwarting FP. Achievement, moratorium, foreclosed, diffusion identity statuses were assessed with the Financial Identity Scale (Barber et al., 2011), while positive financial behaviors were evaluated by assessing long-term financial planning (Lynch et al., 2010), cash-flow monitoring, and saving (Ksendzova et al., 2017). Cross-lagged panel model analysis results revealed the following. Supportive FP predicted increased achievement and foreclosed financial identity status (FIS) scores, while need-thwarting parenting predicted increased diffused and foreclosed FIS scores. Achievement FIS scores predicted an increase, while diffused – a decrease of positive financial behaviors. Vice versa, financial behaviors predicted an increase in achievement FIS scores and a decrease in diffused identity. Indirectly via the achievement FIS, need-supportive FP predicted an increase in positive financial behaviors, while need-thwarting parenting, indirectly via the diffused FIS, predicted a decrease in financial behaviors. The effects identified in the study support the general prediction that autonomy-, competence-, and relatedness-supportive FP may be an essential resource for emerging adults' financial capability development, while need-thwarting FP can hinder financial capability development.

### **Supporting and Enhancing Cultural and Ethnic Diversity Within European Psychology as a Contribution to European Societies II**

Chair: Lotte De Schrijver  
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In European societies personal life and work have progressively become overlapping cultural contexts. This represents a double demand for European psychologists: On the one hand, many psychologists' knowledge and deeper understanding of cultural dynamics is still limited though they often find themselves intertwined in intercultural happenings on an almost daily basis. On the other hand, psychologists are increasingly seen as the "ones who shall know about." And indeed, this knowledge and understanding is essential and not the least because psychologists could contribute immensely to European societies by spreading intercultural knowledge in all kind of work fields, for they do work almost everywhere. The EFPA symposium will take you on a journey on the vision and mission of the EFPA-Board on Cultural and Ethnic Diversity of how to enhance and support psychologists in future. For this we will prepare two symposia. This section is Part II and will lead into Psychologists' practice by (a) Practising the Reflexive Shift: The Base Impulse of the Board on Cultural and Ethnic Diversity (Uroš Nović<sup>2</sup>, EFPSA, and Ulrike de Pontel, convenor EFPA Board on Cultural and Ethnic Diversity), (b) Focus on Minorities and Mental Health (Lotte De Schrijver<sup>3</sup>, Belgium), (c) Focus on Transgender Clients (Iva Žegura<sup>4</sup>, Croatia), (d) Focus on Elderly People with Migrants' Biography (Isabelle Albert<sup>5</sup>, Luxembourg). [Remark: This is part 2 of a two-sectioned symposium: Part 1 – frameworks; Part 2 – practice.]

### **Supporting Refugee-Origin Individuals' Mental Health in Finland: PALOMA Centre of Expertise – From Research to Action**

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In Finland, four large-scale studies on migrant health have been conducted: Migrant Health and Wellbeing Study, Wellbeing among People of Foreign Origin, Asylum Seekers Health and Wellbeing Survey, and Survey on Wellbeing among Foreign Born Population. These studies have shown that immigrants, especially those who come to Finland as refugees or from similar conditions, experience a higher level of psychological distress than the overall population. Studies also indicate that migrants face barriers in receiving timely and adequate support for their mental health in Finland. We present a national-level working-model, the PALOMA Centre of Expertise (COE), that was created in order to reduce migrant-

origin residents' barriers in receiving mental health services and in order to help health and social care professionals in their work with culturally diverse patients. The PALOMA COE's main aim is to develop the Finnish public health care services as well as social and educational services so that migrant- and especially refugee-origin residents' mental health is better supported in the whole country. This is done, for example, by implementing best practices, building networks, organizing events and training as well as by providing guidance and support for organizations and professionals. The PALOMA COE consists of professionals working in Finnish university hospitals, NGOs, and in Finnish Institute for Health and Welfare, an expert agency that coordinates the PALOMA COE on a national level. The tasks and the structures of PALOMA COE in different regions in Finland are modified according to the need and resources of geographical areas. The PALOMA COE is partly funded by the EU's the Asylum, Migration and Integration Fund (AMIF) and partly by the Finnish government, municipalities, and university hospitals. Besides presenting the PALOMA COE, we give concrete examples of how health care professionals can be supported in their work with migrant- and refugee-origin patients.

### **Supporting and Enhancing Cultural and Ethnic Diversity Within European Psychology: Focus on Older People With Migrants' Biography**

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IS8-7-LN

Luxembourg's population is not only growing older but has also become more culturally diverse in the last years. Almost 20 per cent of the total population of Luxembourg is over 60 years old, of which one third are non-Luxembourgers. Studies have shown that people with a migration biography might have a greater risk of loneliness and social isolation, as they have sometimes smaller or less satisfactory social networks in the receiving country. Active ageing can make an important contribution to the quality of life of older people and promote social inclusion. However, the feeling not to belong can be a psychological barrier to participation in activities. This makes it all the more important to create opportunities for social integration and strengthen the sense of belonging of older people with and without a migrant biography. For the present analyses, we draw on data from the PAN-VAL project on active ageing of Luxembourgers and non-Luxembourgers, funded by the Luxembourg Ministry of Family and Integration and carried out in collaboration between the University of Luxembourg and the GERO – Kompetenzzentrum für den Alter. Here, we will focus on n = 39 in-depth qualitative interviews with participants from four selected municipalities in different parts of the Grand Duchy: Differdange in the south, Mersch in the centre and Ettelbrück and Clervaux in the north. First, we will analyze how the participants describe their feelings of belonging to the places they live in as well as their social networks and social inclusion. We will then explore how older

people make use of public offers for active ageing, focusing in particular on barriers and facilitators for participation in such offers. Policy implications and lessons learnt about how to adapt social offers to the diverse needs of an increasingly heterogeneous target group will be discussed.

### **Importance of Cultural Competencies for Psychologists Who Work With Transgender People**

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Competence in working with diverse clients is essential for all psychologists, especially for those who work with minority and vulnerable groups. Cultural competency refers to the ability to understand, communicate and effectively interact with diverse populations. Cultural groups can include people who share racial and ethnic affiliations, religious affiliations, linguistic similarities, generation, geographic residence, socioeconomic status, physical ability or limitations, sex, sexual orientation, gender identity and expression, and other characteristics. Thus, cultural groups represent people who share a defined set of cultural expressions and expectations. Acknowledgment of subjectivity is a good indicator of the competence that relates to the awareness of psychologists' own attitudes, assumptions, values, and biases. Receiving and understanding clients' different perspectives reflects the competence of understanding the worldviews of culturally different clients. As an outcome of the lack of cultural competencies in the field of mental health protection of transgender and gender-variant people is that they experience significant barriers to full access in many spheres of society and have consequently experienced discrimination, harassment, and violence. Cultural competencies in working with transgender people require recognition and commitment to genuinely understanding multiple complex parameters that may have an impact on transgender lives and their access to mental health care. Within this framework of intersectionality, transgender cultural competencies include an understanding of terms, identities, and concepts associated with different and diverse transgender identities on the spectrum from binary through fluidity. Cultural competencies in working with transgender clients also include utilizing a gender affirmative approach and culturally appropriate language when addressing and working with transgender clients. It is of core importance for psychologists to broaden their understanding of the myriad socioeconomic, health, and legal issues that trans people face and be creative and flexible in developing culturally sensitive and appropriate practices in working with transgender people, their partners, and their families.

## Minority Mental Health in a Representative Sample of the Belgian Population

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Due to multiple factors including stigma, prejudice, and discrimination as well as inaccessibility of high quality mental health care services, cultural stigma surrounding mental health care, and overall lack of awareness about mental health, racial/ethnic, gender, and sexual minorities often suffer from poor mental health outcomes. In this study, we explore the Belgian situation by comparing mental health outcomes from different minority groups to the general population. Further we look into the association between mental health outcomes and experienced othering-based stress (OBS). A representative sample of 4.632 individuals participated in an online survey. The Belgian National Register served as sampling frame for two independent waves of data collection. Based on self-identification questions, we identified participants who identify with a minority group in Belgium because of their sexual orientation, gender identity, intersex or DSD condition, religion or life philosophy, skin colour, ethnicity, disability, age or another characteristic. Using validated scales, we assessed mental health in our study population, including resilience, depression, anxiety, PTSD, self-harming behaviour, suicidal ideation and attempt, and alcohol and drug use. The OBS-S measured OBS, including identity concealment, micro-aggressions, rejection anticipation, victimization events, internalized stigma, and community connectedness. Preliminary results suggest minorities to report poorer mental health than non-minorities in our sample. In contrast to our hypothesis, high levels of OBS experienced in relation to either ‘SOGI-related’ characteristics (i.e. sexual orientation and gender identity) or ‘cultural-related’ characteristics (i.e. religion or life philosophy, skin colour, and/or ethnicity) was not found in our sample. This study contributes to our understanding of the role of minority identity and OBS as mediator in the mental health disparities observed in minority groups. Prevention and intervention programs targeting mental health should address OBS and related risk factors to reduce the vulnerabilities observed in minorities.

## Practising the Reflexive Shift: The Base Impulse of the Board on Cultural and Ethnic Diversity

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The Board on Cultural and Ethnic Diversity's vision is to mandatorily include (Inter)Cultural Psychology as a

stand-alone subject in the curricula of the Bachelor Study programmes of Psychology all over Europe and promoting present psychologists. What will it bring on a practical level? It will contribute to our societies. Doing research, using theories or models, lecturing, therapy, or conducting experiential-oriented exercises like trainings – all are linked to presumptions and implications which are often taken for granted and less reflected. Our presentation will demonstrate along some examples how deeply this is impacting our Western-originated psychology approach, and how to get into a process of de-colonialising psychology. By this, psychology in Europe will prepare a needed reflexive shift. Finally, we will introduce the three connected presentations of the symposium.

## How Research and Action in Community Psychology Initiatives are Probing to Respond to Violence Against Women

Chair: Maria João Pereira Vargas Moniz  
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IS14-7-KD

Although Europe integrates one of the wealthiest and advanced regions of the world, violence against women and girls persists as a major individual, social, cultural and civilizational problem to which response has been at a low pace. Despite the translational legislative, judicial, health and social efforts, the increased number of concrete responses, the centrality of the theme in the sociopolitical debate, the lethality, and the number of highly damaging situations are still an everyday reality. The symposium is organized to present violence and discrimination situations reported by women, including migrant and refugee women, as well as programs and practices that are being developed at the local level to provide victims and survivors instruments for their empowerment, recovery and activism. Renovated strategies of advocacy are required to provide effective systems response, therefore the initiatives report ways in which women, both professionals, advocates and survivors are organized to provide more effective support and guidance within the health, social and judicial systems. The overall projects, programs and practices inspired by the Community Psychology approach, emphasize the need to provide a voice for women affected by all forms of violence. The inter partner violence is one of the situations addressed, the concerns of survivors associated with their children, their income, their safety, their access to resources, including one of the major issues housing. The judicial, social and health systems articulated response is still challenging. Presentations are focused on the results associated with the role of community-based organizations with migrant and refugee women in European Countries, and the role of professionals in effective articulated response.

### Gendered Violence and Border Control: Looking at the British Immigration Detention System

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Over the past few decades, 'violence against women' has increasingly been placed at the centre of national and international agendas as a serious concern to be addressed globally. However, while gendered violence against women at home, in intimate relationships and in the workplace has long been acknowledged, albeit with obvious gaps, it is only recently that the relationship between border control and

gendered violence has become a focus of examination. On the other hand, gendered violence has often been used as a reason to justify the implementation of repressive and criminalising measures aimed at securitising migration and the public space. In this contribution, I examine the relation between gendered violence and border control by focusing, in particular, on the British immigration detention system. As other scholars have pointed out (Canning, 2018, 2020), the UK's increasing punitive immigration law and policy landscape has the effect of extending and compounding violence against migrant women, rather than ensuring protection. Building on this critical feminist scholarship, and on the acknowledgment that 'gender' continues to be marginalised in research on detention and border control, I look at immigration detention centres as sites where the interlocking multi-level mechanisms of violence that affect women's lives are reproduced and exacerbated, thus becoming more visible. This continuum of violence, I argue, is gendered, as well as racialised and sexualised. To develop my point, I draw on fieldwork carried out in Colnbrook and Yarl's Wood IRCs and conversations with women confined in these sites and practitioners/activists engaged in this field.

### Peer Network: A Qualitative Follow-Up PAR Study With Women Survivors of Gender Violence and Discrimination

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This study integrates an EEAGRANTS Project "PEER NETWORK: Gender Violence and Empowerment on women's survivors of gender violence/ discrimination; establishes a nationwide network to (in)form policies, services and practices. A Survivor's network requires the presential/virtual spaces offering security and are empowering settings, supporting survivors in their path of becoming leaders advocates, self-representants, and navigating socio-political debates. Professionals play roles as movement supporters, by learning/validating empowering practices, increasing the capacity to integrate the survivor's perspectives in service providing. The qualitative study of the peer network sessions transcriptions verbatim (16x2hours), and a 6 h/presential event, documents, through thematic analysis with MAXQDA, the procedural components/stages and outcomes of the network: a) Consultation & Co-construction of Guidelines; b) Leadership & Advocacy; c) Session's facilitation & management; d) the role of professionals and e) sustainability challenges. The results indicate that to build and sustain a survivor's network and support their peer advocacy efforts, the participants request more systematized knowledge on key documents and key information on gender-based violence to integrate and validate their personal experiences, require a framework that facilitates an understanding on how systems should be articulated to increase effectiveness, and advocate a culture of prevention of abusive interpersonal relations. We conclude that an empowering setting - Peer Network -

transform women's survivors' narratives into an in-depth understanding of the relation of gendered-based violence to empowerment dynamics, the social norms and the power of personal accounts for a broader understanding and validation of the survivor's perspectives. The narratives focused on strength and empowerment provide a transformative vision focused on the urgent need for dialogue, intervention capacity, and articulated response to prevent the escalation of violence, and re-victimization in the service systems. The ultimate aim is to overcome femicide, and all the social justice barriers resulting from gender violence.

### **Capabilities Approach: Prevention of Structural Violence and Promotion of a Dignified and Safe Life for Refugee Women in Portugal**

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IS14-7-KD

The current refugee crisis in Europe has exacerbated and created multiple forms of vulnerability and insecurity for refugee women. Women asylum seekers already come from situations of gender-based violence, which is very often the reason for seeking asylum or international protection. The whole set of structures and actors in the country of arrival play a crucial role in preventing women from structural violence that moves from the practices of institutions and services to the crucial dimensions of a dignified and safe life. Our contribution is based on fieldwork carried out in Lisbon in a pilot project involving a Refugee Community Organization (RCOs) and two civil society organizations. Data were collected via interviews (N = 20) with refugee women, and informal discussions with community mediators and practitioners. A thematic analysis (Braun, & Clarke, 2012) was performed. Based on Sen (2005) and Nussbaum's (2000) Capabilities Framework the contribution aims to: Determine which capabilities are valued by women; explore how women achieve capabilities in their lives' dimensions. To address structural factors (e.g. asylum procedural practices, civil society institutions) that limit or enhance capabilities (see Tanner et al., 2018) the importance of Social Capital will be considered. The results will be presented within the following valued capabilities: a) Practical reason Affiliation b) Senses, Imagination, and Thought, c) Emotions d) Bodily Health Bodily Integrity e) Control over one's environment. Finally, we will discuss implications for services within the asylum system at different levels of analysis.

### **A Self-Assessment of Perpetrators Violent Behaviour as a Preventive Tool to End Domestic Violence**

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Violence against women represents a huge social and health problem (WHO, 2016) that threatens the development and respect of the human rights of women (ONU, 1993; WHO, 2012). The Istanbul Convention states that an important strategy to end the violence against women is to implement perpetrators treatment. The consequences of psychological, economic and physical violence in intimate partner relationships are too little recognized by men (Deriu, 2012), due to a socio-cultural context that implicitly assumes the asymmetry of power between man and woman and justifies the violence of men against women. ViDaCS serious game is a Self-Assessment tool that gives the opportunity to men to focus on the difficulty in looking at and recognizing violent behaviour as part of their history and being violent as part of their selves. In particular, the virtual game offers to the perpetrator the possibility of hearing and seeing what children perceive when they witness domestic violence. 61 men experimented with the serious game. The game experimentation sessions allowed us to explore different and important emotional experiences: anxiety, distress, fear, anger, sadness, shame, impotence, emotional pain and extraneity. In particular thanks to the game, men have the possibility to get in touch with their denial. So, Vidacs Serious game experience induces men to be aware of their denial process, which is the main personal, relational and social element of discomfort in recognizing their violence in an intimate relationship. This awareness allows men to motivate themselves to ask for help and access a possible program of personal change.

### **"It Could Be Me": Learning About Gender Stereotypes and Violence Through Service-Learning**

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Service-Learning (SL) can be considered as a "course-based, credit-bearing educational experience that allows students to (a) participate in an organized service activity that meets identified community needs and (b) reflect on the service activity to gain further understanding of course content, a broader appreciation of the discipline, and an enhanced sense of civic responsibility" (Bringle & Hatcher, 1995, p. 112). Studies on SL highlight students' personal outcomes (e.g., critical thinking), social outcomes (e.g., collaboration), citizenship outcomes (e.g., civic engagement), and academic outcomes

(e.g., higher motivation to learn) (Celio et al. 2011; Salam et al. 2019). SL is also reported to bring a significant improvement of students' social justice beliefs, and critical understanding (Compare & Albanesi, under review), contributing to reducing stereotypes (Mobley, 2007) as well as encouraging students' involvement in civil society and engaging social transformation (Hochschild et al., 2014). Building on its justice and experiential dimensions, feminist scholars have adopted SL methodology to promote the problematization of gender inequalities (Eudey, 2012; Novek, 1999) and social and gender awareness and responsibility (Bosch et al., 2021). Three SL projects were implemented at the University of Bologna with a gender focus (gender stereotypes, gender violence, and LGBTQIA+ gender spectrum awareness) from 2018 to 2022, involving 16 university students (14 women, 2 men; 11 Psychology, 2 Engineering, 1 Arts students), and 3 site supervisors (3 women). Sixteen field diaries (university students) and three interviews (site supervisors) were analyzed to deepen the understanding of the role of SL experiences in raising students' awareness of gender-related issues. The diaries and the interviews have been submitted to thematic content analysis. Data are under analysis, and preliminary findings show how SL lets students be engaged and situate the experience in real-world contexts, stimulating reflections and critical awareness on structural factors contributing to gender violence, inequality, and empowerment.

## International Psychology Leadership

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IS8-8-LN

The current, past and future Presidents of the International Union of Psychological Science (IUPsyS) will share their experiences in the leadership of IUPsyS. The history of IUPsyS dates back to the very first International Congress of Psychology (ICP) held in Paris, France 6-12 August 1889; IUPsyS honours EFPA as its oldest Regional Member. These eminent psychologists' fascinating experiences in the leadership of „Psychology's Global Voice“ will cover a 45-year period, and will shed critical light on developing a national and regional member body that represents all of psychology, everywhere. Covering the rapidly-changing geopolitical events that they had to contend with during their tenures and the important breakthrough for psychology as a science and applied profession in underserved parts of the world, which continue to be psychology's major challenge. Suggestions will be proffered on mediating the varied difficulties encountered by psychologists and their representative organisations in vastly differing contexts, to ensure that in our fragile world we place human beings first in all that we do.

## IUPsyS: The Global Voice of Psychology in Certain and Uncertain Times

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IS8-8-LN

As the most recent President of IUPsyS, in the paper I will focus on the current state of IUPsyS as the global voice of psychology, built under an impressive history and the effective leadership of past presidents. The last two years of my current presidency of IUPsyS have been served under various forms of 'lockdown'. Despite this, IUPsyS has continued to deliver an ambitious 2020 - 2024 Strategic Plan which provides a blueprint that allows IUPsyS to build on previous accomplishments. Our global footprint and impact as a broker and convener of international psychological science is being done with engagement with National Members and an increase in our regional activity. As our most established Regional Member, EFPA, has a central place in this activity. To be effective, all strategic plans must be founded on strong principles of equity and fairness. IUPsyS is committed to world-wide representation and application of psychological science. Cooperation and the involvement of psychologists from all geographic regions ensuring and taking account of current geo-political context is central to this aim. The current global public health emergency highlighted the need for cooperation and collaboration that supersedes national boundaries and disciplinary interests. IUPsyS has no national boundaries and remains committed to collaboration; the effectiveness of which is supported by

a wealth of psychological empirical evidence. Psychology is, and should be, at the forefront of human endeavour. We must work collaboratively for public good; exploring the science, application, and impact of psychology in our fast-changing world, opening ourselves to fresh challenges and opportunities so that our discipline can continue to serve humanity.

## A New Deal for IUPsyS

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IS8-8-LN

When I was elected President of the International Union of Psychological Science in 2008, I could rely on experiences as President of the International Society for the Study of Behavioral Development. It had told me that in order to increase international outreach and serve members, the usual resources provided by fees would not be enough, and the reputation in scientific circles was too limited. Consequently, I worked to increase the income by publications and the support by agencies funding scientific activities. In addition, I helped to develop an award program honoring scientific achievements. The need of enlarged collaboration across all parts of the globe after the end of the Cold War required accessibility to scientific progress and the development of new cohorts of researchers and practitioners. First, together with a team, I negotiated with publishers to achieve a better deal in terms of products and income for the Union. Wiley became the new publisher serving all outlets, including the Website. The International Journal of Behavioral Development gained in impact prominence under the last editors. Second, finding funding for IUPsyS activities was not easy. I had contacts with philanthropies and research foundations, but it was clear that in order to receive support, IUPsyS needed to develop programs beyond the usual organizational activities. Consequently, we developed a series of international training workshops on disaster relieve for Eastern Europe and Asia, targeting young academics and providing new insights into causes and consequences. Third, an Award program was developed offering scientific reputation and media presence for renowned international scientists, referring mainly to basic research but also scientific applications „against the odds“ in fields of high societal relevance. I will present and discuss the issues mentioned with an eye on future developments.

## The Role of IUPsyS in Psychology Capacity Building

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Capacity building refers to the process by which organizations, groups, and communities develop structures, organized processes, competencies, and resources necessary

to respond to continuous changes in a specific area. In the last decade, the International Union of Psychological Science (IUPsyS) has strengthened its capacity-building program worldwide to contribute to the development of organized psychology. Recently, the emphasis has been placed on regional cooperation. In this presentation, the example of the Latin American region exemplifies the process and achievements of the IUPsyS capacity-building program, possible shortcomings and future goals. Among the achievements, the foundation of the Central American Union of Psychology Associations and Colleges (UCCAP), the development of a web platform to collect and analyze information to characterize the development of psychology in the region (i.e., Observatory of Psychology in Latin America-OPAL), the planning of a common agenda for the region, and increased cooperation of IUPsyS with national and regional organizations (e.g., Interamerican Society of Psychology) are some of the most significant achievements. Together, actions resulting from the capacity building program have broadened the region's capacity to address critical issues at the scientific and professional levels. Elements are introduced to discuss what capacity-building means in the global south and north.

## **Psychology Professional Associations and Public Agencies Cooperation in Domestic Violence Prevention and Intervention: The Portuguese and Spanish Experiences**

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Psychology and Psychologists have made significant contributions in research, assessment, prevention and intervention of Domestic Violence. In the Portuguese and Spanish context Psychology Professional Associations (Ordem dos Psicólogos Portugueses e Colexio Oficial de Psicología de Galicia) have worked together with several public agencies in order to address this serious public health problem. The aims of this symposium, with the participation of members of the Ordem dos Psicólogos Portugueses/Portuguese Psychologists Association, Colexio Oficial de Psicología de Galicia/Galicia Portuguese Psychologists Association and the Portuguese Commission for Citizenship and Gender Equality are: (1) to characterize and discuss the importance of Professional Psychologists Associations actions in Domestic Violence prevention and intervention (e.g. providing specialized training to psychologists about Domestic Violence, promoting Domestic Violence awareness and education about partner abuse and relationship violence, development of professional guidelines), (2) to reflect on the importance of a comprehensive approach to gender-based violence from the perspective of Psychology (according to the current Spanish legislation, especially from the State-wide Consensus against Gender-Based Violence of 2019 and the Portuguese National Strategy for Equality and Non-Discrimination) and, (3) to describe cooperative actions between Psychology Professional Associations and regional/national public agencies in the development of joint actions to support and protect victims, expand and consolidate the intervention, and improve psychologists professional skills.

## **Psychology Professional Associations and Public Agencies Cooperation in Domestic Violence Prevention and Intervention: The Portuguese Psychologists' Association Experience**

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The Ordem dos Psicólogos Portugueses/Portuguese Psychologists' Association (OPP) is the organization that represents psychologists in Portugal. It is just 10 years old and already counts 23,000 psychologists as members, adding around 1,000 new psychologists every year. It is the only organization responsible for the professional title in Portugal. Membership is mandatory. As the world faces

complex social challenges that exacerbate societal inequities and vulnerabilities, we affirm the importance of psychology and psychologists in serving individuals and communities, promoting social cohesion, health, and wellbeing throughout the life cycle. Since its foundation OPP has made available supporting tools for psychologists' professional practice, investing in professional development, providing free access to online training courses, webinars, and discussion forums, putting into place supervision, intervision (different from supervision in that the relationships are of parity, equality, and interdependence), and self-care processes to support and empower psychological responses in the community. OPP has been training psychology professionals to deliver psychological science-based interventions, supporting the resilience and well-being of vulnerable and at-risk populations, and has developed cooperative actions with public agencies in order to promote communities psychological health. Psychologists around the world have made contributions in research, clinical assessment, and intervention and prevention in one of the most serious public health problem: Domestic Violence. As a way of contributing to reduce Domestic Violence cases and provide specialized treatment to victims OPP has developed professional guidelines for Domestic Violence interventions, delivered specialized training to psychologists about Domestic Violence (e.g. gender violence, child abuse), promoted Domestic Violence awareness, and provided education about partner, relationship violence and child abuse. The main aim of this symposium is to describe and discuss the importance of OPP actions of Domestic Violence prevention and intervention and to highlight the relevance of inter agency cooperation in this field.

## **Psychological Support Within the Scope of the National Support Network for Victims of Domestic Violence: The Portuguese Experience**

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Since the late 1990s, Portugal has a National Support network for victims of domestic violence (RNAVVD), with national coverage, which provides, free of charge, social (including shelters), legal and psychological support. Although these services are under responsibility of technical teams from NGOs or municipalities, the financing, monitoring and supervision of them are a state responsibility, through the Commission for Citizenship and Gender Equality. The opening of one of these services requires, among others, the provision of psychological or/and psychotherapeutic support, and in 2021 around 230 psychologists were involved in the RNAVVD. On average, in 2021, these psychological teams provided around 3,400 sessions/month. Considering the specificities of support for children and young people who are victims of domestic violence, since September 2021 Portugal has reinforced its provision of psychological and psychotherapeutic support services specifically aimed at children and young people within the scope of RNAVVD, whether they are housed in shelters/emergency vacancies

or are attended by the RNAVVD support centers. 31 new teams were formed, made up of 67 psychologists, to provide psychological and psychotherapeutic support services, using individual or group intervention methodologies and based on specialized approaches, such as trauma-focused psychotherapeutic approaches. This initiative followed a protocol signed with the Commission for Citizenship and Gender Equality, the Portuguese Psychologists Association (OPP). The involvement of OPP is strategic to monitor and support the creation of these 31 new responses, ensure the training and supervision of recruited psychologists, including the definition of recommendations and specific action protocols, promoting a change paradigm in intervention with children and young victims of domestic violence and, especially, the creation of a critical mass of professionals in this area, namely through a updated list of specialists.

### **Psychology Professional Associations and Public Agencies Cooperation in Domestic Violence Prevention and Intervention: The Portuguese and Spanish Experiences**

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We propose that there should be a reflection at the Public Administration level on the importance of a comprehensive approach to gender-based violence from the perspective of Psychology. Such reflection should include the points of view of the current Spanish legislation, especially from the State-wide Consensus against Gender-Based Violence of 2019. Worryingly, gender-based violence continues claim the lives of many women and of members of their environment; issues related to prevention and intervention in this very serious social problem will be considered, too. Furthermore, a reflection on the importance of incorporating gender perspective into the practice of Psychology will be provided. We conclude that a paradigm shift with a clear commitment to prevention and the promotion of a culture of good treatment is key to address gender violence, and Psychology has a prominent role in that endeavor.

### **Building a Strong, Healthy Workplace in Europe: Psychological Perspectives and Insights From H2020-Funded Sister Projects**

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IS19-9-KC

In recent years, Europe has seen a steady increase in work-related problems; absence from work, early retirement and mental health issues became more prevalent. The estimated direct and indirect costs of mental health cover about 4% of GDP. The pandemic has exacerbated this situation, making the need to curb this phenomenon even more evident by making workplaces psychologically healthy. Several drivers that positively influence employees' mental health and well-being include the intervention of psychological disciplines such as improving the social working environment, designing innovative ways of working, introducing positive management and leadership style, fostering social support, and job security. The European Commission has - under the H2020-2018-2020 work programme "Health, demographic change and well-being" - launched a specific call for proposals entitled "Better health and care, economic growth and sustainable health systems" to fund European projects that aim to develop a psychologically healthy working environment, create a supportive environment, recognise the potential of the workplace in sustainably promoting the mental health and well-being of employees and reduce the negative impacts of work-related stress. The five EU-funded projects, EMPOWER, H-WORK, MAGNET4EUROPE, MENTUPP and MINDBOT, will participate in a Round Table discussion on the role of Psychology as a driving force in Europe in paving the way for a healthier workplace. The Sister projects will have the opportunity to share and reflect upon their experiences, drawing on insights from the various psychological disciplines involved in each project, applied in different workplaces - from public workplaces to healthcare organizations to SMEs - and in different European countries. Representatives from each project will share the lessons learned so far, the critical organisational mechanisms and processes tackled considering the cultural backgrounds and mental health issues targeted and eventually highlighting the potential opportunities and implications of Psychology in view of the ongoing (digitalized) work changes.

## EMPOWER Project: The European platform to Promote Wellbeing and Health in the Workplace

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Common mental health problems cause an enormous burden for the individual and the society, with significant economic cost due to lost productivity at the workplace. However, targeted and cost-effective interventions that can support employees on a large scale are still needed. Digitally based interventions in the workplace appear to be a promising approach. The goal of the EU Horizon 2020 funded EMPOWER is to create, pilot, and evaluate an multimodal eHealth intervention, based on the most feasible, brief, and cost-effective interventions currently available in Europe and promote wellbeing, reduce the impact of mental health issues on productivity in the workplace, support a return to work of those with sickness absences, and prevent common mental disorders. The EMPOWER eHealth platform has been designed to provide an integrative user experience that meets the needs of employees and employers. It contains a modular structure, acting at different levels: primary, secondary and tertiary prevention. The implementation will be piloted through a stepped-wedge cluster randomized trial directed to employees and employers of SMEs and public agencies from four European countries: UK, Spain, Poland and Finland. Both quantitative and qualitative data will be collected during the fieldwork. We will evaluate the effectiveness and cost-effectiveness of EMPOWER, and the diverse perspectives of users to increase a successful implementation of the intervention. EMPOWER is expected to provide a feasible, brief and cost-effective intervention to support the management of mental health issues in the work sector, with a broad applicability and context-specific, and suggestions about the most appropriate and effective strategies for a successful uptake of the eHealth platform will emerge. During the round table, we will discuss the contribution of Psychology along the Project, highlighting how psychological treatments can be effectively delivered through an eHealth

platform and discussing the acceptance of users for this type of intervention.

## H-WORK Project: Multilevel Interventions to Promote Mental Health in SMEs and Public Workplaces

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The EU-funded H-WORK project aims to design, implement and validate practical multilevel assessment and intervention toolkits, evaluate individual and organisational outcomes and provide innovative products and services. The aim is to promote mental health and policy recommendations for employers, occupational health professionals, and policymakers. Ten public organisations and SMEs in 5 European countries participated in the project as intervention sites where work and organisational psychologists, occupational health psychologists and clinical psychologists conducted a range of relevant activities and interventions. The project work activities were designed to conduct a psychosocial risk assessment (needs analysis) of each intervention site through a participatory approach. Senior, middle managers and employees participated in interviews and focused groups on sharing their opinions and perceptions of their working environment. The results of the needs analysis phase paved the way for the design of tailor-made multilevel intervention strategies implemented by experts from different fields of Psychology. Digital and innovative solutions, interventions based on positive psychology and individual therapy were delivered in different working environments with various actors. Furthermore, the project was designed to collect longitudinal data, and multilevel analysis will determine the effectiveness of the interventions in terms of psychological outcomes and their financial impact across intervention sites. A realist evaluation approach was also included in the project study design, making it possible to assess the quality of the interventions and organisational processes and mechanisms that may have been triggered during the implementation phase and that could explain the overall impact of the interventions. During the round table, the contribution of psychology in each phase of the project will be highlighted and it will also be an opportunity to discuss the extent to which psychology contributes to and connects with other fields of research and project actions, such as economic impact assessment and the development of digital solutions.

## Magnet4Europe – The Impact of an Organizational Redesign Intervention on Mental Health Outcomes of Nurses and Physicians in Europe

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Magnet4Europe aims to redesign the clinical work environment in more than 60 European hospitals by applying the Magnet® blueprint of organizational redesign to improve nurses' and physicians' mental health and well-being. In the US, implementing the Magnet® model of organizational redesign for nurses in hospitals has been associated with improved mental health, reduced burnout, and turnover and improved patient outcomes. Despite its positive outcomes, the model has not yet been implemented at scale in Europe. Magnet4Europe is a multi-country, hospital-based, matched-pairs wait-list cluster randomized controlled trial (RCT), with a nested process evaluation. An innovative multi-faceted implementation is applied to facilitate organizational redesign in participating hospitals in six European countries (Belgium, Germany, Ireland, Norway, Sweden, and England) between 2020 and 2023. Each hospital engages in a twinning relationship with a US Magnet® recognized hospital, promoting the successful implementation of the original Magnet® model. The intervention is complemented by learning collaboratives throughout the project supporting transfer of knowledge. Critical mass creation further promotes innovation and public interest. To understand the intervention's impact on clinician well-being and mental health outcomes, the job demands-resource (JD-R) model will serve as theoretical and guiding framework. The primary outcome of interest is burnout among nurses and physicians. Moreover, data on patient safety, quality of care, and perceptions of the work environment, work engagement, mental health (i.e., anxiety and depression), and job satisfaction will be evaluated. Data is gathered longitudinally, on three points in time (month 11, 27, 39). For the process evaluation, data will be collected on context, implementation and mechanisms of impact and is guided by the Medical Research Council (MRC) framework for evaluating complex interventions. A mixed-methods approach with both quantitative and qualitative components will be used to explore different stages and aspects of the implementation process.

## MENTUPP: Mental Health Promotion and Intervention in Occupational Settings

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IS19-9-KC

Depression and anxiety are the most prevalent mental health difficulties in the workplace in the EU, causing immense suffering and costing the global economy €1 trillion in lost productivity annually. Certain sectors, in particular construction, health, and ICT, have an elevated risk of mental health difficulties, with those working in Small and Medium Enterprises (SMEs) being particularly vulnerable. The overall aim of the MENTUPP project is to design, develop, implement, and evaluate a multi-level mental health intervention for the SMEs. The MENTUPP intervention has been developed by world leading experts in mental health in occupational settings. It has been informed by a survey with representatives from academia, SMEs, occupational health associations, labour and advocacy groups and by a series of systematic reviews. These reviews have been conducted to understand workplace mental health interventions in the construction, health and ICT sectors, mental health interventions in SMEs, and on facilitators and barriers to successful implementation of such interventions. The MENTUPP intervention is delivered via an online platform, the MENTUPP Hub, to build a strong, health workplace for all. It presents tailored psychoeducational materials for employees and managers on topics such as peer support, anti-stigma, non-clinical feelings of being down and clinical levels of depression. As well as being tailored to each sector, the materials also present general workplace problems that workers may encounter, such as implications of the COVID-19 pandemic. The intervention has been pilot tested and is currently being optimized prior to conducting a cluster Randomised Controlled Trial (cRCT) in the three occupational sectors and in eight European countries and Australia using the RE-AIM framework. Most SMEs have limited capacity to address mental health promotion and provide mental health interventions to staff. As SMEs comprise more than 90% of all EU businesses, there is a huge potential to influence population health.

## MINDBOT – Mental Health Promotion of Cobot Workers in Industry 4.0

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The transition to Industry 4.0 is imposing radical changes to the manufacturing environment. A crucial role toward innovation in the production process of manufacturing enterprises is currently played by collaborative robots

(cobots), machines designed to directly interact with humans in shared and fenceless workspaces. Such a workplace change in automated works may have a substantial impact on the mental health of workers potentially exposed to monotonous, alienating, or difficult tasks. Grounding in the view of mental health as not merely the absence of illness, but encompassing positive psychological dimensions of functioning, MindBot project is aimed to design workplaces where cobot flexibility could promote a functional match between job task challenges and workers' skills, in order to support human motivation and engagement. To this aim, a comprehensive baseline assessment of the psychological, psychosocial and physiological correlates of human-cobot work experience was performed. Emotional, psychological, and social facets of well-being were investigated among workers through the Mental Health Continuum Short-Form (MHC-SF). In addition, the Experience Sampling Method (ESM) was employed to investigate workers' real-life behaviors and associated experience, multiple times during the day for a one-week period (including both working hours and free time). Participants were asked to report the quality of experience through questions referring to cognitive, affective, and motivational dimensions, as well as perceived challenges and skills in dealing with the ongoing activity. Physiological data were also collected through a wearable device and elaborated with algorithms developed to detect stress levels; moreover, a body recognition system was implemented in order to acquire biomechanical data on human motion and social/affective signals. This will lead to equip cobots' internal system with a Machine Learning Algorithm integrating data, adapting the technology to human's needs, fostering and safeguarding workers' well-being, and, ultimately, promoting mental health friendly workplaces.

## **The Psychology of Aging Part I: Diversity and Quality of Life in Older Age**

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IS8-9-LN

Our societies are becoming more complex and diverse. The quality of life of older people might be especially challenged by lacking economic and social security, differences in ethnic and cultural identities, as well as recent crises such as climate change and COVID-19. In light of present and future societal challenges, the contribution of geropsychology is essential to ensure the quality of life of older people. This double symposium which is organized by the EFPA SC on Geropsychology will bring together researchers and practitioners from different European countries to discuss mental and behavioural processes of ageing and its challenges both in research and in applied fields of psychology. The aim of the symposium is to discuss ways to improve and consolidate quality of life in later adulthood. Thereby, we will focus on a better understanding of diversity that is innate in ageing. While ageing is a lifelong process where earlier developments have important repercussions on later ones, ageing is also a highly diverse process. Differences between and within individuals have to be considered in order to provide tailor-made solutions and support for specific needs. The first part of the symposium will focus on scientific aspects in different fields of geropsychology, whereas in the second part we will discuss practical challenges.

## **Future Perception and Vulnerability in Old and Very Old Age**

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IS8-9-LN

Old and very old age are often described as life phases that also entail enhanced vulnerability risks in various domains such as health, financial situation, or social connectedness. When anticipating challenges or risks in one's personal future, aging individuals in early, middle, and late adulthood may perceive and generate hopes, fears, plans, and strategies that aim at protecting themselves against undesirable outcomes. In this vein, it is investigated what are the consequences of future perceptions such as aging-related fears, dementia worries, longevity ideals, and subjective residual life expectancy on positive aging outcomes. A pertinent issue in this realm is to what extent the construal of the future contributes to enhanced aging preparation, to positive life valuation and to meaning in life. In addition, it is explored how the COVID-19 pandemic may have affected the ways in which individuals perceive the future, and prepare for old age across different contexts. Empirical data comes from the cross-cultural and longitudinal Ageing as Future study with age-heterogeneous samples of

young, old, and very old adults from 18 to 99 years. Future perception was assessed as ideal and subjective residual life expectancy, aging-related fears, and future time perspective. Positive aging outcomes related to valuation and meaning of life, well-being and aging preparation. Findings suggest that future perceptions are multifaceted and differ strongly by domain of life and by cultural context. It is suggested that with an increased susceptibility to aging challenges there are also stronger effects of future perceptions, worries, and subjective time left in life on positive aging outcomes. This implies that how individuals conceive of their personal future affects the course and direction of aging changes. It is submitted that the study of future perception contribute to improved understanding of how individuals may cope with vulnerability risks of old age.

### **Contribution of Sociodemographic and Psychological Factors to Survival in Very Old Persons**

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Very old persons may be an important source of information on adaptive capacity in ageing, and its determinants. The aim of the presented research was to explore the associations and contribution of sociodemographic factors and psychological factors: family relationship, quality of life and subjective functioning, to the oldest-old persons' survival in ten-years follow-up period (project HECUBA, HRZZ IP-01-2018-2497). Participants were 191 persons aged 80 to 97 years (on average 88 years), 73% women, residents of 13 retirement homes in Zagreb, Croatia. Questionnaire for the Oldest-Old was administered individually, as a structured interview, in 2008. The participants' age of death was checked in 2018. Their average survival age was 92 years. The only significant gender difference was longer education in male participants. Longer survival correlated with greater number of children and better quality of life. The set of observed variables predicted 10% of the oldest-old survival variance, with greater number of children as a single significant predictor of all participants' longer survival. In the subsample of women, 16.4% of the survival variance was predicted, with longer education and greater number of children significantly contributing to their longer survival. The findings suggest the need for further longitudinal research on the sociodemographic and psychological determinants of longevity, in order to improve the quality of life and the services for the growing number of very old persons.

### **Active Ageing and Well-Being of Older Adults**

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IS8-9-LN

The importance of active ageing and participation for older people's quality of life has been shown in numerous studies from various countries and cultures. Older people are not a homogeneous group as personal needs and preferences for social activities differ. In addition, there is a growing cultural diversity also in older age groups—already today, about a third of people over 60 living in Luxembourg are foreigners. In its recent Green Paper on ageing, the European Commission has, however, stressed that healthy and active ageing do not only depend on personal decisions but are also highly dependent on the context in which people live and which is shaped by policy (European Commission, 2021). It is therefore all the more important to continuously evaluate public offers for social activities and to adapt them to a highly diverse target group. This was the starting point of the PAN-VAL project on active ageing of Luxembourgers and non-Luxembourgers, which was funded by the Luxembourg Ministry of Family and Integration and carried out in collaboration between a team from the University of Luxembourg and the GERO – Kompetenzzentrum für den Alter. A total of N = 1000 people over 50 (51% women, 49% men) participated in a nationally representative online and telephone survey. Participants reported on their participation in social activities, their social network, sense of belonging, life-satisfaction and loneliness. Based on our quantitative data, we will first focus on differences in activities, social inclusion and subjective well-being between Luxembourgers and Non-Luxembourgers and second, we will analyze the relations between social activities, inclusion and subjective well-being of older people in the context of cultural diversity. Finally, a comprehensive model will be presented and policy implications about how to adapt social offers to the diverse needs of an increasingly heterogeneous target group will be discussed.

### **Studying Cognitive Aging in the Era of COVID-19: How to Measure Cognitive Health Remotely?**

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IS8-9-LN

The current COVID-19 pandemic has presented many challenges for gerontology. Two of them are the need to monitor mental health, including cognitive health in older adults, and doing so in times where personal contact is to be restricted. In consequence, traditional neuropsychological approaches to assess and to monitor cognitive functioning are facing important limitations. Thus, in the present talk I will present two recent studies in which we validated

methodological tools to measure cognitive functioning in a self-administered web-based approach. The e-COGTEL was tested in more than 400 individuals across the lifespan and is a cognitive test battery that allows assessing cognitive functioning in a global perspective: short and long-term memory, working memory, prospective memory, verbal fluency, inductive reasoning. It takes 20 to 30 minutes to administer and provides detailed results (overall score and scores per sub-domain). The most recent update allows for a remote, self-administered assessment of cognitive functioning. The Geneva Space Cruiser (tested in more than 470 participants across the lifespan) represents a new online adaptation of the serious-game like task that allows assessing participants' prospective memory, that is, their ability to remember to perform planned intentions after delay. It takes 10 to 15 minutes to administer and provides detailed results on participants' prospective memory performance, time-monitoring behavior, and ongoing task performance.

### **Psychological Effects of Social Isolation During COVID-19 Pandemic 2020**

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IS8-9-LN

The SARS-CoV2 pandemic meant considerable restrictions in social life for many people. Older people belong to the high risk group for a severe to fatal course of the SARS-CoV2 disease, which is why these groups of people received special protection. This protection included drastic restrictions on personal and social contacts, including the suspension of psychosocial therapies. This study examines the cognitive and emotional effects of social isolation on older people. 49 participants who lived in nursing homes were tested before and after social isolation 2020. The results of the present study provide empirical evidence for the negative effects of social isolation of older people in nursing homes with regard to cognitive performance, anxiety, depressive symptoms and quality of life.

### **The First Dissertation on the Mind, 1734: Antonius Guilielmus Amo Afer and the Silences in Psychology**

Chair: Saths Cooper

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IS6-10-M4

Antonius Guilielmus Amo Afer, an African scholar at the Universities of Halle and Jena in the 18th century, wrote the first Dissertation on the Mind *De humanae mentis apatheia*, in 1734 at the University of Wittenberg, Germany. This symposium will shed new light on the history of psychological science and its numerous applications, on the rationalistic as well as the racist influences of European Enlightenment on the Humanities and on Psychology. Besides dealing with the many contributions of Amo, not least to psychological thought, the symposium will raise pertinent issues that have plagued our world in the third decade of the twenty-first century, which our much-needed discipline often overlooks. That Amo - who was born in Ghana, raised at the Court of the Dukes of Brunswick-Wolfenbüttel, and who studied in various prestigious European universities in various specializations - has only recently been acknowledged, and then too hardly by psychology, is an indictment on us. Covering key areas of concern for psychologists striving for our common humanity, the symposium will proffer suggestions on what we can do to overcome such deliberate denialism and obfuscation, and ensure that the benefits of psychology are available to people everywhere, especially in these trying and confounding times.

### **Positioning Anton W. Amo in the Early Modern History of Psychology**

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IS6-10-M4

It has been suggested that the CE1500 marked the beginning of modern history and that any development of science that occurs after this period belongs to the early modern history of science. Within the Anglo-American hegemonic psychology, the formal birth of the discipline is traced to 1879 when Wilhelm Maximilian Wundt (1832–1920) established his laboratory at University of Leipzig. However, German historiographers trace the date of birth to 1824 when Prussia made psychology as a compulsory pedagogical course at its universities with Johann Friedrich Herbart (1776–1841) considered the founder of scientific psychology based on his mathematical approach to the study of the mind. Regardless of the preferred date, any development prior to this date ought to be seen as a contribution to the founding of psychology. In this sense, Amo's *De Humanae Mentis "Apatheia"* (1734) and *Tractatus de arte sobrie et accurate philosophandi* (1738) belong to the early modern history of psychology given their central focus on human mind, cognition, sensation,

and perception. Beyond the mere presence of Amo and his works in 18th century Germany, one can pursue two lines of inquiries as to why he belongs to the early modern history of the discipline. First, Amo's lectures on the "Frontiers of Psychology" was announced at the University of Jena in 1739. Should his works and the lecture at Jena not make him a contributor to the psychology? Second, representation of Amo in the early modern history of psychology would serve to make African descended people and other people of colour have a sense of belonging in the discipline. I, therefore, call for canonization of Amo by writing him into introductory and history textbooks of psychology.

### **Antonius Guillelmus Amo Afer, a Brilliant Scholar and an Independent Thinker: Lessons for Today**

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IS6-10-M4

In 1704, a ship of the West Indian Company sailed to Middelburg in the Dutch Republic, probably via the Caribbean, with a remarkable little boy (4 years of age) aboard. After a little while he was given as a 'present-slave' to the Dukes of Brunswick-Wolfenbüttel. In line with the Enlightenment tradition, he received an excellent education. He mastered several languages, studied philosophy of which psychology was part. He had a splendid career and became Professor at the Universities of Halle and Jena. After the dukes died and the intellectual climate deteriorated, he became subjected to mockery and public racism and left Germany for Ghana. Professor Amo is part of the collective - but silenced-European past. Inclusion of his scientific contributions in the teaching of future students offers an opportunity to open up this painful European past. His first publication about the position of African people at the European courts can be considered as the first Black Lives Matter document. The growing racism during the past centuries is of concern to all of us and withholds the profession from fulfilling its mission of being a science and a practice for the benefit of ALL people. This presentation is a call for awareness and acknowledgement of the colonial past and its implications for the world today. Colonial traces are to be found in our societies; some need to be destructed, some transformed, some acknowledged. By building a scientific monument for Amo, the first scientific psychologist, the profession takes a step to become a more inclusive profession. As late Archbishop Desmond Tutu stated: "Out of the struggle ... has grown a tremendous, painful desire for a broader, more flexible, fuller, more cohesive, and inclusive story of what we humans are, who we are, and what this life is for."

### **Ending Epistemic Silence in Regional Psychology: Integrating Caribbean Indigenous Knowledge & Philosophy in Psychology Education and Training**

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IS6-10-M4

Psychologists in the region have collectively committed to the creation of Caribbean psychologies that contribute to the sustainable development of Caribbean societies and the well-being of its peoples and advances global psychology. Despite extensive and diverse indigenous knowledge systems and a legacy of critical philosophy across linguistic sub-regions, their integration into psychology in the Caribbean remains a challenge. The presenter posits that integration into psychology education and training is a critical first step for the required integration and the development of Caribbean psychology. In this paper, the author reports on the results of the regional survey of undergraduate and graduate psychology educators that examines the degree of integration across national and linguistic boundaries. The presentation ends with recommendations on how regional psychology educators can enhance their efforts in PET to end epistemic silence and promote Caribbean psychologies.

### **Are We Ready for a Psychology That Embraces All of Humanity?**

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IS6-10-M4

Recent events, especially those occurring during the COVID-19 pandemic, have highlighted the fault lines in our discipline. The denialism of the history that has shaped us, as well the lack of full acknowledgement that psychology is diverse, has contributed to an unnatural skewing in crafting of the key set of existing understandings of the human mind and the vast array of interventions that our fragile world needs. Some of the reasons for these silences in psychology – exemplified by Amo's near obliteration – and its inability to be consistently and meaningfully relied on by policy makers and the public will be explored, from the vantage point of leadership of psychology during and after apartheid, including organised psychology and purported representations internationally and within scientific organisations. The call will be made for a psychology that embraces all of humanity, not just the privileged few.

## The Psychology of Aging Part II: Challenges in Practical Geropsychology

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IS8-10-LN

This is the second part of the double symposium organized by the EFPA SC on Geropsychology. This symposium brings together researchers and practitioners from different European countries to discuss mental and behavioural processes of ageing and its challenges both in research and in applied fields of psychology. In the second part of this double symposium, we will discuss ways to improve professional competence of psychologists in this field and address practical challenges. In this context, we will present the first results from a Europe-wide survey on the prevalence of geropsychologists in different European countries and differences in requirements for qualifying to become a geropsychologist.

### Direct and Indirect Associations Between Health, Healthcare and Well-Being of Older Adults

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IS8-10-LN

The issue of multiple chronic health conditions, that are especially prevalent among older adults, has been on the rise over the last several decades. Though it has been established that people with multimorbidity have increased risk of mood disorders and other psychological issues, the underlying mechanisms are still a matter of debate. The aim of this research is to analyse direct and indirect relationships between health indicators, healthcare aspects and well-being among older adults. For this analysis 5146 respondents aged 65 and older (Mage = 75.2; 35.4% male) residing in the Baltic states were selected from The Survey of Health, Ageing and Retirement in Europe (SHARE) wave 7 database. 12-item version of Control, Autonomy, Self-Realization and Pleasure (CASP) scale and a single-item Life Satisfaction measure were used to assess well-being. Self-reported information on chronic conditions, limitations in activities of daily living and healthcare aspects, such as hospitalisations, contacts with the healthcare providers, polypharmacy, forgoing services due to cost or long waits, was also included in the analysis. Results of the path analysis show that having multiple chronic health conditions is indirectly associated with the well-being of older adults and this relationship may be explained by the mediating factors. Multimorbidity predicted greater probability of limitations in everyday life, which consecutively predicted lower levels of well-being. Moreover, having multiple chronic conditions was directly linked to healthcare utilisation, polypharmacy and unmet healthcare needs, all indicative of treatment burden, which in turn directly predicted the well-being levels. The role of healthcare aspects, highlighted by these results, suggests that

new standards of healthcare, addressing the demanding issue of multimorbidity and its complex impact on health and well-being of older adults, need to be developed.

### The Old Man's Well-Being in Municipal Elder Care

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IS8-10-LN

Contrary to what is sometimes believed, being an old man does not in itself constitute a risk factor. Neither old age nor male gender causes low well-being. In fact, age is positively related to well-being, and the risk of having low levels of well-being is higher for the old woman than for the old man. The objective of the present study is to determine whether this is also the case for the old man who depends on elder care. As care recipients suffer from poor health and a loss of functions necessary for independent daily living and lacks the autonomy enjoyed earlier in life, we hypothesize that levels of well-being will be lower than normal. We report results from a study on the old man's well-being in elder care, drawing upon data from a large representative sample comprising of more than 2,000 care recipients (both men and women). Furthermore, we examine a sample of 354 elderly care recipients (both men and women) being treated for very low levels of well-being by way of psychotherapy. Though old men who receive municipal care score considerably lower than old men who do not, old women in the same situation score even lower. Levels of well-being in elderly with psychological problems were very low to low, but men had higher well-being than women. Psychotherapy resulted in more than 20 percent points of improvement from very low to normal for both genders. Men started out, and ended, at higher levels of well-being than women, but in terms of relative improvement, no significant gender difference was found. The relatively low level of well-being in care recipients in general, and its causes, should be used as a starting point for different types of prophylactic initiatives and interventions. One such promising intervention is psychotherapy.

### Psychosocial Interventions in Early Stages of Dementia in the UK – An Overview of Evidence Base and Practice

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IS8-10-LN

While medical advances in the treatment of the dementias has been stagnating for near on 20 years, recent years have seen a rapid acceleration in psychological and psychosocial treatment approaches. Psychologists in the UK have been at the forefront of establishing and amplifying the evidence base as well as disseminating and introducing new developments

into clinical practice. Examples of recent studies and clinical applications will be presented in the contribution. Due to the limitations of the UK National Institute for Clinical Excellence (NICE) approach to supporting the introduction of new treatments in the National Health Service (NHS) provision, the British Psychological Society (BPS) developed a methodology to categorize the level of evidence for currently available interventions, and in 2014 published the first edition of the „Guide to Psychosocial Interventions in the Early Stages of Dementia“. This work was repeated recently, and the number of qualifying entries was found to have increased from 24 to 36. Examples of newly added approaches will be introduced and discussed. The dementia related research programmes at the University of Exeter, led by Prof Linda Clare illustrates this well: results from the now 6 years of the only longitudinal study into factors affecting living well with dementia results indicate the predominance of psychological factors. Parallel programmes have developed Cognitive Rehabilitation approaches in dementia and online toolkits to assist people after a new diagnosis of dementia. Collaboration with the national Dementia Engagement and Empowerment Project has resulted in people with dementia advising on the most appropriate ways of translating research into practice, and psychologists have been involved in the development and support of peer support networks, and increasingly, offers of people themselves living with a diagnosis of dementia. An overview will be given, and examples and online resources presented.

## Education and Skills in Geropsychology in Portugal

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IS8-10-LN

Geropsychology is becoming more and more relevant to face demographic changes and the challenges of ageing. Psychologists play a crucial role in the promotion of well-being and quality of life of older people. The introduction of core and optional courses on ageing, in the Psychology curriculum is a critical challenge to European Psychology. The objective of this presentation is to acknowledge the availability of geropsychology content (theories, assessment and interventions) at pre-graduate and graduate psychology curricula in Portugal. A descriptive analysis of bachelor and master psychology curricula was performed in order to identify existing courses in ageing. Sixty-four psychology curricula all over the country were analyzed. There are more psychology curricula without courses devoted to ageing issues. General core contents about ageing were mostly included in development psychology courses (84%; n = 21) in bachelor degrees. More applied domains, related to assessment and intervention, were less frequent (21.9%; n = 14) and appear more frequently in Master degrees (32.4%; n = 11). The analysis of psychology curricula shows that there are insufficiencies

and discrepancies mainly in what concerns Geropsychology courses. Subsequently the amount of professionals, experts in Geropsychology is only 3.7% (N = 162) of the total amount of clinical and health psychologists in Portugal. The rise of the number and quality of geropsychologists will make a huge positive difference in mental health and psychological well-being of the growing old population. We need more advocacy and investment in ageing issues and core courses, at undergraduate and graduate levels, to enhance scientific and professional standards in geropsychology all over Europe.

## **eHealth, More Than Just Online Consultations?! Highlighting the Potential and Evidence Base of Technological Innovations for Clinical Practice**

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IS3-10-E2

The COVID-19 pandemic and the resulting quarantine and physical distancing measures forced psychologists around the world to explore alternatives for their conventional, face to face therapy. In the months and years that followed, they often relied on online consultations to provide continuity of care. This unexpected introduction to the potential of technology for clinical practice was a (welcome) introduction for many psychologists to the telepsychology field (remote consultations that can be written, on the phone or in videoconference), which uses massively increased during the COVID-19 pandemic. However, there might also be a false perception among psychologists that e-mental health, or the use of technology in mental healthcare, can be equated to online consultations. The aim of this symposium by members of the EFPA Project Group on eHealth is to clarify that this is actually far from the case, by providing a broad introduction to a number of technologies, including but not limited to online interventions, ecological momentary interventions, wearables, and immersive technology. For telepsychology and for these technologies, the current state-of-the-art and evidence-base will be discussed, alongside concrete applications as illustrations of how e-mental Health is more than online consultations and can support clinical practice far more.

### **Telepsychology: Concepts and Problematics**

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IS3-10-E2

Telepsychology is defined since 2013 by the American Psychological Association (APA) as the provision of psychological services using telecommunications. Telepsychology includes different digital communication means, such as written communications (chat, SMS, emails), verbal communications (telephone, VOIP exchanges) or video conferencing. It is essential to note here the variations engaged on the sensory and perceptivo-motor level according to the chosen technological medium. The place of the body in remote interactions thus evolves according to the medium. In this context, the concept of telepresence represents an essential theoretical contribution to the study of the psychic mechanisms at play in telepsychology. Depending on the clinical situation, but also on the means of communication chosen by the professional and its impact on the definition

of the framework used in telepsychology, the level of telepresence can therefore vary. Thus, telepresence constitutes a new element specific to the telepsychology framework. This element could become a new indicator for the clinical psychologist, in the evaluation and analysis of his or her remote practices. It is important to distinguish the concept of telepresence from other notions studied in cyberpsychology, such as the concepts of immersion or presence. Hence, some research tools exist to assess the feeling of telepresence and the intersubjective qualities of interaction during a psychotherapy in videoconference. Another important notion is the acceptance of the technological device, that can be defined as the individual capacity to accept the use of a technological tool in a teleconsultation situation. It is distinct from acceptability, which refers to a notion worked on in the economic and sociological fields and usually evaluated with groups. These different concepts are linked to the current practices of psychologists and thus question the new modalities of the alliance, which should be evaluated in the context of telepsychology.

### **Internet-Based Interventions for Mental Health: A Brief Overview of Their Opportunities and Challenges**

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IS3-10-E2

What are internet-based interventions, what are their potential aims, and what are the opportunities and challenges they pose to the communities of psychologists around the world? This presentation addresses these questions by offering a brief and critical overview of this field of enquiry and practice. Internet-based mental health interventions are based on online-modules, and they are aimed at promoting mental health and/or overcoming mental health difficulties. They vary significantly in their format, ranging from stand-alone internet treatments to blended interventions, in which some face-to-face intervention is combined. Their targets are also varied in terms of age groups, specific difficulties addressed, or main purposes (from therapeutic goals to preventing programs). This field, however, has been developing at different pace around the world, and their use by professionals in different countries is still scarce. Moreover, there are some specific challenges these interventions carry for the psychologists and for the overall society. Thus, a brief critical analysis is put forward.

## Ecological Momentary Assessment of Affective Dynamics and the Reporting of Somatic Symptoms

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IS3-10-E2

Unexplained somatic symptoms are highly prevalent in the general population and healthcare settings and are influenced by several factors including patients' affect and affect dynamics. We aimed to investigate this relationship using ecological momentary assessment (EMA). We expected higher levels of negative affect (NA) and lower levels of positive affect (PA) would prospectively predict increased levels of somatic symptom (SS). We also expected that symptoms of anxiety and depression, as measured by the Personality Assessment Inventory (PAI) at the outset of the study, would lead to increased NA and reduced levels of PA, leading to increased somatic symptom reporting. We also explored how cognitive, affective and somatic symptoms of anxiety and depression moderate the relationship between affect and somatic symptom reporting. Our study included 54 young adults (88.5% female, mean age 21.2 years) who after completing the Personality assessment inventory (PAI) reported on their affect and somatic symptoms twice daily (12h intervals) for 21 days using a mobile app. The results confirmed that NA prospectively predicts an increase in somatic symptoms (95% CI for CR 12h = .075 to .313) and vice versa (95% CI for CR 12h = .097 to .331) for up to 36 hours, while PA predicts a decline in somatic symptoms (95% CI for CR 12h = -.509 to -.241) for up to 72 hours. Furthermore, symptoms of cognitive symptoms of depression moderated the prospective cross-correlation between PA and SS, while cognitive symptoms of anxiety predicted the prospective cross-correlation between NA and SS. Our study shows that somatic symptom reporting is under the dynamic influence of affect, which is in turn predicted by current symptoms of psychopathology. It also shows how EMA can be a useful tool useful to increase the understanding of the mechanism behind unexplained somatic symptoms.

## Are Wearable Devices for Psychophysiological Assessment All They Promise to Be?

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IS3-10-E2

Traditionally, measurement of psychophysiological data took place in the laboratory using stationary equipment. Measurement of psychophysiological data in this way contributed important findings in psychology, especially in the area of emotions research. However, psychophysiological research had been confined to the study of signals only in controlled laboratory environments. Yet wearable devices capable of capturing psychophysiological signals are popular, but have not been established in experimental and clinical

research. This study aims present the potential for wearable devices to be used in out-of-laboratory research and the implications this can have. It will present efforts at examining the reliability and validity of data gathered from wearables and discuss related data analysis and ethical issues in their use.

## How Mental Healthcare Has Been Taking the Lead in Immersive Technologies

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IS3-10-E2

Immersive technologies, frequently abbreviated as XR, nowadays most commonly include 360° video, virtual reality and augmented reality. These technologies have in common that they allow anyone making use of them, to either travel to a fully virtual environment or to add virtual elements to the real world. The aim of this contribution is to provide a brief overview of current use of XR in the context of mental health. For this purpose, a narrative literature review on the concept of XR and related intervention research has been conducted, alongside an online search on currently available XR applications. Results show that key concepts for XR include immersion and sense of presence. A large evidence-base for XR interventions already exists regarding trauma and phobia, often conducted in specialised settings. Increasingly, applications in other domains (depression, eating disorders, relaxation) are emerging as well. Finally, several applications were retrieved, both free and commercially available. In conclusion, XR technology has a number of specific features that allow for its use in the treatment of an (increasingly) wide range of mental health disorders. The number of applications available to psychologists is also growing, reducing the threshold for their future use in clinical practice.

## Attitudes of Psychologists to Tests and Testing Across Europe: Findings and Perspectives From EFPA Board of Assessment Survey 2020–21

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IS9-11-LN

Discussant: Dragos Iliescu  
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The main goal of the European Federation of Psychologists' Associations (EFPA) Board of Assessment (BoA) is the improvement of testing practices across Europe. In order to reach this goal, the BoA carries out various actions and projects to raise standards. To better inform its work, BoA decided to survey attitudes of professional psychologists on tests and testing practices during 2020-21 across a number of European countries. The emphasis in this symposium will be on the latest survey data, with some key comparisons to the results from previous surveys (conducted in 2000, 2010). Five main dimensions were distinguished in the survey: concern over incorrect test use; regulations on tests and testing; online testing; appreciation of tests; and training relating to competent test use. Important differences between countries were found on these five dimensions. In addition, the most commonly used tests were questioned in terms of appropriateness for use in certain countries. Finally, some future perspectives and actions for EFPA BoA will be discussed.

## Guiding European Testing Practice by Understanding Attitudes Toward Tests and Testing

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IS9-11-LN

Tests are an important tool for psychologists in all areas. Therefore, it is important to know about the testing practices and the attitudes towards tests and testing. A survey on the opinions of professional psychologists on testing practices was carried out in 2000 (in six countries) and 2009 (in 17 countries, N > 12000) and now in 2020/21 as a third wave. The current sample includes approx. 12000 persons from 20 countries. The same questionnaire as in 2009 was used to allow comparisons. It contained 24 attitude items, one item about test-use problems (8 subitems) and one open question about the most frequently used tests. The survey was conducted in each country on its own, partly additional items and research questions were added. An overview of the sample and first results in general will be presented. The data will guide the actions and measures taken by EFPA, but also ITC and other stakeholders and contribute to training and awareness campaigns to improve psychologists' use of tests across Europe.

## Test Use and Attitudes Towards Testing in Flanders/Belgium

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On behalf of the Board of Assessment of the EFPA a survey on the opinions of professional psychologists on testing practices was carried out in 2000 (in six countries) and 2009 (in 17 countries, N > 12000). In 2020-21 a third wave of this survey was directed in Flanders to professionals working with tests. From the 726 respondents we looked in particular at the 400 psychologists that participated. First result will be presented of this new wave of the EFPA survey supplemented with results from a broader survey within the assessment context (with also COVID-19 related topics). The aim for all these surveys was to gather information about test attitudes and usage that could later contribute to improvement of test practices in Flanders and lead to awareness campaigns to improve psychologists' use of tests. In particular testing practices, e.g. on information on test quality, were analyzed, knowing the large amount of tests in use that were not fit for local use. Further, stability with findings on test attitudes of previous survey waves was striking. The most common tests in Flanders are the classic psychometric tests of intelligence and personality: WISC, WAIS, MMPI,.. Finally, some future perspectives are analyzed and discussed.

## Improving Tests and Testing Practices: The Case of Spain

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IS9-11-LN

Psychological tests are essential tools that help psychologists to make decisions about people. Therefore, inappropriate tests or improper use of tests can cause serious harm to the persons assessed. The Spanish Test Commission, aligned with the EFPA Board of Assessment (BoA) has been taking different actions and projects for improving tests and testing practices in Spain. In this presentation we analyze the impact of two main projects: a) the evaluation of the quality of the tests published in Spain and the subsequent dissemination of results, and b) the BoA survey on psychologists' attitudes to tests and testing practices. The main results show that: 1) the nine editions of the test review process carried out to date, with a total of 89 tests reviewed, have contributed to improve tests and testing practices in different ways. 2) Relatedly, the dissemination of the test review results has

had a positive impact on the use of tests. Specifically, in the last survey of psychologists' opinion on tests and testing practices, most of the professionals who were aware of the test reviews consulted the reports and found them useful to make a test choice. However, only 22.5% of participants were aware of these reviews, which makes it necessary to improve the dissemination of this project. 3) Spanish psychologists show favorable attitudes to the use of tests, although they recognize some problems, such as the improper use of photocopies, or professionals not being up to date with tests. 4) Spanish psychologists are generally in favor of increasing the control and regulation of tests and their use, but tend to be skeptic about the incorporation of new technologies in testing practices. 5) There are some differences in attitudes and opinions depending on specialty fields, age, gender, and job sector. Future actions based on these results are discussed.

### **Test Use and Quality Awareness Among Norwegian Psychologists: The EFPA 2020 Questionnaire on Test Attitudes**

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IS9-11-LN

We report results from the Norwegian part of The European Federation for Psychologists' Associations (EFPA) 2020 decennial survey of psychologists' attitudes towards tests and test use. The results from 1523 respondents show that they were generally satisfied with student training and that they valued tests as a source of clinical information. However, they were unsatisfied with the lack of information about test quality. Regulation of tests and test use was a major priority, in terms of both general regulatory frameworks and restrictions on test use dependent on test user qualifications. Respondents reported that the most frequently encountered problem with test use was photocopying copyrighted materials. Test use showed that cognitive measures were the most widespread, although the respondents listed a large variety of tests used including diagnostics interviews, clinical symptom scales and neuropsychological measures. The implications for quality improvement in the test field will be discussed.

### **Calls for Improvement Despite Positive Attitudes to Testing: UK Survey Findings**

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IS9-11-LN

The European Federation of Psychologists' Association (EFPA) study on Tests and Test Attitudes included the UK within the 20 participating countries. The methodology and results of the UK survey responses, co-ordinated by the British Psychological Society (BPS), are summarised. The survey ran in Spring 2021 and was disseminated to the BPS membership through various internal and external communication channels. A total of 351 respondents completed the survey, with a high representation of work and organisational psychologists in the sample. The results generally show a positive attitude of the participants towards the use of tests to benefit their practice. However, respondents reported seeing frequent instances of bad test practice, including some in breach of legal and contractual obligations when using tests. Respondents are calling for more legislation to stop the abuses of testing, along with wanting the BPS, as the UK's National Psychology Association, to do more to improve test use. Implications of the survey findings for users, test providers, clients, alongside wider stakeholders are discussed.

## Symposia

### EMDR Therapy as a Contribution to Mental Health in Modern Society

Chair: Eva Munker-Kramer  
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S2-1-LD

In an overview and an introduction EMDR as first-line trauma treatment in the international practice guidelines will be presented: AIP Model, Diagnoses and Target groups. The clinical effectiveness of EMDR for treatment of trauma in adults has been documented in many randomized controlled studies and in different metaanalyses. EMDR aims at facilitating the integration of traumatic memories and other dysfunctionally stored memories, leading to their adaptive resolution. The second presentation will deal with early Intervention and psychological support with EMDR for adults and children. EMDR Early intervention with children, specially in mass disasters, could be of great interest for prevention and intervention in the field of mental health and can be part of a comprehensive treatment. The aspect of clinical and biological effects of EMDR in MDD will be targeted in the third presentation. Live Stress events are relevant psychological risk factors for the development of MDD. To date, several studies and meta-analyses have demonstrated that MDD patients who have suffered from life stress events can obtain a strong benefit having a treatment with EMDR. The fourth presentation will address working with parenting issues with EMDR therapy. The specific work on symptoms during the developmental age, particularly preschool children's disorders, is possible through a targeted intervention with parents. This EMDR intervention can help parents also in the relationship with their children. Finally, dealing with attachment trauma in eating disorders will be discussed in the fifth presentation. When children experience negative or traumatic events in the relationship with the primary caregiver, the memories of these events tend to be stored in the brain in a dysfunctional and non-metabolized form. The EMDR treatment is useful to help patients to access these traumatic memories and to process them in an adaptive manner.

### EMDR - Overview and Introduction: AIP Model, Diagnoses and Target groups, Role of EMDR Europe

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S2-1-LD

The aim is the presentation of EMDR, a first-line trauma treatment in the international practice guidelines of several institutions, e.g. APA (2004), the NICE (2007), WHO (2013),

the German federal social insurance institutions (2014), and ISTSS (2018). The clinical effectiveness of EMDR as a trauma treatment for adults has been documented in many randomized controlled studies and in different metaanalyses (e.g. van Etten Taylor, 1998, Bisson et al., 2007, Schulz et al., 2014) and for children (Rodenburg et al., 2009, de Roos, 2021, in print). The theoretical model that guides EMDR procedures - which is the Adaptive Information Processing (Shapiro, 2001), posits that the intense disturbing emotions and physical sensations that accompany trauma cause the information processing system to fail in properly processing and storing the information into functional memory networks. The eight-phase-structure of EMDR aims at accessing these dysfunctionally stored information, facilitating the integration, leading to their adaptive resolution. Throughout EMDR the subject is asked to focus on the memory, while simultaneously being exposed to alternating bilateral stimulation in order to desensitize and reprocess the traumatic memory. Research deals with the neurobiological correlates (Baek et al., 2019; Jatzko, 2007; Pagani, 2012) and possible metabolic and neurobiological changes (Pagani, 2018) of traumatization. It has been evidenced that after EMDR therapy changes were associated with the decrease of depressive and traumatic symptoms and the improvement of emotional-adaptive functioning (Trentini et al., 2015). Specific bio markers changing after EMDR treatment is a current research topic. We will discuss the implications of EMDR in clinical practice and resolution of the consequences of trauma and beyond.

### Epigenetic Effects and Transgenerational Transmission of Trauma: What Can Be the Molecular Signature of Eye Movement Desensitization and Reprocessing (EMDR)

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S2-1-LD

Every person who experienced a serious stressful event in his/her life is undoubtedly affected in different ways. Traumatic adversity, in particular if experienced during childhood, can provoke biological dysregulation and epigenetic effects. Moreover, a traumatized parent consciously or unconsciously influences their children with respect to the effect that this event has had on his/her life. A question that has arisen in parallel with the recognition of the long-term and transformative nature of behaviors deriving from the psychological effects of exposure to trauma, is whether these effects influence offspring through biological mechanisms. Thus, during the last decades it was developed the idea that the consequences of a parent's traumatic experience could persist in subsequent generations through epigenetic effects, i.e. signs encoded on DNA and potentially transmitted through the germ line. The recent studies regarding epigenetic

mechanisms in association with the effects of exposure to parental trauma on the offspring will therefore be illustrated in the symposium. In addition, the biological dysregulations identified to date following traumatic events and abuses will be illustrated, especially when these occur in childhood and the role trauma-focused psychotherapy may have in restoring such dysregulations.

### **EMDR in Crisis Situations: Early Intervention and Psychological Support in the Aftermath of a Disaster**

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S2-1-LD

EMDR has demonstrated effectiveness in treating chronic PTSD and old trauma memories, yet early EMDR intervention with children, specially in mass disasters could be of great interest for prevention and intervention in the field of mental health. EMDR can be part of a comprehensive treatment and can become an elective treatment for people who are very exposed when a disaster hits a community, specially when children are the primary victims. The presentation will highlight clinical aspects of using EMDR following recent trauma of great magnitude such as natural disasters or murders of children. The presenter will show the outcomes of EMDR interventions in different areas, focusing on both natural disasters and social and community traumatic events. She will mention the development of individual and group treatments and their connections with the reductions of PTSD symptoms along with the effectiveness of these interventions with children. Findings of these studies suggest that EMDR treatment is a valid early trauma-focused intervention in case of community disasters: it is not only effective in the process of recovery from trauma but it also facilitates the traumatic episode narrative and the normal process of mourning, thus preventing the development of future emotional diseases. Practical guidelines for implementation of EMDR in the acute and chronic phase of trauma after a mass disaster will be provided.

### **Working With Parenting Issues With EMDR Therapy**

Maria Zaccagnino  
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S2-1-LD

The specific work on symptoms during the developmental age, particularly when tackling preschool children's disorders, is possible through a targeted intervention with parents, through individual EMDR psychotherapy, which includes their participation in all the phases that make up the working plan with EMDR. The parents' participation and collaboration are indispensable starting from the initial phase of EMDR treatment, i.e. when useful information is collected to help the therapist design an effective working

plan affecting specifically the management of the child's symptoms. For this reason, it is important to design the assessment phase considering the information that might be relevant to understand the child's symptoms and explain their meanings within the family history and relational dynamics. To this purpose, it is useful to ask questions to the parents to investigate the different traumatic aspects of their history at a transgenerational level. This EMDR intervention can help parents to develop a greater emotional regulation ability, and leading to a significant improvement in their condition and also in the relationship with their children.

### **Dealing With Attachment Trauma in Eating Disorders**

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S2-1-LD

When children experience negative or traumatic events in the relationship with the primary caregiver, the memories of these events tend to be stored in the brain in a dysfunctional and non-metabolized form of „mnemonic network“ containing perceptions, expectations, negative emotions and bodily sensations that may be related to the traumatic attachment experiences. This condition could persist during the course of development and could negatively affect the patient's quality of life. Many studies, in fact, have highlighted the importance of relational traumas and attachment dynamics as risk or protective factors in the onset and maintenance of future psychopathology, such as Eating Disorders (ED). The EMDR treatment, in these cases, may be useful to help patients to access to traumatic memories related to attachment relationships and to process them in an adaptive manner. When the patients, thanks to EMDR, are able to identify and elaborate their early traumatic memories, they can gradually separate them from their past and organize them in a consistent and coherent narrative. During the presentation, an innovative EMDR protocol of intervention for ED will be described, with particular focus on the assessment of life history of the ED patients in order to identify attachment dynamics and relational traumas directly connected with the onset and maintenance of the disorder.

## Threats and Challenges to LGBTQ+ Psychological Well-Being in Eastern and Central Europe

Chair: Sharon Horne  
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S7-1-M4

Discussant: Ulrike de Ponte  
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There are many threats and challenges to LGBTQ+ psychological well-being in Eastern Europe. These take the form of attacks on „gender ideologies,“ increasing policy-related initiatives to exclude people with diverse sexual and gender identities such as the passage of LGBT-free zones, as well as stereotyping, prejudice, and ongoing discrimination. In this presentation, three research presentations on LGBTQ+ concerns from Croatia, Poland, and Czechia will be shared. Although there are many common factors in heterosexism and transphobia across transnational contexts, as well as the concomitant experiences of LGBTQ-related minority stress, there are important intersectional and political factors in Eastern Europe that shape the psychological health experiences of LGBTQ+ people living in these particular contexts. For example, in Croatia, the efforts of psychologists have been instrumental in combatting persistent LGBT stereotyping and barriers to LGBTQ equality. In the Czech Republic, LGB people have been found to report significantly higher psychological distress in comparison to heterosexual counterparts, resulting in significant health disparities. In Poland, where an anti-LGBTQ+ „Stop LGBT Bill“ was introduced in 2021 and municipalities have passed LGBT-free zones, 250 LGBT participants responded to their experiences of discrimination and psychological distress during this time. This symposium will provide research presentations that provide findings on the intersectional concerns and the challenges for future LGBTQ+ psychology-related issues in Eastern Europe as well as what can be gained by drawing from the strengths of organizational support by psychologists in the region. The symposium chairs will add information and experiences from the International Psychology Network for LGBTQ+ Concerns (IPsyNet) in relationship to its Eastern Europe members, as well as updates from other Eastern European countries.

## Professional Experiences and Research in the Field of Psychology of Sexualities and Psychology of Gender

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S7-1-M4

In Croatian society, LGBTIQ+ people still face various stereotypes, prejudices, and obstacles in their everyday life. Through the last 20 years, there have been various ways on

the contribution of psychologists to eliminate prejudices and homo/bi/transphobia, discrimination on the grounds of sexual orientation, gender/gender identity, and/or gender expression and support to the realization of real equality in the society. Active participation of psychologists took place through scientific work, education, providing counseling and psychotherapy, and participating in the work of non-government organizations. The special role in this process had Section for the psychology of sexuality and psychology of gender by the Croatian Psychological Association. The work of Croatian psychologists in the field of LGBTIQ+ issues also supported the overall perception of psychology and psychologists in the public and especially within the LGBTIQ+ population. We are perceived as a profession that respects diversity and actively reduces stereotypes and prejudice but there are still some obstacles to overcome within the profession. Finally, the most crucial research results in the field of LGBTIQ+ mental health for the past 20 years will be presented.

## Disparities in Psychological Distress Between Czech General Population and LGB Community Samples

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S7-1-M4

A growing body of evidence substantiates that non-heterosexual people belong among vulnerable groups at a higher risk of developing mental health problems compared to heterosexuals. With studies increasingly focusing on diverse subgroups of non-heterosexuals, it has become clear that bisexuals may face higher health risks compared to others. In this first Czech comparative study, we address the gap in data availability about the health disparities between general and non-heterosexual population samples in Czechia. Czech general population sample (N = 1.841) and Czech LGB community samples (N = 1.788) that both included Brief Symptom Inventory 18 were analyzed to compare levels of psychological distress and examined for differences between gays, lesbians, and bisexuals. Data analyses were conducted using hierarchical linear regression and ANOVA. We examined the difference in average BSI-18 between people who differ in group membership when holding education, net income, religiosity variables constant. When compared to an unstratified sample of the general Czech population, gays, lesbians, bisexual men, and bisexual women, with the same values in education, net income, and religiosity are estimated to differ in comparison to persons from the general Czech population sample in average by 4.79 ( $\beta$  0.149), 8.22 ( $\beta$  0.208), 7.03 ( $\beta$  0.084), and 11.9 ( $\beta$  0.255) units in BSI-18, respectively. The model explained ~16% of the BSI-18 variance (adjusted  $R^2 = .162$ ). In general, it seems that gays, lesbians, bisexual men, and especially bisexual women experience on average statistically significantly higher psychological distress than heterosexuals in Czechia. Although the causes of these health disparities have not been of primary interest in this study

they have been mostly attributed to the workings of societal stigma and lacking recognition. Overcoming lack of inclusion of sexual orientation and gender identity measures in relevant population health surveys needs to be addressed soon.

### **The Impact of Societal Bias on the Stress and Well-Being of Polish LGBTQ+ People**

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S7-1-M4

Poland has been the site of a major backlash against LGBTQ+ rights and visibility in recent years, with concerted political efforts to limit the visibility and freedoms of LGBTQ+ Polish people. Though preliminary research has upheld the minority stress model among LGBTQ+ people in Poland, that body of work is still quite limited. Further, there is limited research that may guide therapeutic responses to those living in discriminatory environments and who seek psychological support. In this study, we examine the underlying role of experiential avoidance as a mediator of the relationship between discrimination and psychological distress, as this may suggest practical tools for supporting minoritized communities experiencing bias. Two hundred fifty participants who both lived in Poland and spoke Polish were recruited via the Prolific data collection platform. Two hundred were screened for identifying with a minoritized sexual orientation, and 50 specifically among those who reported a minoritized gender identity. Data collection occurred between November 2-8, 2021. By chance, this occurred following the first reading of the Stop LGBT Bill in the Sejm on October 30, 2021. Like similar laws passed previously in Russia and Hungary, this bill targets language, visibility, and modes of expression that normalize or model acceptance of LGBTQ+ people and marriage equality. While analyses have not been complete at the time of submission, we anticipate interesting findings given both the unique and historic moment of data collection and the usefulness of the data. It is increasingly important, as global waves of anti-LGBTQ+ bias occur, to explore how best to support thriving among LGBTQ+ people and to undermine the effect of societal bias and discrimination. A better understanding of the roles of mediating factors, such as experiential avoidance, can provide targets for psychologists to develop and build upon interventions that promote resilience and well-being.

### **Community Resilience in Times of Global Crises – Community Psychology Approaches for Collective Uncertainty**

Chair: Wolfgang Stark

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S8-1-LN

Discussant: Nicola Gale

European Federation of Psychologists Associations

The COVID-19 pandemic is a historical crisis for humankind that affects our entire planet and highlights the fragility of our human world and the need for community resilience. Other global crises as climate change, consequences of industrial agriculture, racism, social-economic injustice, and gender violence may not seem connected, yet they are all human made and have a global impact. They are likewise an opportunity to transform how we think and act. Communities all over the globe cope with these situations in a variety of ways. Beyond political and administrative strategies and plans, community resilience and creative ideas are part of the societal DNA needed to solve societal pandemic crises. Community stories, moments, and practices of collective resilience are collected and analyzed by The New Bank for Community Ideas and Solutions, Community Tool Box and related networks to preserve a collective wisdom from communities across continents. In the symposium we will focus on the consequences of global crises like COVID-19 and Climate Change, discuss learnings how communities not only cope in collaborative ways, but also how they re-invent themselves in terms of mutual support, solidarity and creativity. We will present studies and practical projects how (i) communities handle global crises with success and how to identify patterns of success, (ii) a specific sense of community is emerging and needed to cope with the challenges, (iii) innovative and creative action is useful to transform loose social relationships into resilient communities to cope with uncertainty. Identifying and understanding patterns of viral creativity and community resilience during times of pandemic and climate change calls for continued research and reflective action. The symposium therefore will also call and prepare for a global multi-center study on community resilience as a crucial step to cope with our future.

### **Community Resilience and Empowerment in Times of Pandemics – Does Psychology Learn From Collective Wisdom?**

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S8-1-LN

The COVID-19 Pandemic has been and still is a precarious eye-opener on our society's ability to share, to co-create and to enact solidarity. The pandemic not only reveals weaknesses of our societal infrastructures, but also unexpected and surprising community resilience and strengths. Case-studies

based on a collection of solidarity stories in the ‘NewBank for Community Ideas and Solutions’ will show and evaluate examples of community resilience and empowerment as a form of collective wisdom beyond professional approaches. Patterns of implicit and tacit knowledge contributing to community resilience will be presented to analyze potential impact on a transformational dynamic in communities. It will be discussed (1) how professional psychology may learn from the ‘collective wisdom’ in communities, and (2) how a global study on transformational community stories may strengthen community resilience in times of uncertainties.

### **Navigating the Challenges of the Pandemic: Is There an Italian Lesson?**

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S8-1-LN

Italy was the first European country that adopted a severe nationwide lockdown to contrast the spread of the coronavirus outbreak in March 2020. The images of people singing on Italian balconies in support of the medical staff and the Nation have become world famous. Similarly, the images of the army transporting the thousands of dead from Covid have also become sadly famous. Beyond stereotypes and journalistic rhetoric, this contribution will outline different facets of the experience of the pandemic in Italy, synthesizing some results of research carried out in Italy using both qualitative methods (in particular with adolescents and young people) and quantitative methods (with the adult population). Taken as a whole the different studies we are referring involved at least 5000 people, thus offering a rather broad and articulated picture of the elements that sustained the Italian resilience during the pandemic. We investigated the meaning attributed to time issues (past present and future perspectives related to wellbeing and possible changes), coping strategies, resilience, emotional perceptions, social attitudes, connectedness and actions at the individual and collective level. A further goal was also to detect individual and collective major problems and potential resources at the different moments and phases of the virus widespread. The contribution will discuss, inter alia, the major role of sense of community, and its different facets, that emerged in relation to health-protective behaviours and prosocial ones. But it will also explore how sense of belonging shapes, sometimes in unexpected ways, worries and perspectives on the future. Italian results may highlight the contribution of community psychology to depict the pandemic effects at the social level proposing guidelines to reduce the negative effects of pandemic emergencies.

### **Community Resilience: A First Systematic Review on Correlates and Outcomes of a Collective Resource**

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S8-1-LN

While individual forms of resilience have been extensively studied and systematically analysed, there are comparatively fewer studies that have examined collective forms of resilience for their empirical value. Based on previous attempts to determine the empirical value of community resilience (CR), this first systematic review aims to report on the relevance of the relationship between CR on collective and individual well-being. The findings are discussed against the background of different community psychology-oriented models of community resilience. The focus is on discussing the heterogeneous conceptual basis of CR (a collection of terms such as social capital, collective well-being, governance, quality of life, community capacities [communicative, competence, economy, resources, infrastructure]), which also underlies the studies. Finally, the idea of CR as a metaphor for an ecological (transpersonal) model is revisited to bring the terminology used back into a more psychological framework.

### **A Social Capital Approach to Understanding Community Resilience During COVID-19 Pandemic**

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S8-1-LN

As the world begins to take stock of the impact of COVID-19, this paper provides a critical review of the role of mutual aid groups in the UK community response. Drawing on interviews with community members and selective case studies this perspective piece considers what forms of social capital impact on availability of mutual aid support in the community response to COVID-19. We found that communities with social capital have been among the most organised in providing formal mutual aid, and sometimes this has extended to supporting the more marginalised and disadvantaged communities. The phenomenon of collective resilience in the pandemic, and in particular the activities of mutual aid groups as described in this paper, testify to the relevance of key concepts in social and community psychology. Without psychological ‘groupness’ there would be no adaptive community response. Further research is needed to better understand the role that social capital played in both the individual and community resilience of those offering and receiving mutual aid. This is of particular importance given that communities lacking social capital are more vulnerable to social exclusion, in a global context where societal inequalities are widening. Whilst appreciating the limitations of social capital (particularly that it does not explain the new group relationships and forms of solidarity

that have emerged), we argue that developing social capital, particularly bridging and linking social capital, can help to build community resilience and promote inclusions in communities bearing the collective economic and societal burden of the pandemic.

## **Psychological Services via the Internet and Other Non-Direct Means Recommendations for Ethical Practice**

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S3-1-E2

In 2021 an update of the existing recommendations was produced by a joint-group of members of the Board of Ethics and the Project Group on E-Health. The common idea was to check whether relevant changes lead to additions in the recommendations and thereby support the professional organisations in facilitating the use of the means for their members. Since ethical principles and codes are always in charge, the focus of the discussions was to include only those aspects into recommendations which are specific for those services. In the symposium the changes will be presented and discussed with the participants in terms of the content and consequences for the psychological practice in Europe. In the main focus of changes in psychological practice coming up with digitalisation are the dimensions of competence, effectiveness and evidence, differences in communication, confidentiality and informed consent, cross-border and cross-cultural issues and some more.

## **Do's and Don'ts for Online Consultations and the Challenging Road Towards Good Clinical Practice Using Technology**

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S3-1-E2

Psychologists have been making use of teleconsultations in the past, but only to a limited extent. As a consequence, few guidelines were in place at the start of the pandemic. Fortunately, some had already been developed, especially in the United States. Thanks to the American Psychological Association, the American Psychiatric Association, and the American Telemedicine Association an extensive and highly detailed sets of specific guidelines were already available, aimed to facilitate the high-quality and responsible use of such technology as a part of clinical practice. As technology was rapidly being embraced by psychologists across Europe, guidelines and recommendations were also set forth by the Project Group on eHealth of the European Federation of Psychologists' Associations. These focussed on how to use online consultations, as well as other technologies as optimally as possible. The intended audience was psychologists and other mental healthcare professionals, but also health services and regulatory agencies, and software developers. The current talk wishes to highlight some of the most important and recurrent recommendations made by all of the previously mentioned instances regarding online consultations, deriving essential do's and don'ts. At the same

time, the aim is to also look ahead, as online consultations are only one type of technology and other technologies (e.g., apps, wearables, virtual reality) might imply the need for additional specifications and guidelines for proper and ethical practice. Together with the audience future approaches to this continuously and rapidly changing domain will therefore be discussed.

### **Ethics and Telepsychology: The Situation in France**

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S3-1-E2

Within Cyberpsychology, telepsychology constitutes an important field among the new clinical and research practices on the international level since the late 1990s. In France, however, psychologists have very gradually taken up these issues, both in terms of practice and in terms of theory and ethics. However, the COVID-19 health crisis constituted a context in which an acceleration of telepsychology practices was visible. It was observed in the vast survey on the online practices of psychologists launched by the EFPA E-health group during spring 2020. The results for France underlined in particular the training needs. Since the pandemic, associations of psychology professionals have mobilized to respond to the demands of practitioners and to provide a framework for the remote practices of psychologists. Several initiatives have been undertaken, such as the drafting of a recommendation sheet for the French National Authority for Health or the implementation of a charter for platforms offering teleconsultation services to psychologists. The FFPP has organized a conference, initially planned for March 2020. This event was finally held in January and March 2021 with a completely different echo and a thematic shift since the issue of teleconsultations became the main thread. At the heart of the Covid health crisis, organizations have seen ethical questions come up from the field and relating to the circulation of data and their protection, the confidentiality of exchanges, access to care, and adaptation to specific audiences. In an extremely rapid evolution and in a very particular social context, a new version of the national code of ethics for psychologists was proposed in June 2021, with an article specifying that the psychologist uses teleconsultation tools and techniques while taking into account the specificities of cyberpsychology and remaining attentive to the evolution of the regulations in force and to the recommendations of international psychology organizations.

### **Introduction to the Symposium Psychological Services via the Internet and Other Non-Direct Means Recommendations for Ethical Practice**

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S3-1-E2

In 2021 an update of the existing recommendations was produced by a joint-group of members of the Board of Ethics and the Project Group on E-Health. In the main focus of changes in psychological practice coming up with digitalisation are the dimensions of competence, effectiveness and evidence, differences in communication, confidentiality and informed consent, cross-border and cross-cultural issues and some more. In the contribution to the symposium the core aspects of the recommendations will be presented and discussed with the participants in terms of their content and consequences for the psychological practice in Europe. This includes the scope and the function of the recommendations within EFPA in connection with the Meta Code and the national codes and clarifying concepts and terms like client and non-direct means. In the next years a continuing updating process of these recommendations and work on specific national guidelines will be important. The symposium aims to start activities on European and national level.

## Broadening Our Understanding of Job Quality: From Its Conceptualization and Measurement, to Their Correlates

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S19-2-KC

The pursuit of job quality (JQ) is crucial for governments, organizations and individuals. Not only is JQ a sign of prosperous societies but also an important determinant of employees' wellbeing (Findlay et al. 2107). However, despite its importance, it is difficult to define and operationalize JQ precisely. The reason is that JQ is a complex multidimensional phenomenon represented by many indicators: intrinsic job characteristics (i.e. autonomy), employment characteristics (i.e. type of contract), earnings, or educational-fit, to name a few (Eurofound, 2012; Findlay et al., 2013; González-Romá et al., 2018; OECD, 2016). To make things more intricate, the concept of JQ may not have the same meaning for everybody or even for the same individuals over time (Findley et al., 2013; Davcheva et al, 2020). This symposium contributes to understanding and operationalizing this complex construct in several ways. The first presentation (Warhurst et al.) focuses on the development of standard measures of JQ by identifying six core dimensions. The second presentation (Sischka et al.) moves to a person-centered approach to identify groups of employees with different job characteristic profiles that lead to different levels of wellbeing. The third study (Hernández et al.) adopts a situational perspective by analyzing the impact of the COVID-19 pandemic on JQ. Specifically, they analyze the differential impact that several situational job characteristics have in shaping employees' perceptions of JQ over time (from pre-pandemic to nine months after the outbreak of the COVID-19 pandemic). Finally, Gamboa et al. focus on some antecedents (career identity) and consequences (work engagement) of a particular indicator of job quality (educational fit), considering gender as a moderator. Results suggest that research on JQ should include several key dimensions. However, researchers should incorporate a long-term, person-centered, and contextual perspectives to understand the factors that alter the meaning of what a good job is.

### Developing Standard Measures of Job Quality

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A range of governments and inter-government bodies now advocate improving jobs as a route out of economic crisis, creating competitiveness and delivering a sustainable future. However, there is no consensus about what constitutes job quality and so how it might be measured. This lack of consensus hampers policy development and comparative research. This paper outlines a new consensus-based measure of job quality developed for the UK. Developing measures

of job quality can be achieved in a number of ways. Each are explained in the paper as well as the one adopted - a rapid evidence review taking account of the many different perspectives and approaches in the economic and social sciences internationally on how both work and employment affects the wellbeing of workers. Such reviews are systematic in process rather than comprehensive in scope and identify the main scientific contributions relevant to a specific topic. Commonly used in the medical sciences, they have an important role in evidence-based research. From the review six core dimensions of job quality emerge that centre on work and employment: pay and other rewards; intrinsic characteristics of work; terms of employment; health and safety; work-life balance; representation and voice. These dimensions offer potential scientific consensus on what constitutes job quality and its measurement. Adoption of these six measures offers to provide a standard measure of job quality for use by government and researchers in the UK – and elsewhere. Its use will enable benchmarks of job quality to be established from which progress to improve job quality can be assessed. Relatedly its use will enable comparative analysis of job quality longitudinally and spatially by researchers.

### Quality of Work and Quality of Employment Profiles and Their Longitudinal Impact on Well-Being

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Many studies on job quality operationalize job quality as a composite indicator (Munoz de Bustillo et al., 2011) and investigate its link with different well-being outcomes or investigate the incremental effects of specific job characteristics on well-being. However, these variable-centered approaches on job quality ignore the fact that certain job characteristic configurations cluster in specific employee groups (Van Aeren et al., 2014). Thus, the current longitudinal study employs a person-centered approach (i.e., latent profile and transition analysis - LPA/LTA, Spurk et al., 2020) to identify groups of employees that show different job characteristic profiles (over time). Data were collected via CATI or CAWI within a stratified random sample from Luxembourg's working population (n in Wave 1 = 1,689; n in Wave 2 = 848). The survey contains eleven quality of work and six quality of employment dimensions that were used as indicators for the latent profile analysis. Moreover, the survey contains different mental health and work-related attitudinal outcomes. Fit indices and substantive interpretability/utility were jointly considered to determine the number of profiles. To explore the relationships between the latent categorical variable and the other variables, we followed the three-step procedure (e.g., Asparouhov & Muthén, 2014). LPA revealed five profiles, i.e., (1) poor working conditions, (2) medium working conditions, high work intensity, (3) high working conditions, medium work intensity, (4) high working conditions, high work intensity and physical demands, (5)

medium working conditions, low work intensity. Cross-sectionally, these profiles were meaningfully linked with mental and attitudinal outcomes. LTA suggests the stability of these profiles within one year, with varying impact depending on mental health and work-related attitudinal outcome. Scholars and policy makers need to be aware of job characteristic configurations. To promote employee's well-being, organizations and policy makers need to redesign the ecological contexts of working conditions depending on its profiles.

### **Situational Job Characteristics and Their Impact on Perceptions of Job Quality: A Longitudinal Study Before and During the COVID-19 Pandemic**

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S19-2-KC

Job quality (JQ) is a complex multidimensional and contextual construct that is critical for policy makers, especially nowadays, after the COVID-19 pandemic strike. In this study, we analyze the differential impact of several situational job characteristics in shaping employees' perceptions of JQ over time: from pre-pandemic (January 2020) to nine months under the COVID-19 pandemic. Particularly, we focus on the five intrinsic job characteristics that are traditionally constituents of "good" jobs (autonomy, task identity, feedback, variety, and task significance) (Hackman & Oldham, 1980) plus two socially oriented characteristic that may be particularly salient under the pandemic restrictions: social relations (e.g. Morgeson & Humphrey, 2006) and fairness at work (e.g. Warr, 2007). Data of 212 participants was collected every three months: from January 2020 to January 2021. Path-analysis was carried out by means of MPlus 8 (Muthen & Muthen, 1998-2017). A number of models with equality constraints across predictors and over time were compared with a model that freely estimated the regression coefficients. After controlling for gender, age, and traditional indicators of employment quality, the results showed that, consistently over time, fairness at work was the most important predictor of perceptions of JQ, and it was especially important at T1 and T2. All the other job characteristics showed positive and statistically significant effects that were equally important and stable over time with two exceptions: Task identity at T1 and skill variety at T2 (the latter corresponding to the first and stricter lockdown) were not significantly related to perceptions of JQ at those times. We can conclude that (i) all the considered job characteristics play a role in shaping employees' perceptions of JQ, (ii) there is general stability of job characteristics as drivers of perceptions of JQ, and (iii) including fairness measures in job quality research is important.

### **Career Identity and University Graduates' Engagement at Work: The Mediating Role of Education-Job Fit and the Moderating Role of Gender**

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S19-2-KC

The aims of the study were to analyse whether career identity of university students is related to their work engagement after graduation and if this relationship was mediated by horizontal and vertical educational fit. Moreover, the study aimed to know whether the relationships involved in the mediation models were moderated by graduates' gender. Therefore, the study hypotheses were: H1-Career identity of university students (assessed at Time 1) is positively related to both horizontal and vertical fit after graduation (assessed at T2), H2- horizontal and vertical fit are positively related to work engagement dimensions (assessed at T3), H3- horizontal and vertical fit mediate the relationship between career identity and work engagement dimensions, and H4- graduates' gender moderates the indirect effects involved in the mediation models (the two paths). The hypotheses were tested by means of multiple regression and the (conditional) indirect effects under study were tested by means of bootstrapping using the Process macro for SPSS. The sample of study comprised 77 university bachelor and master's graduates from a Spanish university who were surveyed 6 months before graduation (T1), and six months (T2) and one year after graduation (T3). Results show that career identity is positively related both to horizontal and vertical fit (H1). Only horizontal fit positively related to the three dimensions of work engagement (H2). Only horizontal fit mediated the relationship between career identity on work engagement dimensions (H3) and, finally, graduates' gender only moderates the relationship between horizontal fit and work engagement dimensions of vigour and dedication (H4). The small sample size constrains the generalization of the results. Therefore, future research should test the hypotheses in larger longitudinal samples that also allows to simultaneously test the full model instead of running separate regressions for each dimension of engagement. Results highlight the importance of the gender in career issues.

## Transnational LGBTQ+ Concerns: The Psychological Impact of Conversion Therapy, Seeking Asylum and Accessing Affirmative Care

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S7-2-M4

Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ+) people experience many challenges in accessing affirming psychological supports. For example, all over the world, LGBTQ+ people report efforts by psychologists to change their sexual orientation and/or gender identity. Many LGBTQ+ people fleeing persecution are seeking asylum in other countries, and experience many mental health challenges. In addition, LGBTQ+ people who pursue therapy or counseling face discrimination from therapists and the mental health profession at large. In this symposium we will explore research related to these pressing LGBTQ+ concerns. Four research presentations on LGBTQ+ concerns from Australia, the US, Colombia, and South Africa will be shared. First, results from a large-scale survey of religious LGBTQ+ Australians will be shared, focusing on three major themes within the findings (Prevalence, Impacts, and Recovery). The next presentation will focus on the research related to LGBTQ+ people seeking asylum, highlighting the experience of the presenter who has over ten years' experience working with queer refugees fleeing torture and abuse in their homelands. In the third presentation, findings from a study of confrontations of heteronormative practices in therapy in Colombia will be provided. Finally, results from a study exploring LGBTQ+ client experiences in South Africa will be shared; in these findings, clients described affirming behaviors and practices of mental health professionals. The symposium will provide research findings on the intersectional concerns and the challenges that LGBTQ+ people experience when accessing therapy and seeking safety through asylum. Findings that provide implications for affirmative practice in particular will be shared, and the symposium chairs will add information from the International Psychology Network for LGBTQ+ Concerns (IPsyNet) to assist psychology organizations in working on these concerns.

## Responsibility of Psychology and Psychologists in Ending Harmful Reproductive Practices Aiming to Change Sexual Orientation and Gender Identity

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S7-2-M4

A professional and scientific stance on the harmfulness of so-called reparative and conversion therapies will be presented. The data on its devastating effects on well being of LGBTQ+

individuals will be presented parallel with APA's statement on the harmfulness of sexual orientation change interventions-SOCI. Through the professional experience in working with LGBTQ+ individuals and different cultural challenges (American and Croatian) the professional responsibility of developing and implementing statements as APA has on the behalf of each psychological professional organization around the world will be discussed. The insight and experience in professional networking aiming at developing standards of ethical and professional psychological practice with LGBTQ+ individuals globally will be brought from the IPsy Net perspective. Although the past 50 years have seen some drastic changes in society regarding inclusion, visibility de-pathologization, and acceptance of LGBTQ+ people, and although all of that is still to a certain extent far from the universal principle, remarkably different societal conditions are made for LGBTQ+ people. But, in traditional cultures in which rigid traditionalism and religious fundamentalism are shaping mainstream world-view, as is the case for example in Balkan countries and Eastern Europe, appreciation of human rights of LGBTQ+ people is unfortunately not a guiding principle in most instances. The absence of adequate sexual education and recognition of human rights is becoming a wider societal problem- the space for prejudice, discrimination, and oppression against each and every person that differs from heteronormative sexual and gender norms is opening up. The benefits of creating and adopting professional and ethical guidelines and statements regarding the harmfulness of the SOCI form the side of each psychological society and interdisciplinary professions in the field of medicine, mental health, and sexual orientation as to address scientifically and ethically questionable attempts of sexual and gender change interventions will be discussed.

## An Exploration of the Range and Severity of Impacts for Australian LGBTQ+ Survivors of Religious Conversion Ideology and Practices

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S7-2-M4

Lesbian, gay, bisexual, transgender, queer, and asexual people (LGBTQA+) often have complicated relationships with religion and their faith. Some LGBTQ+ individuals have enjoyed affirming religious experiences, but research shows that most endure a relationship with religion that is characterized by experiences of prejudice and rejection. In some cases, faith-based organizations and religious leaders have administered 'interventions' aimed at changing or suppressing sexuality, and participation in these often results in complex trauma or post-traumatic stress disorder, poor mental health, suicidality, and ongoing feelings of shame, grief, and loss. In this presentation, we present data from a large-scale survey of religious LGBTQ+ Australians, focusing on three major themes within the findings: (1) Prevalence -

we explored the frequency and intensity of exposure to both conversion ideology (i.e., the beliefs that gender and sexuality can be changed or suppressed with commitment to religion) and conversion practices (i.e., engaging in formal or informal interventions aimed to enact the ideology). (2) Impacts - We then explored how exposure to conversion ideology and practices independently predict a wide range of harmful impacts (including, social, economic, and health-based impacts) compared to religious LGBTQA+ Australians who were not exposed to these ideology or practices. (3) Recovery - Finally, within the sample of survivors, we explore a range of factors that might explain why some survivors retain (vs reject) a relationship with their religion or their faith. We also look at post-traumatic growth and resilience in those retaining such relationships. We conclude with a discussion about the implications of these findings for legislative discussions and implementations in various states and territories of Australia.

### **Mental Health Assessment and Treatment of LGBTQ Asylum Seekers and Refugees**

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S7-2-M4

It is estimated that of the nearly four million individuals seeking asylum and refuge in other countries due to violence and oppression in their homelands, over 400,000 identify as gay, lesbian, transgender and/or gender binary. Such individuals are at elevated risk for discrimination and abuse, especially in the 71 countries in the world where same-sex behavior/orientation and gender nonconformity are criminalized. Frequently, such individuals are at increased risk for PTSD and other mental health concerns due to the complex nature of the trauma many of them experience. This presentation will examine the data respective to anti-queer sociopolitical states worldwide, and consider the physiological and psychological sequelae of such doctrines and cultures. The presenter, with over ten years' experience working with queer refugees fleeing torture and abuse in their homelands, will describe the development and implementation of a program designed to address the mental health needs of such individuals. This presentation will cover the complexities of multicultural realities, the training of paraprofessional volunteers, and will also describe the support program for the volunteers themselves.

### **Implement LGBT Affirmative Mental Healthcare. A Qualitative Comparison Between LGQ+ / Heterosexual Healthcare Providers in Colombia**

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S7-2-M4

A dichotomy and directionality of care from heterosexual to other identities, as well as matching LGB identities is noted in the research related to mental Health Care Providers (HCP).

Different and interactive strategies that psychologist HCP use to intervene in mixed heteronormative mental health settings, are explored through in-deep interviews conducted to 28 HCP psychologists in Colombia. Lexicographic analysis complemented with open coding inductive analysis, case analysis meetings and content-analytic summaries techniques showed that LGBT affirmative practices are complemented with activism, ethical, intersectional/differential or rights-based approach and the evaluation of heterosexist schemas that censorship the efforts to start LGBTIQ+ affirmative practices in healthcare settings.

### **Positive Contributions to Psychological Well-Being Among South African LGBTQ+ Individuals who Sought Counseling**

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S7-2-M4

This research project explored access to mental health treatment and psychological experiences of 21 lesbian, gay, bisexual, and transgender adult (LGBT) people living in four regions of South Africa who had sought therapy or counseling related to sexual orientation and/or gender identity. Critical constructivist grounded theory was utilized to explore themes, and a constant comparative process revealed a number of challenges and barriers to accessing quality treatment. However, participants also described strategies they used to determine safety in counseling and therapy, as well as three processes that therapists engaged in to demonstrate affirmative psychotherapy and support these clients. Implications for psychotherapy will be shared.

## Community Psychology and Social Challenges: Developing Community Resources

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S16-2-E1

Actual community challenges pose a risk to community coexistence. Forms of aggression in communities seem to refer to the emergence of processes of discrimination, social exclusion and disempowerment. Therefore, the civic engagement, inclusion and responsibility communities are priorities that should be developed to promote inclusive societies, engaged in the enhancement of collective well-being. Community psychology adopts an engaged (or participative) approach to cope with communities and proposes some specific intervention methods to develop prevention and methodological lenses to understand and engage (to intervene in contemporary societal challenges) with contemporary societal challenges. The symposium will present research and interventions on contextual factors by which citizens respond to and engage with social challenges, providing ideas and solutions to be developed and shared. Specific issue will be the presentation of community intervention procedures of participation and social sharing by examining community psychology best practices. First of all there is the need to develop social and community trust making people actors of their contexts; there is then the need to develop social awareness and a sense of responsible togetherness. Portuguese experience in homeless inclusion, social connectedness in Naples disadvantages neighbourhood, and mattering initiative for youth of deserved area will be described. The German based experience of storytelling will be a further contribution to the development of social resilience at global level in community psychology lens. The symposium will be a preliminary step for the development of the European interuniversity Aurora consortium.

## Community Stories and Oral History: Creating a Tacit Sense of Community to Cope With Global Crises

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S16-2-E1

Narratives, traditions and rituals have a high impact on our feeling where we belong, where we come from and on our sense of community. As 'oral history', community stories may represent the 'tacit knowledge and wisdom' of our communities. They are crucial to form regional relationships, community resilience and potential collective ability (the 'social capital') of communities. Yet: Implicit and tacit forms of collective memory, although representing an important part of our cultural heritage, most often will be told rather than

written down. We therefore will need special methodologies to preserve and keep this type of cultural heritage. Based on stories of community resilience and mutual solidarity collected worldwide during the first COVID-19 pandemic, an international consortium is creating 'The New Bank for Community Ideas and Solutions' (<https://www.ecpa-online.com/new-bank/>) as a new currency of our collective wisdom and ability to cope with societal crises (like pandemics, social injustice, climate change...). Stories collected will be evaluated to detect transformational patterns which can inspire other communities and cultures. This paper will present the concept of a tacit sense of community as an intangible form of cultural heritage which needs to part of our collective memories. By providing first steps of evaluation based on the stories collected, the paper will argue for global study on community based on stories of creative ways how communities cope with crises, which seems to be part of the societal DNA needed to solve pandemic crises as societies.

## Ecological and Collaborative Model Applied to Community Intervention in Mental Health: Interventions During the COVID 19 Pandemics

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S16-2-E1

The proposal focuses on an ecological and collaborative model applied to community intervention in mental health inspired by community psychology principles and values to the COVID 19 pandemic. Through an NGO, created by psychiatry survivors, professionals, and families for the promotion of deinstitutionalization, and community integration. The organization aims to transform mental health systems. The ecological and collaborative model is based on a recovery mission linking individuals to natural community contexts (schools, businesses, and other social resources available to the public). The relationship between individuals and the environment is mutual, hence environments impact individual changes, and individuals themselves introduce changes to the different environments. The COVID19 pandemics required the adaptation of mental health community-based interventions, focusing more on ecological community models that aim to promote the well-being of the person in his natural context of life. The first aim was to avoid hospitalizations and/or the use of excessive medication; mental health services should therefore implement a multidimensional and multilevel intervention, identifying and enhancing collaboratively with users, individual, family, social and community factors and resources present in people's lives, to contribute to the increase of quality of life. The supports adaptation focused on the following five crucial domains: a) Individualized online support; b) Empowering weekly meeting (on-line); c) user's mutual support group (on-line); d) supported employment and education group (on-line); e) peer's leader group (on-line); f) Online sports activities; g) supports to families (on-line). The conclusion of this intervention has been that people with experience of mental illness should be considered citizens equal to others, with the same rights and duties, advocacy

was focused on the promotion of access to useful information, problem-solving, opportunities to express opinions and perspectives, advocacy for rights and duties, and overcoming discrimination and stigma.

## **Euthanasia, Assisted Suicide and Psychological Science**

Chair: Miguel Ricou

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S2-3-LD

The discussion around euthanasia and assisted suicide has been limited to the areas of medicine and law. However, this discussion cannot be restricted to these fields. There should be a greater investment in the research about the subject, in particular, the decision-making process and the consistency in hasten death decisions. There is scientific evidence that seems to indicate that wish to die is an unstable phenomenon and may reflect a request for help. In this framework we consider that psychological science should contribute to these issues. However, the role of psychologists in the context of hastening death is not well-defined and has been poorly studied. It is in this context that arise this symposium. A discussion from different point of views can contribute to reflect about the urgency to invest in the study of different issues related to hasten death, in particular, because there are more and more countries discussing hasten death legalization.

## **Psychology, Ethics and Voluntary Euthanasia/ Assisted Suicide**

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S2-3-LD

The topic of voluntary euthanasia/assisted suicide has become a topic of increasing public debate in the UK, with challenges to the existing legal framework using human rights arguments; professional bodies, for example the British Medical Association changing their approach and now taking a neutral stance; and debates in Parliament. A number of papers have been published by myself and colleagues contributing to this symposium, addressing the remarkable absence of psychological voices in this field, where many psychological issues are involved. The ethical questions are also of major importance. There is an extensive literature in this area, but relatively little from a psychological perspective and even less in terms of how we relate as psychologists to this debate. I will be discussing how we might conceptualise the role of professional psychology organisations in addressing voluntary euthanasia/assisted suicide. This will cover some ideas from the perspective of the UK where it is still illegal, but with some nuanced rules for prosecutors to consider about the intention of those assisting someone to die, but where there are reports of high levels of associated distress from police investigation and involvement of the criminal justice system. In addition I hope to report on the work of the British Psychological Society that has produced some excellent guidelines on death and dying, but at the time of writing do not mention voluntary euthanasia as this is outside its scope. At a policy level, how should we as psychologists relate to this

debate. Should we, like the British Medical Association take a neutral position, or is there a more engaged one that we could adopt based on both principles and psychological evidence.

### Conscientious Objection in Psychology

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S2-3-LD

Health care practitioners claim the right to have their personal integrity respected and therefore not to perform or take part in certain activities that patients have the right to request. Thus, it is usual, in respect to some practices like hastened death, to accept some conscience clauses that allow practitioners to withdraw from some activities. In my opinion, psychologists should not take on the role of conscientious objector. The purpose of psychologist's intervention is not to influence the client's perspective or produce a direct result from their action. Psychologists should avoid that their personal values interfere in the relationship with the client. Accepting conscientious objection in psychology is accepting the opposite.

### Change of Mind: An Issue for Advance Requests for Medical Assistance in Dying

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S2-3-LD

Some jurisdictions have adopted legislation that allows individuals to make advance requests about receiving medical assistance in dying at a time when they are no longer competent to make their own medical decisions. These advance requests face numerous challenges to their moral authority. Once the terms of the advance request appear to be present and incompetence has been established: (a) How does one determine whether a change of mind has occurred since the advance request was made? (b) How does one establish that the change of mind, if any, is sufficient to call the moral authority of the advance request into question? (c) Should the person be treated solely based on their current well-being instead of their previously expressed wishes? (d) How does one determine what is in the best interests of the person's well-being? (e) How does one reconcile the need to respect the patient's precedent autonomy with those interests? The purpose of this presentation is to reflect on these issues and propose recommendations about the factors that need to be considered to make reasonable and ethical decisions when facing situations in which a person becomes incompetent to make their own medical decisions but has made an advance request for medical assistance in dying.

## Perspectives on Work-Related Burnout

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S19-3-KC

Ever since the introduction of the concept, we have witnessed a great interest in understanding what features are characteristic of burnout, how it occurs and what can be done to prevent it. According to recent conceptualisations, burnout is characterised by high levels of exhaustion and a cynical attitude toward one's work. Previous studies have found that burnout is associated with high job demands such as time pressure, workload, emotional demands and work incivility. It is also negatively related to job resources such as autonomy, co-worker and supervisor support. In order to prevent burnout, organisation-directed initiatives and interventions are found to be more effective in the long term. Although burnout is one of the most widely studied constructs in the field of work and organisational psychology, research has yet to show how employees experiencing burnout deal with daily job demands, how they make work-related decisions and how they recover from burnout and return to work. Previous cross-sectional studies and studies focusing on relatively healthy employees offer only a limited perspective in that regard. With the present symposium we aim to advance understanding of burnout experiences by including four different studies. Using a diary design and vignette methodology as well as focusing on employees with a burnout history, we offer new insights on how burnout may evolve and how it may be dealt with when experienced. Additionally, the present symposium disseminates knowledge on new methodologies for studying burnout. By including a time slot for a more thorough discussion, it additionally provides an integrated perspective on previous findings and offers future research suggestions. By linking researchers from three different countries, this symposium additionally hopes to inspire a wide-reaching debate on how burnout should be tackled and how reintegration after burnout-related leave should be approached for businesses, organisations and employees to thrive.

### Cognitive Functioning in Relation to Work-Related Exhaustion: A Daily Diary Study

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S19-3-KC

Burnout and its core symptom, exhaustion, affect many areas of human functioning, including health and cognitive functioning. Although there are many studies indicating that individuals experiencing burnout symptoms often report having cognitive difficulties in daily work routine (e.g., troubles staying focused on work-related tasks or making minor mistakes at work), there are just a few studies addressing this relationship on a day-to-day level. The present study

therefore aimed at exploring (i) the relation between everyday cognitive functioning and exhaustion at work and (ii) the role of general exhaustion as a potential person-level moderator of this relationship. A daily diary study on a sample of full-time employees from various professions has been carried out to address these research questions. Participants took part in an online-based study on five consecutive workdays during a regular working week. Daily self-reported measures were recorded after work each day. Results of our preliminary analyses show that general exhaustion predicts more cognitive difficulties on a daily level. A similar relationship can also be observed on a day-to-day level with a positive relationship between exhaustion after work and cognitive difficulties on the same day. Additionally, we expected that this relationship would be moderated by person-level exhaustion, i.e., a stronger relationship was expected for those with higher initial exhaustion at the between-person level. This assumption, however, could not be confirmed. The findings of this study contribute to the current research on cognitive symptomatology in burnout and provide an insight into the everyday functioning at work for individual experiencing burnout symptoms.

### **Got Up on Wrong Side of the Bed: Examining the Relationship Between Daily Sleep Quality, Time Pressure, and Perseverative Cognition**

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S19-3-KC

Recent studies show that recovery processes may play a significant role in the development of burnout, as poor recovery may hinder employees in regaining personal resources spent at work and contribute to further resource loss. Additionally, work-related perseverative cognition, such as rumination, may contribute to poor detachment and impede the recovery process and contribute to poor sleep quality. However, there is a lack of fine-grained investigation of the impact of sleep quality on daily work experiences and the recovery processes (the reverse-causal model). Building the effort-recovery model and the perseverative cognition hypothesis, we propose that the sleep quality on the previous night relates to employees' perceived time pressure at work, vitality, and fatigue after work, as well as work-related perseverative cognition (worry and rumination) in the off-job time. We tested our assumptions with a daily diary study on a sample of 130 employees (564 observations). Results of the multilevel analyses revealed a nonsignificant relationship between sleep quality and time pressure. Furthermore, daily time pressure did not significantly predict vitality or fatigue after work. Sleep quality significantly predicted fatigue and vitality after work. Lastly, work-related worry in the off-job time was predicted with time pressure, fatigue (after work), and sleep quality. On the other hand, rumination was

significantly predicted only by sleep quality. Our results offer insight into the role of sleep quality in daily recovery processes and detachment, showing that daily recovery may be impeded due to poor sleep quality on the previous night, highlighting fatigue as a potential mechanism. Specifically, our results indicate that when employees are fatigued due to poor sleep quality, they may find it harder to mentally detach from work in the off-job time.

### **I Won't Make the Same Mistake Again: Burnout History and Job Preferences**

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S19-3-KC

The existing burnout literature has predominantly focussed on the determinants of burnout, whereas its consequences for individual careers have received little attention. In this study, we investigate whether recently burned-out individuals and persons with a very high risk of clinical burnout differ in job preferences from non-burned-out workers. Moreover, we link these differences in preferences with (1) diverging perceptions of job demands and resources in a job, as well as (2) distinct weighting of such perceptions. To this end, a high-quality sample of 582 employees varying in their history and current risk of burnout judged fictitious job offers with experimentally manipulated characteristics in terms of their willingness to apply as well as perceived job demands and resources. We find that recently burned-out employees appreciate possibilities to telework and fixed feedback relatively more, while being relatively less attracted to opportunities for learning on the job. Moreover, employees with a very high risk of burnout are more attracted to part-time jobs. These findings can be partially explained by differences in the perceived resources offered by jobs.

### **Burnout Reintegration Monitor: A Measure for Work Resumption Quality After Burnout**

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S19-3-KC

Burnout research is often focused on prevention rather than return to work (RTW) afterwards. Yet, burnout often predicts long periods of sick leave so prevention alone proves insufficient (Ahola et al., 2009). Interest therefore grows in promoting successful RTW but focus mostly remains on how to minimize sick leave duration. The phase after RTW is considered much less because the reconnection to working life may create the impression that the burnout is history. Yet, many workers go through a long recovery process (Boštjančič & Koračin, 2014). Research is thus needed into the well-being of workers reintegrated after burnout absence (Rooman et al., 2021). Therefore, the study goal was to (a) investigate the conceptualization of 'quality of work resumption after

burnout', (b) delineate its most crucial determinants and (c) develop a valid instrument for workers to monitor both quality of work resumption and its determinants. Based on in-depth interviews with 17 reintegrated workers after burnout, we concluded that quality of work resumption has three major determinants: a feasible work situation, sufficient burnout recovery and social support throughout the reintegration process. A feasible work situation is then measured through two job demands (workload, time pressure) and two job resources (autonomy, work-life balance) based on the Job Demands-Resources model (Demerouti et al., 2001). Burnout recovery is measured using a short version of the Burnout Assessment Tool (Schaufeli et al., 2020). Social support is measured with three scales, one for supervisor support, one for coworker support and one for private/non-work social support. We evaluated factorial validity of the newly constructed questionnaire among 1054 reintegrated workers with burnout history, using EFA (subsample 1) followed by CFA via Structural Equation Modelling (subsample 2).

## **Transforming Psychology Education and Training in the 21st Century and Advancing a Global Psychology**

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S13-3-E3

The field of psychology education and training (PET) has hardly evolved since the last two decades. On the other hand, the mental health needs arising locally and globally require a knowledge base and a set of skills future psychologists need to have in order to be able to work and grow professionally. In addition, most psychologists in the world are bound, at some point in their career, to be in contact with culturally diverse populations, including immigrants or refugees, to offer them services and be a source of support for such a vulnerable population. Also, the field of psychology is witnessing more movement among psychologists than ever before, whereby many professionals move to another country, to work, volunteer, gain or provide training, consult and much more. This requires a certain level of competencies, including values, knowledge and skills to ensure ethical psychological practice and well-being across contexts. In this symposium, psychologists from several regions of the world will present perspectives on competencies that future psychologists need to possess to enhance effectiveness of professional activities in their work in their local and global contexts. In addition to a focus on transformation of traditional psychological courses (e. g., Introduction to Psychology, History of Psychology and Research Methods), the presenters emphasize the need for PET stakeholders to develop training opportunities that allow psychologists to expand their skills beyond service provision. This expansion, particularly relevant in Majoring World contexts, contains topics including management, policy development, evaluation, interdisciplinary engagement. Topics such as the international human development agenda, human rights and social justice, advocacy, health management and policy making, management and business skills and more will be addressed as important competencies to be gained during the education and training of future psychologists. The symposium presenters will address the implications for the development of a global psychology.

## **Teaching Global Mental Health Knowledge and Skills to Psychologists**

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S13-3-E3

During the past decades, Global Mental Health has become a major field for psychologists all over the globe. Psychologists may work with patients from culturally diverse backgrounds, or find a job as clinician or trainer at non-governmental organizations deploying staff to humanitarian settings in low- and middle-income countries (LMICs). Psychologists

involved in providing psychological and psychosocial care to people with diverse cultural backgrounds, will meet specific challenges, such as cultural differences in how patients perceive their problems, how they present their symptoms, stigma, and limited knowledge on psychological treatments. Therefore, global and cross-cultural mental health training should be embedded within the psychology curriculum. In teaching psychology students about global mental health, limitations of western models of diagnosis and treatment of mental disorders when used in other cultures need to be highlighted, in addition to the mounting scientific evidence for culturally adapted versions of psychotherapies in LMICs. High quality research on scalable psychological interventions obtained in low-resource settings, can promote innovations in high income settings. Further, since the area of global mental health involves actors for multiple scientific background (psychology, medicine, international law, policy), a global mental health course needs to involve teachers with different professional backgrounds. At the Department of Clinical Psychology of the VU University Amsterdam, we have developed the master-level course “Cross-cultural and Global Mental Health” that is accessible for students within the clinical psychology track and research master students. It addresses epidemiology, phenomenology, diagnosis and treatment of mental health problems in diverse populations worldwide. Skills that are thought in practical seminars include obtaining a culturally sensitive diagnosis, and culturally adapting existing mental health interventions using qualitative research strategies. During this presentation, challenges with developing and teaching a global mental health course will be discussed, as well as strategies to meet them.

### **Transforming Psychology Education and Training in the 21st Century**

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S13-3-E3

In the recent years, the reality of global migration has brought the lack of understanding of mental health needs across different cultures into sharp focus. Psychology programs are not up to date on global issues and are often experienced as inadequate in preparing graduates to meet the challenges of society today. In this presentation the speaker will discuss essential aspects and skills that psychologists need to learn to be prepared to work globally with various populations, and to expand their skills beyond service providing, to more management and policy work. Topics such as human rights and social justice, advocacy, health management and policy making, management and business skills will be addressed as important competencies to be gained during the education and training of future psychologists. Focus will be on preparing future psychologists to work globally, with various populations, but also expand their roles beyond clinics and offices and be more involved in contributing to health policy making, building mental health strategies, managing teams, programs and having the necessary skills to perform such tasks.

### **Transforming Undergraduate Psychology Education and Training: Contributions to the National and Global Development Agendas**

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S13-3-E3

The University of The Bahamas, the national tertiary institution of the country, launched the nation’s first Bachelor’s Degree Psychology Programme in 2005. Grounded in the historical and contemporary sociopolitical, economic and socio-cultural realities of The Bahamas, the programme’s goals and objectives prioritise a dual focus on indigenous and global psychology. The presenter highlights key features of the curriculum, including programme structure, principles, content and strategies that are connected to national and global developmental agendas. The programme’s successes, including student feedback and outcomes, along with the many challenges of transforming psychology education and training (PET) in a young, Small Island Developing State (SID) are also discussed. The presentation ends with an emphasis on lessons learned and implications for the development of a global psychology that serves humanity in the 21st century and beyond.

## Integrating Psychology and Human Rights

Chair: Derek Indoe  
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S8-3-LN

Recognising and actioning human rights in psychology is gaining increasing prominence. This symposium highlights the ongoing interconnectedness between psychology and human rights (in relation to asylum seekers, indigenous people and children) as well as initiatives to link both systemically and structurally (as seen in changes made by the British Psychological Society and The Global Network of Psychologists for Human Rights). Artemis Z. Giotsa focuses on the diversity of practices children in the criminal systems of various countries encounter, notwithstanding European and international legal instruments on human rights. Derek Indoe explores the trauma of the indigenous people of Brazil, their human rights, and the implications for the education and training of psychologists. Climate change, colonialization, and their linkage with the psychological literature on trauma, refugees, and the violation of human rights will be explored. Karin Teepe, acknowledging PTSD has been long recognised in adults, questions what needs to be done to give the same credibility to children. She will reflect upon the implications for France of Article 18 of the Asylum Procedure Directive and its effectiveness for victims of persecution, torture, and other humiliating treatment, and the role of medico-legal reports in identifying the same. Derek Indoe describes structural developments within the British Psychological Society demonstrating that human rights are central to the teaching, practice and development of psychology and the maintenance of professional standards. Attention will be given to the development, implications and progress of the proposed Equality, Diversity and Inclusion Strategic Board. Marlena Plavsic introduces the Global Network of Psychologists for Human rights platform, bringing together psychologists concerned about human rights and seeking to promote knowledge and discussion on how human rights and psychology intersect. The network provides learning resources, and the opportunities to share experience, support and conferences.

### Where Human Rights are Breached There is Trauma – The Wounds of the Indigenous People are the Wounds of Everyone

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S8-3-LN

Since the beginning of colonialization but especially in the last 10 years the human rights of the indigenous people of the Amazons and other parts of Brazil have been stamped upon by a government does not support its own constitution, the United Nations Charter of Human Rights and the United Nations Declaration on the Rights of Indigenous People.

This paper will address the centrality of human rights in education and psychological practice and training, especially when confronting the threat and potential trauma of climate change and management of man-made and natural disasters. Addressing well-being and mental health, with a human rights approach to psychological practice, the paper will discuss the international implications that climate change presents, drawing upon developments in America, Europe and the UK. In addition, the paper will address how the human rights of the indigenous people in Brazil are being ignored internally and internationally by individuals and groups. The paper will detail the trauma associated with land invasion, illegal logging, illegal mining and the wanton disregard of human rights by big business and the pursuit of vested interests that are not sustainable but actually destructive for the whole world. The paper will address the unique understanding of an indigenous person in relation to protecting and preserving our common home- the Amazon forests. The paper will have a focus on the past, present and future and the need to decolonise psychology and see the world from the perspective of the indigenous. The voice of the indigenous will be heard in this paper.

### Children Suffering From PTSD – How to Build an Educational Programme to Enhance Self-Confidence Taking Into Account These Symptoms

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S8-3-LN

Nowadays PTSD is a well-known and well documented classification of mental illness underpinned by research. It was identified in the 19th century, initially to describe what people experienced in railway accidents (in England, and Germany) and was then extended to cover the trauma caused by World War 1. Different therapeutic interventions have been shown to be effective to address trauma. Many psychologists attribute a great deal of psychological illness in adults as due to traumatic events and experience. Children's behaviour is unfortunately still mainly explained by frameworks outside this understanding. Teachers are often the first to identify individual difficulties, such as sleeping problems, as traumatic for the child but are often unaware of a host of other factors that cause trauma in children. In addition, many childhood difficulties, especially behavioural difficulties, are defined differently with no reference to trauma, for example Attention Deficit, Hyperactivity Disorder (ADHD). Identification of post traumatic stress disorder among the childhood population has additional difficulties. We know how difficult it is for adults to talk about traumatic experiences and to describe them precisely. This is even worse for children, for different reasons. Firstly, children do not have the same vocabulary and are not as articulate as adults, especially when describing their feelings. Secondly, negative feelings overwhelm children much more easily than adults. In addition, children are dependent on adults, and so cannot escape or avoid their influence. The defense mechanisms of

children are very strong. They get restless, and jump about to get rid of bad feelings. Dissociation mechanisms are seldom identified (some attentive mothers do identify them). Parents cause many difficulties in their children as well as being often contributing to the development of bad self-esteem in the child. Bad self-esteem itself in children is rarely identified as a consequence of traumatic events.

## Global Network of Psychologist for Human Rights – Presentation of the Platform

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S8-3-LN

Since human rights have to do with human relations, as well as psychology does, the permeation of psychology and human rights is inevitable. Psychologists have a large and important role to play in promoting people's well-being, increasing their resilience, improving their living conditions and quality of life, and providing support in dealing with obstacles that stand in their way. One of the ways to achieve that is to strongly protect and promote human rights while practicing psychological work. The role psychologists have in this regard can be performed at the individual level, in everyday implementation of psychological competences, and at a more global level. Professional groups of psychologists can have a louder voice in society whilst being advocates for human rights. They can strongly articulate the psychological perspective in human rights protection while also supporting their members in doing the same. One of the initiatives that attempts to do this is the Global Network of Psychologists for Human Rights. It was established in December 2020 as a website platform <https://humanrightspychology.org/> that gathers psychologists concerned about human rights and willing to increase awareness and commitment among colleagues for human rights' protection. Founders of the Global Network are members of the EFPA Board of Human Rights and Psychology and the International Council of Psychologists. Both founders realized that a more global approach was needed to bring examples, discover problems, share opinions, and learn from various practices. One of reasons for its establishment is the fact that human rights have traditionally not been a part of psychologists' formal education, so the Global Network aims to promote knowledge and discussion about the interconnection of human rights and psychology. It provides resources for learning, support and exchange of experience. It publishes monthly bulletins, blogs, shares.

## About Asylum Seekers

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S8-3-LN

Human Rights, when examined through the lens of the legislation for asylum seekers, can seem very fragile. It is only

7 years ago since a group of European health care centres met to see how they could apply and implement an important aspect of the asylum process through its procedures. The European Directive 2013/32/EU on common asylum procedures states: 'Where the determining authority.....estimates it relevant for the (claim) for international protection, Member States shall arrange for a medical examination concerning signs that might indicate past persecution or serious harm.....'. Throughout 2016 and 2017, several specialist European health care centres as part of this project, produced a manual on 'common forensic standards for the medical examination in the asylum procedure'. This project incorporated the standards of the medical -psychological examination for asylum seekers who had suffered from torture or bad treatment, as defined in the ISTANBUL PROTOCOL (UN Publication, 2000). The initiative demonstrated that harnessing the energy, time and experience of professionals (notably doctors and psychologists) was positively helpful in assessing and highlighting relevant psychological considerations in an asylum seeker's application. For those who participated in the project, careful thought and evaluation was applied to the applications made by those seeking asylum. In France, 25 medico-legal reports were completed as part of the project, and then given to the asylum seekers – all of whom have been granted asylum status as a result of the assistance given to their application. But what then happened in France, when Directive 2012/32/EU was later introduced? The answer is that everything was done to close this opening for asylum seekers as quickly as possible. 'Vulnerability evaluation' is now undertaken and completed by a State Organisation, OFII – 'Office Français d'Immigration et d'Intégration'. Based on the data from asylum seekers it is clear that no evaluations along the lines of the project have continued to be done. This paper will attempt to describe the work of the OFII.

## To Deny Human Rights Are Central to Psychological Training and Practice Insults Those Who Practice Psychology and Those They Serve.

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S8-3-LN

Derek Indoe describes the developments in the British Psychological Society showing how over a period of time the importance of human rights to both the teaching and practice of psychology is central to its development and maintenance of ethical standards. Mental Health and Mental Capacity have become part of the law in England as have the FREDA principles in best psychological practice. There are many other areas that psychology can influence not only in terms of knowledge but also practice. This includes the structures of the British Psychological Society. One development the paper will map out is the impact and development of human rights within the changing structures of the British Psychological Society with especial reference to the proposed Equality, Diversity and Inclusion Strategic Board. The paper will address the differences between Scotland, England, Wales

and Northern Ireland. Areas where psychological practice and education might develop will be discussed as well as be seen in developing and using an international outward looking lens rather than an internal defensive lens.

## The Role of Educational Contexts in Positive Youth Development

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S13-3-E1

Positive Youth Development (PYD) has gained attention not only in the USA but in recent decades across Europe as well. The principal assumption is that young people will develop positively when their strengths (internal assets) are aligned with the resources in their contexts (external assets). This alignment, if optimal, can lead to adaptive developmental regulations whereby thriving or positive youth outcomes (i.e., the 5Cs: competence, confidence, character, caring, connectedness) become more probable, and risky or problem behaviours less frequent. The symposium will focus on the mechanisms that support young people's positive development across different contexts and subgroups. In the first paper (Kapetanović et al., Does socioeconomic status play a role for the effect of preschool PATHS?) the importance of an early start in planning interventions that support long-term positive outcomes of children in Sweden is highlighted. The second paper (Gomez et al., Positive youth development and psychological adjustment in a sample of Spanish undergraduates) focuses on the selected indicators of psychological adjustment in a sample of Spanish youth. The third paper (Košir et al., Moderation role of Migration Status for the Relationship Between the 5C and Bullying) investigates if the relationship between the 5Cs and bullying in Slovenian youth is moderated by youths' migration status. The final paper (Veldin et al., Building a sense of school belonging through mindfulness and empathy) explores the role of mindfulness and empathy in the sense of belonging at school in Slovenia. The symposium will address the importance of PYD in educational contexts and identify the mechanisms of support for a positive development of diverse youth.

### Does Neighbourhood Income Moderate the Effects of PATHS on Socioemotional Competence and Mental Health in Preschool Children?

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S13-3-E1

Skills such as positive socialization, social support and socioemotional competence can be regarded as critical for positive engagement and healthy development particularly for children living in lower income conditions. Promoting Alternative Thinking Strategies (PATHS®) is a universal SEL (socioemotional learning) intervention that aims to promote socioemotional competence; tested in the U.S. as

well as Sweden. The aim of this study was to investigate if attending preschool in economically advantaged area (EAA) or economically disadvantaged area (EDA) moderated the effects of PATHS in regard to changes in socioemotional competence and mental health in 4–5-year-old children. Participants were 275 children aged 4–5 years old ( $M = 4.44$  years old,  $SD = 6$  months; 50% girls;  $n = 145$  immediate intervention children;  $n = 130$  wait-list control children) attending 26 preschools in three municipalities. At pretest, 42.9% ( $n = 118$ ) children attended preschools in EDA. In a series of just-identified SEM models, we tested the moderation of intervention effect by income of the area (as defined by postal code) that children's preschool was located in. Paths children in EDA preschools increased in social independence from pretest to posttest, whereas Paths children in EAA preschools had slightly lower increase from pretest to posttest. Paths children in EDA preschools decreased in social withdrawal from pretest to posttest, whereas such effects were not shown in paths children in EAA preschools. Finally, paths children in EDA preschools decreased in inattention from pretest to posttest, whereas such decrease was not shown in children in EAA preschools. Interventions such as PATHS® may be of particular importance for children in preschools in less affluent neighborhoods in terms of the development of social skills and attention. This may provide opportunities for engagement in schools, and potentially improved psychosocial development.

### Positive Youth Development and Psychological Adjustment in a Sample of Spanish Undergraduates

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Positive Youth Development (PYD) theory is a strength-based perspective of transition to adulthood derived from relational developmental systems framework. Lerner et al. (2015) described a PYD model with 5Cs, that is, confidence, competence, connection, character, and caring. These 5Cs are expected to be associated with positive outcomes, or thriving, in youth development (Bowers et al., 2010). The aim of this study was to examine the associations between PYD (both overall score and the separate 5Cs) and some indicators of psychological adjustment, such as, depressive symptoms, anxiety symptoms and life satisfaction, in a sample of Spanish youth. A cross-sectional study was conducted in winter and spring of 2021 with a sample of 1044 youth (75.5% women; mean age = 20.47,  $SD = 3.08$ ) who were enrolled at 11 universities in different regions in Spain. These participants filled in the PYD Short Form by Geldhof et al. (2014), and some questionnaires to assess psychological adjustment, concretely, Patient Health Questionnaire-9 (Kroenke et al., 2001), Generalized Anxiety Disorder-7 (Spitzer et al.,

2006) and Satisfaction with Life Scale (Pavot & Diener, 2008). Results showed that overall PYD was positively related with life satisfaction, while presented negative interrelations with depressive and anxious symptoms. When the 5Cs were separately examined, the results pointed out that the dimensions of confidence and connection showed the strongest negative associations with depression and anxiety, as well as the strongest positive relationships with life satisfaction. These results underscored in Spanish youth that PYD was associated with better psychological adjustment, and that the dimensions of confidence and connection showed the greatest effects. The design of PYD programs to promote undergraduates' wellbeing from the university context could be recommended.

### Migration Status, School Belongingness and Family Support as Predictors of School Bullying Perpetration and Victimization in Adolescents

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S13-3-E1

The experience of peer victimization is one of the biggest sources of distress in adolescence; moreover, it represents a significant risk factor for various negative adjustment issues in adulthood. In addition, being involved in bullying either directly (as bully or victim) or indirectly (as a bystander) represents a significant negative experience in the process of students' social and emotional learning. The research indicates that an inclusive school social environment can work as a protective factor against bullying. In addition, family support has been documented as a resource that can, through different mechanisms, significantly determine both students bullying behavior and victimization experiences. A beneficial social environment is especially important for students with the experience of migration that could represent a risk factor for involvement in bullying. Thus, the aim of the present study was to examine migration status, school belongingness, and family support as predictors of bullying behavior and victimization on a large sample ( $N = 1972$ ) of Slovenian adolescents. In addition, we aimed to examine whether family support explains an additional amount of variance in bullying and victimization beyond school belongingness and whether the migration status moderates the relation between school belongingness and bullying outcomes and the relation between family support and bullying outcomes. The results indicated that migration status, school belongingness, and family support significantly predict bullying but not victimization that is predicted only by school belongingness. Family support did not contribute to the incremental validity beyond school belongingness in predicting victimization. Some interactional effects were found. Our findings contribute to the understanding school environment as the most powerful formative context that can work either as protective or as a risk factor in students' positive development.

## Building a Sense of School Belonging Through Mindfulness and Empathy

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S13-3-E1

One of the successful ways to support the sense of school belonging and positive youth development in schools is the promotion of positive interactions. In building positive relationships, empathy and mindfulness play an important role. Our study investigated the relationship between mindfulness, empathy and the sense of belonging at school while accounting for gender. A randomized sample of 2201 students from Slovenia ( $M = 15.33$  years,  $SD = 1.37$ ; 58.2% female) was used in a structural equation modelling to determine the relationships between Mindfulness (MAAS-A) and the Sense of belonging at school (PISA), while also accounting for gender (included as a covariate) and the mediating role of two empathy components, Empathic concern and Perspective taking (IRI). Results showed that Mindfulness is positively connected to all latent constructs. Both emphatic components are also positively connected with the Sense of belonging at school. Gender, included as a covariate, is significantly connected to all latent constructs (highest connection with the Emphatic concern). It does, however, have a negative connection with the Sense of belonging at school. The model shows us that although girls tend to be more mindful and empathic (both components), their Sense of belonging at school is lower than in boys. The model provides an insight into the important role that Mindfulness and Empathy have when addressing the Sense of belonging at school. Furthermore, as both empathy components also partially mediate the path from Mindfulness to the Sense of belonging at school, addressing both Mindfulness and Empathy (especially Empathic concern, which has the highest connection to school belonging) is advisable when trying to influence the Sense of belonging at school and support positive youth development.

## Internet-Based Interventions for Depressed Older Adults: Effectiveness and Adherence

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S2-4-LD

Demand for remote psychological services has increased in recent years due to the global COVID-19 pandemic. Internet-based psychosocial interventions have been shown to be as effective as face-to-face psychotherapy for various mental and somatic health problems and offer greater accessibility for those living in remote areas or facing other barriers to treatment. Older individuals are thought to struggle more with technologies and until recently depressed elderly have received relatively little attention in the research field of internet interventions. There is a need for more research-based evidence on how to develop internet-based treatments in a way that would allow older individuals to engage and remain in treatment for its duration. In this symposium research teams from Lithuania, Sweden and Ireland will present results from randomized controlled trials (RCT) investigating effectiveness of interventions based on cognitive behavioral therapy. Insights from RCT empirical data and qualitative interviews about engagement and adherence to treatment instructions will be discussed. The panel will consist of 4 presentations from 3 countries: 1) Guided internet-based cognitive behavioral therapy for depressed elderly: results from a randomized controlled trial. (Lithuania); 2) Tailored internet-delivered cognitive behavior therapy for older adults with depression: a randomized controlled trial. (Sweden); 3) Reasons for dropping out of internet-based intervention for depression: insights from a qualitative study. (Lithuania); 4) Older adults in internet-based psychological treatments for depression: different paths to improvement (Ireland).

## Tailored Internet-Delivered Cognitive Behavior Therapy for Older Adults With Depression: A Randomized Controlled Trial

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S2-4-LD

Mental disorders are common and depression in older adults and are associated with poorer functioning, worsened cognitive impairment and disability as well as medical illnesses. Often, depressive symptoms co-occur with other psychiatric symptoms (i.e. anxiety). In the case of co-morbidity, patients present with greater difficulties and problems tend to be more persistent. The study was a randomized controlled trial investigating treatment effects against an active control condition. One hundred and one self-recruited participants, aged 65 to 88 years, were included. The intervention was a 10-week internet-based tailored CBT protocol consisting of 6-10 pre-defined modules tailored to patient profile and

preferences. Depression, anxiety, life quality and cognitive decline were assessed with self-report measures together with an online test of cognitive flexibility. Participants in the treatment group benefitted more than participants in the control condition on almost all measures with moderate between-group effect-sizes. Cognitive decline improved during treatment. Cognitive decline and cognitive flexibility could not predict treatment outcome. This study adds to the evidence base of psychological treatment for depression, with or without psychiatric comorbidities, in older adults.

### **Guided Internet-Based Cognitive Behavioral Therapy for Depressed Elderly: Results From a Randomized Controlled Trial**

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S2-4-LD

Late life depression is an important health problem all over the world. Depression in older age is associated with increased risk of morbidity, suicide, decreased physical, cognitive and social functioning (Blazer, 2003). Depression is not normal part of growing older. Thus, there should be help and treatment for older people. During the global COVID-19 pandemic there was limited access to reliable evidence-based treatments for many people, especially for older adults. Therefore, remotely provided psychological interventions are needed. The aim of this study was to evaluate the effectiveness of a tailored internet-delivered modular intervention based on principles of cognitive behavioral therapy (CBT). This study was a randomized controlled trial comparing guided CBT to a waiting-list control group. Participants were 84 older adults with symptoms of depression allocated to treatment group and waiting-list group in a 1:1 ratio. The intervention was an 8-week long and consisted from guided CBT modular. Self-reported measures for depression (Patient Health Questionnaire and Geriatric Depression Scale) and anxiety (Generalized Anxiety Disorder scale) were administered online before treatment, immediately after the treatment and at 3-month follow-up. Results show that there were no significant differences between treatment and waiting-list group in depression and anxiety before the intervention. After first 8 weeks treatment group participants reported lower levels of depression and anxiety than participants in the waiting-list group. The treatment group showed decreased symptoms of depression at a 3-months follow-up, compared to symptoms measured right after treatment. However, anxiety symptoms did not significantly decrease at a 3-months follow-up. We also discuss the possible reasons for waiting-list group having better treatment results (lower symptoms of depression) after using intervention compared to treatment group right after intervention. This study demonstrated that internet-based CBT for older adults with depression and anxiety symptoms could be an effective and feasible treatment solution.

### **Older Adults in Internet-Based Psychological Treatments for Depression and Anxiety: Outcomes From Routine Clinical Care**

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S2-4-LD

There are established treatment gaps for older adults seeking mental health care (National Ageing Research Institute, 2009). Online interventions offer the potential to overcome a variety of barriers to accessing in-person services for older adults, such as mobility and transport challenges, long wait lists and stigma (Gega et al., 2004). We sought to investigate clinical outcomes among older adults using internet Cognitive Behavioural Therapy (iCBT) for depression and/or anxiety. We examined changes in depression and anxiety symptoms and functional impairment in older adults (aged 65+ years) who used SilverCloud anxiety and depression programmes across different settings. Data were obtained from a naturalistic service evaluation of routine clinical care within an NHS Trust in England. Among older adults who accessed iCBT through routine clinical care (N = 31; M = 70.40 years; SD = 5.13; 65% female), there were significant reductions in: symptoms of depression (PHQ-9;  $t(30) = 5.38$ ,  $p < .001$ ); symptoms of anxiety (GAD-7;  $t(30) = 4.64$ ,  $p < .001$ ); and functional impairment (WSAS;  $t(30) = 3.72$ ,  $p < .001$ ). These effects were comparable to that observed in other age groups. Compared to younger age groups, older adults had high rates of reliable improvement (43.5%), and the highest rates of recovery (70%) and reliable recovery (43.5%). Effects of iCBT on clinical outcomes will be compared to other low-intensity treatments provided in routine care. iCBT is effective for older adults, with comparable effects on symptom reduction and some evidence of higher rates of reliable recovery, compared to younger adults. iCBT offers a viable and scalable solution to addressing the mental health treatment gap for older adults.

### **Reasons for Dropping Out of Internet-Based Intervention for Depression: Insights From a Qualitative Study**

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S2-4-LD

Adherence to treatment protocol has been demonstrated to be problematic among users of internet-based psychological interventions and dropout rates varied substantially across studies. Just a few studies have been published to date on effectiveness of internet-based interventions for depressed older adults and none of them analysed reasons for premature discontinuation. A recent global COVID-19 pandemic demonstrated the need for remotely provided psychological

treatments. This study aimed to investigate reasons for premature discontinuation in internet-based cognitive behavioral therapy (CBT) for older adults with depression. Participants who prematurely discontinued an internet-based intervention for older adults with symptoms of depression were contacted by phone and interviewed using a semi-structured interview designed specifically for this study. Participants were asked a series of questions on how they interacted with the intervention during their treatment and about the reasons for prematurely discontinuing treatment. In total 9 participants were interviewed. Interviews were then transcribed and analysed using the method of thematic analysis: first by familiarizing with data and then assigning preliminary codes which later were grouped into themes. Four distinct themes with 2 to 5 subthemes in each of them emerged during qualitative data analysis: program-related factors (e.g., complicated login), environmental factors (e.g., pandemic context), personal factors (e.g., unsatisfied expectation of synchronous communication with the therapist) and beliefs about the program (e.g., program is designed for more severe clients). To conclude, this study aimed to explore reasons for premature discontinuation in internet-based guided CBT for older adults with depression. The results could be used to improve designs of internet-based interventions and study procedures. Moreover, we discuss pandemic specific reasons that have emerged and provide new insight into understanding premature treatment discontinuation.

## The Impact of the EuroPsy: 10 Year Review

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S6-4-LN

The EuroPsy certificate, a benchmark for education and training in psychology in Europe, has been implemented by EFPA since 2010. This symposium will present an overview of how the EuroPsy certification process has impacted on the development of psychology in Europe over the past ten years. Four papers will discuss the impact of the EuroPsy basic and specialist certification processes on curriculum development, the practice of professional psychology, policy and legislation. By 2020, 24 National Awarding Committees have been established, four Specialist National Awarding Committees for Psychologists Specialising in Psychotherapy, and three National Specialist Awarding Committees for Work and Organisation Psychologists. Rosaleen McElvaney (Ireland) will present an overview of the impact of the basic EuroPsy certification process. The standards for university curricula outlined in the EuroPsy regulations have been used in both revising existing programmes and served as a basis for new psychology programmes in several countries, some of which have been supported by legislation. The EuroPsy requirements for one year's supervised practice following a five year education curriculum have been implemented, thus improving the competence of practitioner psychologists as they begin their professional career in psychology. Finally, member associations have been able to use the EuroPsy standards to lobby politicians and inform legislation regulating the practice of psychology in Europe. Nady van Broeck (Belgium) will discuss the impact of the certification process for the Specialist Certificate for Psychologists Specialising in Psychotherapy. This presentation will also address curriculum development, professional practice and legislative developments for psychotherapy practice in Europe. Steve Woods (U.K.) will address these issues for those psychologists in Europe who choose to undertake advanced training in Work and Organisational Psychology. Finally, Chris Willis (Austria) will introduce new criteria established as part of a pilot project for the Specialist Certificate in Sport Psychology.

## Impact of the EuroPsy: The Basic Certificate

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S6-4-LN

This paper presents an overview of the implementation of the EuroPsy certification process from 2010 to 2020. The EuroPsy is a European benchmark for psychology education and training in psychology. Standards include university education at both bachelors and masters level followed by one year's supervised practice. Annual reports from National Awarding Committees and minutes of annual meetings of the

chairs of these committees were reviewed to ascertain the impact of the EuroPsy over this 10 year period. The EuroPsy was implemented in 24 countries between 2010 and 2020. It has impacted on several areas pertinent to the development of the profession in Europe. Standards for university curricula outlined in the EuroPsy regulations have been applied to existing programmes in several countries. Legislation on both education and licencing of psychology has taken account of the EuroPsy standards. Several training programmes have now incorporated supervised practice as a requirement for qualification, while in other countries, legislation has stipulated the need for supervised practice to be a professional psychologist. EFPA member associations have been able to use the EuroPsy standards to lobby politicians for change.

### **Psychologists Specialized in Psychotherapy. Ideas for a Conceptual Framework Underlying the S-EuroPsy PsyPT Certificate**

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S6-4-LN

A large proportion of academically trained psychologists have a specialized training to deliver psychotherapy. Within the EuroPsy framework, EFPA created and delivers a EuroPsy specialist certificate for psychologists specialized in psychotherapy. The S-EAC as the EFPA body overseeing the EuroPsy specialist certificate for psychologists specialized in psychotherapy invested in the elaboration of the conceptual framework underlying this specialization certificate. Psychotherapy delivered by specialized psychologists is considered to be a specialized type of psychological interventions offered to various client systems such as individuals, couples, families and groups, according to a rich diversity of practice models, developed on the basis a scientifically and clinically validated body of psychological knowledge and skills, in order to be able to respond in the most appropriate way to the diversity of needs / patients/ settings. This specialised type of psychological interventions is indicated on the basis of various characteristics such as the complexity, chronicity and severity of the problem and the needs/ demands/resources of the patient and his context. This type of psychological interventions requires specialized psychological competences of a psychotherapeutic type, acquired by means of a post master specialisation training. It is delivered in the context of a specific type of helping relationship creating the necessary conditions for psychological change such as common factors, a specific therapeutic context and specific relational attitudes. The APA competency benchmark model (<https://www.apa.org/ed/graduate/benchmarks-evaluation-system>) for professional psychologist is used to describe the basic competency level of a EuroPsy psychologist. Consecutively, this APA basis

competency benchmark model is elaborated in order to describe the advanced level of competencies required of psychologists specialized in psychotherapy in several of the competency domains of the benchmark model. Ideas to adapt and elaborate the actual EFPA -training standards in function of the advanced competencies Psychologists specialized in psychotherapy need to have are described.

### **The EuroPsy Specialist Certificate in Work and Organisational Psychology – Still in the Beginning**

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S6-4-LN

A EAWOP Task Force (invited by EFPA) developed a proposal of standards for a specialist certificate in W&O psychology building on the Basic EuroPsy certificate standards. The proposal was approved by EAWOP GA in 2009. A new EAWOP Task Force worked from 2012 to review and test the feasibility of the standards. A pilot project was completed in Spain, Finland, Italy, UK and Norway. Based on the experience in the pilot project, a revised proposal was approved by EAWOP and EFPA in 2013. The standards consist of criteria for education and practice (ECTs for education and training, hours of supervised practice, and supervision hours), and demonstration of competencies. A European Awarding Committee (S-EAC W&O) was established by EFPA in 2014. Only three countries have so far approved national awarding committees for the specialist certificate: Spain, Finland and Norway, and the number of psychologists that have applied and been awarded with the specialist certificate has been low. We will discuss the reasons for the low dissemination of the certificate, but also present some examples of positive impacts. We will look ahead for how to make the certificate more relevant for work and organisational psychologists.

## Development and Management of Intangible Assets Among Organizations Devoted to Social Participation: Challenges and New Directions for Nonprofit Organizations

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S16-4-ŠD

Nonprofit organizations improve the quality of life of individuals and their communities, but the structural features of these organizations are interwoven with management issues such as the need to balance business and social aims and to complement limited financial and tangible resources with intangible assets such as loyalty, commitment, innovation, social support, personal development, brand reputation or quality of the leadership style. Studies on profit and nonprofit organizations have showed a raise in competitive advantage when intangibles are effectively managed, concluding that they should be promoted, as they sustain the challenges and issues that organizations need to manage every day. This symposium aims to deepen the knowledge (theoretical and practical) about the management of intangibles in nonprofit organizations. Ilaria Buonomo and Paula Benevene (LUMSA University, Italy) will present a systematic literature review on the association between intangible assets and performance in NPOs, following the indications from the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement, which provides an evidence-based minimum set of items to be included in the review, as well as a workflow to properly manage and choose the papers to be included. María Luisa Vecina (Complutense University, Spain), and Dainela Marzana (University of the Sacred Cuore of Milano) will present the validation process of the Subjective Index of Benefits in Volunteering (SIBiV), a short instrument of 22 items that measures subjective costs and benefits that can be interpreted as the positive balance of intangible benefits at any time for any volunteer. Álvaro Benito, Fernando Chacón, Iria de la Osa and Julio Lupiani (Complutense University, Spain) will present data about the relationship between Volunteer Role Identity Salience and Volunteer Role Identity Strength in order to know how the volunteer role identity is associated with other current role identities and how this promotes sustained participation.

### Intangible Assets and Performance in NPOs: A Systematic Review

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S16-4-ŠD

Nonprofit organizations promote citizens' participation in community life through informal (e.g., associations and volunteering groups) and formal or public (e.g., charities and foundations) organizational forms. Such heterogeneity

poses new challenges to their management, above all when considering the constant need to balance financial constraints and social participation embedded in nonprofit organizations. Considering such challenges, intangible assets (e.g., such as knowledge, positive relationships within the organization and with users, external image, loyalty, and commitment) constitute a main resource to manage nonprofit organizations. Volunteers, indeed, show different job attitudes and organizational behaviors than paid employees, as their membership and accountability are less formalized and they frequently lack proper teamwork, due to the high volunteer turnover. At the same time, from the managers' point of view, managing volunteers and paid workers require higher skills and competencies than managing human resources in for-profit organizations. Developing these reflections and considerations, we conducted a systematic literature review on the association between intangible assets and performance in NPOs, following the indications from the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement, which provides an evidence-based minimum set of items to be included in the review, as well as a workflow to properly manage and choose the papers to be included. Sixteen papers were assessed for eligibility: of these, only nine papers were determined as eligible and were included for review. The analyses of their content regarded: how intangibles and performance were operationalized and measured in the papers; whether some dimensions of both were more represented in the papers; which aspects of intangibles impacted performance in nonprofit organizations. Theoretical and practical implications will be discussed.

### Factors Affecting Volunteer Role Identity: Identity Invocation and the Personal and Social Importance of Volunteer Activity

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S16-4-ŠD

Psychology research concerning non-profit sector organizations has shown that volunteers do not keep participating in these prosocial actions because of the same reasons or under the same circumstances. When people perform a role like a volunteer for enough time, and under the right circumstances, they may internalize that role as part of their self-identity. According to the literature, volunteers who strongly identify with their role of volunteers are expected to spend more time volunteering and to be the ones who remain in the volunteer task over time. One of the objectives regarding sustained volunteerism research focuses on recognizing potential factors that could foster the growth and maintenance of the Volunteer Role Identity (VRI). However, one of the unknowns that remain active nowadays is how (and why) the VRI is associated with other current role identities. For this aim, in this study, we have measured the VRI salience of a sample of volunteers from different entities (N = 227), assessing the relative position of the VRI regarding other active roles that are central to people's lives (identity

invocation), and the personal and social importance of volunteer activity. The objective of this paper is to determine if VRI salience and the importance of volunteering are one of the main sources that explain VRI strength. VRI and all components of VRI salience were positively associated with intention to remain volunteering, being VRI its best predictor. Personal importance moderated the relationship between VRI and intention to remain volunteering. Interestingly, VRI ceased to predict intention to remain volunteering when personal importance of volunteering was high.

### **The Subjective Index of the Benefits in Volunteering (SIBiV) to Manage Volunteers' Satisfaction**

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S16-4-ŠD

Volunteering is a helping behavior with more benefits for those who receive it than for those who offer it. After more than two decades of intense research focused on isolated variables, this paper focuses on the subjective balance between costs and benefits that make volunteers remain in non-profit organizations. A short instrument of 22 items is validated using a sample of 205 volunteers engaged in 10 non-profit organizations working in the social sector. Confirmatory Factor Analysis provided a 3-factor model of benefits (Benefits from the activities, Benefits of giving and Benefits of sharing) and a 3-factor model of costs (Costs of impotence, Costs from the organizational context and Costs from lack of competence) with a good fit to the data. The General Index of Benefits presented a positive pattern of significant relationships with psychological and subjective well-being, satisfaction with volunteering, organizational commitment, volunteer engagement, role identity as a volunteer and intention to stay as a volunteer in the same organization. The General Index of Costs presented negative relationships with the same mentioned variables. The numerical difference between both General Indexes was called the Subjective Index of Benefits in Volunteering (SIBiV) and can be interpreted as the positive balance of benefits at any time for any volunteer when it is greater than 0. This resulting balance would be a snapshot of a cocktail of subjective experiences that evolves and changes over time in each person. It would indicate how subjectively rewarding this costly helping behavior is for a particular volunteer at a particular moment. The instrument can help to manage this positive social phenomenon that benefits those who receive the help, volunteers themselves and society as a whole in many different ways.

### **International Adaptation of a Work-Related Dark Triad of Personality Measure**

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S19-5-KC

The dark triad of personality has received considerable interest in different fields of psychology since its introduction two decades ago. For applied organizational use, e.g., in personnel selection, an exclusively work-related dark triad test (TOP) was developed and adapted to several languages. The symposium presents findings from the adaptation processes including item analysis, CFA, nomological network correlations, and group differences in standardization and consists of three individual presentations that each highlight specific aspects. TOP's 60 items (Schwarzinger & Schuler, 2016) measure culture dependent aspects. A pilot study using a 85-item version of Italian TOP was carried out to evaluate item quality and scale structure. Results showed that 16 items were replaced by new "Italian" items. The Italian version maintains the structure of the original according to CFA but contains 16 adapted items to express the culture differences about the dark triad at work. For the Dutch adaptation, validity studies have been conducted on the relationship with general personality facets, characteristics of personality pathology, and psychopathy. Results show strong positive correlations with Angry Hostility and Assertiveness (NEO-PI-3); Narcissism, Stimulus Seeking, Rejection, Callousness, and Restricted Expression (DAPP-SF); and Psychopathy, especially Interpersonal and Affective (SRP-4). Strong negative correlations were found with Trust, Straightforwardness, Modesty, Dutifulness, and Deliberation (NEO-PI-3). Three Nordic language versions, Swedish, Norwegian and Finnish of TOP were adapted and standardized in working population. The psychometric qualities of the adaptations are compared. Differences, similarities, and their implications are discussed, as well as challenges of linguistic and cultural adaptations of personality assessments. Applied findings from several European countries show that the dark triad is measurable work-related with a high cross-cultural equivalence, good psychometric properties and validity estimates. The symposium informs about challenges and solutions of applying the concept of the dark triad to the sphere of work and organizations.

### **TOP Items Selection: The Italian Case**

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S19-5-KC

TOP's 60 items (Schwarzinger & Schuler, 2016) measure a work-related conceptualization of the dark triad that may include culture dependent aspects of personality. The purpose of this study was to adapt the TOP in the Italian context maintaining the same structure of the original version. For

that reason, a pilot study using a 85-item version was carried out to analyse 25 new “Italian” items that have been developed to take into account the culture dependent aspects of the dark triad. The 85-items version has been administered to a sample composed by 628 Italian workers (50.2% male) aged from 25 to 64 years old. To evaluate item quality, mean values, D indices, skewness and kurtosis indices and corrected item—total correlations have been calculated. Some items showed poor psychometric properties. For that reason, 16 “original” items were replaced by new “Italian” items. This final version showed a good reliability, evaluated using Cronbach’s alpha indices. Confirmatory Factor Analyses (CFA) attested the construct validity of the Italian adaptation of the TOP. Moreover, some gender differences were attested in few scales while no differences between age groups have been found. This study evaluated the possibility to adapt the TOP into the Italian context. In order to express the culture differences about the dark triad at work, some new items have been included in the final version of the test. Despite that, the Italian adaptation of the TOP maintains the same structure of the original one: the test is composed by 60-items on 11 scales arranged into three factors in the same way of the original version and it shows good psychometric properties. This study attests the possibility to use the Italian adaptation of the TOP to obtain valid and reliable measurements of the dark triad at work.

### **Relationship Between the Dark Triad of Personality at Work (TOP), General Personality Facets, Characteristics of Personality Pathology, and Psychopathic Behaviours**

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S19-5-KC

The Dark Triad of Personality at Work (TOP) is a comprehensive measure of the dark triad of personality, which is composed of narcissism, Machiavellianism, and subclinical psychopathy. In contrast to clinical personality instruments, which assess the whole of these dark traits, the TOP only measures work-related components. For the Dutch adaptation of the TOP, validity studies have been conducted on the relationship with general personality facets, characteristics of personality pathology, and self-reported psychopathic behaviours, in order to prove relevant construct related validity in the nomological network of bright and dark traits. In 201 working adults, general personality facets were measured by the NEO Personality Inventory (NEO-PI-3, McCrae & Costa, 2010), the gold standard measure of the Five Factor Model (FFM). Furthermore, in 192 working adults, clinical trait manifestations of personality disorders were assessed by the Dimensional Assessment of Personality Pathology - Short Form (DAPP-SF, Livesly & Jackson, 2009). Finally, in 207 working adults, psychopathic behaviours were measured by Self-Report Psychopathy Scale (SRP-4, Paulhus, Neumann & Hare, 2016), the first official self-report version of the gold standard Hare Psychopathy Checklist-Revised (PCL-R). Strong positive correlations were found between

work related components of the dark triad as measured by the TOP and the general personality facets Angry Hostility and Assertiveness, the personality pathology characteristics Narcissism, Stimulus Seeking, Rejection, Callousness, Restricted Expression, and self-reported psychopathic behaviours. Strong negative correlations were found with the general personality facets Trust, Straightforwardness, Modesty, Dutifulness, and Deliberation. The findings of these studies show that there are strong relationships between work related components of the dark triad and general personality facets, characteristics of personality pathology, and self-reported psychopathic behaviours. By confirming expectations about the relationships between the measures used, evidence has been given that the TOP is a valid work-related measure of the dark triad of personality.

### **Adaptation of a Work-Related Dark Triad of Personality Measure in Sweden, Norway, and Finland**

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S19-5-KC

Personality assessments are frequently used in recruitment and selection, and often in several language versions. Careful translation and adaptation are essential to develop psychometrically sound assessments that are equivalent across languages versions, while maintaining both cultural and linguistic accuracy. The Dark Triad of Personality at Work (TOP; Schwarzingger & Schuler, 2016, 2019), is a 60-item personality test assessing aspects of the dark triad of personality (narcissism, Machiavellianism, and subclinical psychopathy) in work context. The aim of this study is to compare the psychometric properties of three Nordic versions of TOP: Swedish, Norwegian, and Finnish. The Swedish, Norwegian and Finnish versions of TOP were developed according to a standard procedure for test adaptation. Normative data for each language was collected in working population (N = 516; N = 502; N = 454). For each language version raw score means on factors and subscales were calculated, item and Confirmatory factor analysis (CFA) applied, and reliabilities estimated (Cronbach’s alpha). The results were compared between language versions and similarities and differences observed. The factor structure of the original TOP was strongly supported also in the Swedish, Norwegian, and Finnish versions. All factors and subscales showed very good or acceptable reliability. The comparison of the raw score means suggested a high level of equivalence between the three language versions, indicating that the psychological constructs measured in TOP are presented similarly in the three Nordic countries. The results may also further confirm the gains of a carefully conducted translation, adaptation, and standardization in order to develop valid and reliable psychometric assessments across languages and countries.

## On the Nature and Function of Climate Change Anxiety: Insights From Across Psychology's Subfields

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S5-5-E3

Humanity is facing various global crises, and the climate crisis, in particular, has sparked enormous political, societal, and media attention. Unsurprisingly, the expected consequences of climate change affect the human psyche. In recent years, the emotional responses and impairments related to climate change and environmental degradation have come into research focus: Climate anxiety, eco-grief, or solastalgia are now prominent psychological constructs, but empirical work is yet sparse. In this symposium, we bring together researchers, from different subfields of psychology (e.g., environmental psychology, social psychology, and clinical psychology), whose works combine different perspectives on climate anxiety. Specifically, this symposium will address the conceptualization of climate anxiety, its potential antecedents, and consequences. It will discuss the implications of climate anxiety for emotional and cognitive functioning, but also whether climate anxiety is an adaptive or rather a maladaptive response vis-à-vis climate change.

## Interdisciplinary Perspectives on Climate Anxiety Research

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S5-5-E3

This presentation is built on two research questions: the current state of climate anxiety research and major challenges for the development of it. Various psychological studies are reviewed and theoretical observations are made. The discussion evaluates studies mainly from environmental psychology, eco-psychology, and humanistic psychology. The three major conclusions and results are discussed. First, it is argued that various forms of anxiety need to be taken more into account in climate anxiety research, as anxiety is a wide-ranging concept. Its uses range from emotion research to clinical psychology, from existential psychology to psychodynamic psychology. Some of the mixed results in climate anxiety research may be due to various conceptualizations of anxiety in the studies. In addition, the existing measures are geared more towards the strong forms of climate anxiety than the milder ones. Researchers have argued that more effort is needed to study both the adaptive manifestations of climate anxiety and the paralyzing forms of it. The second result is related to coping, which seems to be another crucial aspect related to climate anxiety. As psychological researchers such as Maria Ojala have shown, people have widely different coping methods in relation to climate anxiety. Some of these methods help people to manage climate anxiety

constructively. It is pointed out that more research is needed in which the moderating role of coping is studied. The third major result is that climate anxiety seems also to have a close connection with many other emotions and mental states, such as grief/sadness, guilt, traumatic stress, and varieties of worry. Psychological research on these various "climate emotions" is rapidly growing, but more work is needed to clarify the relationship between them and climate anxiety.

## Climate Anxiety: Towards Understanding Its Structure and Correlates in a German-Speaking Quota Sample

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S5-5-E3

The climate crisis is an unprecedented existential threat that causes disturbing emotions, such as anxiety. However, relatively little is known about how people cope with climate anxiety, how it influences mental health and well-being, and whether it is relevant for climate (in)action. Recently, Clayton and Karazsia measured climate anxiety as a "clinically significant anxious response to climate change" (2020, p. 9) that may impair human well-being and functioning. To gain a more nuanced understanding of the phenomenon from an empirical psychological perspective, we translated the Climate Anxiety Scale into German and assessed potential correlates in a large German-speaking quota sample (N=1011, stratified by age and gender). Overall, people reported low levels of climate anxiety. Climate anxiety correlated positively with anxiety and depressiveness, avoidance of climate change in everyday life, and the frustration of basic psychological needs. It correlated negatively with climate-relevant self-protective strategies and denial. While unrelated to ideological beliefs, stronger climate anxiety was associated with pro-environmental intentions and support for climate policies. Nevertheless, we were not able to replicate the scale's original factor structure. We thus encourage researchers to rework the scale and include an emotional factor in future research efforts.

## On Climate Change Anxiety and the Threat It May Pose to Adaptation

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S5-5-E3

The notion of climate change anxiety (aka eco-anxiety) has gained traction in the last years as a consequence, though indirect, of climate change on mental health. Yet uncertainty remains regarding the variations of climate

change anxiety across demographic characteristics (e.g., geographic locations, gender, age) and its associations with adaptative (i.e., pro-environmental) behaviors. Moreover, the point-estimate proportion of people experiencing climate anxiety frequently, along with their characteristics, has seldom been probed. We assessed climate change anxiety (including its related functional impairments), along with demographic characteristics, climate change experience, and pro-environmental behaviors, in 2,080 French-speaking participants from eight African and European countries. 11.64% of the participants reported experiencing climate anxiety frequently, and 20.72% reported experiencing daily life functional impairments (e.g., impact on the ability to go to work or socialize) because of their climate change anxiety. Women and younger people exhibited significantly higher levels of climate anxiety. There was no difference between countries. Climate anxiety was also associated with pro-environmental behaviors. However, this association was significantly weaker in people reporting frequent experiences of climate change anxiety than in people with lower levels. Although the evidence requires further advancement, our result suggests that climate change anxiety might impede the daily life functioning of a substantial proportion of people. Because functional impairments are viewed as risk factors for adverse mental health outcomes, our results point to climate anxiety as a potential threat deserving a careful audit by the scientific community and practitioners.

### **A Temporal Network Approach to the Emotional Responses to Climate Change**

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S5-5-E3

Recent research has indicated that emotional perception of climate change can lead to different emotional responses (aka, eco-emotions), which also correlated with general distress (e.g., depression or anxiety) and, in turn, may influence one's behaviors. Unfortunately, despite great efforts, there is a lack of longitudinal research shedding light on the potential link between eco-emotions (i.e., eco-anxiety, eco-depression, eco-anger), general emotions (i.e., anxiety, depression, anger), and pro-environmental behaviors. The research question of this study is: how are eco-emotions, general distress and eco-responsible behaviors related over time? Given the lack of longitudinal studies, we aim to study the dynamic interplay over time between eco-emotions, general negative emotions and pro-environmental intentions and behaviors via intensive time-series data, collected via experience sampling method (ESM). An estimated sample of 40 individuals will report daily assessment of three negative eco-emotions and three general emotions, as well as, behaviors and intentions related to the environmental crisis over a 60-day period. Data is currently being collected and we will present the results from applying a temporal network approach, that is, a methodological tool derived from the network theory that

allows us to apply multilevel autoregressive model to time-series data. This approach allows us to estimate models (i.e., network structure) including all the variables mentioned above and conceptualize them as a dynamic complex system of elements influencing each other at different points in time. We expect eco-emotions and general emotions to be embedded within a network system wherein they are strongly associated. Also, we expect them to be differently related with both eco-friendly intentions and behaviors. During the talk, a general model derived from this computational approach will be presented and discussed.

### **Climate Anxiety – Discussion of Current and Future Concepts**

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S5-5-E3

As discussant, I will bring together the 4 talks presented in the session in order to stimulate an integrative and goal-oriented discussion.

## Mind at Rest: New Approaches to Recovery From Work-Related Effort

Chair: Sara Tement  
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S19-6-KC

Today's work realities are clearly different from those of decades ago. Work is increasingly carried out anywhere, at any given time; it is much less predictable and more cognitively demanding. Employees, on the other hand, find it increasingly hard to segment work from home and psychologically detach from work during off-job time. As result, recovery from work-related effort (i.e. a process of psychophysiological unwinding) may be hampered. Previous research has taught us that the association between work-related stressors and strain may be diminished if employees detach from work. These findings are robust across a wide variety of research designs (e.g. cross-sectional studies, diary studies, longitudinal studies). Although much is known about the antecedents of psychological detachment and its role in the stressor-strain relationship, a more nuanced understanding is needed on how contemporary work-related stressors (e.g. work unpredictability) and organisational practices (e.g. right-to-disconnect policies) are related to detachment and recovery. The literature has also been dominated by a negative perspective, yet in some cases integrating work and home may even be beneficial. Additionally, the literature calls for novel approaches aimed at facilitating detachment and recovery. Therefore, the present symposium strives to address some of these pressing issues around recovery from work-related effort by including five studies with advanced research designs. Two intervention studies present and contrast different approaches on how to enhance detachment and recovery (i.e. planning, cognitive-behavioural and mindfulness interventions). Three diary studies additionally provide insights on antecedents of detachment from work and a number of outcomes including physiological (cardiovascular) indicators of recovery. Along with new research insights, presenters from different countries discuss additions to existing theories as well as implications for job design, individual and organisation-based interventions.

## Work Unpredictability: A Contemporary Work Stressor

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S19-6-KC

Particularly in knowledge-intensive jobs, employees are increasingly challenged by complex and dynamically changing work tasks. These developments make it difficult for employees to anticipate a day's upcoming work tasks and associated activities including methods, time requirements, and potential problems arising in the work process. We first present three arguments why this work unpredictability represents a contemporary occupational stressor with detrimental implications for employees' wellbeing: Work

unpredictability can be perceived as a lack of control at work, as a lack of mastery expectancies, and it might add high-effort planning and self-regulation demands to employees' daily psychological workload. Second, we present the test of our hypotheses by means of a panel study and a diary study. The results support our hypotheses. We conclude that work unpredictability is a so far neglected work stressor that should receive more research attention in the future.

## The Buffering Role of Emotional Regulation in the Relationship Between Job Demands, Negative Cognitive-Affective Involvement, and Well-Being: A Diary Study

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S19-6-KC

The boundaries between work and private life are gradually blurring and employees are increasingly involved in work during their leisure time in a negative cognitive-affective way (e.g., worry about upcoming work tasks). This so-called negative cognitive-affective involvement can hamper the necessary recovery from work and may result in impaired work-related well-being. In light of these negative effects, it is crucial to investigate under which circumstances this negative cognitive-affective involvement arises. In this daily diary study, we examine whether external (i.e., job demands) and individual (i.e., emotional regulation) factors are independently and jointly related to negative cognitive-affective involvement. Specifically, we investigate whether the trait emotional regulation (i.e., downregulation of negative emotions) buffers the positive association between daily job demands (i.e., cognitive demands, emotional demands, time pressure) and daily negative cognitive-affective involvement. In addition, we examine whether daily negative cognitive-affective involvement is in turn associated with daily work-related well-being (i.e., emotional exhaustion, cynicism) and mediates the relationship between job demands and exhaustion/cynicism. Using a diary study with two daily measurement points (i.e., after work, the next morning) over two working weeks, we collected data from a diverse sample of 109 white-collar workers (667 day-level observations). Multilevel analyses showed that the relationships between cognitive and emotional demands, respectively, and negative cognitive-affective involvement are moderated by emotional regulation, with weaker relationships for employees reporting higher downregulation of negative emotions. Moreover, negative cognitive-affective involvement mediates the relationship between job demands (i.e., cognitive demands, emotional demands) and the two work-related well-being indicators. Overall, the study helps to broaden the understanding of negative cognitive-affective involvement, particularly the interplay between job-related and individual factors in predicting negative cognitive-affective involvement. Furthermore, the results provide practical implications, indicating that employees can benefit from interventions targeting the downregulation of negative

emotions and improve employee well-being in the long run.

### **Work-Related Boundary Violations at Home and Physiological Recovery: An Episodic Approach**

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S19-6-KC

Most employees perceive that they work breaches the boundaries of the home domain from time to time. They respond to work-related emails, discuss work with their spouses or think about upcoming work tasks. Although the psychological consequences of such work-related boundary violations are extensively studied, little is known about their impact on physiological recovery. Additionally, past research has mostly adopted a “levels” approach where employees could indicate their overall level of agreement with items representing such violations. This approach, however, may fail to detect the specific day-to-day occurrences and how employees react to them. With this in mind, the aim of the present study was to explore how episodes of work-related boundary violations and their appraisal relate to physiological recovery indicated by nocturnal heart rate variability (HRV). To test our assumptions, employees (N-persons=87) reported episodes of boundary violations via a daily diary method across five consecutive weekdays (N-days=394). In addition, they wore lightweight, portable ECG devices during sleep which collected information on daily HRV. As daily data entries were nested within persons, multilevel analyses were conducted to explore the effects of interest. The same model was estimated within- and between-person. Contrary to our expectation, the occurrences of work-related boundary violations (particularly, work-related activities at home) were positively related HRV on a daily level, indicating better physiological recovery. At the between-person level some support was found for the hypothesized effects, as employees reporting more boundary violations had lower HRV values (which points to poor recovery). The impact of appraisal was also only evident at the between-person level. Employees who generally reported a more positive impact of the boundary violation episodes on the family had higher HRV levels. These findings point the importance of boundary violations for physiological recovery and broaden our view of them as potential health risks.

### **A Randomized Controlled Trial Comparing Online CBT-Based and Mindfulness Intervention for Psychological Detachment From Work and Well-Being**

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S19-6-KC

There is considerable evidence that psychological detachment from work during leisure time has numerous benefits for

employees' well-being and their job performance as it helps employees replenish their energy after exposure to job demands. However, today's work realities, characterized by the constant availability and the blurring boundaries between work and private life, often hinder this process, potentially contributing to burnout, depression, and similar difficulties. While individual studies suggest that the ability to psychologically detach from work can be improved with interventions that include elements of cognitive-behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR), previous studies have failed to systematically compare these interventions in a single randomized controlled trial. Moreover, our knowledge on this subject is limited due to a relatively poor understanding of the mechanisms of change as well as the moderators that play a role in attenuating and accentuating the effects of both interventions. As such, the present study employs a randomized controlled trial design with two intervention groups (CBT and MBSR) and a waitlist control group to investigate the effectiveness of two different low-dose online interventions on employees' psychological detachment and well-being. The study outcomes (e.g., psychological detachment, burnout), potential mechanisms (i.e., work-related maladaptive thinking patterns, mindfulness), and moderators (e.g., supervisor support for recovery) were assessed before, immediately after the intervention, and three months after intervention completion. On the one hand, our findings advance the knowledge about the effectiveness of online CBT and MBSR interventions in the workplace context and the underlying mechanisms of change, thus informing theory. On the other hand, our findings also bear practical implications, as the design and delivery of our interventions make them highly applicable to organizational settings.

### **A Field Experiment on the Effects of Weekly Planning Behavior on Work Engagement, Unfinished Tasks, Rumination, and Cognitive Flexibility**

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S19-6-KC

With increasing workplace flexibility and responsibility being transferred from management to individuals, planning behavior is becoming an indispensable strategy to achieve work goals. However, evidence on the benefits of planning behavior in real-life work settings is not conclusive. Furthermore, the context in which these benefits could be enhanced is not well understood. Therefore, the goal of this study was twofold. First, we aimed to clarify the effects of planning behavior on work engagement, cognitive flexibility, unfinished tasks, and rumination by manipulating employees' planning behavior in a field experiment. Second, by examining unpredictability and cognitive demands of flexible work as moderators, we aimed to gain detailed

knowledge about the contexts in which planning behavior is most effective. We conducted a field experiment in which we manipulated weekly planning behavior in employees' day-to-day work lives. In the planning manipulation employees were asked to set goals for the week, consider possible obstacles that might hinder goal achievement, and use an imagination exercise to internalize their plans. The planning manipulation lasted seven weeks, with the first two weeks being control weeks. In total, 140 participants provided 818 weekly entries with at least one control week and four manipulation weeks. Results showed that planning behavior was linked to fewer unfinished tasks, lower rumination, and higher cognitive flexibility. Moderation analysis revealed that high demands to structure work tasks were a boundary condition for the negative effects on rumination. To our knowledge, our study is the first to show, in a naturalistic work setting, that planning behavior can simultaneously benefit the tasks that employees accomplish during a week, how they unwind after work, and how flexible they are in their thinking. Thus, our findings are highly useful for practice. Future research should examine temporal dynamics, mediating variables, and the potential negative side-effects of planning behavior.

## **The Responsibilities and Opportunities of Working as Forensic Psychologists in the UK**

Chair: Geraldine Akerman  
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S2-6-E3

This symposium was developed by members of the Division of Forensic Psychology Executive Committee to showcase the variety of work undertaken by Forensic Psychologists in the UK. Sophie Ellis describes the history of psychological practices in English prisons, with the challenges and opportunities posed in such a setting. Laura Jacobs explores the need to understand peer victimisation and sexual offending and explores which types of peer victimisation represents a particular risk factor for later sexual offending. Dr Rachel Worthington considers how forensic psychologists challenge biases in forensic psychological assessment and treatment for people with Attention Deficit Hyperactivity Disorder. Dr Rachael Wheatley explains the challenges of working with those convicted of stalking and best practice in managing the associated risk. Finally, Honorary Professor Dr Geraldine Akerman describes how forensic psychologists rose to the challenge of the COVID-19 virus and continued to practice in prisons and hospitals and other forensic settings as well as developing guidelines along with the British Psychological Society to help support the nations work in some of the most challenging settings.

## **The Impact of COVID-19 and Social Isolation on Those Working As Forensic Psychologists in Prisons in the UK**

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S2-6-E3

Geraldine Akerman describes the impact of the Corona Virus (COVID-19) on those working as Forensic Psychologists in the UK and in particular at HMP Grendon which is a prison-based therapeutic community (TC). The expectations and responsibilities placed on Psychologists in general and Forensic Psychologists in particular will be discussed. Further, discussion of how the lockdown impacted on the regime, ethos, relationships and overall climate at HMP Grendon. The presentation looks at the available research on the impact of social isolation and how this may impact on those in custody. It considers the way through which staff and residents worked together to maintain the therapeutic community and reduce the impact of social isolation, with a focus on both staff and resident support. Furthermore, the presentation reports on data regarding the impact of COVID-19 on Forensic Psychologists in other settings. Finally, it will consider the longer-term impact on the profession.

## Perinatal Mental Health: A Preventative Hope for the Future

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S2-6-E3

This paper reflects on the importance of perinatal (pregnancy through to 1 year) mental health and the relevance of attachment within this early critical window. Research evidence suggests the long-term costs of perinatal mental illness in the UK is approximately £8.1 billion per year, the equivalent of £10,000 for every single birth with the majority of the cost being due to adverse impacts on the child (Bauer et al., 2014). Perinatal services were created as a preventative approach to improve outcomes for both mother and infant. Around 20-30% of women experience mental health problems in pregnancy and/or postnatal period, although this is considered an underestimate of the true picture. Perinatal mental illness impacts on mother, on infant, on partner and on other children within the family. Without intervention maternal mental illness can have longstanding transgenerational effects on an infant's cognitive, emotional and social development and adjustment. Attachment is one of the main mechanisms through which negative child outcomes develop, and can be a key vulnerability leading to other life difficulties such as contact with psychiatric or criminal justice services. For example, it is estimated that 92% of people with complex personalities can have insecure/disorganised attachment patterns (Fonagy et al., 1996). This paper provides an overview of working perinatally within the UK and the relevance of improving attachment for the future.

## Early Intervention With Stalking Cases

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S2-6-E3

Wheatley will provide a brief overview of her stalking research, which was the first study to capture the constructed realities of men who have stalked, held in a UK prison, and the first study to use repertory grids with men who stalk, piloting a visually adapted repertory grid technique for maximising engagement (Wheatley et al., 2021). This will set the scene for presenting an overview of the innovative Early Awareness Stalking Intervention (EASI) collaborative pilot project, which was subsequently conceived. This partnership pilot identifies people charged with stalking behaviours and refers them to a forensic psychologist to undertake brief, focussed Acceptance and Commitment Therapy (Strosahl, Robinson, & Gustavsson, 2012) via remote/online methods, whilst victims are offered bespoke support. The model aligns with assertions that, "Intervening at the first signs of stalking offers the best chance of reducing stalking recidivism in the perpetrator" (Mullen et al., 2009, p.124), and that, the most robust approach to treatment for non-delusional stalkers is

psychological intervention (e.g., Mackenzie & James, 2011). The pilot project, due to conclude by August 2022, provides a rich example of the responsibilities and opportunities of Forensic Psychology, during the pandemic. Whilst it is being formally evaluated, this presentation will offer some early reflections on the model being used.

## Challenging Bias in Forensic Psychological Assessment and Treatment for People With ADHD

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S2-6-E3

ADHD has been recognized as a disorder which appears across the lifespan (Kessler et al., 2006) with an estimated prevalence of around 5% in children and adolescents, and 3-4% in adults (Faraone et al., 2015). Furthermore, it is associated with early onset offending (Mohr-Jensen et al., 2016) and higher rates of reoffending in adults (Young et al., 2011). Young et al. (2018) note this amounts to approximately 2.8 million prisoners worldwide meeting the diagnostic criteria for ADHD. However, it is also noted that barriers exist in terms of people accessing diagnosis and treatment for ADHD. This presentation will highlight how bias may contribute to these barriers and provide practical suggestions for clinicians on how these may be overcome and how to support people with ADHD in forensic settings.

## Was Youth Hit Hardest? Shedding the Light on Protective and Risk Factors of Facing the COVID-19 Pandemic

Chair: Mojca Poredoš  
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S4-6-M3

The proposed symposium will focus on adolescents and emerging adults, who face developmentally-specific challenges during the COVID-19 pandemic. While most of them were not considered in danger of severe health risks, they were significantly disadvantaged in terms of their education, impending changes of the economy (Lep & Zupančič, 2020), mental health issues (Power et al., 2020), and social relationships (Orben et al., 2020). Consequently, calls were made to include their viewpoints when organizing the post-pandemic society (Efuribe et al., 2020; Peisah et al., 2020). In our symposium, we will take an international look into different life domains of youth with an emphasis on their social relationships. First, Ilić et al. will present a cross-generational view of the pandemic, focusing on whether emerging adults in Serbia perceived the pandemic (e.g., risks, trust in institutions, introduced measures) differently than their seniors, and discuss the implications for public health. Poredoš & Puklek Levpušček will provide an overview of the impact COVID-19 pandemic had on various social relationships of Slovenian adolescents, and consider resilience as a protective factor in maintaining diverse healthy relationships both offline and online. Bjornsen et al. will present results from a study of emerging adults' experiences on social media in relation to mental health, relationships, and personality traits early in the pandemic. Finally, Lep et al. will highlight the role of personality traits as protective and risk factors when coping with pandemic-related stress factors using data from six countries across three continents. A general discussion will integrate the insights presented into conclusions about the impacts the pandemic is having on the lives of youth, and propose ways to assist them in a time of global crisis.

### The Generational Differences in the Perceptions of the Pandemic: Were Emerging Adults Less Alert and More Trusting?

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S4-6-M3

While the COVID-19 pandemic affected everyone, not everyone's experience of the pandemic is the same. Young people, for example, were not considered a risk group, but from a public health perspective, a successful mitigation of the outbreak calls for coordinated effort across generations. The aim of the study was to explore the »generational view« of the pandemic in Serbia by observing age-group differences

in perceptions of the pandemic (alertness), adherence to protective measures, means of gathering information and perceived trust and credibility using serial cross-sectional data collected in the first five months of the outbreak. The sample included 8.911 participants (79% female, Mage = 40.0), divided into four age groups (emerging adulthood, early, middle, and late adulthood). Overall, emerging adults reported lower alertness (but not lower than adults over 60;  $F(3) = 5.30, p = .001, \eta^2 < .01$ ), hypothetical ( $F(3) = 10.87, p < .001, \eta^2 = .01$ ), and actual self-protective behaviour than their seniors ( $F(3) = 25.04, p < .001, \eta^2 = .01$ ), but perceived the information they received as more credible ( $F(3) = 29.75, p < .001, \eta^2 = .01$ ). However, when looking into temporal stability of the differences, they were significant (though small in absolute terms) in the acute psychological phase of the pandemic (first two weeks), but evened out during adaptation and relaxation phases. In terms of trust, the estimates of emerging adults regarding the healthcare system and institutions started to grow significantly during the relaxation phase, suggesting they based their judgements on their performance in dealing with the epidemic (their trust increased when easing of measures was announced). As perceived trust and credibility of information contribute to people's adherence to protective measures, we discuss the public health implications of our findings, which align with fuzzy trace theory's notion regarding risk perceptions of young adults.

### The Role of Resilience in Difficulties in Close Social Relationships During the Pandemic COVID -19

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S4-6-M3

We examined the role of resilience and several demographic variables when experiencing difficulties in close social relationships among Slovenian adolescents and emerging adults during the first and second waves of the COVID-19 pandemic. Resilience, the ability to maintain or regain mental health, withstand adversity, and recover despite negative events, was examined as a possible protective factor. Participants were 650 Slovenian high school and university students aged 18 to 25 years ( $M = 19.5, SD = 1.8$ ). Approximately equal numbers of high school students (44.5%) and university students (55.5%) were included in the study. Most of the participants were women (75%;  $n = 482$ ). Data were collected using an online survey designed for this study that included information on demographics, the extent of social difficulties in six domains in the pre-pandemic period and in the first two waves of the pandemic (relationship with friends, establishing a new relationship with an intimate partner, sexuality, relationship with current intimate partner, parental control and living with parents, and family conflict), frequency of use of various means of communication with different social partners, and the Connor-Davidson Resilience Scale (CD-RISC -10; Campbell-Sills and Stein, 2007) included. We hypothesized that more resilient youth

would experience fewer social difficulties and adapt better to the (forced) changes in social life that were the result of the pandemic. Resilience mostly influenced the baseline levels of difficulties in close social relationships experienced by young people before the pandemic, but it didn't significantly predict the change in the level of difficulties experienced during the pandemic. However, demographic information, particularly the loss of pre-existing living independence, had a significant impact on the level and change in level of perceived difficulties in close social relationships. The relevance of these findings will be discussed.

### Social Media Use and Mental Health and Relationship Stress During COVID-19

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S4-6-M3

Cunningham et al. (2021) found, both in a U.S. and international sample, that younger adults reported lower positive affect and higher stress, depression, and worry than older adults in the first year of the Covid 19 pandemic. We collected data (online convenience sampling) during the Fall 2020 from 145 emerging adults (29 males and 116 females) between 18 and 29 years of age ( $M_{age} = 21.48$ ,  $SD = 2.40$ ) using 18 original items measuring aspects of Covid-related mental health and relationship difficulties in connection to social media use. We also measured Big Five personality traits and social media addiction (SMA). Participants generally reported using social media more during the pandemic, and only 20% indicated their use of social media had not positively impacted their mental health at all. Yet, social media-related distress was fairly common: only 29% indicated that reading news on social media had not made them more worried about the virus, only 25% indicated that reading social media had not led to more stress, and only 33% indicated their relationships had not suffered at all during the pandemic. Higher levels of negative emotionality and SMA (but average daily time spent on social media) were associated with greater stress and worry, and those with higher SMA also reported more problems in their relationships with friends. The seemingly paradoxical nature of the results highlight emerging adults' complicated dependency on social media, and the degree to which they relied on social media to cope with the pandemic. Emerging adults used social media more and reported that their mental health was generally improved by social media use, and yet they also reported greater stress, worry, and relationship disturbance connected to social media use, especially participants with higher levels of negative emotionality and dependency on social media use.

### The Role of Basic Personality Traits and Self-Perceived Impact of Pandemic-Related Stress in Thriving of Emerging Adults Across Six Countries

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S4-6-M3

The contribution presents the role of the Big Five personality traits in emerging adults' (age 18 to 29 years) thriving during the first wave of pandemic in six countries. In addition to exploring the extent to which personality traits operate dimensionally on thriving during the significant history-graded life event of COVID-19 pandemic, the international study focused on testing the resilience association. The latter contends that some traits provide protection under adverse life conditions though they have no or little effect in non-threatening, low-risk conditions. Data was collected as part of a larger online survey in China, Italy, Lithuania, Portugal, Slovenia, and the USA. Here, we focused on responses to demographic questions, 10-item Big Five Inventory (Rammstedt, 2007), Perception of COVID-19 Negative Impact Scale (Conway et al., 2020), and Brief Inventory of Thriving (Su et al., 2014). The model including personality as predictor of thriving with moderating effects of three dimensions of self-perceived negative COVID-19 impact (financial, psychological, resources) in the total sample ( $N = 1768$ ) was instable. Therefore, we conducted three sets of separate analyses in each country. Higher levels of conscientiousness had a consistent positive main effect on thriving; except for China, high extraversion and low neuroticism also contributed to higher thriving. Moderation effects of self-perceived stress on association between personality and thriving were country specific and differential with respect to the source of adversity. Openness was protective against self-perceived negative financial impact in Italy, and negative impact of lacking resource availability in Portugal; agreeableness was protective in face of negative psychological impact in Slovenia and the USA (and financial impact in Slovenia), whereas conscientiousness was protective against financial stress in China. The results are interpreted in light of culture differences, as well as severity of country specific pandemic crisis at the time of data collection.

## Evolution of Clinical Supervision: An International Lens on Progress

Chair: Rodney Goodyear  
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S2-7-LD

Expectations for clinical supervision and for how its practitioners should be prepared for their role has varied across time and across countries. In some countries, for example, psychologists can practice having had no supervised experience; in other countries they are required to be supervised until licensure or certification; and in others, they are to participate in supervision for their entire professional careers. There is a similar level of between-country variability in the requirements psychologists must meet to qualify to supervise. This symposium assumes that examining country- or region-specific practices and initiatives can help inform work being done in other countries or regions. Xiubin Lin (Current status of supervision in China—issues of competence, and evolution of formal structures) will discuss psychotherapy in China, the work of the Clinical and Counseling Psychology Registration System (CCPRS) of the Chinese Psychological Society to improve the practice of both psychotherapy and supervision, and the CCPRS's intent to improve the quality of supervision as a mental health workforce development strategy. Rosaleen McElvaney (Current status of supervision training across Europe) will review the status of supervisor training in the 26 countries that have adopted EuroPsy, a benchmark for education, professional training and competence in psychology, set by the European Federation of Psychologists' Associations. Carol Falender (Current status of supervision in the U.S.: Complexities and Advances) will review the ways in which evolving understandings of and appreciation for clinical supervision in the US have informed training and professional regulation, as well as challenges in continuing to advance the practice of supervision. And finally, Aisling McMahon (Career-long clinical supervision as a mechanism for maintaining competency) will examine the supervisory practices and impacts of career-long supervision as it is being implemented in several countries, focusing particularly on the needs and challenges and the implications for supervisory training.

## Bring Supervision From Luxury to Necessities, Current Status of Supervision in China

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S2-7-LD

In the past three decades, the utilization of counseling and psychotherapy has soared in China. This rapid growth has created a number of challenges, the biggest of which has been to ensure a qualified mental health workforce. Only a small portion of that workforce has received systematic training. What governmental credentialing of therapists that exists has required only a few hours of training and no required supervision and until 2015, there were only about

60 graduate programs; few of those provided adequate supervised experience, primarily because of the lack of supervisors. In response, in 2015 the Clinical and Counseling Psychology Registration System (CCPRS) of the Chinese Psychological Society worked in partnership with Hubei Oriental Insight Mental Health Institute and Society for the Advancement of Psychotherapy to design a systematic, two-year, competency-based supervision training program. The rationale was that the pathway to a better qualified workforce required first that there be an adequate number of qualified supervisors. Some of China's most influential psychologists were participants in the first and second cohorts of this training program, and their subsequent leadership has strongly reinforced the message of the critical importance of having qualified supervisors. Since then, more than 800 supervisors have been trained in the competence-based model, and the concept of competence in the field of counseling and psychotherapy in China has become widely accepted. CCPRS, psychology's best recognized credentialing body, requires that professionals it certifies have certain supervision experiences, provided by CCPRS certified supervisors. CCPRS is also an accreditation body and in the fall of 2021, CCPRS launched the task for Master program Certification, and CCPRS has listed regular-supervision as one of the basic standards for those who want to become certification program. This presentation will summarize this work and the evidence of its impact on the field.

## Current Status of Supervision Training Across Europe

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S2-7-LD

The European Federation of Psychologists' Associations began implementing the EuroPsy, a benchmark for education, professional training and competence in psychology, in 2010. The eligibility criteria for the EuroPsy includes bachelors and masters level education in a recognised university programme and 12 months supervised practice. Twenty-six countries are now issuing the EuroPsy certificate. This paper will provide an overview of the current landscape of supervised practice in psychology training across these 26 countries. There is considerable variability in how supervised practice is facilitated, through universities, professional associations and employers. Supervision may be provided within the practice setting or external. Supervisor training is in its early stage of development, with most countries recognising psychologists with at least five years' clinical experience as qualified to supervise those in training. Professional psychology associations across Europe have been able to use the EuroPsy benchmark in lobbying their governments and education authorities to improve standards in psychology training and supervised practice. While formal training programmes in supervision are few, EFPA, through the EuroPsy processes, has supported both the recognition of supervisor training as an integral component of psychologists' professional development and built supervisory capacity

among psychologists from countries implementing the EuroPsy through provision of training workshops focused on supervisory skills.

### **Evolution of Clinical Supervision: An International Lens on Progression in the United States**

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S2-7-LD

Describing the evolution of the practice of clinical supervision in the United States is complex and multifaceted. Development and requirements for supervised experience including practica and internship, licensing and credentialing, and formal training and requirements for clinical supervisors.. Attention to clinical supervision began in earnest in the late 1970's and 80's and gained momentum with the shift to the culture of competence marked by the APA Competencies Conference in 2002. In the U.S., complexity is increased in that each state and territory has its own licensure process, requirements, and duty to serve as professional regulatory agencies. The U.S. Supreme Court dictated that each state have power to protect the public from medical ( including psychology) malpractice. Thus, for licensure in the various states, requirements regarding supervised experience, academic degree, practicum experience, and supervisor competence all vary. For clinical supervision, state requirements range from specific supervisor training (for example, three to six hours of dedicated training), coursework or years of experience, to no requirements at all. The American Psychological Association Committee on Accreditation (COA) which has accredited internships since 1956, has gradually increased the requirements for training supervisees in the practice of clinical supervision and recently added the requirement that each supervisor conduct direct observation of each supervisee's clinical session at least once during each training period. Further the COA has moved to a competency-based model. Currently, the COA requires competency in supervision with experience during both doctoral and internship training. Doctoral students are required to demonstrate knowledge of supervision models and practices: Interns, to apply knowledge in direct or simulated practice with psychology trainees or other health professional which could include role-play supervision or peer supervision. Discussion will focus on lessons learned that may be relevant internationally, and future directions to enhance competence in the practice of clinical supervision.

### **Career-Long Clinical Supervision: Fostering Practitioner Resilience and Competency**

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S2-7-LD

Clinical supervision is a central part of training as a professional psychologist, involving a long-established apprenticeship model where trainees practice under the supervision of qualified, experienced psychologists. Once qualified, psychologists have not traditionally been required to attend clinical supervision for ongoing registration/ accreditation with their professional bodies, although many voluntarily do so. A nationwide survey in Ireland indicated that 91% of qualified psychologists were attending regular clinical supervision, indicating its perceived value. In recent years, psychology organisations in some countries (including Ireland, Australia and the United Kingdom) have published policy documents specifying requirements and best practice guidelines for ongoing supervision or peer consultation for qualified psychologists. In this paper, these developments will be reviewed; arguments and research supporting the value of regular supervision for maintaining and developing career-long competency and resilience will be considered; and some implications for supervisor training will be outlined.

## Mapping Indigenous Leadership Across 8 Countries: Values, Processes, Attributes, and Outcomes

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S19-7-KC

Value-based leadership (VBL) theories are a group of recent theories in leadership that emphasise the role of values in influencing and managing human behaviour in organisations. Usually these theories highlight values such as ethics, honesty, respect, and equity. Known VBL theories include transformational leadership and ethical leadership. The current symposium argues that indigenous leadership, typically investigated in traditional societies, is naturally based on similar values, hence driving communities to act more responsibly towards other groups, and towards the environment in which they live in. The role of values in indigenous cultures, especially in cross-cultural studies, has received little attention from researchers, which represents a first gap to be addressed in the current proposal. The current symposium presents four studies carried out with different indigenous communities (the Sami, the Maori, the Choctaw, and a fourth group, in Indonesia, still to determine), to compare indigenous leadership values and processes. Furthermore, the presenters suggest that values and workplace dynamics characteristic of indigenous leadership can be found in modern corporations. The research comprised two stages. In the first one, a qualitative approach combined literature review, interviews, and the Delphi technique, to identify and characterise values and indigenous leadership processes in the participating countries. The second stage was also a qualitative investigation, based on case studies, to explore the influence of indigenous leadership in small to medium-size corporations in modern economies.

### Developing Indigenous Leadership Model and Measure in Indonesia

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S19-7-KC

Indigenous leadership has a great potential to fill the gap of counterproductivity of mainstream leadership theory in context where situation, culture, norm, ideology, and religion have strong influence in society. This study explores the type of Leadership in the small business context in Indonesia, as this segment is still organic and often absorbs the local culture and arrangements. This paper reports two studies that have been conducted in Indonesia. The first study used a grounded research methodology exploring indigenous leadership characteristics. We interviewed 69 leaders and followers from 36 Small and Medium Enterprises in Indonesia. The interview was followed by two FGD that involved 12 of those participants. The results suggest leadership characteristics

are driven by the leader's emotion, personality, and cognition which are determined by several factors that are categorized in micro, meso, and macro levels. Effective behaviors from those leadership characteristics and the consequences are discussed as well as the interdependency between those four components (determinant factors, leadership characteristics, effective behaviors, and consequences). The second study was aimed to develop a questionnaire to assess those four components of indigenous leadership practices, which are inferred from constructs found during the first study. The questionnaire was distributed online and completed by 194 leaders and followers of Small and Medium Enterprises in Indonesia. Exploratory factor analysis was conducted to investigate the items and factors in the questionnaire. The results confirm the capacity of the questionnaire to show indigenous leadership characteristics in Indonesia that are represented by 24 factors in three dimensions of leadership characteristics with 17 determinant factors that are categorized in six clusters, four aspects of leadership behavior, and two consequences. Our studies contribute to the notion by developing a model and psychometric measure that are suitable for indigenous leadership in a society with background diversity.

### Māori Leadership: Principles, Contingencies, and Contributions to Indigenous Leadership

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S19-7-KC

The Māori originate from Polynesia and arrived in New Zealand nearly 600 years ago, becoming its indigenous people. While early European settlers brought in and upheld cultural features characteristic of Western societies, the Māori world (Te Ao Māori) has had an indelible influence on New Zealand's psyche and social fabric. Presently, individuals who identify as Māori comprise almost 20% of the country's population. A search for peer-reviewed publications on Māori leadership yields nearly four thousand results in the past decade alone. The research spans Māori perspectives on leadership and associated outcomes within the context of education settings, healthcare, and corporate environments, along with models that shed light on its unique ethos. Māori leadership is grounded on principles of connectedness with people, place, and ancestry (whakapapa), ascribed respect, status, and power (mana), ability to express spirituality (wairua), and inclusiveness that fosters collective engagement (whanaungatanga), among others, which together signal a relational or collective approach to leadership. The availability of well-research Māori leadership models provides a valuable lens through which other indigenous leadership identities, processes and outcomes can be discerned. In this segment, presented as part of the symposium titled "Mapping indigenous leadership across eight countries: Values, processes, attributes, and outcomes", the contextual factors that enable or hinder Māori leaders' ability to uphold and develop indigenous leadership, together with evidence of spill-over of Māori leadership principles to

broader societal attitudes and community and organisational outcomes, will be discussed. Further, the similarities and distinctions between Māori models of leadership and the other indigenous models of leadership presented in this symposium will be explored.

### **From the Sami's Ancestral Practices to the UN SDG: Why Indigenous Leadership Is Better Equipped to Deal With Modern Challenges**

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S19-7-KC

The Sami are the indigenous inhabitants of Northern Scandinavian, and although they have been relatively integrated into modern societies, they still maintain many of their ancestral practices, including nomadism (about 10% of the Sami) and a close contact with Nature. How do the Sami approach leadership and leading processes is the central question of this research. As with other indigenous communities around the world, the Sami have a strong sense of community, of belonging, and of sharing leadership processes and systems. Their connectedness with Nature is revealed in different ways, from their dependence on, or connection with the reindeer, to shamanism beliefs. This paper is based on a study conducted in Northern Norway, to explore a number of questions referring to leadership processes and systems in the Sami. A local Sami community was visited by two researchers, and some interviews were held with local academics with experience in Sami studies. The results present the way leadership is conceived by the Sami, depicting its relationship with cultural elements such as religiosity, connectedness with Nature, and integration in Norwegian society.

### **Child and Parents Factors in Development of Child Anxiety and Evidence-Based Interventions (Treatment)**

Chair: Peter Janjušević

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S2-7-E3

Epidemiological data consistently shows that anxiety symptoms and disorders in children and adolescents (C&A) are on the rise. Impact of COVID-19 pandemic have only worsened the issue with increasing numbers of C&A needing help for mental health problems, including anxiety that has strong negative effect on all aspects of life, including family and peer relations, academic achievement and free time. Mental health care in community health and schools in many countries, including Slovenia and Croatia have entered the pandemic under-staffed and with a lack of good, evidence based programmes for mental health problems. This is also true for structured programs for anxiety that can be disseminated to serve wide population of C&A. In symposium, the presentations will focus on will focus on the aetiology, maintenance and treatment of child and adolescent anxiety. The two research presentations from Croatia will focus on the role of cognitive styles and biases, emotion regulation and intolerance of uncertainty and the role of parents in the aetiology of anxiety in children and adolescents. Therapeutic implications of research results will also be interpreted in the context of future implementation of the Cool Kids program in Croatia. The implementation of Cool Kids in Slovenia, which was developed in Sydney, Australia (Macquarie University) and is used in more than 25 countries worldwide will be outlined in two presentations. One will be focusing on implementation of Cool Kids in Slovenia, which has started in 2019 with translations, adaptations, training and accreditation of providers. The future plans for dissemination in schools and mental health in Slovenia and Croatia will also be discussed. Following these, the next presentation will focus on the evaluation of the (post and follow-up) effects of Cool Kids on children and adolescents that are attending (still running) the program in 2021 and 2022 in Slovenia.

### **The Role of Emotion Regulation and Intolerance of Uncertainty in Child Anxiety Symptoms**

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S2-7-E3

Anxiety among children is one of the most common psychological problems in children, with a rising trend during COVID-19 pandemic. The goal of this research was to examine the role of emotion regulation strategies and

intolerance of uncertainty in explaining anxiety symptoms in early adolescents during pandemic. 234 elementary school children (age range from 10 to 15 years) participated in the study. Children filled-out the set of questionnaires during school work - Revised Child Anxiety and Depression Scale (only the total score on anxiety subscales was used), Intolerance of Uncertainty Scale for children, Stress Scale and Cognitive Emotion Regulation Questionnaire. As expected, girls reported more anxiety symptoms and more stress caused by COVID-19 pandemic. They also reported more frequent use of maladaptive emotion regulation strategies than boys, while there was not gender difference in the use of adaptive emotion regulation strategies and intolerance of uncertainty. All the variables positively correlated with anxiety, besides adaptive emotion regulation strategies. The results of the regression analysis indicated significant effect of maladaptive strategies of emotion regulation and intolerance of uncertainty on child anxiety level, after controlling the effect of gender and the stress level. The partial mediation effects of maladaptive strategies of emotional regulation and intolerance of uncertainty in the relationship between stress and anxiety were confirmed. The results can be used in planning therapeutic interventions with children. Even if adaptive and maladaptive emotion regulation strategies are positively correlated, they do not have the same effect on anxiety. In helping children to alleviate their anxiety symptoms, it is not enough to teach them adaptive emotional regulation strategies (positive refocusing, positive reappraisal, acceptance, planning and putting into perspective). It seems more important to correct maladaptive strategies (self-blame, other-blame, rumination, catastrophizing) in children who already use them, as well as improving their tolerance of uncertainty.

### **The Role of Parental Cognitive Style, Fear-Enhancing Parental Behaviors and Children's Cognitive Bias in the Development of Childhood Anxiety**

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S2-7-E3

It is well known that „anxiety runs in families”. Children of anxious parents are at a higher risk for developing anxiety disorders. In addition to genetic predisposition, various aspects of parenting are associated with childhood anxiety. The aim of this study is to examine some mechanisms of intergenerational transmission of anxiety, which includes the role of looming cognitive style and fear-enhancing parental behaviors of modeling and verbal threat information. The looming cognitive style is characterized by a distinctive cognitive phenomenology and tendency to construct mental scenarios and appraisals of unfolding threat and increasing danger. Research suggests a link between this style and anxiety, suggesting that children of parents with a more pronounced cognitive style marked by anxiety will exhibit higher levels of anxiety. It is also hypothesized that fear-enhancing parental

behavior will have a mediating effect in relation of the parental looming cognitive style and children's anxiety. Children aged 10 to 14 years and their parents participated in the study. In addition to biological determinants, such as parental anxiety and children's temperament, cognitive bias in the processing of emotional expressions is examined, which is assumed to play a moderating role in the relationship between parental behavior and child anxiety. The results of a preliminary study with 126 pairs of children and their mothers suggest that fear-enhancing maternal behavior predict children anxiety. The results confirm the hypothesis that the children of mothers who had higher looming cognitive style have higher levels of anxiety. The full mediation effect suggests that maternal looming cognitive style has a significant effect on children's anxiety only if their mother model fear-enhancing behavior. The results indicate the importance of parental behavior in the development of anxiety symptoms in children and suggest importance of including parents in the treatment of child anxiety.

### **Implementation of Cool Kids Program in Slovenia**

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S2-7-E3

The Cool Kids Anxiety Program was implemented in Slovenia in 2020 with funding from Ministry of Health. The presentation will focus on process of implementation. In cooperation of four child and adolescent mental health institutions, translation and adaptation of Cool Kids materials (therapist manual and workbooks for children, teens and parents) and web site for information and psychoeducation were developed. Thirteen psychologists have been trained and accredited for the Cool Kids program and despite the many limitations because of the COVID-19 prevention measures, more than 90 children and adolescents with anxiety disorder and their parents attended the program. The elements of the program, adapted to linguistic and cultural specifics of Slovenia will be presented. The core indicators of the program effects (attendance and change on anxiety measures) that were predicted and assessed at three points (pre-, post- and 3 months follow-up) will be presented. The data collection is in its final stages, but preliminary analyses show important reductions in anxiety symptoms at post-intervention, as well as at follow-up. The data will serve as the basis for country-wide dissemination of the program with the aim of making the intervention available through the public mental-health and school settings.

## Evaluation of the Cool Kids Program in Slovene Children and Adolescents

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S2-7-E3

The Cool Kids program for anxiety management for children and adolescents was introduced in Slovenia in 2020. A project is funded by the Ministry of Health until 2022. There were approximately 90 children, adolescents and their parents included in the program and we obtained data with which we assessed the effectiveness of the program. The program took place in individual and group format, and was implemented at Counseling centers in Ljubljana and Maribor and community health centers in Velenje and Ljubljana. The program included children and adolescents with clinically significant anxiety symptoms, e.g. social anxiety, generalized anxiety, panic disorder, who showed motivation to participate in the program. The program did not include children and adolescents with a severe comorbid disorder (depression, conduct disorder). We evaluated the effects of the program from various perspectives, especially the level of anxiety symptoms in children and adolescents, the level of burden or impairments in daily life due to anxiety, changes in the level of automatic thoughts as a measure of negative self-statements across both internalizing and externalizing problems and quality of psychosocial functioning before enrollment in the program, immediately after the program and after three months at follow-up. Ratings were given by both children, adolescents and their parents. Preliminary analysis of the data shows the positive effects of the Cool Kids program in the direction of significantly reducing the level of anxiety of children and adolescents and improving psychosocial functioning. The results of the preliminary analysis are consistent with the results of similar studies in other countries and are one of the important arguments for funding of wider implementation.

## Future Perceptions in Psychology

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S4-7-M3

This symposium session will focus on the determinants and/or consequences of future perceptions in psychology. What people plan, aim, hope, worry, and expect for the future plays a critical role in regulating the current self. Such mental representations would eventually shape people's standards and goals, which will, in turn, decide their current actions in hopes of promoting positive or avoiding negative future consequences. Therefore, the topic of perceptions of one's future self has been a central focus in lifespan developmental psychology. In this symposium, we aim to identify individual differences in future perceptions, the effects of future perceptions on behaviors with future-oriented goals, and the roles of contextual factors therein, such as domain and culture. Using data obtained from Germany, de Paula Couto & Rothermund investigate if life changes, defined by losses and gains that occurred within the last five years, influence self-continuity and whether this association depends on age. Drawing on longitudinal data from German adults, Rupprecht et al. explore under which conditions the desire for long life and an extended future result in the investment in health behavior and old-age preparation. Tse et al. look at how people cope with the expected stresses in the future by examining the psychological antecedents and well-being outcomes of old-age preparation in Hong Kong, Germany, and the US. Focusing on adults from Germany and Hong Kong, Kim-Knauss & Lang investigate whether COVID-19 worries induce people's engagement in old-age preparation in different life domains. Lastly, Mai & Fung examine whether self-views on aging in the health domain predict preventive behaviors of an adult sample from Hong Kong during the pandemic and how self- and collective-efficacy regulate this association. Taken together, we suggest that psychological appraisals regarding one's personal future lead to future-oriented behaviors, but these may vary across different contexts of aging individuals.

## Self-Continuity Across the Life Span: Age Differences in How Gains and Losses Affect the Construction of the Self

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S4-7-M3

Age differences in perceived continuity with one's self have been investigated in previous studies. Findings consistently show age-related increases in perceived similarity, with older adults perceiving more continuity with their selves. The underlying mechanisms behind such age effects on self-continuity remain unclear though. In line, the goal of this study is to investigate if life changes (i.e., losses and gains occurred within the last five years) influence perceived

similarity to one's self and whether this is further influenced by age. The sample comprised 790 German participants (51% female, median age = 63, age range = 39 to 90 years). Participants answered a questionnaire including items on self-continuity and perceived life changes. Results from a moderated regression on perceived self-continuity with the mean-centered linear and quadratic trends of life changes as predictors and age as a moderator revealed that the association between self-continuity and life changes depends on age for both the linear and the quadratic trends of changes. Accordingly, among younger and middle aged participants, gains lose their predictive value for indicating increased self-continuity, becoming predictive of increased self-continuity only among older adults. Our findings replicate previous studies that reveal increased continuity with the self with advancing age. Advancing on previous findings, our results show that perceived similarity to one's self becomes a linear function of life changes with increasing age. On one hand, older adults take gains as an index to maintain self-continuity, on the other hand, among younger and middle age adults not having experienced changes is the index for perceiving continuity with the self, which is probably due to a focus on growth.

### The Wish for a Long Life and Its Relation to Health and Preparatory Behavior

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S4-7-M3

The wish for a long life (i.e., a high ideal life expectancy), is a common phenomenon in modern, Western societies. Within our study, we investigated whether such high ideal life expectancies can result in a healthier lifestyle and a stronger preparation for old age, and thus an investment in the personal future. Our sample consisted of 706 individuals aged 22 to 96 years ( $M = 54.4$ ,  $SD = 18.9$ ), who participated at least twice in five measurement waves of the German part of the Aging as Future online study conducted between 2012 and 2020. Ideal life expectancy was assessed with the question how long an individual would like to live. Health behavior and old-age preparation were operationalized as sum scores comprising various behaviors, respectively (e.g., physical activity, healthy nutrition, and utilization of preventive care services). For statistical analyses, we applied random intercept cross-lagged panel models (RI-CLPMs), which allow to investigate whether changes in one variable precede changes in another variable. Results indicated that a high ideal life expectancy was a consequence, rather than a predictor of old-age preparation. Specifically, individuals who increased their old-age preparation, subsequently increased their ideal life expectancy. For health behavior, we found an overall positive relationship as well as correlated changes with ideal life expectancy; whenever the wish for a long life became stronger, the investment in health behaviors tended to increase simultaneously. In summary, a high ideal life expectancy was related to both old-age preparation and

health behavior—however, it did not serve as a clear predictor of those two constructs. Future research may focus on how to help individuals to invest in their wish for a long life and identify important intervening factors such as knowledge, financial means, and social support.

### Coping With the Stressful Future? Applying Stress and Coping Theory on Old-Age Preparation Across Time and Culture

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S4-7-M3

Due to the increasing aging population, preparation for old age has become more important for the welfare of the individual and societal resources management. A previous study has shown that there were cross-cultural differences in old-age preparation rate (Kornadt et al., 2019). To investigate the psychological mechanisms behind the cross-cultural differences in old-age preparation, we applied the transactional stress and coping model (Lazarus et al., 1984) to see if perceived control, self-relevance and responsibility for old-age preparation could mediate the cultural differences in old-age preparation. We recruited 591 adults from Germany (52.38% male,  $M_{age} = 52.63$ , range = 18-93) and 348 adults from Hong Kong (47.62% male,  $M_{age} = 57.47$ , range = 21-96) who completed a 2-hour online questionnaire (time 1). Among them, 366 German and 252 Hong Kong adults finished a follow-up survey two years later (time 2; retention rate = 66%). We measured participants' old-age preparation using a preparation checklist as well as their perceived control, self-relevance and responsibility on old-age preparation. Hong Kong adults prepared less than German adults in time 2 ( $b = -2.159$ ,  $p < .001$ ). While Hong Kong adults (vs. German adults) had lower perceived control ( $b = -0.899$ ,  $p < .001$ ) and responsibility ( $b = -0.713$ ,  $p < .001$ ) over old-age preparation, they did not find old-age preparation to be less self-relevant ( $b = -0.087$ ,  $p = .251$ ). Across cultures, old-age preparation was related to self-relevance ( $b = 1.004$ ,  $p < .001$ ) and control ( $b = 0.785$ ,  $p < .001$ ), but not responsibility ( $b = 0.122$ ,  $p = .454$ ). Using time 1 potential mediators to predict time 2 old-age preparation, the cultural differences in old-age preparation were mediated by perceived control (indirect effect = 0.706,  $p < .001$ ), but not by responsibility or self-relevance. This study identified perceived control as a mediator behind the lower old-age preparatory rate in Hong Kong. We will discuss the use of theory-informed autonomy support structure to promote individual sense of control over old age and, ultimately, society-wide old-age preparation.

## COVID-19 Worries Induce Aging Preparation: Culture- and Domain-Specific Perspectives

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S4-7-M3

The life challenges due to the COVID-19 pandemic might have highlighted the need for future and old age preparation. We investigated whether perceiving more COVID-19 worries induces people's engagement in aging preparation. Furthermore, we expected that this association would have culture- (i.e., Hong Kong, Germany) and domain-specific (i.e., finances, housing, care needs, connectedness, end-of-life) tendencies, as the culture and domains that are most severely hit by the pandemic differ. A total of 359 and 1,294 adults (aged 18 to 98 years) living in Hong Kong and Germany, respectively, participated in a web-based study. We fitted our data to a multilevel model in order to take into account the interdependence of domains (i.e., Level 1) within the same individual (i.e., Level 2). The results revealed that perceiving higher COVID-19 worries was associated with pandemic-induced aging preparation, and this association was particularly apparent for Germans in comparison to those from Hong Kong. When domains were specified, however, this cultural difference appeared significantly stronger for the domains of care, connectedness, and end-of-life than finances and housing. Findings imply that worrying about the COVID-19 pandemic induces people to engage in aging preparation particularly in the culture and domains most affected by the pandemic. These results from those worried about the virus may be attributed to the increased self-relevance to the topic and hence motivation.

## Self-Views on Aging in the Health Domain Predicted Preventative Behaviors During the Pandemic: Self-Efficacy and Collective Efficacy Serving as Moderators

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S4-7-M3

Previous findings showed that positive self-views on aging and a higher sense of self-efficacy led to more engagement of health behaviors. However, it is unclear whether the roles of self-efficacy and collective efficacy differ in the relationships between self-views on aging and preventative behaviors during the pandemic. Self-views on aging in the health domain, self-efficacy, collective efficacy, and preventative behaviors were measured by survey. One hundred twenty-three Hong Kong participants (50.4% females, Mage = 60.59 years, SD = 13.28, age range = 47-87) were included in the analysis. The results showed that lower self-efficacy hindered people's motivations to maintain health when they held positive views on aging during the pandemic. Similarly, lower collective efficacy prevented people from strengthening

health when they had negative views on aging. In contrast, higher collective efficacy motivated people to maintain health when they had negative views on aging.

## 'Hit Even Harder' – Comparative Qualitative Exploration of the Effects of Pandemic on Pupils at Risk in Croatia, Serbia and Slovenia

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S13-7-M1

The COVID-19 pandemic represents the greatest global disruption of educational process in recent history, impacting over 1.6 billion students at various educational levels in 190 countries. In response to this disruption, most educational systems introduced some form of emergency remote teaching and learning in an aim to ensure continuation of the educational process. This represents a unique historical situation in which primary and secondary education cohorts experienced non-classroom teaching and learning for an extended period of time. The negative effects of the pandemic on educational processes are demonstrated in the amplification of already present inequalities between and within education systems and in the significant learning losses and disruptions in students' educational journeys. Evidence indicates that the education systems of countries with diverse economic indicators experienced differing levels of negative impact. In all systems, opportunities for those at risk or with special education needs were either significantly altered or disappeared completely in terms of both quantity and quality of learning experiences. This symposium presents a comparative sequential mixed model research project on the perceived impact of changes in the organisation of educational processes induced by the pandemic. Papers in this symposium focus on a qualitative comparative exploration of the educational experiences, well-being and educational aspirations of pupils with disabilities and learning difficulties, pupils from disadvantaged socioeconomic contexts and gifted pupils from Croatia, Slovenia and Serbia. Comparative context of these countries is particularly interesting and important as their educational systems share origins and main features but have also diverged in the past three decades with regards to the implementation of policy options for those at risk and with special education needs. Research findings regarding pupils' educational experiences, well-being and educational aspirations will inform system-level policy measures aimed at empowering pupils, educational workers and parents to successfully master crisis situations in the future.

## Establishing Foundations – Methodological Decisions and Challenges in the Comparative Qualitative Exploration of the Effects of Pandemic on Pupils at Risk

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S13-7-M1

The first paper in the symposium presents the conceptualisation of the comparative sequential mixed model research project,

with particular focus on the methodological decisions informing the qualitative research phase, the establishment of criteria for comparison and analytical matrices. The qualitative research phase consisted of semi-structured interviews with participant triads of parents, teachers and pupils from three groups: pupils with disabilities and learning difficulties, pupils from disadvantaged SES background and gifted pupils. In Croatia, Serbia and Slovenia, a total of 60 elementary (single structure primary and lower secondary) and 60 upper secondary schools were invited to participate. Criterion sampling of pupils and parents was carried out in collaboration with teachers and school counsellors. Interview protocols for each pupil group were developed by research teams from all countries and covered three main areas of interest: school experiences, family life and out of school experiences. In each participating elementary and upper secondary school, three participant triads were invited to participate. Interviews from 360 triads (120 triads per pupil group) were conducted, recorded and transcribed. Data from all three countries were deposited in a database and were subsequently analysed using the NVivo software. A coding scheme was developed in which some codes were pre-determined based on the project's conceptual framework and interview protocols, while other codes were established in response to the collected data itself. The coding scheme was applied consistently to the data from all three contexts and data were coded in three waves of coding. The project adopted Bray and Thomas' three-dimensional approach for categorising foci for comparative research. In this paper, challenges and solutions in combining geographic, personal and educational dimensions of comparative analyses are presented and discussed.

## (Re)Organisation of the Family System During the COVID-19: Experiences of Families With Children With Learning Disabilities

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S13-7-M1

Growing number of studies conducted recently around the globe reported about the detrimental effects of COVID-19 pandemic on mental health and wellbeing of children and youth. Early evidence indicated that due to nationwide school closures, changes in daily routines and social isolation pandemic could have immediate and long-term mental and behavioural health impacts. Many studies also show that socially disadvantaged youth appear to be particularly at risk of being adversely affected.

This paper explores the perspectives of adolescents coming from socially disadvantaged families on their out-of-school life and wellbeing during COVID-19 pandemic. The qualitative exploration of the adolescents' experiences in pandemic is conducted in comparative settings of three countries: Croatia, Serbia and Slovenia. In each country, the

study is conducted in a number of upper-secondary schools that are purposively selected in order to maximise differences of the contexts in which they operate. Data will be collected in February 2022 via 30 semi-structured interviews with pupils in three countries. In each country, criteria sampling will be applied with regard to pupil's socioeconomic status (pupils entitled to free school meals or free digital device/Internet for remote teaching during pandemic) and gender. The topics discussed in interviews include: perception of pandemic impact on adolescent's life and wellbeing, social life during pandemic, participation in organized activities and changes in leisure time activities, feelings of deprivation due to pandemic. Thematic analysis of interview data will be conducted as an iterative explorative process of noting patterns and themes, clustering and making contrasts based on pupils' age groups and countries. By giving voice to adolescents coming from socially disadvantaged families, the study will provide in-depth insights into their perceptions and experiences of life in the era of pandemic crisis.

### **Socially Disadvantaged Adolescents' Out-of-School Experiences and Wellbeing During COVID-19 Pandemic: Comparative Qualitative Exploration in Croatia, Serbia and Slovenia**

Zrinka Ristić Dedić<sup>1</sup>, Boris Jokić<sup>1</sup>, Gordana Kuterovac Jagodic<sup>2</sup>, Darja Zorc Maver<sup>3</sup>, Mojca Poredoš<sup>3</sup>, Danijela Petrović<sup>4</sup>

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S13-7-M1

Growing number of studies conducted recently around the globe reported about the detrimental effects of COVID-19 pandemic on mental health and wellbeing of children and youth. Early evidence indicated that due to nationwide school closures, changes in daily routines and social isolation pandemic could have immediate and long-term mental and behavioural health impacts. Many studies also show that socially disadvantaged children and youth appear to be particularly at risk of being adversely affected. This paper explores the perspectives of adolescents coming from socially disadvantaged families on their out-of-school life and wellbeing during COVID-19 pandemic. The qualitative exploration of the adolescents' experiences in pandemic is conducted in comparative settings of three countries: Croatia, Serbia and Slovenia. In each country, the study is conducted in a number of lower and upper-secondary schools that are purposively selected in order to maximise differences of the contexts in which they operate. Data will be collected in February 2022 via 60 semi-structured interviews with pupils in three countries. In each country, criteria sampling will be applied with regard to pupil's socioeconomic status (pupils entitled to free school meals or free digital device/Internet for remote teaching during pandemic) and gender. The topics discussed in interviews include: perception of pandemic impact on adolescent's life and wellbeing, social

life during pandemic, participation in organized activities and changes in leisure time activities, feelings of deprivation due to pandemic. Thematic analysis of interview data will be conducted as an iterative explorative process of noting patterns and themes, clustering and making contrasts based on pupils' age groups and countries. By giving voice to adolescents coming from socially disadvantaged families, the study will provide in-depth insights into their perceptions and experiences of life in the era of pandemic crisis.

### **The Impact of Educational Changes Due to the COVID-19 Pandemic on the Academic Life of Gifted Secondary School Students in Croatia, Serbia and Slovenia**

Mojca Jurišević<sup>1</sup>, Neža Podlogar<sup>1</sup>, Jana Šimon<sup>2</sup>, Ana Altaras Dimitrijević<sup>3</sup>, Zorana Jolić Marjanović<sup>3</sup>, Anja Podlessek<sup>1</sup>

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S13-7-M1

Covid-19 has profoundly affected the lives of children and adolescents in health, social, economic, and psychological terms. Apart from the growing empirical evidence of the impact on the reference population, there is still little information about how gifted students experienced the last two school years, which have been marked by emergency remote teaching and learning as well as other organisational forms of school adaptation to the pandemic. This paper focuses specifically on how changes in teaching and learning affected gifted students' learning and psychosocial needs during the pandemic. This qualitative study involved 47 gifted students aged 11-17 years from public primary and secondary schools in Croatia, Serbia, and Slovenia. In all three countries, semi-structured individual interviews with gifted students were conducted using the same methodological procedure. The data were analysed qualitatively. The findings, based on a cross-cultural comparison, will provide detailed insight into gifted students' experiences of the online learning during the pandemic and shed more light on the functional characteristics of a school environment in an emergency; motivational variables and social relations were found as key concepts. The findings will enable a discussion on coping and vulnerability among the gifted students during the pandemic.

## Revising EuroPsy Standards and Competences – Questions to Be Answered and Possible Solutions

Chair: Conny Antoni  
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S6-8-KC

Since its implementation in 2010, the EuroPsy has had a significant impact on the development of standards in professional psychology across Europe. However, these EuroPsy standards need revision or further elaboration, to reflect developments in the education and training of psychologists in EFPA member association countries. Therefore, EFPA's Executive Committee has appointed a working group to revise the competences for the EuroPsy (basic) and the education, training and CPD standards. In this symposium the members of the work group will present and discuss approaches and possible solutions to fulfill this task focusing on the current EuroPsy (basic) competence model, standards of supervised practice and CPD (continuous professional development).

### EuroPsy Model and Its Characteristics

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S6-8-KC

The current EuroPsy (basic) competence model will be presented in discussed in a sense of the strengths and weaknesses. As specified in Regulations the primary competences are unique for the psychological profession in terms of their content and the knowledge and skills required for their performance. The enabling ones are shared with other professions and providers of services. The coherence of competences with the curriculum will be presented in the discussion and suggestions will be added to increase it. In the EuroPsy model, despite the clear structure, there is an occasional overlap of primary and enabling competences, so we would like to highlight the solutions of such cases. Some of the enabling competences (e.g., marketing, account management, practice management) might not be applicable to all psychologists but according to the Regulations should be demonstrated in addition to the primary competences. Also, the list doesn't reflect the potentially hierarchical nature of these competences (marketing and account management as sub-competences of practice management). The proposal of competences model will be specified by three aspects: knowledge, behavior and attitudes and there is also a proposal to uniform the descriptions of competences to use continuously action-based descriptions. There is still a challenge how to specify level of competence and evaluation criteria.

## The Comparison Between EuroPsy Model and the Declaration of Core Competences in Professional Psychology

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S6-8-KC

This presentation compares the current EuroPsy (basic) competence model to the competence model of the International Declaration of Core Competences in Professional Psychology. International Declaration of Core Competences in Professional Psychology seeks to identify a set of internationally recognized and endorsed competences that can serve as the foundation for a coherent global professional identity and possibly an international recognition system for equating professional preparation systems, program accreditation, professional credentialing, and regulation of professional competence and conduct. Three groups of competences are presented in Core Competences Model: psychological knowledge and skills, professional behavior competences and professional activities competences. The primary and enabling competencies of the current EuroPsy model will be placed side by side in order to present the essential differences and similarities between the two models. Consideration will be given to using the Core Competences model in revising the current EuroPsy competency model.

### The Characteristics of Cube Model

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S6-8-KC

This presentation is focused to the cube model of competence development and how it could be used a starting point to improve the current EuroPsy (basic) competence model. The Cube model distinguishes between two groups of competences, functional and foundational competences. Functional competences describe what psychologists do based on a cycle of (1) need/task clarification and goal setting; (2) planning/designing relevant assessments, interventions or products/services; (3) implementing these; and (4) evaluating them. Foundational competences describe how psychologists fulfill their tasks, e.g. professional ethics. Based on the Cube model and with the advantages of the EuroPsy model, including some of the findings of the Core Competences model, a new competency model for psychologists was prepared, which could be called the revised EuroPsy model. It still maintains the order of activities in psychological treatment, to which seven groups of foundational competencies were added. The draft version of competences model will be presented.

## The Comparison of Models of Competences

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S6-8-KC

Based on past comparisons between the actual EuroPsy model, the Core Competencies model and the Cube model, a model proposal with two groups of competencies will be presented. Functional competences are related to the content of the psychologist's work (what), and foundational competences describe the way of work (how). Functional competences consist of (1) need/task clarification and goal setting; (2) planning/designing relevant assessments, interventions or products/services; (3) implementing these; and (4) evaluating them. On the other side, foundational competences consist of: (1) ethics, law and professional standards, (2) communication and relational competences, (3) CPD, (4) science and research mindedness, (5) collaboration, (6) individual and cultural differences, (7) Information/communication technology, data protection, online privacy, cybersecurity and (8) self-reflection and self-care. Functional and foundational competences will be specified, in terms of learning outcomes, knowledge, skills and attitudes, to guide education and training of professional psychologists.

## Assessment of Competences

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S6-8-KC

The approaches how learning outcomes can be measured in a revised EuroPsy (basic) competence model will be presented. Competency assessment has the role of feedback to the individual regarding progress in the professional field. Competency assessment is also key to assessing the effectiveness of education and training programs. Competences can be assessed during the training process (formative assessment) and tells us what the process of introducing an individual to supervised practice is. Summative assessment, on the other hand, makes it possible to study the effects of a supervised practice program. We then assess the extent to which the individual has developed competencies developed upon completion of the program. Both aspects of competence assessment will be included in the discussion. The final proposal for measuring competencies will be presented in more details.

## Supervised Practice for Psychologists

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S6-8-KC

Standards of supervised practice are needed to develop competences for independent practice of psychologists. The year of supervised practice provides the opportunity for the

psychologist practitioner-in-training to put into practice the knowledge, skills, attitudes and understanding gained from the university education and other professional experiences. Supervised practice enables the newly qualified psychologist to develop attributes of self-awareness, reflectivity, personal integrity, ethical competence and robustness, which are required to practice competently and responsibly as a psychologist. During this year the newly qualified psychologist will encounter ethical issue and dilemmas and will be supported in developing ethical practice through discussion and supervision, thus reinforcing the development of ethical and professional principles and regulations. Important aspects of supervised practice will be discussed: the requirements of supervisors, selection and training of supervisors, context of supervised practice, ongoing practice and assessment, the practice of supervision and its outcomes.

## Virtual Nature: Real Benefits? Exploring the Potential of Virtual Nature for Wellbeing

Chair: Tadhg MacIntyre  
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S5-8-E3

Evidence on the psychological benefits of human-nature interactions, as well as theoretical explanations, have been proliferating. Their urgency has been escalated by the challenges from COVID-19 lockdowns where many citizens were restricted in their access to nature. The accessibility to restorative natural environments is challenging, with few citizens across Europe having opportunities to engage with nature based on WHO guidelines (e.g. 0.5 hectares within 300m of residence). In this respect, immersive virtual nature, a technology that provides the illusory perception of being enclosed within and interact with natural environments, has been proposed as a possible game-changing tool. While the popularity of this technology has increased, driven by lowering costs of virtual reality off-the-shelf devices, questions remain on the actual benefits provided depending on the level of immersion, the scalability of these benefits and how virtual nature is situated in relation to fostering contact with natural environments. A 2020 meta-analysis showed that virtual nature can, though to a more limited extent, provide similar affective benefits as exposure to actual nature. However, recent studies suggest that multiple pathways may exist linking exposure to virtual nature with wellbeing, including elicited nature connectedness, persuading people to spend time in actual nature, and enhanced pro-environmental behaviours. This symposium will contextualize this innovative technology and highlight best practice to deliver interventions. We then propose some insights relative to its potential applications. The following topics will be covered by leading authors within the GoGreenRoutes H2020 project and its network: 1) Unnatural Laboratory? How VR can help us test key features of natural environments; 2) The effect of virtual nature on nature connectedness – a systematic review; 3) Virtual nature to promote visitation of actual natural environments – An exploratory study; 4) Virtual nature exposure and test anxiety; 5) Virtual nature and complex emotions for promoting pro-environmental behaviours.

### Effects of Immersive Virtual Nature on Nature Connectedness: A Systematic Review

Elena Brambilla<sup>1</sup>, Evi Petersen<sup>1</sup>, Karen Stendal<sup>1</sup>, Vibeke Sundling<sup>1</sup>, Tadhg Mac Intyre<sup>2</sup>, Giovanna Calogiuri<sup>1</sup>

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S5-8-E3

Nature connectedness refers to a broad psychological construct including cognitive, affective, and behavioral components related to an individual's connection with the natural world.

Evidence suggests that nature connectedness has been linked to various health and well-being outcomes and can be elicited and strengthened by experiences in contact with nature. The possibilities to connect with outdoor nature are globally decreasing. Technologies that simulate highly immersive and realistic experiences of nature, as Immersive Virtual Nature (IVN), has advanced rapidly, and research exploring the extent to which this technology may promote nature connectedness has proliferated. This systematic review aims to summarize the evidence on the effects of IVN on promoting nature connectedness. This review was conducted according to the Preferred Reporting Items for Systematic Reviews and MetaAnalyses (PRISMA) guidelines. The literature search was performed in four databases: Scopus, WebOfScience, GoogleScholar, Medline, and GreenFILE from 22th to 28th November 2021. Search terms such as “immersive virtual environment”, “natural setting\*” and “contact with nature” were employed. Papers were scrutinized by titles, abstract, and full text. The reference lists of selected studies were also scrutinized to identify further eligible studies. Eligible criteria included experimental studies with or without control/comparison, testing the effects of IVN interventions on quantitative nature connectedness outcomes (either as affective, cognitive, and/or behavioral dimensions) in non-clinical populations (any age). The risk of bias was assessed using Cochrane's Risk of Bias 2 (Rob2) and Risk Of Bias In Non-randomized Studies of Interventions (ROBINS-I) for randomized and non-randomized studies, respectively. Data synthesis was performed through meta-analysis. This review will impact the health-promotion field, identifying the consistency of the existing literature and evaluating possible technological solutions to enhance human-nature connection in non-clinical settings. In addition, it was concerned with identifying key limitations in the extant literature and providing recommendations to guide future research.

### Virtual Reality to Promote Visitation of Actual Natural Environments – An Exploratory Mixed-Methods Study

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S5-8-E3

The salutogenic effects of human-nature interactions, especially in form of active visits to natural environments (i.e., green exercise), are well known. Virtual reality (VR) is emerging as an effective supplement in behaviour-change interventions. The purpose of this study was to shed light on the potential of VR as a tool to promote green exercise, as well as apprise possible underlying mechanisms and factors influencing the impact of VR on the decision-making process. In three experimental trials, healthy adults (N = 136) viewed an existing urban green area through a fully immersive head-

mounted display. Six experimental conditions were tested, which were characterized by different levels of scene-stability (un-stabilized vs. stabilized through electronic gimble or post-production editing) and physical exertion (sitting vs. walking on a manually-driven treadmill). The Intention to perform green exercise questionnaire (INT-GE) was administered before and after the VR exposure, while Intent to visit the actual location was assessed after the exposure. Qualitative data were collected in a sub-set of participants ( $n = 65$ ). INT-GE increased significantly after all the stabilized VR conditions, but not after a control or the un-stabilized VR conditions. The ratings of intent to visit the actual location tended to be higher in the stabilized VR conditions than the un-stabilized ones. Qualitative analysis revealed the impact of VR on behaviour regulation, highlighting the pivotal role of anticipated emotional benefits. Despite some scepticism, VR aroused curiosity to explore natural environments, which was associated with nostalgic and socio-cultural underpinnings. These findings indicate that VR has the potential to promote green exercise by triggering curiosity and anticipated emotional benefits, though the quality of the VR product may influence its impact. More research is needed in order to establish how to best design VR interventions within green exercise promotion.

### **Standing Up for Earth's Rights": Virtual Nature and Complex Emotions for Promoting Proenvironmental Behaviors**

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S5-8-E3

Individuals' pro-environmental behaviors can be heavily influenced by personal factors such as their political beliefs or personal beliefs, as well as by situational factors, e.g., the exposure to naturalistic scenarios, even in virtual reality (VR) (Ibanez et al., 2016; Runyan et al., 2017; Zelenski & Desrochers, 2021). However, not all types of nature are equal. Some natural environments can elicit complex emotions such as awe, even in virtual reality (Chirico et al., 2018). Nevertheless, the specific role played by awe-inspiring nature (vs. neutral one) on individuals' subsequent pro-environmental behaviors, still has to be elucidated. In the current pilot study, participants are randomly assigned to either one out of two conditions featuring naturalistic scenarios in VR (i.e., one condition displaying a validated awe-inspiring naturalistic scenario and the other acting as a control condition). Their proneness toward environment protection is measured through a behavioral outcome (Deringer & Hanley, 2021), namely, the willingness of the participants to sign a pro-environment petition. Their affect is measured before and after the experiment takes place through ad hoc single items and Positive and Negative Affect Schedule (PANAS) (Terraciano et al., 2003). Also, participants' disposition to experience positive emotions (Dispositional Positive Emotion Scale-DPES) (Shiota et al., 2006), nature connectedness (Nature Connectedness Scale-NCS) (Di Fabio,

2016), and ecological behavior (Pro-environmental Behaviours Scale- PEBS) (Menardo et al., 2020) are measured as potential mediators, at the beginning of the experimental procedure. Data collection is ongoing. We expect that the unique asset provided by awe-inspiring VR (vs. neutral nature) will result in a significantly higher number of participants signing the environmental subscription in the awe-inspiring group vs. the neutral one.

### **An Unnatural Laboratory? How Virtual Reality Can Help Us Test the Key Features of Natural Environments and Promote Psychological Well-Being**

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S5-8-E3

Technological nature, or digital simulations of nature, are progressing towards a point where we may be capable of realistically simulating exposure to real nature. Concerns have been raised regarding this technology, as it is feared it could be used to limit access to real nature and only exacerbate the challenge of 'green poverty' (i.e. inequitable access to green space) already apparent in cities. However, virtual nature may have a more positive impact by helping people readily reconnect to nature, supporting their prior human-nature interactions and interestingly, by providing a laboratory scenario in which we can more closely control variables to assess human-nature interactions. This presentation focuses on how this latter function can 'augment' our current understanding of human-nature interactions and illustrative applied examples are provided. Despite almost three decades of research on our environmental preferences, researchers may have overlooked the possibility that different natural settings evoke distinct psychological outcomes. Examining how people respond to natural environments, as compared with other indoor or outdoor environments, is a complex. Conducting rigorous research requires that possible confounders are eliminated or controlled for may be more possible in a virtual environment. For example, manipulating the composition (proportions of different types of natural elements) and spatial configuration (e.g., degrees of fragmentation and connectivity with other green spaces) and other relevant natural attributes (e.g. tree canopy cover, vegetation structure, species composition or biodiversity across a range of typologies) in virtual reality can help evaluate what impact the 'nature of nature' has upon diverse psychological outcomes. Potential adverse outcomes including perceived lack of safety can also be explored. In the 'authentic nature' versus 'virtual nature' debate, the latter may not be a worthy rival, but may instead be complimentary in elucidating factors which are critical to the positive impact on psychological and psychophysiological variables.

## Using the Global IDS-2 Data Set to Deepen the Understanding of Children's Cognitive and General Development

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S4-8-M3

In this global session authors and researchers involved in the worldwide adaptations of the Intelligence and Development Scales – 2 (IDS-2; Grob & Hagmann-von Arx, 2018) present their research and invite discussions about sharing international test standardization data. With a collaborative mindset, the international group of IDS-2 test authors and publishers offers researchers across the world an international set of data on every aspect of a child's development and cognitive abilities that is provided by the IDS-2. Resulting research will be presented in this symposium. After giving an overview of the assessment itself, the related data set and research topics currently addressed with it, we will present a selection of research based on the global IDS-2 data set on European norm samples. The symposium covers research on cognitive profiles in relation to neurodevelopmental disorders and in relation to cognitive and cultural complexity in groups with and without migration background as well as specific validity studies of the IDS-2, all contributing not only to the quality of assessing and diagnosing children and adolescents but also to the general understanding of the child's cognitive and general development. Finally, we will ask the audience to participate through discussion what possibilities the IDS-2 data set can offer professionals wanting to investigate cognitive and general development of children.

## Global Test Development – Introducing the Intelligence and Development Scales – 2 (IDS-2) and Its Role in International Research Projects

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S4-8-M3

The Intelligence and Development Scales - 2 (IDS-2; Grob & Hagmann-von Arx, 2018) is a state of the art, comprehensive developmental instrument which is being adapted across the world. This international adaptations are realised with a close cooperation of all the IDS-2 authors, enabling us to build up a global data set on children's and adolescents cognitive and general development. This data set is provided to researchers across the world to deepen the insight in the assessed constructs of a child's development. After a short overview of the IDS-2 itself the project and the resulting data set is presented as an introduction to this Symposium presentations of international IDS-2 research projects.

## IDS-2 and -V – Results Obtained by Polish Children

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S4-8-M3

The Intelligence and Development Scales - 2 (IDS-2; Grob & Hagmann-von Arx, 2018) and The Wechsler Intelligence Scale for Children - Fifth Edition (WISC-V; Wechsler, 2014) are tools based on Cattell–Horn–Carroll theory (CHC). For this reason it can be expected that the results obtained in both of them will be similar. Therefore the question arises which scale the professional should choose. To confirm this hypothesis and find the answer to the question a comparison between general IQ from Polish adaptations of IDS-2 (Jaworowska & Matczak, 2019) and FSIQ from WISC-V (Stańczak et al., 2021) was made. IDS-2 and WISC-V were administered to 189 children in age 6–16 (M = 11.0; SD = 3.2; 100 females and 89 males). The study also included correlation analysis between factors and subtests of those tools. The correlation between general IQ from IDS-2 and FSIQ from WISC-V was 0.77. The average general IQ from IDS-2 was about 4 points higher than FSIQ from WISC-V and that difference was statistically significant. The differences between average scores in processing speed and visual processing factors from both scales were not statistically significant as opposed to those between verbal reasoning, abstract reasoning and short-term auditory memory (higher scores were observed in IDS-2). There were also patterns of higher correlations between corresponding factors from both scales. Despite the fact that both tools are based on CHC theory, we can observe some differences between the results obtained using each of them. Detailed results, explanations and practical implications regarding the choice of the tool will be presented during the presentation.

## Executive Function in Children With and Without Developmental Coordination Disorder

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S4-8-M3

Developmental Coordination Disorder (DCD) is a specific learning difficulty related to the development of motor control and coordination skills. It has been reported that children with DCD also have difficulties with Executive Function (EF). EF is a set of skills relating to the monitoring and planning of behaviour that includes Working Memory, Mental Flexibility and Inhibition. Evidence suggests that performance-based tasks and questionnaires assess different aspects of EF skills. The aim of this study was a novel investigation to examine the EF performance of children with DCD using a combination of standardized performance tasks of EF, and parent and

teacher questionnaires to provide a broader understanding of difficulties in this area. Twenty-five children with DCD aged 6-10 years, plus 25 age and gender matched typically developing (TD) children completed the Intelligence and Development Scales for Children and Adolescents 2nd Edition (IDS-2) EF component, and all parents completed the Behaviour Rating Inventory of Executive Function 2nd Edition (BRIEF-2). Teachers for 16 children with DCD, and 13 TD children also completed the Teacher BRIEF-2. Compared to TD peers children with DCD had poorer performance on the IDS-2 EF tasks that had a focus on Inhibition and Mental Flexibility. Children with DCD had poorer scores on all areas of the BRIEF-2 Parent questionnaire, and 6 out of 8 areas assessed on the BRIEF-2 Teacher questionnaire. Children with DCD have difficulties with EF, apparent on standardised performance tasks and questionnaires. However, group differences were not found across all measures. Although all children with DCD displayed difficulty on some EF measures, individual variation demonstrates the importance of routine assessment using a range of measures. Further work is needed to better understand the status/role of EF difficulties in DCD and links between the EF and motor difficulties.

### **Measurement Invariance of IDS-2 as a Function of Cognitive and Cultural Complexity Among Groups With and Without Migration Background**

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S4-8-M3

In this contribution the intelligence scale of the test Intelligence and Development Scales 2 (IDS-2) has been analyzed for children and adolescents with and without migration background. The aim is to prove measurement invariance of the IDS-2 intelligence scale as expressed by comparison of the factor structures in both migrant and non-migrant groups. In addition to test bias, item bias for both groups and all subtest items has been assessed. Finally, performance differences between the migrant and non-migrant groups of children have been analyzed in relation to cultural and cognitive complexity of IDS-2 subtests. IDS-2 standardization and validation data for Switzerland, Germany and Austria comprising of 2,030 participants has been analyzed with factor analyses separately for both groups with and without migration background. For the assessment of item bias correlation of the rankings of item difficulties in both groups has been ascertained. Cultural complexity measures of the IDS-2 subtests have been operationalized with the ratings by 26 psychology masters' students. Verbal complexity has been measured as the number of words in a subtest. The results are expected to demonstrate an equivalent factor structure in both groups. Item bias is presumed to exist for the items in the IDS-2 subtests which are highly language- and/or culture dependent. Performance differences between the migrant and non-migrant groups are expected to be better predicted by the cultural than by the cognitive complexity. In conclusion, IDS-2 measures the same cognitive abilities

in different groups of children and adolescents. When using IDS-2 for assessment of children and adolescents with migration background results need to be considered carefully in light of the cultural and verbal complexity of some of the subtests.

## Hidden Forces in Education: Research Into Measurement, Structure, and Effects of Spatial Ability, Creativity and Anxiety

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S13-8-M1

This symposium brings together research into three significant but often hidden forces in education: spatial ability, creativity and anxiety. Although these constructs are widely recognised as important, many questions about their structure, measurement and development remain unanswered. The first study ‘What is in the centre of compass: factor and network perspective on spatial ability’ examines 16 spatial ability measures to identify best targets for spatial development programmes. The results of the network analysis showed that navigation according to directions is in the centre of the network. The second study ‘Spatially Special: Small-Scale Spatial Ability in Adolescents with Expertise in STEM, Art and Sport, and Their Unselected Peers’ examines different aspects of spatial ability as a function of sex and expertise in different domains. The results showed significant sex differences and sex by expertise interactions. The third and fourth studies are concerned with measuring creativity. The study ‘Different ways to measure creative cognition - the relationships between three versions of the Remote Associates Test’ examines cognitive processes related to creative thinking (functional associations vs. linguistic co-occurrences). The study ‘Development of Russian language Remote Associates Test’ reports the development and validation of the Russian version of the instrument that includes two types of items: compound words and functional associations. The fifth study ‘Students with high anxiety get tired faster: evidence from functional EEG’ explores whether anxiety moderates the link between mental fatigue and task performance. The results showed that higher anxiety was associated with concentration loss and poorer performance on verbal and mathematical tasks. Overall, the five studies conducted by international teams of researchers in the UK, Russia and Italy, identify potential targets for educational interventions, develop measures for talent identification and educational support, provide insights into cognitive and affective mechanisms underlying learning, and lay foundations for further cross-cultural research.

## What Is in the Centre of Compass: Factor and Network Perspective on Spatial Ability

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S13-8-M1

Spatial ability (SA) was shown to be important for success in different fields, including STEM. Multiple interventions for SA improvement are suggested in the literature, but it is unclear which SA facet should be targeted for more effective interventions. This is partly because it is still unclear whether SA is a unitary construct or a set of related skills and how it relates to general cognitive ability. The aim of the present study was threefold: (1) to replicate previous findings of unifactorial structure of SA; (2) to check whether spatial ability is distinct from general cognitive ability; and (3) to identify SA facets for interventions by means of network analysis. The data was collected from 537 students from Russia using 16 SA tests. Results supported previous research, suggesting moderate overlap between all SA facets. Factor analysis suggested several potential structures, including split into small- and large-scale; manipulation, visualization, and navigation, with similar fit indices for five different theoretically –driven models. Confirmatory factor analysis, mediation and network analyses showed spatial ability being largely independent from verbal ability. In addition, network analysis showed that navigation according to directions is in the centre of network, potentially linking all SA facets. The results call for experimental studies that evaluate the effectiveness of interventions targeting navigation in comparison to other facets of SA.

## Spatially Special: Small-Scale Spatial Ability in Adolescents With Expertise in STEM, Art and Sport, and Their Unselected Peers

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S13-8-M1

Variability in spatial ability (SA) was shown to be related to engagement in particular activities. For example, individuals with STEM-related expertise show high performance on SA tests. Studies have also suggested that sports and arts may enhance SA. Additionally, studies revealed male advantage in SA. As males are over-represented in STEM, it is possible that SA differences may emerge due to this greater male engagement in STEM. To disentangle these patterns this study examined males and females who perform highly in

STEM, non-STEM activities (sports and arts) and compared them with unselected peers. The data on ten small-scale SA tests was collected in an unselected sample of adolescents ( $N = 864$ , 413 females,  $Mage = 15.4$ ,  $SD = 1.1$ ); as well as in two samples of adolescents selected for high achievement in STEM ( $N = 667$ , 252 females,  $Mage = 15$ ,  $SD = 1.2$ ) and in non-STEM (Arts and Spots) ( $N = 719$ , 295 females,  $Mage = 14.6$ ,  $SD = 1.03$ ). Consistent with previous research, STEM-selected participants outperformed all other samples on all SA tasks (Pillai's Trace = .352,  $p < .001$ , partial  $\eta^2 = 0.17$ ). Small interaction between gender and area of expertise was found despite gender differences (Pillai's trace = .807,  $p < .001$ , partial  $\eta^2 = 0.80$ ) with medium to large effect sizes on all tasks (partial  $\eta^2$  from 0.17 to 0.67), favouring males. We replicated the advantage in small-scale SA of individuals with STEM-related expertise. However, no advantage for adolescents selected for high ability in art or sport was found: participants from the non-STEM selected group showed results similar to the unselected sample. We also replicated medium to strong gender differences in SA favouring males. An interaction between sample and gender was negligible (partial  $\eta^2 = .05$ ).

### Associate Ability as a Measure of Creative Cognition – The Relationships Between Three Versions of the Remote Associates Test

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S13-8-M1

The Remote Associates Test (RAT) is a measure of associative ability, which is often regarded as essential for creative thinking. The most used version of the test is the compound RAT, in which participants are asked to create compound words based three stimuli words. However, it has been proposed that the compound version may not be the best measure of associative ability due to its reliance on linguistic rules and verbal memory. In this pilot study ( $N = 130$ ), we compared the compound RAT scores with two other RAT tasks which are based on functional associations (a visual and a verbal RAT). To understand the relationships between these different tasks will inform us about the cognitive processes related to creative thinking (functional associations vs. linguistic co-occurrences). In addition, these results provide information on the the role of stimuli (linguistic vs. visual) in the measurement of creative cognition. Further development of new associative ability measures will benefit cross-cultural investigations of creativity with potential educational applications.

### The Development of Russian Language Remote Associates Test

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S13-8-M1

The Remote Associates test (RAT) is a measure of creative cognition, most commonly used in a linguistic form. In the RAT, participants receive three words and have to come up with a fourth word, which links to each of three stimuli words by means of semantic associations, synonymy, or forming compound words. The disadvantage of the RAT is that it is language specific, which makes the cross-cultural investigations, based on same stimuli words, impossible. To overcome the problem, the RAT has been already adapted in several languages, including English (Bowden & Jung-Beeman, 2003); Chinese (e.g., Shen, Yuan, Liu, Yi, & Dou, 2016); and Japanese (Terai, Miwa, & Asami, 2013). The present study with a sample of adults ( $n = 570$ ) reports the development and validation of the Russian version of the RAT that includes two different types of RAT items: compound words and functional associations.

### Students With High Anxiety Get Tired Faster: Evidence From Functional EEG

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S13-8-M1

Students typically become drowsy and lose concentration before the end of a 40-minute session. This fatigue affects the learning process and academic performance. This study explores whether fatigue is also associated with individual differences in anxiety. In particular, we explore whether anxiety moderates the link between mental fatigue and task performance. Students (18 - 23 years old) from different regions in Russia completed lexical, arithmetical, and mathematical tasks while their alertness/fatigue was measured during a 40-minute session. The method detects a mental fatigue-onset by tracking the EEG frequency profile during the task by comparing the prevalence of alpha (8-12 Hz) and theta (6-8 Hz) oscillations. The efficiency of information processing during task completeness was measured via the identification of variations in functional integration changes at different time points. Transition to lower concentration and performance was associated with a decrease in alpha Weighted Phase Lag Index (wPLI) moderated by anxiety level. Higher anxiety was associated with poor performance and concentration loss. Overall, the results contribute to the emergent body of evidence suggesting that 40 minutes may not be an optimal duration for learning a session.

## Putting Nature at the Centre of Our Lives: An Exploration of Nature Based Solutions Impact on Mental Health and Well-Being

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S5-9-E3

European investment in research and innovation through Horizon 2020 to promote urban health has been significant. Four projects Varcities, EUopolis, IN-HABIT and GoGreenRoutes commenced in 2020. Together these projects represent a common approach, termed nature-based solutions, augmented by cultural, social and digital innovations and micro-interventions. Nature-based solutions, according to the IUCN are “actions to protect, sustainably manage, and restore natural or modified ecosystems, that address societal challenges effectively and adaptively, simultaneously providing human well-being and biodiversity benefits.” Collectively these projects also apply nature-based interventions which are defined as intentional activities to promote individuals’ optimal functioning, health and well-being or to enable restoration and recovery through exposure to or interaction with either authentic or technological nature. The application of nature as a solution or preventative intervention has been central to environmental psychology research for almost 50 years. Five papers have been chosen to convey the breadth and scope of nature-based innovations on human health and well-being. An initial paper provides preliminary evidence for the application of a unifying approach to multidimensional health, which connects mental health with nature contact. An additional paper from GoGreenRoutes will outline a study protocol for the development, implementation, and evaluation of an online training program on psychological resilience (using natural concepts) for inhabitants across six targeted cities. Varcities will present how they propose to establish sustainable models for increasing citizens mental health and wellbeing, specifically for those that are exposed to diverse climatic conditions and challenges around Europe. euPOLIS will communicate how they are testing modeling tools for possible implementation of blue-green solutions in improving mental health and well-being. IN-HABIT, with a robust focus on gender, diversity, and inclusion, will present strategies that foster mental health and well-being in urban areas subject to the greatest challenge from lack of nature and with underlying climate change risks.

## Protocol for the Development, Implementation, and Evaluation of an Online Training Program on Psychological Resilience Within the GoGreenRoutes Project

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S5-9-E3

GoGreenRoutes (GGR) is a Horizon 2020-funded project aiming to increase nature-connectedness and ameliorate the physical and mental health of urban dwellers across Europe. The project’s multidisciplinary consortium is pairing participatory approaches and citizen science with Big Data analyses and digital innovation to co-create „Urban Well-being Labs“ in six “Cultivating Cities”: Burgas (Bulgaria), Lahti (Finland), Limerick (Ireland), Tallinn (Estonia), Umeå (Sweden) and Versailles (France). These pioneering cities are implementing “nature-based solutions”, such as green corridors, linear parks, pocket parks and shared walkways, to enhance the physical and mental health of their urban residents. The study protocol for one component of the GGR project, namely the development, implementation, and evaluation of an online training program on psychological resilience and urban nature connectedness for inhabitants across six targeted cities, will be outlined. Based upon emerging research in the field and engaged participatory activities, the utility and user-friendliness of the programme will be optimised to ensure that the pillars of the intervention are rooted in evidence-based practices and that the methodologies and delivery methods selected are the most appropriate to ensure that the potential impact of the intervention. The impact of the programme will be assessed using brief online assessments and a new psychometrically validated urban nature-connectedness measure, also developed as part of GGR. Data collection will be quantitative and conducted in-app at baseline, interim and follow-up time points. Further brief, psychometrically robust measures to provide insight into the effectiveness of the programme will also be availed of. Ecological momentary sampling will be utilised, whereby participants will be asked to rate their experience of urban nature-connectedness and the extent to which they felt positive affect (happy, calm, comfortable, affectionate, interested, confident) and/or negative affect (impatient, depressed, stressed, irritated) when engaging with programme activities. Satisfaction with the programme and its delivery will also be assessed.

## Healthier and Happier Through and by Nature. Mobilising Undervalued Resources in Four Urban Settings Through an Inclusive and Participative Approach

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S5-9-E3

Recent research shows that nature-based solutions can enable urban environments to support mental health and human wellbeing. The H2020 project IN-HABIT, with a robust focus on gender, diversity, equity and inclusion, aims to investigate the role of nature-based solutions to foster mental health and well-being in four urban areas, subject to great challenges from lack of nature and climate change risks. These solutions mobilise local undervalued resources such as culture and heritage in Cordoba (Spain), food in Riga (Latvia), human-animal bonds in Lucca (Italy), and art and environment in Nitra (Slovakia), and are co-design, co-deployed and co-managed through persons-public-private partnership schemes. In order to analyse the impact of co-designed nature-based solutions on inhabitants' mental health and well-being and compare it among the four urban settings, this study employs qualitative methods such as interviews with experts in health and environment, semi-structures interviews with different inhabitants from the target urban areas, and participant observation of co-design and co-deployment processes of nature-based solutions.

## A Novel Approach to Multi-Disciplinary Health and Nature-Based Solutions: The 360 Health Concept Connecting Human and Environmental Health

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S5-9-E3

In common with Varcities, EUPolis, IN-HABIT, GoGreenRoutes focused on promoting urban health but in this case a particular added dimension is noteworthy. This project proposes applying 360-Health, a novel multi-

dimensional health construct which connects the reciprocal benefits gained from human-nature interactions, engaged citizen science and pro-environmental behaviour with sustainable lifestyle behaviours. Multidimensional health has come to the fore in recent years with the One Health and Planetary Health concepts, which are not homogenous but related constructs. In light of these approaches, 360-Health attempts to advance the field by connecting with the more recent interpretation of the UN SDG framework with 17 interconnected goals which potentially offer a framework which enable one to view health and sustainability from a broader perspective. The dimensions within the model are: 1) mental health and well-being, sleep and recovery, nutrition, physical activity and sedentary behaviour, cognition and performance, nature interactions, sustainability and social health. Measures include metrics at different scaler levels (e.g. individual, community, city) and the transdisciplinary approach facilitates the inclusion of co-created evaluations in addition to traditional modes of assessment. This approach will enable the estimate of potential economic effects of changes in sedentary time as physical activity and sleep time will be calculated using extant data to evaluate the potential effects on NCDs, and subsequent potential savings in healthcare and increased productivity. Time spent in a less polluted green environment will be estimated using current HIA models to determine the health benefits and subsequent benefits to the urban population and economy. Key outputs include a 360-Health Scorecard indicating their current status, trends and areas for improvement in multi-dimensional health and at the city level the Online 360-Health Toolkit will serve as a knowledge hub for citizens, planners, healthcare workers and innovators.

## Identity of Psychology - Challenges and Future Directions

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S6-9-M4

Nowadays, psychology is a science with widespread acknowledgement, used in a growing number of fields. Society stems from a long historical process that presumes a change of paradigms throughout time, which originates changes in values, beliefs, and ideas concerning reality. Such changes have contributed for a stronger appreciation of people and their individuality, say dignity. The development of psychology results to this new individual and social demand. It is more and more important for people to make individual choices in the most different areas of their lives. In an ever more specialized and flexible world in what concerns professional identities, the development of psychology as a profession demands the establishment of guidelines, limits, besides an introspective attitude about the current psychological practice. There are difficulties in defining what psychological intervention is about, and it is not easy to understand why. We discuss on the need to define an easy way to explain the goal of psychological intervention, one that is able to integrate the diversity of interventions. Only then we will be accomplishing with the Principle of respecting autonomy, raising expectations about psychology and helping to build a trustful relationship between people and psychologists.

### The Goal of Psychological Intervention and Performed Functions of Psychologists: Latvian Sample

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S6-9-M4

Professional identity is formed by combination of several aspects, including professional practice, which for psychologists relates to psychological intervention and performed functions. Because this study focuses on the exclusive functions of a psychologist and the exclusive goals of psychological intervention, in order to understand what professional activities distinguish psychologists from other professionals, we choose a theory based on the social context of professional identity and is related to collective identity – Social Identity Theory. The purpose of this study was to investigate the exclusive goal of psychological intervention and exclusively performed functions of Latvian psychologists. Following research questions were set: (i) What is the exclusive goal of psychological intervention that makes it unique when compared to any other profession or form of intervention? (ii) What functions are exclusively performed by psychologists? (iii) What functions performed by psychologists may be performed by other professionals who are not psychologists?

The research questions are in line with the applied research instrument. Data were collected through an online survey developed in the framework of the international project “The Identity of Psychology”. A three open-answer questions were used. Sample consisted of 54 Latvian psychologists of which 91% were women (n = 49) and 9 % were men (n = 5) aged from 25 to 60 years (M = 44.94, SD = 8.98). Data were analysed using thematic categorical content analysis. Findings indicate clear diversity in the opinion about the professional practice among Latvian psychologists. The results of this study indicate limited agreement and comprehension of Latvian psychologists about their professional practice which leads to necessity for further research to investigate the causes of such outcome to determine solutions on how to strengthen their professional practice and, more broadly, professional identity.

### Identity of Psychology in Europe

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S6-9-M4

Today, psychology benefits from widespread acknowledgement. Moreover, in an ever more specialized and flexible world in what concerns professional identities and careers, the development of psychology as a profession demands the establishment of guidelines and limits, besides an introspective attitude about the current psychological practice. Otherwise, psychology as a profession risks losing its identity, shrinking with the pressure that is imposed on it by its different specialties and areas of action. The main goal of this presentation is to discuss about the development of an integrative project, with several European partners. The main goals of the project are: (1) Enhancing the current state of the art on psychology identity by integrating previous and newly gained knowledge on an European and international wide scale; (2) Facilitating cross-national exchange of psychological practice for European practitioners, researchers and stake holders; (3) Accelerating research and other initiatives on the development of new European standards that improves a common identity for psychologists in an international level; (4) Increasing the utility of knowledge in psychological practice developing an useful glossary for routinely assessment; (5) Contributing to a more informed debate about psychology identity to make clear to the general public the differences between psychological practice and other kind of professional practices. Psychologists lack agreement concerning the goal for psychological intervention, one that is able to integrate the diversity of interventions in the field of psychology. It is important to find a way to easily explain what psychology practice is, creating like a brand for psychology.

## Professional Identity Perception of Slovenian Psychologists

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S6-9-M4

We explored the perception of professional identity of Slovenian psychologists in two empirical studies. In the first empirical study, which was a replication, we examined answers of 71 psychologists to three open questions on the topic of the main goal of psychological interventions, the tasks solely performed by psychologists, and the tasks which psychologists share with other professionals. Psychologists related several common goals and tasks they viewed as exclusive to their work. We will discuss whether it is possible to define a singular unique goal of psychological interventions, and if it is necessary to do so. In the second empirical study, we created the Questionnaire of Psychologists' Professional Identity (QPPI). We gathered data from 231 psychologists to review the structure, reliability, and validity of our questionnaire. QPPI contained items designed to evaluate psychologists' global professional identity, their feelings of belonging to their professional group, their perception of the uniqueness of their work, and their competency. We will discuss psychological identity in light of the results from both studies.

## Psychology, Human Rights and Professional Identity

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S6-9-M4

In recent times the question of what identity means has become much more salient. Much is being written and discussed about the 'culture wars' and how this has interconnected with challenges to traditional epistemologies. Some aspects of the 'culture wars' has been driven by 'fake news' and conspiracy theories. Some of the challenges to traditional ideas, however, have been to unveil historical associations between psychology and racist ideas, and this has developed a powerful momentum towards addressing historical injustice and taking action on current manifestations. In this context this paper will examine how psychology and psychologists have related to human rights from the perspective of UK psychology and clinical psychology in particular. In addition, drawing on a chapter I co-authored in 2020 on human rights and professional identity, I will cover the main arguments on why some professions are more aligned with human rights principles than others. It will conclude with an account of progress that has been made in establishing human rights and psychology groups in psychology associations globally and the work of the Global Network of Psychologists for Human Rights.

## Parental Burnout: Current Direction on Its Antecedents and Treatments

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S2-10-LD

Parental burnout is an existing but long taboo syndrome in the current world. Although it has been observed in the 2000s, researchers have only recently begun to examine it systematically. According to these studies, parental burnout is more than ordinary parenting stress. In contrast, it is a syndrome consisting of emotional exhaustion, emotional distance from children, feeling fed up with parenting, and a sense of contrast with their previous self; it is an experience of constant strain. Parental burnout is especially worrying because of its high prevalence across the globe and severe consequences for both parents and their children. Exploring its etiological mechanism and antidotes (e.g., prevention and intervention) is particularly crucial, and requires knowledge from different subfields to put together a comprehensive picture of how parental burnout develops and operates. In this symposium, researchers from different subfields of psychology will present cutting-edge research directions and findings on parental burnout. Taken together, the five presentations will provide an overview of current research on the mechanisms, predictors, associated behaviors, temporal dynamics, and potential interventions of parental burnout. The first presentation will be from Gao-Xian Lin, who will discuss the mechanisms of parenting pressures that contribute to parental burnout. Next, Ligia de Santis will present possible predictors of parental burnout for Brazilian parents, including parental involvement, coparenting and emotional self-regulation. Konrad Piotrowski will then discuss the longitudinal associations between parental burnout and non-suicidal self-injuries. Annelise Blanchard will then present research investigating how the dynamics of parental burnout fluctuate daily and interact with one another using a temporal network approach. Lastly, Marie Bayot will present results from a compassion-based interventional study using mindfulness techniques to help burned out parents. To finish, all five researchers will discuss what they see as the next steps in parental burnout research.

## Parental Pressures Burn Parents Out

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S2-10-LD

Nowadays, parents receive recommendations on parenting in various domains. Although such recommendations guide parents, they are so numerous and demanding that they may develop into parental pressures. Given the importance of parenting, the likelihood that parents will internalize and endorse these pressures is very high. And such self-endorsed

parental pressures have been shown as a detrimental risk factor in initiating the slippery slope of parental burnout. However, most existing studies have rarely examined the different sources of pressure. It is unfortunate because parental pressures can arise from different sources, and the detrimental effects from the different sources are plausibly differential. On this consideration, the study communicated here is designed to test whether parents would endorse parental pressures from different sources and are thus susceptible to parental burnout. Specifically, we explore whether higher parental pressures coming from different sources, including self-originated (i.e., parents' norms, standards, and personal history experiences as a child) as well as four sources of socially prescribed: partner, school, peers, and media, would result in higher corresponding self-endorsed parental pressures, which in turn would increase parental burnout. We investigated these questions using path analyses in a sample of 385 Belgian parents. Our findings indeed corroborated that parents would put parental pressures from different sources on themselves, which would further predict a higher susceptibility to parental burnout. Among all the sources, pressures arising from parents' norms and standards, their partners, and the media are predominantly detrimental. This study, the first to distinguish parental pressures through diverse sources and examine their associations with parental burnout, provides theoretical and practical implications.

### Parental Burnout in Brazil: Predictive Effect of Parental Involvement, Coparenting and Emotional Self-Regulation

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S2-10-LD

Conservative estimates – that can vary across cultures – indicate that at least 5% of parents suffer from parental burnout. Given its prevalence and consequences (for example, recent evidence indicates a relationship between parental burnout and increases in neglectful and violent behaviors of parents toward their children), it is important to understand which variables could promote or prevent its occurrence. In addition to lack of skills to control emotions, little coparental support and lack of positive parenting practices have been shown to be risk factors for this condition. However, there is no evidence of these associations in the Brazilian context. The present study aimed to evaluate the predictive effect of parental involvement, coparenting and emotional self-regulation on the levels of parental burnout for Brazilian parents. Fathers ( $n = 474$ ) and mothers ( $n = 633$ ) (children aged from 2 to 11) answered a sociodemographic questionnaire and Brazilian-Portuguese versions of the Inventory of Father Involvement, the Emotional Self-Regulation Scale, the short version of the Coparental Relationship Scale, and the Parental Burnout Assessment. A multiple linear regression (entering method: forward) was performed to verify to what extent parental involvement, coparenting and emotional self-regulation explained changes in parental burnout. Results showed a significant influence of all independent variables, even when

the respondent's gender was included as a control variable;  $F(4, 1102) = 194.63$ ,  $p < .001$ ;  $R^2_{adjusted} = .412$ ). Emotional self-regulation was the variable that most strongly impacted burnout levels, explaining 37.7% of the outcome. The other variables were related to only 3.6% of the burnout variance. In addition to corroborating evidence from other countries, these results are expected to advance the understanding of parental burnout in Brazil (by identifying relevant variables in this specific context) and to help researchers to start thinking about ways to promote healthy family environments.

### Parental Burnout and Self-Injury Among Mothers in Emerging Adulthood

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S2-10-LD

Parents who experience prolonged stress associated with fulfilling the role of a parent may experience parental burnout, which in the long run may increase the risk of psychiatric disorders, addiction, and child abuse. To date, however, the potential impact of parental burnout on one of the destructive ways of emotion regulation that is non-suicidal self-injuries (NSSI) such as cutting, burning, and unsafe sexual behavior has not been studied. This issue was one of the objectives of the presented study, which analyzed the relationship between the severity of parental burnout and self-injury over a six-month period in a group of emerging adult mothers (mean age approximately 27 years). Results revealed that burned-out mothers in emerging adulthood are significantly more likely to engage in self-injurious behaviors. Among mothers with severe burnout (scores above 86 on the PBA scale), approximately 30% engage in self-injury to such an extent that it suggests the presence of borderline personality disorder in them. Parental burnout and severity of self-injury are also related over time. The talk will present the study results and directions for further development of knowledge on parental burnout.

### A Temporal Network Approach to Parental Burnout

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S2-10-LD

Some parents are exhausted and fed up with parenting, feeling emotionally distant from their children and like they are no longer the enthusiastic parent they were before. Researchers have termed this phenomenon parental burnout, and propose that it arises when parents have insufficient parenting resources (e.g., supportive spouse, emotion regulation strategies) to compensate for their parental stressors (e.g., difficult family dynamics, no social support). Parental burnout has mainly been investigated from a cross-sectional perspective, but the experience of parenting and its family context change frequently – how then do these variables

fluctuate and interact daily? We recruited an unselected sample of 47 parents who answered 11 items (about parental burnout features, relationship with the partner and children, and the family context) daily over eight weeks. We used multilevel vector-autoregressive models to generate three networks, and preregistered the analysis and data collection methods (<https://osf.io/zumev/>). From one day to the next (e.g., the temporal network), few variables predicted parental burnout features. First, sharing positive moments with children predicted feeling less distant from the children the next day. In addition, a feedback loop appeared: emotional exhaustion predicted children's behavior (finding children "difficult to manage"), which then predicted feeling fed up, which in turn predicted exhaustion again. In terms of the family context, decreased social support predicted greater partner support the next day, which in turn predicted feeling less distant. On average, when collapsing across time (e.g., the between-subjects network), parents with increased social support also showed less negative behavior toward children; in addition, negative behavior toward children was associated with greater partner conflict, which in turn was related to greater social support. These results provide an initial glimpse at the temporal dynamics of parental burnout and the family system, highlighting the importance of examining parental burnout within its context: the family environment.

## Systemic Narrative Assessment in Understanding Life Trajectories and Designing Career Counseling: Strengths and Analyses in a Twofold Integrative Perspective

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S19-10-KC

Narrative methods are effective in identifying the resources and strengths, as well as the requirements or the barriers to the definition of career and life goals in counseling. Through a series of case stories, the symposium will highlight levels of analysis and strengths of a twofold systemic perspective emerging from narratives of people with complex stories and vulnerabilities. The first presentation describes the academic, professional, and life trajectories of young people in a situation of early school leaving. Their needs for career guidance emerge from qualitative assessment tools framed in the systemic approach to career development, life design, and guidance. A second presentation highlights the role of personal and contextual resources in a group of migrant women. Valuing their narratives help them to recognize and become aware of their strengths and resources as a first step in the process of career exploration and career identity co-construction. A third presentation focuses on narratives emerging from a systems-based career interview of adults with a history of imprisonment. Experiences and future expectations from their maps and the associated narratives are used to figure out indices of Balanced Time Perspective and highlight needs for specific counseling interventions. Following on this line, two contributions highlight further steps in the use of narratives in career counseling actions, namely, to improve Career Adaptability and increase Job Search and Work Self-efficacy, and to highlight the meaning-making in the work inclusion process. The contributions highlight the meaning of a systemic narrative approach in integrating the client perspective, namely identifying themes and systems of influences in their complex life trajectories, and in meaning-making of past and present determinants and future construction; but also in deepening the analysis, orienting the assessment and the choice of useful actions, and moving into actions and potentials from the perspective of career counseling actions.

## Constructing Sustainable Careers Through Collaborative Research

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S19-10-KC

In this contribution we will present some results of the project Early leaving of Vocational Education and Training in Andalusia (Spain) (Orienta-20) (Project co-financed by the

ERDF funds and Junta de Andalucía (PAIDI 2020)-Project reference: P20\_01131). The contribution will focus on the second objective of the project: To analyse from a narrative approach, the career trajectories of young people in a situation of early school leaving, as well as the needs of guidance for the construction of a sustainable career. Sustainable careers respond to the need to develop lifelong learning actions for career construction that enhance personal fulfillment, valuing the impact that careers have on planetary stability, global peace and sustainability. The methodology combines collaborative ethnography and autobiographical narrative. This research is a nested multiple case study. The participants are 35 young people between 16 and 29 years of age who carry out their training in 3 Second Chance Schools in Andalusia (Spain). The research process is developed in the three selected schools through a series of actions proposed to the young people (ethnographic research group actions) and autobiographical interviews and co-analysis conversations (individual). Qualitative career assessment procedures and co-analysis through (autobiographical) interviews can make it possible to show life themes, the influencing factors of younger's careers not only verbally, but also in a visual way, making it more effective to meet the younger's needs. The process developed enabled youngers to access the conscious and unconscious meanings of their life experience, the thread of their narrative and, therefore, can lead them to agency. Through the research actions proposed and the co-analysis of these actions, we will co-produce a process of research-creation. Here, the narratives of young people can emerge, be constructed, de-constructed and re-constructed to create new ways of constructing sustainable careers.

### **The Role of Autobiographical Narration in Increasing Work and Job Search Self-Efficacy by Improving Career Adaptability**

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S19-10-KC

The study presented here aimed to test whether a Career Counseling intervention designed for Migrants (CCfM) can develop Career Adaptability and, therefore, both Work Self-efficacy (WSe) and Job Search Self-efficacy (JSSe) perceptions. ESPoR model, the CCfM intervention adopted for this study, is composed of two face-to-face interviews of one hour and nine groups meeting of three hours. It lasts around two months, and it ends with the delivery of a skills portfolio to each participant. It is based on autobiographical narration that is free and aimed at the migrant in the first phase and structured and addressed to operators and potential employers in the second phase. The intervention does not seek to support migrants in finding a job or directly developing job search skills; it would increase professional self-awareness and the knowledge of the host country labor market and support the migrants in defining a professional objective, congruent with both their features and those of the new contest. It was conducted in Italy and involved 233 migrants, who were asked to respond, before and after the CCfM

intervention, to a questionnaire available in three languages (Italian, French, and English) on a Likert scale ranging from 1 - Not at all to 5 - Completely. WSe increased meanly of .559 ( $p < .000$ ) and its variance has been explained, at the 81.9%, by a good level of curiosity at the beginning ( $\beta = .235$ ) and by the improvement of confidence ( $\beta = .290$ ), curiosity ( $\beta = .249$ ), and control ( $\beta = .219$ ). JSSe increased meanly of .689 ( $p < .000$ ) and its variance has been explained, at the 82.2%, by the improvement of curiosity ( $\beta = .387$ ), concern ( $\beta = .264$ ) and confidence ( $\beta = .204$ ).

### **Recognizing and Becoming Aware of Personal and Contextual Strengths and Challenges in Career Development of Migrant Women**

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S19-10-KC

The life of women with a story of migration is characterized by many challenges that the lenses of intersectionality help in picturing both gender and migration perspective. The issue of employment is considered as a significant milestone of female emancipation and inclusion in the new life context. Narrative career counselling approaches that aim to map the system of influences are considered particularly powerful to help women with a story of migration find new life meanings and identify new career goals. In this presentation we will reflect on the systems of influence of 5 refugee African women. Data were collected with a storytelling interview that starting from the present situation helped them to reframe the past and navigate to the future. The maps emerged from thematic analyses show the core issues of the present refer to systemic and personal supporting and challenging conditions, those of the past include systemic and personal supporting and challenging determinants to the migration and those of the future include personal resources and needs. Several implications for career counsellors emerge related to knowledge and skills prerequisites for opening job opportunities, the relevant information to take care of and the strategies to face challenging situations in the work contexts.

### **Work Integration of Mental Health Service Users: Challenges, Complexities and the Role of Career Counselling**

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S19-10-KC

Although work has a fundamental role in the individual's psychological well-being, the vast majority of mental health service users (people with mental health disorders) are not in employment. This is the result of various barriers that impede their work re-integration process despite their desire to work. Apart from the illness' symptoms, these barriers

are strongly associated with the negative effects of long-term unemployment, the negative stereotypes and attitudes towards mental health service users, and the fear of losing disability benefits. Nonetheless, work is regarded as an essential factor for real social inclusion of mental health service users. Employment is considered as a stepping-stone to recovery, rather than an outcome of recovery. There is considerable evidence that being employed can produce long-term beneficial effects on clinical outcomes such as symptoms and relapse rates and reduce hospitalization rates. Career counselors should support users in defining both short-term and long-term career objectives, taking into account the necessary resources, steps, training, and timeframes required. Case stories will be presented to highlight the role of career counselling in overcoming the complexities and challenges from a current harsh and unpredictable environment. The role of narrative methodologies in supporting the meaning-making process will be discussed.

### **A Balanced Time Perspective in Emerging Adults With Challenging Stories: Patterns and Determinants in Current Life Experience**

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S19-10-KC

Time perspective refers to a relatively stable individual difference variable in which individuals express a preferred mode of temporal focus. A Balanced Time Perspective (BTP) seems to play a powerful role in many psychological outcomes, including those related to motivation, wellbeing, interpersonal relationships, sense of self, active involvement, and commitment with everyday life goals. The study aims to describe patterns of time perspective in emerging adults with challenging personal stories. We explored the indices of balanced time perspective associated with positive view of life, deepening the role of actual conditions on balanced time perspective. Four emerging adults with history of imprisonment were involved. Narratives from a qualitative interview – the My System of Career Influences – were used to identify indices of temporal orientation and affective quality across temporal zones. As the interviews were part of a wider career intervention, with job inclusion as a step to social inclusion, particular attention was dedicated to work-related narratives. The participants negatively referred to the past and only in a limited number of occasions they referred to positive past experiences; the descriptions of future for the most of them is limited to a generic vision, and specific goals do not emerge from their narratives. The patterns identified suggest that a balanced time perspective seems specifically anchored to current life, that is to present time perspective as actively oriented to future construction or as a persisting consequence of a negative past that seems to affect their vision of the future. Addressing BTP with Emerging Adults experiencing complex life conditions can contribute to highlight needs and identify counselling interventions.

### **Youth Mental Health Around the Globe: Insights From Studies in General Populations and Vulnerable Groups**

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S2-10-E3

Youth mental health problems are an issue of a major public health concern. According to the World Health Organisation, one in seven adolescents experiences a mental disorder. If left untreated, youth mental health problems can lead to various negative life outcomes, including lower educational attainment, worse financial status, and higher risk of physical morbidity and mortality. In spite of high prevalence of youth mental health problems globally, the research in this area in low and middle income countries is very limited. Therefore, the proposed symposium aims to address this gap by covering a range of topics on youth mental health across the globe, by five speakers from four countries - the UK, Russia, Kyrgyzstan and Malawi. In the first two talks, the focus is on students' mental health in Kyrgyzstan, a lower-middle-income country in Central Asia. One of these talks (by Sitnikova) compares prevalences of adolescent depression and anxiety during the COVID-19 pandemic between Kyrgyzstan and Russia; whereas the second talk (by Sabirova) investigates the link between mental health problems and educational attainment among University students in Kyrgyzstan. The two other talks (by Mhango and Gaysina) are on youth pregnancy and mental health. One of these talk (by Mhango) explores the role of psychoeducation in perinatal depression and anxiety in young mothers. Another talk (by Gaysina) explores the life course mental health of women with adolescent pregnancy. The final talk of the symposium (by Deviaterikova) aims to compare the level of depressive symptoms among adolescents who survived acute lymphoblastic leukemia and posterior fossa tumors. The discussants of the symposium (Gaysina and Malykh) will summarize the presented findings and outline the directions for future research aiming at improving youth mental health around the globe.

### **Life Course Mental Health and Adolescent Age at First Birth: Findings From a British Birth Cohort**

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S2-10-E3

We aimed to assess associations between adolescent age at first birth and mental health across the life course in a British 1958 birth cohort. By assessing associations for men and women, we were able to investigate biological versus social and behavioural explanations from early (age 23) through middle (age 50) adulthood. Multiply-imputed data on more than 7600 men and women of a British birth cohort study (National Child Development Study, 1958 British birth

cohort) were used. Adolescent age at first birth was defined as <20 years. Symptoms of depression and anxiety were assessed with Malaise Inventory Scale at ages 23, 33, 42, and 50. Five distinct trajectories of symptoms have been derived previously: 'no symptoms', 'persistent mild/moderate symptoms', 'low and increasing symptoms', 'high and increasing symptoms' and 'high and decreasing symptoms' (John et al., 2019). Multinomial logistic regressions were used to explore whether adolescent age at first birth was associated with symptom trajectory membership, while adjusting for a number of covariates. Being younger than 20 years of age at time of first birth was associated with an adverse mental health profile. Some differences between men and women were observed. Associations were largely unchanged after adjustment for a number of covariates. Age at first birth is associated with differences in life course mental health in a large prospective birth cohort.

### The Emotional State of Adolescence in Russia and Kyrgyzstan in the COVID-19 Pandemic

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S2-10-E3

The pandemic and the social isolation led to a disruption in the emotional state of the population. Adolescence became a special risk group. Lack of communication, spending time at home can increase levels of anxiety and depression. The response to stress can be culturally dependent. The aim of our study was to compare the level of depression and anxiety among schoolchildren from Russia (n = 624) and Kyrgyzstan (n = 601). In Russia, lockdown was introduced at the end of March. After 14 vacation days, children went to school-online. Then the children went back to school online and this study was conducted (from 05.10.2020 to 06.10.2020). We used Hospital Anxiety and Depression Scale (HADS; Zigmond and Snaith, 1983) to assess general levels of anxiety and depressive symptoms. The HADS has been validated for adolescents to assess anxiety and depressive symptoms (White et al., 1999). We also compiled a questionnaire in which we asked how adolescence feel now, how they relate to the pandemic, whether they experience fear, etc. For adolescents from Kyrgyzstan there was a relationship between HADS anxiety and the statement "thinking about COVID-19 makes me feel really threatened (0.22 - 0.3). And for students from Russia there was a link between HADS anxiety score, with the statements: "I'm afraid of COVID-19" (0.17 - 0.3), "I'm scared to be around people, because I'm worried that I can get infected with Coronavirus (COVID-19)" (0.14 - 0.24). The situation of uncertainty leads to an increase in stress, depression and anxiety. However, behind the same manifestations, there may be different personal meanings. We found that despite the equally increased level of anxiety among schoolchildren in Russia and Kyrgyzstan, their anxiety is associated with various external sources. Therefore, it is important to consider the personal component in the emotional response.

### Difference in Depressive Symptoms Among Adolescents After Acute Lymphoblastic Leukemia and After Posterior Fossa Tumors

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S2-10-E3

Cancer and its treatment are negative experiences that can lead to depressive experiences, especially in older adolescents who have survived cancer. For rehabilitation and subsequent integration into society, it is important to understand the psychological status of adolescents who have survived cancer. Some of the most common cancers among children are posterior fossa tumors and acute lymphoblastic leukemia. The aim of our study was to compare the depressive mood background among older adolescents who survived acute lymphoblastic leukemia and posterior fossa tumors. The study involved older adolescents (N = 138) aged 14-18 (M = 15.5, SD = 1.1). Of these, 83 (41 boys) survived acute lymphoblastic leukemia and 59 (30 boys) survived posterior fossa tumors. The CDI Children's Depression Inventory questionnaire was used to assess the depressive mood background. Children who survived acute lymphoblastic leukemia have higher rates of depression than children who survived medulloblastoma; the significance level of differences according to the Mann-Whitney test was  $p = 0.05$ . Among children with acute lymphoblastic leukemia survivors, 57% of children have increased depression scores. At the same time, in the group of children who survived medulloblastoma, the number of children who have an increased score on the depression scale is 52%. Children who survived acute lymphoblastic leukemia have higher rates of depression than their counterparts who survived medulloblastoma. Thus, among children with cancer survivors, acute lymphoblastic leukemia has an increased risk of a depressive mood background.

### Psychoeducation as an Active Ingredient for Interventions for Perinatal Depression and Anxiety in Youth

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S2-10-E3

Psychoeducation is a common element in psychological interventions for youth depression and anxiety, but there is limited evidence about its use with young people during pregnancy and postnatally. For this review, we synthesised published quantitative and qualitative evidence, and new lived experience insights to understand outcomes and mechanisms of psychoeducation for indicated prevention and treatment of perinatal depression and anxiety in young people. Six databases were searched for studies published prior to August 10, 2021 (mean age of sample £ 25 years). A total of 20 studies were included. We found that psychoeducation can

be effective both on its own and as part of a multicomponent intervention for both perinatal depression and anxiety. Qualitative evidence and input from the Youth Advisory Group (YAG) suggested that psychoeducation could increase knowledge about symptoms of perinatal anxiety and depression; generate awareness of relevant services; and enhance coping. This implies that psychoeducation is an important active ingredient of interventions for perinatal depression, and potentially for perinatal anxiety in youth, serving as a foundation for other active ingredients.

### **Mental Health of University Students in Kyrgyzstan**

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S2-10-E3

The relevance of the study of the mental health of students is associated with the presence of a number of stress factors in the educational environment of universities. Studying at the university is a period when personal resources seem inexhaustible, and optimism in relation to one's own health prevails over caring for it. A strong orientation towards experiencing the present and high motivation for achievement supplant understanding of the consequences of prolonged stress. As a result, students care little about maintaining their own health. Methods: Satisfaction With Life Scale. A brief screening self-questionnaire designed for mass surveys of respondents on the degree of subjective satisfaction with their lives. Ryff Scales of Psychological Well-Being, RPWB. The technique is designed to determine the level of psychological well-being and determine the ratio of its components. Vector modeling technique educational environment (Yasvin V.A.) The technique allows you to determine the activity personality in the development of educational resources in various types of environment. The Children's Depression Inventory M Kovacs is a psychological assessment that rates the severity of symptoms related to depression or dysthymic disorder in children and adolescents. The study involved 1500 students from various universities in Kyrgyzstan. Comparison of the results of vector analysis among students of different courses made it possible to identify the dynamics of the modality of the educational environment at various stages of the educational process. In the course of the study, a number of new empirical data were obtained that characterize the peculiarities of the perception of the educational environment by various categories of members of the educational community.

### **Youth Citizenship Behavior and Social Media Use: Perspectives from Europe and Asia**

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S16-10-ŠD

Traditionally, citizenship has been understood as a relationship between the individual and the state. It can manifest itself in a sense of national belonging, political activism, action for community as well as civil disobedience. Studies indicate that youth's first experiences of social participation are fundamental to future civic participation. Two parallel phenomena can be observed amongst youth. On the one hand, they are politically excluded. On the other, they contribute to the community by participating in charity campaigns, fighting against climate change etc. Therefore, their activism could be expressed in ways that escape the traditional definition of citizenship. This is particularly true when it comes to what has been called digital citizenship that has created new spaces for citizenship engagement. The expansion of new technologies affects all countries and cultures. Comparing these technologies work in countries with specific differences and similarities can identify context specific issues and highlight its specific nature. This symposium will present research on the role of new technologies (in particular social media) for citizenship activity of young people in two societies representing Asia (Hong Kong) and Europe (Poland). In addition to cultural differences, both societies have witnessed "democratic backsliding", that is often questioned by young people using different forms of citizenship activism. The issues to be addressed in this symposium will be (1) How do young people conceptualize the phenomena of virtual citizenship in relation to citizenship? (2) Is social media a political tool for engagement or an excuse not to engage in the real world? (3) What are the measurement issues related to portraying social media and political engagement reliably and accurately? (4) How do forms of virtual citizenship influence minoritized students?

### **How Young Asians Conceptualize Digital Citizenship and Associated Participation and Engagement – Hong Kong Example**

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S16-10-ŠD

The paper reports an understanding of digital citizenship by a group of university students in Hong Kong. Three focus groups with eight students were conducted. The study found that the participants' understanding of digital citizenship encompasses a number of concepts including digital skills and capability; safe, ethical and responsible use of technology; participation and engagement; and critical participation and engagement. Concepts such as digital citizenship, e-citizenship and virtual

citizenship appeared to be similar to the participants while they contrasted between digital citizenship and traditional notion of citizenship. The participants highlighted a number of benefits when functioning in digital space. They include more convenience of doing things online; digital space enables them more freedom to carry out responsibilities and express opinions; acting digitally can avoid the confrontation that may happen during face-to-face; limitless opportunities to learning. The higher engagement in digital space may be attributed to flexibilities of hiding one's original identity and not having to take responsibility for actions. The implications for (digital) citizenship education are discussed.

### **How Young Europeans Conceptualize Digital and Virtual Citizenship – Polish Example**

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S16-10-ŠD

The presentation reports the way in which young adults who recently acquired formal civil rights, conceptualize the phenomena of citizenship and virtual citizenship in the context of citizenship education. Two hundred eighty-five Polish university students aged 18-23 (79% females) participated in on-line study in two stages: (1) 143 people at the beginning of common online social experiences (beginning of pandemic on spring 2020), (2) 142 people at the adaptation to common online social experiences (winter 2022). Associative Group Analysis (AGA) method that supports qualitative and quantitative analyses was used to collect associative constructs and conceptualize the studied phenomena. Citizenship education is mainly seen in terms related to the transmission of knowledge, the acquisition of information. This perception shows an underestimation of the potential that exists if it is carried out in an active manner. Virtual citizenship is linked with the membership in the global community and, as a concept, is focused on individual-interpersonal dimension. Citizenship is treated by young adults as its opposite, as indicated by the strong nationalist and patriotic overtone exposed in collected associations. The perception of this phenomenon includes in particular the collective-state dimension. The differences in the perception of the phenomena in the two stages of research concern the conceptual expansion of the phenomenon of virtual citizenship. According to the results of the mentioned comparison, there is a dilemma to be resolved as to which dimension of citizenship, the citizenship education is supposed to strengthen. The one related to the nation-state, which puts stronger emphasis on national identity, common roots and patriotism, or the one oriented towards functioning in the global village, where relations to the state are not so strong and the main focus is on global relations and functioning of an individual?

### **Measuring Social Media Use and Political Engagement Among Young Adults: Psychometric Properties and Theoretical Validity of Research Tool**

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S16-10-ŠD

The widespread use of modern technology by young people means that their socialization takes place largely online, mainly on social networking sites. This includes political and civic socialization. Social media and political participation questionnaire is used to measure young adults on-line citizenship activity. Tool consists of 65 questions evaluating four constructs. Two of them measure the understanding of (1) digital citizenship and (2) media literacy. Two of them measure young people citizenship activity (3) online and (4) relationship between online and offline participation. The aim of the study was preliminary tool validation - its psychometric properties and verify theoretical (structure and content of factors). One hundred ninety-one students (78% female) from Poland (82%) and Hong Kong (18%) aged 19-26 studying different disciplines (psychology, education, computer science, philology, art) participated in the study. The preliminary results indicated that the internal consistency of these scales, and young people understand digital citizenship mostly as respect for digital ethics, participating in social actions and getting global awareness. Young people understand media literacy as attitudes to rules and regulations, be critical and safe and getting information. Young people manifest three groups of digital social engagement as participating in civic actions, building relationship and community and sharing opinions. The findings also revealed that the relationships between participation online and offline are statistical significance. The inter-correlations between digital social engagement, media literacy, digital citizenship and well-being as well as their personal/social/cultural determines need to be will explored in a multi-country youth study.

### **The Moderated Mediation Effect of Online Participation on Civic Engagement and the Identity of Minoritized Students**

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S16-10-ŠD

The identity issues of minoritized students are complex since they show strong identity toward Hong Kong rather than their home countries and China. This study aims at exploring how their identity develops, and whether participation online for civic activities facilitates civic engagement. A cross-sectional survey with sample of 419 minoritized students was collected to test the moderated mediation relationships of online participation on civic engagement and identity. The results

indicated that they were influenced by their civic activism of online participation, and the findings have implications for both policy and practice highlighting the important role of their identity.

## Discussion

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S16-10-ŠD

The objectives of this presentations are to provide an overview of all the presentations, identify themes across the papers, suggest strengths and weaknesses in each of the papers, and indicate what might be future directions for research in the area. The papers will be submitted to the Discussant prior to the conference. In developing a response, the focus will be on the individual papers in order to provide constructive feedback. A thematic analysis of the papers will be made to identify common and contrasting themes relating to youth participation in different countries. The Discussant will synthesize the key issues and indicate future directions research. The results of the above analysis will be framed to address the key issues raised by the conceptual framework for this research. In this framework, young people's civic attitudes and values are classified according to the way they envisage their future civic engagement. The results will thus enable an evaluation of the effectiveness of this framework, which is relatively new in the field of youth civic engagement. It is not expected that the results across countries will necessarily be invariant because context plays an important role in influencing the construction of civic attitudes and values. Thus variation rather than uniformity across countries is expected. Nevertheless, the robustness of the common instrument that was used across countries (and described in the session overview paper) will be evaluated in this overview presentation. This session will be concluded with an assessment of how the papers presented have contributed to the literature on youth civic engagement. In particular, the questions they have raised within the different country contexts will be highlighted. Given the cross national nature of the papers to be presented in this session their contribution to comparative political research will also be assessed.

## Providing Counseling Services to Students During the COVID-19 Pandemic: The Experience of the Counseling Center of the American College of Greece

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S2-11-LD

The COVID-19 pandemic and the subsequent measures taken globally to prevent the coronavirus' outbreak, have brought about significant changes in the way counseling and psychotherapy services are being delivered worldwide. In the present symposium we will, firstly, attempt to describe the main changes in our practice and secondly, to investigate their effects on some of the key dimensions of the interventions, as experienced by the counselors, their supervisors and the clients of the counseling center. The absence of the physical body from the sessions has launched a new reality, often challenging for all parties involved. Nevertheless, although physically absent, the body remains present in a different way, exerting a significant influence on the therapeutic process. Despite the alterations and adjustment of our practices to this new "disembodied" condition, it is evident, thus far, that online counseling has been of paramount importance in our efforts to support vulnerable graduate and undergraduate students, as well as faculty and staff to cope and endure the unprecedented adversities of the invisible, but still lethal threat of the coronavirus.

## Theoretical Considerations on the Unexpected Transition From Face-to-Face to Online Counseling

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S2-11-LD

This presentation aims at introducing the audience to the topic of the symposium. There will be a presentation of the main alterations of the daily practice of the Counseling Center and their repercussions to the nature of requests and needs of its clientele and the relationship formed between counselors and students. The counselors in training, being graduate students themselves, are also impacted by the unprecedented reality of the forced transition to the online functioning and need to be further supported by the staff, faculty members and primarily their supervisors. All the aforementioned issues are discussed in the light of recent conclusions on the online delivery of mental health services.

## Behind the Screens: The Online Therapy Experience of Counseling Trainees During the COVID-19 Pandemic

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S2-11-LD

The sudden arrival of COVID-19 and the subsequent pandemic forcefully pushed therapists into transitioning from a face-to-face to an online therapeutic format for the provision of their services. Practicum students of the Counselling and Psychotherapy MSc of a large private Greek university similarly had to undergo such a dramatic shift, with the counseling center completely adjusting its services into an online format. In a qualitative study through the use of semi-structured interviews and Interpretative Phenomenological Analysis (IPA), it was explored and provided insight into the experiences of four counseling trainees who conducted online therapy during the pandemic. Results will be presented in three super-ordinate themes; (1) the birth of the professional identity (e.g., feelings of incompetence, alienation from peers and supervisors), (2) the practical elements of transferring therapy online (e.g., privacy, confidentiality, lack of training), and (3) the trainees' experience of the online therapeutic relationship (e.g., renegotiation of boundaries, loss of body language). Being among the first to explore such research questions with a Greek sample, it will be presented how the study adds onto existing knowledge, and sets the foundation for new fields of research. Considering the immense impact of the pandemic on the provision of mental health services worldwide, results can serve as an important example of the issues that trainees and faculty may be faced with in the post-COVID-19 therapeutic plane.

## Cultivating Psychotherapeutic Resilience in the Midst of a Pandemic: A Case Study of Crossing the Ocean of Resistance

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S2-11-LD

This case demonstrates how COVID-19 related challenges in a college counseling center, can potentially serve as an opportunity to ease socially inhibited individuals into the process of online counseling and to eliminate one's resistance to psychotherapeutic intervention. Matthew, a 22-year-old study abroad student contacted the college counseling center in order to renew his medication prescription. Matthew's previous diagnosis of Generalized Anxiety Disorder, Major Depression as well as Attention Deficit Hyperactive Disorder were being solely treated with antidepressants, anxiolytic medication and stimulants. After seeing the counseling center's psychiatrist, Matthew was prescribed antidepressants only and was encouraged to start counseling sessions in order to cope with further challenges including difficulties in concentration and social withdrawal. Matthew had previously

resisted psychotherapy because they "didn't want to bring up feelings of the past" and only agreed for the purpose of continuing receiving prescribed medication and later "having someone to talk to while being here". Despite their initial reluctance Matthew was able to overcome their reserve within the online sessions, to rapidly become invested in the process and to later practically apply their social progress outside of the realms of the virtual world and into real life circumstances. This case study provides the opportunity to dive beyond the anxiety and depression of a non-binary study abroad student and explore themes of maternal death, sexual trauma, and identity, through the lens of the webcam of a brief online psychotherapeutic counseling process.

## Being Apart but Still Connected: Online Supervision During the COVID 19 Pandemic

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S2-11-LD

Traditionally our postgraduate students held their counselling meetings on campus in the Counseling Center being in close proximity with the director of the Center, their supervisors and their fellow colleagues during most of the day. In the last two years this situation changed unavoidably because of the lock downs out of Covid 19. In the current presentation benefits and challenges of online supervision will be discussed as they have emerged out of our experience. At the beginning online supervision was obligatory due to the lock down of the University, while nowadays is still a choice, mostly in cases of emergency. One major benefit of the online supervision, that cannot be overlooked, is that the overall activity of the Counselling Center could continue during these stressful and uncertain times exactly because online meetings were possible. Also, the issue of space, supervision was possible from everywhere in Greece, as well as the issue of time flexibility can be added in the benefits of the online supervision. Issues such as connectivity, relationship between supervisor and supervisee, communication, crisis intervention, isolation, proximity, and distance will be discussed. The theme of assessment will be also addressed. Finally, the ethical issues and obligations that arose during this new process will be thoroughly presented.

## Using Technology in Social Psychology Research: From Interpersonal to Organisational Outcomes

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S16-11-M3

The use of technology in psychological research is becoming widespread and can have methodological benefits such as control of extraneous variables in experimental designs when using virtual reality (VR), increasing experimental realism when using video-based vignettes, and improving accuracy of behavioural coding. In this symposium, we present four lines of research that explore the role of various technologies in understanding interpersonal and organisational outcomes. In the first talk, Stosic & Ruben will present two studies using 198 dyads, comparing the validity and reliability of automatic coding (Motion Energy Analysis) vs. human coding of synchrony in short segments of conversation (face-to-face and videoconferencing). In the second talk, Schlegel and colleagues use video-based vignettes to investigate the relationship between emotional intelligence and work-related outcomes in a sample of 262 raters. In a third talk, Schmid Mast and colleagues present an experiment with 299 Swiss and Indian participants, investigating the effect of technology (Human-Machine asynchronous video interview vs. Human-Agent asynchronous video interview vs. face-to-face interview) on objective job interview performance. Finally, Latu and colleagues present research that uses VR to manipulate male STEM academics' (N = 72) embodied perspective taking, by embodying a female avatar in a stressful situation during a virtual conference. Paired with scientific information about gender bias, VR perspective taking led to more positive attitudes towards gender equality initiatives among STEM academics. Overall, these four talks demonstrate various uses of technology to manipulate and measure psychological variables. Similarities and differences with "old-school" methods (e.g. manual coding, face-to-face interactions) will be discussed, as well as implications for practice and future research.

### Being Interviewed by a Computer, an Avatar, or a Human – Different Subjective Perception but Same Objective Result

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S16-11-M3

More and more we interact with digital partners such as avatars or programs in which questions are asked by a computer. People generally indicate a preference for interacting with

a "real" human because they feel that they cannot "show" their competencies and potential when interacting with digital partners. The question we are asking is whether these perceptions are confirmed when interaction performance is measured objectively. We randomly assigned participants (N = 299) from two different countries (Switzerland and India) to a face-to-face interview, a Human-Agent asynchronous video interview (with a virtual recruiter), or a Human-Machine asynchronous video interview (with written questions) and collected data on participants' subjective reactions and objective behavior (rated by external coders based on the videorecorded interviews). Whereas participants reported more negative reactions toward the two asynchronous interviews compared to the face-to-face interview with a human, objective ratings from independent raters revealed similar performance levels across the three conditions. These findings suggest that although we feel less at ease interacting with "digital partners", they do not make us perform less well.

### Ability Emotional Intelligence, Impression Formation, and Conflict Management Performance in Managers

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S16-11-M3

The ability to perceive and use emotions in a way that facilitates the attainment of one's goals, also referred to as ability emotional intelligence (ability EI), is considered an important predictor of work outcomes such as job satisfaction, supervisor ratings, or transformational leadership. The different facets of ability EI, in particular the ability to manage others' emotions, are also expected to contribute to a more effective resolution of work-related conflicts. However, little research has examined whether performance on standard ability EI tests predicts actual behavior, impressions, and outcomes during conflicts or other emotionally laden situations. In the present study, 108 managers enrolled in leadership courses at a business school in Belgium completed a new standard ability EI test designed for the workplace (Geneva Emotional Competence Test, GEC<sub>o</sub>) and were recorded responding to four video-based vignettes. In each vignette, an actor or actress playing an "employee" addressed the manager regarding a work-related matter, such as complaining about the bad feedback received by the manager. Managers responded spontaneously without having time to prepare a response. The four video recordings for each manager were rated by 262 raters (251 workers from Amazon's Mechanical Turk and 11 research assistants) on 20 items forming four scales (warmth, competence, dominance, and effectiveness) and with respect to overall performance in handling the situation. Each manager received on average 21 independent ratings. Results showed that three out of four GEC<sub>o</sub> subtests (emotion understanding, emotion management in others, and emotion regulation in oneself) positively correlated with impressions of warmth, competence, and effectiveness, as well as with the overall performance rating. Effect sizes were small to medium. The GEC<sub>o</sub> was unrelated to perceptions of

dominance. These results confirm that ability EI translates into real-life behaviors, and that managers with high ability EI are more skilled at handling work-related conflicts.

### **Measuring Synchrony: The Reliability and Validity of Human Coders Versus Automated Systems**

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S16-11-M3

Some have argued that humans' propensity to synchronize their movements to one another, whether it be in dance, music, or even two strangers falling into identical step while walking down a street, is one of the most pervasive drives throughout all of nature. To measure this important phenomenon, researchers have historically relied on manual human coding to rate the extent to which the movements of two or more individuals seem rhythmic, smooth, and coordinated. Recently, automatized microanalysis tools have been developed in order to aid the arduous efforts of human coders. While the integration of these tools into psychological research has the potential to overcome the laborious, and potentially biased assessment of synchrony by human coders, the reliability and validity of these programs are less well established. The present research sought to systematically compare the reliability and validity of synchrony coded by humans to synchrony coded by an automatic software named Motion Energy Analysis (MEA). Two studies were conducted in which dyads were videotaped having an approximately 5-minute-long conversation. Study 1 (N = 100 dyads) was conducted in-person while Study 2 (N = 98 dyads) was conducted over a videoconferencing platform. Short 30-second segments of the beginning, middle, and end of each interaction were coded for synchrony both by human coders, as well as by the automatic MEA. Each synchrony measurement approach yield different reliability and predictive validity coefficients. Additionally, these results differed depending upon whether synchrony was coded from in-person interactions or from videoconferencing interactions. The advantages and disadvantages of manual versus automatic synchrony coding are considered, and the future of synchrony research discussed.

### **Using a Virtual Reality to Improve Diversity Attitudes Among Male STEM Academics**

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S16-11-M3

Diversity initiatives within academic environments, despite their relative success, have not always been received positively by academics, thus slowing progress towards gender equality

in STEM. We investigated whether a dual approach of exposure to empirical evidence regarding gender bias paired with taking the perspective of minority group members would improve attitudes towards diversity initiatives. In one experiment, male STEM academics (N = 72) took part in a virtual reality experience emulating a research conference while we also assessed their electrodermal activity (EDA). Participants watched a presentation containing evidence-based information about the causes and consequences of gender bias (versus a neutral presentation). Additionally, to manipulate perspective taking, we asked participants to take the perspective of either a female or male academic by viewing their virtual avatar in a mirror, while interacting with predominately male conference attendees. Male academics exposed to gender bias information reported more positive diversity attitudes compared to neutral information, particularly when taking the perspective of a female academic. Perspective taking also led to greater EDA compared to those assigned male avatars, suggesting male academics exhibited similar patterns of physiological stress as women in male-dominated contexts. We discuss how virtual reality (compared to "old school" methods) can be used to improve attitudes towards diversity for STEM academics.

## Ethical Clinical Supervision in Hub Science

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S13-11-E1

The practice of clinical supervision provides a major mechanism to instill the ethos and the ethics for future generations of psychology practitioners and leaders. Internationally, recognition is growing that clinical supervision has not been granted the status or educational infusion necessary to ensure essential transmission of knowledge, skills, values, and attitudes to elevate it to a level of importance it requires. In this symposium, leaders from multiple countries will address strategies to provide systematic and intentional ethical clinical supervision towards instilling psychology as a hub science, supporting empirical methods and exploration and interdisciplinary collaboration. Contributions will distinguish essential components of training, empirical exploration, worldviews, and a leadership vision for the future. Drawing upon empirical support, models, and intersections with clinical supervision advances including the Guidelines from the European Federation of Psychologists' Associations (EFPA), and the American Psychological Association Supervision Guidelines (APA), presenters will provide an approach to infusing, training, and assessing, specific competencies with a vision towards expertise and scientific rigor. For future generations of psychologists, attending to empirical support, guidelines, positive ethics, and the entire spectrum of systematic competencies for supervision will be essential. Presenters from Slovenia, South Africa, Norway, and the United States will present a spectrum of perspectives and priorities.

## Ethical Clinical Supervision in the United States: Application to Hub Science?

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S13-11-E1

Internationally, recognition is growing that clinical supervision has not been granted the status or educational infusion necessary to ensure essential transmission of knowledge, skills, values, and attitudes to elevate it to a level of importance it requires. In the U.S. strategies to provide systematic and intentional ethical clinical supervision provide an excellent structure aimed towards supporting psychology as a hub science, supporting empirical methods and exploration and interdisciplinary collaboration. Increasingly recognition is growing that institutional pressures, publication imperatives, and hierarchical relationships among supervisors and supervisees may all increase the risk that pressures overwhelm ethical imperatives. Lack of ethics training, publication and funding pressures, lack of competence in supervision which then results in failure to establish supervisory relationships for modeling and feedback occur, influencing general ethical adherence. All of these undermine ethical research practice. Supervision and supervisory relationships serve to socialize supervisees into the research and ethical communities. However, disconnects may exist in research communities in which students or supervisees do not experience belonging or connection. It may be that a supervisory alliance has not been developed. Significant issues may relate to incompetent and inadequate supervision, supervisor abandonment, lack of connection to supervisors or research leaders with communication only through other more senior students, abusive and exploitative supervision, bullying, confounded or dual relationships, encouragement to commit fraud, and authorship issues. Supervisors are significant role models for students and supervisees alike. Reflection on the American Psychological Association's Guidelines for Clinical Supervision in Health Service Psychology provide a frame for ethical supervision in health sciences. Application of specific supervision guidelines and ethical practices will be discussed in the frame of science.

## Supervised Practice System in Slovenia

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S13-11-E1

In 2015–2016, Slovenian psychologists and the Norwegian Psychological Association collaborated on a project under the Norway Grants program that developed a system of supervised practice for psychologists in Slovenia. The system expanded the current probationary period requirements to include the principles of supervision from the EuroPsy regulations. The project developed a web platform with information for trainee

psychologists and supervisors, guidelines for implementing supervised practice and supervision, and documents to facilitate and monitor the development of professional competencies and the supervisory relationship. In addition, a training program for supervisors was designed that focuses on developing competencies for the various functions of supervision – educational, supportive, and evaluative. In the presentation, we will summarize the project results and present the current situation in Slovenia regarding supervised practice: the requirements for independent practice in various fields of work and the consequences of the absence of the Psychology Practice Act. We will talk about the advantages of the developed system of supervised practice compared to the typical probationary period and the benefits for both supervisees and supervisors, focusing on the competencies acquired during supervised practice, professional ethics, and satisfaction with the supervisory relationship. The risks for the sustainability of the developed system and the obstacles for the participation of all Slovenian trainee psychologists in supervision will be analyzed, such as financial issues and the motivation of the different parties involved. Recent improvements and our plans for the future, addressing current challenges, will be presented.

### **Europsy: Supervised Practice and Professional Education**

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S13-11-E1

Supervised practice is central to the development of competent performance and the acquisition of competences required for professional practice as a psychologist. The novice psychologist must find his/her new identity, and a safe relationship is critical for developing professional and personal maturity. Supervision early in one's career is often based on a "master – apprentice" relationship. EuroPsy, a standard provided by the European Federation of Psychologists Associations (EFPA), requires one year of supervised practice. Focus will be on ethical dilemmas and the supervisors' qualifications. When general rules do not determine unambiguous conclusions about what ought to be done in particular cases, there is a space for discretion, or a "space of autonomy", in professional judgment and decision-making. And this is often the time we appreciate the help from competent supervisors.

### **Integrating Research Evidence, Diversity, and Interdisciplinary Collaboration Into Clinical Supervision in South Africa**

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S13-11-E1

Clinical supervision in the training of professional psychology students is mandatory and regulated in South Africa. However, there is no formalized training requirement for supervisors. As a result, the benchmark for supervisory practice can vary, and the need for a regulatory framework guiding supervisory training and competence is evident. Inherent in such training must be certain fundamental components, including issues relating to diversity and multiculturalism, especially given South Africa's history and its 'rainbow nation' that the late Archbishop Desmond Tutu described so eloquently. It is no longer acceptable to gloss over issues of race and cultural diversity, or pretend that they are not visible. There is also a need to incorporate research evidence into supervisory practice and case management, especially considering psychology as a hub science and its links to the social sciences and medicine. Professional psychology has moved substantively into the era of evidence-informed practice and students must be trained to think about clinical practice in this way, more so in resource-constrained contexts. Furthermore, students must be trained to work collaboratively within multidisciplinary contexts, rather than assumed to be able to conduct themselves ethically and professionally in such contexts. Modelling influences from supervisors can be helpful, but are not sufficiently provided and should be encouraged. An exploration of these issues and recommendations will be presented.

## Human Behavior and Decision Making – Psychology’s Role in Addressing Climate Crisis

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S14-11-KD

Climate crisis continues to affect more and more across the world. A recent Portuguese climate law considers stable climate as a world heritage. This common ground, shared by people worldwide on an intergenerational basis, must be preserved and mobilize the social transformation needed. Psychology, as the study of human behavior and decision making, can play a key role in its success. So, it is indispensable to change the question from “How can psychology contribute to the climate crisis?” to “How can we possibly address climate crisis without the contributions of psychology as a science and as a profession?”. Psychology is crucial to the design and implementation of efforts to prevent, mitigate and adapt to the consequences of this crisis. In addition, offers data related to how human beings respond to the uncertainty associated with our changing climate, inclusive of changes in life demands, societal structures, and other complex societal challenges. Psychologists are, also, vital to give emotional and psychological support in catastrophes, to act as public health and mental health providers, both preventively and promotionally, and specialists in communication, risk perception, and the design of public policies in this area. In this symposium, we will discuss the role of Ordem dos Psicólogos Portugueses [Portuguese Psychologists Association], the American Psychological Association, the European Federation of Psychologists’ Associations, and the New Zealand Psychological Society, mobilizing psychology and psychologists in working to address the climate crisis. We will also present different actions developed by the associations at national, regional, and international level, including the International Summit on Psychology and Global Health - A Leader in Climate Action and the creation of Global Psychology Alliance. Finally, we will reflect on the climate crisis as a complex societal challenge that demands transformations focused on bringing people together with an emphasis on well-being, equity, and humanity.

## Human Behavior and Decision Making – Psychology’s Role in Addressing Climate Crisis: Ukrainian Experience

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S14-11-KD

The climate crisis requires us to take immediate and decisive action. For developing countries like Ukraine, this is a huge challenge. Weak legislation in the field of environmental protection, non-modernized production and the focus of society on other problems - all this significantly complicates the situation. Sharing awareness of the problem in society,

empowering communities with evidence-based knowledge and tools, and activation of the grassroots initiatives are extremely important in solving climate issues. Changing mindsets, motivation, and behavior of people can completely change the situation, for instance, forcing the politicians to adopt laws that will cause the modernization of manufacturing and waste management. Modern psychology has a wide range of knowledge that can help change the situation. World psychologists are already acting in a consolidated manner. As a member of the Global Psychology Alliance, National Psychological Association of Ukraine has been working for several years in the field of changing behavior in relation to the environment and preventing the climate crisis among Ukrainians. Currently, we have several successfully implemented initiatives that may be available to other countries that have similar external circumstances. Such initiatives do not require significant funding and are possible for implementation among colleagues. At the same time, they all can induce a chain reaction and involve a large number of people and include psychological knowledge. In this symposium, we will discuss the role of professional psychologists in working to address the climate crisis in developing countries, their resources, possibilities and importance.

## Human Behavior and Decision Making – Ordem dos Psicólogos Portugueses (Portuguese Psychologists Association) Role Addressing Climate Crisis

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S14-11-KD

In this presentation will be discussed the Ordem dos Psicólogos Portugueses (Portuguese Psychologists Association) work towards a more effective contribution of psychology as science and practice to climate crisis. This work includes both national and international levels and three main dimensions: with the professionals, promoting research, competences, training, and guidelines for specific contributions to climate crisis; with civil society promoting literacy and information in this area as well as contributing to stimulate pro-environmental behaviors and decisions; and with decision makers, giving specific contributions to plan and action in this area. This work tries to support the change from the question “How can psychology contribute to the climate crisis?” to “How can we possibly address climate crisis without the contributions of psychology as a science and as a profession?”. This will be reflected as part of our work and our contributions to the design and implementation of efforts to prevent, mitigate and adapt to the consequences of this crisis, considering climate crisis as a complex societal challenge that demands transformations focused on bringing people together with an emphasis on well-being, equity, and humanity.

## **Addressing Climate Change in Aotearoa/New Zealand and the Pacific: The NZ Psychological Society Perspective**

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S14-11-KD

Since the establishment of its Climate Psychology Task Force in 2014, the New Zealand Psychological Society (NZPsS) has taken an active role in addressing climate change and its effects on people in Aotearoa/New Zealand and the Pacific. We have also been a participant in the Global Psychology Alliance (an international network of psychological associations) and have contributed to its strategy on climate issues. This presentation provides a broad overview of the work of the NZPsS in relation to local, national and regional climate change effects and the socio-political responses to those. Our focus encompasses the validation of impacts (past, present and future), on the indigenous peoples of Aotearoa (Māori) and Pacific nations, whose pleas are not being heeded and for whom decisive action is an immediate priority to protect their land, resources, economic wellbeing and culture and to ensure the survival of their people. It includes the acknowledgement of those voices and the importance of empowerment of those people in their demand for effective change in the attitudes and behaviours of the leaders, corporations and others whose actions are critical for the future of the planet and its inhabitants. We believe psychology has a moral and ethical responsibility to be a leader in advocacy on climate issues and a partner to communities and nations for whom climate change is an existential threat.

## **Tackling Big Policy Issues at the European Level – Psychology and Climate Change**

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S14-11-KD

For a regional organisation like EFPA to be effective at the European level in contributing psychological science to policy in an area such as climate change, it is important to organise. Firstly, the European political context is important. Europe and EFPA's membership stretches beyond the EU, but the EU's policy and influence in this area is of enormous significance and is therefore a major focus. The European Commission has set the ambition for Europe to be the first climate-neutral continent in the world by 2050, and the European Green Deal with its ambition to have 'no person and no place left behind' is the major programme designed to make this ambition a reality. Investment has been committed amounting to one third of the €1.8 trillion from the NextGenerationEU Recovery Plan, and the EU's seven-year budget. This presentation will consider how an organisation like EFPA can commit to a strategic focus such as climate change and what that involves; also how to decide

on an approach that is appropriate, the fit with mission and governance and the knowledge base of the profession. The line between policy influencing using the evidence base and issue activism is not necessarily easy to draw. Consideration also needs to be given to where to focus. Is it on the core professional business of support for individuals? On crisis and disaster support? Or should the focus be on the greater reach of psychology's unique contribution recognising that climate change can only be reversed by a general change of human behaviour at various levels (individual, community, wider society)? The approach EFPA is taking in operationalising this commitment will be outlined, and how communication and partnership working are essential to making this happen. How psychology across Europe can realise its potential in this topic will be discussed.

## A Role for Psychology in the Context of the Digital Revolution

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S3-11-E2

The transformation of reality that Artificial Intelligence and associated technologies have, may still be uncertain, and to glimpse all its impacts is not yet completely possible today. However, it is now certain that the massive use of digital means raises challenges in all spheres of human life. This encompasses new opportunities, but certainly major threats and potential damage, as some research has been showing. Technology and human behavior have always been interconnected, but this digital revolution makes it even clearer than ever. As a behavioral science, Psychology is positioned as a critical science, given the impacts these sudden changes have in our lives, but also in terms of the change they imply for the professionals themselves. As a result of the huge progress in digital technologies, psychologists are faced with beneficial changes, but also with disruption and new threats. Psychologists are a crucial part of the effort to keep humanity at the center of technological innovation. The aims of this symposium, with the participation of members of the EFPA Project Group on eHealth, and members of the Ordem dos Psicólogos Portugueses/Portuguese Psychologists Association, are: to characterize and discuss the impact of the digital revolution in our lives, including its opportunities and risk, Cybersecurity, as a major pillar in the digital transition and the challenges it brings for psychologists; Digital Twins and Exemplary Academic Program, to reflect on potential changes in training curricula that may be necessary to address these needs and challenge of a highly digital and technological world.

## Psychology and the Digital Age: From Utopia to Dystopia and Back

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S3-11-E2

Cultural and technological development are closely intertwined with the development of the human mind, either on ontogenetically or phylogenetically, right from our most ancestral origin. Right now, some claim that we are witnessing the dawn of a new age – the digital age – with tremendous impact in our daily lives. It is no surprise the psychological effects created by our increasingly digital societies. What are these effects? What changes for psychological science. On the one hand, we have entirely new societal problems with psychological relevance (e.g., cyberbullying, cyber safety and human behaviour); on the other hand, we have new tools of intervention available for psychologists and their clients (e.g., web-based interventions, immersive technologies). In this brief and provocative presentation, different promises

and even utopic scenarios in this field are contrasted with dystopic future landscapes. This presentation around this pendular movement between utopia and dystopia is offered as an opportunity to discuss what role psychologists may have in designing a better future for the human kind.

## Master Erasmus Cyberspace, Behavior and E-therapy (CYBER)

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S3-11-E2

Technology has permeated all areas of society today, offering a broad range of opportunities for the therapist, for example to facilitate access to a therapist in situations of restricted mobility, as in the recent COVID-19 worldwide sanitary crisis. Although more and more clinicians use teleconsultation nowadays as a complement, very few of them have been trained with the specific features of these new forms of clinical practice. This raises numerous questions for research and practice in clinical care. Very few programs currently exist to train professionals in healthcare and in the related fields that enable these new practices, e.g. engineering, applied mathematics, computer science, etc. In the specific area of mental health, professionals must be prepared to face in clinical practice the digital dimension of the experience, as well as achieve the necessary knowledge about all that equipment, devices, apps, that facilitate and improve the quality of mental health intervention. This is not detrimental to the therapist's basic skills, but, quite the opposite, leads her/him to adapt them to the new supports. The Erasmus CYBER Master's degree aims to provide healthcare professionals with the IT related concepts and tools of intervention in the areas associated with human behaviour and mental health. The Master will be focused on two main areas of knowledge, on the one hand the importance of an accurate management of the data processing derived from the quantification of human behaviour. And on the other, the use of IT applications in the comprehension, research, assessment and intervention in human behaviour and mental health. This Master has a length of 2 academic years structured in four semesters. Each semester will be conducted in one of the universities of the consortium: Universidade Lusófona of Portugal, The University of Paris and the University of Barcelona.

## Human Firewalls – The Impact of Psychology in Enhancing Cybersecurity

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S3-11-E2

Cybersecurity and cybercrime prevention are a real necessity, due to the increasing volume of incidents with the ability to stop or weaken organizations, causing not only economic, but

also reputational losses. This “methodology” is now a form of revenue for hackers and criminal organizations, taking advantage of the increasing digitization of all aspects of our lives, taking advantage of the rising of remote work and the new digital dependencies to which we are increasingly subject. To combat cybercrime it is necessary to understand its economy, and it is essential to understand the relationships, connections and behaviors involved. It is important to stress here the importance of behavior, people and skills as capital vectors in the fight against cybercrime and the contribution that Psychology can make in empowering people, making them robust human firewalls. As Schneier says, „only amateur hackers attack machines, professionals target people.“ 97% of malware attacks try to trick users, with only 3% dedicated to exploiting technical failures, and more than 84% of hackers rely on social engineering strategies as a primary way to access systems. This data is consistent with the paradigm shift regarding digital intrusion attempts. It is no longer a priority to „hack“ the machine, but the user. In this way, the more protected the user is, the more likely institutions will be ready to prevent and decrease their exposure to risk. This is where psychology can be differentiating by working issues related to beliefs, attitudes, and behaviors, promoting cyberresilience behaviors, but also working on the emotional dimension so intertwined with decision-making processes. Cybersecurity is now a central concept. It is no longer a technological option, it is becoming a societal need and, in this context, psychology’s contribution gains greater relevance in a process of digital transformation that has been aimed as centered around humans.

## Digital Twins and the Potential for Mental Healthcare

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S3-11-E2

As our lives are increasingly moving online, we are generating an abundance of personal data. From personal pictures and videos, our streaming behaviour, our interactions on social networks, the way we browse the web and the way we use the digital devices that surround us. The data that we generate allow for large scale in-depth analyses painting a detailed picture of our (virtual) self. Most analyses of such data, however, are still in domains like advertising, that primarily see us as consumers and not really as individuals. We could however, also use this data ‘for good’, as first examples in (mental) healthcare demonstrate. Two important, related concepts in this context are digital phenotyping and digital twins. Digital phenotyping essentially implies using digital devices to allow for the “moment-by-moment quantification of the individual-level human phenotype in situ”. Gathering sufficient data to determine (clusters of) individual profiles of patients, results in the matching of patients with their own digital twin. This concept originates from the industrial world, and refers to a digital replica of a physical entity for the purpose of real-time optimisation and testing. In healthcare, this implies the creation of a virtual patient, with similar or close characteristics of actual patients. Matching patients with their digital twins, might have the potential to move

to precision mental health, where we can better differentiate based on individual patient characteristics and tailor treatments toward individual needs. Or that is, at least, the goal in theory. During this contribution, we will therefore look at the current evidence-base and use of digital phenotyping and digital twins, but also look ahead towards their future potential.

## Individual Presentations

### Data Science: Artificial Intelligence in High-Stakes Assessments and Organizational Settings

#### Can Artificial Intelligence (AI) Measure Psychological and Workplace Behaviors: Studies From the Field

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IP20-1-KC

With the advent of Computational Psychometrics, or the combination of Data Science procedures with I/O Psychology guidance, it is now possible to evaluate large amounts of data for the sole purpose of modeling or creating psychological profiles based on behaviors, competencies, emotions, thinking styles and judgements. In this paper, I will describe AI-based assessments and draw upon computational psychometrics to show their levels of measurement accuracy, adverse impact, and prediction of various success metrics (e.g., job performance). Drawing upon Schmidt and Hunter's meta-analytic research identifying the best predictors of job success (structured interviews and general mental abilities) two studies will be presented that describe the design and psychometric principles of AI-based assessment techniques (AI-scored interviews and cognitive games). In Study 1, I describe the AI tools (verbal and para-verbal modeling) to auto score interview responses and then describe the machine learning techniques to score psychological theory driven game assessments. The interview-based AI models demonstrate high levels of convergent validity (average  $r$  value of 0.66;  $n=60,183$ ), acceptable levels of divergent validity (average  $r$  value of 0.50;  $n = 17,044$ ), good test-retest reliability (average  $r$  of 0.72;  $n = 181,610$ ), and minimal levels of between-group differences (Cohen's  $d < 0.20$ ;  $n = 81,910$ ). Similar convergent validity results for the game-based assessments will be presented (average  $r$  value of 0.60). In Study 2, the AI-based assessments are evaluated for their predictive validity on organizational data in four criterion validation samples (AI-based Interview average uncorrected criterion validity of .24;  $n = 1,687$ ). In similar criterion validation studies customized AI-based algorithms yield even higher validities (range 0.25 to 0.49) which are comparable to the predictive validity of structured interviews (McDaniel et al., 1994; Schmidt & Hunter, 1998). Conclusions on how AI-based psychological measures may impact the work of Psychologists today and in the future will be discussed along with areas of further research.

### The Prediction of Objective Career Success Based on Psychological Data

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IP20-1-KC

Psychology has long recognized the role psychological factors play in predicting objective career success (Judge & Kammeyer-Mueller, 2007). However, researches (1) study psychological determinants of success - personality, motives and cognitive ability - separately, missing out on interaction effect, (2) are conducted using global framework, like the FFM, preventing granular understanding, (3) lack practical usefulness for business decisions makers. The purpose of this study is then twofold: it aims, first, at identifying the personality, motives and cognitive predictors of objective career success at facet-level and to determine potential interaction between them, and, second, at developing an algorithm predictive of success. For our study, 452 participants completed a questionnaire measuring several objective career success variables. They also took a series of psychometric tests of an online assessment platform, measuring personality traits, motives and cognitive abilities. Data were analyzed using linear regression and hierarchical models. At step one, analysis were conducted to identify psychological predictors of objective career success. At step two, we created an algorithm computing a 'potential for career success' score - ranging from 0 to 100%, combining predictors isolated at step one. We identified facets of extraversion, openness and conscientiousness, as well as risk-taking, self-transcendence and power-related motives, that have moderate to large effect on success. Also, we observed evidence of an interaction effect between personality and motives. Finally, preliminary correlation studies show that the 'potential for career success' score computed by our algorithm correlates well with the training set ( $r = .43$ ,  $N = 452$ ), and replicates on other sets ( $r = .35$ ,  $N = 13,000$ ). To conclude, our study allows to understand the psychological factors explaining objective career success. Also, it contributes to reduce the gap between science and practice by proposing an algorithm predictive of career success, applicable by business practitioners.

### Trust in Algorithms and Statistical Literacy in Low- and High-Stake Contexts

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IP20-1-KC

Many organizations and governments around the world are collecting large amounts of data and using various algorithms to process data and make decisions. These algorithms have important consequences as they are trusted to assist decision making in many contexts. Individuals' trust in algorithms can

be shaped by many personal and contextual factors. Since algorithms have a statistical nature and different levels of explainability, statistical literacy, which is individuals' ability to understand statistical and probabilistic information, may play a role in their trust in algorithms. Individuals' trust can also show variation depending on the context of decisions. Low-stake situations such as a restaurant reservation and high-stakes situations such as employment decisions can have different effects on trust. This study tested the effects of statistical literacy, degree of explainability, and decision context on Turkish university students' level of trust in algorithms. A total of 110 students (95 females, 14 males, 1 unknown) from a foundation university in İstanbul participated in the study. Participants responded to an online survey including basic demographic questions, six items on trust in algorithms, 14 items on statistical literacy, and two items about 12 scenarios featuring algorithms with different levels of explainability and context. Half of the participants (n = 52) received low-stake scenarios with explainability and high-stake scenarios without explainability, while others (n = 58) received low-stake scenarios without explainability and high-stake scenarios with explainability. There was no statistically significant correlation between trust in algorithms and statistical literacy scores. Trust in algorithm ratings in the scenarios did not significantly differ between explainability conditions. On the other hand, trust ratings in high-stake scenarios were significantly lower than the low-stake ones. Results show that individuals' tendency to trust in algorithms is not related to their levels of statistical literacy but related to context of algorithms in use.

### **Using Artificial Intelligence (AI) to Solve Talent Movement Problems: Sourcing, Hiring, Career Change, and Internal Mobility**

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IP20-1-KC

This session is designed to present possible uses of AI in the talent lifecycle and is not a research-oriented paper focused on study design and results. The talent lifecycle usually consists of applying for the job, manager reviews of job performance, training experiences, internal movement to other roles, and exiting the company. In these events an employee will be asked to provide a variety of data about themselves, such as their qualifications and abilities to work in the given job at that company. Thus, at each of these touch points the employee or company is providing data about the employee's abilities, personality, and experiences to facilitate multiple decisions (e.g., selection, training, compensation, performance improvement, promotions, etc.). Drawing upon these varied types of data, sophisticated AI technologies can be deployed to facilitate people decisions. Today, talent decisions are made in a siloed fashion such that only data for a specific event (e.g., manager review of performance) is considered in the talent decision at that time (e.g., pay raise). Specific examples will be described showing how the AI-driven talent database will evolve over the talent lifecycle.

For example, the talent profile starts generating itself when a person applies for a job (applicant profile data), and continually grows as more data becomes available on that employee from training experiences, performance reviews, promotions, and exit decisions. In this presentation, I will describe how the use of artificial intelligence technologies can be used to consolidate, standardize, and facilitate the creation of a talent profile for each employee that will help improve the various people decisions companies (e.g., promotions) and employees (e.g., career change) make.

## Developmental Psychology: Cognition and Attitudes

### Children's Epistemic Understanding: Poland vs Hong Kong

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IP4-1-M3

Since the first experimental foray into a non-Western country, cross-cultural research on theory of mind has been growing strong and supplying important insights into the study of social cognition. The revealed cross-cultural variance in children's performance on the false belief task and other related tests has put into question the thesis that human ToM skills rely on a universal and innate mechanism. So far, researchers have posed and tested many hypotheses. Among the most researched modulators of ToM development are: parenting styles, broad cultural profiles, language surrounding the child, the executive function, the child's socialization. A considerable part of the cross-cultural data come from studies that investigate differences between Eastern cultures and the West. The best known are studies done by Wellman in China and the US, utilizing ToM Scale. Our multi-experiment study, in contrast to ToM Scale, targets a micro-scale issue: the kind of mental representation we call "beliefs". We are interested in how – in what order – knowledge about different aspects of beliefs develops in children from different cultures. We conducted our research in Poland and Hong Kong on children from 3 to 6 years old. We used the following tests: False Belief Task; Appearance-Reality Task; Opacity Task, Second Order False Belief Task. We created the tasks in an interactive way, so children perform at attributing epistemic states both to person who was present and who was absent when the crucial fact about reality was presented. We could compare how children of different ages differentiate between two epistemic perspectives based on knowledge. We asked also children for explanations of their choices and compared their answers cross-culturally. With the data in mind, we try to show how preschoolers from two different cultures cope with various tasks that measure the understanding of epistemic states.

### A Qualitative Study of Colombian Children's Perspectives on Gratitude

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IP4-1-M3

Gratitude in human beings is a complex phenomenon that can be theorized in multiple ways. According to Watkins (2014), gratitude as a positive emotion is experienced when a beneficiary recognizes that something good has happened to them and that another person (the benefactor) is largely

responsible for this benefit. McCullough and colleagues (2001) argued that feeling gratitude stimulates behaviors in favor of a benefactor's wellbeing and helps us build societies based on the common good. Gratitude as a character strength is linked with positive emotions and can potentially provide many benefits to children and adolescents. Yet, little is known about how and why children typically experience gratitude and how to promote its development. This study followed a qualitative methodology. It aimed to explore different components of children's gratitude experiences: namely, the benefactors, benefits, feelings, and behaviors associated with gratitude. The sample comprised 38 fifth-grade students (19 girls and 19 boys), aged 9–14 years, from private and public schools in Bogotá, Colombia. We conducted focus groups and written exercises separately with boys and girls. All focus groups were audio-recorded and transcribed. The transcripts and written exercises were analyzed using NVivo 12. The study was approved by the Ethics Committee of the Universidad de los Andes. Results showed many commonalities in these components, with all main coding categories found in both girls' and boys' answers and in both public and private schools. Particularities in gratitude experiences were more fine-grained and connected with everyday details of children's family configuration and economic opportunities. One emergent category in the analysis was the degree of effort children saw benefactors (mainly family members) as investing in them. These findings can be used to help inform educational interventions, making them more relevant to children in urban Colombian and other Latin American contexts.

### Examination of Time Perceptions of Different Age Groups

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The aim of this study is to examine the age-related differences in the subjective time perceptions of adults in different developmental stages. Studies show that age is associated with time perception performance. Studies have shown that individuals perceive time faster as they get older. In this study, the performance of 134 people from seven different age groups on time perception tasks was examined. Of the participants participating in the research, 21 were 20-29, 21 were 30-39, 21 were 40-49, 16 were 50-59, 20 were 60-69, 18 were 70-79, and 11 were 80. and above age. Measurements were taken again from the participants with a two-week break. In the study, the time interval method (3 minutes) and time line test, which are one of the methods of estimating the time interval used in time perception studies, were used. In order to analyze the data, Independent Groups T-test and Multiple Replicated Anova tests were used in SPSS 22.0 program. According to the results of the analysis, individuals count three minutes faster as they get older. There were also differences between age groups in terms of time line testing. Individuals in the older group marked the future tense as a shorter period than the past tense as a longer period. This is the opposite in young adults.

## Objective Measures of Goal Orientation Profiles

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Goal orientation theory describes that people can show different behaviors when pursuing a goal. Authors such as Dweck, Eison, and Nicholls have identified two main orientations: mastery-orientation and performance-orientation. Mastery-oriented people tend to learn, improve their competencies, and cooperate with others. Performance-oriented people want to make gains, regardless of the level of learning achieved. These orientations have been measured mainly by self-reports. However, this methodology has limitations, and there is a need to use complementary methods that offer greater objectivity. The Mastery Performance-Goal orientation test (MP-GOT) allows us to obtain objective measures of goal orientation. In this work, we explore the psychometric properties of MP-GOT. In addition, from a person-centered approach, we employed Latent Profile Analysis to explore goal orientation profiles. The sample of this work was made of one thousand and six hundred participants. Results show that the objective test shows high reliability and criterion validity. Latent profile analysis showed that we can describe four profiles: predominantly mastery-oriented, predominantly performance-oriented, and two mixed profiles. Results are in line with theoretical descriptions and complement those obtained by other methodologies.

## Psychology and Personality: Individual Differences

### Individual Differences in Knowledge of Meta-Moods: Anxiety and Depression

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Although anxiety and depression and their comorbidity have been extensively researched, little is known about the role of meta-mood knowledge in the relationship between anxiety and depression. The aim of the present work was to examine the extent to which individual differences in attention to emotion and emotional clarity play a role in this relationship. We collected data on anxiety, depression, attention to emotion, and emotional clarity in a sample of adolescents and adults. The first study included 258 adolescents aged 12 to 18 years ( $M = 14.6$ ,  $SD = 1.7$ , 54.5% girls). The second study consisted of 256 adults aged 32 to 66 years ( $M = 46.21$ ,  $SD = 5.53$ ; 82.03% women). In both studies, a regression-based moderation analysis was conducted to analyze the moderating role of meta-mood knowledge on the relationship between anxiety and depression. In both a sample of adolescents and adults, we found the strongest relationship between anxiety and depression when high attention and low clarity were combined. Interestingly, there was no statistically significant relationship between anxiety and depression when low attention and high clarity were combined. Moreover, this positive relationship between anxiety and depression persisted and remained positive when low attention and low clarity were combined and when high attention and high clarity were combined. The present work highlights the importance of understanding individual differences in knowledge about meta-moods, with a focus on attention to emotion and emotional clarity. In terms of knowledge of meta-moods, the combination of high attention and low clarity was found to be detrimental, as it was associated with an increased risk of co-occurring anxiety and depression. An encouraging finding was that individuals with a combination of low attention and high clarity may have developed psychological resilience that contributes to the maintenance of positive mental health.

### A Cross-Sectional Investigation of the Relation Between Career Level and Personality Traits

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Self-reported personality traits are often described as valid but relatively weak predictors of job performance (Barrick & Mount, 1991), compared with other sources of individual differences, such as cognitive ability (Schmidt & Hunter, 1998).

However, research rarely investigates how personality traits relate to an individual's career advancement. For example, it is not clear whether individuals in management positions report different personality traits than line employees—for example, in leadership, extroversion, diplomacy, innovativeness, and, more broadly, entrepreneurial personality traits (Leutner et al., 2014). This is however an important question, notably because it is frequent that high achieving line employees get promoted to supervising positions based on their performance as an employee rather than based on their leadership skills—or lack thereof. Therefore, individuals in managerial positions may not necessarily exhibit a number of personality traits however desirable to be performant as managers. Based on a correlational study of over 8,000 respondents, we compare personality traits and profiles (based on an array of self-report questionnaires) across different career advancement levels (entry level, mid-senior, team leader, director, etc.), using One-Way ANOVAs. Although results will be discussed more in detail, the largest effect is observed with a moderate relation between career level and leadership. Moderate differences are also observed in attention to detail and social influence, and we found similar results when controlling for age and gender. It is concluded that personality is related to career advancement. Implications are discussed.

### Three Personality Types: Can They Be Replicated in a Large International Older Adult Sample?

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Three personality types (resilient, overcontrolled and undercontrolled), identified by Robbins et al. (1996), were replicated in many different samples after the initial study (Asendorpf et al., 2001; Bohane et al., 2017). Despite numerous supporting studies, two issues can be identified. Firstly, these three types are not always replicated (Costa et al., 2002), secondly, most research was performed with adolescent or young adult samples. Therefore, the objective of this study is to test whether three personality types could be replicated in a large international older adult sample. The data was drawn from the Survey of Health, Ageing and Retirement in Europe (SHARE) Wave 7. 43 645 respondents aged 65 and older (Mage = 74.1, SD = 6.8) residing in 27 European countries and Israel were included in the analysis. 10-item version of the Big Five Inventory (BFI10) was used to measure personality traits. Series of two-steps and K-means cluster analyses were performed to identify personality types. To test the validity of the cluster solution a revised 12-item version of Control, Autonomy, Self-realization and Pleasure (CASP) scale measuring well-being and one-item self-perceived health assessment was used. Two-steps cluster analysis showed that the optimal number of clusters varies across countries from 2 to 8, whereas 2 cluster solution was the most common one. K-means clustering was used to identify three clusters in every individual country as well as in the combined sample. The 3

clusters in the combined sample were similar to the resilient, overcontrolled and undercontrolled types, however, the analysis in each separate country revealed some variability. Associations between the personality types, well-being and self-perceived health were in line with other research results. Therefore, we can conclude that despite some variation the resilient, overcontrolled and undercontrolled personality types can be identified in the older adult sample.

### Are Personality Traits the Density Distribution of States? A Psycholexical Study

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The aim of the study was to determine if traits of personality are the concentration of mental states. Some researchers believe that diversity of trait content manifestations within one individual is conceivable, as the variability of states across time. So far this aspect has not been explored with the psycholexical approach using of comprehensive list of mental states (adjectives, verbs, participles and nouns). In the qualitative stage of study 13 trained judges scanned the Polish person-descriptive lexicon (27.813 terms) for isolating a comprehensive list of mental states (2.360 terms). Then the excluding criteria were applied by 11 trained judges. The judges' taxonomic decisions were tested for validity and reliability (stability and agreement). The final list contained 515 terms of mental states. Then two random list of 105 terms each were drawn for 14-days diary study. Two sample of 100 people each were examined. The task of the respondents was to fill in the list of state every day for two weeks. The exploratory factor analysis was conducted for the mean scores of mental states which did not confirm the five factor model. Based on parallel analysis the most stable was the three factor structure in both samples. The factor scores were correlated with HEXACO-100 scales and revealed the highest correlations with Emotional Stability and Extraversion.

### Collectivism Has Many Faces: Latin American Fosters Independent Selves

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In cultural psychology, binary contrasts of West versus East, individualism versus collectivism, and independent versus interdependent self-construal are often treated as largely equivalent. Markus and Kitayama (1991) famously proposed that Euro-American culture promotes independent self-

construal, whereas East Asian (Confucian) cultures promote interdependent self-construal. Extrapolating beyond their original focus on North American and East Asian cultures, researchers commonly assume that all collectivistic contexts promote interdependent rather than independent models of selfhood. We propose that certain cultural contexts—such as Latin American cultures—are characterized by collectivist values but largely independent models of selfhood. Quantitative syntheses of existing data indicate that Latin American societies emphasize collectivist values at least as strongly as Confucian East Asian societies, but they differ in numerous other respects, including honor logic, looseness of norms, relational mobility, emotional expressivity, monumentalism, perceived and desired control, endorsement to maximization principle, indulgence, religious background, cultural heterogeneity, and—crucially—-independent self-construals. Latin American self-construals are at least as independent as Western self-construals, but with some differences of emphasis. We conclude that the common view of ties between self-construals and collectivism needs revision. Collectivist cultures are diverse, and researchers should pay more attention to those beyond East Asia.

### **Language Repertoire Moderates Contribution of the Multicultural Experience and Intercultural Competence to Divergent Thinking: Empirical Evidence for Plurilingual Creativity Paradigm**

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This study opens a project aiming at empirically investigating the Plurilingual Creativity paradigm. This paradigm expands the Multilingual Creative Cognition by making shifts in the conceptualization of the phenomena of multilingualism and creativity: firstly, it shifts the focus from the languages to the agency of the individual in the interaction of languages, secondly, it shifts the focus from the cognitive processes underlying creative thinking to the personality traits and sociocultural factors influencing the creative enterprise. The study looks at the interactive effects of multilingual and multicultural factors on creativity. Two hundred and sixty-one individuals (47 male and 214 female) aged between 17 and 66 ( $M=27.64$ ,  $SD=11.98$ ) participated in the study. Online data collection included assessments of language repertoire (number of languages spoken by participants), multicultural experience (Multicultural Experience Questionnaire), intercultural competence (Integrative Intercultural Competence Survey), and divergent thinking (Unusual Uses test). A series of regression analyses obtained evidence for the direct contribution of intercultural competence components to divergent thinking: management of intercultural interaction to fluency ( $\beta = .165$ ,  $p < .05$ ), intercultural interest to originality ( $\beta = -.167$ ,  $p < .05$ ) as well as multicultural experience to flexibility ( $\beta = .168$ ,  $p < .01$ ) and originality ( $\beta = .188$ ,  $p < .001$ ). Although, language repertoire did not have

a significant contribution to divergent thinking, it revealed a moderation effect on the prediction of divergent thinking trait of fluency by management of intercultural interaction ( $\beta = -.11$ ,  $p < .05$ ), and on the prediction of divergent thinking traits of flexibility ( $\beta = .20$ ,  $p < .05$ ) and originality ( $\beta = .24$ ,  $p < .001$ ) by multicultural experience. These findings emphasize the importance of considering the contribution of plurilingual factors of language repertoire, multicultural experience, and intercultural competence to creativity and provide empirical support for the conceptual shift toward plurilingual creativity.

## Psychology in Education: Educational Challenges During the COVID-19 Pandemic

### The Effectiveness of the Incredible Years® Teacher Classroom Management Program in Preschoolers' Social Skills and Behavior Problems During COVID-19 Pandemic

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The last decades have been marked by an increase in complaints by preschool teachers regarding the disruptive behavior of children, which represent a growing worldwide concern. Preschool teachers do not feel prepared to deal with this reality in their classrooms, pointing out the lack of specific training on strategies to deal with the behavioral challenges as a major gap in their training. The Incredible Years®-Teacher Classroom Management Program (IY-TCM) is an evidence-based program that aims to increase the positive behaviors of early childhood teachers/reduce negative ones, promote social emotional behaviors and reduce behavior problems in children. This study aims to compare how preschool teachers perceived changes in the social skills and behavior problems of their children after participating (or not) on a training on the IY-TCM during the COVID-19 pandemic. Twenty-eight preschool teachers participated in the study and were randomized into two groups: intervention (IY-TCM training) and control (no training). Pre and post-intervention assessment took place at the beginning and the end of the school year. Each preschool teacher rated the children of their classes (M=14 children; min-max 10-20) with the Portuguese version of the Preschool and Kindergarten Behavior Scales–Second Edition (PKBS-2). A total of 403 children were enrolled in the study. The results showed an improvement in children's social skills across time, more evidenced for the IY-TCM group, Wilks' Lambda = .96,  $F(1, 349) = 13.99$ ,  $p < .001$  (interaction effect-total Social Skills). For the problem behaviors only the main effect of time was evidenced, with a reduction of externalizing and internalizing behavior problems for both groups from the beginning to the end of the school year, Wilks' Lambda = .85,  $F(1, 349) = 64.24$ ,  $p < .001$  (main effect-total Behavior Problems). Although implementing the IY-TCM intervention during COVID-19 pandemic was an opportunity to understand more about its effectiveness.

## Decisions About Continuing Education After Primary School Were Affected by the Pandemic

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IP13-1-M1

During the COVID-19 pandemic more than 1.5 billion students worldwide experienced changes or disruptions in their education bringing unprecedented challenges and demands to cope with this situation, also increasing inequality among different groups. This might have led to changes in students' opportunities and motivation about their further education. This research aimed to examine to what extent the pandemic situation and distance learning affected Latvian ( $n = 647$ ) students' decisions about continuing their education after the primary school (after the 9th grade) based on their self-evaluations on the situation. Analysis showed that students at the end of the 9th grade (in May 2021) indicated they were less likely to continue learning in high-school compared to their retrospective thoughts before pandemic, and though the difference was not large, it was statistically significant. Several explanations were mentioned in the students' answers including that students had planned to go to another city or larger school but are hesitating now because of unsafety. Opposing views appeared in the answers: a part of students found it easier to learn independently at their own pace, but the other part of the students realized they could not learn alone in the distance learning format. Data also showed that students' grades were related to their reasoning skills, problem-solving skills and their parental education level. In addition, students with lower grades and skills were the ones that more often used the option to attend in-person individual consultations, when it was allowed during the distance learning period, indicating they had had difficulties to deal with school tasks independently.

## Non-cognitive Factors Influencing Academic Performance During COVID-19 Pandemic

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Teaching had to comply with the new health regulations during the COVID-19 pandemic. Online learning was the way of learning in Romania at the beginning of the pandemic, later on courses being held face-to-face only in specific conditions and contexts. Therefore, the students' needs regarding their academic activities and the teachers' expectations regarding their teaching had to undergo specific changes which pressured them to adapt to the new situations and perform at the same high level, taking a toll on their well-being. We considered that being aware of what was going on in the society and in their own lives as well as having their own ways of releasing pressure could prevent the occurrence of burn-out. We investigated whether high levels of mindfulness and metacognition (as modalities

of being aware) as well as the capacity to bounce back after hard times (resilience) could be part of the recipe for preventing burn-out and also for academic success among first year students. The levels of resilience, mindfulness and metacognitive awareness were analysed using quantitative measures performed using SPSS.23 statistical programme. Associations among these variables were analysed and their capacity to influence burn-out was computed. We also took into consideration the participants' status in the labour market (employed/unemployed), besides their student status. The data obtained supported our hypotheses. Hence, we argue for the introduction of training session on field-specific and general metacognition and on mindfulness techniques for reducing stress and enhancing a good learning mood.

### **Italian University Students Facing the COVID-19 Pandemic: Psychological Experiences During the First and the Second Wave of Contagion**

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The COVID-19 pandemic significantly affected the experience of university students worldwide. Italian students were the first in Europe to face the lockdown with the closure of universities and the transition to distance learning. This study aimed to compare the psychological experiences of Italian university students during the first and the second wave of the COVID-19 pandemic, focusing on the perceived health risk related to COVID-19 and the psychological experiences related to the lockdown. 655 Italian university students completed a web-based survey during the first COVID-19 lockdown between April 22 and May 1, 2020. A second survey was completed by 576 students a year later during the second wave of the COVID-19 pandemic. The Italian version of the Risk Perception of Infectious Diseases Questionnaire was used to evaluate the health risk perception related to COVID-19. In addition, the psychological impact of the lockdown was assessed through a scale obtained by adapting the following standardized questionnaires: the Interpersonal Adaptation Questionnaire (IAQ); the Italian version of the Mesure du Stress Psychologique (MSP); and the Metacognitive Skills Scale (MSS). Results show that students' perception of their risk of contracting COVID-19 significantly improved after one year. During the first lockdown, students reported greater feelings of sadness (51.3%), nervousness (64.6%), and irritability (57%) than usual, with increased ruminations (70.9%). Furthermore, difficulty concentrating (55.9%), sleeping (54.5%), eating disorders (73.6%), tachycardia (65%), and a tendency to cry (65%) were also reported. After one year, the score for positive emotions decreased significantly, while the score for negative emotions increased. Female and younger students who lived in areas with a higher contagion rate experienced more negative feelings. These results show that university students are vulnerable to the psychological consequences of the pandemic, and specific interventions are needed to protect their psychological well-being during the different stages of the pandemic.

### **Psychological Discomfort and Academic Activities of College Students in Times of Pandemic**

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The study aims to understand the living conditions of university students during the pandemic, focusing on aspects related to changes in self-perception as a student, the way to cope with the crisis on an emotional and relational level, the ability and/or possibility to ask for help in solving problematic situations. An online survey has been used, concerning aspects of student life (measured by Perception of Academic Stress Scale); frequency of communications; pathological habits and behaviors during the pandemic (Depression Anxiety Stress Scale); search for solutions in problematic situations. The sample is composed of 812 students (63% females), 25% from medical courses, 33% humanistic, 42% scientific. A majority of students (55%, mostly in scientific courses) responded inadequately to the challenges deriving from the pandemic. The less adaptive responses consequent to social isolation are associated with the perception of a negative change in the status of students, usually supported by the possibility of frequenting colleagues and attending lectures and laboratories. In many cases, the crisis of the student's status is also linked to a failure in study activities and greater stress for the evaluation of profit. The worsening of status is perceived more in the students of scientific courses who had to leave their residence in the city of the University (log-linear analysis:  $p < .001$ ). The difficulties related to the pandemic have outcomes on the quality of student life, which cannot be compensated by distance learning. The absence of the usual social contact that facilitates daily life and also the student's performance, provoking psychological discomfort, requires specific support. But the answer to this need, sought independently by the student, is not always appropriate and does not obtain the desired result, so adequate services are needed to support students in difficulty.

## Psychology in Public Health: Managing Chronic Illness

### A View From Parents of Children With Cancer: Illness Representations

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When a child is diagnosed with cancer, the following treatment can be an especially heavy burden for the parents. The uncertainty about the success of the treatment can persist even years after the diagnosis. Studies in this field are often focused on the individual or family process while often neglecting the socio-psychological aspect, such as illness representations and other beliefs related to cancer. The definition of illness representations was based upon the Common-sense Model of Self-regulation. The aim of this study was to explore how the experience of the child having cancer can affect parent's illness representations, and how this is involved in their self-perception and everyday functioning post-treatment. The main research goal was to gain insight into how parents experience and cope with the illness. The study was conducted with a qualitative approach, using the Interpretative Phenomenological Analysis, which was directed towards a fuller understanding of the parents' experience. We conducted 10 semi-structured interviews with parents whose children have received cancer treatment during their adolescence period. The coding process yielded 76 codes which we distributed among 12 categories and extracted 4 main themes: The Threat of Cancer, Fight for Survival, Parental Support in Dealing with the Illness, and The Process of Change. This study provides a more comprehensive understanding of the parent's experience, that gave us new insights, which are important for future interventions. The results revealed that different beliefs, such as a sense of self-efficacy in coping with the child's illness, trust in doctor's expertise, and seeing the illness as a threat, prevail in their everyday functioning even years after the child's cancer treatment. Different beliefs revealed crucial insights into illness representations, which are important for understanding parent's health behavior and psychological well-being in the context of their children's cancer treatment.

## Shared Decision Making in the Treatment of Psoriasis - Results of the „PsoBarrier EU“ Study in Four European Countries

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The aim of the „PsoBarrier EU“ study is to identify barriers to guideline-based care for patients with the skin disease psoriasis in four European countries. One objective is the extent of shared decision making (SDM) in the treatment process. According to a study by Coulter et al. (2005), Polish patients show the lowest participation in treatment decisions in a European comparison. Barriers and quality of care were investigated in a multicentre cross-sectional study. The analysis refers to data from 29 dermatology centres from Germany, 8 from Poland, 5 from Denmark and 6 from Spain. Specifically, 511 patients from Poland, 497 from Germany, 161 from Denmark and 135 from Spain were interviewed. The highest mean disease severity was observed in Poland, the lowest in Denmark and Spain. Between 32% (Germany) and 17.2% (Denmark) of the patients reported agreeing on treatment goals with their physician. Between 52.9% (Poland) and 75.9% (Spain) reported that their wishes regarding the avoidance of certain side effects were taken into account. Between 15.5% (Spain) and 59.2% (Poland) reported they obtained their knowledge on treatment options from the internet, among other sources. Between 5.9% (Denmark) and 30.6% (Poland) of the patients perceived their treatment as a burden. High impact of the disease on career decisions was stated by 4.6% of the Danish and 24.5% of the Spanish patients. Between 65.1% (Poland) and 90.9% (Spain) showed high treatment satisfaction. Differences in traditional role models of physicians as well as differences in health care systems that limit access to certain treatment options, could be reasons for these discrepancies in SDM and burden caused by psoriasis and its treatment. In all four countries, there seems to be room for improvement when it comes to include patient needs in treatment decisions.

## Development of a Patient-Centred Asthma Review Template to Improve Self-Management in UK Primary Care

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Asthma results in 6.3 million primary care consultations in the United Kingdom each year, and supported asthma self-management (including regular clinical review, patient education, and asthma action plan provision) can improve asthma control and quality of life. Templates are frequently used in reviews to act as reminders and improve documentation, however, can affect patient-centred care and opportunities for patients to discuss concerns and self-management. The IMpLeMenting IMProved Asthma self-management as RouTine (IMP2ART) programme aimed to develop a patient-centred asthma review template that encourages supported self-management. Aligned with the Medical Research Council (MRC) complex intervention framework, the multidisciplinary team developed a review template in three phases: 1) Developmental phase, which included qualitative exploration with clinicians, a systematic review, and prototype template development 2) Feasibility pilot phase, with qualitative feedback from clinicians (n = 7) 3) Pilot phase, delivering the template within the IMP2ART programme (incorporating the template, along with patient resources and professional education), and inviting feedback from clinicians (n = 6). Template development was guided by the preliminary qualitative work which identified that templates can be poorly integrated with IT-systems. The systematic review identified a need to incorporate open-text/flexible options, more self-management questions and education, and to focus on patient-centredness. The prototype template was then developed for different clinical IT-systems; with an opening question to establish patient agendas; refined content (with optional fields); links to patient-information; a closing prompt to confirm agendas are addressed and an action plan provided. The feasibility pilot phase identified refinements needed, including changing the opening question to be asthma focused. The pilot ensured the template integrated with the IMP2ART programme. A multi-stage development process, aligned with the MRC framework, contributed to the development of the asthma review template. [The IMP2ART programme is now being tested in a UK-wide cluster randomised controlled trial [ref: RP-PG-1016-20008.]

## Synthesis of Factors, the LullaBed®. A Unique Approach for Rehabilitation Introduced on the Example of Chronic Insomnia

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LullaBed® is a rehabilitation method developed and implemented by Jelizaveta Haustova. The unique approach of LullaBed® combines elements of classic and ethnic music, narrative elements, meditation with the movement of a patented crib and its surrounding to treat chronic conditions conducted by a psychologist. The aim in every case is to restore the balance of mind and body. The method is based on the idea of a supplemental lulling which is currently in use on people of age 3-78. The supplemental lulling takes place in a specially designed crib developed for the average height and weight of an adult. Presumed the combined use of lullaby, the crib rocking, and the atmosphere with the participation of a psychologist all help to recall the first months of life and assist in restoring the basic trust in the world while helping the patients emotional state into balance. The LullaBed® approach has over five years of theoretical and two years of practical history with significant success with cases of complete relief in various fields such as treating insomnia, panic attack, bedwetting, hyperactivity or overcoming speech development obstacles. In the past two years, the LullaBed® approach was tested in private mental health centres, in Estonia and the UK while collecting data for supporting interdisciplinary research with over 2000 participants. The previous practice of the author helped to identify key indicators in the case of patients with insomnia and helped to determine the correct music, the rhythm of movement and the number of sessions necessary. The relating qualitative research (currently case study based on semi-structured interviews) indicates how the LullaBed® approach helps to overcome trauma and improves the quality of life. The task ahead is to understand all physical and mental reactions to the supplemental lulling, the LullaBed® approach and further investigate its interdisciplinary boarders.

## Benchmarking Usability and Acceptance of Lower-Back Support Occupational Exoskeletons: The XSPINE Project

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Work-related musculoskeletal disorders (WMSDs) are among the most relevant occupational health problems and are strongly linked to sick leaves and decreased workers' well-being. Occupational exoskeletons have recently gained attention as a possible solution to mitigate the occurrence and impact

of WMSDs by providing ergonomic support and enhancing workers' physical capabilities. In fact, preliminary evidence shows productivity gains, work quality improvements, and reduced risk of work-related musculoskeletal disorders linked to the use of occupational exoskeletons. However, researchers advocate that further evaluations and benchmarking methods are needed to assess their effectiveness across various industry sectors. Furthermore, limitations in their usability and a reduced consideration of user acceptance often preclude their widespread adoption. Nonetheless, evaluation of exoskeletons' usability and acceptance during the execution of mobility tasks is still lacking. The European project XSPINE aims at identifying a baseline set of design and performance criteria to facilitate benchmarking of different exoskeletons and requirements regarding usability and acceptance. Two lower-back support occupational exoskeleton prototypes have been developed and tested within the project, in particular considering perceived usability (ease of use, learnability, efficiency, satisfaction and safety). The tests have been conducted at the Eurobench H2020 project facilities in Spain. Recruited participants have been asked to conduct different tasks using each exoskeleton prototype. Participants rated the exoskeletons through an adapted version of the System Usability Scale (SUS) and Van der Laan's System Acceptance Scale. Overall, participants reported decreased physical discomfort in the lower back when using the passive exoskeleton, although this decrease was only evident in specific tasks. Preliminary results show that participants reported moderate-to-high ratings of perceived usability, despite different levels of discomfort in specific regions. Moreover, user acceptance appeared to be influenced by perceived usability and the level of discomfort experienced when using the exoskeleton.

## Social Psychology: (Socio-)Cognitive Aspects of Everyday Life

### Effects of Gender and Inclusionary Status on Face Recognition

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Literature indicates that women consistently display an own gender bias (OGB), which is the ability to better recognize faces of the same gender, compared to men who do not consistently display an OGB. While studies on other race bias indicate that exclusion from an outgroup eliminates such biases, similar research has not been performed yet in relation to gender. It was hypothesized that OGB would be eliminated when participants were excluded by members of the opposite gender. Moreover, it was expected that when participants were included in the group, only females would display OGB. The purpose of this study was to investigate the effects of gender and inclusionary status on face recognition. One hundred forty-seven male and female ( $n = 76$ ) participants were recruited through convenience sampling. A  $2 \times 2 \times 2 \times 2$  mixed groups design was utilized. Participants were randomly assigned to play a game of cyberball during which they were either included or excluded from a male or female group. Afterwards, they were asked to recognize a set of previously presented faces. OGB was measured via reaction time and accuracy rates. Results indicated that male faces were recognized faster compared to female faces ( $p = .003$ ) and a significant crossover interaction between gender and the gender of faces recognized ( $p = .015$ ). Males recognized significantly more male pictures compared to female pictures, while the opposite pattern was observed for females. This study expanded the literature on OGB, since it was the first study to employ an inclusion-exclusion paradigm. Furthermore, it expanded the current literature by providing evidence for the presence of OGB for males and females.

### Nonverbal Behavior in Social Support Interactions and Support Satisfaction

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Individuals may engage in a variety of social support (SS) strategies to help friends experiencing distress. Additionally, nonverbal behavior (NVB) relates to many key emotional and social outcomes. This project investigated the NVB of a person providing SS and whether their NVB relates to receivers' perceptions of provided SS. Participants were U.S. university students in an existing friendship. Within each pair, participants were randomly assigned to be an SS provider or receiver. There were 88 women and 53 men (1 unidentified) comprised of the following identities: 46% White/Caucasian, 25% Black/African American or Hispanic, 18% Asian/Asian

American, and 11% another. Pairs were videotaped for 8 minutes while discussing a stressor selected by the receiver. Participants then rated the interaction and completed mood/affective measures. Five provider NVBs (gaze, nods, smiles, speaking time, posture) were measured by reliable coders. SS satisfaction scores were calculated for providers based on their partner's (receiver) ratings of the interaction. Less expansive body posture ( $r = -.21$ ) and greater total speaking time ( $r = .29$ ) predicted SS satisfaction. When controlling for relationship closeness, only speaking time ( $r = .26$ ) remained a significant predictor of SS satisfaction. There was little relationship between SS satisfaction and provider gaze, nods, or smiles ( $r_s < .10$ ). Providers' self-reported tendencies to experience affect intensely ( $r = .26$ ) and express emotion ( $r = .18$ ) also predicted greater SS satisfaction ( $p_s < .05$ ). Results indicate that providers' NVB as well as their own affective tendencies relate to SS satisfaction. SS receivers were more satisfied when their SS provider had less expansive posture and spoke longer. Higher levels of providers' self-reported tendencies of experiencing affect intensely and expressing emotion were associated with higher receiver SS satisfaction. Findings extend previous research demonstrating the importance of NVB and socioemotional traits in close relationships.

### **Memory Misdirection: Magicians' Misinformation and Memory Malleability**

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Although we like to think that our memories are stable, research shows that they are based on reconstruction rather than true retrieval. Magicians sometimes play with our memory's flaws and use memory misdirection techniques to manipulate how spectators remember what happened during a trick. In two experiments ( $N = 120$  and  $N = 337$ ), we showed to participants videos of the same magic tricks in which the magician either recapitulated the event sequence by providing misinformation about who shuffled the deck of cards (i.e., stating that the spectator shuffled the cards when he was the one who did it) or no misinformation. The studies showed that misinformation significantly impacted participants' memories, as well as their confidence in their memories. Significantly more participants wrongly remembered that the spectator shuffled the cards when misinformation was given than when not (17% vs 3%). Moreover, this misinformation also impacted other unrelated actions for which no misinformation was given (i.e., who cut the deck of cards). The results are discussed regarding memory malleability, suggestibility and eyewitness testimonies literatures.

### **Effects of Social Monitoring System on Impression Management Moderated by Self-Monitoring**

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Social Monitoring System (SMS) suggests that social exclusion has a distorting effect on the regulatory model of belonging and leads to a mindset aiming to success in future interactions. SMS was mostly associated with impression formation so far. Previous research has illustrated that social exclusion triggers a tendency to increase social sensitivity such as better memory performance for social cues and detecting smiling faces more accurately. As social interactions consist of impression formation and impression management, we aimed to investigate SMS in the frame of impression management. We manipulated social inclusionary status via Cyberball and examined its effects on participants' impression management strategies via Warmth-Competence Evaluations Form. In order to create impression management motivation, participants are told that at the end of the survey they will have an online discussion with others and their evaluations would be shared. Self-monitoring was also considered as an individual difference. Power analysis suggested to have a sample of 350 participants. We now continue to collect data and planned to end in December 2021. Preliminary analysis with 300 participants has shown that social exclusion and dimensions of self-monitoring have an interactive effect on participants' warmth evaluations but not on competence evaluations. Participants with low-level of ability to "modify self-presentation" (AMSP) and mid-level / high-level of "sensitivity to the expressive behaviors of others" (SEBO) had lower warmth evaluations after social exclusion than inclusion. However, participants with high-level of AMSP and low-level of SEBO had higher warmth evaluations after social exclusion than inclusion. Our preliminary findings have illustrated that the effects of SMS on self-evaluations depend on self-monitoring abilities of the participants. Consistent with the self-monitoring theory, higher AMSP seems to be related to a more adaptive response to exclusion. Final findings will be discussed within the scope of SMS.

### **Danger Appraisal and Pathogen-Avoidance Mechanisms in Stigma Towards Severe Mental Illness: The Mediating Role of Affective Responses**

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Stereotypes of dangerousness and attributions of personal responsibility are common predictors of stigmatising attitudes towards Severe Mental Illness (SMI). However

less is known about pathogen avoidance mechanisms underlying stigma towards SMI, specially in samples of non-industrialised societies of Latin America and the Caribbean. The primary aim of this study was to test the relationships between dangerousness, causal attributions (i.e., Controllability and personal responsibility), familiarity, disgust sensitivity and stigmatising responses toward SMI. Cross-sectional design with convenience sampling. Using an online survey, volunteers at the Universidad del Norte in Colombia (N = 271) provided their sociodemographic data and completed the Three-Domain Disgust Scale (TDDS). Participants then responded to the attribution questionnaire (AQ-27) as a measure of stigma. Results show stronger feelings of anger ( $B = 1.11$ ;  $p = .001$ ), fear ( $B = 2.53$ ;  $p < .001$ ), and increased support for coercion-segregation of SMI ( $B = 0.62$ ;  $p = .04$ ), but less intentions to help ( $B = -1.07$ ;  $p = .003$ ) were observed when dangerousness was included in the vignette. The relationship between dangerousness and helping intentions was mediated by fear and anger,  $F(3, 264) = 86$ ,  $p < .001$ ,  $R^2 = .49$ , whereas pity and fear mediated responses of support for coercion-segregation of SMI,  $F(3, 267) = 35.49$ ,  $p < .001$ ,  $R^2 = .28$ . Stigma was not significantly different regarding causal attributions ( $p > .05$ ). Increased disgust sensitivity to pathogen stimuli resulted in stronger reports of anger ( $B = 0.03$ ;  $p = .03$ ), fear ( $B = 0.08$ ;  $p < .001$ ), and more support for coercion-segregation of SMI ( $B = .084$ ;  $p = .001$ ). Findings support danger appraisal and pathogen avoidance mechanisms underlying stigma towards SMI. Anti-stigma strategies would benefit from addressing stereotypes of dangerousness and promote positive affirmation policies to ameliorate the disabling psychosocial impact of stigma.

## Work and Organizational Psychology: Leadership I

### Testing the Mediating Role of Work Engagement Between Servant Leadership and Three Different Types of Work Performance

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The first aim of this study is to test the role of servant leadership on three different types of job performance including task performance, personal performance, and organizational performance. As the second aim, this study investigates the extent to which work engagement of employees may mediate the association between servant leadership and these different job performances. Servant leadership focuses on the personal development and growth of followers. More than in other leadership styles, servant leadership is about serving the followers to be motivated in reaching organizational objectives. Studies show that servant leadership is linked to higher trust, organizational commitment, job satisfaction, and lower turnover intention. The data was collected during a cross-sectional study. A total of 220 employees ( $n = 175$  male;  $n = 45$  female) from two large industrial organizations located in Iran were recruited using a simple random sampling technique. Respondents were asked to complete scales on servant leadership, work engagement, and job performance. Correlation analysis revealed that there is a positive relationship between servant leadership and three types of job performance. Also, there is a statistically positive association between servant leadership and work engagement. We used the AMOS program to test the indirect effects of servant leadership on various types of job performance through work engagement. The results showed that work engagement mediated the association between servant leadership and these three job performances; however, it was found that work engagement was the strongest mediator between servant leadership and organizational performance. The study provides empirical evidence for the finding that servant leadership can significantly predict both work engagement and job performance in a non-western country. Furthermore, organizational managers can use these findings to have more evidence-based reasons for changing the current leadership styles of their organization and apply the servant leadership style.

## Training Managers to Be More Autonomy Supportive: Do Their Employees Feel More Need Satisfaction, Motivation, and Engagement?

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The present paper describes a quasi-experimental research presenting a training-program in the workplace aimed at helping managers to be more need supportive regarding their employees. Drawing on self-determination theory, we build a pre/post questionnaire design that measured perceived autonomy support from managers and coworkers, basic psychological need satisfaction, basic psychological need frustration, autonomous motivation, controlled motivation, work engagement, and job burnout. In an international engineering, design and advisory company in Northern Europe, ten managers participated in a training program carried out by a psychology consultant that aimed at helping the managers become more need supportive. We assessed 39 of their employees before and after intervention. Moreover, 133 employees, for whom their managers were not included in the training-program, constituted the control group. Regarding the experimental group, results showed significant statistical differences between pre-test (before the training program) and post-test (after the training program) regarding perceived autonomy support from managers, autonomous motivation, basic psychological need satisfaction, work engagement, and job burnout of the employees. However, no significant effects regarding perceived autonomy support from coworkers, controlled motivation, or basic psychological need frustration were observed. Moreover, employees in the experimental group perceived more manager autonomy support, basic psychological need satisfaction, autonomous motivation, work engagement, and job burnout compared to the control group at post-test. This study provides added value for theory on need satisfaction and demonstrates that training managers to be autonomy supportive may be effective in improving positive work related outcomes and reducing negative ones. Since it is efficient and feasible to train managers (with limited resource expenditure) to be more autonomy-supportive and that it leads to highly positive outcomes, it is our belief that all companies should benefit from this competitive advantage.

## Can Airline Captains Create Psychological Safe Work Environments While Ensuring Safe Travel?

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The aviation industry's primary focus has always been safety, which has led it to become the safest mode of travel globally. It is stated that the captain is the sole authority figure in an aircraft while in operation, giving them the responsibility to represent the airline's standards, values and protecting all on board, directly referring to leadership. The captain's leadership behaviour influences the crew's productivity and performance. Captains should aim to create a positive atmosphere in which they can harness the strengths of each crew member towards improved team performance. Several aviation incidents ascribe human factors involving leadership or other crew resource management-related issues as one of the leading causes. However, empirical research in this regard, especially in South Africa, is limited. The study's main aim was to explore the experiences of cabin crew regarding their captains' leadership behaviour. The study followed a qualitative descriptive design to obtain valuable inputs from participants who had first-hand experience of the explored phenomenon. Seventeen participants were purposively sampled and participated in online, semi-structured interviews conducted in English. The interviews were recorded, transcribed, and analysed using thematic analysis. The study's findings were overwhelmingly positive, with little mention of toxic leadership. Five main themes emerged, of which four were directly related to positive leadership behaviour. Effective communication was the most prevalent. Captains were also found to follow an empowerment approach as people developers, setting an example for the crew and acting as mentors and coaches. Thirdly, captains create a calm and psychologically safe working environment by being authentic. Lastly, effective captains have a safety mindset. The fifth theme involved behaviour related to destructive (toxic) leadership. Recommendations stemmed from the study focused on future research and practice. Airlines should create a leadership model/framework to train future captains in the preferred leadership behaviour.

## Differential Relationships among Leaders' Emotion Intelligence Abilities and Followers' Work Outcomes

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The emotional intelligence competencies of leaders are important in shaping subordinates' work outcomes. However, there is limited empirical evidence examining the

link between leaders' emotional intelligence abilities and subordinates' work outcomes. Existing studies are mainly based on self-report assessments or do not investigate this link from a multilevel perspective. The present study extends utilized ability measures of emotional intelligence competencies (emotion perception, using the Faces part of The Mayer-Salovey-Caruso Emotional Intelligence Test, emotion understanding, using the Situational Test of Emotion Understanding STEU, and management using the Situational Test of Emotion Management STEM) and measured a number of subordinates' work outcomes (job satisfaction, positive and negative affect, group cohesion, burnout, and stress) in a multilevel design. Results from multilevel random coefficient models from 92 subordinates nested within 25 supervisors in the hospitality sector in Greece revealed that the relationship between leaders' emotional intelligence competencies and subordinates' work outcomes differed depending on the aspect of the supervisors' emotional intelligence abilities being considered. As expected, leaders' emotion management and emotion perception were positively associated with followers' job satisfaction and positive affect and negative; associated with negative affect, stress, and burnout. Moreover, supervisors' emotion perception accuracy was significantly associated with all subordinate work outcomes, except the negative effect. Contrary to expectations, supervisors' emotion understanding was negatively associated with a group of followers' positive affect and perceived group cohesion, and was positively associated with stress. The work has both practical and theoretical implications. The findings support a social interactionist perspective on emotions at work and provide a multilevel understanding of the intrapersonal and interpersonal effects of leaders' emotions related to subordinate outcomes.

### **School Principals' Resistance to Change: Relationship to Their Self-Efficacy Related to Work and Transformative Leadership**

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The school system in Quebec is undergoing many changes. According to some researchers, resistance, which is an integral part of the process, could jeopardize the success of these changes. As the leader of implementing changes, school principals could be susceptible to be resistant. Different factors influence resistance to change. Research suggests that self-efficacy influence resistance to change. Likewise, one author indicates relationships between resistance to change and general self-efficacy. Other researchers indicate that factors such as leadership could influence school principals' resistance to change. However, the relationships between these three constructs among Quebec's school principals do not appear to have been systematically investigated. The purpose of this study is to assess the relationship between

school principals' self-efficacy related to work, their transformative leadership and their resistance to change. One hundred twenty-seven school principals fill out the French version of three questionnaires: the School Principal Sense of Self-Efficacy Scale, the Leadership Self-report Scale, and the Resistance to Change scale. The results indicate that relationships exist between some factors of the three constructs. Moreover, transformative leadership plays an intermediary role between self-efficacy related to work and resistance to change. These results are discussed according to previous studies, as well as the theory of self-efficacy, the theory of transformative leadership and the theory of resistance to change.

### **Relationship Between Mindfulness-Trait and Teachers' Resistance to Change**

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According to the HEP Vaud's professional competency framework, a teacher must be able to adapt to the many changes that may occur during his or her professional career. These changes concern, on one hand, the evolution and change of educational systems and, on the other hand, the smaller-scale modifications that must be made during a teaching. The notion of resistance to change plays an important role in the implementation of a transformation, as it influences an individual's affective, behavioral and cognitive response and may ultimately jeopardize the success of changes. Researches suggests that an individual's readiness to change is influenced by their propensity for mindfulness. Indeed, a mindful person shows a more flexible and open attitude to change and perceives the advantages and disadvantages differently. In addition, mindfulness increases readiness to change because mindful individuals are more likely to show better emotional regulation. In education, mindfulness-based intervention programs show positive effects on teachers' mental health and their emotional regulation. Therefore, the purpose of this study is to verify the existence of a relationship between mindfulness-trait and teachers' resistance to change. 238 Education students responded to two measurement instruments: the french versions of Five Facet Mindfulness Questionnaire and of the Resistance to Change Scale. Results indicate that relationships exist between some factors of the two variables. In particular, the mindfulness-trait seems to be related to the analysis of the advantages and disadvantages of a change, as well as the emotional regulation. These findings are discussed in light of the theory of mindfulness and theory of resistance to change, as well as previous studies.

## Clinical Psychology: COVID-19 and Mental Health

### Cognitive and Psychological Functioning of Hospitalized COVID-19 Patients During Acute Treatment Phase

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There is growing concern about possible cognitive and psychological consequences of COVID-19, as recent studies have demonstrated that COVID-19 patients often experience psychological problems, such as anxiety and depression symptoms, as well as poor concentration, declined memory, indicating cognitive impairments. The aim of this study was to evaluate cognitive and psychological functioning of hospitalized COVID-19 patients. Hospitalized COVID-19 patients from two Lithuanian hospitals were invited to participate in telephone-based survey and neurocognitive testing. Survey consisted of questionnaires assessing symptoms of depression (PHQ-9), anxiety (GAD-7), panic disorder (PHQ). With neurocognitive testing, functions of memory (HVLt-R test), attention (WAIS-III, Digit span task) and verbal fluency (Animal category; letter K) were evaluated. In total, 109 subjects participated in the study, from whom 56% were male (mean age 49±14.3). Regarding psychological functioning, we found that 33.9% of participants experienced depression symptoms, 12.8% had anxiety symptoms, while 14.7% of participants also reported recent panic episodes. Neurocognitive testing revealed that many participants had mild to severe decline in different verbal memory functions, such as cumulative learning (41.3%), delayed recall (56.2%), retention (41.6%) and recognition (38.5%). Moreover, study results have shown that one in four subjects (21.7%) experienced mild to severe decline of attention span. Finally, with the evaluation of participants' verbal fluency, we found that while only 6.7% of participants experienced problems with semantic fluency, phonemic fluency decline was found in 37.5% of patients. The results suggest that symptoms of depression and anxiety were common in hospitalized COVID-19 patients. Moreover, we found that patients tend to experience decline in their memory, attention, and verbal fluency functions, which can reach up to the level of impairment. In addition, this study adds to the accumulating knowledge of psychological and neurocognitive consequences of COVID-19.

## Intergenerational Trauma and COVID-19 – Can Current Pandemic Affect Future Generations' Mental Health?

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Intergenerational transmission of trauma is related to any disturbing events, experienced by the parents before conception and by the mother during pregnancy, that have a negative impact on the offspring. Often these parents have difficulties in mentalizing and reflecting adequately on their children's experiences and their psychopathology influences the onset of emotional and behavioral symptoms in children, as their relationship is dysfunctional and attachment is impaired (Fenerci & DePrince, 2018). Biological explanations assume that the effects of these traumatic events are transmitted by epigenetic mechanisms. The COVID-19 pandemic resulted in fear for one's own health, anxiety about the future, loss of millions of lives, social isolation and disrupted daily routine, loss of income, etc. Unfortunately, mental health care has remained of secondary importance. The drastic lifestyle change caused by the pandemic may be associated with increased feelings of loneliness, anxiety, depression, insomnia, substance abuse, obsessive-compulsive tendencies, risky behaviours and suicide. Pregnant women are extremely vulnerable to the stress caused by the coronavirus – mainly because of difficult access to adequate medical care, increased risk of complications during pregnancy and childbirth, lack of support from relatives due to distancing. Given the critical importance of the perinatal period for development, all of this will inevitably affect future generations who, inheriting their parents' trauma, are likely to be more susceptible to psychiatric disorders and emotional and behavioural problems (McDonald et al., 2021). The coronavirus pandemic is even more threatening because it is very likely that both parents have survived it, ie. the risk to newborns is greater. It is therefore necessary to take measures for the better mental health of future parents like facilitated access to psychological support, the possibility of receiving reproductive and pediatric consultations online, as well as the presence of clinical psychologists in obstetrics and gynecology departments and neonatology.

## COVIDEUIL International Project on the Psychological Consequences of Grief and Funeral Restrictions in Times of Pandemic: Preliminary Results in France

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COVIDEUIL is a longitudinal and international study conducted in two different times, each six months apart, in France, Italy, and Spain (and soon also in Greece, Switzerland, Mexico, Belgium, and Spain). The goal is

to study whether health restrictions in various Western countries have given rise to the same consequences or not: avoiding griefs and, above all, social and psychological difficulties. The data presented below regard the preliminary results collected in France since May 2020. 127 participants responded to an online survey concerning the socio-demographic information, the deceased, the funeral rites, and five questionnaires (Traumatic Grief Inventory Self-Report Version, Texas Revised Inventory of Grief, Grief Coping Questionnaire, Posttraumatic Growth Inventory, General Health Questionnaire-28) as well as a semi-directive interview. Participants were 83.33% women and 15.87% men, with an average age of 51 years old. According to our results, 18.55% of the deceased had a religious practice, 60.19% of the loved ones had specified their wills for the funeral and their wishes were respected in 49% of cases. Health restrictions prevented the completion of end-life rites, the funeral toilet, physical presence at the morgue, meeting with relatives, reviewing the face, body, touching or kissing the deceased. From the analysis of the first interviews, the issues that emerged were those of emotions (anger, sadness, loneliness, guilt, fear), management by the hospital, funeral rites, funeral homes, and the associations created following the loss. In conclusion, these families perceived to be left alone with poor communication from health workers, overworked funeral professions, and monopolized on-site psychologists. Helplines and digital rites have been little used and the hope of having a memorial service on the anniversary of the death, birthday, or other important dates fades over time. Furthermore, the psychological and social support request by bereavement participants become clear during the conduction of the study.

### **Multisystem Inflammatory Syndrome in Children After Being Infected With SARS-COV-2: Cognitive and Psychosocial Outcome**

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Despite the generally low rate of neurological deficits following the SARS-COV-2 infection in children, children and adolescents who develop multisystem inflammatory syndrome (MIS-C) after being infected with SARS-COV-2 display a relatively higher burden of neurological abnormalities and brain injury, increasing the risk of adverse cognitive and psychiatric outcome. The objective of our study was to examine this outcome in a national cohort of patients treated for MIS-C. Our study included 27 of the 29 patients between 2 to 18 years of age ( $M = 11.1$ ,  $SD = 4.4$ ) who were treated for MIS-C from the onset of the SARS-COV-2 pandemic until the beginning of May 2021 at the only tertiary care pediatric immunology center in Slovenia. We assessed these patients 6 months after diagnosis using the age-appropriate Wechsler intelligence scales and a battery of neuropsychological test measuring attention, executive

function, memory and fine motor skills. We also asked parents to report on patients' psychosocial outcome using the Achenbach Child Behavior Checklist. By using Bayesian statistics to take into account parental education and any potential premorbid learning difficulties we found little evidence of impairment on measures of intelligence. However, the posterior distribution of scores on the neuropsychological measures indicated that a significant proportion of patients scored 1SD below expected levels on measures of attention (31%), executive function (28%) and visual memory (36%). Increased symptoms of depression, anxiety and attention difficulties were also reported by the parents, although their extent did not rise to a clinically significant level. The findings of our study show that the cognitive and psychosocial outcome of MIS-C is generally favorable for most patients, with a minority showing specific neuropsychological deficits. They also highlight the need to better understand the variability of outcomes by understanding pathophysiological processes leading from inflammation to neuropsychological impairment.

## Environmental Psychology (Pro-environmental Attitudes and Behavior)

### A Systematic Literature Review on Behavioral Interventions to Improve E-Waste Management

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Electrical and electronic products have been one of the focus areas in the discussion of resource sustainability due to various reasons, the most important being the ongoing global electronic waste (e-waste) crisis. Approximately 53.3 million tons of waste from electrical and electronic equipment (WEEE) were produced worldwide in 2019 alone, and are expected to grow to 74.7 million tons by 2030. This staggering amount of WEEE has created a waste management crisis that threatens the environment and poses substantial health-related complications for the global population. Moreover, collection and management systems still largely fail to handle e-waste properly. Despite these trends, the academic literature on behavioral interventions to improve e-waste management is still sparse and tainted by several research gaps, such as that the understanding of behavioral dimensions associated with e-waste recycling intentions remains fragmented and disjointed. This study bridges this gap by conducting a systematic literature review aiming at encompassing behavioral interventions to improve e-waste management. The present literature review also aims to integrate different models and theories into one and to provide a theoretical blueprint to test for future researchers. Scientific articles, reviews, industrial white papers, and EU reports were systematically categorized and analyzed. Preliminary results display that behavioral interventions to improve e-waste management are usually framed within one of three main approaches: rational choice theories (Theory of Planned Behavior), moral theories (value-belief-norms theory), and economic models, while the two most common strategies for behavioral change are community-based social marketing (CBSM) and nudging. To conclude, limitations of the review, challenges for both scholars and practitioners, and opportunities for future research are discussed.

### Do Green Motives Matter? The Influence of Corporate Environmental Responsibility Motives in Employees' Green Behaviour

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To reduce environmental problems, individuals need to behave green consistently across contexts, yet rates of pro-environmental behaviour have been found to be lower than

in households. Organizations may promote employee green actions by adopting Corporate Environmental Responsibility (CER). CER displays not only environmental improvements but also financial benefits, which may lure some organizations to adopt CER for those reasons. This study investigates the extent those motives affect employees' perceived CER, and thereby green actions at the workplace. We tested our hypotheses in two studies: Firstly, we conducted an experimental study with 260 students. Participants then were randomly assigned to either the environmental, financial or control group. We manipulated the company's motives for CER adoption by presenting respondents a fictional conversation with their immediate manager regarding CER adoption. The motives were either environmental or financial. We replicated this study with 36 managers and 116 employees of the European International network of practice enterprises, measuring their Perceived CER, CER motives and (extra-role and in-role) Pro-environmental behaviour. We found that adopting CER for financial reasons weakened perceived CER compared to adopting CER for environmental reasons, or not providing reasons, showing that if a company adopts CER for financial reasons, employees perceive their CER as weaker, even if the company is involved in several green actions. This, in turn, reduces the likelihood of employees engaging in green actions at the workplace. Furthermore, our findings support the mediating effect of Environmental Self Identity (ESI) in the psychological process behind the Perceived CER-EGB relationship. Thus, not only individuals' motives affect ESI, but also the motives adopted by the company you are part of. Our findings have relevant practical implications for organizations. Organizations must value and communicate not only green actions but also genuine motives to adopt them and ensure employees are aware of them.

### Religiosity and Haze Related Behaviour in Indonesia, Malaysia and Singapore

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The recurring transboundary Southeast Asian haze is a prominent example of an international environmental crisis, with large-scale negative impacts in Indonesia, Malaysia and Singapore. Knowledge of haze causes and haze consequences on human health is vital in guiding people's behaviour in Southeast Asia. In this study, religious commitment has been investigated as a moderating factor to better understand the knowledge practice gap in relation to haze in the region. A cross-sectional survey was administered on-line to a stratified representative sample of 1048 participants (N = 353 Indonesians; N = 355 Malaysians; N = 340 Singaporeans). Knowledge of the haze phenomenon and haze-related behaviour were measured through self-developed scales (both based on previous research by the authors), whereas religious commitment was measured through The Religious Commitment Inventory-10 (RCI-10) (Worthington et al.,

2012). Data was analysed using IBM SPSS Statistics version 24, and the moderation effect was tested by bias-corrected bootstrapping approach through PROCESS (Hayes, 2009). Results show that religious commitment moderates the relationship between overall knowledge of haze and overall engagement in anti-haze behaviour both in the Malaysian and in the Singaporean subsamples, where in individuals with lower levels of religiosity, a higher haze knowledge leads to more engagement into anti-haze behaviour, whereas in individuals with higher religiosity, a higher haze knowledge leads to less engagement into anti-haze behaviour. However, in the Indonesian subsample, a higher haze knowledge leads to higher engagement into anti-haze behaviour, regardless of levels of religiosity. These outcomes are being interpreted in the light of the higher levels of religiosity found amongst Indonesians. Further investigations on the type of religious affiliations of the participants and on additional haze-related factors will aid the understanding of the results and their implications.

## **Developmental Psychology: (Meta) cognition in Childhood**

### **Mother-Child Narrative Interactions During Reminiscing and Storytelling: Maternal Narrative Scaffolding and Its Relation With Preschoolers' Cognitive Development**

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This study investigated mothers' narrative scaffolding across different genres of mother-child daily narrative discourses (i.e., storytelling and reminiscing), and its relation with preschoolers' abilities of language and perspective taking. Taking the sociocultural account, we examined maternal talk as a mode of sensitive scaffolding for children's development of cognitive processes, and contributed to the extant literature with a comprehensive coding of narrative style, comparable contents of narrative tasks, and a wide range of cognitive assessments. There were 120 Turkish-speaking mothers and their 3- to 5-years-old children ( $M = 51.89$ ,  $SD = 11.12$  in months). Mother-child dyads engaged in both storytelling and reminiscing tasks in which the narrative contents were pre-structured to ensure comparability across dyads. Children's language, visual perspective taking, and false belief understanding abilities were assessed. Maternal talk in narratives was coded in terms of content (e.g., narrative, non-narrative related), pragmatic function (e.g., elaborative, conversational), and the extent to which mothers encouraged child participation (e.g., request, statement). Our results indicated that mothers had longer storytelling narratives than reminiscing. When controlling for narrative length, mothers used more narrative elaborative provisions but less elaborative requests, self-repetitions, conversational talk, and non-narrative related talk during storytelling than did during reminiscing. Children's language skills were positively related to mothers' narrative elaborative provisions during storytelling, and to their conversational talk during reminiscing. Maternal self-repetitions in reminiscing were negatively related to children's language, whereas self-repetitions in storytelling were negatively related to children's false belief understanding. Children's performance on manipulating their own and others' visual perspectives had reversed relations with maternal elaborative request versus provision during reminiscing. This study highlighted both the individually and contextually sensitive nature of mother-child daily discourses. By adopting different narrative characteristics across personal and fictional narratives, the same mothers provided various ways of scaffolding their children's cognitive processes.

## The Role of Theory of Mind and Executive Functions in the Development of Metalinguistic Awareness in Early Childhood

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The aim of our research was to examine the relationships between the theory of mind, executive functions and metalinguistic awareness in early childhood. In the study we examined in more detail the relationships between the assessed constructs and their interactions during the development of children in early childhood. The research was designed as a combination of cross-sectional and longitudinal study. We included two age groups of children who were assessed twice at one-year intervals. In the first assessment, the first age group included 59 children, with an average age of 3;7 years, while the second age group included 58 children, with an average age of 5;6 years. In order to assess children's theory of mind, we used the Theory of Mind Task Battery. To assess metalinguistic awareness, we used the Scales of general language development. Finally, to assess executive functions, we used Day-Night Test and Dimensional Change Card Sort. The results showed that all assessed competences develop rapidly in early childhood and that their relation is statistically significant. However, the statistical significance of individual associations depends on the children's age. At the same time, executive functions and theory of mind are important predictors of metalinguistic awareness, but the effects depend on the age of the children. Our findings show that the relationships between children's theory of mind, metalinguistic awareness, and executive functions are not stable, but change dynamically during early childhood development.

## Structural Validity of the Behavior Rating Inventory of Executive Function (BRIEF2) in a Croatian Primary School Normative Sample

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The BRIEF2 is a measure of the executive function of children and youth, primarily used in clinical, psychoeducational, and research settings. The Parental Form consists of 63 statements that form nine primary scales. The primary scales form three composite indices - Behavior Regulation Index (BRI), Emotional Recognition Index (ERI), and Cognitive Regulation Index (CRI) - and a unitary Global Executive Composite (GEC). This study aims to examine how the individual scales would load on a one-, two-, and three-factor structural model, and to additionally examine the existence of the bifactor model. The model-data fit was tested using CFA, while the comparison of nested models was examined

by incremental indices' change. The research was part of CHILD-WELL project founded by Croatian Science Foundation. The sample included 956 mothers of primary school children aged 8 to 13 ( $M = 10.52$ ,  $SD = 1.14$ ; 46.7% of boys) who filled in paper-and-pencil BRIEF2 parental form. The reliabilities of the scales (.69-.84), the composite indices (.85-.93) and the total score (.96) were acceptable. The intercorrelations between scales (.42-.70), and between the composites (.66-.74) were moderate to high. The CFA confirmed moderate model-data fit of one-, two-, and three-factor models, where the better fit was found for three- (CFI = .956; RMSEA = .102) and two-factor models (CFI = .955; RMSEA = .100). Due to the high correlation estimate between Behavioural and Emotional Regulation factors ( $r = .94$ ) in the three-factor model, we advocate for the two-factor model with the second factor saturating both, BRI and ERI scales. The modification of the two-factor model to the bifactor model additionally improved the model-data fit (CFI = .982; RMSEA = .076). These findings support the interpretation of the BRIEF2 scores in terms of both a single global score and more specific first-order composites. However, it opens the discussion on the existence of two or three first-order factors.

## Dyslexic Children Have Altered Cross-Modal Processing That is Improved by Proprioceptive Therapy in Correlates With Reading Abilities. A Pilot Study

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Developmental dyslexia is a pathological reading disorder that occurs in children of normal intelligence, without explanatory cause, and is resistant to intervention. Research shows that Children with dyslexia have altered cross-modal processing linked to binocular fusion in the form of sound-induced visual scotomas (SIVS) and labile vertical heterophoria (LVH). Proprioceptive therapy for dyslexia uses proprioceptive lures. Does proprioceptive therapy correct altered cross-modal processing that correlate with reading skills in dyslexic children? Longitudinal randomized study over 9 months. Dyslexic children aged 9-13 years. One group with speech therapy ( $n = 9$ ), one group with speech therapy and the addition of proprioceptive therapy ( $n = 10$ ), and one group of children who were normal readers ( $n = 9$ ). Assessments of SVIS, HVL, oral reading (index C of the Alouette-R test) and silent reading by Eye-tracker (EYLINK 1000). After nine months, only when proprioceptive therapy was added: (1) Altered cross-modal processing improved for SVIS (Cohen's  $d = 3.45$ ) and HVL (Cohen's  $d = 2.80$ ), (2) Saccade size, lexical access, and word frequency effects no longer differ from normo-reader children ( $\eta^2 = 0.1$ ), (3) The C-index showed a gain of +2.09 SD (Cohen's  $d = 0.99$ ), (4) These improvements are correlated with each other: C index gain/MPI  $r = .53$ , and C index gain/SIVSI  $r = .63$ . These results support our hypothesis that proprioceptive therapy improves altered cross-modal processing in correlation with the improvement of oral and silent reading skills in dyslexics.

Does the presence of erroneous perceptual data (visual, auditory, somesthetic) have an impact on the automatic reading mechanisms of dyslexic children? The next step is to find out if proprioceptive therapy corrects the alteration of their motor prediction.

### **The Prototype of the Competitive and Non-competitive Child: Identifying Different Competitive Attitudes at an Early Age**

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Measurements of personal competitive orientation have been so far directed to adolescents and adults. Orosz et al (2018) and Fülöp and Varga (2019) identified five different competitive orientations: self-developmental, hypercompetitive, indifferent, competition avoidant due to fear of losing and competition avoidant due to anxiety. There have been no attempts so far to investigate at what age these attitudes can be differentiated and identified. The present research is part of a bigger research project that aims to identify the earliest behavioural signs of these different orientations and in a longitudinal research design to follow how they evolve, and potentially change or remain stable over time. In the initial research, the goal was to gain descriptions from nursery school, kindergarten and primary school teachers of children's competitive /non-competitive behaviour and characteristics in order to see what kind of behaviour and characteristics are attributed to a competitive/non-competitive child. Altogether almost 900 teachers (97% of them women) answered the prototype method of Azuma and Kashiwagi (1987). The free descriptive answers were content analyzed and categorized. Based on the description children were grouped into qualitatively different orientation categories. According to the results already at the age of 2 children behave in a different way in competitive situations, clearly showing signs of hypercompetitiveness, competitiveness with elements of self-developmental competitiveness, indifference and competition avoidance due to anxiety and shyness. The conclusion of this part of the research was that based on educators' descriptions attitudes towards competition are qualitatively different from early childhood and have a high correspondence with attitudes in adolescence and adulthood.

## **Psychology in Education: Professional Development in Education - Psychological Issues**

### **Association Between Teachers' Attachment and Sickness Absence and Presenteeism in Elementary Schools**

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Attachment theory and neuroscience literature suggest that a secure attachment has a strong impact on well-being and health. Insecure attachment is generally more often associated with sickness absence and presenteeism and correlates with negative emotions. Review of the literature showed few studies focused on the identification of the interconnectedness of those factors in teachers. In our study we aimed to examine the association between attachment style, sickness absence and presenteeism in teachers in Slovenian elementary schools. Attachment (anxiety, avoidance) was measured with the Experience in Close Relationships – Revised for Teachers (ECR-RT), and sickness absence and presenteeism were measured with a short questionnaire. Data was collected online and after cleaning and removal of incomplete answers included 779 teachers from all Slovenian regions. Both scales for anxiety and avoidance showed high Cronbach's  $\alpha$  ( $> .85$ ). The mean for anxiety was  $M = 43.3$  ( $SD = 17.3$ ), and the mean for avoidance was  $M = 51.4$  ( $SD = 16.8$ ), both on the spectrum of insecure attachment. Only 5.9% of teachers answered that they could perform their job but preferred to be absent, while 82% of teachers would come to work despite an illness. The findings from our sample demonstrate that sickness absence and presenteeism are not associated with teachers' attachment style (anxiety, avoidance) but given the results teachers of our sample are on average insecurely attached and presenteeism is high. The results of current Slovenian sample show the need for further surveys which would help us understand the factors behind high levels of presenteeism in elementary schools and prevalence of insecure attachment among teachers.

### **Research Into Profession Loss Crisis of Older Educators**

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The purpose of the study is to determine the characteristic features profession loss crisis of the older teachers that work in the spheres of general, secondary vocational, and higher education. The study involved 1231 teachers of all education levels in the Sverdlovsk region, with 1,110 female teachers and 121 male teachers, correspondingly. The peculiar features

of the profession loss crisis were determined with the help of a biographical method. The biographical questionnaire included questions aimed at identifying general social and professional information, the characteristics of options, professional activities, retirement peculiarities, plans for future life as well as determining the biography success. Data was processed with the help of RStudio program. It was done on the basis of the factor analysis as well as principal components and varimax rotation methods. To conclude, the profession loss crisis among general education teachers is associated with reliving the professional past and its influence on the assessment of the professional future and professional self-actualization. The crisis is represented by a set of such psychological characteristics as professional frustration, a desire to avoid professional changes. All these factors exert a negative impact on teachers' readiness to master new educational technologies.

A negative perception of the professional past and increased awareness of psycho-aging changes are more typical of secondary vocational teachers. At the same time a high degree of readiness for professional training (that will help teachers to stay professionally active outside the pedagogical sphere) is registered for this group of educators. The peculiarities of the profession loss crisis of higher education teachers include a positive perception of the professional past that results in the desire to stay in the profession as long as possible at the same time being professionally stagnant and unready for training and development.

### **The Changing Landscape of the Profession: A Mixed-Methods Study Exploring the Roles and Function of South African Educational Psychologists**

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Socio-political and educational reformation in post-apartheid South Africa provide an impetus for educational psychology to re-evaluate its relevance and function in addressing societal needs. Moreover, adaptation is essential in psychology service delivery and training globally due to the COVID-19 pandemic. This paper presents the findings of a mixed-methods study conducted to explore the views of educational psychologists on their role and function within the South African context. A descriptive survey was completed by 187 educational psychologists and twenty follow-up in-depth interviews were conducted with university lecturers and internship supervisors. The focus of the data collection included the training background and preparedness of educational psychologists, their areas of intervention, the approaches and meta-theoretical frameworks that they used, the successes and challenges that they experienced as well as their continued professional development needs. The findings indicated that most of the psychologists were practicing within the private sector because of a lack of posts for psychologists in schools due to fiscal constraints and competing priorities within the education sector. The

key areas of psychological intervention that they engaged in included psycho-educational assessments, parent guidance and child psychotherapy. Adapted forms of practices included the use of telepsychology and online teaching and learning. Insufficient preparation and support, a lack of infrastructure, inequitable access to resources, and the digital divide were amongst the barriers identified as negatively impacting on service delivery. More than two-thirds of the practitioners provided voluntary community work services at social service organisations and at state schools. This finding suggests that practitioners and academics are responsive to contextual needs. Research results are examined in relation to systemic intervention and change, collaborative consultation and indirect mental health service delivery. Practice, training, policy development and research implications are considered.

### **Teachers' Anger and Fear in the School Context**

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Teachers' emotion experience and regulation is important in their work with students, parents and colleagues. The present study focused on anger and fear – two specific emotions that teachers experience and regulate in the school context. The sample comprised 101 Slovenian primary teachers, aged from 25 to 61 years ( $M = 41.36$ ;  $SD = 10.28$ ). The teachers reported rarely experiencing anger and fear at work and at home, although anger was experienced more frequently than fear. Anger and fear were triggered in situations involving students, parents, other teachers, school leadership and the teachers themselves. Students were the most frequent source of anger (e.g., their misbehaviour or academic underachievement) indicating the importance of discipline for teachers and their feeling of responsibility for the quality of teaching. Parents were the most common source of fear, due to their complaints possibly indicating their sense of insecurity when dealing with them. The teachers used various strategies to regulate their anger and fear, most of which were used moderately. Emotion regulation strategies of situation modification, experiential response modulation and physical activation were used more frequently to regulate anger than fear, while suppression was used more frequently to regulate fear than anger. The experience of anger and fear does seem to have a specific pattern of frequency, sources, circumstances and regulation strategies encouraging research and emotional practices tailored specifically for each emotion. The results also raise the question of teachers' own appraisals, which are important for emotion experience and regulation. The results of our study may prove useful for professionals working in the school context. Teacher-oriented education programmes could include more topics regarding emotion such as presentation and practice of various emotion regulation strategies.

## Collaboration Between Educational Psychologists, Special Educational Needs Co-ordinators and Senior Leadership Teams in Irish Post-Primary Schools: Challenges and Opportunities

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The research explored barriers and facilitators to collaboration between National Educational Psychological Service (NEPS) psychologists, Special Educational Needs Co-ordinators (SENCOs) and Senior Leadership Teams (SLT) in Irish post-primary schools. Collaboration is intended to occur across the Continuum of Support (CoS), a multi-tiered system of support providing staged support and consultation. NEPS' role in facilitating collaboration is uncertain, exacerbated by the absence of policy outlining the SENCO role and tensions between special and inclusive education. It is necessary to explore NEPS psychologists' experiences of working with post-primary schools within this nebulous policy context. A sequential explanatory design was used, framed by Dynamic Systems Theory; participants were NEPS psychologists, SENCOs and SLT members. Phase 1 involved a bespoke online survey (n = 278), based on policy and literature, which identified barriers and facilitators to collaboration using descriptive statistics. In Phase 2, semi-structured interviews (n = 9) were analysed using multi-perspectival Interpretative Phenomenological Analysis. Phase 1 provided a quantitative overview of barriers and facilitators to collaboration; Phase 2 facilitated an experiential exploration of collaboration between NEPS, SLT and SENCOs. Participants described the experience of transitioning from working in silos to collaborative hubs. Systemic and interpersonal factors facilitated the deliberate construction of evolving, dynamic collaborative spaces between post-primary schools and NEPS. There are practical implications for NEPS psychologists in creating space for hubs rather than silos, including working collaboratively across all levels of the CoS, fostering supportive and trustful interpersonal relationships, and centring the expertise of schools and families in the collaborative process. Policy gaps arise regarding consultation, collaboration, special education, and inclusion. This research begins to clarify the varied ways in which practice occurs in these gaps, and indicates ways in which NEPS psychologists can collaborate with SENCOs and SLT to create active, effective hubs of knowledge to support students across the CoS.

## Psychology in Public Health: Suicidality

### Study on the Mental Health and Suicidal Behaviour of Adolescents in Slovenia: Do You Understand (Yourself)?! Project

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Do you understand (yourself)?! project's aim is to assess the state of mental health in adolescents in Slovenia, to improve their knowledge of mental health through interactive awareness and skill-training workshops and to prevent suicidal behaviour in adolescents. In this study, we compared the data, collected from 2017 to 2021, to determine, whether the COVID-19 epidemic had an impact on the mental health of adolescents. Main reason for focusing on this aspect was a 4-month long schools' lockdown in Slovenia in year 2020/21. The data were collected with a battery of questionnaires before (baseline) and after (follow-up) the implementation of workshops. Most data were collected in person, with the exception of a part of the 2020/21 cohort, which solved the questionnaire online and participated in online workshops. Our sample consisted of 1178 adolescents, aged between 12 and 18 years. We compared the baseline values of Depression questionnaire CES-D, Patient health questionnaire PHQ-9, Paykel scale of suicidal ideation PSSI, Well-being questionnaire WHO-5, Optimism questionnaire LOT-R and The State-Trait Anxiety Inventory (STAI-X1) questionnaires throughout 3 years. We compared the results by school year groups (2017/2018, 2018/2019, 2020/21). The results were mixed. In year 2020/21 we noted a significant increase in CES-D measure of depression and STAI-X1 of anxiety, and yet a significant decrease in suicidal ideation and PHQ-9 measure of depression. In year 2018/2019 we observed the worst picture of mental health, characterized by the highest rates of suicidal ideation, the lowest scores of optimism and some of the highest scores of depression. Mental health of Slovenian adolescents is varying throughout the years. The topic needs to be addressed, as we find the current state of adolescents' mental health quite alarming. Further research is needed to determine whether the epidemic and lockdown had a significant long-term impact on adolescents' mental health.

### How the Experience of Intimate Partner Violence Increases Suicidality in Women and What Promotes Their Resilience to Suicidality?

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As the suicide rate in women remains relatively low compared to men, the mechanisms of suicidality in women have been poorly studied. Despite lower mortality, morbidity manifested

by suicidal ideation and nonfatal suicide attempts is greater in women. Therefore, understanding the mechanisms of suicidality in women is an important public health area. One risk factor contributing to suicidality in women is the experience of intimate partner violence. This study aims to understand the mechanisms of how this experience may increase suicidality, as well as identify resilience factors that prevent women from experiencing suicidality despite being victims of violence. We reviewed articles on suicidality and resilience to suicidality in women who have experienced intimate partner violence and conducted an original synthesis of the findings. Additionally, we identified gaps in the literature. Women who have experienced intimate partner violence report poorer mental health compared to women who have not experienced violence. Mental health problems may mediate the relationship between the experience of intimate partner violence and suicidality. This relationship is reinforced by certain risk factors, including hopelessness, alcohol abuse, young age, and low education. Furthermore, the increased risk of suicidality among women who have experienced intimate partner violence can be explained by the interpersonal theory of suicide. Little research has been conducted on resilience to suicidality; however, spirituality, hope, and social support have been identified as potential resilience factors. We conclude that the mechanisms that increase suicidality in women who have experienced intimate partner violence are complex and context-specific. It is also important to note that the relationship may be bidirectional. Resilience to suicidality in women who have experienced violence has not been adequately researched.

### Examining the Loneliness and Suicidality: Online Panel

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Loneliness and suicidality are important issues that are only gaining attention in the current crisis. There is already some initial speculation about the long-term mental health consequences of the current crisis, which includes a discussion on suicidality and loneliness. For this reason, empirical data on suicidality and loneliness are urgently needed. The purpose of this study was to examine the prevalence of death- and suicidal ideation in the general population and to determine the relationship between loneliness and suicidality. Data were collected via an online panel in Slovenia in February 2019. The sample consisted of 991 participants (50.5% men) aged 18 years and older ( $M = 47.06$ ,  $SD = 16.21$ ). For this study, participants answered questions about suicidality, loneliness, stressful life events, and well-being. The results showed that the highest prevalence was observed for death ideation (28.7%) and the lowest for previous suicide attempts (6.9%), while suicidal ideation was reported by 13.6%. To analyse the relationship between loneliness and suicidality, a hierarchical logistic regression was performed. In the first step, stress, well-being, previous suicide attempt, income, employment status,

education, marital status, and gender were considered. In the second step, emotional and social loneliness were entered. Based on logistic regression, participants at the highest risk for suicidal ideation were emotionally and socially lonely, had higher income, previous suicide attempts, low well-being, were unemployed, and had more stressful events in the past year. The sample was large and representative, so the results can be generalised to the Slovenian population. The empirical data obtained in this study can thus complement the existing literature and data by providing a more thorough look at the subject.

### Let's Talk About... Suicide

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One million people die every year under the stigma of suicide in the world. Suicide is the main cause of unnatural death in Spain. Suicidal behaviour is one of the most complex problems of public health policies and a challenge for our society. Its prevention, intervention and postvention require responses and a comprehensive, scientific, and community-based approach. Let's talk about... Suicide is an institutional initiative to improve Psychology and its social impact. It's a continuous program on social challenges, with relevance in all areas of psychological practice and with the involvement of multiple agents: citizens, professionals, Media, and advocacy strategies. The Program aims to respond, from a comprehensive perspective to a taboo issue in most cultures and societies: Suicide, in order to return to society, the commitment of Psychology through an integrative approach, including actions targeted to Psychology professionals, public administrations and political representatives, citizens, other professionals, and social entities. Thus, the objectives are towards reinforce prevention, care and postvention, respond to the social needs that psychologists must address as professionals, provide experience, knowledge, humanity, science, and rigorous research to the practice. Therefore, this presentation is for sharing an innovative initiative that brings Psychology closer to non-specialized fields, in a multi-agent approach to respond to complex social problems. It is still active, with proposals (projects, legislative initiatives, training, dissemination) aimed at these areas: (a) Social. Agreements with entities to develop Public Health strategies, to strengthen prevention and psychological care of survivors and mourners. (b) Educational. Training, making awareness, and pilot projects. (c) Clinical and Health. Training for the prevention, the care in bereavement by suicide, and the intervention. (d) Politics. Advocacy and awareness to include strategic policies on the political agenda. (e) Communication. Sharing experiences and best practices, involving national and international experts.

## Self-stigma in suicide prevention professionals

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Stigma not only affects the general public but also professionals working in the field of mental health, e.g. suicide prevention experts. Studies which focus on (self) stigma in this target group are sparse. Therefore, the objective of our study was to investigate the presence of self-stigma related to mental illness, help seeking and suicidal behavior in members of the International Association for Suicide Prevention (IASP). Invitation to participate in the study was sent to 518 e-mail addresses in the IASP database; 89 participants (55 female, 34 male; 17% response rate) completed the survey. We gathered sociodemographic data, data on personal history of mental illness and suicidal behavior and data on different types of self-stigma. Using path analysis we tested a model with sociodemographic attributes and personal history of mental illness predicting help-seeking self-stigma, with self-stigma related to mental illness and suicide acting as mediating this relationship. Past personal experience with mental illness was a statistically significant predictor of mental illness self-stigma ( $\beta = 0.26$ ). The predictive value of other variables (age, gender, years active in the field of suicidology) for self-stigma of mental illness and suicide behavior did not reach statistical significance. Both types of self-stigma (mental illness and suicide behavior) were correlated ( $r = .45$ ). Mental-illness self-stigma was shown to be a stronger predictor of help seeking self-stigma ( $\beta = 0.38$ ) than self-stigma of suicide behavior, though the effect did not reach statistical significance. Self-stigma of suicide behavior showed no independent contribution to help seeking self-stigma ( $\beta = 0.02$ ). Individuals working in the field of mental health represent a particularly vulnerable group for developing mental health issues. These pilot findings warrant further research to better understand self-stigma in mental health professionals and its impact on help seeking behavior.

## Social Psychology: Negative Aspects of Everyday Life

### Balancing Solitude and Social Time in Everyday Life

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The COVID-19 outbreak made eminently salient the role that solitude plays in daily life. The effects of increased solitude due to lockdowns and subsequent lifestyle (e.g., work, recreational) changes have been richly varied, with reports of loneliness alongside beneficial effects of solitude on relaxation, creativity, and well-being (Kim et al., 2021; Mercier et al., 2021; Michinov & Michinov, 2021). Considering this recent work in its sum, we might observe individuals responding in a host of ways to what was, in effect, a disruption to their otherwise typical patterns of daily solitude and socializing. Extant findings speak, indirectly, to a number of unanswered questions: how do people respond to time spent in solitude, are there benefits to having some daily solitude, and is there such a thing as too much solitude? These questions reflect the goal of a nascent body of work: that of understanding balance between time spent alone and time spent with others. This talk will present findings from two studies that approach the question of balance in two complementary ways: First, I will present findings from a 21-day daily diary study ( $n = 150$ ) that examines daily hours alone and interacting with others through tests of linear and non-linear hierarchical patterns to examine both within- and between- person reactions to the proportion of daily time spent in solitude. Second, I will present insights from in-depth qualitative interviews with  $n = 60$  adults and older adults who described their experiences of balance and imbalance in solitude. These interviews highlighted the role of perceptions, not just hours, in determining the role of solitude in daily life. I will further explore implications for future research operationalizing balance through hours and perception, considering it within different populations (e.g., adolescents, older adults, parents of small children), and testing mental health outcomes.

### An Extended Replication of Death Thought Suppression in a Turkish Sample

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According to terror management theory, individuals experience cognitive discomfort when they think about the inevitability of death. When mortality becomes salient, individuals suppress thoughts of death through cultural beliefs and values that give them meaning in life and a sense of personal value or self-esteem. In some studies with death

primes, individuals were found to have higher accessibility of death thoughts after a delay in the task due to cessation of suppression. In their study in 2012, Trafimow and Hughes found that death thought accessibility was higher in no delay condition than the delay condition. As part of an international registered replication, this study aimed to replicate that finding in a Turkish sample with additional variables. A group of 106 Turkish university students (90% female, mean age 24.3) responded to an online questionnaire. Experimental group was asked to think and write about their own death ( $n = 50$ ), while the control group was asked about dental pain ( $n = 56$ ). In the delay condition, half of all participants ( $n = 49$ ) read an unrelated brief news article. After the stimuli, participants were given either a word generation or completion tasks including death related words. Additionally, participants completed the Rosenberg Self-Esteem Scale (RSES) and the Sense of Humor Scale (SHQ-6-R). Results. We found that the experimental group generated significantly more death-related words than the control group. In both experimental and control groups, there was no significant difference between the two delay conditions or the two word task groups in the amount of death-related words. Number of death-related words were not significantly associated with the RSES or SHQ-6-R scores. Our findings did not replicate the findings of the original study. Theoretical and methodological implications were discussed.

### **“We Are Better Than This”: The Role of Collective Narcissism in Conspiracy Theories**

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This study explores the role of collective narcissism, a form of ingroup positivity, in predicting different types of conspiracy beliefs, in two cultural groups. Excessive admiration about one's group is associated with the notion of threat. Therefore, it is hypothesized that collective narcissism could predict belief in conspiracies explaining any crisis or failure of the group to be due to external factors (ingroup conspiracies). Also, high collective narcissism should predict a weaker tendency in general conspiracies, or theories explaining unfortunate events of other groups (outgroup conspiracies). A Greek and a British sample took part in this survey. Four scales were used: “Collective Narcissism Scale”, “The generic conspiracist scale” and two scales developed by the researcher, assessing the belief in Greek and British conspiracies. In Study 1, regarding the Greek sample, ingroup conspiracies were positively predicted by collective narcissism and there was a weaker association to outgroup and general conspiracies. Study 2 tested the same relations in a British sample, where collective narcissism was a predictor of ingroup and general conspiracies but not for outgroup. The differences were explored, showing that overall, Greeks scored higher in collective narcissism and ingroup conspiracies. Results above suggest that conspiratorial thinking should not be viewed as something absurd. It should be considered that in a group level, people use conspiracy rhetoric to fulfill some of their needs.

By fostering ingroup conspiracy theories individuals who are overly attached to their group, they try to manage any threat, symbolic and realistic, without spoiling their ingroup's image and in extension their own as a member. Reporting this result, for the Greek context, it is important since there is a gap in the existing literature. Overall, investigating the conspiratorial mentality in a group level is crucial to understand human behavior and the social consequences that arise.

### **The Examination of Virtue Signalling by Pathological Narcissism and Life Goals**

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The aim of this research is to improve the current understanding of the relatively new concept of virtue signalling through the examination of narcissism and life goals. Virtue signalling is described as contributing to moral discourse to persuade others that one is morally respectable. Since virtue signallers are more concerned about themselves rather than the topics that they claim to discuss, their primary motivation can gain recognition from others. Thus, it is crucial to examine their goals. In total, 488 university students, 108 males (M<sub>age</sub> = 21.41, SD = 3.96) and 380 females (M<sub>age</sub> = 20.62, SD = 2.81) participated in the current study. They completed an online survey in exchange for extra course credits. Exploratory and confirmatory factor analyses confirmed the one-factor model of virtue signalling, including 17 items. Hierarchical regression analyses showed that virtue signalling is predicted by pathological narcissism, as expected ( $\beta = .42$ , SE = .06,  $p < .001$ ). Surprisingly, society contribution ( $\beta = .18$ , SE = .05,  $p < .001$ ) and financial success ( $\beta = -.12$ , SE = .06,  $p < .05$ ) were significant predictors. Moreover, meaningful life, personal development, and being famous were not significant in predicting virtue signalling, as expected. To test the moderating role of life goals on the link between pathological narcissism and virtue signalling, Process Macro was used. After controlling for sex and social desirability, we tested the moderating roles of society contribution and financial success but none of the moderations were significant. These results provide novel evidence regarding the utility of pathological narcissism and life goals in predicting virtue signalling. The findings suggest that virtue signallers have conflicting reasons for their actions. Recommendations for future studies and implications of the current findings were discussed.

## Fake News Discernment, Overall Belief in Fake News, and Socioeconomic Status

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Widely shared messages about COVID-19 raise significant concerns because they often contain incorrect information about the virus and its treatment. Latest studies have started to analyze factors that might make some individuals more likely to discern fake news. Among these variables, socioeconomic variables have been shown to play an important role. Also, it has been suggested that measuring belief in fake news in some cases might be substituted by measuring overall belief in news in general. This study aims to examine relationships between discernment of fake news, overall belief in news, and variables of socioeconomic status. In total 504 pre-retirees and retirees of Lithuania participated in the research (69.7% were females). Mean age was 64.3 (range from 50 to 90 years). Participants read true and false news headlines, taken from social media. Two measures were calculated: how much participant believed that the headline was true (overall belief) and how much he/she could distinguish true and fake headlines (discernment). Multiple hierarchical regression analyses were performed to analyze whether the educational level and household income for one person predicted both fake news discernment and overall belief in news. According to the results, as the educational level increased the possibility of believing in news in general also increased. However, nor educational level, nor household income did not predict fake news discernment. Therefore, the present study, which focuses on two different ways of measuring reactions to fake news on social media, is thought to suggest that in some cases overall belief in news might be a better alternative to measuring belief in fake news. Also, although further research is needed, preliminary results show that educational level is a more significant factor in increasing overall disbelief in news instead of fake news discernment.

## Exploring the Theoretical and Applied Value of Special Combinations of Values: The Quixotic Machiavellianism Profile

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We define Quixotic Machiavellians (QM) as individuals willing to deploy manipulative moves to increase or protect the greater good. This behaviour style is linked to a value profile that combines traditionally opposing dimensions: self-enhancement (i.e., power and achievement) and self-transcendence (i.e., universalism). We conducted two studies to test whether increasing the salience of this QM profile led participants to be more manipulative when the goal

was global. The total sample was 340 participants (56.84% female); 207 university students of USA (Study 1) and 133 employees of different companies from 19 countries (Study 2). We followed the same procedure in both studies; participants were faced with a dilemma in which they decided to either being transparent or manipulative when transmitting the information about a virus outbreak, the more manipulative the highest efficacy expected for the general welfare. Importantly, before presenting the dilemma, participants were randomly assigned to one of the three conditions: salience of QM values (power and social justice), salience of alternative values (tradition and conformity), and no salience of any values profile. Miscellaneous variables such as political orientation, economic focus, preoccupation about pandemic, and so on were included. The results of both studies were similar and collapsed into one sample: the participants showed the highest willingness to be manipulative when the QM values were more salient. The practical implications of combining of QM profile with other variables (e.g., political intelligence) are discussed. We are currently designing and validating a scale to measure this QM profile.

## Work and Organizational Psychology: Work-Related Well-Being Among Healthcare Workers

### A Brief Psychological Intervention Based on Passion for Work for Physicians of Intensive Care Units in Mexico: A Pilot Study

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Physicians working in the Intensive Care Units (ICU) are exposed to high job demands (i.e. work stressors and emotional effort) that increase their risk of suffering different psychosocial risks, such as emotional exhaustion and Secondary Traumatic Stress (STS). However, the presence of personal resources (i.e. harmonious and self-compassion) may mitigate the impact of these job demands. Thus, our goal was to design a specific intervention for physicians in ICU and provide preliminary evidence of its effectiveness through a five-session intervention. This brief intervention of 5 weekly sessions (2 hour-session) was carried out in 4 physicians in ICU in a hospital in Mexico. As a control group, other 4 physicians were selected. The intervention aimed at reducing emotional exhaustion and STS by increasing harmonious passion and self-compassion; and diminishing the job demands such as emotional effort. The intervention was focused on working in (1) values through Acceptance and Commitment techniques, (2) self-compassion through mindfulness exercises, and (3) emotion regulation strategies to diminish the emotional effort that stressful situations may cause in these professionals. The preliminary evidence showed that the intervention group obtained a significant diminishing in: a) work stressors (2/4 physicians); emotional effort (1/4 physicians); emotional exhaustion (2/4 physicians), and STS (3/4). One physician experienced a significant increase in harmonious passion, but the intervention seems to maintain high levels of this and self-compassion in comparison with the control group. The control group showed a worse result in the outcomes. Despite being a pilot study, this is the first study to propose an individualized brief intervention specifically for physicians working in ICU, that showed as well evidence for effectively reducing psychosocial risks such as emotional exhaustion and STS. Moreover, this study provided evidence about effective strategies to work on values to increase personal resources such as harmonious passion.

## Psychological and Demographic Factors of Fluctuation in Nursing Jobs

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Fluctuation of nursing staff negatively affects the quality and stability of patient care, so it is important to ensure the stability of employment relationships. Matching the physiological and psychological characteristics of a person with the nature and loads of work is crucial. Employee difficulties in managing work situations and experiencing overload are manifested as a decline in persistence and higher fluctuation. The main research goal was to identify demographic and psychological factors that determine persistence in nursing jobs in a tertiary health care institution. As part of a research project at the University Medical Center Ljubljana, we analyzed demographic and psychological factors of employment stability on a sample of 1809 new employees in nursing for the period 2014-2020. The psychodiagnostic database contained tests of basic and specific abilities, questionnaires of personality characteristics, well-being and psychopathological symptoms. Regression analysis was used to assess the impact of mental functions on persistence in the work environment. Preliminary results from a random sample of 203 newly employees give the structure of four principal factors: adaptability, sensitivity and anxiety, social insensitivity and rigidity. Important indicators of an individual's ability to persist in a job role are personality traits, sensitivity, deprivation, and anxiety. More sensitive individuals with a neurotic personality structure and a higher anxiety level and deprivation, ended their employment more quickly. Adaptation potentials affect the effectiveness of coping with workloads and the persistence in the work environment. Demographic variables show greater perseverance of new employees who are older, have longer overall work experience and more work experience in nursing. We designed a classification model of demographic and psychodiagnostic factors that identifies individuals with weaker potential for persistence in the work environment. Research findings identify factors of fluctuation in nursing and provide guidelines for the psychodiagnostic assessment of employees and newly employed health professionals.

## Empowerment in Healthcare: Consequences for Patients

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High quality healthcare offered for patients requires the presence of a committed nursing workforce. The study is based on the integration of the structural empowerment theory with the psychological empowerment theory and it aims to test the consequences of nurses' empowerment for their patients. We hypothesized that nurses' structural empowerment is related to patients' empowerment, self-care,

and patients' satisfaction with the nursing care quality, and that nurses' psychological empowerment acts as a mediator of these relationships. We tested this model on the sample of 309 nurses and midwives employed in hospitals and their 305 adult patients. Multilevel modeling was used for data analysis, assuming two levels of data: level 1 - person level (nurses and patients); level 2 - department level. The results of analyses demonstrated that one of the dimensions of nurses' psychological empowerment (i.e., impact) is a mediating variable between structural empowerment and its three dimensions (i.e., access to information, formal power, and informal power) and patients' satisfaction with the nursing care quality and patients' self-care. Knowledge concerning the role of nurses' empowerment for patients' self-care and satisfaction with the healthcare is important for the development of effective healthcare management.

### **An Emotion Labor Study on Registered Nurses: The Effects of Their Perceived Professions, Psychological Capital, and Zhongyong Thinking**

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This study examined self-focused emotional labor and other-focused emotional labor of professional service providers. The meaning of self-focus emotional labor is the same as displaying positive emotion and suppressed displaying negative emotion of service providers. This is different from the previous research on emotional regulation of emotional labor on the surface acting and deep acting of the service providers. Customers are looking for help because they lack professional knowledge or are unable to solve their own problems. The customer may have some negative emotion before receiving the service. The professional service provider shows his/her own positive emotion and restrains negative emotion, but also regulating others emotional behavior, which is so important, is affecting the feeling of the customer receiving service. The personal internal resource is consumed during emotional labor. It is helping service providers to show appropriate emotions when working. This research focused on the following issues: (1) how the self-perceived profession's power of professional service providers will affect their behavior of emotional labor, (2) how personal psychological resources will affect the regulating of emotional labor behavior of professional service providers. We conducted a survey and received 312 valid questionnaires. The results showed that when perceived professional power is high, the nurses will have more emotional labor. Zhongyong thinking and psychological capital of nurses have no adjustment effect either displaying positive emotion or suppressed negative emotion. Zhongyong thinking and psychological capital of nurses have adjustment effect of regulating others emotions. Finally, the result and limitations of the study and future directions of research are discussed.

### **Emotion Regulation and Mental Health Among Professionals of Long-Term Care Institutions for Older Adults: The Mediating Role of Work Engagement**

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The aim of this study was to examine if work engagement mediated the association between emotion regulation and mental health of professionals working in long-term care institutions for older adults in Brazil. A transversal study with formal caregivers of older adults was conducted (N = 104). An online questionnaire was used. Emotion regulation (expressive suppression and cognitive reappraisal), work engagement (vigor, dedication, and absorption), and mental health (depression, anxiety, and stress) were measured using self-report scales. Multiple mediation models were used to test the mediating role of engagement. Expressive suppression was associated with more vigor, which in turn was associated with less anxiety and stress; cognitive reappraisal was associated with more vigor, which in turn was associated with less anxiety and stress. No indirect effects were found for depression. The use of expressive suppression and cognitive reappraisal strategies to regulate emotions seems to be associated with more vigor in terms of resilience and persistence to deal with work demands, which in turn contribute to maintaining low levels of anxiety and stress in professionals working within the context of geriatric care.

## Clinical Psychology: Approaches in Psychological Therapies

### Evaluation of the Impact of Two Types of Training on Undergraduates Psychologist Communication Skills During a Breaking Bad News Interview

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IP2-2-E4

The primary purpose of this study is to evaluate the effectiveness of two Breaking Bad news (BBN) communication trainings modalities on stress, self-efficacy, and empathy among undergraduate psychologists. BBN represents a difficult task that could have negative impact, and psychologists often feel unprepared (Merker et al. 2010). Simulation training is recognized as effective in communication skills training, mainly using standardized patient (SP) (Rosenbaum et al., 2004). Last years, new, less resource-intensive modalities have emerged. This study will compare SP to one of these new possibilities: 360° immersive videos (360IV). This controlled randomized study includes two experimental conditions (360IV; N = 19; SP; N = 17) and a passive control condition (CC; N = 33). In experimental conditions (EC), on two occasions, after immersion in BBN clinical situations (360IV) or a role-playing game PS, participants received a debriefing based on SPIKES guidelines (Bailes et al. 2000). Pre-post assessments includes self-reported measures of stress (VAS); self-efficacy (VAS); and empathy (JSE ; Hojat et al., 2002). Participants' empathy was also assessed blindly by the role-players (CARE, Mercer & Reynolds, 2002). Self-reported measures: effects of time were found for self-efficacy ( $p < .001$ ;  $n^2 = 0.23$ ); stress ( $p < .001$  ;  $n^2 = 0.18$ ) and self-reported empathy ( $p < .001$ ;  $n^2 = 0.5$ ). Regarding self-efficacy, increases in the PS condition is significantly higher than in the CC ( $p = .003$ ). For hetero-reported measure, empathy increase significantly in both EC and remained unchanged in CC ( $ps = 0.004$ ;  $n^2 = 0.02$ ). To conclude, a three-hour BBN training increases participants' empathy assessed by external judges. This improvement is observed regardless of the modality (SP or 360IV), showing the importance of feedback. However, the role-playing with SP allows a greater increase in self-efficacy.

## REFLEX: A Randomized Controlled Trial to Test the Efficacy of an Emotion Regulation Flexibility Program With Daily Measures

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Emotion regulation (ER) is a process associated with difficulties in mental health. Given its transdiagnostic features, its improvement could facilitate the recovery of various psychological issues. A limit of current studies is the lack of knowledge regarding whether available interventions improve ER flexibility (i.e., the ability to implement ER strategies in line with contextual demands), even though this capacity has been associated with better mental health and well-being. Therefore, the aim of the study is to test the efficacy of a 9-weeks ER group program (the Affect Regulation Training - ART), using the most appropriate measures (i.e., experience sampling method) in a student population. Plus, the goal of the study is to explore the potential mediative role of ER flexibility on mental health improvement. This Randomized Controlled Trial will compare the ER program group to an active control group (a relaxation program) in 100 participants. To test the mediative role of ER flexibility on mental health, daily measures will be used before, during, and after the interventions to evaluate the extent to which participants are flexible in their ER. Using multilevel analyses, we expect an improvement in anxious-depressive symptomatology for both groups. However, we expect the ART group to improve specifically on ER flexibility ability, and the last to be a mediative variable on mental health. This study will enhance knowledge on interventions for students and the impact of interventions on ER flexibility. Also, this research will improve knowledge on ecological measures for assessing the effect of interventions. Overall, this project represents new opportunities to improve ER skills to improve mental health in undergraduate students.

## Short, Intensive, Clinical Treatment for (C)PTSD As Offered by Trauma Center Netherlands

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IP2-2-E4

Trauma Center Netherlands offers an innovative, short and intensive treatment for patients with diagnosis (C)PTSD, mostly as a result of multiple (childhood) traumatizing. We provide an 8-day, intensive clinical treatment and a 4 or 8 days day treatment program for these patients. Trauma Center Netherlands is founded in 2018. Now we have 21 clinical patients and 15 patients for day treatment a week. This means around 1500 patients a year. The treatment program of Trauma Center Netherlands consists of a combination of evidence-based psychological treatment methods (EMDR and Imaginary Exposure), art therapy, psychomotor therapy,

and bodywork. The program is well-structured and consists of two individual sessions a day and six group sessions. The program is meant for those patients of whom treatment of (C)PTSD in other treatment settings has stalled due to severity/complexity of the disorder or because of comorbidity (e.g. eating disorders, psychosis, dissociative disorders, personality disorders). The treatment is fully covered by all health insurance companies in the Netherlands. The vision of Trauma Center Netherlands is strongly anchored in the view that PTSD has a psychological, but certainly also a physical component. This is in line with Van der Kolk who said: "the body keeps the score". Based on this view, next to EMDR and Imaginary Exposure, treatment is focused on body-oriented interventions, based on the work of Peter Levine, Dan Siegel, Pat Ogden and others. In this presentation we want to give an insight into the way Trauma Center Netherlands shape treatment of PTSD in a combination of evidence-based treatment methods and experiential body-oriented methods. We would like to present the case of one of our clinical patients on the one hand and treatment results as measured by outcome monitoring on the other.

### **Mentalization in the Approach to Work With Hematological Patients**

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IP2-2-E4

The aim of this paper is to raise awareness of the need for mentalization as one of the techniques and one of the appropriate approaches in individual work with patients with hematological diseases in order to provide them with adequate help and support in disease and treatment. The term mentalization in psychotherapy was coined by Fonagy, and he defines it as a process by which we determine the meaning of our own and others' subjective states and mental processes. It is a socially determined term because we are aware of the mental states of the people with whom we are physically and psychologically in a relationship, which is central to human communication. The ability to mentalize allows one to see oneself from the outside and others from the inside. There is also an ethical aspect to this: the better we understand another person, the harder it is to treat a person as just an object. All this includes: empathy, emotional intelligence, metacognition, insight, self-insight, interpretation, transfers. Psychotherapy or psychological support is an example of explicit mentalization. The psychologist consciously and intentionally imagines the patient's mental states and encourages the patient to consciously and intentionally focus on his own mental states. Compassion is an essential part of mentalization and is related to mirror neurons: the therapist observes a person going through pain, emotional crises, fear, and the therapist activates the same brain areas as if he himself experiences the above. In conclusion, it is necessary to design and provide psychological help and support in order for patients to learn to cope with the disease and its possible consequences, and to lead a better and more meaningful life, but also to ensure quality death if there are no other choices.

### **The Impact of Kernberg's Transference Focused Therapy on Hysterical Personality Disorder: A Case Study from Turkey**

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IP2-2-E4

In this study, the effect of transference-focused therapy on symptoms was investigated in a case diagnosed with a hysterical personality disorder. At the same time, the role of this therapy in attracting defense mechanisms to mature defense will be discussed. In addition, a case study was used as a clinical method. E. A 58-year-old woman with a diagnosis of hysterical personality disorder was treated with the Transference-focused therapy method, and most of the therapy goals were achieved. Once again, this therapy proved to be successful in attracting defense mechanisms, which are among the main targets, to mature defense mechanisms. To conclude, transference-focused therapy, which is one of the psychodynamic psychotherapy methods, is one of the therapy methods frequently used in personality disorders. This study proves that transference-focused therapy is also an effective therapy method in hysterical personality disorder with high borderline organization. In addition, the relationship between the therapist's session skills and transference-focused therapy will also be mentioned, along with the effectiveness of this therapy method when used in the session.

## Psychology & Neuroscience: Cognitive Control and Executive Function

### Evaluation of a Multicomponent Task to Measure Cognitive Control

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IP10-2-E2

Cognitive control is defined as a multicomponent construct of interrelated yet separable executive functions (working memory updating, inhibition, and shifting) that regulate goal-directed behaviour in changing environments. We developed a multicomponent task combining demands for updating (the n-back task) and inhibition of prepotent responses (the go/no-go task) in a simulated driving scenario. We examined task performance on combined cognitive tasks compared to tasks with only one demand. Fifty-two participants controlled a car on a computer screen using the arrow keys on the keyboard. In five experimental conditions, they performed the following tasks: (i) the go task (driving around black roadblocks), (ii) the go/no-go task (driving around black and through white roadblocks), (iii) the n-back task (indicating whether the letter on the road sign is the same as 1 to 4 signs back), (iv) the n-back task combined with the go task, and (v) the n-back task combined with the go/no-go task. For each task, we measured response accuracy and reaction times. Compared to the single-demand tasks, response accuracy decreased and reaction times increased in the combined-demands conditions. Analysis of variance revealed statistically significant main effects and interaction between increasing the difficulty of the n-back task and adding inhibitory control demands on updating performance. Moderate to high correlations were found between the performance measures obtained on a given task under the different experimental conditions. Correlations between performance measures for different tasks were negligible. The interaction between the two cognitive demands suggests that the two cognitive control functions are not independent. Instead, the multicomponent task requires shared cognitive resources related to general cognitive control mechanisms, such as inhibitory control, attentional control, or flexible allocation of resources. The multicomponent task offers new opportunities for the differential assessment of individual cognitive functions and exploration of their combined functioning.

### The Effect of Cognitive Control Load on the Efficiency of Emotion Regulation

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Emotion regulation relies on cognitive control, which involves higher-order cognitive abilities that enable flexible,

goal-directed behavior in an ever-changing environment. We hypothesized that higher cognitive control load would predict reduced efficiency in down-regulating emotional responses to negative stimuli due to diminished cognitive resources needed for successful emotion regulation. Seventy healthy undergraduate students, aged 19-20 years, took part in an emotion regulation task. The task included three conditions: neutral images (NN), negative images without regulation (EN) and negative images with cognitive reappraisal (ER), each under three loads of a concurrent n-back task (0-/1-/2-back). Participants' subjective experience (valence, arousal) and psychophysiological response (heart rate, breathing rate, electrodermal activity—EDA) were monitored to assess the effects of cognitive control load on the efficiency of emotion regulation. Participants' subjective responses differed significantly as a function of the valence of the stimuli and the use of reappraisal to regulate emotion. Arousal was lowest in the NN, highest in the EN and intermediate in the ER conditions. Valence was highest (i.e., most positive) in the NN, lowest in the EN and intermediate in the ER conditions. The effect of cognitive load on subjective response was small. Cognitive load appeared to significantly modulate physiological arousal, as suggested by an increase in breathing rate and a decrease in heart rate variability, whereas valence of images and emotion regulation elicited much weaker changes. The amplitude of phasic changes in EDA suggests that higher cognitive load leads to a lower autonomic response and thus acts as an alternative form of emotion regulation. While concurrent cognitive load did not affect subjective emotional experience, psychophysiological measures were more susceptible to cognitive load. EDA suggested that the concurrent load acted as a distractor, further reducing physiological emotional responses rather than disrupting emotion regulation.

### The Effect of COVID-19-Related Stress Perception on Executive Functions: Difference Between Collectivistic and Individualistic Cultures.

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IP10-2-E2

Stress is an unavoidable life factor for all people (Wolf et al., 2015). Numerous studies corroborate the negative impact of prolonged stress on the individual's well-being and its environment. In addition, prolonged stress can be a risk factor for cognitive functions (Bedoya-Cardona & Vásquez-Caballero, 2019). According to literature, the stress response may be influenced not only by individual characteristics, but also cultural differences. The main purpose of the present study, is to find out whether there is a difference between collectivistic and individualistic culture in terms of the perception of stress related to COVID-19, with possible sequelae similar to post-traumatic stress disorder, and its possible effects on certain executive functions. For this purpose, 40 people, 20 Spanish and 20 German, aged between 18 and 30 years, were recruited and administered the PSS-10-C scale

and then subjected to 6 neuropsychological tests to assess working memory, cognitive flexibility, decision-making and inhibitory control, since these are the executive functions that, according to the literature, are most affected by chronic stress. The results did not show a significant difference neither in the perception of stress related to COVID-19 nor in test performance between the two groups. Furthermore, no significant correlation was shown between task scores and PSS-10-C scores. These results led to the conclusions, that although the literature suggests that such a difference exists, this work cannot corroborate that an individualistic culture perceives stress statistically different than an collectivistic culture and furthermore that there is no significant difference in test performance between the named groups. Finally, limitations such as the number of participants, the previous assessment of the cultural dimension and others, should be taken into account for future investigations.

### **Implicitly Induced Urinary Urgency Facilitates Inhibition of Unwanted Thoughts**

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IP10-2-E2

Although the Inhibitory Spillover Effect has been studied extensively, little is known about the diffusive effects of physiological inhibition on the affective-thought processes. Thus, present study (N = 180) investigated the bolstering effects of diffusion of inhibition supplied by urinary urgency on suppression of the unwanted memories that were experimentally produced by the T/NT procedure. A total of 35 cue- emotionally negative scene pairs containing 30 critical pairs and 5 fillers were used in T/NT task. The pairs were randomly assigned to one of experimental the conditions (Think/No-Think/ Baseline) in a counterbalanced fashion. The participants took each T/NT condition under either low or high urinary urgency condition created with a bogus water tasting procedure. The T/NT task consisted of three phases: Study phase, T/NT phase, and Test phase. During the study phase, object-scene pairs were presented individually for participants to study in detail. During the T/NT phase, cue objects were randomly presented in either green (Think) or red (No-Think) frame for 3000ms, and they were instructed to recall or suppress their memories of the associated scenes, depending on the frame color. In the Test phase, the cue objects were presented individually, and the participants were instructed to describe the associated scenes in as much detail as possible. The data indicated that the memories of disturbing scenes were effectively suppressed during the NT part of T/NT, yet the effect was more pronounced with the increased visceral control. The present study may have important implications for developing of interventions to help individuals who are intrinsically less able to overcome intrusive remnants of painful experiences by suppressing unwanted thoughts. The study also proposes that a possible focus for future intervention is selection of a domain with relatively better capacity of inhibitory resource than the domain to be rehabilitated.

### **The Combined Effect of Cognitive Training and Neurofeedback on the ADHD Children and Non-ADHD Children Cognitive Improvement Levels**

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IP10-2-E2

Attention-deficit/hyperactivity disorder (ADHD) is one of the most common neurobehavioral disorders among children. In addition to medication for ADHD treatment, neurofeedback and cognitive training program paid a significant attention as alternative treatment. The aim is to investigate whether neurofeedback with computerized cognitive training will create any improvement on memory and concentration level. The sample was composed of 3 ADHD children (2 boys, 1 girl) and 3 non-ADHD (2 boys, 1 girl) children. Reasoning, memory, attention, coordination and perception scores of General Cognitive assessment Test (GCAT) were used as norm-references. Participants received 20 face-to-face sessions. Computerized Cognitive training (CCT) aimed to improve general attention, working & immediate memory, focused attention, central, auditory and visual processing speed. After 20 training sessions, GCAT was repeated. Captain's Log MindPower Builder was used as CCT program with Neurosky Mindwave Mobile2 that was one channel EEG station. Neurosky used to develop how to better concentrate and focus. Brainpower displayed a graph of brainpower score while cognitive exercises. Brainpower used to play brainpower games that designed to assist participants to maintain the desired mental state. For example, participant should sustain the concentration while doing different games such as kicking a football to score a goal in Neurosoccer game. The total scores of post-tests were found to be significantly higher than pre-tests (Mpre-test = 453.64, and Mpost-test = 562.72;  $t = -2.69$ ,  $p = .014$ , Cohen's  $d = 1.71$ ). ADHD children pre-test/post-test mean scores were 328/531 (attention), 338/581 (memory), 429/571 (reasoning), 259/495 (perception), 278/413 (coordination). Non-ADHD children pre-test/post-test mean scores were 643/678 (attention), 565/640 (memory), 672/689 (reasoning), 448/556 (perception), 536/587 (coordination). The combination of CCT and neurofeedback showed a significant effect on total GCAT scores for all participants. ADHD children showed much more improvement on scores than non-ADHD children. This result will promise an alternative treatment for ADHD.

## Developmental Psychology: Parenting

### Does the Implementation of Behavioural Sleep Interventions for Children Influence Parental Well-Being?

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IP4-3-M3

Existing research suggests that child sleep problems have a deleterious effect on parental well-being. However, few studies have considered the influence of sleep interventions on parents' subjective well-being, particularly from a qualitative perspective. This study aimed to explore how implementing sleep interventions influence parental well-being. Well-being was conceptualized from the hedonic perspective and operationalized as the presence of positive affect, low levels of negative affect, and moderate to high levels of life satisfaction. Additionally, couple satisfaction, as well as symptoms of postnatal depression and perceived stress were examined. A multiphase mixed method research design was employed. Participants (N = 119) completed questionnaires to determine the incidence of well-being during phase I. Approximately 8 weeks after implementing the sleep intervention, participants (n = 77) completed the same questionnaires to determine how levels of well-being may have changed. Additionally, an exploratory qualitative design was utilized to explore mothers' and fathers' experiences of well-being when implementing sleep interventions. The quantitative analyses of the questionnaires were conducted through descriptive statistics, paired t-tests and a Wilcoxon signed rank test. Qualitative data were thematically analysed. The quantitative results show that there were significant improvements on mean scores of life satisfaction, positive and negative affect, as well as stress and depression after the intervention. Qualitative data indicate that, while parents experienced brief increases in stress and negative affect during the intervention, they felt that significant improvements occurred regarding their overall well-being after the intervention. Improvements in child well-being, improved routine, and improved sleep facilitated these experiences. The findings suggest that, while there were brief decreases in well-being during the intervention, the implementation of sleep interventions improved parental well-being in the short term. Such interventions may therefore be useful to improve well-being of parents whose children struggle with sleep problems.

## Differential Effects of Paternal Socioeconomic Status on Father's Involvement and Infant's Prosocial Behavior

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IP4-3-M3

Research data on the role of paternal behavior on child development are mainly based on father-child interaction but little has been known about the role of father's socioeconomic status (SES) on his involvement on child rearing and on child's early development of prosocial behavior. The aim of the present study was to examine the importance of SES (e.g., father's education, family income, number of children) in the paternal involvement and development of infants' prosocial behavior. In particular in the current study, we attempted to investigate the association between SES, paternal involvement and infant's prosocial behavior. One hundred one fathers of 24-30-month-old infants from Greece were measured using two questionnaires on paternal involvement and infants' prosocial behavior and a self-report on fathers' demographics. The results showed that paternal involvement is positively associated with father's educational level but not with family income and the number of children in the family. The higher the father's educational level was, the more he was involved with his infant. On the contrary, neither father's educational level, nor family income and number of children in the family were found to be significantly associated with infant's prosocial behavior. Our findings highlight the importance of socioeconomic factors on the quality of paternal involvement and infant's prosocial behavior development.

## Parental Phubbing: A Hidden's Mental Health Crisis Phenomenon in the Digital Era

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IP4-3-M3

The development of sophisticated information and communication technology has a tremendous and beneficial effect on human life. However, at the same time, the use of technology that is not wise triggers the birth of negative impacts that are increasingly detrimental. This can be seen in the emergence of the phenomenon of „parental phubbing“ or parents who do a phubbing to their children. The results from previous studies have shown that parental phubbing has a negative effect on children's mental well-being. However, the current research of this phenomenon is very limited. In fact, nowadays, the phenomenon of parental phubbing has become a habit and it is perceived as a normative behavior in the social environment. Therefore, this study aims to track the impact of the parental phubbing phenomenon on children's mental health using the literature review method, namely a semi-systematic review approach with thematic analysis method. There are two main objectives. Firstly, identifying and tracking the impact of parental phubbing on children's

lives. Secondly, providing an overview of the future research agendas. The results of this study also provide an overview of the existing parental phubbing research gaps and suggestions for an improvement for the further studies. Exploration results from the empirical studies show that the parental phubbing phenomenon has a negative impact on decreasing the quality of children's mental health, child development, especially social competence and reducing the quality of the relationship between parents and children. The results of this study have implications for everyone, especially parents, to increase awareness and sensitivity to the negative impacts of unwise and excessive use of technology on children's lives, as well as the importance of fostering and designing rules for the wise and healthy use of technology in the family environment.

### Parentification Process and Parental Empathy

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Parentification is a form of distorted division of roles and responsibilities in the family where those roles are being reversed. This process is complex, immersed in the culture, and multidimensional. One of the sources of parentification might be the intergenerational transmission. The study aimed to examine if empathy mediates the association between parental parentification and the parentification that their adolescent child experiences. There were 111 Polish family triads composed of the adolescent ( $M = 13.35$ ;  $SD = .85$ ; 52.9% girls) and their mother and father that participated in the study (333 participants total). Empathy was measured with The Empathetic Sensitivity Scale (Kaźmierczak, 2008). The parentification process, as evidenced retrospectively in parents and currently in adolescents, was measured with the Polish adaptations of the Parentification Inventory (Hooper, 2009; Borchet et al., under review). In both versions, the scale produces three orthogonal parentification dimensions. Preliminary analyses revealed significant correlations between study variables. Six mediation models with one of the parentification subscales as the mediator will be tested separately for mothers and fathers (i.e., 3\*2). The study provides rare insight into the complex process of parentification intergenerational transmission and attempts to explain the role of parental personality characteristics (i.e., empathy level) in the process.

### Gender Differences in Parental Stress and Its Influence on Life Satisfaction: A Comparison Between Community and Social Service User Population

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The Parental Stress Scale has been validated in different countries, but its properties have not been confirmed in the Spanish population. Similarly, the literature about the influence of gender on parental stress is inconclusive, and there is little evidence on the possible moderation of this emotional process on life satisfaction. Three specific objectives were proposed in this research: (1) to analyze the psychometric properties of the Parental Stress Scale (PSS) and validate for its use in Spanish population, (2) to examine possible gender differences in the factors that compose the PSS and (3) to study the relationship between parental stress and rewards and life satisfaction attending to the possible moderating effect of gender. These objectives were examined in two different samples. The first was composed of 525 Andalusian fathers and mothers who had been referred to the Social Service resources (78.3% women; Median = 38.3). The second sample was composed of 421 parents from Córdoba and Badajoz whose children attended to nursery school or Childhood Education (41.1% men; Median = 37.08). They answered PSS and Satisfaction with Life Scale (SWLS). Exploratory and confirmatory factor analysis (CFA), t-test and moderation analysis were performed. The CFA confirmed that the instrument had two main factors: Parental Stress (PS) and Parental Rewards (PR). In the Social Services sample, mothers showed higher PS and lower PR. The latter dimension was also higher in the mothers of the community sample compared to the fathers. PR and PS were directly related to Life Satisfaction (SWL) in the Social Services sample. In contrast, gender moderated the relationship between PR and SWL in the community sample in the case of mothers. These results are discussed taking into account gender roles and the characteristics of both samples.

## Psychological Assessment: Different Perspectives and New Insights

### Structural Validity and Measurement Invariance of the Big Five Inventory (BFI-10) in Selected Countries

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Instruments based on the Big Five Personality (B5P) model are widely used to assess human aptitudes and capabilities across the globe. However, the utility of the instruments is contingent upon their reliability and validity across diverse cultural groups, and concerns have been raised about the applicability and equivalence of personality instruments developed in Western, educated, industrialised, rich and democratic (WEIRD) contexts, when applied in non-WEIRD environments. The research sought to determine the presence of five comparable personality dimensions (extraversion, agreeableness, openness, conscientiousness and neuroticism) in selected WEIRD (Germany and the Netherlands) and non-WEIRD countries (South Africa and Rwanda). The aim was to examine the structural validity of the five personality traits in each of the countries studied. The data for this study came from interviews conducted during the sixth wave of the World Values Survey in the Netherlands (N = 1.902), Germany (N = 2.046), Rwanda (N = 1.527) and South Africa (N = 3.531). Exploratory and confirmatory factor analyses were conducted to assess structural validity and measurement invariance. The findings from the 10-item Big Five Inventory (BFI-10) did not support a perfect five-factor model as embedded in B5P theory across all countries, even though Germany and the Netherlands obtained better results. The results do not support structural validity of the BFI-10 and do not demonstrate measurement invariance across WEIRD and non-WEIRD countries. The findings indicate that while the BFI-10 partially replicates the structure of the B5P model in WEIRD countries, it falls short in non-WEIRD countries. This affirms scepticism about instruments developed in WEIRD countries. Users of the instrument should therefore proceed with caution, particularly when using instruments in non-WEIRD contexts, bearing in mind that this widely used, and theoretically robust instrument, displayed structural flaws in both contexts.

### Detecting Personality Traits Using LinkedIn Indicators

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Recent analysis show that some Big 5 personality traits can be accurately inferred from job-related social network (Van de Ten et al., 2017). It is whether unclear which indicators

leak informative and accurate content about personality. In this study, we propose to explore information on personality that could be recovered from one's number of connections on LinkedIn. For our study, 37.337 participants agreed to share their full LinkedIn profile, including their number of connections. They also took a series of psychometric tests of an online assessment platform, which includes measures of various work-related personality traits. We demonstrate, using polytomous logistical regressions, that people with a high (and low) number of connections exhibit specific patterns of personality. The largest effects were observed for sub-scales of extraversion ( $t = 5.932$ ,  $p < .001$ ) and conscientiousness ( $t = -7.813$ ,  $p < .001$ ). Other significant results were found for sub-scales of agreeableness and neuroticism, but not for openness. To conclude, our study extends previous findings showing that LinkedIn offers reliable information about an individual's personality. Also, as many HR professionals are using job-related social network to infer personality (Roulin & Bangerter, 2013), our findings are crucial to help them make more reliable prediction.

### Detecting Personality Traits Using Self-Descriptions of Skills

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Personnel selection decisions are often informed by the use of personality questionnaires. Nevertheless, they can sometimes be impractical, because they may be too time consuming or expensive. Thus, it is desirable to be able to extract relevant information from other available sources (Akhtar et al., 2018). In this study, we propose to explore information on personality that could be recovered from the skills that individuals are regularly prompted to list - for example, on job boards such as LinkedIn. For our study, 28.141 participants self-reported their skills in a similar manner as in a job board, without a limit to their number or type. They also took a series of psychometric tests of an online assessment platform, which includes measures of various work-related personality traits. This study, which is a work in progress, proposes to investigate and present the relations between self-reported skills - categorized using the Big 2 dictionary of personality framework (Pietraszkiewicz et al., 2019) - and personality traits assessed by psychometric tests. For example, it is hypothesized that 1) listing communal skills will be associated with self-reports of empathy, 2) listing agentic skills will be associated with self-reports of persistence and autonomy. Theoretical and practical implications for the assessment of personality will be discussed.

## Career Adapt-Abilities Scale: Psychometric Properties of the Bulgarian Form

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Career guidance is an active and continuous process of self-knowledge, including awareness of the world of professions and building key competencies and skills. Unfortunately, in Bulgaria vocational guidance, especially in school, does not have a long history and rich tradition. Thus, the availability of appropriate assessment measures in Bulgarian is very important. We consider Savickas's constructivist model the most suitable career guidance approach, considering the chaotic and changing nature of careers, job market and society nowadays, as it focuses on adaptability and preparing youths to deal with it, more than assigning them to a set specific career path (Savickas et al., 2009). The aim of the current study was to examine the psychometric properties of the Bulgarian version of the widely used Savickas and Porfeli (2012) Career Adapt-Abilities Scale (CAAS), a 24-items scale that refers to career adaptability resources or transactional competencies. Translations into Bulgarian were done by independent experts, followed by back translation and revision by Savickas. The sample consisted of 440 adolescents, between 13 and 19 years of age ( $M = 16.06$ ,  $SD = 1.46$ ), i.e. 324 females (73,6%) and 116 males (26,4%) from 13 schools. In order to explore the factor structure of CAAS, exploratory factor analysis was done (principal component analysis with Oblimin rotation and Kaiser normalization). Four factors were extracted, almost replicating the original factor structure. Item 7 had higher loading in "Confidence" instead of "Control" scale. Item 24 was a doublet also in both scales but was left in "Confidence". The reliability coefficients of all scales were very good, with Cronbach's alphas .90 for "Concern", .85 for "Control", .88 for "Curiosity" and .92 for "Confidence". Our findings demonstrate that the Bulgarian form of CAAS is a valid and reliable measure and can be used in assessments of career adapt-abilities.

## A Confirmatory Factor Analytic Study of an Ethical Climate Measure on a Zimbabwean Sample

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Ethical climate has been described as a contextual factor that reflects the employees' level of awareness of their moral obligation. A positive ethical climate is essential within an organisation because it is associated with a trustworthy atmosphere based on codes of ethics which enhances the development of positive attitudes among employees. The Ethical Climate Questionnaire has been widely used one despite its limited use in Zimbabwe. From this basis, it is imperative to assess the reliability and construct validity of the

ECQ on a Zimbabwean sample as most of the psychometric properties of the ECQ were determined using Western samples. The main objective of the study was to ascertain the reliability and construct validity of the 19-item Ethical Climate Questionnaire (ECQ) by Wolmarans (2014) with original items of Victor and Cullen (1988) on a Zimbabwean sample. The specific objectives of the study were to confirm (1) the reliability of the ECQ by computing the Cronbach alpha reliability coefficients for each of the subscales, (2) construct validity of the ECQ by testing the first- and second-order model goodness-of-fit using confirmatory factor analyses (CFA). 304 employees from selected organisations in Zimbabwe participated in the study. The Ethical Climate Questionnaire (ECQ) was used to measure ethical climate and its reliability was evaluated using SPSS while construct validity was assessed through CFA using the LISREL programme. First, second and Bi-factor modelling were performed on the data. Moderately high levels of reliability were found for the sub-scales of the ECQ ranging from .79 to .87. Reasonable model fit with the data was found for the first and second order as well as the bi-factor and single factor measurement models through confirmatory factor analyses (CFA). The ECQ demonstrated reasonable model fit for the CFA models tested in this study.

## Psychological Assessment in Poland: Tracking Changes in Psychologists' Attitudes Towards Test and Testing (a Decade's Perspective)

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When trying to make a decision about clients' mental condition, the psychologists eagerly reach for psychological tests. The European Federation of Psychologists' Associations (EFPA) stimulates member states to monitor attitudes towards test and testing every ten years. The survey used internationally (main part) is based on EQTAP (EFPA Questionnaire on Test Attitudes of Psychologists), the combination of 33 items. A non-obligatory part can differ between countries and usually contains a few additional questions. The EQTAP items cover five domains: concern over incorrect test use, regulations on tests and testing, Internet testing, appreciation of tests, and knowledge and training relating to tests and test use. Besides that, psychologists are asked to point out three psychological measures commonly used in their practice - test popularity ranking will be provided. The objective of the project was to monitor how the opinion of Polish psychologists are evolving through time. Comparison of datasets from 2009 ( $N = 544$ ) and 2020 ( $N = 650$ ) will be the subject of the presentation. The constitution of the two samples was similar for two measurements: vast majority was female ( $< 80\%$ ), with an average age of about 40 years, recruited from the majority of the community centred around the Polish Psychological Association. Although the results show favourable attitudes, some aspects should be highlighted. The persistent trends in test and testing - like liberalizations of the tests access rules for non-psychologists or growing popularity of computerized

tools – will be the scope for discussion. The issues will be raised in the lights of problems with defining the professional specialties and identity by psychologists themselves. Therefore, the concept of interdisciplinarity and inclusiveness of Polish testing culture seemed to be key finding of 2020 edition of the survey. The conclusions about future of the tests will be supported with the dataset analysis.

## **Social Psychology: Community, Social Support, and Positive Perspectives**

### **A Culturally Sensitive Approach to Measuring Happiness Across the World**

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How can one conclude that country A is happier than country B, when happiness is being measured according to the way people in country A think about happiness? In this paper we address this issue by proposing a new culturally sensitive method to measuring and comparing societal levels of happiness. We support our reasoning with data on life satisfaction and interdependent happiness collected across forty-nine different countries around the world. We demonstrate that the relative idealization of the two types of happiness varies across diverse cultural contexts and are associated with culturally different models of selfhood. In this paper, we introduce a new culturally sensitive method for calculating societal happiness, and examine its construct validity by testing for associations with the experience of positive and negative emotions and with individualism-collectivism. This new culturally sensitive approach represents a slight, yet important improvement in measuring happiness, carrying practical implications for well-being researchers, for social indicators researchers, and policy makers.

### **Trait and State Components of Prosocial Behavior**

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Psychological explanations of prosocial behavior usually treat it either as a relatively stable disposition or as situation-specific behavior. Evidence is therefore needed that would allow for distinguishing its state and trait components, taking into account both, within-person variability and between-person differences. The study aims to disentangle the state and trait components of prosocial behavior, namely realization of prosocial goals—personally meaningful actions undertaken in natural settings. Based on a daily diary study with seven measurements (1,005 daily reports from 180 participants, 68% women), we decompose the variance in prosocial goal realization using the STARTS model. The observed individual scores are explained by: ST—a common trait factor, capturing variance stable across days, ART—a unique autoregressive trait factor, capturing variance changing from one day to the next, and S—state factors, a series of uncorrelated factors reflecting occasion-specific

variance. We applied structural equation modelling with latent variables. The results demonstrate the relative stability of prosocial goal realization, extending our understanding of the state/trait distinction in prosocial behavior.

### Reviewing Community Resilience: Overcoming and Transforming Adversity

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Resilience research provides an alternative and complementary narrative to the dominant risk framework in psychology. At the community level, the idea that in spite of adversity, communities can thrive is a potentially useful framework for current global health challenges. It speaks to community agency and suggests that communities not only have the potential to survive challenges, but also have the potential to transform adversity. However, community resilience, in spite of its utility for a range of problems, from natural disasters to violence, seems narrowly confined to relatively similar static dimensions, often summarized as different forms of “capital” that communities possess. The main aim of this paper is to assess the utility of this conceptual framework for diverse contexts and its application to diverse fields. This is a theoretical paper that critically reviews current definitions and approaches to community resilience and provides directions to a different conceptualization. The paper begins with a review of the risk and protective factor discourse, and the underlying assumptions and values associated with the notion of community resilience. It argues that current conceptualizations are ahistorical and acontextual, do not sufficiently engage with diversity, inequity and social justice. They are limited to specific hegemonic western frameworks, and the socio-political context, the diverse responses to oppression, and the dynamic forms of community systems and knowledge, seldom emerge in these conceptualizations. The rich history of resistance, the importance of indigenous knowledge’s, and the dynamic role of spirituality especially in marginalized communities are some of the significant gaps. A re-insertion of political activism and altruism, incorporating indigenous knowledges, and complementing secular foci with a focus on spirituality, are some of the areas that need to be incorporated into current frameworks. A revised resilience framework needs to integrate both the community capacity to overcome and transform adversity.

### Interactions: It’s Not the Quantity but the Quality That Matters. Diary Study

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Social contacts called social capital seems to be associated how we evaluate our daily social contact. The main aim of the study was to show the role of social interaction in the relationship between daily stressful events and daily satisfaction. In the study 372 participants (273 females, age range: 15-50, M = 22.22 years, SD = 4.06) took part. We used the following methods: the Daily Inventory of Stressful Events, The Scale of online and offline interactions, and the Scale of Positive and Negative Experience. The diary study with a 7-day measurement was conducted. It was found that stressful events are negatively related to affective balance. Additionally, social interactions partially mediated between daily stressors and affective balance.

### Changing the Five Moral Foundations: Can Care and Fairness Be Increased While Loyalty, Authority and Purity Are Decreased?

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According to the Moral Foundation Theory (MFT) the five moral foundations (Care, Fairness, Loyalty, Authority and Purity) have been set at the base of many and different controversial attitudes and behaviors, including violence against the partner. However, it remains an open question whether or not the moral foundations can be changed in a particular direction and therefore be useful to prevent or treat such problematic attitudes and behaviors. In this communication, we present experimental evidence about the change potential of the five moral foundations using standard instrument, as it is the Moral Foundation Questionnaire, and different experimental conditions (explicit persuasive messages, priming, or implicit persuasive messages). All the experimental conditions were designed to promote Care and Fairness to the detriment of Loyalty, Authority and Purity. In the Study 1, we used an explicit persuasive message to test intragroup differences in a sample of 145 participants from general population. Two repeated measures of the 5 moral foundations were taken, before and after the manipulation. In the Study 2 we used a new sample of 240 participants, also from general population, to test, first, intergroup differences between the experimental group that received priming with adjectives related to the care and fairness foundations, and the control group that did not. Secondly, we analyzed intragroup differences in the experimental group after a more implicit manipulation consisting in questions and famous quotes that indirectly promoted ideas related to care and fairness

to the detriment of loyalty, authority and purity. Finally, we analyzed the stability of the change after a follow-up, four weeks later. Results support the change of the five moral foundations according different manipulations and suggest different approaches to increase care and fairness and to reduce loyalty, authority and purity in case of conflict.

### **Social Values and Motivational Orientations as Predictors of Willingness to Engage in Pro Bono Action (Skills Based Volunteering)**

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Pro Bono Action (PBA) refers to volunteering based on professional skills (e.g., a lawyer giving free legal advice to a non-profit organization). We may boost this specific kind of volunteering by pinpointing those current and future (i.e., university students) professionals who endorse a particular value profile and motivational orientation. In this work, we propose that willingness to engage in PBA can be predicted by a specific combination of a value profile and motivational orientation (i.e., Q-orientation). This combination is linked to Quixoteism; that is, the motive to engage in challenges that may improve the welfare of the world. We tested this hypothesis through a questionnaire that included measures of profile values (5 items), motivational orientations (12 items), dispositional empathy (4 items), personal goals (5 items) and temporal and context perspective (5 items) items. We asked 1753 participants to complete this instrument: 368 Spanish, 94 French, 840 Hungarian, 210 Portuguese, and 241 Bulgarian. The results showed that Pro bono Action is accounted for by Q-orientation above other typical predictors such as past performance of volunteering action. We conclude that the designed and tested questionnaire proved to be useful at assessing among current and future professional the willingness to embark in volunteering action that is based on their skills and knowledge. Besides, the identification and measure of the Q-orientation may help in promoting this kind of prosocial action.

## **Psychology of Art: Creative Process**

### **„My Musical Self-Portrait“ the Phenomenology and Psychological Functions of Musical Improvisation**

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Musical improvisation is a widespread musical tradition across many genres. It is regarded not just as a spontaneous form of musical expression but also as a therapeutic tool, even though the aims of these two ways of improvisation are pretty different. While the goal of music therapy is to cause a positive change in the clients' mental health, musical improvisation is about to create something with aesthetic value. But some of the psychological functions of music overlaps with the goals of music therapy (such as intra or interpersonal regulation) which can appear unintentionally during improvisation. The aim of this qualitative research is, on one hand it to explore the psychological motives and phenomenology of musical improvisation, on the other to find the positive mental health functions of it. In depth semi-structured interviews were recorded with 12 musicians (3 classical, 9 other) (Age: min 18, max 44 years). Interpretative Phenomenological Analysis found two master themes (with five emergent themes): self-actualization (with need for growth, self-expression and peak experiences) and intersubjectivity (with receptivity and rapport). The analysis also found a third master theme, discipline (with preparedness and early impressions) within the minority of the interviews related more to committed musical practice than improvisation. In this empirical study I found that musical improvisation has strong positive effects on mental health by providing a medium for self-expression and self-exploration and by creating an intersubjective field between the improvisers and listeners. These motives are also reliably trigger peak and optimal experiences which can provide a resource for personal growth. This way musical improvisation, as a non-verbal means of communication and expression, can lead to positive changes in the intra- and interpersonal functioning of the person.

### **Effects of Art Origin, Creation Medium, and Art Period on the Aesthetic Experiences Among European Viewers From Poland**

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A cultural perspective has been scarce in the extant research on the aesthetic experience of visual arts. Cultural differences between the West and the East are crucial for interpreting information in the world; they are associated with the various ways of creating artworks between artists from the West and

the East. The current study investigated European viewers' aesthetic experiences of artworks varying in three ways – art origin (Europe vs Asia), creation medium (canvas/paper/silk painting vs wall fresco/graffiti mural), and art period (15th-18th century art vs contemporary art). Regarding art origin, we hypothesised that artworks from one's cultural background would be liked more than artworks from outside one's cultural background (H1). Regarding creation medium and art period, we explored whether they could affect the liking of artworks. Additionally, we examined which aspects of aesthetic experience would best explain the liking of artworks. The study was conducted in a laboratory setting. Ninety-four Polish non-experts in the field of visual arts (aged 18-34 years,  $M = 22.3$ ,  $SD = 2.5$ ) were presented with 128 artworks (i.e., 16 artworks x 2 art origins x 2 creation media x 2 art periods) that were digitally reproduced on a computer screen, one-by-one in a randomised order. After viewing each artwork, they were asked to evaluate it on four scales of aesthetic experience: art classification (i.e., the extent to which a given artwork is identified as art), liking, understanding, and familiarity. H1 was supported; the European artworks were liked more than the Asian ones (particularly with 15th-18th century artworks and contemporary graffiti murals). For all artworks included in the study, the most important predictor of liking was art classification. We discuss these findings based on Leder et al.'s (2004) model of aesthetic experience.

was measured during both pre- and posttest performances. Transcripts of interviews and coaching sessions are currently being analyzed using thematic analysis. In addition to PPRs and goal-setting, participants were also instructed in relaxation strategies and imagery. After the intervention period, almost all participants exhibited lower physiological arousal during performance and reported less performance anxiety, as well as higher self-efficacy. The qualitative material of this study provides a comprehensive picture of the challenges that performing artists with high performance anxiety embrace in their artistic everyday life. Participants emphasized the value of having psychological strategies on hand to deal with pressure and stressful performance situations.

### **Mechanisms and Effects of Tailored Interventions for Performance Under Pressure in the Performing Arts: A Collective Case Study**

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Musicians, dancers, and actors often face extraordinary expectations of flawless technique and superior artistic expressiveness, which can result in performance anxiety. Lacking psychological strategies to manage performance anxiety and to refocus attention can be detrimental to performance, particularly for artists with high trait performance anxiety. In a mixed-methods, collective case study with a single-case design, we investigated whether the use of tailored psychological interventions, such as pre-performance routines (PPR) and goal-setting, reduces performance anxiety and improves self-efficacy and performance under pressure of performing artists who were especially affected by performance anxiety. The aim was to gain insight into artists' individual need for interventions, explore the underlying mechanisms of such interventions, and understand the effect of solution-focused coaching on their performance experience. Ten performing arts students received five coaching sessions including tailored interventions for performance under pressure and recorded performance videos, one video per week, for consecutive ten weeks. Before and after this period, they filled in questionnaires on performance anxiety, fear of negative evaluation, and self-efficacy; performed in front of a jury; and were interviewed about their experience. Their heart rate

## Work and Organizational Psychology: Career and Retirement Transitions

### A Qualitative IPA of the Motivations of Retirees' Transitions to 'Retirement' Social Identities and the Consequences on Retirement Adjustment Satisfaction

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Retirement is a relatively new phenomenon in relation to shifting from being a privilege for the few to becoming a normative 'third age' of the life course. However, retirement represents one of the major life course transitions in late adult life and associated with this transition is the question of how well people adjust to retirement and the consequences of how well people negotiate this adjustment on their sense of worth and well-being can be either negative or positive. This paper presents a qualitative approach through Social Identity Theory and Self-determination Theory to explore the underpinning motivational processes of retirees in their transition to 'retirement' social identities and the consequences on satisfaction in retirement. Semi-structured interviews were conducted with four white British participants including three males and one female ranging in age from sixty-four to sixty-nine and having retired between fifteen months and four years. An Interpretative Phenomenological Analysis of the transcribed interviews led to five main themes emerging, namely Strength of identity with working life; Significance of non-work-related aspects of life; Psychologically preparing for retirement; Process of shifting/adjusting to retirement; Meeting expectations of retirement. The study found that retirement is not a formulaic process but people experience adjusting to retirement differently based on their individual motivations and resources for preparing for and facilitating the transition. The findings from the study has implications in relation to the provision of intervention in supporting individuals psychologically preparing for retirement beyond financial planning along with those experiencing negative consequences in transitioning to retirement.

### Links Between Well-Being, Work History and Work Quality in Working Pre-retirees and Retirees Population

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The ageing society poses new challenges for the labour market. The changing old-age dependency ratio forces governments to search for possibilities to postpone the date of retirement. However, it's still unclear whether the extended working life is beneficial or detrimental for the well-being of

the individual. As the previous studies (Siegrist et al., 2007; Wang & Shi, 2014) presented mixed findings, the aim of this study is to analyze the links between the well-being and work-related factors in the working 50+ years old population of the Baltic states. The data was drawn from the Survey of Health, Ageing and Retirement in Europe (SHARE) Wave 7 that focuses on retrospective life histories. 2229 respondents aged 50 and older (Mage = 58.7, SD = 5.6) residing in Estonia, Latvia, and Lithuania were included in the analysis. 61.1% of the sample were females. All respondents indicated that at the time of the interview they were employed. The Baltic States were chosen as they have similar history and structure of the labour market. A revised 12-item version of Control, Autonomy, Self-realization and Pleasure (CASP) scale was used to measure well-being. Subjects provided information about their work history (number of the jobs, work experience, etc.) and the work quality at their current job. Hierarchical linear regression was used for the analysis. Results indicated that after controlling for several variables (age, country of residence, etc.) work history accounted for less than 1% of the variance, while the quality of respondent's current job was a much more important factor, accounting for 8% of the variance of well-being. Further analysis of aspects of work quality highlighted several important issues, including the level of physical job requirements or opportunities to develop skills. These findings may help in developing guidelines to buffer the possible negative effects of prolonged working age.

### The Role of Personal Values in Late-Career Entrepreneurial Intentions

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Because of the socio-demographic changes related to society ageing, people have to decide whether they stay longer at the labor market. Those who are close to retirement may be therefore interested in becoming entrepreneurs. Such activity, recognized in the literature as 'late-career', 'silver' or 'senior' entrepreneurship, is still not well examined in psychology. In order to fill this literature gap, the quantitative study among participants in the late-career stage was conducted. Integrating the theory of basic human values with the theory of planned behavior (TPB), we investigate the role of personal values in predicting late-career entrepreneurial intentions. According to Schwartz's theory, basic human values have motivational consequences and are reflected in goals, motivation and behavior patterns. The TPB is widely used to explain and predict peoples' intentions and behavior in many areas, including entrepreneurship. The quantitative study included 758 participants from Poland and Spain, aged 50 to 72 (51.2% women). Participants filled in paper-and-pencil questionnaires. Regarding data analysis, after checking for common method variance and testing if all measures are invariant between both countries, mediation analysis using PROCESS macro for SPSS was used to verify research

hypotheses. The results show that individuals' personal values predict late-career entrepreneurial intentions. Higher openness to change and self-enhancement values are predictors of higher late-career entrepreneurial intentions, whereas higher conservation and self-transcendence values predict a lower level of these intentions. Moreover, some of these relationships are mediated by attitude toward entrepreneurship, subjective norm, and entrepreneurial self-efficacy. Results of the study demonstrate that some values foster while others hinder late-career entrepreneurial intentions. Moreover, the TPB model was verified and confirmed in a new age-specific context. The findings bring new evidence into the vocational psychology and entrepreneurship literature. They also allow to formulate recommendations how to support entrepreneurial intentions in the late-career stage.

### **Why Not Keep Running the Company Instead of Retiring? Older Entrepreneurs' Perceptions of Their Age-Related Situation**

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Due to the population aging, visible especially in developed countries, people, including entrepreneurs, often have to work longer than it used to be. There is a growing research interest in starting up activities by older individuals. However, little is known about specific motivations and perceptions of entrepreneurs who continue running their businesses even when they could be retired. Hence, the qualitative study was conducted to deeply explore older entrepreneurs' reasons for continuing to operate a company at retirement age. Moreover, age-related difficulties and perceptions of the general situation of such entrepreneurs were investigated. The data used in the study was collected in qualitative semi-structured interviews. Participants were 50 Polish entrepreneurs (34% women) aged 60-83 years, running their businesses for 25.3 years on average. Participants were asked about (1) reasons for continuing running businesses, (2) age-related difficulties in this activity and (3) perceptions of such entrepreneurs' situation. The most common reasons why older entrepreneurs are continuing to run a business were financial, the need to be active, passion and perceiving running a business as a kind of mission. Regarding difficulties related to age, surprisingly, many participants do not see any difficulties. Then, they indicated difficulties related to health and psychophysical capacity and to technology. Finally, older entrepreneurs are often convinced that as long as health and other factors allow, one should continue working even after reaching retirement age. Another issue is the significant experience of older business owners. It is emphasized that older people have a great potential which can be used not only in the context of the countries' economic development, but also to take the load off the social pension systems. Study results give knowledge about older entrepreneurs situation, which can be used by scholars and policymakers in supporting their valuable activity.

### **An Exploratory Study on the Impulsive Quitting Connotation, Antecedents, and Consequences**

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IP19-3-DP

Impulsive quitting is a common behavior in the general individual career, however, in the past studies, there is a lack of relevant discussion about it. Intrinsically, impulsive quitting refers to a person quitting the current job without preparing the replacement. This might come out with unexpected results. Our study adopted an exploratory approach to investigate impulsive quitting in the workplace. Using a qualitative approach, we visited 15 volunteers with impulsive resigning experience and interviewed them in-depth why they quit their job and what consequences followed. The thematic analysis summarized three types of quitting: (i) Type 1 - workplace conditions misjudgment impulsive quitting, which occurs when the new job and the new relationship in the workplace is not as good as the resigning persons expected, and this comes out as personal psychological pressure; (ii) Type 2 - possible compensation misjudgment impulsive quitting, which occurs when the salary of new job is not as good as the resigning persons expected, and this generates an economic pressure; and (iii) Type III - life/career development path misjudgment impulsive quitting, which occurs when the career development of new job is not as good as the resigning persons expected, and this creates the pressure of transfer failure.

## Clinical Psychology: Psychological Therapy and Professional Development

### The Effects of Short-Term Internet-Based Stress Management Intervention for Nurses

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IP2-3-E4

Stress recovery skills are particularly important for medical personnel, especially in the face of COVID-19, when workloads have increased dramatically. The current study aimed to test the effects of a six-week internet-based guided intervention on building stress recovery skills in nurses. An RCT design with three measurement points (pre-intervention, post-intervention, and 3-month follow-up) was used to investigate the effects of a 6-week stress management internet intervention. In total, 125 nurses (Mage = 42.5, SDage = 11.43; 97.3% female) participated in the study: 57 in the intervention group (IG) and 68 in the waiting list control group (WL). The intervention was designed as a self-help program addressing all four recovery skills (i.e., Psychological detachment, Relaxation, Mastery, and Control as measured by Recovery Experience Questionnaire (Sonnentag & Fritz, 2007)). The results of repeated measures MANOVA with time as the within-group factor and treatment condition as a between-group factor indicated overall significant changes in stress recovery among IG and WL over time ( $F(8,486) = 3.74, p < .001$ ). In particular, the IG reported a significant increase ( $p < .05$ ) in Psychological detachment, Relaxation, and Mastery from pre- to post-test, which remained stable at follow-up when no changes were observed in the WL group. The internet-delivered stress management intervention has shown promising results in building stress recovery skills among medical nurses. These results suggest that internet-based interventions may serve as a tool for the prevention of mental health disorders and burnout in medical personal.

### The Role of the Discriminative Stimulus During Socratic Dialogue

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IP2-3-E4

From a behavioral perspective, a discriminative stimulus (SD) is defined as the stimuli signaling a reinforcement schedule's availability. Accordingly, an organism will obtain the reinforcer in case of responding properly. The aim of the present study is to analyze the role of SD in clinical environments during Socratic dialogue. This dialogue is part

of the so-called cognitive restructuring technique, in which the therapist tries to help the client to adopt a more rational point of view through questions and dialogue. In other words, the professional administers SD (usually questions, in terms of topography) accompanied by information (motivational operations). This stimulus' purpose is to evoke more adaptive responses from the client to be differentially reinforced, thus resulting in a shaping process. Through this work, we seek to explore if different type of SD emitted during Socratic dialogues varies through the course of a single case therapy. Socratic dialogue fragments are to be obtained from video recordings at an outpatient clinic located in Madrid. Therapist and client verbal responses will be categorized using ACOVEO System and employing The Observer XT as software for codification. As expected results, first, we expect adaptive responses to be evoked by more topographically diverse SD (generalization process). That is, the client adaptive response becomes controlled by less specific stimulus, increasing likelihood of emission in both, clinic and non-clinic environments. Secondly, as cognitive restructuring advances, we expect SD to give lesser clue of the behavior to be reinforced as well as be preceded by less motivational operations. Therapists would proceed this way because clients would need less help to emit rational verbal responses. Discussion: We hope that a better understanding of the SD's role during Socratic dialogue will allow therapists to be more effective evoking verbal responses to reinforce.

### Analysis of Verbal Interaction in the Therapeutic Context: Differences in Contingent Reinforcement of Protherapeutic Verbalisations

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IP2-3-E4

Research in psychotherapy can be divided into two main approaches that have followed different paths over the last decades. On the one hand, outcome research, which focuses on the efficacy, effectiveness, and efficiency of treatments. On the other hand, process research, which tries to explain why changes occur in therapy. Outcome research, the most predominant in recent decades, is oriented towards finding out what works in therapy, while the second asks why it works. Given that therapy is eminently spoken, it is essential to study the verbal interaction in the clinical context, as it sets in motion the learning processes responsible for therapeutic change. Aim and hypothesis: We analysed the verbal interaction between therapist and client throughout the therapeutic process in a group sample. We hypothesised that in the first sessions the therapist will reinforce any kind of verbalisation by the client, during the treatment phase only protherapeutic behaviours, and in the last sessions this reinforcement will be done partially. We analysed recorded sessions from different clinical cases from a private clinical centre in Madrid. We used the ACOVEO categorisation system, which allows us to categorise verbal behaviour in therapy. This was a

prospective observational design with repeated measures. Differences in verbal interaction patterns were observed in the different phases of treatment. Specifically, differences were observed in the application of contingent reinforcement with protherapeutic and antitherapeutic behaviours. To conclude, the therapist seems to modify his discourse depending on the phase of therapy, adapting to the type of verbalisations emitted by the client. The use of observational methodology is effective to study the learning processes that explain change in therapy. Future research may be focused on how to implement them in an efficient and effective way, this being the meeting point between outcome research and process research.

### **Self-Awareness in Therapists and Its Development: The Effect of Listening to a Psychotherapy Session**

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IP2-3-E4

Of the relevant dimensions for the success of psychotherapy, the therapist's self-awareness (SA) is recognized as a critical process. Despite this, little research has been conducted on the effect of particular interventions on self-awareness, e.g., confronting with actual performance. This study aims: a) explore how therapists structure their self-awareness; and b) study if SA changes before and after listening to a recording of a therapy session. Twenty CBT therapists were interviewed before and after listening to one session. The interview and analysis were centered on the Self-Awareness Model, which proposes five domains for SA: recognition of emotional experience, assessment of personal skills, recognition of prejudices and implicit biases, and awareness about personal values. The analysis was done in two steps. The first, using thematic analysis, sought to develop the categories of the SA domains. The second step, using quantitative content analysis, we sought to verify the presence of such categories in the interviews before and after listening to the recording. The results show that SA is more frequently achieved in "recognizing competencies" and "emotional experience" and less for "recognizing the influence values and bias" and "emotional regulation". No relationship was found between SA and years of experience or hours of supervision. Furthermore, SA tended to be significantly done in positive terms, concrete terms, and focusing on the therapist (secondly on the client and thirdly on the relationship). The expression of SA showed no differences in the two interventions, except for the expression of lack of awareness. This study suggests the importance of self-awareness. Even with the reduced number of recorded sessions, there was a change in the two interviews. This difference hints at the possibility that SA can change with deliberate practices such as listening to recordings.

### **Cultural Perspectives on Therapist-Client Relationship: A Grounded Theory Study Among Turkish Counseling Students**

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IP2-3-E4

Perspectives on the quality of the therapist-client relationship vary in terms of the cultural context. Within the current study Three Approaches to Psychotherapy (TAP) video series are used as a tool to explore Turkish counseling students' perspectives on the therapist-client relationship. TAP videos feature Carl Rogers', Fritz Perls' and Albert Ellis' demonstrations of a single counseling session with the client "Gloria". Although there are many studies on TAP videos, most of them are conducted in western societies and none of them addressed the cultural context. Unlike the western cultures, which stress independence, autonomy, and self-reliance; Turkish culture places more value on interdependence, conformity, and deference. Adopting a grounded theory methodology, the purpose of this study was to explore Turkish counseling students' cultural perceptions of therapist-client relations depicted in TAP videos. Counseling students' written accounts of each video (N = 30), semi-structured individual interviews (N = 15) and two focus group discussions (N = 15) were used as data collection tools. Data analysis was conducted in three stages namely, open coding, axial coding and selective coding. Results of the analysis revealed three categories. The first category, relatedness stresses a caring, empathic and even a paternalistic relationship leading to feelings of acceptance and security. Second category, authoritative stresses directive, therapist centered and goal oriented relationship leading to practical solutions. Final category, defensiveness stresses the avoidance of self-exploration, confrontation and experimentation leading to preservation of self. This study suggest that culture plays an important role in individuals' evaluations of psychotherapy models and such evaluations may offer valuable insight in cultural adaptations of therapy models. [This study was funded by Scientific Research Projects Coordination Unit of Istanbul University-Cerrahpasa. Project number: 34525.]

## Psychology & Neuroscience: Mediators and Moderators of Cognitive Functioning

### Impact of Information Processing Speed on Episodic Memory in Multiple Sclerosis: A Survival Analysis.

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The impact of reduced information processing speed on episodic memory (EM) remains unclear in multiple sclerosis (MS), despite the necessity to consider it in rehabilitation strategies. Many large-scale standardized tests are intended to assess cognitive ability rather than the time required for individuals to complete it. Time limits or fixed number of trials make it difficult to distinguish between the effect of reduction of cognitive ability and lack of time to complete the task. Our study proposes to use time-to-event data approach (i.e., survival analysis) to address this issue. Survival analysis focuses on the time until a particular event occurs (here, i.e., recall the total word's list on two consecutive trials)—and appears appropriate to characterize the progression of learning in ME task (SRT: Selective Reminding Test, during which the subject is asked to retain a list of 15 words et recall this list twice consecutively) in patients with relapsing-remitting and progressive forms compared to controls. We examined recall performances on the SRT in 157 MS patients and 157 controls. 31% of patients manage to recall the entire list of words, twice consecutively, compared to 79% of controls. Results showed a significant difference among patients and control ( $p < .001$ ). The median survival times decreased from 9-trials in patients to 8-trials in controls, indicating that controls achieved the task (i.e., recall on two consecutive trials) sooner than patients. An analysis of the learning curves showed an increasing linear trend for patients, suggesting that more and more patients completed the task as trials progress. To conclude, survival analysis provides a complementary assessment of EM to the traditional paradigm, and an innovative way to address slow-learning in MS. This study underlines a possible beneficial effect of extra-time on learning performance.

## The Neurobiology of Fatherhood May Be Flexibly Shaped by the Committed Acts of Caregiving

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Over the last century, a growing number of studies has focused on neurobiological processes related to fatherhood when responding to infant cues. In this framework, it is particularly interesting how neurobiological changes in fathers' brain and hormonal system accommodate the increasing amount of paternal involvement in childcare. To address this gap, the current work is the first one employing a systematic approach to identify the relationship between the involvement in childcare and both neural and hormonal responses to infant cues in fathers. Adhering to PRISMA guidelines, 12 studies were eventually considered. Conforming to the inclusion criteria, the articles needed to be peer-reviewed quantitative studies, concerning fathers responding to infant cues at neurobiological level (i.e., neural activations, hormonal responses), and including a quantitative measure of paternal involvement in childcare. For each study, a quality rating has been performed for the measures assessing paternal involvement. Overall, a promising number of studies (i.e., 6 studies) reported relevant findings about the relationship between paternal involvement and neurobiological responses in fathers. According to the quality rating performed, these findings may be appreciated in the context of a careful description of the measures used in each study. When a fine methodology is used, paternal involvement seems to play a significant role in modulating the hormonal and neural pathways in response to infant stimuli. In line with our findings, more policies are needed to promote the inclusion of fathers in childrearing, as this could represent a key factor ultimately supporting the mechanisms underlying father-child relationships.

## The Examination of the Relationship Between Social Functioning and Cognitive Functions in Healthy Aging

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With aging, there is a decrease in cognitive functions such as executive functions and memory. This decrease has been demonstrated to be related to participation in social activities, the social network size, and social support. The present study examined the predictive role of social functioning on attention, processing speed, executive functions, and verbal memory in older adults. One hundred ten healthy older adults (48.18% female, age range = 50-85 years) completed the

Social Network Index and Perceived Social Support Scale. Mini-Mental State Examination, forward and backward digit span tasks, Trail Making Test, Stroop Task, category and letter fluency tasks, Free and Cued Selective Reminding Test, and Digit-Symbol Substitution Test were used to assess the cognitive functions. Results of the correlation analyses showed that the social network size correlated positively with the free recall score ( $r = .20$ ,  $p = .04$ ); and negatively with the cued recall score ( $r = -.21$ ,  $p = .03$ ), the Stroop interference score ( $r = -.24$ ,  $p = .02$ ), and TMT-B score ( $r = -.21$ ,  $p = .03$ ). The perceived social support was found to correlate negatively with the backward digit span ( $r = -.23$ ,  $p = .02$ ). After controlling for age, education and gender, the hierarchical regression analysis showed that the social network size predicted positively the free recall score ( $B = .87$ ,  $SE = .35$ ,  $p = .02$ ) and negatively the Stroop interference score ( $B = -4.22$ ,  $SE = 1.50$ ,  $p = .006$ ). The frequency and intensity of social relationships are related to the inhibition ability and verbal memory in older adults. An active social life, including interactions with different social groups, might stimulate older adults cognitively and the findings of the present study will be discussed in terms of their implications for future intervention programs.

### Study of Exposure Time, Letter-Spacing, and Symbol-Sound Mapping Effects on Immediate-Memory Span in the Arabic-Speaking Context

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Immediate memory span refers to the average number of letters an observer can report in a free recall task. In the present study, we are interested in investigating the effects of exposure time, letter-spacing, and symbol-sound mapping on the number of letters reported in a free recall task. Sixty-one participants with an average age of ( $11.73 \pm 0.62$ ) participated in this study. In the first experiment, three exposure times were used (50ms, 100ms, and 200ms), and the space between letters accounted for  $0.36^\circ$  of visual angle. In the second, three spacing conditions were used, an ,A<sup>c</sup> condition (approximate standard spacing of  $0.04^\circ$ ), a ,B<sup>c</sup> condition ( $9 \times$  the standard spacing  $\approx 0.36^\circ$ ), and a ,C<sup>c</sup> condition ( $25 \times$  the standard spacing  $\approx 1^\circ$ ). The exposure time was set at 200ms. In the last experiment, three types of stimuli were used (Arabic, Latin, and Amazigh letters). The exposure time was set at 200ms while letter-spacing subtended  $0.36^\circ$  of visual angle. We note that our participants did not follow any Amazigh language course. For each experiment, a total number of sixty trials was administered (twenty trials for each condition). Each trial starts with displaying a fixation point (for 1000ms). After its disappearance, a five-letter string is displayed. For the first two experiments, the participants verbally report the letters. While for the last, they were invited to enter their answers via a visual keyboard. The results show significant effects of exposure time, letter spacing, and symbol-sound mapping on free recall rates. Participants reported mean numbers of

2.72, 2.87, and 1.52 letters, respectively, for the Latin, Arabic, and Amazigh stimuli. Although our results support a rapid deterioration of visual information after stimulus termination, they indicate a substantial contribution of symbol-sound mapping in the free recall task.

### Study of the Effects of Lexical Frequency and Grade Level on Written Word Recognition

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Many studies have highlighted the influence of lexical frequency and grade level on written word recognition. The present work aims to study these effects in the Moroccan Arabic-speaking context. Thirty students with an average age of  $10.73 \pm 2.33$  years participated in this study and were divided into three groups (3rd, 5th, 8th grade-level) - ten students each. Two lists of twenty stimuli (high frequency (HF) words, low frequency (LHF) words) were used in a lexical decision task. All stimuli were four characters in length. The results showed significant lexical frequency and grade level effects on reaction times (RTs). High-frequency words were recognized more quickly than low-frequency words, and eight-grade-level students were faster than third and fifth-grade levels. On the other hand, no difference was observed between the third and fifth-grade levels in reaction times for low-frequency words. Consistent with the results of previous work, the present study supports the effects of lexical frequency and grade level on Arabic word recognition.

## Sport Psychology

### Psychopathology and Personality in Slovenian Elite Athletes

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There are contradictory findings in literature when it comes to psychopathology in sport. Evidence suggests that sport plays a protective role in the development of psychopathological disorders, while other research suggests that participation in sport may have an impact on the development of various mental disorders. The aim of the present study was to determine the prevalence of mental disorders (particularly relevant for sport) among Slovenian athletes classified by the Olympic Committee of Slovenia (Olimpijski komite Slovenije, OKS) as Olympic, World and International class. We were interested in the prevalence of disorders among athletes of both genders and athletes of individual and team sports aged 18 years or older, namely the prevalence of depression, anxiety, suicide risk, substance abuse (alcohol and other illicit psychoactive substances) and eating disorders. We also hypothesised that personality profile of the athletes would differ significantly from that of the normative group. The data was acquired using PAI and EDI-3. Participants of the study were 97 elite Slovenian athletes, they were tested individually in 2020 and 2021. Comparison with the normative group showed a similar expression of depressive and anxiety symptomatology. Some of the athletes are pronouncedly worried, tense or agitated. Top athletes are also thought to have a significantly more pronounced drive for thinness, which could indicate an increased risk of developing an eating disorder (anorexia). Slovenian elite athletes are significantly more expansive, confident and certain of the high level of their abilities in comparison to the control group. 14% of athletes achieve results which indicate the presence of ambition and strong self-confidence to the point of self-grandiosity. Male athletes are more likely to consume alcohol and other psychoactive substances and are also more impulsive and risk-prone than female athletes, whereas female athletes are more at risk of developing an eating disorder (bulimia).

### A Systematic Scoping Review on The Mental Health of Athletes in a Dual Career in Sport and Education

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The societal value of a dual career (DC) in 'sport and education' has been widely accepted by policy makers, researchers, and applied practitioners. Nevertheless, balancing the practice and performance requirements of high-performance sports with optimal academic development can be highly demanding as well. The purpose of this study was to provide a scoping review of the research focussing on student-athletes' mental health (MH). More specifically, we aimed to describe and synthesise: (a) the study and sample characteristics of the dual DC and MH research literature, (b) the types of MH outcomes examined in student-athlete populations, (c) comparisons of student-athletes' MH in relation to other populations of interest, and (d) the variables associated with student-athletes' MH. Articles were collected from four databases: SPORTDiscuss, PsycInfo, Scopus, and PubMed. 5576 citations were screened for eligibility. In total, 159 studies, spanning three decades, met all inclusion criteria. Most studies were conducted within the North American collegiate sport context and 62% examined mental ill-health outcomes (e.g., disordered eating, depression, anxiety). Another 22% examined positive mental health outcomes (e.g., subjective well-being, psychological well-being) and 14% combined both perspectives. The majority of studies using non-student-athlete comparison groups found that student-athletes were at a similar or decreased risk for MH problems, although notable exceptions were identified. Finally, 50 distinct variables were associated with student-athletes' MH. Most variables related to generic or sport-specific factors, with only a limited number of studies examining DC-specific factors. Findings from our scoping review will be critically discussed in view of the existing literature.

### European Athletes' Dual Career Experiences Predict Mental Health

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In recent years, there has been a sharp increase in research on dual careers (DC) and mental health (MH) and well-being (WB) of athletes, and their importance have been increasingly emphasized in light of the COVID-19 crisis and the Olympic and Paralympic games. However, the relationship between athletes' DC experiences and MH/WB has received only

limited attention. Therefore, as part of the Erasmus+ Sport project “Dual Careers for Mental Health” (DC4MH), a consortium of 28 experts investigated athletes’ DC experiences and MH/WB in six EU countries (Belgium, Denmark, Italy, Spain, Slovenia, Sweden). In total, 1175 DC athletes (Mage = 19.9 years, SD = 5.24; 51% female; 38% higher education) completed an online survey including, amongst others, the Mental Health Continuum Short Form (i.e. 14 items measuring General, Emotional, Social, and Psychological WB) and the newly developed DC experiences scale (i.e. 24 items measuring DC competencies, Negative DC experiences, and DC support). Following Keyes’ three category diagnosis of positive MH, 52% of DC athletes were categorized as “flourishing”, 44% as “moderate MH”, and 4% as “languishing”. Significant positive linear relationships were observed between all dimensions of DC experiences and MH. Multiple linear regressions showed that DC competencies, negative DC experiences, DC support, Scandinavian background, resilience and MH literacy significantly predicted general WB ( $R^2_{Adj} = .49$ ), emotional WB ( $R^2_{Adj} = .40$ ), social WB ( $R^2_{Adj} = .38$ ), and psychological WB ( $R^2_{Adj} = .42$ ) in European DC athletes. DC competencies and resilience were the strongest predictors for general, emotional and psychological WB, while Scandinavian background was the strongest predictor for social WB. The study findings highlight the important connection between athletes’ DC experiences and MH/WB and can inform practitioners to develop research-based tools and initiatives focused on MH monitoring, MH literacy and psychological resilience-building strategies for DC athletes.

### **Sideline the Crisis Transition: A Proactive Competency Approach for a Satisfying Transition Out of Professional Football**

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Transitioning out of professional football impacts players on a psychological, psychosocial, vocational, financial, and legal level. For example, it was found that the prevalence of anxiety and depression among retired professional football players was 39%. Psychosocial difficulties, such as low self-esteem and adverse nutrition behavior, were found in 42% of former players. As those difficulties may be avoided by targeting players’ competency development while still active in professional football, the research question of this study was: To what extent do professional football players possess the competencies needed for an optimal transition into a post-playing career? To provide an answer to this question, active and former professional football players were asked to complete the online Athletes’ Competency Questionnaire for Employability (ACQE) – an instrument that measures 4 competencies representing 28 items (i.e., skills, attitudes, knowledge) players require to optimize their post-playing career. A total of 282 players (32% former players; 20% female players) from 33 countries worldwide (e.g., Belgium, Brazil, England, Norway) responded to the ACQE. After providing

general information (e.g., gender, age, diploma), players were asked to answer the following questions for all 28 items using a 5-point Likert scale: (a) how important is this item to successfully transition into a post-playing career? and (b) what is your current level of possession of this item? Players reported an average to strong possession of competencies required to optimize their post-playing career. Although descriptive statistics indicated that former players perceive their possession of the competencies stronger than active players, no significant differences were found. The players’ perceived possession in relation to perceived importance of the competencies highlighted the need for players to (further) invest in their competency development. The ACQE can be used to assist players in their competency development for an optimal transition out of professional football.

### **Promotion of Physical Activity and Exercise: What Are the Most Common Interventions?**

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IP17-4-KC

Physical activity and exercise have clear benefits for people’s health and well-being. Many companies have developed and implemented effective interventions to promote physical activity of their employees. These interventions are not necessarily theory-driven, nevertheless, they can inform theory and provide valuable implications. The aim of this study was to review outstanding health promotion programs that included a physical activity intervention, and analyze the intervention on its functional orientation based on the awareness-motivation-skill-opportunity (AMSO) model (O’Donnell, 2005). Health promotion programs that won the C. Everett Koop National Health Award were examined using a systematic review design. The sample included 63 programs awarded between 1994 and 2018. An important requirement of the Koop Awards is that winners are able to document results, both in terms of health improvement and economic impact, indicating that these programs have proven effective. Overall, the programs included 366 separate interventions that were used to promote physical activity and exercise. Of them, 31% focused on improving people’s awareness of physical activity benefits (e.g., health brochures, wellness calendar), 25% directly targeted people’s motivation to exercise (activity-based incentives, peer support), 9% aimed at building exercise skills (instructor-led classes, technology feedback), and 35% comprised opportunities for physical activity provided by the company (onsite fitness facilities, walking architecture). The findings are in line with the AMSO model that providing opportunities to exercise is the most common (and relevant) factor for successful physical activity promotion. The second most commonly used interventions were on improving awareness of why physical activity is so important and what to do, followed by enhancing people’s motivation to exercise and building up their exercise skills. Interestingly, the focus on increasing awareness is underrepresented, and the focus on building skills overrepresented, in the AMSO model when compared with what has been applied in the practice.

## Is It Worth to Be Positive? Positive Orientation, Positive Affect, and Training Engagement of Recreational Runners

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Research on psychological consequences of taking running activity shows that it increases physical health and mental well-being. However, psychological factors connected with training engagement are not fully recognized yet. The purpose of this study was to investigate potential reciprocal relationships between positive orientation, positive affect, and training engagement. Stability/change in the levels of these variables over time was also investigated. The data was collected from a sample of recreational runners using a longitudinal field study design with three measurement times, at 7-days intervals. Structural equation modelling confirmed relationships between training engagement, positive affect and positive orientation; all variables were evaluated in connection to weekly training activity. Recreational runners' training engagement predicts their affect and positive orientation, moreover engagement in training activity was directly related to positive orientation over time. The understanding of how recreational runners' training engagement foster their positive beliefs and affect helps to advance the psychological explanation of motivational mechanisms triggering sport activity. This knowledge may inform training strategies employed by practitioners supporting runners in achieving better results.

## Return-to-Sport: RED-S, Sport-Related Concussions, and Mental Health Issues

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"When can I return to sport?" is one of the most frequent questions in my sport psychology practice. Pressures faced by sport psychologists from athletes and coaches for a quick return to training and competition will be examined to provide guidance on sport psychology interventions. This interactive presentation will focus on evidence-based practice in sport psychology by articulating practical considerations and providing illustrative examples of athletes who are struggling with injuries, Relative Energy Deficiency in Sport (RED-S), Post-Concussion Syndrome, and mental health issues. Although the desire to return to full sport participation can be a powerful incentive for athletes, the return to health and performance is best achieved with an interdisciplinary approach within sport and exercise science that involves a partnership of sport psychologists with coaches and other sport scientists. Key recommendations for healthy sport performance and resources for practitioners will be provided to elevate athletic performance while facilitating athlete physical and psychological well-being.

## General Psychology: Cognition

### Adults Show Different Response Biases for Haptic and Visual Spatial Scaling

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The present study investigated the role of perceptual modality in spatial scaling ability and the strategies used. Whereas most spatial scaling studies focused on the visual domain, little is known regarding the haptic modality. Based on previous literature from other domains, we predicted lower accuracy in the haptic as compared to a visual and a combined visuo-haptic condition. We also expected that response biases may differ across perceptual conditions. Sixty adults performed a spatial scaling task (using tactile graphics) in three perceptual conditions: (1) visual, (2) haptic, and (3) visuo-haptic. Participants were asked to encode the position of a convex target presented in a simple map and to place a disc in an empty referent space at the same location from memory. Target positions varied along the horizontal dimension. The referent space was constant in size whereas sizes of maps were systematically varied, resulting in three scaling factor conditions: 1:4, 1:2, 1:1. In line with the hypothesis, participants performed less accurate in the haptic than the visual and visuo-haptic conditions. A closer look at adults' signed errors revealed that adults' answers in the haptic condition seemed to gravitate towards the middle, whereas in the visual and bimodal condition adults' answers seemed to gravitate towards an imagined midpoint on the left and right half of the referent space. Our results imply that compared to the visual modality, encoding space haptically results in less accurate size-scaling. Findings also suggest that people may apply different strategies for spatial scaling depending on the type of the available perceptual information. Haptic perception may refrain participants from using more fine-grained categories when exploring spatial layouts. Instead, they may use the entire space as one single entity.

### Embodiment of Abstract Concepts in Right- and Left-Handers: A Replication Study

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Theory of embodied cognition implies that human thoughts include mental models of bodily experiences. According to the body specificity hypothesis derived from this theory, individuals' different systematic interactions with their physical environment leads to different mental representations. In his test of this hypothesis with five experiments in 2009, Casasanto showed that right- and left-handed individuals made different concrete object preferences and abstract concept evaluations. This study is a direct replication of the

first experiment of the original study in a Turkish sample. The study sample consisted of 164 adults, mostly working in the same organization, from İstanbul, Turkey. Nineteen of the participants were left-handed and 145 were right-handed. A paper-pencil questionnaire including demographic questions and the experimental task were administered to participants in their workplace. In the experimental task, participants were presented with a written depiction of a fictional character's good or bad evaluations of two animals. On the next page, participants were asked to draw the related animals from the character's point of view in two empty boxes placed next to each other. Our findings showed that 63% (103 out of 164) of all participants placed the good animal on their dominant side. Additionally, 89% (17 out of 19) of left-handers placed the good animal in the left box and 59% (86 out of 145) of right-handers did the same for the right box. These findings were statistically significant as tested by sign tests. These findings indicate that adults associate positive thoughts with their dominant side and negative thoughts with their nondominant side. Successfully replicating Casasanto's findings in a Turkish sample, this study shows that individuals with different body habits develop corresponding mental representations in consistency with predictions of the body specificity hypothesis.

### Examining the Variables Affecting the Perception of Time in Young Adults

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The aim of this study is to examine the effect of familiarity and the amount of stimuli in the context of time perception. Research shows that our perception of time is highly correlated with the familiarity effect. Studies have shown that individuals perceive time longer when they encounter familiar stimuli. In addition, one of the important factors affecting our perceptions is the context features. The amount of stimulus in the context causes the perceived time to differ from individual to individual. In this study, videos were watched three times by individuals to create a familiarity effect. The number of stimuli varied with the conditions of low and high stimuli in the videos. In addition, the number of repetitions and the relationship between gender and time perception were examined. A total of 44 participants, 20 women and 24 men, were included in the study. While 22 of the participants were exposed to familiarity, 22 were not. In the research, there are two contextual videos with low number of stimuli and high number of stimuli. Also, the number of times the participants bought the videos 1 time, 2 times, and 3 times. To test the data, 2 (familiarity: familiar, not familiar) X 2 (context: stimulus number, stimulus number) x 3 (video repetition: 1 time, 2 times, 3 times) Three-Way Factorial Repeated Analysis of Variance (ANOVA) was applied. The findings were found to increase.

### Finger Counting Habit and Its Link With Spatial-Numerical Associations in a Turkish Sample

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In Western cultures, small numbers are associated with the left, and large numbers with the right (see SNARC effect; Dehaene et al. 1993). The "manumerical cognition" hypothesis (Fischer & Brugger, 2011) suggests that this spatial-numerical association might have an embodied nature developed during childhood, based upon finger counting direction. Previous studies suggest that the effect of finger counting habits on spatial-numerical associations is highly influenced by cultural differences (Fisher, 2008; Prete & Tommasi, 2020). Therefore, the present study aimed to reveal the finger counting habits in a Turkish sample and then test whether finger counting direction (left-starters vs. right-starters) influenced the spatial-numerical associations in a SNARC (Dehaene et al. 1993) task. In Study 1, we asked 197 adults to show how they count from 1 to 10 using their hands. The majority (66%) started from their right hand. In Study 2, 24 left- and 24 right-starters were asked to categorize the digits 1-to-9 except 5 as odd or even with right and left response keys in the SNARC task. Contrary to expectations, the results revealed no significant spatial-numerical associations and no difference between left- and right-starters. On the other hand, individual analysis of the slope coefficients revealed the normal distribution of the SNARC effect within the sample. This finding is the first demonstration that, unlike in Western cultures, the distribution of spatial-numerical associations shows no tendency towards negative slopes (which is an indicator of a strong SNARC effect) among Turkish participants whose reading direction is also from left-to-right. This finding suggests that spatial-numerical association may be modulated by individual factors, rather than cultural variables (e.g. reading direction or finger counting habits).

### Psychological Evidence for Everyone: Findings on the Effectiveness of Plain Language Summaries From Two Randomized-Controlled Studies Using Large Heterogeneous Samples

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Designated a "hub science", psychology has a significant impact on other sciences. Its findings guide practitioners from diverse fields and prove useful even for laypersons. Plain language summaries (PLS) are short summaries of evidence written in a comprehensible manner. They aid scientists and the public alike in various matters, e.g., collaboration or everyday decision making. However,

empirical research on writing PLS for psychological research is still scarce. Therefore, we conducted two randomized-controlled studies investigating PLS writing approaches for (1) handling technical terms, (2) communicating the quality of evidence, (3) explaining operationalizations, (4) handling statistical terms, (5) structuring, and (6) explaining complex meta-analytic designs. The studies utilized two large samples stratified for education, age and gender (NStudy1 = 2,288 and NStudy2 = 2,211). Participants were randomly assigned to experimental conditions in which they had to read two PLS of psychological meta-analyses diverging with respect to the six writing approaches under investigation. Main outcome variables were user experience (i.e., perceived accessibility, understanding, and empowerment) and knowledge acquisition, as well as understanding and knowledge of the quality of evidence. Generally, our findings revealed that to improve user experience and/or knowledge, technical terms should be explained or replaced (user experience: all  $p < .01$ ) and information on the quality of evidence should be provided (understanding/knowledge of the quality of evidence: all  $p < .01$ ), whereas information on operationalizations should be left out or used only parsimoniously (user experience: all  $p < .05$ ), and information on statistics should be verbally interpreted (user experience: 22 out of 24 contrasts  $p < .05$ ). Observing specific rules for writing PLS of psychological evidence improves readers' understanding, empowerment and knowledge. Therefore, PLS constitute a promising tool for fulfilling the responsibility associated with psychology's role as a hub science.

## General Psychology: Violence and its Prevention

### Transcending Safe Spaces: On the Consequences of Sexualized Violence Using Digital Media

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The ongoing dynamics of a mediatization of life worlds (Krotz, 2008) is manipulated by perpetrators in the context of sexualized violence. Information and communication technologies, as well as technical devices, are used to initiate, perpetrate, and continue sexualized violence (e.g. Lorenzo-Dus & Kinzel, 2019; McMahon & Kirley, 2019). In this context, it is important to consider the consequences of sexualized violence using digital media, about which comparatively little is currently known yet. When reviewing the current state of research, there is a broad consensus that the psychological stress reactions typical for victims of sexualized violence without and with using digital media can be observed in the same way (e.g. Wolak et al. 2006). Based on the qualitative analysis of 46 documentations of cases of mediatized sexualized violence and 18 interviews with those affected, we will challenge this consensus. Finally, those affected usually not only experience a multiple loss of control, but are also affected multiple times. According to our empirical observations, multiple victimization is a consequence of the characteristic features of digital media or the use of digital media. Via mobile devices, sexualized violence can be perpetrated anytime and anywhere (e.g., demand for nude photos, consumption of child pornography). It can be uncontrollably made public beyond the influence of those affected; for example, by the stigma of being a victim being leaked into social reference systems, e.g., family or peer group, or by sexualized photos or video recordings being spread. Victims can be caught up by all their violent experiences in a variety of ways, at any time and in any place. Already the awareness of the principle risk triggers omnipresent fears. Therefore, the experiences violence somehow continues on a bodily as well as cognitive-affective level - not to say it transcends itself in terms of its psychosocial strains.

## Hedonistic Utilitarianism: The Strategic Use of Digital Media Along the Online-Offline-Continuum of Sexualized Violence

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Despite increased examination of offender strategies and the experiences of sexual online grooming victims, there has been considerably less research on the ways in which digital media is used to commit sexualized assaults along the online-offline continuum. Thus, based on 46 case documentations of mediatized sexualized violence against children and adolescents and 18 interviews with those affected, we examined by applying (reflexive) grounded theory methodology, how offenders targeting children and adolescents strategically use digital media when committing acts of sexualized violence. The choice to instrumentalize digital media threaten, exploit and humiliate victims demonstrates the rationale of offenders when committing acts of mediatized violence. Through digital media, offenders can assume the interpretational power over their victims' emotional states. Perpetrator's emotion work is, thereby, a manifestation of their hedonistic utilitarianism: a disposition characterized by the weighing of pleasures ("mental states") and intrinsic value expected from using digital media against the risk of an outcome subjectively experienced as uncomfortable. In doing so, perpetrators dock onto their victim's emotionally unfulfilled needs. At the same time, victims are given the feeling that they are in control of whether the perpetrator meets their needs. In this way, perpetrators initiate emotional attribution processes. This is especially true if the perpetrator are previously known to their victims. Thus, sexualized violence using digital media goes beyond the traditional understanding of sexual online grooming.

## Domestic Violence and Parental Alienation: A Perpetrators Worker's Perspective

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IP7-4-M4

Allegations of DVA is more often than not countered with allegations of parental alienation within family law courtrooms. From women's rights to men's rights advocacy groups, this intersection always attracts polarized thinking and clannish divisions. This presentation aims to highlight the nuances observed by a counseling psychologist working with the male perpetrators of domestic violence. In addition, the need for robust psychological assessment, specialized training for psychologists working in this area and the value of collaborations with other relevant professionals will be highlighted drawing from actual case examples.

## Parental Practices of Primary Caregivers Living in Communities With a High Incidence of Violence

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Parenting or parenting practices are essential in the process of socialization and child development. Positive parenting practices promote the infant's social, emotional, and intellectual development, while harsh caregiving practices prevent optimal child development. To understand the complex phenomenon of child abuse, we will use Belsky's theoretical ecological model to explain the multiple determinants of parenting practices associated with child maltreatment. The aim of the study was to identify protective and risk factors contributing to parental practices that perpetuate or break the cycle of child abuse. A cross-sectional research design was used to assess the relationship between parental practices, depression (Beck Depression Inventory), social support, history of family violence, and children's behavioral problems (CBCL). A sample of 146 women who lived in Puerto Rico and had school-aged children (6 to 12 years old) was selected using random sampling. The mother's mean age was 33.8 years (SD = 9.0), 61% were single mothers, 54% had a high school diploma, 81% had incomes below the poverty level, and 64% were unemployed. Associations between Parental Practices and scores from the Social Support scale, CBCL, BDI, and history of family violence were analyzed using a Pearson correlation test. Inadequate parenting practices were associated with mothers' depression symptoms and elevated rates of child behavioral problems ( $p < .01$ ). Positive involvement parenting practices were positively related to social support scales ( $p < .001$ ). Results of multivariate analysis between parenting practices and behavioral problems revealed that externalizing behavioral problems ( $\beta = 0.56$ ,  $p < .001$ ) influence inadequate parenting practices. The aggressive narrowband subscale predicted ineffective parenting practices ( $\beta = 0.36$ ,  $p = .007$ ). These findings support Belsky's model that parenting is a complex phenomenon that is determined and is influenced by the characteristics of the parent, child, and social context.

## Preventing Violent Extremism - An Alternative Narrative Approach

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IP7-4-M4

Violent extremism in general and solo terrorism in particular is on the rise and poses a serious threat to society, but prevention methods have been understudied. Effectively targeting potential solo terrorists is difficult because of their diverse profiles and backgrounds. The alternative narrative approach has been applied as a universal and early prevention

method for group-based terrorism. Thus, the research question this paper sets out to answer is: How do potentially effective alternatives to radical narratives manifest themselves in social media platforms from a social-psychological perspective to prevent the radicalization of individuals at risk for becoming solo terrorists? Important principles and elements for solo terrorism prevention with alternative narratives were derived from the literature. The presence and implementation of these elements were investigated in a sample of ten alternative narrative videos from YouTube through a qualitative content and narrative analysis approach. The major principles that were considered important for rendering an alternative narrative effective for solo terrorism prevention were the validation of grievances, promotion of peaceful strategies for addressing grievances and the quest for significance, encouragement of liberalism, dissolution of group-based and binary thinking, and introduction of a trustworthy messenger. Results of the analysis demonstrated that these principles were implemented in different forms in most of the analyzed alternative narratives, thus indicating the videos' potential effectiveness for terrorism prevention. However, some of the narrative videos might pose the threat of reinforcing violence or extremism because extremist themes were highlighted, or the target group was negatively judged. These findings can provide individuals interested in finding, evaluating, or creating narratives of preventive value against terrorism with indications for possible features, structure, and content.

## **Psychology and Personality: Emotions, Life Satisfaction and Stress**

### **Attachment Styles and Daily Life Satisfaction. The Mediating Role of Partner's Mood Perception.**

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There is a substantial body of research on what role attachment styles play in overall well-being or overall relationship satisfaction. In contrast, there is far less research on how attachment styles are expressed in daily life. In particular, there is a lack of research that attempts to uncover the mechanisms that explain the relationship between different attachment styles and daily functioning. The present study examined how adult attachment styles are related to satisfaction with daily life and whether a partner's perceived mood can act as a mediator in this relationship. A questionnaire-based longitudinal study was conducted. The total sample consisted of 358 adults in a romantic relationship. At the beginning of the study, participants completed a questionnaire on attachment styles. Then, for a month, respondents rated their partner's current mood and their daily life satisfaction every three days in the evening. A total of 10 daily measurements were collected. A multilevel mediation analysis was conducted to test the postulated relationships. The results showed that there was a direct relationship between anxiety attachment and daily life satisfaction. The higher the anxiety attachment the lower the daily life satisfaction. The associations of the other types of attachment (avoidant, secure) with daily life satisfaction were not statistically significant. In addition, the perceived mood of the partner was found to be a significant mediator between all attachment styles and daily life satisfaction. The perceived mood of the partner plays a key role in helping attachment styles to impact an individual's daily well-being. Further research is needed to understand how attachment styles can distort the perception of self and others and how this translates into daily functioning for the individual and the couple.

### **How Is Sensitivity to Social Rejection Associated With Emotional Regulation Abilities?**

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Experiences of social rejection undermine the fundamental needs for social acceptance and for strengthening intimate relationships. The joint ability to detect social cues in the environment and to regulate emotional responses is necessary to respond adaptively to rejection situations and avoid their repetition. In this framework, sensitivity to social rejection

defined as the tendency to anxiously expect, readily perceive, and overreact to experiences of social rejection (Downey & Feldman, 1996) would prevent effective adaptation to these situations. In this study, we suggest that this sensitivity may be explained by difficulties in regulating rejection-induced distress responses. Our aim is therefore to study these emotional regulation processes as a function of the level of sensitivity to social rejection and to characterize individuals with high or low sensitivity to rejection. The responses of a large sample of adults from the general population to self-report questionnaires on sensitivity to social rejection (ARSQ), emotional regulation capacity (CERQ and FREE), psychological difficulties (HADS, RSE), mentalizing abilities (RFQ) and stressful life events (LEC-5) were examined. The results showed that a high level of sensitivity to social rejection implied a preferential use of non-adaptive emotional regulation strategies such as self-blame or rumination, and a lower use of adaptive regulation strategies such as positive reappraisal or action focus. Structural equation modeling confirms these results and highlights the predictive power of emotional regulation processes on sensitivity to social rejection.

### **Mindfulness and Wellbeing: The Mediating Role of Emotional Intelligence**

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Mindfulness has been shown to increase the students engagement and decrease burnout level during undergraduate studies. However, little is known about possible mediators that would facilitate this relationship. The aim of this study is to analyze the relationship between mindfulness and engagement and mindfulness and burnout, proposing Emotional Intelligence as a mediator in these relationships. Using a sample of 591 university students from different specializations, we have measured mindfulness using Kentucky Inventory of Mindfulness Skills, burnout and engagement using Maslach Burnout Inventory-Student Survey and Emotional Intelligence using TMMS-24. We have performed two separate mediation models using hierarchical regression models in SPSS Process macro. Our results showed that Emotional Intelligence has a total mediating role between mindfulness and engagement, on a one hand, and a total mediating role in the relationship between mindfulness and burnout on the other hand. These finding allows us to better understand the role of Emotional Intelligence as a necessary factor in the regulation of emotions and behaviors of university students, but also their reported wellbeing. Moreover, these findings support the practical application of strategies that facilitate a physical and emotional balance, reducing problems of exhaustion and increasing emotional and mental health.

### **Transpersonal Emotions as Hubs of Positive Individual and Collective Consciousness**

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Transpersonal emotions encompass the affective states "beyond the ego" and refer to primarily positive, developmentally higher-order situationally experienced states that, in their ultimate form, become virtuous dispositions (traits). Compassion, equanimity, gratitude, forgiveness, inspiration, elation, joy, awe, humility, and others have implications for individual and collective flourishing and well-being and implicate higher stages of psychosocial evolution and social engagement. This hypothesis is one of the claims made in my mixed-method dissertation "Transpersonal Emotions and Nondual Awareness", which uses both quantitative (i.e., statistical inferences from the eight questionnaires) and qualitative (i.e., vignettes, heuristic inquiry) methods. Both literature review and preliminary results suggest that there may be a common thread linking several emotions that indicate the construct validity of this hypothesis - conceptualizing those emotions as a distinct category. The comparative neuro-cognitive research from the literature review confirms that the default mode network and brain areas associated with self-referential processing become mostly deactivated during those affective processes. Other theoretical evidence comes from evolutionary studies - phylogenetically, those emotions seem to have evolved after the cultural Big Bang. They also develop later in life, after the basic and self-conscious emotions are mainly already established. The measures used are the Self-Expansiveness Level Form, the Nondual Awareness Dimensional Assessment, and those that assess six transpersonal emotions, namely, the Dispositional Joy Scale, the Compassionate Love Scale, the Transpersonal Gratitude Scale, the Heartland Forgiveness Scale, the Dual Dimension Humility Scale, and the Awe Experience Scale. The exploratory study confirmed that some common constituents of those emotions are a diminished or hypo-egoic identity, the sense of expansiveness and oneness, and empathic response. This research may be significant for the theory of emotions and have a promising developmental and therapeutic value (e.g., acquiring skills related to compassion, gratitude, forgiveness, or joy).

### **PlotFrame© Matrix, a Marker System to Define the Correspondence Between the Scenario of Life and a Catalogue of Fabula**

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The PlotFrame© is a recently developed narrative art therapy approach on an interdisciplinary base with the intention of modernizing and complementing the classifications of Borges, Propp, Polti, von Franz and Campbell. The

PlotFrame© approach provides options for any consultant to make an analogy of a client's story and one of 36 key plots, which were determined on the basis of the 300 most famous storylines. The method supports the clients in prompt understanding of their current situation and wishes – external or internal goals, and whether they have a plan or not. Their combinations bring us four main scenarios, each containing nine plots – from three main spheres: social adaptation and relationships; creative realization and personal development; trauma and resources. To locate the client's plot within the matrix the author outlined 20 markers, such as queries to uncover the feeling of not belonging, a feeling of injustice, the presence of deceit, changes, unexpected move on the social ladder, dependence on external help, a change of location. The presentation further to introducing the PlotFrame© matrix would like to describe life events resolved on the example of fairy tales where the hero with a good heart receives resources and justice. The markers can show the extensive difference in roles in relation with the protagonist, in decision-making and in the web of the plot, on the example of Cinderella, Thumbelina and Simpleton from the tale of the Golden Goose what has been not considered in narrative art therapy before. This difference helps to see the perspective of development in every situation. The PlotFrame© was tested throughout the past two years using narrative inquiry through interviews and case studies on the example of 400 cases (individual consulting and business training) by the author and her colleagues. The experiments showed effective diagnostic and prognostic results.

## **The COVID-19 Pandemic: Well-Being, Risk Factors and Protective Behaviours**

### **Psychological Risk Factors for COVID-19?**

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COVID-19 is an infectious disease spread by transmission of the pathogen virus (SARS-Cov-2). The range of symptoms runs from very few to life-threatening symptoms. However, the identity of the risk factors is still unknown, beyond the assumption that age and chronic diseases are involved. The purpose was to examine whether psychological risk factors could be involved. The examined risk factors were specific psychological attitudes, assessed in the form of a questionnaire called the Cognitive Orientation of Health (COH) which provides scores concerning the body and physiological processes, tensions, actions, interpersonal relations and emotions. COH was related to the occurrence and course of diseases and reactions to treatments and side effects. The hypothesis was that low COH scorers would be more prone to COVID-19 than high scorers. The sample included 125 individuals who participated 5 months earlier in a study in which they responded to questionnaires, including COH. 57 scored high, 68 low on COH. They were invited to leave contact details if they wanted results. After three pandemic waves they were asked whether they have contracted COVID-19. The results showed that of the 57 high scorers, 12 reported sick plus 5 who only infected. Of the 68 low scorers, 37 reported sick plus 4 only infected. The sick individuals in the two groups are 21.05% versus 54.41% or counting the infected 29.52% versus 60.29%, respectively. The difference in the number of sick individuals among the high and low scorers was significant ( $\chi^2 = 15.911$ ,  $df = 1$ ,  $p \leq .001$ ) also when the number of the infected was considered ( $\chi^2 = 12.832$ ,  $df = 1$ ,  $p \leq .001$ ). The differences between the high and low scorers in age or the number of people with background diseases were nonsignificant. The conclusion is that COH are likely psychological risk factors for COVID-19 indicating the necessity of investigating more specific risk factors.

### **Psychological Distress During the COVID-19 Pandemic: Stressors and Protectors Among German University Students**

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The COVID-19 pandemic creates an environment where many factors for psychological distress are intensified. As university students generally show higher incidence rates of mental disorders compared to the general population and they face a new way of studying due to protective measures,

the pandemic situation can be expected to have a detrimental impact on students' mental health. Four preregistered studies (Ns between 392-1700) assessed the mental health status of German university students from the beginning of the COVID-19 pandemic up to the winter 2021/22. Regression and correlation analyses were performed to examine stressors and protectors for psychological distress (anxiety, depression, stress). For scale development of study-related stressors, we performed qualitative content analyses, asking students with an open answer question about burdens related to their studies. Throughout all studies, moderate to extremely severe scores of anxiety, depression, and stress were reported by 25%-45% of participants. The model of the hierarchical linear regression explained 40-60% of variance (smallest adjusted  $R^2 = .424$ ). Overall, higher psychological distress was related to being female, perceiving study-related burdens, pandemic-related worries, and financial burden; resilience and coping strategies were connected to less psychological distress. Depending on the study, having children, being younger, feeling at high risk of infection, feeling susceptible to the virus, being in a relationship, perceiving a low social background, and being more reactant towards the protective measures were associated with higher psychological distress. Regarding correlations between single-items and distress-subcomponents, perceived study-related burdens were most strongly related to high stress, while protectors were less strongly related to reduced stress. To conclude, university students are especially impacted by the restrictions and changes due to the COVID-19 pandemic. To tackle this, the studies provided a basis for health interventions, e.g., strengthening resilience and coping strategies, and teaching strategies for organizing and structuring students' every-day lives.

### **Non-Participation to a Longitudinal Survey on the Psychological Impact of the COVID-19 Pandemic Among Healthcare Workers (PSYCOVER) in France**

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We conducted a national longitudinal survey among healthcare workers in the context of the COVID-19 pandemic, (1) to assess mental health and (2) to describe the results of an intervention to improve capacity of resilience. Non-participation is rarely studied despite being an important methodological matter when performing studies on mental health. The study aimed to describe and identify the factors associated with non-participation of healthcare workers to the intervention part of a national longitudinal study on the

psychological impact of the COVID-19 pandemic. Participants were recruited from April to October 2021 via an Internet link widely disseminated. Data collected include participant' socio-demographic, occupational and working conditions, general health, professional burnout and mental health. The intervention proposed the use of tools for self-management of stress and resilience (PsySTART-Responder® and Anticipate. Plan.Deter™ program). A robust Poisson regression was used to identify factors associated with non-participation. Results show that among 724 participants, 41% participated to the intervention part. Factors associated to non-participation to the intervention were to work with few or no COVID-19 patients, and low scores in the anxiety scale. Social determinants, occupational characteristics or general health were not associated with non-participation. To conclude, our study provides a better understanding of the participation of healthcare workers that was not frequently studied. The results logically suggest lower participation among those with better mental health and not directly concerned with management of COVID-19 patients. Non-participation to the intervention was not associated with social factors, which is an argument in favour of using such a design/intervention in a socially heterogeneous population.

### **Predictors of COVID-19 Vaccine Hesitancy in a Russian Sample**

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Since the identification of the novel coronavirus in December 2019, the world has been grappling with the global pandemic, which (as of 07.11.21) has resulted in over 5 million deaths. The magnitude of the pandemic's impact gave rise to an unprecedented in scale effort to create a viable vaccine against SARS-CoV-2. Currently, 23 vaccines are approved in different countries. Despite the availability, rates of COVID-19 vaccine acceptance vary across regions. The aim of this study was to explore the predictors of COVID-19 vaccine hesitancy in a Russian sample. Data collection was conducted in the summer of 2021 via an anonymous online survey. Participants' demographic characteristics, personal history of COVID-19 infection, subjective risk perception, COVID-19 vaccination status, prior vaccination history, general attitudes towards vaccination, and endorsement of pandemic-related conspiracy theories were assessed. A total of 593 participants completed the survey. Of these, 80.4% were female. Mean age in the study sample was 37.64 (SD = 11.75). Over 30% of the participants reported history of COVID-19 infection and 96% knew someone who had been infected. Of the total number of study participants, 41.7% reported having been vaccinated against COVID-19. More than half of the study participants never opted for flu vaccination in previous seasons (55.8%). Older participants and participant with higher levels of education were less likely to endorse pandemic-related conspiracy beliefs. A binary logistic regression was run to determine the predictors of

vaccine hesitancy in the sample. The model was statistically significant,  $\chi^2(14) = 302.66$ ,  $p < .0005$ . It explained 57.5% (Nagelkerke R squared) of the variance and correctly classified 81.4% of cases. Perceived legitimacy of authorities to require vaccination was associated with higher likelihood of vaccination, while conspiracy theories' endorsement was associated with a reduction in the likelihood of vaccination against COVID-19.

### Profiling Hesitancy to COVID-19 Vaccinations in Six European Countries: Behavioral, Attitudinal and Demographic Determinants

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Identifying determinants of COVID-19 vaccination hesitancy can contribute towards reducing mortality rates. Further, given the variability of the factors and the different recommendations used in each country, it is important to conduct cross-country research to profile individuals who are hesitant towards COVID-19 vaccinations. In this presentation we will discuss data from both a cross-sectional and a longitudinal study aimed to examine cross-country differences and the behavioral, attitudinal and demographic characteristics of vaccine hesitant individuals from six European countries (Cyprus, France, Germany, Italy, Poland, Spain). A total of 832 individuals completed the online survey, with 17.9% reporting being COVID-19 hesitant. Discriminant analysis showed that the hesitant profile includes a person of younger age, living alone in smaller communities, and without children. Additionally, hesitant participants reported lower institutional trust, less adherence to COVID-19 protective behaviours and higher pandemic fatigue demonstrating characteristics of hesitancy that are COVID-19-specific. Stakeholders are thus advised to implement targeted vaccination programs while at the same time building trust with population illness cognitions addressed in order to reduce hesitancy rates. Further, stakeholders and public health authorities in each country are suggested to target interventions according to different population characteristics as behavioral and attitudinal determinants of COVID-19 vaccination hesitancy differed.

### Transmission of Vaccination Attitudes and Uptake Based on Social Contagion Theory: A Scoping Review

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Vaccine hesitancy may contribute to increased mortality rates and disease outbreaks, with various factors involved. According to the Social Contagion Theory, attitudes and behaviours of an individual can be contagious to others in their social networks. This scoping review aims to examine evidence on how attitudes and vaccination uptake are spread within social networks. Databases of PubMed, PsycINFO, Embase, and Scopus were searched for studies, with the full-text of 24 studies being screened. A narrative synthesis approach was used to collate the evidence and interpret findings. Eleven cross-sectional studies were included. Participants held more positive vaccination attitudes and greater likelihood to get vaccinated or vaccinate their child when they were frequently exposed to positive attitudes and frequently discussing vaccinations with family and friends. We also observed that vaccination uptake was decreased when family and friends were vaccine hesitant. The tendency to have similar people as friends (homophily) was identified as a significant factor that drives the results, especially with respect to race and ethnicity. This review highlights the key role that social networks play in shaping attitudes and vaccination uptake. Public health authorities should tailor interventions and involve family and friends to result in greater vaccination uptake. Future studies can conduct longitudinal experimental studies to infer causal relationships.

## Work and Organizational Psychology: Leadership II

### Beyond Cultural Values, the Underpinning of Empathy for Paternalistic Leadership

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Since the cultural universal of Western leadership theory was critically challenged, the research of Paternalistic Leadership (PL) with emic approach is then getting more attention because it is the only leadership theory developed from non-Western societies and organizations and fills the cultural gap of Western leadership theory. Along with the trend of globalization, the positive effectiveness of PL has been found in the organizations of many countries outside the Chinese cultural areas. Hence, according to the paradox of power linkage of empathy, we try to escape from the viewpoint of Chinese culture and change to use empathy on the consideration of PL phenomenon and its effectiveness to fill the theoretic gap of PL by two studies. In Study 1, we used 158 supervisors of Taiwanese private organizations and their 558 direct subordinates as samples and the results show: (1) Authoritative leadership (not authoritarian leadership), benevolent leadership, and moral leadership (rated by subordinate) have significantly positive 3-way interactions on subordinate effectiveness (rated by supervisor), (2) There are significantly positive relationships between subordinate's perceived leader's empathy and authoritative, benevolent, and moral leadership, and (3) After controlling subordinate's perceived leader's empathy, there are positive relationship between supervisor self-reported cognitive empathy and authoritative leadership, affective empathy and benevolent, moral leadership. In Study 2, we used 80 work teams (80 team leaders and 398 members) as samples and the results show: (1) PL has significantly positive 2-way and 3-way interactions on members' empathy and effectiveness, (2) Team collective empathy and member's individual empathy have mediating effects on the relationship between PL and members effective.

### Effects of Supervisory Discrimination on Employees' Organizational Attitudes: Moderating Roles of Leadership Styles

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IP19-4-DP

Discriminatory acts are defined as unequal treatment towards people due to their memberships in particular groups. In organizations where discriminatory acts are common, negative outcomes such as increase in negative employee attitudes are likely to be observed. Although there are studies on prejudice and discrimination in social psychology

literature, organizational and supervisory discrimination had been underestimated by previous research. In the only study conducted on the topic in Turkey, it was found that discrimination in the workplace included sub- dimensions of family and marital status, sexual orientation, age, status, belief/worldview/ideology, disability, group membership and physical appearance-based discrimination. In the present study, the scale of supervisory discrimination is constructed by rewording the organizational discrimination scale. The present study suggests that supervisory discrimination is significantly associated with organizational commitment (i.e., affective, normative, and continuance commitment) and organizational justice (i.e., procedural, interpersonal, informational justice). In addition, based on Leader-Member Exchange (LMX) theory moderating effects of paternalistic leadership (PL) and task-oriented (T-O) leadership styles in these relationships were investigated. Data were collected from 700 employees. The finding revealed a negative association between supervisory discrimination and employees' affective and normative commitment to the organization. A negative correlation was found between supervisory discrimination and employees' procedural, interpersonal, and informational justice. The relationship between supervisory discrimination and employees' affective commitment was moderated by participants' age and PL style of supervisor. PL style also moderated the relationship between supervisory discrimination and employees' continuance commitment. The relationship between supervisory discrimination and employees' perception of interpersonal and informational justice was moderated by supervisors' PL and TO styles. Leader-group prototypicality (LGP) moderated the relationship between supervisory discrimination and employees' informational justice.

### Innovative Approaches to Global Leadership in Psychology

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Leadership over the past 20 years has shifted from an emphasis on top-down, autocratic approaches to collaborative, team-oriented models focused on innovation and creativity rather than compliance. While individual leaders may increasingly employ novel methods and techniques in their work, professional associations have struggled to adapt their engagement models to provide meaningful leadership opportunities for members and partner organizations. This has become particularly challenging since the COVID-19 pandemic and the shift to online interactions. Since psychological science provides insights into organizational systems, professional associations across the globe that serve psychologists should make efforts to shift their leadership opportunities. For psychology to attract emerging talent and to remain relevant at an organizational level, associations should shift to flexible, contextually adaptable and highly participatory frameworks for action. In lieu of standard, largely passive systems, this presentation proposes a model

and presents data on a global approach to partnership and member engagement that coincides with evolving ideas of leadership across levels. For over two years, a group of approximately 70 leaders of psychology associations across the world met regularly to develop evidence-based resources to address critical global issues that require truly team-oriented, highly innovative, and readily adaptable approaches. The potential of shifting organizational interaction in the field of psychology worldwide is discussed in the context of data obtained from psychologist leaders who participated in the effort to implement horizontal leadership on a global scale for psychology and for humanity.

### **Leadership Training and Trust Enhancement in Employees: A Two-wave Multilevel Comparative Analysis**

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This study investigated the effect of the enhancement of a leader's trust in employees by participating in leadership training. We used matched manager-employee data at a Japanese company. The sample consisted of 52 managers (with 129 employees) who participated in leadership training (the training-participation condition) and 39 managers (with 64 employees) who did not participate in the leadership training (the non-participation condition). This enabled a comparison of the effect of the trust learned through participating in training with effect of trust developed naturally in the workplace. The survey was conducted in two waves in order to measure a change in the level of a leader's trust in employees and of the employees' engagement. The first survey were conducted one month before the training period, and the second were conducted one month after the training period (about six month after the first survey). The results of the multilevel analysis showed that enhancement of a leader's trust in employees significantly increased employees' engagement only in the non-participation condition and not in the training-participation condition. This indicated that employees had stronger engagement when actual work interactions and relationships established a leader's trust in them than when a training program outside the workplace enhanced the trust. The results of an additional multilevel analysis among those in the training-participation condition showed a significant interaction effect between enhancement of a leader's trust in employees and improvement in leadership self-efficacy on employee engagement, where the trust enhancement without leadership self-efficacy improvement significantly decreased the employees' engagement. This suggested that the employees did not like a manager who enhanced trust in them by participating in training but did not improve self-efficacy as a leader there.

### **Moderating Effects of Leadership Styles on the Relationships Between Mistreatment and Workplace Outcomes**

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This study aimed to investigate the effects of workplace incivility, mobbing and abusive supervision on job satisfaction, counterproductive work behaviors (CWBs) and two types of burnout (i.e., work-related and personal burnout). Furthermore, the moderating effects of paternalistic leadership style and task-oriented leadership style in the links of workplace mistreatment (i.e., workplace incivility, mobbing, and abusive supervision) with outcome variables (i.e., job satisfaction, CWBs, work-related and personal burnout) were examined. Data were collected from 715 employees who volunteered to complete the online survey packages. The proposed regression model was tested using Structural Equation Modeling (SEM) and provided good fit to the data. As expected, incivility, mobbing, and abusive supervision were negatively related to job satisfaction. Besides, mobbing was positively associated with burnout and CWBs. Additionally, PL moderated some of the proposed relationships of different types of workplace mistreatment with CWBs and burnout. Furthermore, T-O leadership style moderated the relationships of incivility, mobbing and abusive supervision with job satisfaction and burnout. The findings are discussed regarding their theoretical contributions, suggestion for future studies as well as implications for practices.

### **The Role of Ethical Leadership and Ethical Climate on Employee Work Engagement**

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Work engagement is pivotal in driving employee attitudes, how they behave and perform on the job. It also determines employee wellbeing and the productivity of the organisation. It is noteworthy that work engagement thrives in environments with positive ethical climates. Such ethical climates come about when leaders develop organisational policies, and practices, that exert significant influence on the ethical decision-making of organisational members and the right attitudes and behaviours at work. The current study aimed to determine the nature of the relationship between ethical leadership, ethical climate and work engagement. 304 employees from selected organisations in Zimbabwe completed the composite questionnaire. Data analysis was conducted through SPSS and structural equation modelling with LISREL 8.80. Work engagement was measured using the original 17-item Utrecht Work Engagement Scale (UWES). The scale measures three dimensions of work engagement namely vigour, dedication and absorption. Ethical climate was assessed using the 19-

item Ethical Climate Questionnaire (ECQ). The questionnaire has four subscales measuring caring, law and code, rules and independence. The Leadership of Ethics Scale (LES) was used to measure ethical leadership. The scale has 17 items that measure ethical leadership as an independent construct separately from behavioural integrity. Item analysis was conducted to ascertain the internal consistency reliability of the latent variables. Exploratory Factor Analysis (EFA) was conducted to confirm the uni-dimensionality of the instruments. Confirmatory Factor Analysis (CFA) was conducted to explain the patterns of covariances found amongst the observed variables (complementary to EFA). Structural equation modelling was used to evaluate the hypotheses. The results indicate significant relationships between ethical climate and work engagement, between ethical leadership and work engagement and between ethical leadership and ethical climate. The practical implications of the study, suggestions for future research and the limitations of the study have also been highlighted.

## **Clinical Psychology: Parental Stress and Mental Health**

### **Does Father Involvement Buffer the Negative Impacts of Maternal Early Maladaptive Schemas on Offspring Psychological Problems? A Moderated Mediation Model**

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Parental impacts on the development of offspring psychopathology have been investigated for several years from different perspectives. Most of the studies have established a robust relationship between maternal factors (e.g., maternal psychopathology, parenting) and detrimental child outcomes, while only a limited number of research has examined how father involvement influences the offspring psychosocial development. Accordingly, the current study aimed to investigate whether father involvement had a protective effect on the relation between psychopathology susceptibility of mothers and children's psychological symptoms. While the psychopathology susceptibility of the mothers was measured in terms of early maladaptive schemas (EMSs), psychopathology of children was assessed in terms of current psychological symptoms. Particularly, we tested (1) whether offspring emotion regulation strategies would mediate the relationship between maternal EMSs and children's psychological symptoms; and (2) whether paternal involvement would moderate the relationship between maternal EMSs and children emotion regulation strategies. One hundred fifty-three mother-late adolescent dyads participated to the current study. Late adolescents filled out Father Involvement Scale, The Symptom Check List and Difficulties in Emotion Regulation Scale, while their mothers filled out Young Schema Questionnaire- Short Form-3. To test the moderated mediation model, obtained data was analyzed using Hayes Process Macro. Results indicated that EMSs of mothers significantly predicted their children's psychological symptoms, and emotion regulation skills of the children mediated the proposed relation. The negative impact of mothers' EMSs on offspring psychological symptoms through emotion regulation skills accentuated when paternal involvement was either low or moderate. Obtained results were discussed in relation to Family System perspective and related psychosocial interventions.

## Overcoming the Psychological Consequences of the Post-Divorce Phase by Assessing the Psychological Compatibility in the Pre-Divorce Phase.

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The article presents the results of the post-divorce psychological research conducted by the Psychological Center “Zhesture” in 2011-2021, which served as a basis for developing new counseling principles in the field of family psychotherapy. After the analysis of the results of the psychological research of the cases of about 300 divorced couples (through Wiesbaden Inventory for Positive Psychotherapy and Family Therapy (WIPPF)), /a total of 1.200 people participated/ we can generalize the following important scientific pattern: that is, within the framework of the divorce prevention program, develop courses, educational programs, TV campaigns, meetings with the specialists and the population of the regions, apply psychological compatibility assessment schemes in the premarital stage. Primary conversation schemes were developed, where the questions asked by the psychologist-counselor were used to identify the couple's cohabitation skills, personal-age characteristics, and initial family models. As a result, about 220 couples have already gone through this program and the feedback over the last 5 years has shown that the premarital compatibility assessment allows you to get acquainted with the acute aspects of family life, which helps prevent further divorce. The elaboration of the results of the psychological research shows: 1) Targeted prevention of divorce should occur, as the post-divorce phase is similar to the last stage of cancer. Couples are often hostile under the influence of acute conflict and don't acquire the right approach even to their own children, 2) The Center has developed a program for assessing psychological compatibility in the premarital stage, which allows the couple to consciously approach their own psychological problems, approaches to life before the marital stage, 3) A guide is being developed for parents who, after divorce, must follow the rules when communicating with their children, as all our experience has shown how „a child becomes a tool for parents' ambitions“.

## Final Data of a Longitudinal Study on Perinatal Loss: How to Help Parents?

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The loss of a child is an event difficult to accept, leading in some cases to the development of psychopathological disorders, such as complicated grief, depression, anxiety and Post-Traumatic Stress Disorder. Those presented are the conclusive data of a longitudinal research on perinatal loss' psychological consequences (in particular the risk of

developing a complicated grief disorder) and its therapeutic support, i.e. personal psychotherapy, group and online support. 29 bereaved French parents were met five times: the first one and then 3, 6, 12, and 18 months after the first meeting. We used a mixed methodology through the conduction of semi-directive interviews (analyzed with the IPA-Interpretative Phenomenological Analysis) and two questionnaires (Inventory of Complicated Grief and General Health Questionnaire 28). The parents were 72% women and 28% men, with an average of 31 years old. The maximum time between the child's death and the first meeting is about 10 months, while the minimum is 22 days. 44% of deaths occurred due to medical problems and 35% to a Late Termination of Pregnancy. Only 22% of children lived (up to a maximum of 96 days) and 79% died in utero. The quantitative results showed that the risk of developing a complicated grief disorder lasts over one year after the loss. Participation in support groups is helpful at the beginning while prolonged use of online groups can influence the development of complicated grief, depression and anxiety and insomnia disorders. On a qualitative level, thematic categories emerged regarding rituals, emotional difficulties, the subsequent child and the support of partner, family and friends. Despite the high percentage worldwide, perinatal loss is perceived as a social taboo and confirmed as a highly risky event on a psychopathological level. Group therapy, partner and family support are essential to prevent possible disease.

## Testing a Moderated Mediation Model of Paternal Postpartum Depression: Roles of Attachment Styles, Parenting Stress, Maternal Depression and Marital Satisfaction

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IP2-4-E4

Although fathers are perceived as an integral part of the family system, very little attention has been paid so far to measure paternal postpartum depression (PPD) and its possible correlates. Preliminary evidence suggested that PPD is separately associated with father-child bonding, maternal depression, dysfunctional parenting, and marital discord. However, how these psychosocial factors interact with each other regarding PPD symptoms has not been addressed yet. Accordingly, the current study aimed to investigate the mediating roles of parenting stress and marital adjustment on the relation between father's attachment styles and PPD symptoms; and to inspect whether maternal depression moderated the proposed relationship. Accordingly, data was collected online from 145 father-mother dyads with newborn babies aged between 2 and 8 months. New fathers completed Paternal Postpartum Depression Scale (PPDS), Beck Depression Inventory (BDI), Mother-Father Stress Scale (MFSS), Dyadic Adjustment Scale (DAS), Experiences in Close Relationships-Revised (ECR-R), while new mothers were given Edinburgh Postnatal Depression Scale (EPDS). The proposed model was tested using PROCESS software.

The possible confounding effects of parenthood readiness and socio-economic factors were controlled. Obtained results indicated that perceived parenting stress significantly mediated the relationship between paternal attachment styles and depression scores, and maternal depression significantly moderated this association. However, no significant impact was found for marital satisfaction. Findings were discussed in line with the relevant literature and clinical implications were addressed.

### On Anxiety and Conception: The Psychological Element of Subfertility

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The purpose of the present study was to shed light on the topic of anxiety and subfertility. Previous research showed strong links between women's levels of anxiety and lower chance of pregnancy. Even in cases where there is no preexisting or other obvious health concern, stress and anxiety play a role in delayed conception. Women with higher trait anxiety were predicted to require more cycles/months of active effort until conception, compared to those who are less anxious and also that coping mechanisms were expected to work as a protective factor, mediating partially the duration of conceiving efforts. A survey was conducted recruiting 42 female participants, with a mean age of 42.4 years (SD = 11.47, Range = 22-69) and a mean time until conception of 12.47 months (SD = 11.77). Responses for this study were collected from an Obstetrician-Gynecologist's private practice, utilizing the anxiety subscale of the Depression Anxiety Stress Scale questionnaire to measure trait anxiety and the Copenhagen Multi-center Psychosocial Infertility questionnaire to assess coping mechanisms. Findings revealed that women who were more anxious needed more time until successful conception. Interestingly, out of the four Copenhagen Multi-center Psychosocial Infertility subscales a correlation was found between the Active-Avoidance Coping and Meaning-based Coping factors and anxiety. To conclude, present findings add to the existing literature by showing that subfertility has psychological causes instead of only psychological consequences and future research on the topic may prove beneficial as treatments for subfertility such as IVF, could implement therapeutic techniques to assist trying couples.

### Biological Psychology: Perspectives on Learning, Social & Sexual Behavior

#### Eat Sweet, Be Sweet: The Effects of Sweet Taste on Social Distance, Memory and Perception

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IP1-4-E2

Taste could be a potent stimulation to alter perception, behaviour, and judgment. To exemplify, consuming sweet food increases prosocial behaviour (Meier et al., 2012). Effects of taste on shaping behaviour can also be observed in Turkish proverbs such as, "Tatlı yiyelim, tatlı konuşalım." (i.e., "Eat sweet, talk mellifluously"). Correspondingly, we conducted an experimental study to reveal the effects of sweet taste on social distance (i), short-term memory (STM; ii), and evaluation of the experimenter's behaviours (iii) and situations (iv). Participants (n = 60) were randomly assigned into either experimental (sweet taste) or control group (neutral taste) and consumed given foods. For a sweet taste, bonito; for neutral taste, chickpea is used based on the pre-test. To measure the social distance, the first experimenter asked the participant to move their chair next to the second experimenter. The social distance was measured by noting down the distance between the chair and the second experimenter. Then, participants played the find-the-pair game to measure STM through remembered first word's type (positive or neutral) and percentage of positive words. Lastly, participants evaluated suppositional situations via story completion task and experimenter's behaviours with a satisfaction survey. As a result, participants who tasted sweet are closer to the experimenter (i.e., have less social distance;  $p = .005$ ); remember firstly positive words ( $p = .004$ ) with a greater percentage ( $p = .047$ ) than the control group. However, sweet taste does not change the evaluation of the experimenter and situations. As an explanatory finding, sweet decreased social distance via increasing positive STM. Analysis conducted with PROCESS macro with 5000 bootstrapping samples (Hayes, 2013) points out a partial mediation ( $\alpha = .21.74$ , CI [-33, -10.47]). To wrap up, savouring sweet could be a vigorous stimulation to positively affect individuals' interaction, especially for social distance and memory.

## Emotion Detection Performances of Vaginal-Born and Elective Cesarean-Born Adults: Possible Long-term Effects of Oxytocin in Humans

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First recognized as a regulator of parturition and lactation, neuropeptide oxytocin has recently gained attention for its acute effects on social behaviors. Given the amount of oxytocin released during vaginal-delivery is substantially larger than elective cesarean-delivery, we predict that the differences in perinatal levels of oxytocin might produce long-term differentiations on emotion detection ability. This study aimed to examine the effects of birth-type on emotion recognition. A task, which consisted of 108 facial videos beginning with a neutral expression and it gradually turning into one of the 6 different emotional expressions in 10 seconds, was developed. The participants (N = 62) stopped the video as soon as they detect the emotional expression. A 2 (Birth Type: vaginal, elective-cesarean) x 2 (Gender: male, female) x 6 (Emotions: angry, happy, sad, disgust, surprise, afraid) mixed ANOVA was conducted for both accuracy scores and latencies. All main effects and all, but anger and sadness, pairwise comparisons were found to be significant for the accuracy scores. Vaginal-born individuals and females recognized emotions significantly more than their counterparts. The interaction of birth type and gender was also significant. Vaginal-born males recognized emotions significantly more accurately than cesarean males, while the type of birth did not have a significant effect on emotion recognition performance in females. Although elective-cesarean females were able to detect emotions significantly better than males, this gender-based difference disappeared in vaginal birth. Emotions and Birth Type had significant main effects on detection latencies. All but fear and anger, pairwise comparisons of emotions were significant in detection latencies. Individuals with vaginal birth caught emotional changes significantly faster than elective cesareans. It was also observed that the interaction of Emotions and Birth Type had a significant effect on the detection latencies: Vaginal-born individuals detected the transition from neutral to emotions of fear, happiness, sadness, and surprise significantly faster than elective-cesareans.

## Early Social Experiences Affect Sexual Learning and Behavior in Japanese Quail (*Coturnix Japonica*)

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IP1-4-E2

Sexual behaviour is highly variable. In this sense, Pavlovian conditioning is a crucial source of variation in all stages of the sexual behaviour repertoire of a species, impacting reproductive fitness. Experiences during early phases of development, especially social experiences with individuals of the opposite sex, impact adult sexual behaviour. Nevertheless, whether and how early experience can affect sexual learning and sexual behavior in adulthood is still unclear. We present three experiments exploring how early social experiences affect sexual Pavlovian conditioning in male Japanese quail. In the first experiment, 25 male Japanese quail divided into three groups received different stimuli presentations at an early age, namely paired presentations of CS (a terry cloth model) and US (an adult female quail), unpaired presentations of CS and US in a backward procedure (US-CS), and no exposure to stimuli, respectively. The second experiment replicated the first one with younger subjects, and the group with unpaired presentations of CS and US received a random presentation of the stimuli. In the third experiment we explored the effect of early social exposure to adult males on the sexual behavior of female quail. In the first experiment, results indicate that subjects who, at an early age, received a paired CS-US stimuli presentation showed shorter approaching latencies to the CS and longer times near the CS than subjects who received unpaired stimuli presentations or no stimuli presentation. The second experiment partially replicates the first, but no significant differences were observed between groups receiving paired and unpaired CS-US presentations. The third experiment shows the effect of early visual exposure to sexually mature males on later sexual receptivity and fertility in female quail. Our findings indicate that the early presentations of stimuli at early stages of life can influence males' (speed of) sexual Pavlovian conditioning, and females' sexual behavior, during adulthood.

## In an Animal Model System Effects of Sexual Fetishism on Reproductive Success

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IP1-4-E2

In the present study, the authors explored the reproductive consequences of fetishistic behavior in a previously developed animal model of sexual fetishism (Köksal et al., 2004). Male domesticated quail (*Coturnix japonica*) received

sexual conditioning trials in which a terrycloth object (the conditioned stimulus [CS]) was paired with the opportunity to copulate with a female quail (the unconditioned stimulus). Approximately half of the male quail came to copulate with the CS object and were considered to have developed fetishistic behavior. Each of the male quail was then tested with a female quail, whose eggs were incubated to determine rates of fertilization. The CS object was present for 30 s before and during the copulation test. Fetishistic male quail were slower to achieve cloacal contact with the female quail and showed less efficient copulatory behavior. However, they fertilized a greater proportion of eggs than nonfetishistic male quail. These results are unexpected from previous studies of the relationship between reproductive success and copulatory behavior and are discussed in terms of how fetishistic behavior directed toward an inanimate object may modify male-female interactions.

### **The Effect of Perceived Mate-Value on Attitudes Towards Rape**

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IP1-4-E2

Usually, positive attitudes towards female rapes are thought to be associated with a physical or perceptual deficiency in male reproductive success. Thus, rape behavior is presumably linked with the male's reproductive disadvantage and non-adaptive efforts to cope with it. However, evolutionary analyses often suggest positive relationships between male reproductive success and perceived mate value, and sociosexual orientation (SSO). These also are arguably the predictors of selection pressure in the mating arena, and if so, it can be predicted that males with higher perceived mate values and SSO scores have more positive attitudes towards rape. Although both approaches have their own theoretical merits, no empirical inquiry has so far undertaken to test them. Thus, we aimed to examine the attitudes of men, whose perceived mate values were manipulated, towards rape with both implicit and explicit measures. First, we applied the Self-Perceived Mate Value Scale (SPMS) to the adult males (N = 60) and recorded their physical and personal characteristics which may be related to their mate values. Then they were requested to participate in a so-called separate study in which a focus group containing 200 female university students would be voting them for the extent to which they prefer them as a mate. When they come back to the lab, bogus evaluation results containing their nicknames, mating preference scores information about scores, general distributions, and supporting graphics were handed in each participant. Then, an Implicit Association Task (IAT) for the attitudes of rape, the Rape Myths Scale (RMS), and a manipulation control form were administered. Contrary to the expectation, IAT and RMS findings revealed that men in advantageous conditions yielded more positive attitudes towards rape. The participants were thoroughly debriefed concerning the fictitious nature of the manipulation after the experiment.

Findings were discussed in the framework of socio-sexuality and error management.

### **Learning in Individual Organisms, Genes, Machines, and Groups: A New Way of Defining and Relating Learning in Different Systems**

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IP1-4-E2

Learning is a central concept in many scientific disciplines. Communication about research on learning is, however, hampered by the fact that different researchers define learning in different ways. In this paper, we introduce the extended functional definition of learning that can be used across scientific disciplines. We provide examples of how the definition can be applied to individual organisms, genes, machines, and groups. Using the extended functional definition (a) reveals a heuristic framework for research that can be applied across scientific disciplines, (b) allows researchers to engage in intersystem analyses that relate the behavior and learning of different systems, and (c) clarifies how learning differs from other phenomena such as (changes in) behavior, damaging systems, and programming systems.

## Clinical Psychology: Psychopathology (Psychosis, Personality Disorders ...)

### Alexithymic Subtypes – Implications for Assessment and Intervention in a Romanian Mixed Sample

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IP2-5-LD

Alexithymia is a personality trait characterized by a poor understanding of emotions, both regarding their identification and description, and their instrumental and adaptive use. The study gathered data from a clinical (n = 375) and non-clinical (n = 450) sample of subjects with the purpose of confirming a clinical typology of alexithymia and to outline subtype specific interventions strategies. The subjects completed several alexithymia questionnaires (TAS-20 – Toronto Alexithymia Scale, BVAQ – Bermond-Vorst Alexithymia Questionnaire and PAQ – Perth Alexithymia), as well as additional measures. Through network analysis we identified alexithymia types mentioned in earlier research. The novel finding is a positive/negative emotionality differentiation of the dysfunctional subtypes of alexithymia in the clinical (psychiatric) sample. In the discussion part, an emerging guideline for clinical intervention is presented – combining techniques and principles from EFT (emotional focused therapy) with ACT (acceptance and commitment therapy) and MBCT (mindfulness based cognitive therapy).

### Physiological Responses During the Recall of Self-Defining Memories Among Forensic Patients With Antisocial Personality Disorder

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Physiological indicators of people with antisocial personality disorders (ASPD) are attenuated and therefore hypo-reactive in various tasks as anticipation of aversive stimuli, following visual stimuli with emotional connotations (words) or in narrative expressivity (mistakes). In contrast, when these individuals placed in a situation where they are asked to evoke personal emotional situations, some studies have shown a hyper-specificity of the information recalled. The study examines the physiological responses of both the sympathetic and parasympathetic systems among forensic patients with ASPD when recalling personal memories with strong emotional and personal involvement. Their responses are compared to those of control forensic patients interned in the same conditions without ASPD. Following a clinical

approach, we used a task of retrieval of Self-Defining Memories (SDM) which are autobiographical memories associated with the construction and maintenance of identity. In order to assess the response of the sympathetic and parasympathetic systems, respectively skin conductance response (SCR) and the high-frequency component of heart rate variability (HF-HRV) were recorded during the recall task. Preliminary data suggest that the SCR would increase very strongly regardless of the valence and specificity of the recalled SDM. Moreover, tonic and phasic HF-HRV would be lower in ASPD. To conclude, the use of personally implication experimental paradigms highlights emotional information processing among patients with ASPD. Personal events are highly activating and appear less well-regulated among these patients. These markers show the importance of targeted emotional psychological treatment among these populations.

### A Qualitative Study Exploring the Influence of Traumatic Experiences on Psychotic Symptoms and Quality of Life

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IP2-5-LD

Despite experiencing high rates of trauma and trauma-related conditions, people with psychosis are seldomly asked about possible traumatic events. While there are some barriers to discussing trauma in clinical services, research has shown that disclosure is not only possible but also beneficial to both psychotic and traumatic symptoms. The current study is the first to evaluate service users' perception of the influence of trauma on the development and maintenance of their psychotic symptoms, as well as their views on how their life and mental health have been affected by traumatic events and their disclosure (or lack of). Eleven participants with experiences of psychosis and trauma took part in semi-structured interviews. Consistently with previous literature, our participants reported high rates of interpersonal trauma, but had rarely had the opportunity to discuss any of these events. Using thematic analysis, we identified three major themes that have important implications for healthcare: factors that facilitate or hinder talking about trauma; consequences of talking or not; and relationship between trauma and psychosis. Participants generally benefited from talking about trauma and concerningly often associated the prolonged lack of opportunities to discuss traumatic events with negative feelings towards the self and with a deterioration of their mental health. Participants also recognised direct links between past traumas and the content and characteristics of their psychotic experiences. Our findings highlight the importance, as perceived by service users, of discussing trauma and looking at psychosis through a "trauma lens". These results stress the need to systematically assess trauma history and traumatic symptoms in psychosis and might potentially help to overcome clinicians' worries about discussing trauma with service users. Our findings underscore the need to change current practice and implement trauma-informed approaches to understand clients' difficulties and provide support.

## Psychoticism and Poor Personality Organization – A Common Root but Different Outcomes?

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IP2-5-LD

Personality organization is a key concept used both in psychoanalysis and clinical psychopathology. The Inventory of Personality Organization (IPO) is one of the most widely used instruments to measure the construct. An initial exploratory study, performed on non-clinical student sample (287 subjects), yielded a correlation coefficient larger than .80 of a thought-action fusion sub-scale (part of the Illusory Belief Inventory) with all the subscales of the IPO, but also with the total IPO score. This result led us to further explore not only the validity of the construct for the Romanian population, but also to raise some basic questions about the dimension coined as 'psychoticism' in personality science. A second study, performed on a larger sample (450 subjects), showed that poor personality organization correlates with low self-esteem, a lack of self-clarity and an unstable image of the self – all ingredients of the same weak-ego picture. Combining the results from these two preliminary studies, we can conclude that poor or weak personality organization approximates the dimension of psychoticism as an earlier developmental stage, but not that of psychosis proneness, which presumably needs the additional presence of both social and physical anhedonia traits.

## The Self in Front of the Mirror and Borderline Personality Symptoms: The Moderator Role of Resilience

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IP2-5-LD

Self-alienation, the disconnect between self-as-seen and self-as-felt, coded on an innovative Mirror Interview (MI) paradigm, has been related to borderline personality disorder in adolescence. Resilience holds importance in adolescence, at a time when borderline personality features start to emerge. This research aimed to test the moderator role of resilience in the relationship between self-alienation and borderline personality symptoms among Turkish adolescents. A total of 73 adolescents participated in the research. The mean age was 17.81. Participating adolescents filled out The Child and Youth Resilience Measure and Borderline Personality Inventory in school classrooms as part of a larger project. Self-alienation was measured via the MI administration in a quiet private room in schools. The MIs were video and audio recorded. During the MI, participants were required to stand in front of a full-length mirror, and respond to interview questions while looking at themselves in the mirror. Self-alienation was coded on a scale of 1 to 5, where a code of 1

corresponds to a significant degree of self-alienation, and 5 to no self-alienation. The inter-rater agreement between the coders of self-alienation was .81 in 20% of the sample. The simple moderation analysis indicated that the relationship between self-alienation and borderline personality symptoms was moderated by resilience among adolescents,  $b = 0.150$ , 95% CI [0.222, 0.278],  $t = 2.34$ ,  $p < .05$ . When resilience was low, there was a significant relationship between self-alienation and borderline personality symptoms,  $b = -3.879$ , 95% CI [-6.398, -1.359],  $t = -3.07$ ,  $p < .01$ . When resilience was moderate or high, there was not a significant relationship between self-alienation and borderline personality symptoms. Thus, adolescents feeling more self-alienation are more vulnerable to borderline personality symptoms if they do not have moderate or high levels of resilience as an asset.

## Developmental Psychology: Challenges of Adulthood

### The Role of Parental Sensitivity on the Relationship Between Residential Mobility and Prosocial and Aggressive Behavior Among Emerging Adults

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IP4-5-M3

Prior work has shown that individual history of residential mobility is associated with a variety of behavioral outcomes throughout the lifespan. However, little is known about the mechanisms underlying these associations in emerging adulthood. The purpose of this study is to examine the mediator role of parental sensitivity on the relationship between residential mobility and both prosocial behavior and aggressive behavior among emerging adults. Approximately 300 university students who are between the ages of 18 and 28 will participate in the study. Participants will be asked to report the number of past moves and complete the Parenting Styles Scale, the Prosocial Tendencies Measure, and the Buss Perry Aggression Questionnaire embedded in an online survey. We expect that parental sensitivity would mediate the relationship between residential mobility and both prosocial behavior and aggressive behavior in emerging adulthood. Frequent residential change would predict decreased parental sensitivity and which in turn would predict lower prosocial and higher aggressive behavior. We plan to conduct separate mediation analyses using the PROCESS Macro for SPSS (Hayes, 2013) for both prosocial behavior and aggressive behavior. Study findings will be discussed in the light of current literature.

### Recall Bias and Gender-Effect in Self-Report Retrospective Questionnaire for Assessment of Perceived Parental Acceptance-Rejection in Adulthood

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IP4-5-M3

The Rorer's Interpersonal Acceptance-Rejection Theory (IPARTheory) deals with socialization and lifespan development. One of its basic postulates is that a perceived lack of parental acceptance in childhood results in a wide range of difficulties related to functioning and quality of life in adulthood. In research with adults, the Parental Acceptance-Rejection-Control Questionnaire (PARQ/C) is used to assess their perceived childhood experiences when they were 7-12 years old. As a retrospective self-report measure, it is susceptible to recall bias, which weakens the internal validity of the research. Our aim was to examine the potential recall bias in this measure due to age and

gender. The sample consisted of 1326 participants, 361 males (27.22%), 948 females (71.49%), 17 missing data (1.28%), age-range 13–80 years ( $M = 36.04$ ,  $SD = 12.68$ ), most of them Bulgarians 1149 (86.65%). Two general regression analyses were performed, with age and gender as predictors and overall perceived rejection and control as dependent variables, for both mother and father forms. Multivariate Wilks' tests showed a significant effect of age alone on perceived rejection and control by the mother but not by the father; gender as an independent factor was not a significant predictor of the perceived behaviour of both parents. The size of the observed effect of age (partial eta-squared) was small; the goodness-of-fit of the models showed that the two independent variables are predictors only of perceived maternal control, adjusted R-squared showed that only 2% of the variance in the response variable could be explained by the predictors. Our findings provide little support for the thesis of systematic differences in remembered parental rejection due to the age (distance from the past reference period) or the gender of the subjects, which is associated with the recall bias. Therefore, this self-report retrospective instrument could be considered a valid measure.

### The Effects of Psychological Resilience and Perceived Stress on Working Mothers' Psychological Well-Being

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Established adulthood is a period of lifespan between the ages of 30 to 45 that is characterized by important developmental tasks including forming intimate relationships, developing a career, and raising a family. This period distinguishes emerging adulthood and midlife in terms of well-being, physical and mental health due to the intensity of the obligations arising from the compelling demands of family, work, and career responsibilities. Besides, during this period, individuals may experience various adverse life events, and try to handle them by using different strategies. Resilience refers to an individual's ability to cope with negative events and to adapt to stressful situations successfully. The present study investigates the plausible effect of psychological resilience on working mothers' psychological well-being. It mainly focuses on the mediating role of perceived stress in this relationship. A convenience sample of 258 participants ( $M_{age} = 36.2$  years) having at least one child responded to an online survey. The questionnaire involved items measuring psychological resilience, perceived stress, and psychological well-being. In order to test study hypotheses, a simple mediation analysis was conducted using the SPSS process. The findings showed that the experience of stress acted as a mediator in the linkage between resilience and psychological well-being. In particular, it was revealed that psychological resilience is associated with lower levels of perceived stress, which in turn is linked to higher psychological well-being. The current study overall contributes to a better understanding of

parents' psychological well-being from the perspectives of resilience and stress. It provides important implications to researchers and practitioners in identifying the necessary steps to enhance coping skills and decrease perceived stress during the established adulthood period.

### **Social Support and Commitment to Living in Late Life Over Time**

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IP4-5-M3

Social support and commitment to life and living are integral to well-being especially in late life; the aim of this study was to better understand associations between these constructs over time. We recruited a representative sample of Israeli adults 75+ years of age ( $M = 80.84$ ; range 75-96 years), living in three major cities (i.e., Haifa, Tel Aviv, Be'er Sheva). They described various aspects of social support at each of three annual points of measurement (i.e., instrumental, emotional, satisfaction with support) as well as commitment to life and living (CTL; will to live, fear of death and dying). We hypothesized a cross-lagged, longitudinal structural equation model (SEM) in which social support and CTL predict each other over time, covarying for previously reported social support and commitment to living ( $N = 824$ ). Instead, we found that social support has only a contemporaneous effect, predicting CTL at both Time 1 and Time 3. In contrast, CTL predicts social support when next reported (i.e., T1-T2 and T2-T3); the direction of association changes over time. Also of note, satisfaction with relationships with family and friends significantly contributes to measurement of both latent constructs at each point of measurement. These results suggest that social support and CTL are intertwined phenomena; their effects appear to be bidirectional in late life. Social support has a positive, concomitant effect on CTL whereas the reverse, positive effect of CTL on social support is seen over time. This suggests that greater social support fosters greater commitment to living which may lead older adults to nurture social networks and relationships; the effect of which is greater social support when next reported in future. The results of this study warrant further research across cultures and over longer periods, if possible, until end of life.

### **Reflections of COVID-19 Pandemic on the Pressure of the University Students during Distance Education: A Self-Determination Theory Perspective**

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IP4-5-M3

Due to the global restrictions to decrease the risk of infection in classrooms, the transition of face-to-face education to distance education was a necessity during the COVID-19

Pandemic. Grounded in Self-Determination Theory, the present research sought to explore how the COVID-19 Pandemic affects university students during distance education. Specifically, the study examined the predictors of pressure/tension and attempted to identify the unique, mediator, and moderator roles of correlates of pressure/tension of the university students. This cross-sectional study was conducted with 432 university students from different departments of different universities in Turkey. The online survey was administered between the last week of October and the second week of December. Our findings revealed that there is a positive association between pressure/tension and covid-specific worry. Also, there is a negative association between learning climate and pressure/tension and between perceived competence and pressure/tension. Further, learning climate mediated the link between covid-specific worry and pressure/tension. The data of the present study depends on students' both academic (learning climate) and non-academic (covid worry) experiences during the COVID-19 Pandemic. The present research was the first attempt to examine the role of covid-specific worry on the pressure of university students during distance education. Specifically, the results of the current study demonstrated that the pandemic is associated with the pressure/tension of the students through its role on the learning climate. Moreover, perceived competence predicted pressure/tension negatively, indicating high perceived competence can play a buffering role. These findings can be applied at the government and university levels to establish effective learning environments in times of unplanned and urgent situations to foster the perception of competence and learning environments.

## Psychological Issues in Mental Health

### Short-Term Psychological Support to Civilians Exposed to the January 2015 Terrorist Attacks in France

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IP7-5-M4

Little is known about actual psychosocial disaster responses such as low-intensity initiatives after a terrorist attack. The objectives of our study were to describe psychological support (PS) after the January 2015 terrorist attacks in France among terror-exposed people, and to identify the factors associated with not receiving PS among those with probable mental health disorders. This study used quantitative data of interviews of terror-exposed people 6-9 months after the attacks (N = 189). Participants were asked if they had received psychological support (psychological first aid or interview) by a professional or voluntary person. We examined factors associated with not receiving PS among participants with anxiety and/or depression and/or PTSD (measured by the Mini International Neuropsychiatric Interview) (n = 105) in immediate period (48h), early post-immediate period (48h-one week) and medium-term period (> one week after the attacks), using Robust Poisson regression models. Among participants who suffered from PTSD (n = 34), depression (n = 74), or anxiety (n = 59) 6-9 months after the terrorist attacks, respectively, 9%, 18% and 12% did not receive PS. Not receiving immediate PS was associated with being not very close to of the attack sites; being direct witness compared to those who were directly threatened; and not having support in daily life. The lack of early post-immediate PS was associated with being not very close to the attacks sites; not having a peri-traumatic dissociation experience; and being medically followed-up for a psychological problem before the attacks. Not receiving PS after one week was associated with being not very close to the attack sites and to perceive social isolation. Characteristics of exposition and social support seem to play an important role in lack of PS after a terrorist attack highlighting the need to use strategies to reach people regardless of the type of exposure.

### Preparing Students to Support the Psychosocial Needs of Refugees Through an Interprofessional Exchange Study Program

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The complexity and breadth of refugees' social and health challenges requires holistic and comprehensive approaches (Sheath et al., 2020) and collaboration across multiple disciplines and sectors (World Health Organization, 2018). In this context, interprofessional education and collaboration among health and psychosocial care professionals is becoming increasingly crucial to build strong foundations for socially relevant work. This paper presents students' experiences and reflections on a short-term interprofessional exchange study program that aimed to promote psychosocial support for refugees. Participants were higher education students from Germany, Athens, Sweden, and Spain representing the fields of psychology, occupational therapy, social work, medicine, and nursing. A qualitative study comprising two focus groups (7-8 students per group) carried out at the end and 18 months after the program completion. The data were transcribed and then analyzed qualitatively, using thematic analysis (Braun et al., 2019). Students acknowledged the value of interprofessional collaboration in addressing social determinants impacting mental health and promoting social justice advocacy for refugees. The cultural encounters and experiential activities of the program provided students an opportunity to promote a series of cultural humility skills to address barriers in providing responsible care for refugees. Storytelling appeared to be a valuable pedagogical tool to connect program's content with more applied contexts and advance integrative learning between disciplines. Experiencing positive encounters and outcomes through interprofessional "brave spaces" can be empowering and initiate social justice dialogues to tackle the inequalities in psychosocial support for refugees.

### Towards Cultural Sensitivity in Measuring Societal Progress

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IP7-5-M4

People across cultures differ in behaviours, thoughts, and preferences. Cultural sensitivity in development science has been argued for since at least the 1960s, but has remained understudied. The goal of the current paper is to address this gap and to investigate folk theories of societal development. In particular, we aimed to identify both universal and culturally specific lay beliefs on what constitutes good societal development. We collected data from 2,684 participants from Japan, Hong Kong, Poland, Turkey, Brazil, France, Nigeria,

USA, and Canada. We measured preferences towards 28 development aims, as well as preferences towards the three aims included in the Human Development Index (i.e., economic prosperity, education, and health/longevity). We used a number of analytical approaches to identify universal and country-specific preferences, including multidimensional scaling, analysis of variance, and pairwise comparisons. Our results demonstrate that what people understand as modernization is fairly universal across countries, but specific pathways of development and preferences towards these pathways tend to be varied between countries. We distinguished three facets of modernization—foundational aims (e.g., trust, safety, economic development), welfare aims (e.g., poverty eradication, education), and inclusive aims (e.g., openness, gender equality, human rights)—and incorporated them into a folk meta-theory of modernization. In all nine countries, we found that the three facets of modernization were preferred more than conventional aims (e.g., military, demographic growth, religion). We propose a method of implementing our findings into development indexes so that cultural sensitivity can be reflected in how societal development is measured.

### **The Social Impact of Psychology in Latin America: An Analysis Based on a Global Development Agenda**

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IP7-5-M4

One of the most critical challenges facing Latin American psychology in the 21st century is promoting its impact in addressing problems inscribed in local and global interest agendas, such as climate change, poverty reduction, wellbeing promotion, gender gaps, violent social conflict, and political corruption. Assuming this challenge implies identifying objectives, levels of influence, and social impact strategies developed by psychologists in the region. We carried out a descriptive analysis of social impact initiatives collected by the Observatory of Psychology in Latin America - OPAL. This international cooperation project records and analyses information on psychology's scientific and professional capacities in the region's countries. We identified and characterized trends in the social impact of psychology in five dimensions: (a) social problems addressed, (b) target populations, (c) intervention modalities, (d) areas involved in the design and implementation of initiatives, and (e) sectors of impact on the societal system. These trends are congruent with those described in applied Latin American psychology literature. They also provide new evidence on recent developments of research and professional native practices, areas of greater and lesser capacity for social impact, and their relevance to connect with local and global development agendas.

### **Social Constructions of Mental Health Among Romani in Ukraine**

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IP7-5-M4

The purpose of this study was to characterize the social and cultural context of the social construction of mental health (MH) by members of Romani communities in Ukraine. We collected qualitative data to gain a better understanding of how Romani communities in Ukraine view the social and cultural factors influencing mental health. This paper analyzes data from focus groups in Romani communities in Ukraine (from six different oblasts) from February to March 2020. A total of 49 persons 19–75 years of age participated in the research, including 17 men and 32 women. Four clusters of perceived social determinants of Romani mental health were identified: employment, financial difficulties, level of education, and discrimination. The findings indicate specific cultural characteristics of the Romani community that are seen as helping to support mental health. Family values, mutually supporting and referring to other members of the community are seen as especially important. Such social cohesion is believed to have a positive effect on the mental health of members of the Romani community. This paper discusses the implications of the study and suggests possible avenues for future data-driven policymaking in the area of mental health that take account of the culturally-specific meanings of mental health for these communities. Given the significant gaps, shortages and, in some cases, complete lack of data on Romani ethnic and cross-cultural psychology, research is urgently needed to fill this gap. Lack of understandings of how Romani construct mental health can lead to badly-matched, misplaced or ineffective actions and distrust. This paper aims to support better understandings of Romani among MH service providers and enhancing the mutual engagement of Romani and MH services, supporting the broader agenda of social inclusion of Romani people.

## Psychology and Personality: Cognitive Perspectives

### Mindfulness as a Foundation for Flourishing

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This research examined a model positing that mindfulness is a foundation for the development of emotional intelligence and other positive characteristics with emotional elements; these characteristics include self-compassion, gratitude, empathy, resilience, and forgiveness. High levels of these positive characteristics contribute to optimal functioning, or flourishing. The model posits that emotional intelligence is a path connecting mindfulness to other positive characteristics. The research tested the hypotheses that: (a) Greater trait mindfulness is associated with a higher level of emotional intelligence, self-compassion, gratitude, empathy, resilience, and forgiveness, (b) Emotional intelligence mediates, or connects, the association between mindfulness and self-compassion, gratitude, empathy, resilience, and forgiveness. One hundred and thirty-six mature aged Australian students participated in the study. The mean age of participants was 33.71,  $SD=11.33$ . Participants included 107 women and 25 men, with the remainder not indicating gender. Participants completed the following trait-level measures: Short Freiburg Mindfulness Scale (Kohls et al., 2009), Assessing Emotions Scale measuring emotional intelligence (Schutte et al., 1998), Self-Compassion Scale-Short Form (Raes, 2011), Gratitude Questionnaire (McCullough, 2002), Empathic concern and perspective taking dimensions of the Interpersonal Reactivity Index assessing empathy (Davis, 1980), Short Connor-Davidson Resilience Scale (Campbell-Sills, 2007), Heartland Forgiveness Scale (Thompson et al., 2005). Greater mindfulness was associated with higher emotional intelligence and both mindfulness and emotional intelligence were associated with all other positive characteristics, with the exception of empathy, with significant associations at  $p = .001$ . Emotional intelligence significantly mediated the association of mindfulness with all positive characteristics other than compassion. This study enhances understanding of the effects of mindfulness and adaptive emotional functioning, as operationalised by emotional intelligence, in influencing characteristics that result in flourishing.

### Latent Personality Profiles Within Different Decision-Making Strategies

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Decision-making (DM) often includes making a choice in uncertain and risky conditions. According to the dynamic regulative systems concept, preferred DM strategies are

linked to different traits in personality profiles, such as risk-taking and rationality. DM regulation can also be affected by the Dark Triad (DT) traits, an “unstable emotional core”. DM tendencies (DMT) reflect effort exerted in DM strategies. The aim of this study was to define latent profiles, where DMT are linked to the aforementioned personality traits. 382 people took part in the study, aged 18 to 43 ( $M = 21.64$ ,  $SD = 4.49$ ), 295 were women. Decision-Making Tendencies (DMT inventory), risk readiness and subjective rationality, and the DT traits (Dirty Dozen) were measured. Correlation analysis, ANOVA, and latent class analysis (VarSelLCM package) were conducted. Three latent profiles were identified, forming three participant clusters. Significant differences were established for all variables. Latent classes were not significantly related to gender. Cluster 1: 70 participants with high scores in strategy maximization and satisfaction with the lowest Machiavellianism and psychopathy. They strived for decisions that allowed a full access to information and chose the most satisfying option. Cluster 2: 62 participants, low in strategy maximization and satisfaction, high in effort minimization, showed low rationality and high Machiavellianism. This cluster can be viewed as an opposite to cluster 1 in terms of personality traits and DMT. Cluster 3: 250 participants whose profile can be considered “intermediary” between clusters 1 and 2. Correlation analysis and the latent profiles demonstrate an integration of the DT traits (especially Machiavellianism) and subjective rationality with preferred DM tendencies. The results show a productive function of risk-taking in maximizing efforts during DM, as demonstrated by its positive correlation with the maximization DMT. [This study was supported by the Russian Foundation for Basic Research (Project 19-29-07069)].

### The Effects of Looming Cognitive Style on the Phenomenology and Functions of Autobiographical Memories

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The looming cognitive style (LCS) is a maladaptive thinking style characterized by a tendency to overreact to, rising threats and upcoming dangers (Riskind et al., 2000). LCS is suggested as a cognitive vulnerability that explains the mechanism underlying anxiety (Riskind, 1997). Although there has been considerable research assessing the relationship between anxiety and autobiographical memories, the mechanisms underlying this relationship are not well understood. The present study aims to address the effects of LCS on autobiographical memories in a non-clinical sample. More specifically, we investigate whether the high and low LCS individuals' autobiographical memories differ in phenomenology and functions. One hundred fifty-five undergraduates (140 female;  $Mage = 21.2$ ,  $SDage = 2.7$ ) participated in this study. We used the Looming Maladaptive Style Questionnaire-Revised (LMSQ-R; Riskind et al., 2000) to classify participants as high and low LCS.

Participants recalled one positive and one negative memory, and then rated each memory on a number of aspects, such as phenomenological properties (Memory Experiences Questionnaire; Luchetti & Sutin, 2015), functions (Thinking About Life Experiences Questionnaire; Bluck et al., 2005), and centrality-to-self (Centrality of the Event Scale; Berntsen & Rubin, 2006). Results showed that the high LCS participants remembered their negative memories more vividly and with greater sensory details than the low LCS participants. High LCS participants evaluated negative memories more central to their identity and life story than low LCS participants. High and low LCS groups' memories did not differ in memory functions. Our findings demonstrate that the LCS has an impact on the retrieval of autobiographical memories. The pattern of results is in line with the earlier research showing that individuals high in anxiety retrieve negative memories more easily (e.g., Richards & Whittaker, 1990). This suggests that the LCS is a potentially valuable factor to further understand the relationship between autobiographical memory and anxiety.

### Measuring Risk Propensity: From a Single Unitary Construct Towards an Integrated Model of Risk Domains

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The purpose of this paper is to explore the development of a largely modified 18-item revision of the General and Domain-Specific Risk Propensity Scale (GDSRPS) and to present the results from a piloting survey (part of an ongoing larger survey conducted in the Bulgaria). By modifying the existing scale we try to respond to one of the tendencies in exploring risk - namely to upgrade an existing approach and scale and to adapt it to the new environment, where risk is not a single unitary construct but rather a complex domain-specific construct. It presents the combination of situational and individual factors by considering individual responses to different risk domains. The scale of this study was developed on the basis of a qualitative data analysis of calendar interviews (N=45) and a piloting quantitative study (N =280) in the period September 2020 – June 2021. Our findings on psychometric properties of GDSRPS show high reliability of the overall scale ( $\alpha = .82$ ) and most of its subscales/risk domains (general risk propensity -  $\alpha = .71$ ; financial risk propensity -  $\alpha = .67$ ; social risk propensity -  $\alpha = .63$ ; ethical risk propensity -  $\alpha = .59$ ; physical and psychological risk propensity -  $\alpha = .54$ ), after removal of 2 items. By means of a Principal Component Analysis, incl. Varimax Rotation converged in 7 iterations, we extracted 5-factor loadings that supported the 5 latent factors measured by the subscales. The research and the development of a modified and precise domain specific risk-taking scale is of particular use for both academicians and practitioners, as it will give the opportunity to measure and predict the decision-making process in a variety of social and business settings.

[The survey is carried out under Project KII-06-H35/4 "Psychological determinants of young people's attitudes to

emigration and life planning in the context of demographic challenges in Bulgaria", funded by NSF - MES, Bulgaria.]

### Risk Propensity as a Personality Antecedent of Emigration Attitudes Among Bulgarian Millennials and Zoomers

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The purpose of this paper is to study the predictive power of risk propensity as a personality tendency over attitudes towards emigration among young Bulgarians with regard to their generational belonging and differences (i.e. Generation Y or Millennials, born between 1981-1995/6, and Generation Z or Zoomers, born between 1996/7-2012). Although the correlation between risk propensity and migration (attitudes) has been studied in some countries, it has neither been examined to date in Bulgaria – a sending, rather than receiving country, nor scrutinized in the light of generational differences. Furthermore, risk propensity is usually studied as a unitary construct, rather than a complex domain-specific construct. Within a national survey (N = 1200), representative of young Bulgarians aged 18-35 years – Zoomers aged 18-25 years (n = 444) and Millennials aged 26-35 years (n = 756), carried out in September-October 2021, risk propensity was measured as a general personality tendency and in specific domains (i.e. social and monetary domains), using a revision of the Jackson's Risk Taking Scale (1994). The emigration attitudes were studied by an original 7-item Attitudes towards Emigration Scale. The findings suggest that risk propensity, mostly in the social risk domain (e.g. willingness to move away from one's family) is a powerful predictor of emigration attitudes, even more powerful for Millennials. Reasonably, the higher risk propensity is associated with more positive attitudes towards emigration. Furthermore, Millennials are significantly less likely to take risks and to emigrate compared to Zoomers, even though both generations demonstrate generally low risk propensity and neutral to negative attitudes to emigration. These findings have some important interdisciplinary psychological and demographic theoretical, applied, and policy implications.

[The survey is carried out under Project KII-06-H35/4 "Psychological determinants of young people's attitudes to emigration and life planning in the context of demographic challenges in Bulgaria", funded by the NSF - MES, Bulgaria.]

## Psychology in Education: Higher Education - Challenges and Insights

### Digital Learning Among University Students During COVID-19: The Impact of Perceived Parental Support and Positive Affect on Students' Learning Outcomes

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COVID-19 pandemic, unexpectedly enforced universities to implement digital learning on students during Spring 2020. Many of these institutions were unprepared to foster such learning thus leading students toward a complete self-regulated learning and motivation. As emotional support plays an important role on students' learning, during unprecedented times, different levels of parental support and affect may elevate students' learning outcomes. By implementing a quantitative design, this study used primary data collected from N = 458 Albanian university students via Google forms. The aim of this study was to investigate how university students' positive affect and perceived parental support was correlated with learning outcomes such as self-regulated learning, learning well-being and learning motivation during the peak of the COVID-19 pandemic. Next, this work also aimed at exploring gender differences on the outcome variables as well as differences on the levels of parental support for the three learning outcomes. Multiple regression analysis showed that perceived parental support and positive affect were positively correlated with self-regulated learning, student's learning well-being and learning motivation where 44% of variance in self-regulated learning, 19% of variance in student learning well-being, and 50% of variance in learning motivation were predicted by both positive affect and perceived parental support. By conducting Independent samples t-test analyses, the results revealed significant gender differences on self-regulated learning skills, learning well-being and learning motivation among university students. Finally, the results showed that students who received relatively higher levels of parental support were significantly more likely to display self-regulated learning skills and have higher learning wellbeing when compared with students who were exposed toward lower levels of parental support.

## Attachment, Emotion Regulation, and Burnout Among University Students

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Attachment theory is an important framework for understanding individual differences in academic-related outcomes; however, the link between attachment orientations and academic burnout has been rarely explored. Moreover, underlying mechanisms linking these two constructs have been largely ignored. This study aims to examine the mediating role of emotion regulation strategies in the relationship between attachment and academic burnout. This cross-sectional study included 205 students from different Portuguese universities. Students filled out self-report scales assessing attachment, emotion regulation, and personal and academic-related burnout. Multiple mediation models conducted in PROCESS showed that both attachment anxiety and attachment avoidance were associated with higher levels of burnout. Additionally, rumination and suppression mediated the association between attachment anxiety and burnout while putting into perspective and suppression mediated the association between attachment avoidance and burnout. Results are discussed in the light of attachment theory and clinical implications are provided to prevent academic-related burnout.

## Predictors of Academic Adjustment Among Employed Students

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Research on student employment focused predominantly on the impact of employment on academic performance, academic adjustment being neglected. The balance between work activities and study was found to be crucial to the academic performance. Struggling to cope with the academic requirements and work commitments lead to a limitation of resources available for study, students having difficulties in balancing work, study and all its requirements. The main aim of the study is to highlight the differences between employed and non-employed students concerning academic adjustment, learning engagement and burnout. The sample consisted of 367 university students (N<sub>male</sub> = 98, N<sub>female</sub> = 268). The mean age of the participants was 26.16. 146 students were never employed, while 156 are part-time employees and 64 full time employees. Several self-report measures were used: The Utrecht Learning Engagement Scale, The Work-Learning Conflict Scale, The Academic Adjustment Questionnaire and The Maslach Burnout Inventory-Student

Survey. The results showed that the employed postgraduates have lower level of burnout, comparing to their non-employed peers and to undergraduates. Students highly engaged in their studies tend also to be engaged in their work and both work and learning engagement are associated with higher levels of burnout. Burnout mediates the relationship between learning engagement and work-learning conflict, low levels of leaning engagement explain high levels of burnout which, in turn, lead to a higher conflict between learning and work. In addition, work-life conflict mediates the association between burnout and academic maladjustment. Academic adjustment in employed students is a relevant topic for the current academic context given the high dropout rates. The results could offer a starting point for proposing measures that aim at reducing dropout and improving higher education completion rates and also to suggest indicators to monitor aspects related to academic adjustment.

### **What Do We Know About University Academics' Mental Health? A Systematic Literature Review**

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There has been a growing interest in the negative influence that the environment of higher education institutions has on the mental health of academics. The current climate of global education-competition places extreme expectations on academics. A number of factors influence academics' mental health, such as teaching, supervising, generating research income, among others, and there is evidence to suggest that the university environment is jeopardising academics' physical and psychological health. This study sought to review the international literature with a view to ascertaining what the most commonly used measures are to investigate this topic, including the main stressors and coping strategies reported/used by academics and their lived experiences. A thorough review of the literature was conducted, and 28 studies were identified and critically analysed. The review concludes that there is compelling evidence that the university environment is triggering high levels of stress and burnout and low levels of well-being for academics. There is extremely limited research on the perceptions and lived experiences of academic staff. It is virtually unknown, what coping strategies academics use to face job demands, and our knowledge about burnout seems to be limited by the use of one particular measure without cultural adaptations. Practical implications and directions for future research are proposed.

### **The Relationship Between Final Year Medical Students' Attachment Style and Their Responses to Patient Emotion in Clinical Consultations**

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Doctor-patient communication is associated with patients' health through direct and/or mediated routes, with clinical communication integrated into the teaching and assessment of medical students. Besides, the field lacks a strong theoretical framework. Attachment theory is psychological theory that offers insight into why some students struggle with clinical communication in patient consultations. To explore the relationship between final year medical students' attachment-orientation and their clinical communication skills (proportion of facilitative responses to patient emotion) in the clinical setting (primary care). The cross-sectional study provided an analysis of the influence of attachment-orientation on clinical communication with a sample of final year medical students ( $n = 37$ ) in the clinical setting (primary care). Each medical student was videoed in several patient consultations ( $n = 138$ ) in primary care. The purpose of this videoing was to code patients' expressions of emotion and medical students' associated responses to that emotion using the Verona Coding Definition of Emotional Sequences. Medical student attachment-orientation was assessed using the Relationship Styles Questionnaire. Results show that attachment orientation (attachment-avoidance and attachment anxiety) was associated with final year medical students' clinical communication. That is, attachment-avoidance ( $r = -.50, p = .002$ ) and attachment-anxiety ( $r = -.41, p = .012$ ) were significantly and negatively related to the proportion of facilitative responses to patient emotion in clinical consultations. The  $r^2$  value was .25 for attachment-avoidance, indicating that attachment-avoidance accounted for 25% of the variance in their responses to patient emotion. The  $r^2$  value of .168 for attachment-anxiety indicated that attachment-anxiety accounted for 16.8% of the variance in their responses to patient emotion. Attachment-orientation was influential and activated in authentic clinical environments such as primary care. It is important that medical students develop an understanding of attachment theory to explain individual differences in patient expression of emotion and their associated responses in clinical consultations.

## The COVID-19 Pandemic: Psychological Support and Governmental Responses

### Promoting Health Behaviors in the COVID-19 Pandemic Context: Tackling Complex Real World Needs With Scattered Pieces of Scientific Evidence

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One of the aims of the Portuguese Task Force on Behavioral Sciences in the context of the COVID-19 pandemic was to (a) identify, collect and synthesize evidence for effective public health policies in the context of the COVID-19 pandemic, and (b) to point out environmental facilitators of autonomous behavioral activation of COVID-19 related health habits. A main challenge was to find evidence about Portuguese cultural and value-laden determinants of health protection and promotion within the pandemic context. Throughout the nine months of the Task Force activity, 15 policy briefs were developed, mainly based on available systematic reviews and meta-analysis, covering different behavioral sciences areas, including: (a) effective health promotion communication (use of images and of emotional-activation messages on health promotion campaigns); (b) promotion of trust in the context of the pandemic; (c) development of social norms, aiming to collective sustainability of health-behaviors; (d) promotion of adherence to COVID-19 health behaviors in collective settings (e.g., at school, at sport-related events); (e) promotion of maintained autonomous motivation and activation of COVID-related health behaviors (e.g., use of mask, physical distance, ventilation of indoor-spaces, vaccination), and (f) impact of the pandemic on mental health and after-pandemic mental health promotion. These policy briefs were informed by (and provided evidence for) the activity of the other Task Force work packages. They were shared to the Portuguese Prime-Ministry Cabinet as informative tools for public health decisions. In this presentation, key findings of the WP3 activity will be presented. Perceived utility and challenges of the articulation between science and policy-oriented activities will also be debated in the symposium. We are convinced that this Task Force promoted public awareness of the relevance to create a center for behavioral sciences, articulating with local and central public health government, for fostering effective initiatives on both crises and chronic public health issues.

## Assessing the Need for Psychosocial Support During the COVID-19 Pandemic

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As the COVID-19 pandemic progressed, more and more people faced the aftermath of the measures taken to prevent the spread of the virus. This increased the need for psychosocial support. The present study, which was part of a renewed National Protection and Rescue Plan in the Event of an Epidemic (NPRP), aimed to assess the need for psychological support in the population and to identify potentially vulnerable groups. Slovenian adults aged 18-86 years (N = 3556) were recruited through an online survey. The survey took place in December 2020 and January 2021, when the lockdown in Slovenia was most severe. Participants rated their distress regarding specific aspects of the COVID-19 pandemic, the increase in violence, their depressive and psychosomatic problems, their need for psychological support, and their desired sources of help. Participants indicated that fear of infecting others, fear of the uncertain future, and concern about being restricted in their freedom were the most important causes of their distress. Some differences were noted between groups. Participants also reported an increase in domestic violence (from 1.9% to 2.9%) and workplace violence (from 2.1% to 3.7%). The latter was significantly higher among health care workers (from 6.2% to 11.5%). Psychosomatic and depressive symptoms were significantly more frequent among women, students, and the unemployed. Students were more likely to express the need for psychological support. In general, 28% of participants recognized the need for psychological support, the majority of them did not seek it (18%). The results of the study show that although many problems related to COVID-19 are shared by the majority of people, certain groups either face specific problems, report higher levels of suffering and violence, or have a harder time coping (e.g. women, students, and unemployed).

### Governmental Response to Promote Wellbeing Related to COVID-19 Pandemic: Results From the EFPA Board on Prevention and Intervention Expert Survey

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COVID-19 has become a global pandemic. Mitigation of the virus depends on a number of people engaging in behaviors that limit the virus' spread (e.g., physical distancing). Behavioral science can help governments and local health

authorities by providing suggestions on how to best ensure compliance with health promoting behaviors and/or how to prevent mental health issues related to vulnerable populations (e.g., children) such as managing negative feelings associated with the pandemic. Thus, experts in psychology all over the world are making efforts to understand the psychological and behavioral aspects related to COVID-19 and the impact of isolation. The governmental response on evidence from behavioral scientists, academics, researchers and local psychologists' associations remains to be explored so as to ensure people not only remain at home but physically and mentally healthy at the same time. The Board on Prevention and Intervention of the European Federation of Psychologists' Association (EFPA) has collected evidence through an online survey from its member on how policymakers at their respective countries consider behavioral evidence in promoting population wellbeing while in isolation. The results have provided evidence on gaps in taking into account evidence from the behavioral science to tackle the capabilities, opportunities and motivation of the population to engage in self-protective behaviors and how the pandemic has affected the most vulnerable members of the society. The evidence will be discussed and will offer insights into how policymakers can improve their population health.

### **Moving from Behavioral Science Implementation to Public Health Practice**

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The emergence of a Task Force (TF) for Behavioral Sciences in Portugal for the response to COVID-19 pandemic allowed recognition and a reinforcement of the fundamental role of the behavioral sciences in public health emergencies. One of the aims of the TF was to strengthen the articulation with decision-makers, stakeholders and with the different sectors and areas of public governance, allowing the implementation of behavioral science best practices. The challenge was to identify the best way to promote an integrated behavioral approach, which considers a perspective of disease prevention, health protection and promotion. During the different phases of the TF working period, several issues were identified associated with the lack of knowledge about the possible contribution of behavioural sciences in promoting the implementation of public health practices. The TF structure and articulation strategy were critical due to the permanent need to collect and share fundamental information and recommendations that lead to the successful implementation of the proposed measures. The articulation strategy was promoted in 3 phases, 1) Formal presentation of the TF to decision-makers and partners; 2) Contact with interested parties; 3) Contact and collaboration with different stakeholders and sharing good practices. In phase 1, the TF was presented to the health partners (e.g. Directorate-General

of Health) with the clarification of the mandate and availability for articulation. Phase 2 was focused on contacting partners for the collection of epidemiological data, public health measures, and providing information that promotes the adoption of behaviors of disease prevention, health protection and promotion. Phase 3, contacts were established, among others, with community structures, media and education to identify and implement working possibilities. The good practices identified during the work developed by this TF allowed to emphasize the strategic importance of behavioral sciences implementation not only in public health, but also in public policies.

### **Psychological Support During the COVID-19 Epidemic in Slovenia: Analysis of Helpline Calls**

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Restrictions of face-to-face communication during the COVID-19 pandemic have made mental health helplines a frontline channel to address psychological issues of the general population. The objective of this study was to provide a description of the mental health issues raised in calls made to a Slovenian national helpline for psychological support during the first three waves of the COVID-19 epidemic, established by the National Institute of Public Health, health promotion centres, the Slovenian Psychologists' Association and other partners. Data collected by the helpline operators was analyzed descriptively. Characteristics of callers and mental health issues they have raised during the calls were presented in relation to the contemporary counter-epidemic measures, the number of deaths and cases diagnosed with COVID-19. Call volumes fluctuated according to the number of confirmed cases of COVID-19 and level of national restrictions, peaking eight weeks after Slovenia declared an epidemic for the second time. The 8063 callers were 62% women. Callers raised one or more issues in their calls, with most issues not involving mental distress (42.0%). Calls related to mental distress were most often made because of emotional-behavioral symptoms related to the current situation (43.9%) or loneliness (39.5%). The former peaked in the second wave, while in the third wave, loneliness was the most common issue raised in calls. The proportions of calls related to family and work commitments, caring for others and self-help advice on healthy lifestyle were highest in the first wave and then gradually declined. The helpline offered accessible psychological support during the COVID-19 epidemic and provided important information on mental distress and other issues faced by the general population, which may complement other mental health data collected on a national sample. Furthermore, the helpline should represent a part of a comprehensive public mental health response to further health or other disaster crises.

## Dealing With a Pandemic in XXI Century- Ordem Dos Psicólogos Portugueses (Portuguese Psychologists Association) Role and Contributions in COVID-19 Crisis

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Psychology as a science and profession have been consolidated in the last decades. This process results from the significant growth of psychological research, not only in number but also in quality and applications to different phenomena, life events or contexts. It also results from a further recognition by people and decision-makers of its importance in addressing personal and societal challenges and its contribution to the possibility of self-determination and well-being of people and societies equity and social cohesion. Despite that, many countries, including Portugal, maintain a gap between this recognition and the accessibility and equal access of people to different psychological services in diverse areas. There is also a need for more proactive promotion of health and psychological health literacy and a lack of psychological knowledge and psychologists' contributions to public health and the design, test, implementation, and evaluation of public policies. Since March 2020, we have dealt with an unprecedented pandemic that brings uncertainty and challenges to lives worldwide. People were forced to change practices, behaviors, ways of contact, communication, work, and learning for public health reasons, bringing distress and deterioration of the population's mental health indicators. As a professional association committed to improving people lives and to the excellence of the practice of psychologists, the Ordem dos Psicólogos Portugueses since even before the pandemic declaration, has been working to provide resources and contributions in four areas: citizens; psychologists; decision-makers/public entities; national and international partnerships/networks. This presentation will detail our action, underlying significant contributions (creation of psychological counselling on telephone service of Portuguese NHS; creation of behavioral sciences task force; creation of eusinto.me website and training of 2000 psychologists as micro-influencers towards pro-health and pro-social behaviors) and its present (and future) impacts and consequences.

## Social Psychology: Family, Partnership, Interpersonal Relations

### How Has Coercive Control Been Defined and Assessed in the Intimate Partner Violence Research

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Elements of domination and control have been widely affirmed in the literature on intimate partner violence, from seminal works such as that of Walker (1978). In the same way, the definitions of psychological abuse in those relationships have usually included control and domination as primordial elements of their conceptualization (e.g., Hamby and Sugarman, 1999, Marshall, 1996, O'Leary, 1999). However, in recent times, coercive control (CC) has received increasing theoretical and empirical attention and has been postulated as a fundamental element to distinguish between relatively common and conflict-based manifestations of partner violence in which CC is absent (situational violence), and patterns of violence in which the victim's subjection to the perpetrator (intimate terrorism) predominates (e.g., Johnson, 2006). This distinction seems important in the context of the current polarization between academics and researchers who hold divergent positions about the possible gender symmetry in heterosexual partner violence (e.g., Straus, 2006), as well as the possible reciprocity of violence. In this sense, it has been stated that misogynist and traditional gender attitudes have shown a fundamental role in intimate terrorism (Johnson et al., 2014) while a pattern of situational violence would be much more prevalent and susceptible to symmetry, as well as equally prevalent among same-sex and heterosexual couples. However, recent works mention the still deficient form of defining and evaluating CC (Hamberger et al., 2017, Myhill, 2015). A review shows that there seems to persist some indeterminacy when it comes to conceptualizing it and, consequently, the ways of approaching the assessment of CC are very different, affecting the subsequent interpretation of the results. Contradictory findings so far challenge our ability to distinguish between forms of violence and/or control exercised punctually in the middle of a partner conflict from those exercised in a context of continuous coercive control over time.

## Investigating Relationship Maintenance and Marriage Intentions from the Investment Model and Socio-Ecological Perspectives Among Dating Young Adults

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The purpose of the present study was to explore two relational outcomes: relationship maintenance and the marriage intention of dating young adults. The investment model was used as a theoretical framework, and the socio-ecological perspective was taken into account, specifically examining the role of relational mobility. A total of 321 dating young adults participated in the main study via filling an online survey. The results showed that relationship satisfaction and investment size significantly predicted relationship maintenance among three investment model variables. However, all three investment model variables, including relationship satisfaction, quality of alternatives, and investment size, significantly predicted marriage intentions. After controlling for the effects of the investment model variables, relational mobility did not significantly predict outcome variables. Still, it approached significance in predicting relationship maintenance. The present study contributed to the current literature in better understanding various behaviors in the close relationship from the perspective of person-situation interaction. The major findings and limitations of the study were discussed, and future suggestions were presented.

## Concern and Experiences of Family Members of Individuals Involved in a Coercive Controlling Group or Relationship: Perspective of Hidden Victims

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Psychological abuse within abusive groups and/or partner relationships is a worldwide social problem that has deleterious effects on members, former members, families and communities' wellbeing. Nevertheless, little is known about how the involvement and/or ongoing membership of a loved person to such groups/relationships affects their family members or friends. For that reason, we conducted a study to examine relatives' concerns, responses and experiences with an initial sample of 230 participants, in which around 30% had been born and/or raised in such groups/relationships. Results showed that responses seemed very comparable with other problems in terms of family distress and emotional experiences of caring. This is of utmost importance to better understand the difficulties and problems faced by family

members and their coping responses, give visibility to their suffering, as well as evidence the scarcity of useful helping resources at the same time as we can contribute to inform prevention and intervention efforts on this societal issue.

## Intimate Partner Violence and Lockdown: Survivor's Support Methodologies During the COVID Pandemic

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IP16-5-ŞD

Spazio Donna Odv is a voluntary organization active for over 30 years in the province of Caserta hindering intimate partner violence. During the lockdown period due to the COVID-19 pandemic, after an initial and deafening silence on the part of women, there was an exponential increase of requests for access to the Centers, even by „unconventional“ channels (eg . chat, email, FB pages). Starting from May 2020, the psychological consultations have been carried out remotely. We have thus witnessed a digitization of the methodology of the refugee center, through the implementation of online psychological support paths aimed at increasing the woman's awareness of being in a highly imbalanced position, with the purpose of seeking change in emotional relationships. In the most serious cases, where forms of psychological violence are accompanied by several episodes of physical violence, this awareness coincides with the possibility of protecting themselves from the violent relationship and putting themselves and their children in protection through new strategies and behaviors. In this context, online counseling has represented a precious opportunity to establish a relationship even during pandemic. Thanks to digitization it was possible to continue the possibility of meeting women and help the growth of a therapeutic relationship with them, in which the therapist recognizes and reviews the condition of the woman, gives her a strengthened self-image of new awareness: that of living a condition of severe discomfort strongly conditioned by the presence of violence and ill-treatment (physical, psychological, economic, sexual). This work aims to illustrate the results of the methodological change and the benefits of women survivors of violence who have embarked on a psychological path during the pandemic, shedding light on the critical issues encountered and on the aspects that can be improved.

## Decisive Factors and Reasons for Refusal of Family Consent in the Procedure of Intensive Care to Facilitate Organ Donation (ICOD)

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IP16-5-ŠD

Organ procurement organizations have developed alternative donation procedures to improve deceased organ donation rates. Intensive Care to facilitate Organ Donation (ICOD) is an emergent procedure that implies the initiation/continuation of life-sustaining measures with the purpose of allowing organ donation in patients in whom curative treatment has considered futile. Families experience and decision process about ICOD is already an unexplored phenomenon, since potential donor relatives have to decide about the possibility of donating before death is declared. This study represents the first phase of a research program that aims to characterize family decision and best family support practices in the context of ICOD. Semi-structured interviews were performed with a stratified probabilistic sample of 21 Transplant Coordination Teams (TCTs) of Spanish hospitals. Interviews were recorded after informed consent and included, TCTs' perception about those conditions that are more relevant for family consent to ICOD. Interviews were transcribed and analysed by means of Content Analysis. Most common reasons for refusal of family consent for ICOD were: Presumed refusal of the deceased; Unknown will of the deceased; Concern for maintaining the body integrity; Respect for your religious beliefs; Assertive negative; Family tiredness; Discontent with the treatment received at the center. Most decisive factors influencing the refusal of family consent for ICOD were: Characteristics of the family (i.e., cultural or religious framework contrary to donation); Prior coordination and management actions (i.e., provide insufficient information on the family member's prognosis); Structural conditions of the center (i.e., not having an adequate space for the interview); Emotional reactions of family members difficult to manage (i.e., not assuming the patient's situation); Interview conditions (i.e., extended family present). Key elements conditioning standard procedures of deceased organ donation seem to be also relevant factors for the obtention of family consent to ICOD.

## Work and Organizational Psychology: Managing Flexible Working Arrangements and Organizational Change

### A Conceptual Framework of Employee Adjustment to Hybrid Work: Antecedents and Outcomes

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IP19-5-DP

After almost two years of working exclusively from home due to COVID-19, organizations have been turning to hybrid work arrangements. These enable working from office or home, and aim to avoid the detrimental effects that remote work has been shown to have during the pandemic, such as social isolation. Little, however, is known what helps employees to adjust to change in new work environments. The purpose of this research is to develop a conceptual framework of adjustment mechanisms, as supported by environmental resource caravans. We ground this framework on the resource-gain development (hereinafter RGD) and conservation of resources theories. As per RGD theory individuals want to achieve the best version of themselves in both work and home domains through maximization of available resources, which co-exist and build nurturing and supportive contexts. For example, social support was recognized as a salient resource during the pandemic, and we propose that supportive resources, namely, HR attributes for hybrid work, coworker connectivity and family cohesion will facilitate a better adjustment. In the second part of the conceptual model, adjustment will in turn lead to higher job performance and a more satisfactory work-life balance. We contribute to the RGD theory by incorporating work adjustment as a mediator between resource caravans and outcomes in context of hybrid work. We further advocate the importance of acknowledgment that resources are co-travelers in caravans, and are not singled out. Our propositions are: P1: Antecedents in terms of HR attributes for hybrid work, coworker connectivity and family cohesion will boost individual's ability to adjust to hybrid work. P2: Due to the maximization of available work and home resources, employee adjustment to hybrid work will result in positive work and home outcomes (i.e. higher job performance and work-life balance).

## Working With Time and/or Space Flexibility in Turkey: The Project on Management System Standards of Flexible Working

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The COVID-19 pandemic placed flexible working (FW) on the business agenda and led to positive and negative consequences regarding employee well-being, effectiveness, business continuity, and employer branding, to list a few. Organizations showed variance in their adaptation pace to FW and keeping their businesses running under the global health crisis condition, implying the importance of effective management in FW processes. Based on these observations, the current project was developed to identify the principles of FW's systematic management. Eighty-one private and public organizations from nine sectors in Turkey acted as stakeholders. In the qualitative phase, fifty-three interviews were conducted with operational managers (n = 27) and human resources managers (n = 26) from 27 organizations. Inductive qualitative content analysis was conducted using MAXQDA. The results showed the individual and organizational factors strengthening the ground for FW and a rich portrayal of organizations' FW experiences during the COVID-19. In the quantitative phase, 1280 employees participated from 66 organizations (white-collar = 100%; 48.8% female; Mage = 34.95, SD = 7.29). The following sub-scales were inductively developed for the survey: employees' and organizations' perceived fit for FW; managerial approaches during FW; social, technical and financial support provided by the organizations leading to effectiveness in FW; trust in the organization; invasion of privacy during FW; organizational resilience; and psychological well-being. The WHO-5 Well-Being Index was used as well. The suitability of employees' homes for FW, invasion of privacy, trust, and the support provided by the managers during the quarantine period emerged as the most critical factors of employee well-being. The most critical factors affecting organizational resilience were trust and the top management attitude. Besides, digital infrastructure, human resources management practices, and identification of employee needs during FW appeared as critical factors, which were conceptualized among the FW management system standard components.

## Building a Healthy Workplace in a National Health Service Company: The Role of Psychological Science and the Psychologist

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IP19-5-DP

Stress and lack of psychological health at work are responsible for enormous human suffering and productivity losses, which in Portugal costs to 3.2 billion euros (OPP, 2019) and in Europe 136 billion euros per year (EU-OSHA, 2014). According to the Mental Health Report (2017) 3 out of every 5 employees experience psychological health problems in the previous year due to work. Scientific evidence shows that taking actions to prevent the causes of occupational stress, intervene in psychological health problems and promote psychological health in the workplace is cost-effective. therefore, the setting, implementation and evaluation of preventive actions at workplace level and also preventive policies in general need systematic collection, recording, analysis and dissemination of key information on the exposures of workers to psychosocial factors. With the aim of managing the psychosocial risks at SPMS - Shared Services of the Portuguese Ministry of Health, which is the State-Owned Enterprise accountable for the Portuguese Health Ministry Central Purchasing, the national IT authority and the Portuguese representative for eHealth cross-border affairs and has been in charge of the national COVID-19 vaccination process, the project „A healthy workplace“ was developed. For this purpose, a psychological intervention project with a 3-step methodology was designed and implemented: a) psychosocial diagnosis of the organization, through the analysis of HR data, structured interviews with 38 managers, 3 focus groups of workers and administration of COPSOQII to the company's 670 employees; b) content and data analysis and c) the proposal of 30 recommendations for intervention in a psychological assessment report. The results obtained are analyzed in the light of the most influential psychosocial theories at work and implementation of actions focused on people's efficiency and valorization is discussed as well as the implications for policy making in the field of health and work and the practice of Work Psychologists.

## Prevent Loneliness in Remote Working: Are Some Psychological Profiles More at Risk?

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IP19-5-DP

The COVID-19 outbreak shed a light on remote working. However, remote policies may come with productivity pitfalls, as loneliness and isolation in these organizations are booming (Bloom et al., 2015), threatening individual's well-being and company's economic growth. The purpose of this study is then to propose a proactive approach of loneliness prevention in remote working, by identifying psychological

profiles (personality traits and motives) more at risk of feeling lonely and isolated, and by proposing personality-informed interventions business leaders can take to overcome employee loneliness. For our study, 1224 participants completed a questionnaire measuring self-reported wellness, loneliness in remote working, and how many days per week they were working in remote. They also took a series of psychometric tests of an online assessment platform, which includes measures of work-related personality traits and motives. Data were analyzed using linear regression and correlational models. We identified facets of extraversion (sociability) and of openness (intellect), as well as four motives (the needs: to meet new people, to work as part of team, to be supervised closely, for recognition), that explain high level of loneliness in remote working. Similar results were observed when controlling for age and gender. We also studied the impact the number of days worked in remote per week had on our results: the more the number of days, the more these personality traits and motives explain loneliness. Data on a new sample are currently being collected to confirm results replicate. To conclude, our study extends previous ones by considering psychological determinants of loneliness in remote working, rather than only structural ones. We show that some psychological profiles are more at risk of feeling lonely, also helping manager to develop tailored interventions to accompany high-risk individuals.

## **Clinical Psychology: Substance Abuse Problems**

### **Pregnant and Postpartum Women With Substance Abuse Problems: The PAMPERRS Program**

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Pregnant and postpartum women who are homeless and near homeless are a highly vulnerable population, especially when their problems are compounded by substance use. The Pregnant And Mothers Postpartum Enhanced Recovery-oriented Residential Services (PAMPERRS) program provided evidence-based mental health treatment, case management, and recovery support for women and children through integrated, trauma-informed care and services, strengthened by a comprehensive and coordinated family systems approach. This presentation will describe the program for women and children and provide evaluation data that demonstrates its effectiveness. Clients participated in an inpatient recovery program. In addition, they received trauma informed care that included evidence-based mental health services, family services, and case management. Clients were assessed at intake, discharge and 6-months after intake on family functioning, recovery capital, stress, parenting and substance use. Ninety-three percent of the clients were discharged successfully from the program, and substance abuse decreased to 5.6% at follow-up. Over 80% of clients reported that the PAMPERRS program enhanced their recovery treatment experience. We examined individual differences in trends over time with multilevel modeling. Within-person trends over time were modeled in the first level, and individual differences in intercepts and slopes were modeled in the second level. Women reported significant improvements in general family functioning, posttraumatic stress symptoms, reductions in perceived stress and parenting risk. Further, participants increased their recovery capital, improved their parental monitoring, and increased social support over time. Overall, the PAMPERRS Program met the planned goals and successfully helped the women to decrease use and abuse of alcohol and illicit and prescription drugs; reduce related effects of maternal substance abuse on infants and children; improve mental and physical health of themselves and their children; and, improve family functioning and quality of life.

## A Low Speed of Happiness Recognition in Facial Expression as a Predictor of Substance Use

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IP2-5-E4

Substance use is related to difficulties in emotional regulation. Emotion regulation and emotional recognition represent two fundamental components of emotional processing that have recently seen a considerable surge in research interest, in part due to the role they play in optimizing mental health. This study aimed to investigate the effect of substance use and dependence on the recognition of emotions by facial expression. The study included a total of 82 participants, of which the clinical group consisted of  $n = 20$  participants with substance use (alcohol and narcotic substance) diagnosed according to ICD-10 criteria and AUDIT test and a second control group of  $n = 62$  healthy subjects. The average age of participants is  $27.92 \pm 5.57$  years. The subjects were evaluated using the Anxiety and Depression Scale (HADS), and methods for measuring the recognition of emotions by facial expression (Emotional Facial Expression, KDEF-dyn database, Calvo, 2018). The Emotion recognition program was developed specifically for this study, which measured the accuracy and speed of emotion recognition. In our study, a logistic binary regression model was built. The consumption of substances was a predictor of impaired recognition of emotions, the dependent variable was group membership (clinical / control group), and the independent variable was the accuracy and speed of emotion recognition. Statistically significant differences in reaction time in emotional recognition were observed in happiness ( $p = .016$ ). There were no significant results in the level of anxiety and depression between groups. To conclude, a low speed of happiness recognition is associated with substance use.

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## Self-concept and Autobiographical Memory in Alcohol Use Disorder

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IP2-5-E4

Events remembered from our past constitute the database of the Self so that autobiographical memories enable the individual to develop a conceptual Self, composed of a set of self-representations. In alcohol use disorder (AUD), recent memories are more difficult to encode, which contributes to the use of older and more fixed memories. The main objective of this study was to characterize the AUD patient's self-concept and its relation with autobiographical

memories. We hypothesize that their self-representations are constructed in a more rigid way on the basis of more negative memories, directly associated with the alcohol consumption. 31 detoxified patients suffering from AUD and 32 control participants completed clinical scales assessing general cognitive functions (MoCA), anxiety and depressive symptoms (HADS), emotional regulation strategies (CERQ), lifetime exposure to traumatic events (LEC) and alcohol consumption. In addition, participants were asked to list 10 self-statements and to select the 3 most representative self-statements. For each of them, participants recalled 3 distinct autobiographical memories that could illustrate these self-statements. Results show that AUD patients reported more negative and less neutral self-statements. The memories recalled in association with the self-statements were characterized by a lower specificity, a more frequent negative valence and a more important association with alcohol use difficulties. In addition, persons with AUD retrieved less positive autobiographical memories following a positive self-statement compared to control participants. Interestingly, people with AUD rated the associated memories as more intense than controls. Finally, the valence of AUD patients' self-statements was correlated with emotional regulation strategies, anxiety and depressive symptoms. These findings suggest that AUD patient's self-concept has been affected by the chronic alcohol consumption. Negative self-representations and a drinker self-conception may be a key factor in the AUD patient's clinical course.

## Cyberpsychology: Virtual and Augmented Reality in Applied Psychology

### 360° Video or Digital Twin VR? Equal Sense of Presence, Different Realism

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IP3-5-E2

Using artificial environments in psychological research and practice can enhance cost-effectiveness of research and treatment. However, different techniques with varying feasibility can be used, such as 360° video or virtual reality (VR). Both have advantages and disadvantages: 360° video allows easy capturing in the real world, but subsequently only allows you to view a scene from a stationary position, whereas VR allows you to walk around, yet is completely computer-generated and often costly to create. In the current study we explored a novel approach to creating these environments: a digital twin VR (DT-VR) environment, recreated from smartphone pictures. The result of this low-cost and relatively low-effort procedure is a virtual copy of that environment, which closely resembles it and allows to freely explore it. To assess whether participants report the same realism, involvement and sense of presence with this particular approach, 59 participants (students aged 17-23) were recruited. They experienced two 4.5-minute scenes in a 360° video and DT-VR environment. Scenes were counterbalanced to cancel out order effects. Both scenes represented the exact same environment (a university campus), either in DT-VR or in 360° video. After each experience, the Igroup Presence Questionnaire was administered. Results showed that participants' experienced realism was higher in the 360°-video condition, compared to the DT-VR condition,  $t(58) = 3.54, p < .001$ . No significant differences were found concerning sense of presence and involvement. These first results show that a DT-VR environment (as constructed for the current study) might be a feasible option to offer users an immersive experience. However, if allowing them to move around freely in such an environment is not an important feature, 360° video might still be preferred. These and other considerations will be discussed in more detail.

## Introducing the PLAY 3D-Virtual World – Developing a Gamified Approach to Tackling Stress and Anxiety in Third Level Students

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Entry into third-level education represents a crucial time of transition, which typically coincides with early adulthood, a period that has been identified as particularly sensitive in terms of the onset of mental health challenges. Stressors in university settings include entry into an unstructured learning environment from a structured school environment, financial stressors, moving away from vital support systems and other social stressors, as well as increased academic demands and pressures, and these factors can precipitate the emergence of mental health problems amongst third level students, a trend which has been flagged within a burgeoning body of European research. This presentation will outline the development of the primary deliverable within the Erasmus+ - funded PLAY project - namely, The PLAY 3D virtual world. The 3D virtual world adopts an innovative psychoeducational gamified approach to promoting student wellbeing, that is rooted in the Cognitive Behavioural Therapy approach to tackling stress and anxiety, and promoting positive coping strategies. This is done through the provision of nine, bespoke, university-specific scenarios that students are required to successfully navigate, with a view to developing the requisite knowledge and skills related to overcoming stress and anxiety, whilst also helping to strengthen student awareness and understanding of mental health difficulties. The content of these scenarios, supplemented with the provision of a selection of carefully chosen educational materials, is designed to solidify the primary coping strategies and key learning points within each of the individual scenarios. This presentation will outline the rationale underpinning the development of the scenarios and the selection of the educational materials, in addition to offering a virtual tour of the 3D- virtual world and highlighting key elements of the development process adopted to optimise the user experience and maximise the utility of the resource for the target group.

## Fear of Spiders: Comparing Effects of Augmented Reality on Smartphone and HoloLens

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Augmented reality (AR) is a promising tool for use in phobia treatment. Prior research has shown that AR can elicit

fear for a wide range of animals and small-scale studies suggest efficacy, even when used for self-help. AR is mostly implemented on smartphone devices, although some head mounted devices (HMDs) already exist. Their potential to offer a more immersive experience shows promise for future implementation. This study wanted to explore if HMDs have similar fear-inducing potential as smartphones. For this purpose, the same holographic spider was presented on an iPhone (through the PHOBOS AR application) and by means of a HoloLens 2 as a part of behavior approach tasks (BATs). The study explored whether means of delivery influenced self-reported anxiety severity and to what extent participants perceived the spiders as realistic in both conditions. Sixty-five first-year students of applied psychology were exposed to the holographic spider on both the iPhone and HoloLens, for which the sequence of presentation was counterbalanced, each time running through a 5-step BAT of increasing intensity. Subjective units of distress (SUDS, self-reported anxiety) were collected at each step and perceived realism was assessed using the Igroup Presence Questionnaire (IPQ) subscale after each BAT. Results showed a gradual increase in self-reported anxiety in both conditions across the different steps of the BATs. However, no significant difference was found between both devices on self-reported anxiety during the BATs, nor on the IPQ. In conclusion, this study demonstrates that a holographic spider presented through a HoloLens 2 manages to elicit fear in a non-clinical sample, but that the effects are not more pronounced as compared to presenting that same stimulus using an iPhone. Current limitations, future suggestions for research, and implications for practice will be highlighted.

### **Breathing to Relax: A Comparison of Virtual Reality-Based and Tablet-Based Breathing Exercises**

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IP3-5-E2

Breathing exercises are commonly used as a means to decrease stress and to relax, and are increasingly being incorporated in meditation and relaxation apps. Although most apps are currently smartphone- or tablet-based, the number of Virtual Reality (VR)-based breathing and meditation apps is growing. This study aims to assess whether technology-assisted guided breathing can help individuals to relax and reduce stress (tension). In addition, a second aim was to explore whether the means of delivery (VR versus tablet) has an effect on self-reported feelings of tension. 65 first-year students of applied psychology were randomly assigned to use either the tablet-based version (N = 32) or the VR-based version (N = 33) of the Flowborne app, a meditative breathing game. Before and after performing the Flowborne-assisted breathing exercises, participants' mood (tension, fatigue, anger, vigor and depression) was assessed with the Profile of Mood States (POMS) questionnaire. In addition, self-reported user experience (attractiveness, perspicuity, efficiency,

dependability, stimulation and novelty) was assessed with the User Experience Questionnaire (UEQ). Results showed that both groups reported a decrease in feelings of tension ( $F(1,63) = 25.09$ ;  $p < .001$ ) and depression ( $F(1,63) = 7.08$ ;  $p = .01$ ), regardless of the version (technology) used. No effects on feelings of fatigue, vigor or anger were revealed. With respect to user experience, results showed that the tablet group reported higher dependability ( $t(59) = 3.09$ ;  $p = .003$ ) and lower novelty ( $t(59) = -3.25$ ;  $p = .002$ ) than the VR group. No differences in attractiveness, perspicuity, efficiency or stimulation were found. In conclusion, these results indicate that, technology-assisted breathing exercises, in particular the Flowborne app, can reduce self-reported feelings of tension and depression, irrespective of means of delivery (VR or tablet). With respect to user experience, participants attribute a higher novelty to the VR version of the app, but a higher dependability to the tablet version.

## Clinical Psychology: Mental Health and Well-being

### International Perspectives on Integrating Mental Health into Primary Care

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IP2-6-LD

Current research shows a massive hidden cost to society from mental illness, both economically and in terms of impact on health, wellbeing and relationships amongst people who live and work in any particular community. The biggest cost burden will be caused by a number of commonly occurring mental disorders, including anxiety and depression. Estimates indicate that these costs will account for more than a third of the global economic burden of non-communicable disease, rising to \$6 trillion per annum by 2030, that is “greater than heart disease and cancer, diabetes & respiratory diseases combined”. Effective, evidence-based psychosocial and lifestyle-factor treatments are available that empower people with mental health difficulties and ensure more positive, long-term general and mental health outcomes. Huge cost savings can be made in medical and pharmaceutical benefits, if appropriate planning is undertaken for the provision of early psychosocial and behavioural health interventions for patients with common mental disorders and comorbid chronic disease, at the primary care level. Integrating mental health services into primary care is an exciting new area for the profession. Primary care medical providers treat over 70 percent of mental health and substance use problems, without assistance from psychologists or any other mental health providers. The opportunities in primary care psychology necessitate additional knowledge of primary care and different skills in caring for primary care patients. This talk will discuss international perspectives (Australia, Europe, United States) on (1) the present status of psychologists working in primary care across the world and its relationship to the health care reforms that are occurring; (2) practice opportunities in primary care in private and public settings; (3) the most common mental health and substance use problems seen in primary care; and (4) future challenges in developing integrated health care systems and training models for the future of psychology practice.

## Gender Differences in Developmental Assets and Anxiety in a Sample of Spanish Emerging Adults

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IP2-6-LD

Anxiety disorders are the most prevalent during emerging adulthood. Some consistent gender differences have been reported in anxiety, with detrimental consequences in most life spheres in this period and later life stages. The understanding of the development of anxiety in emerging adulthood requires a developmental perspective. Developmental Assets Theory was postulated to describe the individual and the contextual resources which may foster positive youth development and mental health. The present work aims to analyse to what extent the gender differences in anxiety may be partly explained by gender differences in developmental assets. For this purpose, a cross-sectional study was conducted, in which a sample of 1,044 youth enrolled in 11 universities from different regions in Spain filled in self-report measures of developmental assets and anxiety symptoms. Results showed more anxiety in female subsample (at both symptoms and clinical levels), and some gender differences in developmental assets were also observed. A partial mediation model, based on regression analyses, indicated that gender differences in anxiety were partly explained by gender differences in confidence and caring. Thus, higher anxiety in women was partly due to lower scores in positive identity and higher scores in positive values. These results suggested the need to design programs to prevent anxiety with specific measures for women youth, in order to nurture positive identity and to promote strengths and coping skills that allow them to reach the benefits for wellbeing derived from positive values, thus preventing worry and stress overload, which may lead to anxiety.

### Mental Health in UCM Doctoral Students: Analysis of Individual, Academic and Organizational Predictors

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IP2-6-LD

Doctoral studies are highly demanding endeavors. Recent data leads to think that stress levels experienced by doctoral students may be significantly higher than those of general population. This can have major implications for student's well-being and their chances of completing studies successfully. Doctoral students (N = 444) were enrolled on an epidemiological survey through open call between March and June 2022. 6.89% of PhD students at the University replied.

Sociodemographics, mental health (GHQ-12, PHQ-4, SWLS, BDI-II item 9), thesis situation, and balance between academic and family life (CCTF) were assessed. Students with positive and negative mental health status were compared. 60,6% of the sample screened positive in mental health. 22,3% were positive on suicidal ideation. Satisfaction with the advisor and the thesis was high. Students with poor mental health scored significantly lower on SWLS, satisfaction with PhD, engagement, social support and financial situation; and higher at work – life interference, desire to change advisor, regretting the decision to pursue PhD studies, and practical concerns on permanence and bureaucracy. There were no differences on age, gender or dedication to PhD studies. Logistic regression was used to predict mental health status. Concerns about permanence, desire to change advisor, satisfaction with life, and work-family interference were significant (LR = 131.587, df = 12,  $p < .0001$ ,  $R^2 = 0.347$ ). A large number of PhD students were at risk of suffering mental health problems. This ratio seems higher than that of the Spanish general population during COVID-19 lockdown (48.8%), or pre-COVID19 ratio for Belgian PhD students (39.5%). Negative mental health status seems related to some organizational and academic variables.

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### The Relationship Between Agency and Psychological Well-Being: A Possible Link to the Primary Intervention

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Agency is defined as one's self-belief in taking the responsibility for their life and being able to control the decisions related to their life, also their confidence in coping with obstacles in life and progressing in the direction of their chosen way. Psychological well-being means that one can cope with problems and obstacles in life and can activate one's existing potential for self-actualization and a meaningful life. In this research, it is aimed at exploring the relationship between agency and psychological well-being and to see whether agency would be a potential source for psychological well-being. The sample consisted of 213 undergraduate students (108 women and 105 men) from different departments of a private university in Istanbul, Turkey. "Demographic Information Form", "Psychological Well-being Questionnaire", and "Multi-Measure Agentic Personality Scale" were used. The data was analyzed using SPSS 24.0. Descriptive statistics were used in the analysis of demographic variables. Pearson correlations and multiple linear regression were also implemented. Significant relationships were found between psychological well-being and all sub-scales of agency (for 'self-esteem'  $r = .40$ ,  $p < .01$ ; for 'purpose in life'  $r = .38$ ,  $p < .01$ ; for 'internal locus of control'  $r = .25$ ,  $p < .01$ ; for 'self-efficacy'  $r = .27$ ,  $p < .01$ ). Psychological well-being was seen to be significantly

predicted by self-esteem ( $\beta = .27$ ;  $p < .05$ ), purpose in life ( $\beta = .23$ ;  $p < .05$ ), and internal locus of control ( $\beta = .15$ ;  $p < .05$ ). The significant relationship between two concepts suggests which one developmentally affects the other needs to be considered and examined more. Within the scope of primary interventions, psychosocial interventions needs to be taken before any onset of symptoms being showing for a difficulty or disorder, so it is believed that the understanding of agency will contribute to these studies to protect and improve mental health. In this presentation, the preliminary findings of a study conducted in line with primary intervention will also be mentioned.

### Living With Uncertainty and Hope for a Better Life: Psychosocial and Mental Health Support for Refugee Unaccompanied Children in Greece

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This national study aimed to explore the needs, difficulties, and resources of unaccompanied children (UAC) who live in long-term facilities in Greece, and to identify how they are being supported by field workers and mental health professionals. Through purposive sampling, we identified 84 participants and conducted 14 focus groups: eight groups with 63 shelter coordinators, field workers, and mental health professionals working in children and adolescent mental health services (CAMHS) across the country, and six groups with 21 UAC, 14-18 years old, from Somalia, Afganistan, Syria, Irak, Egypt, Pakistan who live in Athens, Thessaloniki and Lesvos. A qualitative study design was adopted, and thematic analysis was undertaken by means of an inductive approach. results reveal that three themes were identified: (1) UAC's needs, distress, and resources, (2) barriers and resources in Mental Health and Psychosocial Support (MHPSS), (3) referral and collaboration challenges between field workers and CAMHS providers. The key factors which negatively affect the UAC's mental health and support include: (i) the prolonged uncertainty about their future due to delayed legal procedures, (ii) the fluidity of the accommodation environment, (iii) the lack of effective programs for youth workforce integration, (iv) the shortcomings of the Greek mental health care system for young people and the lack of an effective referral system (i.e. UAC with externalized or/and internalized type of problems are often subjected to long waiting periods), and (v) the discontinuity of care for UAC with moderate to severe mental health problems. Recommendations are offered by participants for the improvement of care provided in long-term facilities, in CAMHS and in-patient settings, and suggestions are provided to policymakers and governmental officials to enhance UAC's well-being and social integration.

## Traffic And Transportation Psychology: Driving Attitudes and Behaviors

### Perceived Effectiveness of Penalties for Road Traffic Offenses: The Role of Personal and Vicarious Perspective

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Drivers' attitudes towards punishment for road traffic offenses are an important issue when considering the prevention of violations and increasing compliance with traffic law. This study aimed to analyze how perspective-taking (personal or vicarious) is related to the perception of the effectiveness of traffic penalties in different groups of drivers. Eight hundred twenty Lithuanian drivers (49.4 percent males; aged 18-73 years; mean driving experience 12.5 years) participated in the study. The majority (62.7 percent) of participants reported no traffic tickets during past year, 21.3 percent got monetary fines for traffic offenses during past year, and 15.6 percent reported lifetime driving license suspension. Participants were asked to evaluate the effectiveness of penalties for ten traffic offenses (drunk driving, speeding, illegal phone use, reckless driving, etc.) to deter from such violation in the future on 5-point Likert scale. Half (49.5 percent) of participants had to evaluate the effectiveness of the penalty for their own driving behaviour ("to deter me from such offense"); others rated the effectiveness of each penalty in general ("to deter any driver from such offense in the future"). Females reported higher perceived effectiveness of traffic penalties when compared to males. Penalties for drunk driving, for speeding, and for other violations were reported to be more effective to deter from violations in personal perspective rather than in vicarious perspective in the group of drivers with no traffic ticketing experience during the past year, with traffic ticketing experience, and female drivers with driving license suspension. Males with driving license suspension reported that only penalties for drunk driving would be more effective to change personal behaviour rather than be effective in general. Such results may indicate that people are a bit too optimistic about their own behaviour change, but do not trust in the general effectiveness of penalty system for traffic safety.

## The Impact of Perceived Legitimacy on Road Traffic Rules Internalization and Self-Reported Compliance

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Perceived legitimacy is a powerful potential lever for increasing compliance with traffic rules even in the absence of formal social control, by promoting internalized adherence to traffic rules. However, the studies which explored the perceived legitimacy of rules relied on different definitions and measurements, which limits the ability to fully grasp the impact of this variable. On the basis of a comprehensive synthesis that led to a theoretical definition of perceived legitimacy of traffic rules (Varet et al., 2021), this communication will present a study that assessed the impact of perceived rule legitimacy on internalization and self-reported compliance with traffic rules. The study took the form of two online questionnaires distributed to a French representative sample of 1,500 drivers. The first questionnaire included the assessment of the perceived legitimacy of road traffic rules. The second one, sent 10 days later to the same participants, focused on psychological constructs known to affect internalization and/or rule compliance such as norms, perceived risk of being sanctioned or having an accident (Harbeck et al., 2017). This second questionnaire also assessed internalization and self-reported compliance with traffic rules. The results indicate that perceived legitimacy is one of the main predictors of internalization of traffic rules and self-reported compliance. Moreover, the relation between perceived legitimacy and self-reported compliance is partially mediated by traffic rule internalization. The results highlight the potential of perceived legitimacy to improve compliance with traffic rules. However, these results need to be confirmed before any application on the field. The complementary lines of research (confirming the impact of perceived legitimacy on actual behaviors and assessing the effectiveness of persuasive messages based on traffic rule legitimacy to improve behavioral intentions to comply with traffic rules) will be discussed.

## The Major Role of Behavioral Beliefs in Intention to Use Autonomous Shuttles: A Particular Case of the Theoretical Acceptance Framework?

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The key players in French public transport are currently working on two major concerns about autonomous mobility: acceptance and its improvement. A study was thus conducted to evaluate acceptance of an autonomous shuttle (AS) in a university campus. Two acceptance models were used: the Planned Behaviour Theory (PBT) and the Unified Theory of Acceptance and Use of Technology (UTAUT). PBT assumed that attitudes, and subjective norms and perceived behavioral control, would predict the intention to use the AS. UTAUT assumed that performance expectancy, effort expectancy, social influence, and facilitating conditions would predict the intention to use the AS. Thus, 147 users (43% women) completed a questionnaire including 23 items to measure every dimension and their relationship with intention to use the AS. Results showed that perceived behavioral control ( $M = 5.25$ ;  $\sigma = 0.91$ ), subjective norms ( $M = 4.89$ ;  $\sigma = 1.06$ ), effort expectancy ( $M = 4.84$ ;  $\sigma = 1.21$ ) and facilitating conditions ( $M = 4.89$ ;  $\sigma = 1.07$ ) were currently good. Attitudes ( $M = 4.07$ ;  $\sigma = 1.12$ ), performance expectancy ( $M = 3.28$ ;  $\sigma = 1.30$ ), and intention to use ( $M = 3.78$ ;  $\sigma = 1.76$ ) could be improved. However, predictions from PBT or UTAUT were partial: only behavioral beliefs (i.e., attitudes for PBT;  $\beta = .70$ ;  $p < .01$ , performance expectancy for UTAUT;  $\beta = .90$ ) showed direct impact on the intention to use the AS. Normative beliefs (i.e., subjective norms for PBT;  $\beta = .69$ ;  $p < .01$ , social influence for UTAUT;  $\beta = .50$ ) and controllability beliefs (i.e., perceived behavioral control for PBT;  $\beta = .32$ ;  $p < .01$ , effort expectancy for UTAUT;  $\beta = .29$ ) showed indirect impact on intention to use the AS, i.e., mediated by behavioral beliefs. In conclusion, results indicated that AS was quite well-accepted, but acceptance may be improved by promoting behavioral beliefs. They also suggested that modelling from PBT or UTAUT did not fit properly to the evaluation of AS acceptability. Further investigations should be conducted to understand why and what model could provide accurate prediction.

## The Perception of Female and Male Drivers Among Turkish Adolescents

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Sex stereotypes may affect behaviours toward certain road users, and stereotype-influenced interactions among road users might result in undesirable outcomes such as aggressive behaviours and accidents. Examining these stereotypes among different road user groups could provide valuable information for road safety. With respect to that, the present study aims to investigate sex stereotypes associated with driving among Turkish adolescents and how sex differences and relationships with parents were related to these stereotypes. A total of 128 high school students between the ages of 15 and 20 ( $M = 16.25$ ,  $SD = 1.32$ ) completed a questionnaire package consisting of Sex Stereotypes Associated with Driving (SSAD) and a demographic information form. Considering sex differences in stereotype endorsement, females reported female drivers as more courteous and risk avoider and males reported male drivers as more skilled drivers. After controlling for the students' age and sex, participants who rated their relationships with their fathers lower reported female drivers as more courteous and risk avoider compared to male drivers. Additionally, participants who reported relationships with their mothers lower rated male drivers as more skilled than female drivers. These findings could be interpreted as young road users having a tendency towards sex stereotypes and relationships with parents being related to these stereotypes. Interventions and future studies will be discussed.

## Toward a Multidimensional Model of Perceived Legitimacy of Traffic Rules: Results From a Literature Review and an Empirical Study

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As its effects are often shown to be greater than those of the deterrent factors, legitimacy appears as an important determinant and promising way to improve compliance with traffic rules. However, in different areas, the definitions and measures related to legitimacy are still subject to debate, thus limiting the comparability of studies and the development of applied perspectives. This work proposes to (1) present some results from a previous scoping review (Varet et al., 2021) and (2) present new empirical findings that support our proposal for an original multidimensional model of legitimacy of traffic rules. Existing definitions and measures of legitimacy, in relation with traffic rules, were identified and analyzed through a scoping review based on 26 publications meeting inclusion criteria. Theoretical insights for the proposed

multidimensional model of legitimacy were tested through a cross-sectional study (N = 833). The main results from the scoping review show that the definitions and measures of legitimacy, in relation with traffic rules, are heterogeneous, present validity issues and are in need for an integrative and multidimensional model, which could be structured around 4 dimensions (i.e., effectiveness, efficiency, fairness, moral alignment). Results from the empirical study, mainly based on confirmatory factor analyses, internal consistency and reliability analyses, support the validity of this model and its superiority over alternative models. Its predictive validity in explaining compliance with traffic rules, and after controlling the effects of deterrent factors, was also corroborated. These first empirical findings encourage further development of the proposed theoretical model of perceived legitimacy. Its interests to measure perceived legitimacy of other object related to traffic rules (e.g., enforcement means, institutions) or in other fields (e.g., political psychology), but also its limits, will be discussed.

## **Psychology in Education: Promoting Well-Being in Education**

### **Building Efficient Student Health Teams: Improved Results and New Perspectives Utilising Assessment for Intervention (AFI)**

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Assessment for Intervention (AFI) is a Dutch assessment model for addressing children's special educational needs with the purpose to bridge the gap between assessment and interventions in Schools (Pameijer, 2016). AFI has been promoted as a model of excellence for assessment practice in the Netherlands and Flanders and has been selected as a Dutch example of best practice by the European Agency for Special Needs and Inclusive Education. For the first time, the AFI model has now been implemented and evaluated in a Swedish school context. The research was conducted in collaboration with a larger municipality in Sweden who recently implemented the AFI in several of its primary and secondary schools. In this study we evaluated, based on semi-structured focus group interviews held with professionals from Student Health Teams, the participants' experiences with AFI. The focus groups were conducted with counsellors, school psychologists, school nurses, and special education teachers in separate groups. The data was analysed thematically generating four themes illustrating the experiences and results of the implementation process. The results reveal specific difficulties with implementation, improved working processes in the Student Health teams, improved outcomes based on increased collaboration, and a gain in new perspectives. Especially important are results pointing to a changed and more positive view regarding parents, students, and teachers now seen important resources. The results will be discussed from perspectives such as group and team development as well as the role and function of the school psychologist in Student Health teams today.

### **Cognitive Engagement in Online Learning Enhances Students Well-Being: The Mediating Role of Academic Flow and Flourishing**

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Experience of flow in academic activities was shown to be highly relevant for students well-being. However, there is no study examining the role of cognitive engagement in online classes for experiencing academic flow and the role of academic flourishing as mediator between academic flow and subjective well-being operationalized as flourishing. Therefore, the aim of this study was to explore the serial mediation model

including cognitive engagement as predictors, academic flow and academic flourishing as serial mediators, and flourishing as criteria. The sample consisted of 122 university students of Croatia out of whom 86% were female. Mean age of the sample was 21 years (ranged from 18 – 30 years). The following instruments were applied in online research: the Cognitive Engagement Scale, the Academic Flow Scale, the Academic Flourishing Scale, and the Flourishing scale. In line with the hypotheses, the results showed that cognitive engagement was positively associated with experiencing academic flow in online studying. Academic flow led to higher academic flourishing, which in turn led to higher levels of flourishing. To conclude, the results confirmed the role of experiencing academic flow in online education for students flourishing in their academic life and in their overall wellbeing. The results have implications for both theory of flow and practice in online teachings.

### **Promoting Well-Being in School Context: The Role of Technologies – A Research/ Intervention in an Italian Secondary School**

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This study describes the research carried out in an Italian High School, from January 2021 to March 2021 considering these scopes: (i) increase students' awareness of intra- and extra-school successes/failures, as well as their perception of the skills acquired with a view to future expectations; (ii) observe the state of well-being perceived by students considering the quality of online and offline relationships; (iii) raise students' awareness of the importance of digital identity and Distance Learning. Two online questionnaires were given: (a) School and out-of-school successes and failures, (b) The use of digital technologies and the Internet. An online class discussion using focus groups has been done. Two hundred fifty-five students were involved (18-19 years old). All students participated in the focus groups, and 129 filled out questionnaires. Finally, two interventions (webinars) were held, dedicated to students, teachers, but also families, aimed at raising awareness among participants on the issues of Digital Reputation and Digital Work-Life Balance. Following the research scopes, focus groups analyzed and compared with those of the questionnaire showed that those who have higher self-esteem (measured in the second questionnaire with a validated scale) attribute to themselves the merits and demerits of successes and failures (in and out of school context), they are characterized by good social relationships online and offline, and they have a good perceived well-being. Finally, in the webinars we talked about solution and recommendation how to post online, and how this affects a person's reputation (risks/potential), and how to manage work/study from home without being overwhelmed, for students, teachers, and parents. The study showed that there is a deep sense of uncertainty about their future and a strong fear of managing their own failures among students. They use apps to maintain all their social relationships and to regulate their mood.

### **The Effects of Socio-Emotional Support in Students' Close Relationships on Their Academic Achievement, and Prosocial and Antisocial Behaviour**

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The role of socio-emotional support in different social contexts and its positive effects on students' academic achievement and behaviour have already been confirmed in several studies. However, most of these studies focused on explaining the effects of perceived socio-emotional support in a single relationship. Moreover, the previous studies did not consider the concurrent effects of other student psychosocial characteristics. Based on Bronfenbrenner's bioecological model of individual social development, the purpose of this study was to explain the effects of students' perceived socioemotional support in their relationships with parents, teacher, and best friend on academic achievement and behaviour while controlling for students' personal characteristics, family socioeconomic status (SES), and academic motivational goals. The sample consisted of 668 Slovenian 15-year-old students. Due to the stratified structure of the sample, the hierarchical linear modelling method was used to analyse the data. In the first step of the explanatory model, students' personality, family SES, and academic motivational goals explained 44% of the total variance in students' academic achievement and about 50% of the total variance in their prosocial and antisocial behaviour. When students' perceived socioemotional support from parents, teacher, and best friend was included in the next step of the explanatory model, the model additionally explained only about 3% of the total variance in students' academic achievement and prosocial behaviour and about 9% of the total variance in students' antisocial behaviour. The largest effect sizes of low neuroticism, low extraversion, and family SES were identified in explaining students' academic achievement, and the largest effect sizes of agreeableness and motivational goals were identified in explaining students' prosocial and antisocial behaviour. Despite the importance of students' perceived socioemotional support in relationships, the study confirmed that concurrent consideration of the effects of other students' psychosocial characteristics is important in explaining students' academic achievement and behaviours.

## Fear in Preschool Teachers: Experience, Regulation and Connection to Mental Health

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The goal of the study was to address experience of fear and its regulation in the work of preschool teachers and its connection to their mental health. The sample comprised 143 preschool teachers from various kindergartens in Slovenia, aged from 21 to 58 years ( $M = 38.79$ ;  $SD = 10.16$ ) who self-assessed a questionnaire on their experience of fear and its regulation, as well as mental health questionnaire (GHQ-12). The preschool teachers reported rarely experiencing fear in the preschool context and thinking about it at home. They specified its different sources: children, parents, preschool teachers themselves and leadership. They reported experiencing fear when children's health and safety were at risk, when parents interfered with their work, when they perceived themselves as possibly unsuccessful and when they were misunderstood by the kindergarten leadership. The preschool teachers used various strategies to regulate their fear, most of which were used moderately. Among preschool teachers, 44% reported no mental health problems, 48% mild and only one person major mental health problems. There were only two significant connections confirmed between mental health and emotion regulation strategies' use. Namely, preschool teachers who use more reappraisal of importance and experiential response modulation as their emotion regulation strategies reported more mental health problems. The results of our study may prove useful for professionals working in the preschool context who could promote educational programmes on emotion regulation and its connection to the mental health.

## Psychology in Public Health: Help-Seeking and Interventions

### Reducing Treatment Gap: What to Focus on When Promoting Help-Seeking Behavior?

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The treatment gap for mental health problems is a major concern, caused by various systemic and intrapersonal factors. The latter include poor mental health literacy, negative attitudes regarding people suffering from mental health disorders and help-seeking, and stigmatizing and negative recovery-related beliefs. The present study aimed to explore the role of the above-mentioned factors in help-seeking behavior to determine the most efficient strategies for targeted interventions, aimed to promote help-seeking. In February 2019, a representative sample of 1189 Slovene adults, aged from 18 to 95 ( $M = 46.74$ ,  $SD = 16.18$ ), participated in an online panel. Among them, 343 participants reported experiencing mental health issues in the past, while only 236 had sought psychological help. Several questionnaires were applied to measure mental health literacy and various attitudes regarding mental health. The results of logistic regression suggested that positive attitudes towards seeking psychological help were the only significant predictor of help-seeking behavior ( $OR = .904$ ,  $p < 0.001$ ). Mental health literacy, recovery-related beliefs, as well as stigmatizing beliefs regarding people with mental health disorders and seeking help, did not predict help-seeking ( $OR = .955-1.033$ ,  $p = .070-.809$ ). We furthermore observed that most people do not feel that they were treated differently by other people when they had sought help (77.5%), nor did they encounter any negative consequences (66.1%). The least favorable attitudes toward help-seeking were recognized in men ( $t = -4.75$ ,  $p < .001$ ) and people aged 18–29 ( $F(3, 536) = 9.27$ ,  $p < .001$ ). Our results suggest that stigmatizing beliefs might not prevent people from seeking help, nor do people who seek help encounter stigma from other people. Directly addressing attitudes toward seeking psychological help might be a more effective way to promote help-seeking. Young people, particularly men were identified as the main target group for these interventions.

## Mental Health Literacy, Stigma and Attitudes Toward Seeking Professional Psychological Help Among Slovenian Adolescents

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World Health Organization estimates that around 10-20 % adolescents suffer from mental health issues. Most mental disorders have onset in adolescence, but these problems are often not treated nor diagnosed. Low mental health literacy (MHL) levels, stigma and negative attitudes toward psychological help seeking can lower probability of help seeking in adolescents. This study examines mental health literacy, stigma and attitudes toward seeking professional psychological help among Slovenian adolescents. Our research question was how these variables are correlated and which of these variables are statistically significant predictors of attitudes toward seeking professional psychological help. Web survey was conducted among adolescents (N = 268), aged 15 to 18. Self-report questionnaires and scales assessing MHL, stigma, self-stigma, positive MHL, psychological wellbeing and attitudes toward psychological help seeking were used. MHL was positively correlated to attitudes toward seeking professional psychological help and negatively correlated to public stigma and self-stigma. Statistically important sex differences in MHL levels among Slovenian adolescents were found. Girls had statistically significant higher levels of MHL. Female gender (B = 1.23, p < .05), higher levels of MHL (B = 0.07, p < .001) and lower levels of self-stigma (B = -0.29, p < .001) were significant predictors of more positive attitudes toward seeking professional psychological help. Moreover, results of a hierarchical regression indicated that self-stigma variable significantly and uniquely explained attitudes toward seeking professional psychological help above and beyond other correlates (MHL and gender). Further we discuss implications, such as contact workshops in schools, to improve MHL among adolescents, to lower stigma and gender stereotypes and to improve attitudes toward psychological help seeking, which would help empowering youth for timely help-seeking behaviours when mental distress occurs.

## Perceived Versus Objective Unmet Needs for Mental Health Care in the General Population: Findings From a Belgian Survey Study

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An unmet mental health need is present when someone has a mental health problem but does not seek or receive mental health care. A distinction can be made between perceived unmet needs as assessed from the individual's perspective, and objective unmet need assessed with validated instruments. In this Belgian survey study, both perceived and objective unmet needs were assessed in a representative general population sample of 1208 individuals aged 15 - 80 years in Antwerp. One in five people had a mental health problem as assessed by screening questionnaires (depression [PHQ-9], anxiety [GAD-7] or alcohol problem [CAGE and AUDIT-C]), of whom 63% did not seek or receive care. A total of 17% reported using any health services for their mental health, of which half had no objective mental health need. The population proportion of normative and perceived unmet needs is both 14%, but these groups differ in several aspects. Perceived unmet needs are higher among women and younger people, while the risk of having an objective unmet need is higher among men and older people. Besides not perceiving a need for care, attitudinal barriers such as self-reliance hinder care seeking for mental health problems. More research is needed on the link between objective needs and need perception.

## Perceptions of a Resilience Orientated Multi-Media Burns Intervention: South African Parent Perspectives

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Burn injuries remain a pressing global health problem, especially in lower and middle- income countries like South Africa. Given the accent on medical interventions for post-burn recovery victims, psychological interventions remain a significant gap. There is a need for accessible, cost effective psycho-social interventions with burn injury victims, which have been evaluated. The objective of this study was to explore different stakeholders perceptions of a resilience orientated multi-media intervention with a view to improving efficacy. This was a qualitative exploratory study. Once ethical approval was obtained, parents of burn victims who came for treatment to a burns unit in a public hospital in Cape Town were recruited for the study. Twelve individual interviews were conducted using semi-structured interviews, eliciting parental responses to a multimedia intervention that they watched.

Thematic analysis was used to analyse the data. Three interrelated primary themes emerged from the data. First, parental responses confirmed the importance of hope and resilience in post-burn recovery, and specifically foregrounded the importance of spirituality. Second, parents pointed to the mismatch between idealised portrayals of psycho-social support in the video, and their own experiences of psych-social support. Finally, parental concerns were raised about their own capacity to offer the kind of psychological support portrayed in the video.

There is a paucity of data on effective burn interventions, especially for lower and middle income contexts, and the findings from the present study point to the utility of using a multi-media intervention drawing on resilience as a framework. However, the findings also caution against a framework of resilience that does not acknowledge the magnitude of adversity, and the context in which protective factors like psycho-social support emerge.

### **Associations Between Felt Stigma, Social Support, Anxiety and Depression Symptoms in Adults Living With HIV**

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IP14-6-KD

The HIV epidemic is one of the main problems in public health. Latin America and the Caribbean region are among the most affected areas because HIV prevalence rising faster. In Colombia, estimates of HIV infection are high, and in 2019, 200.000 people lived with HIV in the country. Psychological wellbeing is one of the most affected areas, and this population often reports anxiety and depression symptoms. These symptoms are often related to perceptions of stigma and may increase in the absence of social support. The aim of this study was to assess the relationship between felt stigma, perceived social support and anxiety and depression symptoms. Felt stigma was measured with the HIV Felt Stigma Scale. Anxiety and depression symptoms were measured with the Patient Health Questionnaire-4 (PHQ-4). Social support was measured with MOS Social Support Survey (MOS-SSS). This sample consisted of 140 HIV patients, of which 35 were women (25.4%). The average age was 37.0 years (SD = 37.8). Results showed good reliability indices for the Felt Stigma Scale ( $\alpha = .89$ ), for PHQ-4 scale ( $\alpha = .90$ ) and for MOS-SSS ( $\alpha = .80$ ). The average score for the overall PHQ-4 was 2.2 (SD = 2.8), which indicates subclinical levels of anxiety and depression in this sample. The average score for perceived social support was 75.2 (SD = 22.0), which indicates good levels of social support. Higher levels of perceived stigma were significantly associated with higher levels of anxiety and depression ( $\beta = .082$ ,  $p = .000$ ). Higher levels of social support were associated with lower levels of anxiety and depression ( $\beta = -.031$ ,  $p = .015$ ). Reducing felt stigma and improving social support could ameliorate psychological indicators in these population. Further work is necessary to continue exploring the relationship between stigma, social support and psychological wellbeing in these patients.

## **Social Psychology: Gender Issues**

### **A Mixed Methodology Study on the Presence and Justification of Gender-Based Prejudices.**

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Nowadays gender-based prejudices continue to be present in our societies. Frequently, studying prejudices has implied the use of standardized tests whose validity has been questioned in favor of other research techniques that analyze their justification in greater depth. Therefore, this research advocates for using mixed methodology, combining quantitative and qualitative techniques to analyze and interpret three vignettes. Quantitative techniques included the valuation of the three social episodes, whereas the justification of the previous evaluation was studied using qualitative techniques. The sample was made up of 631 people, 412 identified themselves as women and 219 as men, the average age was 32.5. The three social episodes were presented to the participants, each of which exposed a homophobic, transphobic, and sexist situation, respectively. It was studied to what degree participants considered that what happened in each of the social episodes was adequate and in which degree they identified each situation as discriminatory using a 7-point Likert scale. The results obtained by women and men were compared, finding that men judged each social episode as more adequate than women and they also scored lower in identifying the discrimination. Finally, the arguments used to identify the discrimination were qualitatively analyzed. It was found that those who identified discrimination in any of the three vignettes mentioned two aspects jointly or separately: a) the unfair treatment of the protagonist of the vignettes, b) the attribution that this unfair treatment was associated with prejudices against the social category of the protagonist. On the contrary, those who did not recognize the violence have considered as a requirement of discrimination the existence of an express will to harm or feeling hatred towards the group that the victim represents. This research shows the relevance of knowing the elements used to legitimize and identify discrimination to develop accurate and effective interventions.

### **The Relationship Between Ambivalent Sexism and Hostility Towards Women**

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To study the relationship between Ambivalent Sexism (AS) and Hostility Towards Women (HTW). Ambivalent sexism is a theoretical framework suggesting that sexism has two sub-components: Hostile Sexism (HS) and Benevolent Sexism (BS). HS reflects overtly negative evaluations and stereotypes

about a gender (e.g., the ideas that women are incompetent and unintelligent). BS represents evaluations of gender that may appear superficially positive, but are actually damaging to gender equality in a broader sense (e.g., reverence of women in nurturer and care-taker roles). Hostility towards women is the belief that women are manipulative, dishonest, and deceitful. Survey data were collected from a community sample of 350 individuals in India and analysed in SPSS-27. We found that ASI Total score is correlated to HTW Total score ( $r = .339$ ,  $p < 0.01$ ). When we broke down Ambivalent Sexism into HS and BS, we found that only HS significantly predicted HTW ( $\beta = .582$ ,  $p < .001$ ). We also found that males had greater HTW, compared to females ( $\beta = -.541$ ,  $p < .001$ ). No significant effects were seen for locality (rural/urban/semi-urban). To conclude, HTW is related to HS component of AS and is higher in males.

### **Subjective Well-Being: A Pilot Study on the Importance of Emotion Regulation, Gender Identity and Sexuality**

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The current pilot study focuses on the importance of emotion regulation (ER), gender identity, and sexuality for subjective well-being. It is the first large cross-culture study to examine the difference in use of adaptive and maladaptive ER-strategies while differentiating sexual and gender minorities (SGMs) from non-SGMs. An online questionnaire was distributed across 2,485 students in 13 countries using convenience sampling. Multigroup path analysis supported hypothesized model across all groups. Overall, higher scores on adaptive ER-strategies were significantly associated with higher scores on subjective well-being, while maladaptive ER-strategies were significantly associated with lower scores on subjective well-being. SGMs participants scored significantly lower on subjective well-being when compared to their non-SGMs counterparts. Additionally, SGMs participants scored significantly higher on maladaptive ER-strategies, and significantly lower on adaptive ER-strategies compared to non-SGMs. Further research should focus on tools and ways to increase the use of more adaptive ER-strategies in SGMs to improve their well-being.

### **Experiences of Feminist Interdisciplinary Research With Police Forces: Horizontality as a Key Ethical Tenet in the Process of Knowledge Production**

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A range of recent debates in feminist epistemologies have considered the connections between knowledge production, ethics and politics. Taking our cue from these debates, this

presentation explores horizontality as a key ethical tenet in feminist action research. Emerging from reflections on our own research experiences with police officers in Mexico, we attend this challenge by exposing a collective discussion about knowledge production drawn on data from field notes and interviews with Mexican police officers who attended a 40 hours workshop course we titled "Masculinities as a key axis for police prevention and response to gender-based violence against women". The purpose of the study was to provide evidence concerning police training needs in gender issues to open up avenues for the development of an educational program to fill the gap. In previous studies (Tena & Lopez, 2017), we found that hierarchy and gender are the two basic power categories which define some of the tensions and inequalities in the police world. „Real policemen“ must display certain masculine traits that strain their relationship with feminist researchers and with our political goals in the field. Data shows that looking for horizontality is itself an ethical issue, but may also generate methodological conditions for gender negotiations that diminishes these tensions and enhance officer engagement. The findings highlight the need of collective epistemological reflections on the horizontal construction of knowledge from different levels, dimensions and disciplinary boundaries.

### **Gender Specific System Justification and Perception of Gender Pay-gap Across Scandinavian and Turkish Cultures**

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Gender inequality is of public and academic interest; and it still exists in most part of the world. Scandinavian countries and Turkey represent two edges of gender equality; one takes the lead on gender equality indexes for years, one maintains a patriarchal stance with more gender discrimination. However, gender pay-gap persists in these two different samples; and continues to affect women. Even so, the awareness of the magnitude of gender pay-gap is generally low around the world. Thus, in this study, Scandinavian and Turkish participants were compared in their gender specific system justification (GSSJ) levels, and their estimations of gender pay-gap. Among 566 participants, 272 (94 female, 178 male) of them were recruited from Scandinavian countries; while 294 participants (172 female, 122 male) were recruited from Turkey. The mean age for Scandinavian participants was 24.87; and 24.92 for Turkish participants. Participants were asked to estimate how much a woman and a man earn monthly in eight professions; and their accuracy levels were calculated. Gender Specific System Justification Scale (GSSJ) was also used to compare participants' level of GSSJ. Independent samples t-tests were conducted in order to test the effect of sex and culture on GSSJ and inaccuracy of pay gap estimations. PROCESS was used to find out whether GSSJ mediate the effect of sex and culture on inaccuracy of pay gap estimations. In general, male participants estimated lower gender pay-gap and had higher GSSJ scores than females.

Scandinavian participants scored higher on GSSJ; and had more accurate estimations than Turkish participants. It was also shown that GSSJ mediated the effect of sex and culture on inaccuracy scores of participants in their estimations of gender pay-gap; and participants with higher GSSJ scores were found to be more accurate in their estimations.

## **Work and Organizational Psychology: Person-Job Fit**

### **Vocational Identity Statuses of Adolescents: Association With Background Factors, Gender Stereotyping and Career Maturity**

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Research indicates that a more mature vocational identity is related to different positive career-related outcomes, while not fully formed identity can lead to undesirable outcomes and less congruent person-job fit. To better understand underlying factors that could shape vocational identity development in adolescence, this study aimed to determine how vocational identity formation is associated with socioeconomic status, parental support, gender stereotyping, and career maturity. Participants in the study were 1912 secondary school students (61% girls) from Croatia, ages ranging from 14 to 18 years. Data were collected during April 2021 via an online questionnaire that students completed, either in school or at home. Besides collected sociodemographic measures, students also completed Vocational Identity Status Assessment (VISA; Porfeli et al., 2011), career-related parental support scale, measures of career gender stereotyping of self and others and career maturity measures. Results indicate that among six different identity statuses, Moratorium and Diffused identity statuses are characterised by lower career adaptability, less adaptable responses regarding career construction, more career decision difficulties, and weaker endorsement of gender stereotype attitudes. In contrast, other identity statuses are characterised by greater career maturity and less gender self-stereotyping, as well as other more positive background characteristics such as higher socioeconomic status and more parental support. Among them, adolescents with Foreclosed identity status show somewhat higher levels of vocational maturity than other statuses. In sum, our results draw attention to additional assistance for a group of adolescents that are identified as ones in Moratorium and Diffused identity statuses because they could be at higher risk of undesirable career-related outcomes. Our results also point out the importance of career-related parental support, socioeconomic status, and gender stereotyping as a mechanism through which adolescents develop their vocational statuses.

### **Vocational Interests in Early and Middle Adolescence**

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Numerous studies have explored vocational interest structure across the globe and different cross-cultural equivalence has

been established for various models of interests. The strongest cross-cultural stability was observed for the Spherical model of interests, which accounts not only for the variability of interests towards different fields of work (e.g. working with people, things, ideas or data) but also for interests towards occupations and working activities that require different educational levels (i.e. prestige). In Croatia, there is a rich history of exploration of vocational interests in adolescence, in particular in the last 15 years. According to the findings based on more than 20 samples of Croatian adolescents aged 11 to 21 years, a stable vocational interest structure appeared at the age of 14, and the Personal Globe Inventory (PGI) served as the best measure of interest models. However, by now PGI was not applied in Croatian samples younger than 14 years. Therefore, we wanted to evaluate the vocational interest structure of early and middle adolescents using the PGI. Early adolescents were enrolled in the 5th grade (N = 409), 6th grade (N = 435) and 7th grade (N = 517) of primary school (approximately 11 to 13 years). Middle adolescents were enrolled in the 1st grade (N = 528), 2nd grade (N = 578) and 3rd grade (N = 785) of secondary school (approximately 15-17 years). Both hexagonal and octagonal models of interests have been tested in all six samples and results indicated the expected course of development of vocational interest structure throughout adolescence, with a noticeable increase in the model-data fit at the age of 13. Presented results are discussed in the framework of theoretical expectations and previous empirical studies, and the implications for career counselling practices are given.

### Hopeful, Optimistic, and Authentic Employees: Promoting Societal Developmental Goals as a Source of Employee-Organization Fit

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The present study investigated the predictive validity and practical implications of employee-organization fit based on preferred societal developmental goals to forecast employee authenticity, hope and optimism. Societal developmental goals (SDGs) are a recent area of research applied in sociology and social psychology; however, their implications have not been investigated from an organizational psychology perspective. The fit literature has models based on employer brand preferences, generic values, and organizational culture preferences, hence studying SDGs as a source of employee-organization fit is a timely contribution. White collar employees from professional organizations in Turkey from a variety of roles and sectors participated in a mixed-methodology study, including a survey and focus group. In the survey research, a subjective fit index was computed based on participants' ratings of the extent to which they personally value 37 societal developmental goals and the extent to which their organizations support achieving those goals. A moderated-mediation model was tested with P-O fit scores as a focal predictor of employee authenticity,

hope and optimism. Perceived task significance was used as mediator and perceived contribution of achieving SDGs as a moderator. The focus group research applying thematic analysis investigated the practical implications of the model. The research aimed to draw attention to implications of SDGs on individual level outcomes, supporting the proposition that employee-organization fit based on SDGs and opportunity to contribute to achieving those goals have favorable effects on positive psychology related constructs.

### Should You Hire For Person-Job Fit?

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Matching candidates with particular jobs is one of the main purposes in the workplace. The aim was to explore the effect of the adjustment between cognitive profile and specific job demands on job performance. A better adjustment of these individual characteristics to the demands of the task, a better job performance would be achieved. A non-probabilistic sample of 20 teachers, both gender (85% were women), M = 35.25 years old (SD = 10.84), private labour sector, an average tenure of 12.20 years (SD = 11.09), and 8.7 years (SD = 8.35) of experience in the position. We use a socio-demographic questionnaire, attentional network test (ANT), working memory capacity test (AOSPAN), ad hoc teachers job performance scale, and a cognitive demands scale. An exploratory ex-post-facto and cross-sectional design were carried out. The results show that 90% of those teachers with high performance at work have fit or overfit in orientation attention ( $\chi^2 = 6.381$ ; C = .491; gl = 2; p = .041). No significant associations were found between the level of adjustment in executive attention ( $\chi^2 = 0.00$ ; gl = 2; p > .05), alert ( $\chi^2 = 0.952$ ; gl = 2; p > .05), working memory ( $\chi^2 = 0.213$ ; gl = 2; p > .05), WM processing speed ( $\chi^2 = 4.667$ ; gl = 2; p > .05), and the level of performance in specific tasks. Although these results are exploratory they can be considered a first step in understanding the cognitive processes and the specific analysis that each task demands. The fit between individual profiles and the specific task demands are key in order to achieve the objectives at work. In addition, it is very important to avoid exhaustion, feeling overloaded, and the deterioration of health at the workplace. Future research should extend the size sample, and also include other types of jobs. Regarding the practical contribution, taking into account individual differences in the selection processes will have positive repercussions on organizations, as for example, applied to the prediction of performance.

## Consideration of Psychological Factors for a Better Person-Organisation Fit (P-O-Fit); Person-Job Fit (P-J-Fit) in Unemployed People: A New Model

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In these uncertain times, sustainable employment is more important than ever. To achieve this, a high level of P-O-Fit; P-J-Fit is required. We have developed a holistic model based on these two fits, consisting of facilitators, barriers and ambiguous factors on the person's side. It is a relatively new approach to consider psychological variables in the case of the unemployed.

The online survey in Switzerland took place from spring 2021 to winter 2021 and served as the basis for a longitudinal study. Of the total of 3729 participants included in this analysis, 1694 were unemployed, 681 were employed and not looking for a new job, 244 were employed and looking for a new job and 137 were homemakers. Among the used variables were as facilitators social support, social networks, self-regulation, career adaptability, self-esteem, as barriers dark triad, depression, anxiety, procrastination, loneliness, and as ambiguous factors Big Five and values. We analysed in comparison employed people and unemployed people.

Compared to employed people unemployed had significant lower scores in P-O-Fit, self-esteem, quantitative social capital and machiavellism in a multivariate analysis, controlling for gender, age and education. An analysis with all factors of facilitators and barriers integrated showed similar results. The differences were greater in facilitators than barriers.

Psychological factors are often not taken into account in public employment services (PES), they are underestimated. However, numerous studies show how important psychological factors are for application behaviour and ultimately for finding a job. We found significant differences between the unemployed and the employed. On most variables, the unemployed have an unfavourable profile. More awareness is needed and psychological factors should be taken into account when designing support tools for the unemployed, especially the long-term unemployed.

## Clinical Psychology: PTSD and Parents

### Parental Mentalization of Children's Experience of Trauma – Key Factor for Mediation and Prevention of PTSD Symptomatology

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Events and circumstances, experienced as highly stressful and catastrophic by children, result in unique traumatic reactions and experiences of trauma. In some cases, a child's reaction to trauma and later posttraumatic symptomatology development can be very extreme, resulting in various symptoms, such as dissociation, cognitive decline or impaired development, changes in behavior and distrust of self and others. Children's reactions, as well as their further development and processing of trauma, depend on a number of factors, among which are their stage of development, their attachment style and the relationship with parents/caregivers, as well as the parents'/caregivers' ability to mentalize the child. Especially in the earlier years of development, children's reactions depend on their experience of the parents' understanding, reaction and communication within the potentially traumatic situation and the way parents mentalize the child's own response. The child's ability to overcome potentially traumatic events and to mentalize their experiences, emotions and thoughts, is greatly influenced by their attachment relationships. Seeing its parents' reactions, attitudes and behavior gives the child a working model in which to understand themselves and those around them. Extreme cases of parental inadequate reactions or neglect of the child's psychological pain that comes with the experience of certain situations or events, increases the risk of traumatic reactions, PTSD, attachment trauma and other unhealthy mental states. Contrary to that, parents' ability to be mind-minded about their child, to mentalize the child's emotional and mental states is linked to a healthier development of attachment in children, development of better coping skills and reactions to stressors and a better sense of security as they grow up. Therefore it is crucial to emphasize the role of inclusion of parents into the therapeutic process of the child and to support the development of parental mentalizing skills in order to ensure better therapeutic outcomes.

## Transgenerational Transmission of Maternal War-Related Trauma Experiences and Resilience in Bosnia and Herzegovina: Pilot Study

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Transgenerational trauma can be a result of different types of disturbing incidents or experiences, such as war in Bosnia and Herzegovina (1992-1995). Today's mothers who are war survivors have experienced various adversities related to the war experience. These may have affected their life and through mechanism of transmission of trauma it may affected their children who were born after the war. Also, resilience or ability to cope with stressful situations that are results of trauma experiences can be transmitted from parents to their offspring's. The aim of the study was to understand the transgenerational transmission of maternal war-related trauma experiences and resilience from mothers to their children in B&H. Qualitative pilot study was conducted with 14 participants that formed 7 pairs of mothers who survived war in B&H and one of their children who were born after the war. As an instrument a semi-structured interview was used for collecting in-depth information from mothers and their offspring. Before the interview, informed consent and demographic information form were used. All responses were recorded, then transcribed using a word-processing program, and lastly analysed using MAXQDA software. Qualitative analysis concerned four primary topics for mothers: her war experiences, frequency and the way how she shared her war experience; resilience and coping strategies perception; and lastly relationship with her child and how she raised him or her. But when it comes to the children five topics were highlighted: way on how mother shared her war experiences; impact of sharing those stories on children; perception about mother resilience, perception of self-resilience; and relationship with mother. Obtained results showed an important role of parenting styles in transgenerational transmission of traumatic experiences and resilience. However it should be noted that this pilot study had some limitations, but it can be good base for further research in the field.

## Children Under Fire: The Role of Maternal Caregiving, Reflection Functioning and Post-Traumatic Stress Disorder

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Children's adjustment to stressful situations such as prolonged exposure to terror attacks is determined by the quality of their ongoing sustainable relationship with their parents. Mothers' caregiving dispositions and reflective functioning were identified as crucial in sensitive parenting and attuning to children's needs, which, in turn, affect children's

psychological adjustment. It is hypothesized that maternal post-traumatic stress disorder (PTSD) may hinder mothers' ability to be sensitive and responsive to their children, and subsequently negatively impact such children's social and emotional development. A cohort of 235 mother-child dyads ( $n = 470$ ) participated in the present study. Of the children, aged 7-11, 101 were boys and 134 were girls. All responded to the Personality Assessment Questionnaire (PAQ). The mothers completed the Caregiving System Functioning scale, Rumination-Reflection Questionnaire, and Difficult Child scale. A regression analysis designed to predict child psychological adjustment (PAQ total score) indicated that the younger the child receiving therapy was, the less maternal PTSD and avoidant caregiving reported, and the higher the mother's reflective functioning, the higher the child's psychological adjustment was. The interactions revealed that maternal levels of PTSD moderate the associations between maternal avoidant caregiving and reflection and child's maladjustment; whereas perceiving the child as difficult moderates the link between maternal reflection and child maladjustment. These results suggest that, in order to enhance the psychological adjustment of children confronted with stressful life situations, their mothers must be able to process their traumatizing experiences, else they may struggle to provide their children with emotional regulation and support.

## Being Mother of a Full-Term but NICU Baby: The Roles of Anxiety and Mother-Infant Contact Barriers in Perinatal PTSD

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This study aims to assess the relationship between Perinatal PTSD and depression, anxiety, stress and mother-infant contact barriers, as well as associated socio-demographic, partner-related, and obstetric factors in a group of mothers whose babies born full-term but stayed at NICU for a while due to variety of reasons, as well as associated socio-demographic, partner-related, and obstetric factors. A cross-sectional study was conducted with 50 Turkish women. Women answered questions on socio-demographic, partner-related, and obstetric factors and mental health (depression, anxiety, stress, mother-infant contact barriers, perinatal PTSD). Hierarchical multiple linear regression analyses assessing the predictive role of socio-demographic, partner-related, and obstetric factors and mental health on Perinatal PTSD were conducted. None of the socio-demographic, partner-related, and obstetric factors were entered into equation. The factors most associated with perinatal PTSD were anxiety and mother-infant contact barriers. As a result of the analysis, the anxiety explained 50% of the total variance. Mother-infant contact barriers contributed 11% to the total variance, both were explained 61% of the total variance. The independent contributions of both variables to the variance are significant ( $t = 6.63$  and  $3.74$   $p < .05$ , respectively). Considering beta values, the strongest variable is anxiety (Beta = .62). Study

findings shed light into addressing perinatal PTSD in a sample of mothers whose babies born full-term but stayed in NICU.

### **The Mediator Roles of Resilience, Mother Infant Contact Barriers and Perinatal PTSD Symptoms in the Association Between Attachment and Bonding**

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Studies have examined the role of perinatal post-traumatic stress disorder (P-PTSD) and psychological resilience in the quality of the mother-infant bond. The contact between mother and baby has also important role to improve mother-infant bond. 206 mothers of preterm babies and 446 mothers of full-term babies (age of babies ranges between 1-18 months) recruited to the study between March 2018 and April 2019. The Parental Bonding Instrument, Perinatal PTSD Questionnaire-II, Mother Infant Contact Barriers Scale, Connor-Davidson Resilience Scale, and Maternal Attachment Inventory were administered. Path analyses showed that parental attachment was positively associated with psychological resilience, negatively associated with mother infant contact barriers and P-PTSD and psychological resilience was associated positively with maternal bonding. Mother infant contact barriers and maternal bonding was negatively associated in full-term group whereas no significant association in preterm group and P-PTSD and maternal bonding was associated positively in preterm group whereas no significant association in full-term group. Mediation analysis demonstrated that psychological resilience significantly mediated the relationship between parental attachment and maternal bonding. For preterm group, P-PTSD had a mediator role whereas mother infant contact barriers did not and for full-term group, mother infant contact barriers had a mediator role whereas P-PTSD did not in this relationship. Multiple-group path analysis showed that the relationship between psychological resilience and maternal bonding was significantly stronger in preterm group, and the relationship between mother infant contact barriers and maternal bonding was significantly stronger in full-term group. Our results suggest that it is important to provide qualified maternal attachment to own mother, to actualize mother-baby contact from the first moments as possible, to define and lessen P-PTSD symptoms and to enhance psychological resilience of mothers for improving the mother-infant bond.

### **The Internalized Loss: Practical Implications based on Lithuanian Women's Experiences of Late Miscarriage**

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Miscarriage is the most common reason for pregnancy loss, affecting around one in four pregnancies. It is classified as a psychologically traumatic event, associated with an increased risk for depression, anxiety, alcohol dependence, suicide, and complicated grief. The aim was to analyze experiences of late miscarriage, and to describe practical implications in health-care system based on revealed characteristics of prenatal loss. 7 women who had late miscarriages participated in the study. In-depth biographical interviews were conducted. Thematic Phenomenological analysis had been applied. The experience of late miscarriage revealed as an internalized loss. Experiential characteristics were described by 5 themes: The Splitting State, Betrayal of the Body, Disconnecting, and Reconnecting. Practical recommendations for postnatal health-care were revealed in other 4 themes: Informing, Opportunity for Goodbye, Attention to Emotional Well-being, and Respectful Hospital Environment. Conclusions: Late miscarriage as an internalized loss is an intense, isolating, existential experience. Lithuanian women who experienced a miscarriage named the need for specialized psychological help.

## Cyberpsychology: Digital Gaming Disorder and Other Digital Behavioral Addictions

### Problematic Internet Use and Psychosocial Risks Among Adolescents: A Nationally Representative Study

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IP3-6-E2

Problematic Internet Use (PIU) constitutes an emerging area of investigation within the field of psychology and little is known about the features of specific subgroups of internet users and their psychosocial vulnerabilities within robust and nationwide populations. The present study aimed to identify unique latent groups of internet users based on their PIU risk and to compare their psychosocial outcomes. To achieve this, a nationally representative sample of Slovenian adolescents (N = 1066, Mage = 13.46 years, range = 12–16) was recruited from several schools in Slovenia through stratified random sampling and filled out sociodemographic and internet usage questionnaire alongside standardized assessment tools including the Problematic Internet Use Questionnaire Short-Form (six items) and brief self-reported measures of subjective well-being (two items), parent-child relationship (four items), self-control (seven items). A Latent Profile Analysis (LPA) showed a two-class solution as being optimal, with Class 1 (n = 853, 80%) featuring 'low PIU risk' participants and Class 2 (n = 213, 20%) comprising 'high PIU risk' participants. At the behavior level, the main feature of Class 1 denoted 'time management difficulties' while Class 2 was best characterized by 'mood and time management issues'. Further frequentist and Bayesian analyses indicated that Class 2 presented greater psychosocial risk compared to Class 1 due to significantly higher levels of PIU (both generalized and across specific PIU domains) coupled with reduced levels of subjective well-being and self-control. Contrary to what was initially expected, the two classes did not differ in terms of perceived quality in parent-child relationship. Moreover, the present study showed that PIU patterns and symptom-severity may be developmentally specific, further highlighting the need for clinically age-adjusted PIU screening practices within epidemiological and healthcare settings.

## Internet and Videogame Abuse and Addiction Among Adolescents: Assessment, Prevalence, Profiles of Digital Device Use and Coping in Affected Teens

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Increasing screen time in children and adolescents has made behavioral addiction disorders associated with the use of digital technology a research priority. Are they distinct mental disorders? Do they share psychopathological similarity with other addictions? How should they be assessed and what is their prevalence? Our study addressed these issues using data from three commonly used assessment instruments. Our study included 1407 participants between 11 to 18 years of age (M = 14.1, SD = 1.8) who completed the Internet Addictions Test (IAT), short-forms of the Internet Gaming Disorder Scale (IGDS-SF9) and Internet Addiction Scale (IDS-SF9). They also completed a questionnaire on digital device use and the Adolescent Coping Scale (ACS-2). We used latent class analysis to identify subgroups of participants displaying symptoms of abuse or addiction, then analyzed their profiles of digital device use, coping strategies and validated our findings on a separate clinical group of 27 adolescents participating in treatment programs for these behavioral addictions. Among participants 5.2-8.3% (57.4-66.5% female) displayed symptoms of internet addiction, while 1.9-3.5% displayed symptoms of videogame addiction (65.6-70.4% male). Those showing signs of internet addiction spent more time online (Cohen d = 0.98), accessed forbidden content more frequently (18.5% vs. 6.3%) and showed significantly higher rates of online gambling (4.3% vs. 0.9%). They also reported having less control over their internet use, used it to regulate their negative affect and were more likely to use non-productive coping (Cohen d = 0.76). Similar trends were found for those with symptoms of videogame addiction. We also found that our latent class models were more sensitive than traditional cut-off criteria when used in the clinical group. Our results show that internet and video-game addiction show similarities with other forms of addiction in terms of self-regulation deficits and the use of digital content to regulate negative emotionality.

## **It's Not the Time That Matters, It's the Experiences: Online Gaming, Aggression, Emotional Intelligence and Alienation**

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Online gaming has been gradually widespread around the world and players allocate a considerable amount of time to games. Most of the online games include violence therefore gaming habits captured psychologists' interest. There has been a debate about the relationship between gaming and aggressive behaviors. On one hand, research demonstrated that online gaming might induce aggression by increasing the accessibility of antisocial thoughts. On the other hand, a great deal of research found no significant relationship between gaming and aggression. Alienation is one of the possible moderators of (if any) this relationship. Besides, online gaming is described as a sufficient atmosphere to express emotions contentedly. Therefore, emotional intelligence is approached as an important factor on online gaming. This research purposed to examine how habits and perceptions of online games are associated with aggression, emotional intelligence, and alienation. Our sample of 316 players filled out the demographic form, online game habits questionnaire, perceptions of online games questionnaire, Buss-Perry Aggression Scale, Dean's Alienation Scale, and Trait Emotional Intelligence – Short Form. Participants were invited through online forums and completed the survey online. Results have illustrated that not the mere time of playing online games but the game habits and perceptions of the game were related to aggression, alienation, and emotional intelligence. All results were discussed in the frame of relevant literature and debate of the relationship between online gaming and aggression.

## **Psychology and Personality: The Dark Triad**

### **The Moderating Effect of Pathological Narcissism in the Relationship Between Victim Justice Sensitivity and Anger Rumination**

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Victim sensitivity is a form of justice sensitivity that reflects the tendency to perceive injustice to one's disadvantage. Victim sensitivity is considered as a dysfunctional trait that predicts anger, aggression, uncooperative behavior, depression, and anxiety. Exploring the mechanism of association between victim sensitivity and anger is clinically important since it can lead to externalizing and internalizing problems. This study aims to investigate the moderating role of pathological narcissism in the relationship between victim sensitivity and anger rumination. Through testing different models where subtypes of narcissism and anger rumination components are included independently, the specific mechanism of different ruminative processes in anger is investigated. The sample consisted of 311 undergraduate students from Turkey, 107 of whom were males, and 204 were females. Participants completed Justice Sensitivity Inventory-Victim Subscale, Pathological Narcissism Inventory, and Anger Rumination Scale. In the proposed double moderation model, vulnerable and grandiose narcissism was the moderators in the relationship between victim justice sensitivity and anger rumination. Four separate models were tested where one of the four components of anger rumination (angry afterthoughts, thoughts of revenge, angry memories, understanding of causes) were the dependent variable in each model. Results revealed that two of the moderation models were significant. Firstly, grandiose narcissism is the only moderator in the relationship between victim sensitivity and thoughts of revenge. Secondly, vulnerable narcissism is the only moderator in the relationship between victim sensitivity and understanding causes. Accordingly, grandiose narcissism is positively associated with the thoughts of revenge, and vulnerable narcissism is positively associated with understanding causes, only when the level of victim sensitivity is high. To summarize, increased victim sensitivity leads to ruminative thoughts of revenge in individuals with grandiose narcissism, whereas it leads to rumination on causes of the incident in individuals with vulnerable narcissism. The clinical implications of the findings are discussed.

## Gender Differences in the Dark Triad are Sensitive to Socioeconomic Conditions: Narcissism's Adaptive Value in the UK, Greece, and China

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The Dark Triad has been often associated with various negative outcomes on personal, interpersonal, and societal levels. Though noxious by nature, the Dark Triad is prevalent across country and time. This paradox suggests that some aspects of these traits may have adaptive properties in certain contexts. We investigated whether gender and age differences in the Dark Triad varied across countries of different socioeconomic conditions. We further explored whether the dark traits predicted personal income across countries. We utilized three large cross-cultural samples (total N = 5870) drawn from the general population in the United Kingdom (UK), Greece, and China. The three countries were selected because they differ significantly on the Human Development Index (HDI) – a comprehensive indicator of economic, political, educational, and health conditions in each country. According to the HDI for the period when the present study was conducted, socioeconomic conditions in the UK, Greece, and China were ranked very high (rank in 2014 and 2019: 14th/15th), moderately high (29th/32st), and around the medium (91st/ 85th), respectively, among 189 countries in the world. Results show that men scored higher than women on the Dark Triad, with the magnitude of gender differences being largest in the UK, followed by Greece and China. Younger people scored higher than older people on the Dark Triad. Narcissism positively predicted income, with its predictive power being largest in China, followed by Greece and the UK. We extended previous findings by showing that gender differences (and possibly age differences) in the Dark Triad are sensitive to socioeconomic conditions, with adverse conditions attenuating the effects of gender on the Dark Triad; and that grandiose narcissism may be the most adaptive trait of the three in relation to individual income. These findings can improve understanding of adaptive values and cross-cultural differences of the Dark Triad.

## “What You See Is Not Always Real” – The Mindset of Narcissists

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Currently, narcissism is one of the most researched maladaptive personality traits. Its different types – grandiose and vulnerable narcissism – have been described from several different perspectives. Our study attempts to take a closer look at the two types of narcissism and the associated cognitive distortions and cognitive characteristics that are connected this personality trait. The primary aim of the study is to separate distinct groups on the basis of different cognitive distortions and empathic abilities, and to compare these groups along cognitive evaluation systems (self-esteem, various maladaptive schemas) and the two types of narcissism. With Latent Class Analyses, we identified two different groups according to cognitive distortions and empathy (group 1: low empathizing and high dysfunctional attitudes, group 2: high empathizing and low dysfunctional attitudes). The between-group comparisons suggest that there is no significant difference between the two groups in the degree of grandiose narcissism, but there is significant difference in every other observed constructs (maladaptive schemas, degree of vulnerable narcissism, cognitive evaluation). Although the two types of narcissism are often placed in the same category or dimension, there is a clear difference in their way of thinking. Narcissists can see „reality“ through several distortions. Our results highlight the relevance of understanding the mindset of narcissists, which could serve as a relevant input in various treatment methods.

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## How To Cope With Narcissism? A Complex Analysis of Narcissism, Coping Strategies and Resilience

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Narcissism is a complex personality trait, clinical- and personality psychology both try to identify the relevant differences between its two subtypes, grandiose- and vulnerable manifestations. A considerable amount of clinical research data and a growing number of trait-based studies supported the idea of this typology, although several aspects still require further investigation. Our study aims to identify how cognitive distortions are connected to different types of narcissism and how do these interactions associated with

coping mechanisms and resilience. The cross-sectional research design based on self-report measures of grandiose narcissism, vulnerable narcissism, problem-focused coping, emotional-focused coping and resilience, with the participation of 418 voluntary, non-clinical respondents (21.5% males,  $M_{age} = 18.9$  years,  $SD_{age} = 14$ ). First we applied Latent Class Analysis to explore the patterns of maladaptive cognitions which identified four categories: (1) generally high level of cognitive distortions; (2) generally low level of cognitive distortions; (3) high level of affiliative distortions ("submissive"); (4) high level of performative distortions ("maximalist"). Intergroup comparisons demonstrated no differences among the four categories in the case of grandiose narcissism, while the high level of cognitive distortions and maximalist attitude were connected to higher level of vulnerable narcissism. Multigroup structural equation modeling analysis was performed with respect to the four cognitive patterns. In the case of all conditions, grandiose narcissism was associated with resilience via the mediating role of problem focused coping. The "submissive" participants more likely connected vulnerable narcissism to problem focused coping in a negative way, while maximalists linked grandiose narcissism to emotional focused coping in a positive way. Our results support the diversity of cognitive features in the case of narcissism and its (mal)adaptive features and highlight the possible connection with narcissistic personality pathologies, mostly with the problematic role of vulnerability and with some emerging positive and potentially protective aspects of grandiosity.

### **The Role of Gratitude and Hostility in Relational Aggression: The Mediating Role of Anger Rumination**

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Anger rumination is as a form of intrusive, perseverative thinking activated after anger emotion had been experienced due to anger-inducing events. Recently, anger rumination has been extensively studied in the context of cognitive processes involving in regulation of physical and verbal aggression. Yet, there is still empirical gap to what extent anger rumination contributes to relational aggression. In this study, we tested whether anger rumination may be a cognitive mechanism mediating the relationship between certain dispositional features and relational aggression. We focused on hostility and gratitude as two characteristics giving extremely different social effects with hostility bolstering aggressive behavior and gratitude promoting behaviors strengthening social bond. We hypothesized that gratitude (model 1) and hostility (model 2) will give respectively negative and positive effect on relational aggression and these relationships will be partially mediated by anger rumination. An online survey was administered to 357 participants (56.6% female; mean age = 43.34,  $SD = 15.15$ ) who completed a battery of questionnaires including Anger Rumination Scale (Sukhodolsky et al., 2001), Gratitude Questionnaire (GQ-6; MacCullough et al.,

2002), self-report on relational aggression (Murray-Close et al., 2010), and hostility derived from BPAQ (Buss & Perry, 1992). The results showed that hostility and gratitude gave respectively positive and negative effects on the variance in relational aggression, and these direct relationships were held even after anger rumination was introduced into the models. However, partial mediations were also obtained in both models. In model 1, high gratitude decreased proneness to anger rumination, playing the indirect role of protective factor against relational aggression. In model 2, hostility increased anger rumination which in turned contributed positively to relational aggression. The results suggest that practicing gratitude by focusing on positive everyday aspects one experienced, may be an effective way to reduce anger rumination, and so relational aggression.

## Social Psychology: Intergroup Relations

### Outgroup Prosocial Giving During Childhood: The Role of Ingroup Preference and Outgroup Attitudes in a Divided Society

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Amid protracted conflict, children are raised in divided contexts which shape the development of their intergroup attitudes and behaviors. Social Identity Development Theory (SIDT) suggests that ingroup preference may contribute to more negative outgroup attitudes and behaviors in middle childhood. In such contexts, ingroup favoritism may shape resource distribution, a key indicator of prosocial behavior. This study examined the predictors of resource distribution among 387 children (age:  $M = 9.59$ ,  $SD = 2.34$ ) of majority (Jewish) and minority (Arab-Muslim) groups in Israel. Rooted in SIDT, a multiple-group chain mediation found that the effect of age on outgroup prosocial giving was serially mediated by the child's ingroup symbol preference and negative outgroup attitudes. The mediation held across both majority and minority groups, highlighting the underlying developmental process of prosocial giving across group lines in a divided society.

### Ethnic Outgroup Aggression: A Pilot Study on the Importance of Emotion Regulation, Nationalism and Susceptibility to Persuasion

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The current pilot study investigated the psychological mechanisms behind ethnic outgroup aggression, a significant outcome of intergroup conflicts. While previous research suggested several impactful predictors of ethnic outgroup aggression, such as intergroup contact and nationalism, no attempt has been made to synthesize all these constructs into a single crosscultural study. Building on existing research, this pilot study is the first to assess a refined framework where we tested a proposed mediation model according to nationalism and emotion regulation mediate the relationship between intergroup contact, susceptibility to persuasion, and intergroup anxiety on the one hand and ethnic outgroup aggression on the other hand within a cross-cultural sample. An online questionnaire was distributed using convenience sampling among 2,482 students with an ethnic majority background living and studying in ten (European) countries. Multigroup path analysis supported the larger part of the hypothesized model where we found that emotion regulation partially mediated the relationship between susceptibility

to persuasion as a predictor and aggression as an outcome. As expected, we found that the higher the susceptibility to persuasion, the higher the emotion regulation, and the higher the regulation, the lower the aggression in all countries. Our pilot study provided preliminary evidence that emotion regulation, nationalism and susceptibility to persuasion are critical for the understanding of ethnic outgroup aggression in ethnically diverse societies. Future research needs to be carried out focusing on the development of an intergroup anxiety assessment in which possible gender differences in assessed constructs are considered.

### Psychological Aspects of Nationalism in the Former Soviet Union

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The demise of the Soviet Union led to several open and endless hidden ethnic and racial conflicts. Ethnic and tribal wars were fought in Russia, Tajikistan, Georgia, Moldova and between Armenia and Azerbaijan. An armed conflict with ethnic overtones continues in Ukraine. The disappearance of communism created an ideological vacuum which was filled with nationalism, sometimes in the ugliest forms. It happened practically in all post-Soviet states, from the Baltic to Central Asia. Mass exoduses of non-titular ethnicities, pogroms, discrimination and violence took place everywhere. Religious intolerance became common in many cases. Such reaction was a result of the long term Soviet policies of ignoring interethnic tensions and prejudices by creating the artificial term "Soviet people" and claiming that internationalism won the minds of the population. The psychological effect of these policies took an opposite turn and exacerbated negative feelings towards "strangers." Many regimes used the nationalistic feelings for their advantage openly or subtly. Practically all former Soviet states initiated the nation-building processes and used "they vs us" concept in constructing the image of the enemy in the minds of their citizens. In the Baltic countries, especially in Estonia and Latvia, ethnic Russians and other Russian-speaking people were deprived of citizenship and exposed as settlers, in Central Asia and in the Caucasus, they were portrayed as occupiers and their descendants. In Moldova, Russophobia and Romanophobia split society. Negative images of Armenians and Azeris were developed in the people's minds of the warring countries. The old and new stereotypes were exploited against Jews, Roma, Protestants, Muslims, people from the Caucasus and Central Asia in Russia, Ukraine, Belarus, Moldova and elsewhere. Such policies have a profound psychological impact on the minds of the citizenry and contribute to more intolerance and hatred.

## Justice Sensitivity and Ingroup Bias in Evaluating Injustice: A Social Psychological Model With Dynamics Specific to Turkey

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Understanding how people morally justify their good or bad behavior and support others in doing so is important to understanding the scope of justice. Studies show that people tend to see themselves as a fairer person when compared to others. Evaluation of justice, which is also referred to as the perception of justice, includes a person's belief, knowledge and comparison of situations. The aim of the study is investigating the assessments of unfair situation/event via the effect of the relations between group identity, group identification, justice sensitivity and empathy. In the current study carried out for this purpose, a total of 351 people, including Turks, Kurds and Arabs, who were born in Turkey, formed the sample of the study in order to compare different group dynamics. In the first stage of the study, a preliminary study was carried out to detect unfair events/situations. The participants were asked to report their evaluations regarding the unfair situations against their ethnic identity. In the second stage is that responses of the participants were analyzed by thematic analysis, 4 prominent unfair events/situations for each group were transformed into attitude statements including moral disengagement mechanisms. The last stage is that the sample was asked together with the scales of group identification, empathy and justice sensitivity. The study results show that groups differ significantly in their assessment of unfair treatment of their group. It was found that Arab and Turkish participants used more moral disengagement methods compared to Kurdish participants. Additionally, it was found in the study that people with high victim sensitivity used a high rate of moral disengagement mechanism while people with high observer sensitivity use a lower level of moral disengagement mechanism. The results show that dynamics specific to Turkey are effective in the evaluations of incidents in terms of justice.

## Spanish Perception of Moroccan's Values and its Relationship With Intergroup Attitudes

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The Islamic world has been traditionally represented as the distant 'other' in the European belief system. Nowadays, anti-Islam political parties are gathering support in Europe,

sometimes with the justification that the Arab-Islamic culture is very distant from the Western culture. Combining quantitative and qualitative methods, the current research aims to explore the perception of Spanish nationals about the core values of Moroccan immigrants, a stigmatized community in the country. We examined the relation between the valence of perceived outgroup values and Spaniards' ethnic attitudes (Study 1), and the Spanish perception of similarity and differences in values with Moroccan immigrants (Study 2). In Study 1, Spanish participants (N = 95) spontaneously generated the values considered fundamental for Moroccans, rated their valence and reported their attitudes towards Moroccans (i.e., modern racism, perceived (im)morality, emotions, behavioral intentions, and acceptance of cultural differences). In Study 2, participants (N = 432) indicated the fundamental values that Spaniards and Moroccans (do not) share. An inductive analysis in Study 1 revealed that Spaniards perceived that Moroccans' values were oriented to family/community, material issues, religion, and integrity. The evaluation of the valence of such values was related to their attitudes such as stereotypes of (im)morality. Values perceived as positive (e.g., family/community) were also perceived as similar to those of Spaniards in Study 2, while values perceived as negative or ambivalent (i.e., religion) were perceived as different. To conclude, unlike other studies, we captured laypeople's spontaneous generation of outgroup values instead of ratings of predefined abstract values. These descriptions might be vital to understanding intergroup attitudes because they may reflect stereotypical conceptions about immigrants, especially regarding morality, a core factor in social perception. The interpretation of majority groups of the important values of minorities might provide relevant keys for interventions to promote and facilitate cultural understanding.

## Work and Organizational Psychology: Emotions and Attitudes at Work

### Effects of Hope, Behavioral Self-Regulation Style, and Work Self-Efficacy on the Emotions in the Workplace

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There is a lack of a comprehensive understanding of the emotions in the workplace regarding their sources and role, although, recently, research in this specific domain has increased considerably. Specifically, the employees' emotions and how they interact with socio-cognitive factors have been limitedly examined. Accordingly, the present investigation expands past research evidence. In doing so, this study aimed at examining bank employees' experienced emotions in the workplace, and the role of hope (path thinking, agency thinking), work behavioral self-regulation style (intrinsic motivation, integrated, identified, introjected, external) and work self-efficacy on the same emotions. The participants were 112 employees, both genders, who work in banks in Greece, representing various working responsibilities and duties, and whose working experience ranged from 8 months to 37 years. The main results showed that (a) that the bank employees experienced various emotions and a high variety of intensity of emotions, with the most intense the self-, task-, activity- and interpersonal relationships- related emotions, (b) gratefulness, pride, enthusiasm and cheerfulness were the most intense positive emotions, while frustration and anxiety were the most intense negative emotions, (b) the valence of the prediction of work behavioral self-regulation styles varied between and within the emotions, with the styles of internal motivation and integrated regulation evidencing the most powerful and positive contribution in the formulation of the intensity of the majority of them, (c) agency thinking, as compared to pathway thinking, was a better formulator of some of the emotions, and (d) relative to hope, behavioral self-regulatory styles and working self-efficacy were weak predictors of the experienced emotions in the organization. Implication of the findings in the workplace and personal well-being are discussed.

### Emotional Labor and Job Performance: Clarifying the Role of Gender and Gender Traits

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With the spread of education and the changing demographics of the workforce, there is a high level of concern for gender issues in all fields. However, gender-related research has mostly focused on physical sex (male and female) but

relatively neglecting sex-related psychological traits, such as gender traits (masculinity and femininity). Therefore, this study explored the relationship between emotional labor and job performance and then furtherly clarified the effects of gender and gender traits. Firstly, we examined the mediating model of gender traits - emotional labor - employees' job performance. Next, we hypothesized that, due to social norm and expectation about gender roles, gender would moderate the relationships between gender traits and job performance, emotional labor and job performance. Using a questionnaire survey, we analyzed data from 247 employees of private enterprises from service industries in Taiwan. Results show that (1) Gender and gender traits don't have significant correlation,

(2) Masculinity is positively related to job performance while femininity doesn't have direct effect on job performance, (3) Expression of positive emotion is positively related to job performance, and suppression of negative emotion is negatively related to job performance, (4) Expression of positive emotion mediates the relationship between femininity and job performance, and (5) There are moderating effects of gender on the relationship between masculinity-job performance, and suppression of negative emotion - job performance. Finally, the contributions and limitations of this study are discussed, and the suggestions for academic and practical applications are also provided.

### Employee Satisfaction is NOT Static

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It is a reality how fast the way that we used to work has changed. We had to adapt to work in our homes, with new technologies, virtual meetings, etc. But how does this change affect job satisfaction? The aim was to analyze the job satisfaction differences by age during the COVID-19 pandemic. Job satisfaction is a pleasurable or positive emotional state resulting from the appraisal of one's job or job experiences. A non-probabilistic sample of 15741 workers from 36 LATAM organizations, both gender (42% Female), mean age = 38.43; SD = 8.33) and an average tenure of 6.34 years (SD = 7.24). We use a sociodemographic questionnaire and a Job satisfaction survey. The design was quantitative, group differences, cross-sectional and non-experimental. The administration period took place from September-2020 to March-2021. The results suggest that there are significant differences in the level of employee satisfaction ( $F_{(4,15736)} = 14.20$ ;  $p < .001$ ;  $n^2 = .003$ ). Post hoc analysis confirmed that workers between the ages of 36 and 47 years show greater dissatisfaction than in other age groups. ANOVAs results show specific differences in satisfaction with the team ( $F_{(4,15736)} = 10.44$ ;  $p < .001$ ;  $n^2 = .003$ ), leadership ( $F_{(4,15736)} = 8.39$ ;  $p < .001$ ;  $n^2 = .002$ ), career development ( $F_{(4,15736)} = 9.62$ ;  $p < .001$ ;  $n^2 = .003$ ) and internal communication ( $F_{(4,15736)} = 10.43$ ;  $p < .001$ ;  $n^2 = .008$ ). The findings of this research are consistent with the literature that support the effect of age on job satisfaction and

confirm that satisfaction is dynamic. These results contribute to previous studies that suggest an association between satisfaction and mid-life crisis. In addition, it shows a patron called “U-shaped curve”. As a limitation, even if we found significant differences, the sizes of the effects are lower. Future research should consider other characteristics such as industries and remote or office work. Regarding the practical contribution, an early diagnosis and continuous monitoring of employees would allow organizations to offer projects that can be exciting and motivating for the employee.

### **How Good Soldiers Become Bad Apples? Unethical Prosocial Behavior and Compulsory Citizenship Behavior: Roles of Psychological Entitlement and Organizational Identification**

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Researchers traditionally focused on positive consequences of organizational citizenship behavior (OCB) as prototypical prosocial behavior while overlooked potential negative unintended consequences. The present study explores the dark side of OCB and underlying mechanism, potentially leading to unethical pro-organizational behavior (UPB) when employees are obligated to offer OCB. Although UPB research has investigated unethical leadership styles, dark triad personality traits and low moral identity as antecedents, research on how behaviors normally regarded as constructive turn into unethical behavior is still in nascent stage. Performing OCB as per controlled motives may lead to psychological entitlement (PE) to deserve ‘special and unique treatment’ compared to peers. In a survey design, the study examined COCB as a predictor of UPB, mediated by PE and moderated by OI. A total of 202 Turkish participants from variety of sectors including health, real estate, textile, retail, education, finance who met criteria of being full-time employed attended the study. The proposed mediation model was supported: PE mediated the positive effect of COCB on UPB. Specifically, COCB increased PE, and then, employees were likely to demonstrate UPB; and OI moderated the aforementioned mediating effect of PE, such indirect effect was significant when employees held higher OI compared to those low in OI. Harman’s single-factor test, and common latent factor analysis indicated that common method variance was not a concern. Overall, results highlight the importance of understanding destructive consequences of the interplay between organizational identification and externally driven OCB and implications for practitioners to find effective routes of reward system for reciprocating OCB by obviating PE mechanisms.

### **Interpersonal Trust and Employee Voice Behavior: How Trusting and Feeling Trusted Influence Subordinate to Speak Up**

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To remain competitive, the suggestive and innovative ideas expressed through employees have become one of the effective ways for enterprises to continue their business. It was emphasized in previous research that the subordinate’s trust in supervisor is one of key factors impacting subordinate’s voice up behavior. However, in consideration of both risk and utility coming from expressing opinions, it’s suggested in this study that subordinate’s perceived trust from the supervisor is a more critical factor for subordinate’s speaking up behavior. Two studies were conducted with questionnaire survey to collect data. Study 1 used 295 dyads (supervisor-subordinates) as the subject from a cross-sectional survey of Taiwan military organization. Both subordinate’s trust in supervisor and supervisor’s trust in subordinate (mutual trust) were measured. In Study 2, a two time-points survey was designed with four-week interval and collected data for 180 dyads (supervisor-subordinates) from Taiwan private enterprises. The subordinate’s trust in supervisor (time1), perceived trust from supervisor (time2), and subordinate’s speaking up behavior assessed by supervisor (time2) were measured in study 2. The results show (1) subordinate’s cognitive trust in supervisor doesn’t have significant effect on speaking up behavior; (2) after controlling the supervisor’s trust in subordinate (study1) or perceived trust from supervisor (study 2), the effect of the subordinate’s affective trust in supervisor on speaking up behavior is not significant anymore; (3) both affective and cognitive trust from supervisor (rated by supervisor or perceived by subordinate) have significantly positive impacts on speaking up behavior; (4) there are negative interactions of mutual cognitive trust between supervisor and subordinate on issue-oriented speaking up behavior. Finally, we discuss the contributions and limitations of this study. Suggestions for future research and implications for practice are provided as well.

## Clinical Psychology: PTSD Across Development

### Paediatric Medical Traumatic Stress in Children With Cancer and Their Parents: Differences in Levels of Posttraumatic Stress Symptoms

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Pediatric medical traumatic stress (PMTS) is a set of children's and their parents' psychological and physiological responses to pain, injury, serious illnesses, and other experiences with the medical environment. Pediatric cancer patients have the highest prevalence of PMTS as the illness involves a set of stressors that trigger many negative psychological reactions. Posttraumatic stress symptoms (PTSS) are one of the most common psychopathologies among cancer patients. We examined the incidence of PMTS in children with cancer and their parents due to coping with a serious illness and treatment complications. We analysed the following risk factors for PTSS: selected groups of individuals, medical interventions, complications, and treatment modalities. The study involved 183 parents of 133 children and 63 children and adolescents who were treated between 2009 and 2019 at Clinical Department of Pediatric Hematology and Oncology of Pediatric Clinic in Ljubljana. We collected the data using The Intensity of treatment rating scale 2.0 [IRT-2], PTSD checklist for Children/Parent [PCL-C/PR], The PTSD Checklist for DSM-5 [PCL-5] and The Child PTSD Symptoms Scale for DSM-5 [CPSS-5]. PMTS is frequently present in both, children and their parents, regardless of the cancer type, treatment duration, treatment outcome, and child's age. Mothers, patients with relapse, patients who were diagnosed after age 5, patients with more intensive treatment, and parents of the latter are at higher risk for PMTS occurrence. Additionally, we found a decreasing trend of traumatic responses after five or more years post cancer diagnosis and that parents are more traumatized than children. Our findings will contribute to the systematic prevention of PMTS and medical trauma and to endeavour to use trauma-informed care.

## Posttraumatic Stress Disorder After Coronavirus Outbreak and Psychiatric Comorbidity: The Role of Type D Personality and Illness Anxiety

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The present study examined the association between Type D personality trait, illness anxiety and posttraumatic stress disorder after COVID-19 and psychiatric comorbidity. One thousand eighty-nine Chinese civilians from different provinces in China completed a demographic page, the Type D Scale-14, the Short Health Anxiety Inventory, the Posttraumatic Stress Disorder Checklist for DSM-5 and the General Health Questionnaire-28. Structural equation model analysis showed that negative affectivity was associated with PTSD-related COVID-19, psychiatric comorbidity, and illness anxiety. This anxiety mediated the impact of negative affectivity on distress outcomes. However, social inhibition did not relate to any of the psychological constructs examined in this study. To conclude, people may develop posttraumatic stress symptoms and other general psychological distress symptoms after the onset of COVID-19. The severity of these symptoms appears to be more pronounced in those who tend to experience negative emotions and be preoccupied with the susceptibility of an illness.

## An Overview of Reviews on Resilience and Protective Factors in Post-traumatic Stress Disorder

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The World Health Organization reports that 70% of the general population has experienced a traumatic event during their lifetime, and 8% subsequently developed post-traumatic stress disorder (PTSD). While much is known on risk factors that contribute to the maintenance and development of PTSD, evidence on protective factors that might help prevent post-traumatic symptoms is more ambiguous. Many recent systematic reviews and meta-analyses have reported heterogeneous findings across different populations, precluding the creation of a definitive list of factors negatively associated with PTSD vulnerability.

We conducted the first umbrella review aimed at summarising evidence from and appraising the quality of different systematic reviews conducted on protective factors for PTSD. PsycINFO, PubMed, MEDLINE, EMBASE, Web of Science

and Cochrane Library were searched to identify relevant systematic reviews and meta-analyses. Reference screening, data extraction and quality appraisal were conducted using PRISMA and AMSTAR-2.

Seven meta-analyses and twenty-eight systematic reviews were identified. Protective factors were grouped in seven meta-categories: social protective factors; positive beliefs about the self, other people, and the world; internal coping strategies; personality and dispositional traits; social and professional status; religion and spirituality and population-specific factors.

Our results show that the strength of the evidence in support of each category was varied (e.g., social support was the most reliable protective factor identified) and that several factors influenced each other, suggesting that these variables are not mutually exclusive.

Current trauma-focused interventions, such as trauma-focused CBT, have successfully shown to individually target the majority of these factors in people who are suffering from post-traumatic stress. However, this research could inform new preventive interventions for recently trauma-exposed individuals or at high-risk groups, which are needed considering that currently there is limited evidence to support the use of early psychological interventions for the prevention of PTSD.

### **Attachment Trauma – Neuropsychological Status and Psychopathological Outcome**

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Epidemiological, clinical and neurobiological research in the last 30 years shows that attachment trauma during early years of life links to specific psychopathological consequences. Dissociative processes caused by attachment trauma contribute to the inception of well-defined mental disorders, such as PTSD, borderline personality disorder, dissociative disorder, somatoform disorders, eating disorders, sleep disorders, mood disorders, psychosis, psychoactive substance abuse, OCD and so on. The consequences might manifest in other diagnostic categories, complicating their clinical picture and worsening the prognosis. During the last 30 years a growing body of experimental data highlights both the importance of attachment trauma and the difficulty in defining its clinical consequences by diagnostic systems (Van der Kolk et al., 1996). Cumulative developmental trauma is also known as early relational trauma due to the interpersonal character of the traumatic experiences (Isobel et al., 2017). It is connected to different events, which happen multiple times during a specific period of time and within specific relationships and context. In around 80% of cases the perpetrators of the trauma are parents or other caregivers, which warrants the term “attachment trauma”. The typical result of attachment trauma is complex PTSD, characterized with changes in affect and behavior regulation, interpersonal problems, dissociative symptoms and somatization. The

multiple and complicated symptoms, caused by childhood trauma, have a common pathogenic basis in dissociative processes, caused by traumatic attachment relationships with the primary caregiver during the early years of life and confirmed by subsequent trauma. An empirical study of 32 children (ages ranging between 5 and 17) with attachment trauma, placed in an educational institution following a procedure for removal from the family will be presented. A methodology for assessment of neuropsychological status, cognitive and language development was applied.

## Cyberpsychology: Mental Health Care in The Age of Remote Services and the Internet

### An Alternative Method for Coping With COVID-19 Related Stress: The Mobile Applications

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The coronavirus (COVID-19) pandemic has emerged as a global humanitarian crisis and negatively affects mental health as well as physical health. Adaptation to the new lifestyle shaped by social precautions to prevent the spread of the virus can be challenging for many people. While the psychological support has gained much more importance, the possibility of getting face to face support in clinical settings has also disappeared. The penetration of mobile technologies into all areas of daily life makes it possible to use mobile-based applications as a new and innovative tool in health care. GGtude platform consists of applications that are created according to the principles of CBT using the latest mobile technologies. The primary aim of this study was to translate the mobile application into Turkish, named GGcov, that targeted distorted beliefs and stress associated with COVID-19. Firstly, the pilot study was run with 20 participants and they were asked to evaluate the language suitability, comprehensibility and possible technical disruptions of the applications. Then - to investigate the efficacy of the application, a screening study was conducted with 924 volunteers aged between 18 and 65. Participants who get high scores on the COVID-19 Distress Scale (CDS) were reached out, and those were informed about the GGcov. In the immediate-app group (iApp; n = 25), participants started using the mobile-based application at baseline (T0) for 12 days (T1). Participants in the delayed-app group (dApp; n = 22) started using the mobile application at T1 (crossover) and used for the following 12 days (T1 - T2). Finally, iApp group reported significant decreases in COVID-19 related distress and related maladaptive cognitions after using the mobile application and these effects maintained at follow-up. In sum, brief, CBT-based psychoeducation interventions can be used as auxiliary intervention tools in reducing the negative effects of the pandemic.

## A Study of Psychotherapists' Lived Experience of Providing Therapy Using Online Videoconferencing Technology During the COVID 19 Pandemic in Ireland

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This study contributed by informing the policy debate on the future practice of psychotherapy in Ireland. It did so by exploring psychotherapists' experiences of providing remote psychotherapy support using videoconferencing technology during the COVID 19 pandemic. The study used IPA methodology as it is inductive and qualitative. IPA provides an opportunity to find out about the meaning that therapists attach to their experience. The researcher is interested in the individual's idiographic experience of this particular phenomenon notably of adapting professionally by changing their mode of work to online psychotherapy during the pandemic (Smith et al., 2009). Since IPA is idiographic, a small sample size is required for in-depth data analysis and interpretation. The researcher interviewed 8 therapists using a semi-structured interview. IPA is predicated on the researcher entering into the life-world of the participant; the semi-structured interview comprises open-ended and non-directive questions. IPA includes analysis of the transcripts of semi-structured interviews undertaken online using the Zoom platform. IPA analysis of each interview transcript involved 4 stages: (i) Stage 1 - Initial transcription of the text capturing exploratory notes leading to the generation of experiential statements; (ii) Stage 2 - Connections made to develop personal experiential themes (PETS) - a table of PETS was constructed; (iii) Stage 3 - Grouping themes; and (iv) Stage 4 - Producing a summary table. Cases were explored in-depth by the researcher. Each case was analysed first using stages 1 to 4. Once all cases were analysed a list of shared master themes was generated and compared across cases. Emerging initial themes included a sense of existential isolation, personal loss and being thrown into an uncontrollable situation, in which therapists felt that overnight „the world was shrinking“ to that of a screen.

### Suitability, Clinical Utility and Acceptability of an Online Transdiagnostic Intervention for Emotional Disorders and Stress-Related Disorders in Mexican Sample

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Emotional and trauma-related disorders occur at high levels of prevalence in the Mexican population. Internet-based interventions have proven to be an effective treatment modality, and the research findings on transdiagnostic

treatments under this modality hold promise for the challenge of comorbidities. The purpose of the study was to preliminarily evaluate the efficacy of a transdiagnostic intervention via the internet for emotional and trauma-related disorders. A pilot randomized controlled clinical trial with three independent groups and measures before and after the intervention was carried out. The clinical sample consisted of 36 participants who voluntarily agreed to join the study, aged between 18 and 70 years. All the participants presented anxious/depressive/PTSD symptoms and were randomly distributed to three treatment conditions: (a) experimental group, transdiagnostic treatment under the unified protocol (PU;  $n = 12$ ), (b) cognitive behavioral treatment, without established protocol (CBT;  $n = 12$ ) and (c) control group, waiting list (WI;  $n = 12$ ). The intervention was carried out in eight one-hour sessions, once a week, individually and online. Through nonparametric analysis for intra- and inter-subject comparison, preliminary results showed significant improvement in clinical measures of depression, anxiety, PTSD and emotional regulation in the two treatment groups. Also, statistically significant differences were found between treatment groups and control group. The findings are discussed in light of the context of application and the characteristics of the community sample.

### **The Use of Information Communication Technologies in Maintaining Transnational Relationships in Migrant African Families**

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Migration is becoming a feature of contemporary life – the world is on the move, more than ever before. We tend to think of families as groups of people living in one place, but this is increasingly not the case – parents, children and siblings may travel across the world, but usually still wish to be connected to one another. Information and Communication Technologies (ICTs), including apps such as WhatsApp, and devices such as smartphones play an ever larger role in keeping families in touch, but this role is not always well understood. However, not everyone and this is particularly true of less resourced population groups such as African migrants moving to South Africa, has easy and affordable access to these technologies. In this paper, I use qualitative data collected by means of semi-structured interviews in South Africa and other key African countries, to discuss the experiences of Africans from other countries who have come to South Africa as refugees, asylum seekers and economic migrants; as well as some of their family members left behind by these migrants. A total of 80 participants were interviewed. Across this diverse range of contexts and circumstances, similarities in strategies to keep in touch but also large differences were identified, many of which related to questions of access to information communication technologies. These findings have implications for how all of us think about what a family is, not only Africa, but globally as well, as well as the crucial role of technology in this process.

### **Online Reporting on Suicide: Users' Comments**

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The use of new technologies in media reporting has opened up new possibilities. Users can comment on articles, provide information that complements the content of the article, or discuss the topic with other users, making them an important part of online news. For this reason, this study examined the comments that appear under media articles about suicide to gain insight into how users perceive and react to the content of the article. We included 2,544 users' comments in the study. Comments were obtained under 114 articles about suicide, published by the three largest Slovenian online media between 1 January 2017 and 31 December 2017. For the current study, the manifest content and emotional tone of the comments were analysed using content analysis. The analysis revealed that irrelevant content was the most frequent code (56.5%), while the least frequent code was an attitude towards the media (2.9%). Regarding emotional tonality, the most frequent code was neutral (71.2%), and the least frequent was inclined (2.0%). There were differences between comments from different media. Comments from Media1 provided important information about suicide (16.9%;  $p < 0.001$ ) and expressed empathy in significantly higher percentages (5.0%;  $p = 0.021$ ), while comments from Media2 were similar in content and emotionally neutral (73.9%;  $p < 0.001$ ). Comments from Media3 were significantly more contemptuous (15.2%,  $p < 0.001$ ) and expressed an attitude toward the suicide and the person (17.4% and 10.9%,  $p < 0.001$ ). Due to the lack of research, we do not know whether comments can also have a provocative or preventive effect on a person. Since comments with different content appear in different media, special attention should be paid to monitor comments, posted below articles on suicide.

### **Characteristics of Reporting on Suicide in Online Media**

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The media plays an important role in preventing suicidal behaviour. Since the emergence of online media, articles about suicide have become even more accessible, making the nature of reporting on this topic particularly important. For this reason, we aimed to examine the reporting on suicide in Slovenian online media. We were particularly interested in the extent to which online media adhere to recommended guidelines. The study included 114 media articles on suicide, published by the three largest Slovenian online media organizations, between 1 January 2017 and 31 December 2017. Each article was examined for the extent to which it adhered to Slovenian guidelines for responsible reporting, how much provocative information it contained,

and how much preventative information it contained. Results showed that online media differed in the number of articles published about suicide (Media1 = 40 articles; Media2 = 52 articles, Media3 = 22 articles;  $p = .002$ ), and in the number of guidelines adhered to in these articles ( $Mdn(Media1) = 4$ ;  $Mdn(Media2) = 5$ ;  $Mdn(Media3) = 3$ ;  $H(2) = 13.48$ ;  $p = .001$ ). The extent to which articles followed guidelines was strongly negatively related to the number of provocative features included ( $r = -.56$ ,  $p < .001$ ), whereas both were weakly correlated to the amount of preventive information ( $r = .22$ ,  $p < .001$  and  $r = -.10$ ,  $p < .001$ ). We conclude that the more the media follows the guidelines, the lower is the proportion of provocative items in the article. Nevertheless, it appears that following guidelines for responsible reporting on suicide could be enriched with additional preventive information (e.g., sources of help) to boost the preventive effect.

## Traffic And Transportation Psychology: Predictors of Traffic Safety

### The Big Three and Big Five Factors of Personality and Driver Behaviours and Accident Involvement: A Systematic Review

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Personality factors could be evaluated as one of the critical determinants of road safety. The present literature review investigated the relationship between three- and five-factors of personality and driver behaviours, offences and accidents. A literature search was conducted by using the Scopus database on March 1st, 2019. The keywords used for the search were “personality AND driving” and other combinations of personality factors with driving, such as “extraversion AND driving”. Published or in-press empirical studies testing the relationship between personality factors and driving-related outcomes such as driver behaviours and accident involvement were selected. A total of 50 studies which were published between 1974 and 2018 were included in the review. The studies were classified under five sections: (1) self-reported aberrant/unsafe driver behaviours, positive/prosocial driver behaviours and driving aggression and anger expression, (2) simulated/on-road driver behaviours, (3) driving under the influence, (4) distracted driving, (5) near-misses, offences and accidents. Overall, the results suggested that the majority of the personality factors showed significant relationships with many driving outcomes. Especially, agreeableness and conscientiousness were negatively, and neuroticism was positively associated with unsafe driver behaviours (e.g. violations). The relationships were reversed with the positive/prosocial driver behaviours. However, extraversion, openness and psychoticism showed weaker and some contradictory relations. Moreover, the associations were stronger for behaviours than accidents and tickets. The findings of the studies were discussed by highlighting the relations of the personality factors and driving outcomes and developing practical and research implications.

### The Effectiveness of Newly Developed Hazard Prediction Training Among Driver Learners and Experienced Drivers in Lithuania

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Many findings indicate that novice drivers possess poorer hazard prediction skills in comparison to experienced drivers. However, it was found that experienced drivers do not necessarily reach the optimal level of hazard perception

even after the decades of independent driving. This supports the assumption that not only novices but also experienced drivers can significantly improve hazard prediction skills by training. So, this study aimed to test the short-term effectiveness of newly developed hazard prediction training in Lithuanian driver learners and experienced drivers' groups. Eighty driver learners (42 – trained, 38 – untrained) and 69 experienced drivers (39 – trained, 30 – untrained) participated in a quasi-experimental study. Hazard prediction skills were measured by Lithuanian hazard prediction test LHP12, where participants were asked to watch 12 video clips from the driver's perspective and predict "What happens next?". Pre- and post-testing was implemented in the whole sample online with one week break. Only trained participants took 2x45 min. training sessions based on newly developed Lithuanian training program. Training effectiveness was evaluated by analyzing improvement of LHP12 test accuracy from pre-test to post-test. The significant training effect occurred only for trained male driver learners ( $d = .73$ ) and only for trained females experienced drivers ( $d = .62$ ). No significant effect was found in trained female driver learners and trained male experienced drivers. No significant LHP12 mean scores change in pre-test and post-test were found in untrained driver learners and untrained experienced drivers. The results imply that even quite short and online training can be effective for short-term hazard prediction skills improvement in specific groups of trainees. New Lithuanian hazard prediction training program is effective and improves hazard prediction of male learner drivers and female experienced drivers.

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## Materialism Among Car Owners and Car Sharers

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The aim of the present study is to examine the degree of materialism among car owners and car sharers, in order to understand if and how materialistic values can influence behavioral changes from car owning to car sharing. Conceptually, materialism can be divided into three categories; possessiveness, envy, and non-generosity (Belk, 1984). Possessiveness is the tendency to control ones possession, and a desire of greater control of ownership rather than the lesser control of rental, borrowing, or leasing. Envy is the desire for, and the displeasure of, others possessions. Non-generosity is the unwillingness to give possessions to others, or share possessions with others (Belk, 1984). A survey measuring car sharing, car owning and materialism was distributed to a sample to 1078 citizens in the city of Gothenburg, Sweden ( $N = 272$ ). Materialism was measured through three items, representing the three categories of materialism; "renting or leasing a car is more appealing to me than owning one" (i.e. possessiveness); "when friends have things I cannot afford it bothers me" (i.e. envy); "I don't mind giving rides to those who don't have a car" (non-generosity). Each item was

measured by a five-point Likert scale, ranging from "strongly disagree" to "strongly agree". Three independent-samples t-tests were conducted to compare possessiveness, envy, and non-generosity, for car sharers and car owners. There was a significant difference in possessiveness for car sharers ( $M = 3.56$ ,  $SD = 1.22$ ) compared to car owners ( $M = 2.04$ ,  $SD = 1.00$ ;  $t(143) = -7.86$ ,  $p = .000$ ). There was no significant ( $p < .05$ ) differences in envy and non-generosity between car sharers and car owners. Behavioral change from car ownership to car sharing call for more knowledge related to possessiveness. We recommend researchers, policy makers, and designers to focus less on envy and non-generosity.

## Social Psychology: Ethnicity and Immigration

### Personal Constructions of Race and Ethnicity As Frameworks for the Subjective Experiences of Group Constructions

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Race and ethnicity are terms used in the colloquial, which are often conflated (Suyemoto et al., 2020). In places like Sweden, which have a tense relationship to concept of race, due to a history of racial biology (Ericsson, 2021) and the current dominance of postracialism (Goldberg, 2015), it's important to flush out how participants make meaning of these words. Further, semantic narrowing, for example the use of the word ethnicity as a proxy for race (Stephen, 2014), can interrelate and possibly obscure personal relationships to different concepts and their application towards group constructed meanings. Through 40 interviews and surveys conducted in southern Sweden, participants were asked to reflect on race, ethnicity, and Swedishness. Multiple meanings were present for participants, of which half were white and half non-white. This incongruence relates to possible invalidity in capturing data from this population. As well, boundaries around the group construction of 'Swedishness' were active, in that they were based in both subjective and group-level meanings. This presentation aims to contribute to the growing body of race and racialization literature in Sweden.

### Resiliency and Vulnerability: Voices of Immigrant Youth and Parents Who Cope With Migratory Transition

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Unlike 'deficit models' emphasizing negative consequences and immigrants' maladjustment in countries of resettlement, the salutogenic perspective focuses on psychosocial resources and capacities that people and groups can mobilize to face stressors and challenges. The salutogenic point of view emerged from ecological and family-oriented migration studies and led to a greater interest towards relational, long-term, and protective processes capable of supporting migrant individuals, families and communities across resettlement phases.

Using Italian data from the EU-funded MIMY project (EMpowerment through liquid Integration of Migrant Youth in vulnerable conditions, Horizon 2020) and referring to a multidimensional and processual framework on migrants' integration and vulnerability (Spini et al., 2017), the current study aimed at collecting and exploring voices, opinions, beliefs, cultural representations about the meaning of

vulnerability (stress and resources) adopting the perspective of people who migrate. The study deployed a qualitative methodology based on focus group interviews: 4 FGs involving TCN male and female migrant youth (age range: 18-29 years) and 2 FGs involving TNC immigrant parents (age range: 40-55 years) have been conducted to explore attitudes, thoughts and opinions about integration and challenges faced by migrant youth in Italy. Thematic analysis carried out on FGs transcripts permitted to identify several themes and subthemes related to conceptualization of vulnerability and integration (perceived obstacles and resources), revealing interesting commonalities across participants, and also underscoring gender and generational differences. What has helped and hindered over time in building young migrants' lives in the context of migration will be discussed by reference to five main interrelated dimensions (cultural, linguistic, professional, living conditions, and psychological) that emerged from the focus group interviews.

### Bodily-Norms, Gender and Culture

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Individuals are born in different cultures and are raised with social norms that penetrate people's lives through the process of social influence during life time. The way to appear and behave with our bodies are also pre-written by the norms in each society and these norms are different accordingly. When people immigrate to other countries with different views about bodily-norms they can be faced with a big change. In order to track possible differences between the bodily-norms accepted by immigrants (individuals coming from collectivist cultures) and Germans (individuals living in an individualistic society) who both were living in Germany, semi-structured interviews with open answers were conducted (N=24) which aimed at conformity to bodily-norms in different social contexts. Some differences were detected such as emphasis on clothing based on gender which seemed to be more important among immigrants, this contradicted with Germans' point of view who were against the difference of clothing regarding gender. This study also showed Germans were more sceptical about obeying religion regarding clothing and behaviour than the immigrants who all came from the middle east. Therefore, another study including two questionnaires (Bodily-norms Conformity Scale & Self-construal Scale) was conducted among Iranians and Germans (N=267) that targeted the interdependence and independence of individuals in relation to their conformity to bodily-norms: The results showed that conformity to bodily-norms correlated differently with the interdependence and independence of self-construals in different social contexts.

## Not All Immigrants Are Equal: Different Attitudes Towards High-Status vs. Low-Status Immigrants in Mexico

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Mexico is a country with an important migration flow towards United States, but also the residency of an important number of US citizens, especially retirees. Recently it has also become the scenario of caravans of Centro American immigrants, especially from Honduras, in their way to the US, something that is the focus of public opinion concern. Literature has shown that generally, not all immigrants are equally welcome in a country and that high-status immigrants might elicit better attitudes. This study aims to compare the attitudes of Mexicans towards US (high-status) immigrants and Honduran (low-status) immigrants. Following an intergroup design, Mexican participants evaluated US immigrants (N = 216) or Honduran immigrants (N = 219) responding to an online questionnaire reporting the perceived status of the groups, the quality of contact they had with the target group, the perception of intergroup similarity with the Mexican culture, intergroup emotions elicited (positive and negative), and facilitation tendencies towards them at interpersonal and institutional level. As expected, US immigrants were considered as having higher status than Hondurans. Although Mexicans perceived Honduran immigrants as more similar and experience more positive emotions towards them compared to US immigrants, these Centro American immigrants also provoked more negative emotions and Mexicans were less willing to help this group both interpersonally and institutionally. To conclude, attitudes towards different immigrant groups are different if they are considered high or low status. Although high-status US immigrants were seen as more different from Mexicans than low-status migrants from Honduras, they ended up being more benefited from facilitation tendencies. We discuss how attitudes can serve as a tool of perpetuation of inequality, as those immigrants who need more support are those who paradoxically received less. Future venues about how perceived similarity can rise facilitation tendencies towards low-status immigrants are open.

## Stereotypes, Perceived Realistic Threat and Contact With Indigenous Peoples and Honduran Immigrants in Mexico

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Mexico is a diverse and multicultural country with different ethnic minorities. Attitudes towards minorities vary according to the context and the level of intergroup contact. Negative stereotypes about the minorities can be a source for perceiving realistic threat, but this might not be the case when there is high intergroup contact. The aim of this study was to analyze whether the relationship between stereotypes and perceived realistic threat varies depending on the ethnic minority assessed: indigenous peoples of Mexico (high-contact) and Honduran immigrants (low-contact). Following an intergroup design, non-indigenous Mexican participants evaluated Honduran immigrants (N = 219) or indigenous peoples of Mexico (N = 200) responding to an online questionnaire in which they reported their perception of stereotypes (i.e., morality, immorality and competence dimensions), realistic threat and quantity of contact with them. Results show that participants recognized having more contact with Mexican indigenous people than with Honduran immigrants. They also have a more positive perception of indigenous people who were perceived as more moral, less immoral and more competent, and less threatening than Honduran immigrants. Stereotypes regarding immorality or competence were associated to perceived realistic threat in the case of Honduran immigrants, but not in the case of indigenous people. Perceived morality was positively associated to threat when assessing both minorities, but more strongly in the case of Honduran immigrants, a group with less intergroup contact. Findings showed that stereotypes seem vitally important in considering whether or not we perceive threat from minority groups when we have low contact with them and they may be considered more unfamiliar. Future implications reveal the importance of increasing levels of cross-cultural contact to reduce the negative impact of stereotypes on the perception that a group may be threatening.

## Work and Organizational Psychology: Stress and Work-Related Well-Being I

### Mechanism Linking Presence of Calling and Teachers Well-Being: The Role of Living a Calling and Organizational Support

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Presence of calling and living a calling are concepts which are shown to be highly relevant to both job satisfaction and well-being. However, there is a lack of studies examining the role of job satisfaction as mediator between living a calling and subjective well-being. The aim of this study was to explore the model including the presence of calling as predictor, living a calling and job satisfaction as serial mediators, and life satisfaction as criteria. Based on the hypothesized model organizational support was also included as moderator of the relationship between perceiving a calling and living a calling.

The sample consisted of 380 primary teachers from all regions of Croatia out of whom 96% were female. Mean age of working experience was 20 years (ranged from 0 – 43 years). The following instruments were applied in online research: The Presence subscale of the Brief Calling Scale, the Living Calling Scale, the Perceived Organizational Support Scale, the Job Satisfaction Scale and The Satisfaction with Life Scale. The results supported the proposed model. Perceiving a calling is positively related to living a calling to a higher extent when organizational support is provided. Living a calling then led to job satisfaction, which in turn led to life satisfaction. Presence of calling showed no direct relationship with life satisfaction, thus showing complete mediation. Results highlight the importance of living a calling in the relationships between perceiving a calling and teachers' job and life satisfaction. Additionally, the relationship between perceiving a calling and living a calling was stronger when teachers experience organizational support. The findings have implications for both theory and practice in the field of school management and teachers' well-being.

### Workplace Bullying and Victimization: A Mixed Method Approach

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In recent years, workplace bullying and victimization, has gained the interest of many researchers, who study both the factors that lead to it and its consequences. This research aims to investigate the way that experiences of school bullying and victimization, personality traits and elements of the work environment affect the development of bullying and victimization in the context of work. It also aims to understand

how workplace bullying affects the mental health of individuals, through the assessment of feelings of bitterness in employees who have recently been targets of intimidating behaviors in their workplace, as also the way that employees react to workplace victimization. 302 employees from four private companies, were asked to anonymously complete the following questionnaires in one time phase: Organizational Culture Assessment Instrument, part of the Five Factor Personality Inventory questionnaire, Retrospective Bullying Questionnaire, Post-traumatic Embitterment Disorder Self-Rating, Negative Acts Questionnaire – Revised. Participants also completed a list of coping skills to workplace victimization. Data collection completed after the last phase, which included information obtained from 10 semi-structured employee interviews from participants that have completed the questionnaires of phase one, and for the last six months faced negative experiences in their workplace for at least on time. Our findings show that school victimization experiences influence the occurrence of workplace victimization, as also personality traits of employees and specifically neuroticism, affects the development of the phenomenon. Workplace climate also seemed to mediate affecting the above relationship. Additionally, work climate and workplace victimization appeared to be associated with the development of Post-Traumatic Embitterment Disorder. In addition, employees' coping skills to workplace victimization act as a mediator in the relationship between neuroticism and workplace victimization. Finally, data from the second phase of the research obtained through semi-structured interviews, provide important information from the experience of workplace victimization of employees.

### Do National Cultures Help Create Abusive Organizational Cultures? Opinions of HR Professionals on Culture in Turkey: A Qualitative Content Analysis

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IP19-8-DP

Bullying is undoubtedly among the most common counterproductive behaviors in the workplace. It arises when the bully (often someone in a supervisory position) attempts to neutralize or dismiss the victim through negative acts such as making them unable to perform their job, humiliating them, or making them feel worthless. This paper excerpts the findings on how Turkish culture contributes to workplace bullying, based on the interviews conducted during a large-scale project entitled „Global Work Bullying Project“. The participants were 15 HRM professionals working in local and global organizations from various sectors (female=9; Mage = 34.5; Mexperience = 8.87 years). The qualitative inductive content analysis via MAXQDA software was used in the analysis. The results hint that national culture may be playing an essential role in the experience of workplace bullying in Turkey. The interviewees cite the leaders' abusive behaviors, authoritarian and paternalistic characteristics, and the followers' submissive attitudes and conflict-avoidant tendencies as factors creating a ripe environment for workplace bullying. Lack of effective

feedback (delivery and reception) skills and a preference for indirect communication are common to both managers and followers. The interviewees noted that employees shy away from reporting cases of bullying because they are worried that they will get the blame. The interviewees associate these workplace beliefs, attitudes, and behaviors with a poor internalization of democratic values. The results imply that workplace bullying may thrive when hierarchy trumps equality; authority, seniority, status, and title are revered; physical, security and economic needs are primary; and trust is not firmly embedded in the organization. These and other insights and observations by the interviewees are considered consistent with where Turkey is located in Hofstede's (2010) power distance and individualism-collectivism, and Inglehart and Welzel's (2010) self-expression-survival secular-rational-traditional dimensions and opened to discussion.

### **The Association Between Bullying and Silence in the Workplace in Turkey: A Systematic Review and Meta-Analysis**

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IP19-8-DP

This study adopts the PRISMA guidelines (Moher et al., 2009) and examines the relationship between perceptions of bullying and silence in the workplace in Turkey. Workplace bullying (WB) is relatively more clearly defined, and different WB scales (e.g., Einarsen & Raknes, 1997; Leymann, 1990) appear to be measuring the same construct, but this is not necessarily the case for workplace silence scales, with some focusing on more personal aspects of silence (e.g., Van Dyne et al., 2003) and others on more organizational aspects (e.g. Cakici & Cakici, 2007). The systematic review showed that there is often a significant positive correlation between bullying and silence, with bullying designated as the independent variable and silence as the dependent variable. There is some concern that when it is an effect of WB, WS may exacerbate the negative effects of WB, contributing to occupational stress and illnesses (Harlos & Knoll, 2018). The random-effects meta-analysis included the 17 studies that reported Pearson's correlation coefficients between the bullying and silence scales and found a statistically significant positive association between bullying and silence (pooled correlation coefficient  $r = 0.41$ , 95% CI = 0.31 to 0.50,  $z = 7.78$ ,  $p < .0001$ ). A post hoc subgroup analysis was conducted and the mixed-effects model results showed that the pooled effects of the subgroups differed ( $r = 0.33$ , 95% CI = 0.22 to 0.43, for the employee silence scale;  $r = 0.55$ ; 95% CI = 0.41 to 0.65; for the organizational silence scale) and this difference was statistically significant [ $Q(1) = 6.29$ ,  $p = 0.0122$ ]. The correlational nature of the studies and the underdeveloped and multidimensional workplace silence construct, with employee silence including subdimensions (e.g., acquiescent, defensive, prosocial, and relational silence) not necessarily overlapping with the subdimensions of organizational silence, make it hard to draw firm conclusions or make generalizations.

### **Platform Mental Health: United Power for Extra Healthy Years at Work**

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The Northern Netherlands region focuses on the theme of healthy aging and wants to make the Northern Netherlands a man-made blue zone. Mental health is an important part of healthy aging and is also high on the agenda at various organizations. With the Platform Mental Health in the workplace, collaboration has started between large employers, SMEs and researchers in the Northern Netherlands. This raises opportunities but also comes with responsibility; perfectly matches the theme of ECP 2022. The aim of the Platform Mental Health is to determine which interventions contribute to improved mental health of employees and which underlying dynamics are responsible for which impact and for which target groups. This objective also includes a secondary one, namely the anchoring of the Platform Mental Health (community building). For each organization, interventions are determined ideally bottom-up per team and subsequently rolled out by SMEs. The usual phasing of intervention research (problem formulation, diagnosis, design, intervention, evaluation) has been translated into the IGLOE model in this study. The IGLOE (Individual, Group, Leader, Organization, and Environment) model is used to monitor interventions at different levels with regard to mental health. The analysis of the cases is carried out in a mixed methods manner. A T0 measurement took place with the help of a questionnaire. It measured several concepts like burnout, work engagement, and mental workload. In addition, the T0 analysis per IGLOE level were elaborated deeply with focus interviews. The same procedure was carried out at T1. We will present the results of evidence-based interventions and their underlying dynamics using the intervention research cycle (problem formulation, diagnosis, design, intervention, evaluation). Using the conclusions we aim to contribute to workplaces in which people's mental health can thrive either working from the workplace or from home.

## Clinical Psychology: PTSD in National and Specific Populations

### Trauma- and Stress-Related Disorders in Lithuanian National Healthcare in 2018–2020

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Trauma- and stress-related mental disorders, such as posttraumatic stress disorder (PTSD) or adjustment disorder (AjD) are among the most prevalent disorders worldwide. However, multiple studies from around the globe indicated that these disorders are scarcely diagnosed in healthcare. The aim of this study was to estimate PTSD and AjD incidents in national healthcare in 2018–2020 in Lithuania, and analyze the effect of the COVID-19 pandemic on PTSD and AjD incidences in 2020. The national healthcare registry was used for estimations of diagnosis of PTSD and AjD in national healthcare in the years 2018–2020. The study revealed that stress-related disorders PTSD and AjD are diagnosed rarely, resulting in a considerable gap between the expected prevalence and incidences of these diagnoses in healthcare in Lithuania. The total number of diagnosed cases of PTSD in national healthcare ranged between 351 and 437 cases, with incidences per 100,000 of population ranging from 12.56 to 15.64, which is 0.01–0.02% of the total population. AjD was diagnosed in healthcare from 6,611 to 7,390 times (0.24–0.26% of the total population), with a 236.61–264.48 incidence rate in the years 2018–2020. Moreover, a significant decline in mental disorders incidence in healthcare in 2020, in comparison to 2018 and 2019, was found, revealing that the COVID-19 pandemic had a negative impact on access to healthcare services and increased barriers for mental disorders treatment. The study indicates the need for developments to increase acknowledgment of the effects of trauma and life-stressors in healthcare. Innovative digital health solutions for the assessment and treatment of stress-related disorders are needed to reduce the burden of stress-related disorders in society.

## Social and Trauma-related Risk Factors Associated With Complex Posttraumatic Stress Disorder in the Lithuanian General Population Sample

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The 11th edition of the International Classification of Diseases (ICD-11) for the first time includes a new diagnosis of Complex Posttraumatic Stress Disorder (CPTSD) – a distinct disorder from Posttraumatic Stress Disorder (PTSD). This inclusion creates a need for research to differentiate the risk factors of PTSD and CPTSD to understand better the social and trauma-related factors leading to CPTSD onset and symptom maintenance. This study aimed to explore the prevalence of traumatic experiences and trauma-related disorders in a general population Lithuanian sample and explore gender and age effects as well as social and trauma-related risk factors of PTSD and CPTSD. In total, 885 participants (Mage (SD) = 37.96 (14.67), 63.4% female) were recruited. The Life Events Checklist was used to measure trauma exposure, PTSD and CPTSD symptoms were measured by the Lithuanian International Trauma Questionnaire (ITQ) version. The Disclosure of Trauma Questionnaire (DTQ) was used to measure the urge or reluctance to talk about trauma. The majority of study participants (81.4%) experienced at least one traumatic event during their lifetime. The prevalence of PTSD and CPTSD among the general population in Lithuania was 5.8% and 1.8%, respectively. Accumulative lifetime trauma exposure, sexual assault and assault with a weapon were significant predictors for both PTSD and CPTSD. Participants from the CPTSD group reported greater reluctance to disclose trauma and stronger emotional reactions to trauma-related stimuli than no diagnosis and PTSD groups. To conclude, our findings suggest that previous trauma and interpersonal trauma are important risk factors associated with PTSD and CPTSD but may not differentiate between these diagnoses, especially in non-clinical samples. However, the study also highlights that social factors, such as avoidance of trauma disclosure, could lead to more adverse psychopathology, including CPTSD.

## Posttraumatic Stress and Embitterment in Chinese Prisoners: The Role of Difficulties in Emotion Regulation and Shutdown Dissociation

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The main objective of the presentation is to examine a theoretical model depicting the interrelationship between posttraumatic stress, embitterment, emotion regulation difficulties, shutdown dissociation and psychiatric comorbidity among prisoners in China. For the purpose of the study 801 prisoners (660 males, 141 females) were recruited from 2 units of a prison in China. They completed the Posttraumatic Stress Diagnostic Scale, Post-Traumatic Embitterment Disorder, General Health Questionnaire-28, Difficulties in Emotion Regulation Scale - Short Form and Shutdown Dissociation Scale.

After controlling for demographic variables, PTSD due to past trauma was significantly correlated with embitterment, which was also significantly correlated with psychiatric comorbidity. Difficulty in emotion regulation and shutdown dissociation mediated the effects of embitterment on distress outcomes. The results show that past trauma and embitterment may influence the way prisoners control their negative emotions and manifest their psychosomatic reactions. Difficulties in regulating their emotions and psychosomatic reactions could in turn exacerbate other psychological symptoms.

## The Role of Moral Injury on ICD-11 Post-Traumatic Stress Disorder (PTSD) and Complex PTSD in a Treatment-Seeking Sample of Nurses

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Healthcare workers are at high risk of being exposed to potentially morally injurious events in their clinical practice. This study aims to evaluate how moral injury (MI), traumatic experiences, and daily stressors were related to the symptoms of post-traumatic stress disorder (PTSD) and ICD-11 specific complex PTSD (CPTSD) symptoms of disturbances in self-organization (DSO) in a treatment-seeking sample of nurses. A total of 206 licensed Lithuanian nurses participated in the current study. The mean age of the study participants was 42.34 years (SD = 11.68), 97.1% female, and 65% > 10 years of work experience. Nurses completed an online questionnaire as a part of their registration to psychosocial intervention focused on stress recovery. The prevalence of PTSD and CPTSD in the treatment-seeking sample of nurses

was 9.2% and 10.2%, respectively. The results of structural equation modeling indicated an acceptable model fit for the model regarding the links between trauma exposure, daily stressors, MI, PTSD, and DSO symptoms, ( $\chi^2$  (123) = 219.718,  $p < .001$ , CFI/TLI = .937/.922, RMSEA [90% CI] = .0562[.048, .075], SRMR = .049). MI had a large effect on DSO symptoms,  $\beta = .667$ ,  $p < .001$ , and a medium effect on PTSD symptoms,  $\beta = .394$ ,  $p < .001$ . Daily stress but not trauma exposure was significantly related to MI,  $\beta = .618$ ,  $p < .001$ . To conclude, the prevalence of PTSD and CPTSD in a treatment-seeking sample of nurses emphasizes the demand for psychosocial interventions for healthcare workers focused on stress management to address their daily stressors and mitigate effects on MI or trauma-focused treatments for PTSD/CPTSD. The findings provide tentative evidence that the relationship between MI and CPTSD appears to be more strongly associated with DSO rather than PTSD symptoms, and this could have implications for treatment for MI.

## Validity of the Clinician-Administered International Trauma Interview for the Assessment of ICD-11 Complex Posttraumatic Stress Disorder in a Lithuanian Sample

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The 11th revision of the International Classification of Diseases (ICD-11) is planned to officially come into effect in 2022. It includes a new diagnosis of complex posttraumatic stress disorder (CPTSD) which encompasses symptoms of posttraumatic stress disorder (PTSD) and disturbances in self-organization (DSO). As CPTSD is a new diagnostic category, there is a significant lack of valid tools for the assessment of CPTSD symptoms. This is one of the first studies exploring the validity of the International Trauma Interview (ITI; Roberts et al., 2019), a diagnostic tool for the clinical assessment of the ICD-11 PTSD and CPTSD. In total, 103 participants (Mage = 32.64 years; SDage = 9.36; 83.5% female) exposed to traumatic events were included in the study. The ITI and other mental health measures (depression, anxiety, well-being, etc.) were used. The latent structure of the ITI using confirmatory factor analysis (CFA) was tested for the four alternative model solutions. To test the associations between the ITI latent factors and other measured mental health indicators, a structural equation model (SEM) was conducted. Structural validity of the ICD-11 PTSD and CPTSD diagnostic interview (ITI) was supported with a two-factor second-order CFA model of PTSD and DSO symptoms ( $\chi^2$  (47) = 47.79,  $p = .441$ , CFI/TLI = 1.000/.999, RMSEA [90% CI] = .013 [.000, .066]). The associations with various mental health indicators supported the convergent and discriminant validity of the ITI. The ITI is a valid tool for assessing and diagnosing ICD-11 CPTSD. It is essential to further investigate the ITI in order to have a valid

and available instrument for the thorough clinical assessment of a new diagnostic category of complex PTSD.

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## Cyberpsychology: Impact of the Internet on Attitudes, Social Perception and Relationships

### Fake News: More Time to Read, Less Possibilities to Believe?

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Dual process theory states that the less time a person has for a decision, the poorer their choices will be. Besides, people are truth biased - meaning they tend to see new information as accurate. In the context of fake news, time constraints make people more susceptible to false information. Therefore, the study's main aim was to analyze relationships between overall belief in fake news and discernment of fake news under different time constraints. In total, 504 pre-retirees and retirees of Lithuania participated in the research (69.7 percent were females). The mean age was 64.3 (range from 50 to 90 years). Participants read true and false news headlines taken from social media and were randomly divided into four groups: had 7 s, 10 s, 15 s, and no time restrictions for reading them. Two measures were calculated: how much the participant believed that the headline was accurate (overall belief) and how much he/she could distinguish between true and fake headlines (discernment). The study revealed that overall belief in news is higher and discernment of fake news is lower with higher time constraints. Results suggest that when 7 seconds were given to read a news headline, subjects indicated to believe them more and were worse at discerning true from fake headlines compared to conditions where 10 or 15 seconds were given or when no time constraints were assigned to read a news headline. These results seem to support dual process theory as an increase in fake news discernment and a decrease in overall belief in news seems not to be gradual. However, further work is necessary to understand better how people discern fake and true news under short time constraints. Also, it is important to investigate different other factors affecting overall belief in news and discernment of fake news.

### Motivations Underlying Sexting Attitudes: Qualitative Approach

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Qualitative research on sexting is not at all rare internationally (for an overview, see Doyle et al., 2021). Despite this steady

increase in qualitative international research, qualitative studies examining the phenomenon of sexting in non-Western, traditional cultural contexts are rare. This study aims to qualitatively examine sexting in Croatia and Bosnia and Herzegovina, as both are post-war countries that share similar cultural values, but also differences that may be evident in sexting behaviour. Participants were 57 high school students (aged 15-19) from Bosnia and Herzegovina and Croatia who participated in the six online focus group discussions, with each group consisting of six to twelve participants. Participants responded to five written vignettes describing sexting practices. The five vignettes about sexting were composed of five types of sexting experiences: (1) sexting under intimate partner pressure, (2) consensual sexting with intimate partner, (3) revenge sexting, (4) sexting under peer pressure, and (5) sexting to flirt with another person. Students gave their opinions on the vignettes presented. Sexting with the motive of partner revenge and peer or partner pressure was perceived negatively by participants, while sexting for the purpose of maintaining an intimate relationship was viewed positively. Sexting for the purpose of flirting was mostly perceived negatively or neutrally, in terms of making one's own choices. Overall, the qualitative study based on the vignette suggests that non-consensual forms of sexting are viewed as negative behavior in both cultural contexts, while consensual sexting with a trusted person is viewed as positive behavior.

### **Slut Shaming From Adolescence to Emerging Adulthood: Experience, Impact and Gender Stereotypes**

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IP3-8-E2

Slut shaming is a form of gender discrimination which includes name-calling, such as „slut,“ rumors of a sexual nature, or rejection (Almazan & Bain, 2015; Armstrong et al., 2014). Slut shaming primarily targets women and is active as early as adolescence (Van Royen, 2017). Our research aims to assess young people's experiences of slut shaming online from a developmental perspective, from the onset of adolescence to emerging adulthood, and the impact and evolution of gender stereotypes during this period of life. The data were collected on the basis of a paper questionnaire assessing gender-based and sexual cyber-violence from two distinct groups: on the one hand, adolescent girls in secondary school (N = 605,  $\mu$  = 15.18 years-old); on the other hand, young women in higher education, working at NEET (N = 500,  $\mu$  = 19.78 years-old). This questionnaire assessed online slut shaming behaviors, attitudes toward gender stereotypes, physical health, and depression (Golberg and Hillier's General Health Questionnaire, 1979). 10.47% of girls under the age of 15 have experienced slut shaming. This concerns 14.85% of adolescent girls (under 18 years of age) and 24.2% of emerging adults (19.8% of emerging adults report at least one occurrence of slut shaming in the twelve months preceding the study). The statistical regressions show that slut shaming

has a significant impact on the physical and psychological health of adolescents. However, the effect is not significant for emerging adults. Finally, we find a change in adherence to gender stereotypes over the life course. Slut shaming appears to be a reality in the lives of women. Sexist insults affect the psychological, emotional and sexual integrity of adolescent girls. We will discuss the developmental implications as well as the practical applications of these findings to the prevention of sexism among youth.

### **COVID-19 Related Anxiety Among Youth and Its Relationship With Screen Time and Mindfulness**

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Current literature indicates that safety measures, including lockdowns during the COVID-19 pandemic, severely disrupted our lifestyle, marked with increased screen time and have exacerbated our physical and mental well-being. Understanding the relationship between specific types of screen time and COVID-19 related anxiety and exploring protective factors (e.g., mindfulness) is critical for youth. 86 youths aged 12-24 (Mage = 16.65, male = 27%) reported their average time spent on different types of screen-based activities (passive watching, social media, education) and completed the Coronavirus Anxiety Scale (CAS) and Mindfulness Attention Awareness Scale (MAAS) between April 2021 and January 2022. Binary logistic regression analysis was conducted to examine the association between the types of screen time, mindfulness, and COVID-19 related anxiety. Our preliminary analysis indicates that engaging in 5 or more hours per day on social media decreased the likelihood of experiencing COVID-19 related anxiety (OR = .23, 95%CI = 0.7-.841 p < .05) compared to those youths who spent less than one hour on social media. Further, a higher innate capacity for paying attention to present moment experience (MAAS) also significantly decreased the odds for experiencing COVID-19 related anxiety (OR = .95, 95%CI = .91-.99, p < .05). Other types of screen time (passively watching screens and educational screen-based activities) were not significantly associated with COVID-19 related anxiety. Our findings suggest that engaging in social media (e.g., Instagram, TikTok) during the COVID-19 pandemic may help reduce COVID-19 related anxiety. With the safety measures such as social distancing and lockdown in place, youths may use social media to regulate their emotions by connecting with peers online. Our finding also suggests that mindfulness could also buffer COVID-19 related anxiety among youth.

## The Incidence and Predictors of Sharenting Practices among Turkish Speaking Parents

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Sharenting is the combination of the words parenting and sharing which indicates the parental sharing practices about their offspring on social media sites (Blum-Ross & Livingstone, 2017). It is a complex social phenomenon beyond of the frequency of information shared about the child and includes the amount, frequency, content of the posted information about the child (Brosch, 2018). Studies found that the motives behind sharenting practices are sharing the happy memories and special events (Blum-Ross & Livingstone, 2017), coping with the feeling of loneliness and isolation (Mott Poll Report, 2015), receiving social support from the others (Duggan et al., 2015) and getting information from the parents who have the similar experiences (Bostancı, 2018). The main aim of the present study is to explore the relationship between parents's level of self criticism, emotional engagement with the received feedbacks, worries about violating their children's right to decide and concerns about privacy with their sharenting practices. A total of 558 parents (Mage = 33.59, SD = 5.98; 81.7% mothers) with children aged between 0-6 from two Turkish speaking countries were recruited by using convenience sampling. The data was collected online. We conducted regression analysis to understand if parents's level of self criticism, emotional engagement with the received feedbacks, worries about violating their children's right to decide and concerns about privacy predicts their sharenting practices. The results indicated that 85% of the participants shared an online content about their children before the age of two; most of them (41%) preferred Instagram followed by Facebook (17%) and 73% shared only with whom they know in person. Regression analysis showed that emotional engagement with the received feedback ( $t = 9.018, p < .000$ ) but not the level of self criticism, worries about violation of their children's right and concerns about privacy predicted sharenting practices.

## Clinical Psychology: Eating Disorders / Autism

### A Pilot Study for Autism Screening and Early Intervention in Istanbul, Turkey

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Early symptoms up to 36 months of age can be prevented by supporting psychosocial development. Even if some of them will not progress as autistic disorder, any possible autism-like symptoms can be prevented by the participation of the families to learn how to relate with their children. This pilot project, which was started at October 2018 and completed at October 2019, covered 300 families residing in Zeytinburnu district in Istanbul and having babies between the ages of 18-36 months. Families were reached with an announcement describing the study. 157 parents applied to the project. Families were screened with the PARI Family Scale and their babies with the M-Chat Autism Screening Scale. The risk of developmental delay/ASD was determined in 15 children. This information was given to the families of these 15 children also they were informed about the aims and procedure of the project. After this debriefing, family group intervention was implemented for 6 families (a total of 8 parents) who agreed to participate in this psycho-social support program. In addition, 6 children who were determined to be at risk and whose families agreed their participation were provided individual intervention based on play and art therapy techniques twice a week for 45-minute sessions. Totally 32 sessions for each child lasted for 3 months. In the post-test, these 6 children received "pass" from the M-Chat. For long-term monitoring, interviews were held with the families of the participating children after one year, and they stated that their development were thought to be normal anymore and they did not observe any difference in their interactions with their peers. In this presentation, the details of the interventions in this pilot study will be included, as well as what is planned to be done in the future stages of the project will be mentioned.

### Toward a Validated Tool for Assessing Nonliteral Language Comprehension in Adults With ASD

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IP2-9-LD

Difficulties in understanding non-literal speech in adults with Autism Spectrum Disorders (ASDs), such as irony, are frequently reported in the literature. However, even

though social and communication impairments are part of the essential diagnostic criteria used to define ASDs, such difficulties are rarely examined in clinical assessments due to the lack of available tools to clinicians. The present study aimed to develop and test a new non-literal language comprehension tool for ASDs individuals. We created a set of 48 short videos (duration: 10-13 s). These videos consisted of animated cartoons (to control paralinguistic information) which presented stories containing ironic versus literal utterances produced by one of the characters (“Léa”). Participants were asked to identify whether the utterance was literal or ironic using 7-points Likert scales. We investigated irony comprehension in adults with ASDs (N = 14) compared to typically developed adults (N = 14). To explore whether such difficulties would co-occur with social-cognition impairments, we completed this assessment by measuring emotion-recognition performances using the mini-SEA test. A linear mixed model with random intercept was run by considering task-type (literal/ironic) as within-subject factors and group (ASDs/controls) as the between-subjects factor. The Group and Type main effects both reached statistical significance. The Group-by-Task-type interaction was also significant. Pairwise comparisons revealed that, while controls correctly identified both irony and literal utterances, marked deficits were found in irony comprehension contrasting with preserved literal comprehension in adults with ASDs. In order to examine whether irony comprehension was correlated with emotion-recognition performances and if this association was moderated by the group, a second model was run by considering emotion-recognition scores as a covariate and group (ASDs/controls) as the between-subjects factor for ironic utterances. The Group-by-Scores interaction was marginal. This tool is intended to be standardized to better identify deficits in comprehending non-literal language in clinical practice.

### **Transdiagnostic Perspective on Intrusive Thoughts about Obsessions, Eating, Illness and Body**

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IP2-9-LD

Unwanted intrusive thoughts (UITs) suddenly come to mind involuntarily. UITs are upsetting and distressing, interrupt the job, difficult the control and accept. UITs have an important role in developing and maintaining Obsessive-Compulsive Disorder (OCD) and these thoughts generally have been studied in the research about OCD. However, there can be found similarities across different diagnosis and etiological explanations. These similarities can reveal higher order model that is shared by multiple diagnosis. The main aim of the study is to test whether intrusive thought is a transdiagnostic variable. In addition to obsessional UITs, those related to body, eating and illness were also examined in the same study. The total sample composed of 410 participants. Firstly, the correlation between obsessional, body, eating and illness

related UITs each other in terms of the frequency, discomfort, interpretation, and control scores. Then repeated measures analysis of variance were run to evaluate intra-individual differences. Also linear regression analyses were conducted to explore whether having an intrusive thought in one content increases the probability of having intrusive thoughts in the other contents. According to results, the frequency and discomfort of thoughts and the interpretation and control strategies used for these thoughts displayed a similar pattern in each four different content. The frequency of UITs in one specific content and the discomfort caused by these thoughts is not independent of the frequency and discomfort of UITs in another contents. The results have also showed that UITs have been experienced in different contents rather than being specific to a particular psychopathology. In sum, the results are expected to contribute to the transdiagnostic approach, which offers an underlying mechanism for explaining psychopathologies with phenomenological similarities and high comorbidity rates.

### **An Investigation of the Relationship between Impulsivity, Time Perspective, and Decision Making in Obesity**

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IP2-9-LD

Obesity is a complex and multifactorial medical condition that threatens public health worldwide. The World Health Organization defines obesity as abnormal or excessive fat accumulation that poses a health risk. Time perspective, on the other hand, is a cognitive construct that describes a person's orientation towards the importance of the present, past, and future. According to Somatic Marker Hypothesis, which claims that emotional and internal states can influence decision making, obese patients may prioritise positive somatic markers related to possible high reward over negative somatic markers. This study therefore aimed to examine the relationship between risk-taking behaviour and time perspective in obesity. Forty-four healthy and 43 obese individuals between the ages of 18-60 participated in the study. In addition to Iowa Gambling Task (IGT), a measure of risk-taking and decision-making, Zimbardo Time Perspective Inventory (ZTPI), and Barratt Impulsiveness Scale (BIS) were given to participants. The groups significantly differed from each other with respect to time perspective and impulsivity scores. In particular, obese participants were less future-oriented and scored higher on Nonplanning subscale of BIS. Furthermore, obese group performed significantly worse on the IGT. A stepwise regression analysis for the whole sample revealed that Body Mass Index (BMI) and Future score of ZTPI significantly predicted IGT performance, explaining 23% of the variance. Our findings suggest that impaired decision-making in obesity might be related to time perspective. We therefore believe that psychological approaches in obesity should focus more on time perspective in order to improve patients' physical as well as psychological well-being.

## Developmental Psychology: Development in Adolescence and Emerging Adulthood

### Friendship in Adolescence: The Role of Moral- Judgment Competence and Theory of Mind

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This research examined (a) adolescents' perceptions of friendship quality regarding the components of affection, reassurance of worth, instrumental aid, companionship, intimate disclosure, nurturance, reliable alliance, antagonism, conflict and relative power, and (b) the role of moral-judgment competence and theory of mind (ToM) in the generation of the perceived friendship quality. A total of 234 adolescents, of both genders (115 girls, 119 boys), grades from 7 to 12, participated in this investigation. The participants were randomly recruited from 4 public secondary schools in Northern Greece. Moral-judgment competence, ToM, and perceived friendship quality were examined via the 'Moral Competence Test' focusing on C-score which is its most important cognitive score (MCT, Lind, 2005, 2008), the revised 'Reading the Mind in the Eyes Test (Baron-Cohen et al., 2001) and the 'Network of Relationships Inventory-Social Provisions Version' (NRI-SPV, Furman & Buhrmester, 1985), respectively. The main results from repeated measure ANOVA and post hoc pairwise comparisons revealed that the adolescents in the most estimated their friendships as affective and companionable, while they hardly perceived their friendships as conflicting and antagonistic. The main findings from a series of hierarchical regression analyses indicated that the moral-judgment competence was a positive contributor in the formulation of all of the positive provisions of the friendship, while it was a negative contributor only in its negative component of conflict. The same analyses also showed that ToM was a benefactor into positive components of the friendship, and an inferior factor into antagonism and conflict. Overall, although both moral-judgment competence and ToM were involved in adolescents' friendship quality, the former, compared to the latter, was a more powerful formulator of the positive components of the friendship, while in the negative components of the friendships the reverse was the case. The findings are discussed for their implications in future research and adolescents' well-being.

## Influence of Peer Presence and Emotional State on Risky Decision-Making in Slovenian Adolescents

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In adolescence, important developmental changes occur that have significant impacts on the adolescent's functioning. This period is also characterized by behaviour that is often risky and can result in material damage, accidents, and injuries. During adolescence, the influence of emotions on the individual's functioning is common, and a certain degree of conformism to peers can also be observed. Based on these facts, the authors were interested in the influence of peer presence and emotional state on risky behaviours in adolescents. 36 individuals aged 11 to 24 participated in the study. Participants completed an emotional state scale and were afterward assigned to one of two experimental situations: a frustrating or an enjoyable one. This was followed by solving the computer-guided experiment BART-Y which is known to have a high predictive value for risky decision-making even in life situations. Each participant solved the test independently and in the presence of peers. The authors found that older adolescents made more risky decisions both on their own and in the presence of peers than younger individuals, and that male participants took more risks than females. Results also indicate that positive emotional arousal increased risky decision-making in older adolescents. Finally, the authors examined the combination of peer and emotional influence on risky decision-making and noted that participants behaved most risky when they were both positively emotionally aroused and observed by their peers. Based on the results, we can conclude that both the influence of peer group and emotional state are important predictors of risky behaviour in adolescents. Present study is the first in Slovenia to verify levels of risky behaviours in adolescents experimentally using the BART-Y test. Thus, it can also serve as foundation for further research in this field.

## Patterns of Abuse and Psychosocial Functioning in Lithuanian Adolescents

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Research shows that child abuse and neglect have a significant negative impact on a child's psychosocial functioning and mental health during the lifespan. The prevalence and consequences of child abuse may vary between different countries, and most studies of childhood abuse were conducted in adult samples. There is also a lack of studies on child abuse prevalence and its effects in Lithuania. The study aimed to investigate the prevalence and patterns of abuse in

the Lithuanian adolescent sample to assess its associations with psychosocial functioning. A general population sample of adolescents ( $N = 1299$ , 56.6% girls) from fifteen public schools in Lithuania participated in the study. The mean age was 14.24 ( $SD = 1.26$ ) years. The Ethics Committee for Psychological Research at Vilnius University approved the study. Parents and adolescents gave written informed consent before the survey. Data about different forms of abuse and emotional and behavioral problems were collected. For investigation of the patterns of abuse, we used Latent Class Analysis (LCA) approach. We found the prevalence of child abuse to be higher than that observed in other countries. 71.1% reported lifetime exposure to different types of abuse. LCA revealed that four classes solution is most suitable and meaningful when classifying adolescents based on their reports of different types of abuse: less-severe abuse, peer sexual abuse, adult sexual abuse, and severe abuse. We also investigated the psychosocial functioning in four LCA-based groups. The study shows the need to acknowledge child abuse and its adverse effects on mental health. Also, the study indicates the need for further developments in the field of child abuse and neglect by utilizing innovative digital solutions for the assessment and prevention of child abuse.

### Internet Use and Positive Youth Development in a Sample of Spanish Adolescents

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During COVID-19 pandemic an increase in the use of internet and social networks has been observed, as well as detrimental consequences for mental health in adolescents and youth. Some evidences have been collected to prove the effects of the frequent use of internet and screens on emotional disorders, but more research is needed about the impact on positive indicators of psychological well-being, such as Positive Youth Development (PYD). PYD theory is a strength-based perspective of transition to adulthood derived from relational developmental systems framework. This works aims to examine the effect of the use of internet and its experience on PYD. A sample of 1038 adolescents (50.4% boys), enrolled in Secondary Education in Huelva, Spain ( $M$  age = 14.19,  $SD = 1.38$ ), filled in self-report measures of PYD, internet frequency, internet use and internet experience. Descriptive statistics indicated that around 43.5% of adolescents reported more than four hours of internet use during weekdays, and 77% indicated that use during weekend. The most frequent uses of internet were the social networks, playing music and online games. Up to 43% indicated that they spent too much time on social networks and 25.3% indicated that regarding online games. The results showed that the hours of use of internet at weekdays or at weekend were negatively associated with PYD. Adolescents who reported that they spent too much time in social networks or in games, and that they

were in a bad mood if they did not use networks or games, reported less PYD. However, the use of internet for reading or looking for information was positively related to PYD. These results underline the need to design programs to promote an adequate and limited use of internet, especially concerning games and social networks, to protect PYD in adolescents.

### How Life Transitions Influence Emerging Adults' and Young Adults' Use of the Internet: A Developmental Perspective

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The primary goal of this study was to elaborate an integrated model on the development of Internet use behavior (including functional and not functional use) across life span, by outlining the interaction among Physical, Cognitive, Emotional, Social, Material, Environmental, Digital resources, and challenges. Moreover, since the focus was on the transitions that people face, and on how the Internet use could be functional or not in these transitions, we also detailed the model by detecting different user profiles using a cluster analysis approach. A cross-sectional study was proposed based on the compilation of an Online questionnaire. Variables included were: demographic measures (gender, age), Measures of Problematic Internet Use (Self-Esteem, Self-Control, mindfulness, cognitive absorption, Online and Offline Social-Support), Measures of Functional Internet Use (Online social support, Number of Online Contacts, life satisfaction, job satisfaction), Use of Devices (computers, tablets, smartphones, consoles), use of SNSs and Web Applications (Instagram, YouTube, WhatsApp, E-mail, Facebook), the total time of Connection and Interaction (hours per day spent Online, hours interacting during free time, hours interacting during work time). The sample consists of 1,524 participants (1,050 female and 474 males). Three clusters emerged: Cluster 1 (mean age = 33.83), Cluster 2 (mean age = 25.79) and Cluster 3 (mean age = 36.80). Differences were identified between all above-mentioned variables, particularly, between Clusters 2 and 3 in the frequency of use, time spent online, and applications used. This research aimed, firstly, to define a conceptual model that considers potential resources/challenges (Physical, Cognitive, Emotional, Social, Material, Environmental, Digital) and describes how those influence the Internet use and modify human behavior during life transitions (e.g., changing school, finding a job). Secondly, starting on that model, user profiles, using cluster analysis, were outlined.

## Psychology and Personality: Psychological Response to COVID-19

### The Role of Integrative Emotion Regulation in Positive Coping

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A considerable number of people have difficulties regulating their emotions. Built on insights from Self-Determination Theory, integrative emotion regulation (IER) is the ability to experience emotions, explore the roots of emotions and use them to change behaviour volitionally. For these reasons, IER is the most autonomous form of emotion regulation (ER), one that emerges from self-motivated engagement with difficult emotions. The purpose of this study was to examine integrative ER styles, alongside other more widely tested positive (receptive ER, i.e., mindfulness) and negative ER styles (suppression and dysregulation) in relation to adaptive and maladaptive coping strategies (specific approaches for responding to negative emotions). Although the ER literature provides a large body of cross-sectional research, few longitudinal studies have been conducted to date. The study I discuss was designed as a two-wave longitudinal study across one month ( $N = 239$ ,  $M = 20.50$  years). We conducted factor analyses to identify similar patterns of coping subgroups and reduced 14-factor structure to three dimensions including adaptive coping (e.g., active coping, positive reframing, planning, and acceptance), maladaptive coping (e.g., denial, self-blame, and self-distraction), and coping through reliance on others (e.g., use of emotional support, use of instrumental support, and venting). We hypothesized that IER would predict adaptive coping strategies, whereas suppression and dysregulation would predict negative coping strategies. Linear regression analyses showed that both intentional IER ( $B = 0.28$  ( $SE = 0.07$ ),  $p = .001$ ) and receptive IER ( $B = 0.26$  ( $SE = 0.09$ ),  $p = .003$ ) predicted positive coping strategies. However, when intentional IER and receptive IER were defined simultaneously as independent variables predicting positive coping strategies, the only significant predictor was intentional IER,  $B = 0.18$  ( $SE = 0.08$ ),  $p = .024$ . Intentional ER drives adaptive everyday coping. I discuss the role of motivation in emotion regulation and explore implications of the research.

### Flourishing During COVID-19: The Role of Hope, Self-Compassion and Perceived Stress in Well-Being

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The COVID-19 pandemic has resulted in major changes in people's lives. It is therefore important to identify individual characteristics that may contribute to sustained well-being in

difficult times. We were interested in the role of hope and self-compassion as positive psychological resources that could protect well-being during the initial phase of a third wave of the pandemic in South Africa, in November 2020. Hope was conceptualized twofold: as cognitive-motivational resource (dispositional hope) and as a broader, affective resource (perceived hope). Additionally, we examined the role of perceived stress as indicator of the absence of well-being. This study aimed to examine the predictive power of perceived hope, dispositional hope, self-compassion and perceived stress on well-being. Participants ( $N = 133$ ,  $Age = 44.62$ ,  $SD = 16.62$ ) completed the Adult Dispositional Hope Scale, Perceived Hope Scale, Self-Compassion Scale, Perceived Stress Scale and Mental Health Continuum during an online survey. Descriptive statistics were calculated, followed by multiple regression analyses. The regression model was significant, explaining 50% of the variance in well-being ( $R^2_{Adjusted} = .50$ ,  $F(4, 128) = 34.24$ ,  $p < .000$ ). Self-compassion ( $p < 0.01$ ), perceived hope ( $p < .01$ ) and perceived stress ( $p = .04$ ) were significant predictors of well-being, but not dispositional hope. Holding a kind, warm and non-judgmental stance towards oneself (self-compassion) and a general belief that it is possible to fulfil one's hopes, independent from objective facts (perceived hope) are important to experiencing well-being during setbacks, such as the pandemic. Although subjective appraisal of events as more or less stressful also predicted well-being, self-compassion and perceived hope were stronger predictors. Individual disposition for goal-oriented behaviour (dispositional hope) did not contribute to well-being for this sample. Interventions to increase self-compassion and promote general hopefulness may strengthen psychological resources to deal with major life stressors.

### Intolerance of Uncertainty and Loneliness During the First Nationwide Lockdown in Greece: A Study on the General Population

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Coronavirus disease 2019 (COVID-19) was declared a pandemic by the World Health Organization in March 2020, spreading stress and fear around the world. The ensuing social isolation rapidly increased reports of elevated anxiety and perceived loneliness. Prior research has highlighted the importance of intolerance of uncertainty (IU) in the prediction of perceived loneliness (PL) during a nationwide lockdown, but the extent to which IU explains the effect of PL on related outcomes remains to be seen. The present study aims to elucidate on the relationship between IU and PL as reflected on COVID-19 related anxiety exhibited during the first nationwide lockdown in Greece. The study used baseline data collected in April-May of 2020 via an online survey distributed via social media to adults who resided in Greece. A total of 344 participants (33.1% male, 66.6% female) with

a mean age of 39 participated in the survey. For the purposes of the present analysis, a mediation model was formed with PL as the predictor variable, COVID-19 related anxiety as the outcome variable, and IU as the mediator. PL was measured using the Revised UCLA Loneliness scale (R-ULS). IU was measured using the Intolerance of Uncertainty-12 scale (IU-12). COVID-19 related anxiety was measured using the COVID-19 Health Anxiety Scale (CAS). The standardized indirect effect of PL on CAS was .1, BOOTLLCI = .05, BOOTULCI = .15, while the standardized direct effect of PL on CAS was .001,  $p > 0.5$ , implying that IU fully mediates the effect of PL on CAS. The present results underscore the importance of IU as a constituent and basic driving force of the relationship between perceived loneliness and COVID-19 related anxiety. Given the lack of a theoretical framework for this relationship, directions for future research are being proposed.

### The Big Five Personality Factors and Hoarding During COVID-19

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IP11-9-E1

The purpose of the present study was to investigate the relationship between hoarding groceries during COVID-19 and the Big Five personality factors. Hoarding behavior in relation to the Big Five personality factors have previously been studied in relation to compulsive hoarding. To the best of our knowledge, no previous study has explored personality factors in relation to hoarding during COVID-19. A survey was distributed to 6,000 persons, 16-85 years of age, during the period April 15 - June 28, 2020. Response rate was 44% (N = 2,549). The sample is representative for the Swedish population. Personality was measured with a 10-item short version of the Big Five Inventory (BFI-10) and hoarding behavior was measured with the question 'Have you since the beginning of COVID-19 hoarded by buying more food or groceries than usual?', followed by the response alternatives 'No' or 'Yes'. The statistical analysis was independent t-tests. In total, 21% of participants stated that they hoarded during COVID-19. People who hoard have a lower degree of Agreeableness and a higher degree of Neuroticism compared to people who do not hoard. Previous research on hoarding during COVID-19 shows that hoarding is related to egocentric motives. The association between low degree of Agreeableness and hoarding could therefore be explained by the nature of hoarding: Securing access to the goods rather than caring about the access of others. It can also be explained by general distrust. That people with a high degree of Neuroticism hoard more can be explained by anxious visiting stores and fear that groceries will run out. Previous research on compulsive hoarding also shows that hoarding behavior itself can reduce anxiety, at least temporarily. Limitations with the present study is a single-item question for hoarding and a short scale for the Big Five personality factors.

### The Many Ways of Connecting to Nature During the COVID Pandemic

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IP11-9-E1

The importance of human connection to nature is well-documented. Connecting to nature has arguably become even more significant during the COVID-19 pandemic, a stressful time for many when access to nature supported mental health and well-being. To date, there has been little understanding of the specific, beneficial ways that individuals connected with nature during the COVID-19 pandemic, particularly when they were alone, in solitude. This study explored key themes describing individuals' relationship with nature during this period, and more specifically when individuals were relating to nature during time spent alone. Sixty in-depth interviews were conducted with adults aged 19-80 years. Participants were initially recruited through both advertisements within the community and Prolific Academic. The goal was to recruit participants from different cultures, education and socioeconomic levels, gender, adult ages, and geographic locations. The final sample included individuals from 20 different countries-of-origin and represented individuals of various ethnicities (for example, people of African descent living in the United Kingdom and Asian-Americans living in the United States). To explore the role of nature as a potential resource in solitude during pandemic lockdowns, data collection and thematic analysis in this study explored this topic through extracting descriptions of nature from broader narratives of solitude, time spent alone. Extractions from interview transcripts were coded using hierarchical thematic analysis and using a pragmatist approach. It was found that during time alone the following contributed to positive mental health and well-being; being in nature, thinking of and thinking in nature, species solidarity, community and socialising in nature, exercising in nature and experiencing elements and forces in nature. This talk will explore these themes and discuss them in the contexts of both mental health and solitude.

## Psychology in Education: Assessment in Psychology in Education

### Validation of the Multidimensional School Motivation Scale

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IP13-9-M1

Measuring students' motivation for school is key for understanding their academic and career outcomes. The aim of this study was to examine the validity of the Multidimensional School Motivation Scale, which was adapted from the Multidimensional Work Motivational Scale (Gagne et al., 2014). The scale differentiates between six types of motivation defined by the Self-Determination Theory. Data was collected as a part of wider pilot study conducted within the research project Free Career Choice financed by the Croatian Science Foundation. The sample consisted of 404 primary school students attending grades 5 to 7 (age 11 to 13, 49% girls) and 430 secondary school students attending grades 1 to 3 (age 15 to 17, 73% girls). The data was collected using group administration of computerized questionnaire in both online and onsite setting. Apart from students' motivation for school, the study gathered data about students' overall school achievement and school achievement in main subjects, as well as data on students' autonomous functioning. The analyses indicated structural validity of the scale for both elementary and secondary school sample, with minor divergence from the expected structure. The subscales demonstrated high internal reliability (with alphas in range from .75 to .89 and .66 to .86 in the primary and the secondary school samples, respectively). Furthermore, different types of motivation that were measured showed expected and logical associations with school achievement and autonomous functioning of the students. Therefore, empirical data confirms that the Multidimensional School Motivation Scale is a well-constructed and appropriate measure to use in early and middle adolescents' samples in Croatia.

### Non-Sequential Thinking Style – Scale Development Utilizing Multidimensional Item Response Theory and Implications for Underachievement Risk

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Underachievement is a term of great interest within gifted education; however, it also bears significance for the general student group. Underachievement can be thought of as a symptom of not being emotionally and academically met in school, and we propose that a primarily non-sequential thinking style may exacerbate the risk of underachievement. To examine this connection, we seek to develop a scale for

the identification of underachieving students or students at risk for underachievement by operationalizing the non-sequential/non-linear thinking style in a school setting. The scale consists of items hypothesized to tap into factors such as larger spatial than verbal ability, dissimilar thinking/problem solving to others (i.e., other students and teachers), issues with temporally linear communication (written and oral) etc. In this study a multidimensional exploratory item response theory (IRT) was utilized for the data analysis on the first sample, and a confirmatory IRT-approach for the second sample. Correlations of the latent variables was sought for school engagement behaviour, a sensory responsivity scale (SRS) and spatial intelligence. Two samples of a total of 535 students were randomly split in one exploratory and one confirmatory sample, where both samples were students in grades 5 to 10 from two medium sized suburban/semi-rural municipalities. The developed scale demonstrated acceptable psychometric properties. The underlying factors of the scale correlated positively with the SRS and negative school engagement behavior, but not with spatial intelligence. Preliminary results from an intervention study and an upper-secondary N~500 study will be presented. Non-sequential thinking style can be validly measured by the developed scale, and together with the SRS has the potential to inform educational practice in such a way that risk of underachievement can potentially be reduced.

### Sensory Responsivity – Scale Development Utilizing Multidimensional Item Response Theory and Implications for Educational Differentiation Practice

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Sensory processing sensitivity (SPS) has been described as a personality trait where some 15 – 20% of the population can be viewed as highly sensitive individuals. This research seeks to refine SPS through the newly coined term of sensory responsivity which can be described as the individual variation in the body's responsivity to sensory in-data. This will be endeavoured by the development of a measure, the sensory responsivity scale (SRS), to be utilized as an instrument for differentiation in schools. In this study a multidimensional exploratory item response theory (IRT) was utilized for the data analysis on the exploratory sample, followed by a confirmatory IRT-approach. Correlations of the latent variables was sought for SPS (the highly sensitive person scale), school engagement behaviour, non-sequential thinking style, school absence and spatial intelligence. Two samples of 535 students were randomly split in one exploratory and one confirmatory sample, where both samples were students in grades 5 to 10 from two medium sized suburban/semi-rural municipalities. The developed scale was used in an intervention study with an above average intelligence cohort of N~100. The SRS was analysed through a multiple regression procedure comparing the learning outcomes for the two different interventions, controlling for

several other variables. The SRS demonstrated acceptable psychometric properties. The underlying factors of the scale correlated positively with non-sequential thinking style, the HSP-scale, negative school engagement behavior and school absence, but not with spatial intelligence. Preliminary results from the intervention study will be presented. To conclude, sensory responsivity can be validly measured by the SRS and can likely be of use for educational practice through the identification of differentiation strategies which potentially ameliorate the connection to negative school engagement behaviour and school absence.

### Positive and Negative Marking in True/False University Tests

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Multiple choice questions (MCQ) have been a frequent format in knowledge assessment at university-level during the COVID-19 pandemic. Within it, two of the most common scoring methods are number right scoring and negative marking (NM). A third and less used option is reward for omission (RO), which implies a small reward for questions without answer instead of penalizing wrong answers. Some authors refer psychological benefits for students being assessed with PM. A sample of 578 students from a public university (82.7% female) with ages between 18 and 61 ( $M = 25.77$ ,  $SD = 10.04$ ) was divided in two groups which responded a 20-questions true-false questionnaire with two trials. First group responded first in the negative marking and later in the reward for omission condition. Second group responded first in the reward for omission and later in negative marking condition. No statistical difference ( $p < .05$ ) was found between the obtained scores in NM condition ( $M = 12.56$ ,  $SD = 3.16$ ) and RO condition ( $M = 13.76$ ,  $SD = 2.90$ ) on a 20-points scale. The scoring method doesn't seem to affect students' performance in the test, allowing also to consider RO as a less stressful option for grading exams. These results will be also analyzed considering its association with sensation seeking, academic self-efficacy, future anxiety, and students' perception about these two scoring methods.

### Psychology in Public Health: LGBTQ+ Populations

#### Effects of Internalized Homophobia and Social Support on the Mental Health of Lesbians, Gay Men, and Bisexuals in Greece

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The Meyer (2003) Minority Stress Model (MSM) postulates that mental health (MH) disparities among lesbians, gays, and bisexuals (LGBs) can be largely explained by experiences of internalized homophobia (IH) and other minority stressors whose deleterious effects on MH are lessened by perceived social support (PSS). The present study aimed to investigate the role of IH and PSS in a sample of Greek LGBs in relation to their MH. Eighty-one Greek LGB young adults completed the Internalized Homophobia Scale, the Social Support Questionnaire - Short Form, and the Depression Anxiety Stress Scales - Short Form. IH positively predicted MH problems including depression, anxiety, and stress, and although the contribution of PSS to lower MH problems was not significant, its hypothesized moderating effect on the relationship between IH and MH problems was significant. The present findings strengthened the existing literature on the role of IH and PSS in LGB MH by postulating a positive relationship between IH and poorer MH outcomes among a Greek LGB population.

#### Efficacy of Cognitive Reappraisal in Regulating Responses to Identity-Based Stress in LGB Individuals

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Cognitive reappraisal (CR) is the most studied adaptive emotion regulation strategy and is a cornerstone of empirically supported treatments like cognitive-behavioral therapy (CBT). CR requires an individual to examine a situation from different perspectives to reduce negative emotions. However, there is mounting evidence to suggest that reappraisal is not effective in all contexts. For instance, CR may be ineffective when individuals are faced with discrimination due to the unchangeable nature of one's identity. The proposed research used a 4x2x2 design to explore the efficacy of reappraisal (vs. experiencing emotions naturally) in lesbian, gay and bisexual individuals ( $N = 250$ ). This experimental paradigm

used four scripts to simulate a) identity-relevant stress (e.g., failing to get a job because of your sexual orientation) vs. b) non-identity-relevant stress (e.g., failing to get a job because of lack of experience), asking participants to c) reappraise or d) experience their emotions naturally. Data are being collected online in the U.S., Germany, and The Netherlands. Pilot data revealed that the scripts were equally realistic in all three languages. Preliminary analyses ( $n = 151$ ) suggests that reappraisal led to significantly lower distress than experiencing emotions naturally ( $t = -3.940$ ,  $p < .001$ ). Furthermore, we found a non-statistically significant trend of the interaction of emotion regulation and identity relevance. The use of reappraisal (vs. natural experiencing) was associated with lower distress when faced with non-identity-relevant stress than when compared to identity-relevant stress ( $t = -1.70$ ,  $p = .09$ ). These preliminary results may suggest that the efficacy of reappraisal varies as a function of the stimuli being reappraised.

### **Defining Gender: A Review of Research on the Common Functions of Gender across Seven LGBTQ+ Communities**

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Instead of reifying any specific set of gender identities as fundamental, this presentation examines why gender is such a compelling social force and why new genders continue to evolve. A sociohistorical and functionalist perspective is used to consider the emergence of gender identities within seven LGBTQ+ gender communities (butch, femme, bear, leather, transgender, drag, and gender in LGBTQ houses/family networks). This LGBTQ+ affirming research is based upon a series of studies that engaged qualitative methods within a feminist epistemological perspective. It accords LGBTQ+ genders the same legitimacy and status as heterosexual genders. Findings are driven by the study of phenomenological experiences of members in these LGBTQ+ communities that are relational, embodied, and bound to meanings within local contexts. By developing a functionalist definition of gender, it clarifies the connections between gender, gender identity, gender expression, and sexuality. Also, it identifies commonalities in how the varied gender communities (which differ by sex, gender, and racial composition) have coalesced. In the presentation, functions of gender are detailed across four areas: psychological, cultural, interpersonal, and sexual domains. In each domain, gender communities are seen as responding to an unmet need that resulted from constraints around gender and associated stereotypes. The functions are related to both the use of the hegemonic power that gender wields and the subversive power that communities use in resistance. Examples drawn from multiple gender communities illustrate the functions of gender and show how it is historically and culturally responsive. This analytical model can be applied as a tool in the analysis of other gender identities as well. Directions are suggested for activism and the development of psychological interventions that promote

the resistant functions of gender that bolster the health and well-being of these LGBTQ+ communities.

### **Sexual Minorities in Belgium, Their Self-Identification As Minority, and Associated Mental Health Outcomes, Othering-Based Stress and Sexual Violence Exposure**

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Representative estimates of sexual minorities (LGB+) in Belgium are lacking, which limits our understanding of the true size of this population and their health outcomes. International literature shows an association between LGB+ identification, poor mental health outcomes and an increased vulnerability to sexual victimization (SV). This study aimed to estimate the proportion of self-identifying LGB+ Belgian citizens, to explore if they self-identify as belonging to a minority group because of their sexual orientation (SO), the importance for their identity they ascribe to their SO, whether they experienced associated othering-based stress (OBS). Further, this study examines the mental health and prevalence of SV in LGB+ in Belgium, its association with minority identification and OBS. A representative sample of 4635 individuals participated in an online survey. The Belgian National Register served as sampling frame for two independent waves of data collection. In total, 10.01% of the sample self-identified as LGB+ and 5.48% of the total sample and 52.59% of the LGB+ participants self-identified as belonging to a minority group because of their SO. Of the self-identifying minority participants, 61.42% considered their SO important for their identity. LGB+ showed significantly worse mental health and more SV exposure (78.4%) than heterosexual participants. Self-identifying minority participants were more at risk of SV than non-minority participants. No one reported a high level of OBS. Yet, a binary logistic regression model showed a significant main effect of OBS in the self-identified minority group on the prevalence of SV. This study contributes to our understanding of the role of minority identity and OBS as mediator in the vulnerability for SV and mental health disparities observed in LGB+ persons. Prevention and intervention programs targeting mental health and sexual violence should address OBS and related risk factors to reduce the vulnerabilities observed in sexual minorities.

### **The Relationship Between Minority Identity, Othering-Based Stress and Sexual Victimization in Belgium**

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Sexual minorities and applicants for international protection are at high risk for sexual victimisation (SV). Othering-based

stress (OBS) – resulting from exposure to stigma, prejudice, and discrimination – may mediate the relationship between minority identification and SV, may exacerbate the impact of SV, and may create barriers to help-seeking after SV. This study aims to assess the prevalence of SV in different minority groups in Belgium, to explore the relationship between minority identification and SV, to investigate whether belonging to multiple minority groups moderates the relationship between SV and minority identity, and to explore whether OBS moderates the risk of SV for different studied minority groups. Through an online structured survey administered to a nationally representative sample in Belgium, data was collected from 4,635 persons of which 21.01% self-identified as belonging to a minority group (SI-Minority) in Belgium. The prevalence of SV was measured using behaviourally specific questions based on the WHO definition of SV. SI-Minority participants received an additional scale on OBS. SI-Minority participants reported significantly more SV compared to the non-minorities. Further, we found persons identifying with multiple minority groups to be significantly more at risk of SV compared to respondents identifying to only one minority group. A binary logistic regression model showed a significant main effect of OBS in the sexual and gender minority group (OR = 3.54) and the cultural minority group (OR = 1.90) on the prevalence of lifetime SV. This study contributes to our understanding of the relationship between minority identification, OBS, and SV. It highlights the importance of studying SV vulnerabilities and outcomes within specific subgroups of societies but also commonalities observed in multiple groups. By focusing on both common and specific vulnerabilities in research, policy makers can allocate resources to those interventions with the largest impact on societal level.

## Social Psychology: Youth, Culture, and Work

### Exploring How Young People Approach Life Planning: Insights from Qualitative and Quantitative Studies in Bulgaria

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The pace of contemporary living puts the topic of life planning among the most challenging issues in social sciences. This report summarizes findings from a qualitative study of young people (18-35 years), focused on the way they approach important decisions in different areas of life. Content analysis of 45 semi-structured calendar interviews outlines different models of planning in basic life trajectories such as choosing place of residence (including migration plans), education and career development, decisions concerning intimate partnerships, parenting and financial/material achievements. On the basis of the observed tendencies, the authors propose a Dominant Model of Life Planning Inventory with 22 items, extracted from the authentic narratives of respondents. Data from a pilot study (N = 230) and a nationally representative quantitative survey for Bulgarians aged 18-35 years (N = 1200) show high internal consistency of the unidimensional instrument. Within the continuum Structured / Unstructured individual model of life planning no gender differences are found, but educational level plays a significant role as higher degree is connected to preferences for use of structured and systematic planning strategies. The instrument focuses on a specific age group, which has crucial importance in terms of educational, professional and social capacity. The inventory has good psychometric properties and potential for application not only for research purposes, but also in various areas, including psychological and career counselling, as well as HR practice.

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### Materialistic and Non-Materialistic Aspirations, and Various Types of Youth Activism

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Youth activism refers to behavior performed by adolescents and young adults with an intent of social and political change. Nowadays young people are less and less interested in conventional and political activism (e.g. voting and political participation), but there are other types of activism that seem to be their answer to current public problems: social justice,

environmental, and consumer activism. According to social learning theory, teenagers observe their parents and shape their aspirations and behavior based on parental role models. Thus this study examined how materialistic and non-materialistic aspirations of teenagers and their parents, and teenagers' activist identity and engagement predict four types of youth activism: political, social justice, environmental, and consumer activism. We surveyed teenagers aged 16-18 (N = 459). The results showed that teenagers' activist identity and engagement positively predicted all types of their activism. Teens' materialistic aspirations predicted negatively environmental activism, while non-materialistic aspirations predicted negatively political activism. Mother's aspirations predicted positively all types of teenagers' activism, but for the environmental and consumer activism predictors were non-materialistic aspirations, while for social justice and political activism predictors were materialistic aspirations. Father's aspirations predicted only one type of teenagers' activism – materialistic aspirations positively predicted environmental activism. The results obtained in the study indicate that teens' activism is connected to teens' identity and engagement, and their aspirations. Moreover, youth activism may be influenced by parents' aspirations, and mothers may play crucial role in this process. Results, practical implications, and future research of the teens' activism studies are discussed.

### Psychological Factors Related to the Intention of Young People to Emigrate From Bosnia and Herzegovina

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The problem of emigration is a global phenomenon that affects both developed and developing countries. Previous studies have generated compelling arguments that economic, social, and political factors may explain up to three-quarters of the variance of the intention to emigrate. But an important question that remains open is why economic, social, and political opportunities are so unfavorable for some individuals that they choose to emigrate, while others living in the same circumstances choose to stay and live in their own country? The main aim of the study is to answer whether personality factors, personal values, perceived feelings of (in)security are related to the intention to emigrate. The participants in the study are BiH citizens (N = 286, 65% women, mean age 22.74, SD 3.78). The sample consists of two parts: 150 students who do not plan to leave the country and 136 people who have applied for a work visa in the EU. Three scales are used: The Big Five Inventory (BFI-44), The Portrait Values Questionnaire (PVQ-21), and the Multidimensional Scale of Perceived Social Support (MSPSS). The influence of factors on the decision to emigrate is examined through logistic regression. The regression model explained 19.7% of the variance, and the efficiency of the classification was 89.3%. Higher Openness (OR = 1.096; 95% CI 1.040-1.154), lower Neuroticism (OR = 0.963; 0.920-1.003), lower social

support from family (OR = 1.020; 0.999-1.041), higher values of Achievement (OR = 1.242; 1.216-1.268) and higher Self direction (OR = 0.940; 0.908-0.972) were associated with the intention to emigrate. The remaining personality and value factors had no effect on the prediction model. Personal factors, values, and perceived social support contributed to a better understanding of the motivational factors underlying the intention to emigrate. [The study was supported by the Federal Ministry of Education Bosnia and Herzegovina, project:05-35-1892-1/21.]

### Evaluation of Moroccan Candidates as Coworkers: Differences between Egalitarian and Non-egalitarian People

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The expression of prejudice has mutated over the last century, and most Western countries promote an egalitarian value system which condemns open hostility towards ethnic minorities. However, discrimination still endures. The main aim of this research is to analyze whether Spaniards' evaluations about Moroccan versus Spanish coworkers (in terms of stereotypes, emotions, and facilitation behavioral tendencies) differ depending on participants' value system (egalitarian vs. non-egalitarian). Across three 2 x 2 x 2 preregistered experiments (Study 1: N = 479; Study 2: N = 447; Study 3: N = 581), we examined the interactive effect of participants' system of values (intergroup tolerance and racism) and the ethnicity of a job applicant (manipulated with a CV) on the dependent variables in two different contexts: in an administrative occupation and in the hostelry industry. A pooled analysis (N = 1,507) revealed that egalitarian participants (high in tolerance or low in racism) reported an unexpected positive bias toward the Moroccan candidate compared to the Spanish candidate. Non-egalitarian participants (low in tolerance or high in racism) showed the expected ingroup bias only for (im)morality: they perceived Moroccan applicants as less moral and more immoral than Spanish candidates. Our research contributes by providing a more comprehensive picture on contemporary labor discrimination of ethnic devaluated minorities. On one hand, we evidenced the importance of considering the individuals' values system to better understand how cognitive, affective and action tendencies conform attitudes toward ethnic minorities in the workplace. On the other hand, our findings also highlight the primacy of (im)morality in social perception and its important contribution in understanding the complexity of new expressions of prejudice and in identifying strategies to avoid discrimination in the workplace.

## Jian Yan –An Exploratory Study on Speak up Behaviors in Chinese Business Organizations

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In Western culture, speak up focuses on the work needs of subordinates. However, in the East, Chinese with greater power distance, causing the Chinese subordinates to regard “speak up” as a very risky thing and prefer not to do, which makes “speak up” more difficult to capture. In Chinese culture, “Wu lun” norms the social role obligations of Chinese. The key point to stabilizing the dual relationship between the upper and lower classes is the “loyalty” to the supervisor. The loyalty emphasized here belongs to the loyalty between individuals, rather than between organizations and employees. Loyalty in Chinese society has three concepts: “Jian Yan”, “Ren Yuan”, and obedience. “Jian Yan” is “In Chinese hierarchical structure ordering relationships by status, Subordinate reject the wrong behavior from the Supervisor, and try to persuade the supervisor’s behavior”. But obedience and “Ren Yuan” emphasize the obedience to the supervisor. This allows the Chinese subordinate to still consider about the harmony with the supervisory relationship when express “Jian Yan”. Based on the previous studies, through the two concepts of loyalty and harmony, two dimensions of loyalty to the boss are divided, and the type and connotation of “Jian Yan” are found. We initially divide “Jian Yan” into “ Zhen Jie Jian Yan “ and “Gui feng Jian Yan”. “By considering harmony or not. Past research on Chinese culture’s speak up has focused more on the reasons for silence, but there are research on willingness to “express opinions” rarely. However, under the power distance, China has always had its own operating model. Through this research, we can rethink the reasons for “speaking” in Chinese culture, and find out the key factors used to improve the willingness of subordinates to express in the workplace.

## Work and Organizational Psychology: Stress and Work-Related Well-Being II

### COVID-19 Pandemic Impact, Organizational Effectiveness, and Job Satisfaction of Practitioners Working With Migrants

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During the COVID-19 pandemic, many workplaces adopted policies of closure and physical distancing to counter the spread of the virus. These impacted both organizations and individuals, showing different effects depending on the type of organization. In particular, NGOs and frontline practitioners in the migration sector have been considerably affected by the pandemic, facing numerous changes such as discontinuing integration services, teleworking, and managing emergencies in overcrowded reception centers. As part of the European project H2020 - PERCEPTIONS, this research was conducted to explore the relationship between perceived impact of the pandemic, organizational effectiveness and job satisfaction of frontline workers. The study also aims at investigating whether the perceived impact of the pandemic changes with gender, age, type of organization, job tenure, and job autonomy. Participants are 788 frontline practitioners working in migration organizations from European countries. Participants completed an online questionnaire measuring perceived impact of the pandemic (2 items), organizational effectiveness (17 items), job satisfaction (4 items), and job autonomy (1 item) of workers. Regression analysis suggests that practitioners’ perceived impact of the pandemic predicts lower job satisfaction and lower organizational effectiveness. The analysis of variance also shows that older workers and workers with higher job autonomy perceived the impact of the pandemic as more considerable. In the study, countries in the Mediterranean area (Algeria, Italy, Spain) are overrepresented. Results may be influenced by common method bias because the data collected are based on self-assessments. Despite these limitations, this study contributes to understanding the impact of the pandemic in NGOs and in the migration sector. To conclude, implications for supporting organizational functioning and intervening to promote recovery are proposed.

### Burnout, Psychological Resilience, and Coping Strategies During the COVID-19 Lockdown

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As a result of the COVID-19 pandemic, businesses worldwide closed their buildings and millions of individuals changed

their ways of working - trying to find a balance between professional and personal life - all within the space of their homes. While burnout is traditionally associated with long office days, it isn't limited to that. Burnout represents a progressive loss of idealism, energy and purpose experienced by people in the helping professions due to work conditions (Maslach et al., 2001). The aim was to understand how leaders dealt with the psychological demands of crisis management during a global pandemic and forced lockdown measures and to uncover the protective role of psychological resilience and leadership style on their experience of burnout. A sample of 733 leaders (Mage = 48.2, 521 males) completed an online survey measuring emotions experienced during the lockdown, psychological resilience, burnout, leadership styles, and socio-demographics (e.g., type of business, employment status during lockdown, caring responsibilities). The results show that participants expressed high levels of burnout and psychological resilience and believed that, in times of crisis, the best type of leadership to adopt is democratic, followed by laissez-faire and authoritarian. We found positive correlations between burnout, psychological resilience, and authoritarian leadership styles and a negative correlation with a democratic leadership style. Furthermore, the relationship between psychological resilience and burnout was moderated by age, gender, executive level, and time spent within the current organisation. Finally, the most frequently adopted strategies supporting mental health - low levels of burnout and high levels of psychological resilience - were social interactions (e.g., connecting virtually with others) and physical exercise (e.g., practising yoga, mindfulness).

### **The Impact of Pandemic Distress on Health, Well-Being and Professional Activity Over Italian Dental Hygienists**

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The goal of this study was to assess the effect of the pandemic in terms of work-related stress on a sample of 528 Italian dental hygienists (441 women, 87 men). It was examined which factors most influence the perception of stress, which coping strategies hygienists use and which protective factors may help to face stress. Data collection was carried out in a phase of relative improvement of epidemiological conditions in Italy (Summer 2021 - from June to September) through an online questionnaire using validated scales (Work related stress indicator Tool – INAIL 2017). Data were collected and analyzed in line with the GDPR European law. Missing data were eliminated and only 428 questionnaires were considered. Preliminary results show that participants seem to have a perception of good/high satisfaction with their job, but they have high levels of perception of stress. They have also a perception of effective risk management in the workplace. The elements that seem to influence mostly work-

related stress levels are related to: repetitive movements and postural changes due to the use of mechanical tools; the use of personal protective equipment (e.g. surgery masks, gloves, etc.); relations with patients. Results show that participants tend to implement coping strategies such as physical activity and/or spending time with your family and/or friends, but it seems that at an organizational level no systematic measures have been taken. This study helps understand which protective factors may help in coping with work-related stress, such as support from the dentist, a good work-life balance, role clarity with respect to the operational and professional role, the perception of self-efficacy at work, good integration into the teamwork and perceived support from colleagues.

### **Work Addiction Risk and Stress and Wellbeing at Work: Testing the Mediating Role of Sleep Quality**

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This study aims to test the direct association of work addiction risk with stress at work and wellbeing. Second, this study measures the extent to which the association between work addiction risk and both stress at work and wellbeing can be mediated by the quality of sleep. Attention to work addiction risk is growing, however, more studies are needed to explore the vast impact of work addiction risk on various aspects of employees' wellbeing such as working and living areas. Although more studies focused on the antecedents or consequences of work addiction risk, in this study we focused on sleep quality as a mediator to further explain the underlying mechanism that can explain the various impacts of work addition risk on employees' wellbeing and stress. The data was collected using an online platform and participants were 188 French employees who were selected using a simple random sampling method. Participants responded to surveys on work addiction risk, stress at work, wellbeing, and sleep quality. The data was analyzed using AMOS-26 and SPSS-26 programs. No intervention was performed. The results revealed that there is a statistically positive relationship between work addiction risk and stress at work and a negative relation between work addiction risk and both sleep quality and wellbeing. In addition, the analysis of median paths suggests that sleep quality mediated the link between work addition risk and stress at work as well as the link between work addiction risk and wellbeing. However, sleep quality was found to be a stronger mediator of work addiction risk and wellbeing. The study provides empirical evidence for the finding that work addition risk can detrimentally influence employees' wellbeing and the extent they perceive stress at work.

## Working for Uber During COVID-19: Psychological Contract Breach or Business as Usual?

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While the COVID-19 pandemic has been a disruptive event for most workers, it has disproportionately affected low-skilled and low-paid service jobs; one such example are platform-mediated workers contracted by ride-hail companies (e.g., Uber, Lyft) to transport passengers. Grounded in psychological contract theories and the micro-organizational literature, the purpose of this research was to develop and test a conceptual model of Uber drivers' affective and behavioral reactions to Uber's commitment (or lack thereof) to safe working conditions during the early months of the COVID-19 pandemic. Specifically, we explored how this safety commitment might be reflected in drivers' perceptions of psychological contract violation, trust and cynicism towards Uber, and, ultimately, their decision to stop driving for Uber. Employing structural equation modelling, we tested our model on a sample of Uber drivers from the United States (N = 257). Our results show that when drivers' perceptions of Uber's commitment to safety procedures were unfavourable, they were more likely to experience feelings of psychological contract violation, which in turn increased their cynicism towards Uber and decreased trust. But while higher perceptions of trust in Uber were positively related to drivers' decision to continue working for Uber, higher levels of cynicism did not increase turnover among drivers, perhaps highlighting the precarity and dependence inherent in this type of low-skill gig work, despite its purported flexibility and autonomy. Our research contributes to the emerging literature on the gig economy in the applied/organizational psychology realm. In addition, our findings have implications for psychological contract theories; while employees have long been considered the more vulnerable stakeholder in the psychological contract dyad, we know little about how these dynamics unfold in gig work.

## Clinical Psychology: Assessment Topics

### The Role of the MMPI-2 and MMSE-2 in Assessing Work Capacity and Eligibility for Disability Benefits

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IP2-9-E4

The assessment of work capacity and eligibility for disability benefits, namely sickness retirement, involves two complementary aspects from a psychological point of view. On the one hand, the psychological assessment concerns the medical condition or impairment and is based objectively on the results of psychological tests. On the other hand, the medical „baremas“ require that the psychological report should mention functional capacity, i.e. an approximate quantification of the work capacity related to the impairment, which may be different from that associated with the referral diagnosis and entered in the medical „baremas“. The aim of the present paper is to emphasize that the psychological instruments chosen to perform the psychological assessment should capture a wide range of mental health conditions and should not be limited only to scales assessing depression and anxiety for which the patient has been referred. This paper shows that the fulfillment of these two criteria is achieved only by applying standardized psychological tests, which have proven their usefulness over time, MMPI-2 and MMSE-2, and not depression and anxiety rating scales in order to validate the diagnosis for which the patient was referred. The method used is that of comparative case studies, mainly psychiatric, but also neurological and oncological. Thus, MMPI-2 and MMSE-2, psychological tests standardized in Romania, have been used in the evaluation of patients with mental, neurological and oncological disorders. The two instruments chosen in the assessment of work capacity and eligibility for disability benefits have proven useful in identifying real mental distress, severity of symptoms, and the tendency to exaggerate complaints. The role that MMPI-2 and MMSE-2 play in work capacity assessments is essential, namely to accurately identify a wide range of psychopathology and cognitive impairment, undetected until assessment, and the patient's well-being should take precedence over confirming or refuting the referral diagnosis.

## Validation of the Romanian translation of Multidimensional Psychological Flexibility Inventory

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The current psychotherapeutic practice requires theory driven assessment tools. In the present study we developed a Romanian validation of the Multidimensional Psychological Flexibility Inventory (MPFI). MPFI is a recently developed instrument that measures psychological flexibility and inflexibility, and their adaptive and maladaptive components based on Acceptance and Commitment Therapy (ACT) Hexaflex model. A total of 681 participants from the general population (39.4% female,  $M = 48.6$ ,  $SD = 12.4$ ) completed a questionnaire consisting of MPFI and several measures of mental health, well-being, but also other ACT measures similar to MPFI. We examined the factor structure of the inventory and replicated the properties of the original English version of MPFI. The Romanian MPFI has proven good internal consistency levels, and convergent and concurrent validity. Our findings also suggest that experiential avoidance could have a culture specific protective role, exhibiting negative correlations with inflexibility, and, in some cases, positive correlations with flexibility and its components. Cultural particularities of experiential avoidance require further research and should be considered by mental health practitioners when working with clients. As a general conclusion, the Romanian translation of MPFI is a reliable instrument for research and psychotherapy.

## The Construction of a Composite Scale Measuring Psychological Rigidity – The Psychological Rigidity Questionnaire

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IP2-9-E4

The new trend in psychometrics is constructing composite scales that are highly economical compared to the lengthy and time-consuming measurements existing in the literature so far. In the attempt of finding the shortest road to measure "psychological inflexibility/rigidity", the authors proposed three Likert scales (CFQ - Cognitive Fusion Questionnaire, AAQ-II-7 – Acceptance and Action Questionnaire, and AFQ8 – Avoidance and Fusion Questionnaire for Youth) to be completed by a sample of non-clinical ( $N = 492$ ) subjects. We conducted principal component analysis and identified 17 items that measure the same underlying construct, which we coined as "psychological rigidity". Reliability analysis showed a Cronbach's alpha ( $\alpha = .971$ ) for the selected items. Supplementary analyses such as item statistics were performed. In a second study, a sample of non-clinical ( $N = 540$ ) subjects responded to the new composite scale.

Confirmatory Factor Analyses on the data set showed that the measures of the construct are consistent. Discussions emerge for further research, especially regarding the broader palette of validity and the practical utilities of the scale.

## Comparison Between the Classifications of Johnson, Mennicke and Kulkarni, and Straus of Violence/Control in Heterosexual Youth Intimate Partner Relationships

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Johnson (1995, 2006, 2008) distinguished four types of intimate partner violence: patriarchal or intimate terrorism, common or situational couple violence, violent resistance, and mutual violent control. This typology is based on the degree of control exercised, from the consideration that, although attempts to exercise short-term control are common in human relations, what characterizes the type of violence that society identifies as gender violence is an underlying pattern of ongoing control of the female partner in heterosexual relationships. Some variations have been proposed since (Mennicke & Kulkarni, 2016; Straus, 2014). The prevalence of different types of violent relational dynamics vary according to the different classifications, samples studied (Johnson et al., 2014) and, most relevant here, regarding the different instruments evaluating coercive control used to classify types of violence/control. In the current study, we used three instruments (Revised Conflict Tactics Scales, CTS2, Straus et al., 1996; Psychological Maltreatment of Women Inventory, PMWI, Tolman, 1989; Coercion in Intimate Partner Relationships, CPR, Dutton et al., 2007), commonly used in previous research to classify violent/controlling relationship dynamics, in order to compare distributions established through those instruments with a sample of 345 women (mean age 21.24;  $DT 3.8$ ) undergraduate students in a Spanish university, who reported over the violence/control perpetrated and experienced in their current or most recent heterosexual partner relationships. This is of utmost importance given that we can enrich our knowledge about coercive controlling strategies used by adults in heterosexual relationships and adequately evaluating them, considering that it seems crucial to be able to establish appropriate classifications that help to inform the legal and clinical responses to intimate partner violence.

## Cyberpsychology: Protective and Risk Factors Associated With Digital Behavior

### The Examination of Psychological Resilience and Self-Efficacy as Predictors of Cyberbullying Among Adolescents

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IP3-9-E2

Cyberbullying, which has gained popularity as a result of extensive use of technology, is described as the deliberate harming of another person or group of people through technical tools. A potential association between psychological resilience, self-efficacy, and cyberbullying was shown in the literature, however, the studies are scarce on adolescent groups. The aim of this study is to examine psychological resilience and self-efficacy as possible predictors of cyberbullying among high school students. A total of 574 adolescents were recruited from high schools in Turkey via an online data collection. Cyberbullying Scale (CBS), Child and Youth Psychological Resilience Scale (CYPRS), and Self-Efficacy Questionnaire (SEQ) were utilized. The results demonstrated that majority of adolescents (26.5%) reported being victims of cyberbullying through online games. Bivariate correlations revealed that overall score of CBS was negatively correlated with total scores of CYPRS and SEQ. Linear regression analysis validated the association between CBS and CYPRS, however, SEQ was not found to be a significant predictor of CBS. Our study demonstrated the importance of psychological resilience in cyberbullying among adolescents. Intensification of psychological resilience may be a viable support for diminishing the negative effects of cyberbullying during adolescence period. Further studies focusing on psychological resilience might assist the development of more efficient intervention strategies in cyberbullying.

### SELFIE ERGO SUM: Selfies and Their Association With Personality, Self-Esteem, and Internet (Ab)use, Evidence From Italian and Russian Adults

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An online reality, always more guided by the needs of self-presentation, has developed through social media worldwide, in which selfies are at their forefront. Taking selfies, from different angles and of different parts of the self, has become a shared, and for some even fruitful, activity. The current study is aimed at exploratorily investigating selfies-behavior

and their association with the Big-Five personality traits, narcissism, self-esteem, and Internet (ab)use. Data from Italy and Russia were preliminarily compared. Adults (N = 870, 84.8% females) from Italy and Russia (Mage=37.39, SD=12.78) participated in an online survey during 2021. Participants completed the Selfies Behavior Scale, the Ten-Item Personality Inventory, the Narcissistic Personality Inventory, the Rosenberg Self-esteem Scale and the Problematic Internet Use Questionnaire-9 items. Results: Correlations showed that being a younger adult associates with increased Internet (ab) use ( $r = -.23$ ;  $p < .01$ ) and taking more selfies (five scales with  $r$  ranging between  $-.20$ ,  $-.37$ ;  $p < .01$ ). Taking more selfies associated with greater Internet (ab)use ( $r$  range between  $.23$ ,  $.28$ ;  $p < .01$ ), as well as with poorer self-esteem and increased narcissistic traits (i.e., grandiosity, leadership, entitlement). However, correlations between taking selfies and both self-esteem and narcissistic traits showed small effect sizes ( $r < .20$ ). Mann-Whitney U test results highlighted that Italian adults take more selfies compared to Russian adults ( $p < .00$ ), also displaying greater agreeableness ( $p < .00$ ), neuroticism ( $p < .00$ ), grandiosity ( $p < .00$ ) and entitlement ( $p < .00$ ). Differently, Russian adults showed greater extraversion ( $p < .00$ ), conscientiousness ( $p < .00$ ), and self-esteem ( $p < .00$ ) compared to Italian adults. To conclude, coherently with literature evidence, selfies-behavior showed an association with Internet (ab)use, while unexpectedly marginally associating with self-esteem and narcissistic traits. Compared to Russian adults, Italians reported taking more selfies, which might be accounted by them showing greater narcissistic traits. Findings are preliminary, thus more complex, and thorough analyses comparing Italian and Russian adults will be performed.

### The Profiles of Susceptibility to Fake News Under Different Time Constrains

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The widespread fake news in the social and even mainstream media poses a high risk for modern society. The person's belief in fake news could alter his or her voting, health or other behaviour and lead to unwanted consequences. Therefore, the ability to distinguish between fake and true news is a highly needed competence in nowadays society. This study is aimed to identify possible profiles of susceptibility to fake news. 504 pre-retirees and retirees residing in Lithuania participated in this study (69,7% were females). The mean age was 64,3 (ranging from 50 to 90 years). The four-group experimental study was conducted. True and fake news headlines taken from social media were presented to the subjects. The presentation time duration was unconstrained, 7 seconds, 10 seconds and 15 seconds for different experimental groups. The belief in true news and fake news were assessed using one 6-point Likert-type item. Two-steps cluster analysis was used to identify possible profiles of susceptibility to fake news. The measures of trust in democratic institutions and the level

of conspiracy beliefs were used to analyze the differences between clusters. The analysis showed that there were two to four different groups of participants under different time constraints. The most common profiles were a) distrusting, b) trusting in both fake and true news, c) trusting in true news and d) trusting in fake news. Further analysis revealed that there were some differences between identified clusters in age, trust in democratic institutions and level of conspiracy beliefs. The results indicated that different groups of people with varying levels of susceptibility to fake news might exist. Therefore, different strategies for the prevention of trust in fake news may be needed for those groups.

### **Parasocial Relationships With Video Game Characters and Social Anxiety, Emotional Recognition and Loneliness of Video Game Users**

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IP3-9-E2

Parasocial relationship is a concept of seemingly mutual relationship with media characters beyond media exposure. Past research provided inconsistent results in the correlation of phenomena to loneliness. There also has been little research evidence on this correlation in videogaming. The aim of the study is to explore if there is a positive correlation of parasocial relationship with videogame characters to loneliness and related construct of social anxiety, and inverse correlation to emotion recognition (accuracy of emotional state modality assessment and sensitivity to emotions' intensity). Results could shed light on player-character relationships in videogames and reduce uncertainties regarding the associated risks, like maladaptive behaviour. Multidimensional Inventory of Loneliness Experience (Osin, Leontiev), Social Anxiety and Social Phobia Questionnaire (Sagalakova, Truevtsev), Video Test for Measuring Emotions Recognition (Lyusin, Ovsyannikova) were used. Scales were developed to measure parasocial emotional symbiosis and perceived authority of a preferred videogame character: items showed no difference across age and gender, two respective factorized scales have been internally consistent and structure validated through repeated split-sample and different study (N = 190) factor analyses. Participants (N = 121) were randomly sampled from videogaming communities in social networks, age ranged from 16 to 29 (M = 20.3, SD = 3.3), 62.8% female, education levels presented equally. Social anxiety was positively correlated to parasocial emotional symbiosis ( $r = .274, p < .01$ ) and perceived character authority ( $r = .200, p < .05$ ), and there was no significant correlation between these factors to overall loneliness and emotion recognition. Conversely, a significant correlation to positive loneliness, denoted as resourceful loneliness ( $r = .184, p < .05$  and  $r = .208, p < .05$ ) emerged. Results may within the frame of videogaming contribute to the theoretical viewpoint that parasocial relationship is not mere substitution to social connections and may be resourceful for socially anxious individuals.

### **Parasocial Relationships With Fictional Characters and Aspects of Close Relationships in Media Users**

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IP3-9-E2

Parasocial relationships were first described by Horton and Wohl as seemingly mutual relationships with media figures. The present study proposes an assumption that intensity of parasocial relationships between likeable fictional characters and fiction users relates to their family dysfunctions, attachment styles and various aspects of psychological space sovereignty. A total of 182 respondents have completed an online questionnaire, age ranging from 15 to 35 years old, women sample being the majority (84,1%). A personal inventory of 60 items covering user-character relationships has been applied. Factor analysis has been conducted on the sample of 163 respondents, who engaged in either of the media activities with the presence of their likeable character. The results of the analysis have revealed 4 factors, explaining the 66 percent of the variance and constituting the facets of character-user relationships, which were stable across age and gender groups: parasocial attraction to a character, emotional detachment of a character, character autonomy, attention to fictional world contradictions. No significant differences for these factors have been found across media genres. Parasocial attraction has been found to negatively relate to psychological space sovereignty ( $r = -.241, p < .01$ ). It has also been positively related to family dysfunction of induced anxiety ( $r = .171, p < .05$ ) and anxious attachment style ( $r = .185, p < .05$ ), but hierarchical regression analysis demonstrated that family dysfunctions is the only reliable predictor of anxious attachment style. Emotional detachment of a character has proven to be positively related to family dysfunction of eliminating emotions ( $r = .155, p < .05$ ) and avoidant attachment style ( $r = .208, p < .01$ ). Respondents have also been asked to assess how thorough is their representation of favourite character, including that of appearance and behaviour. Parasocial attraction significantly differed with respect to this thoroughness ( $p < .05$ ). Practical implications of these findings are discussed, also within the theoretical frame of substitution and Panksepp-Jakobson hypotheses.

## General Psychology: Humanism in the Modern Era

### The Effect of Parent Bonding on Dating Abuse in Emerging Adulthood

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IP6-10-M3

Turkey and China are both collective countries, but they have different cultural backgrounds. Different cultures, different religions, and different levels of economic development may have an impact on dating violence. The present study compares China and Turkey on dating violence and parental bonding among unmarried emerging adulthood. This research aimed to examine nations and gender differences in dating violence with the independent samples t-test; the second aim was to investigate the effects of parental bonding in dating abuse in Turkey and China with Multiple linear regression analyses. Participants were ages of 19 and 26 years ( $M = 23.66$ ,  $SD = 3.66$ ) unmarried emerging adulthood Turkish 171 participants (72.5% women, 24% men, 3.5% prefer not to say) Chinese 170 participants (71.8% women, 21.8% men, 6.5% prefer not to say). All participants had been in a relationship for more than six months. Participants completed The Conflict Tactics Scales—(CTS2) and The Parental Bonding Instrument (PBI). Results showed that women were more likely to experience negotiation in Turkey than men. Men were more likely to experience physical assault, sexual coercion, and physical injury than women. There were no gender differences between psychological aggression. In China, men experienced physical assault, sexual coercion, and physical injury than women, but there were no significant differences between psychological aggression and negotiation. Furthermore, in Turkey, parent bonding did not significantly predict dating abuse. However, in China, multiple regression analyses indicated that low levels of perceived parental care, high parental control were significantly and independently associated with the high level of psychological aggression, physical assault, sexual coercion, and physical injury. Theoretical and practical implications of these findings are considered. Limitations of the study are also discussed.

### Meaning of Life and Existential Anxiety in Relation With Internal Resources

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Meaning of life and existential anxiety seem two sides of the same coin. But the relations between them are more complex than that. In the framework of hostile world scenario meaning of life and subjective well-being contribute to the process of managing life adversity. COVID-19 pandemic represents an event that placed humanity in a context where confrontation

with uncertainty, isolation, life threats and significant change in one's life are on a scale that surpassed by far individual or community crises. The interest of the present research laid in looking at the relations between meaning of life (MOL) and existential anxiety (EA) with possible internal resources such as creativity, playfulness, subjective well-being and personal meaning. Comparison among people from different countries with different rates of COVID-19 infections and deaths due to COVID was also examined. A number of 451 participants from 48 countries (Mean 34.93 years,  $SD = 12.62$ , 31.9% male, 67.4% female) were questioned via online questionnaires during May - June 2020. Cluster analysis was performed on meaning of life and existential anxiety that generated four categories of persons: (1) Reactive with low MOL and high EA that also have low internal resources; (2) Superficial with low MOL and EA associated with low creativity and playfulness, but high subjective well-being; (3) Preoccupied with high MOL and high EA that also possess high creativity, medium playfulness and low subjective well being; (4) Dedicated with high MOL and low EA with high internal resources. The rates of SARS-COV-2 infections/ deaths in the country at the moment of filling in the questionnaires did not discriminate in the levels of MOL or EA, possible because the pandemic was still at the beginning. Discussion is focused on internal resources and meaning of life as tools to adapt to global events such as pandemic.

### Empathy as Core to the Development of Holding and Recognition: The Case of Garret

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IP6-10-M3

Heinz Kohut investigated empathy in psychoanalysis in the mid-1950s and found it to be a powerful way to connect to, and be with, his patients. Since then, relatively few recent clinical cases of empathy have emerged. Moreover, empathy has not been linked to the development of holding and recognition. Few recent clinical cases exist showing how and what holding looks like in therapy. As far as I know, no clinical cases suggest that empathy is necessary before holding and recognition can emerge. The main objective of this paper is to identify and document the process of empathy as it emerges in the therapy, and thus add to the clinical gap in the literature that shows how this process develops. In addition, to describe the emergent experience of holding and recognition that arises out of the experience of empathy. The single case study research method is used in which transcripts of the sessions are recorded and transcribed. Themes relevant to the objectives are identified and used to explore the notion of empathy. I describe a small verbatim section of a session with my patient, Garret, in which I show; a) the empathic process, thus adding to the scarcity of clinical cases, b) the experience of holding and recognition as they emerge in this case, and in the context of empathy. Empathy is a necessary core process that should occur before the development of the experience of holding and recognition, both essential to the healing process.

## Experiencing Spirituality in Mental Health Intervention for Addiction Recovery in South Africa: An Interpretative Phenomenological Analysis

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IP6-10-M3

Within a postsecularist framework, where both religious and secular mentalities are becoming increasingly tolerant of socio-cultural diversity and open to a complementary learning process, models of health care, such as the biopsychosocial spiritual model have developed, where the essence of shared relationships include cultural and moral traditions necessitating the inclusion of religious and spiritual beliefs. Devastating statistics in South Africa regarding the prevalence of alcohol and substance use, and the progressively negative consequences of these and other addictive behavioral patterns for individuals, families, and the community at large, show the importance of implementing improved, cost-effective treatment programmes for addiction recovery. With the advent of the COVID-19 pandemic, these programmes need to be further enhanced and adapted to be relevant to current mental health intervention strategies. This interdisciplinary study explores the phenomena of spirituality in mental health intervention from the perspective of the lived experiences of people in their addiction recovery process and aims to generate insights for the mobilization of church/religious communities to initiate and implement addiction recovery programmes collaboratively with mental health professionals. Within a qualitative research paradigm, an interpretative phenomenological analysis (IPA) research design and methodology was used. Three adult participants who had been discharged over three years ago from a Christian inpatient rehabilitation facility without having relapsed within the past twelve months, were individually interviewed. The data were analyzed using IPA. Results were considered in relation to relevant literature, including work on addiction recovery, spirituality, and the impact of COVID-19 on mental health. Findings showed the importance of relationship: connectedness, support, and community in the changing of psychological patterns and the unfolding of a new sense of identity as vital, spiritually experienced aspects of mental health interventions in addiction recovery.

## Towards the Comprehensive Psycholexical Taxonomy of Emotions

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IP6-10-M3

Scholars in psycholexical approach have classify every experiential state into one category of personal descriptors. The aim of the presented research was an attempt to develop the way of comprehensive emotions terms taxonomy in psycholexical studies. The work was divided into several stages. Firstly, the 13 judges classify the 27,813 personal descriptors into 16 subcategories from which 2,360 terms were classified as experiential states. In the next step, the list of experiential states was reduced by 11 judges (with verified consistency, compliance and criterion validity) that only one of the terms with similar morphemes is left on it. A set of experiential states which were potentially important in the description of emotions contains 524 terms. Because the definition strongly influences the selected terms, in the next step, the broadest possible set of definitions of emotions, from various theoretical approaches, was collected. Due to a large amount of theoretical material on emotions, a snowballing procedure was employed to identify existing definitions in the literature. Next, from the set of over 80 definitions of emotions, criterial attributes of emotions were selected. Then, these attributes were divided into 14 categories, which are most often underlined in the definitions and described in detail to the next group of 7 trained judges with psychological education with verified criterion validity. This group of judges was asked to rate each word from a set of terms which were classified as having potential to describe emotions. In order to minimize the influence of the judge's subjective assessment, they were not aware of the detailed key to classification of the experiential state as emotion. The agreement of the judges, in most criterions, was satisfactory and the research results led to the selection of a set of terms that help distinguish descriptors of emotions from other experiential states.

## Psychology and Research Methodology

### Domains of Socialization Interview: Development and Psychometric Properties

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IP12-10-E1

The aim of this study was to develop semi-structured Domains of Socialization Interview and its coding manual and to test their psychometric properties. Domains of Socialization Interview was designed to assess maternal awareness regarding effective parenting in five socialization domains (protection, mutual reciprocity, control, guided learning, and group participation) within the framework of the domains-of-socialization approach. A series of two studies were conducted to develop and validate the interview and its coding manual. In the pilot study, interview was done with 13 mothers of preschool-aged children to develop the assessment tool and to test its function and clarity. Participants of the main study were 82 Turkish mothers (Mage = 34.25, SD = 3.53) who have children aged between 35-76 months (Mage = 50.75, SD = 11.24). Mothers filled in a questionnaire package including Coping with Children's Negative Emotions Questionnaire, Social Competence and Behavior Evaluation-30, Child Rearing Questionnaire, and Two Dimensional Social Desirability Questionnaire. Afterwards, interviews were conducted online by a single interviewer. Interviews were rated independently by two graduate students based on coding manual. The relationships of the awareness of effective parenting scores to the other measures demonstrate convergent, discriminant, and predictive validity of the coding manual. Intra-class correlation coefficient estimates were ranged between 0.82 and 0.90, showing high interrater reliability of the coding manual. Taken as a whole, the results of these studies demonstrate the validity and reliability of a new and useful interview to measure maternal awareness regarding effective parenting within the framework of the domains-of-socialization approach.

### Ecological Momentary Assessment by Online Daily Study: Shedding Light on Unwanted Intrusive Thoughts to Get Real-Time Information

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IP12-10-E1

The most accurate way to evaluate psychological symptoms is to determine the appearance of dysfunctional cognitive, emotional and behavioral problems in people's real lives. The

retrospective data are inevitably exposed to memory biases which negatively affect reliability and validity. Ecological Momentary Assessment (EMA) offers the opportunity to evaluate individuals in their natural habitats and interaction with the environment and to collect ecologically valid, real-time and reliable data without memory bias compared to retrospective measurements. Considering that there is no study evaluating the phenomenological features of Unwanted Intrusive Thought (UITs) about obsessions, physical appearance, eating and illness simultaneously with measurement methods other than self-report tools, EMA was thought to be an appropriate method. The sample consisted of 50 subclinical university students. Participants filled out the diary every time they experienced UITs for 15 days. According to the results, 78% of the participants experienced UITs in more than one area. They experienced UITs an average of 7.9 times in 15 days. They reported UITs for an average of 5.32 days in 15 days. While the most common UITs were obsessional, the lowest rate belongs to eating-related UITs. They experienced UITs mostly in the thought form and least in the urge form. In terms of negative affect, the days with and without UITs did not differ in terms of anxiety and depression level. The frequency of UITs has increased when people have negative expectations of experiencing UITs during the day compared to days without any expectation. In addition, being in a single clinical risk group and being in more than one risk group did not make a difference in terms of the above variables. In summary, reaching real-time information for the phenomenological features of UITs with different contents will both make an important contribution to the literature and guide for further studies.

### Multidimensional Study of Resilience: Integrative Approach to Qualitative Data Analysis

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Qualitative research provides an in-depth understanding of lived experiences. However, these experiences can be very complex, and hard to apprehend by using just one method of data analysis. A good example of such a multidimensional phenomenon is the experience of resilience. The purpose of this paper is to discuss, how the integration of several qualitative data analysis methods can enhance a deeper understanding of the formation and maintenance of resilience among people with chronic pain. In this paper, the authors justify the implications of pluralistic research combining the thematic analysis, narrative analysis, and critical incident technique. Using the triangulation of two or more qualitative methods, lived experiences can be seen from different perspectives, allowing to analyze both the content and dynamics of such experience. Thus, the thematic analysis describes the content and answers to "what" regarding the resilience, the narrative analysis describes the dynamics of resilience and answers to "how", while the critical incident technique clarifies the most

significant experience and answers to “why” people lives changes at some point. This integrative approach can improve the qualitative study by providing more focused answers to the research questions and enhancing the research rigour. This paper also gives suggestions for creating a semi-structured interview protocol enabling the analysis of qualitative data by several qualitative methods.

### The Development and Validation of the Instrument to Capture Adolescents’ Lived Experiences With the Smartphone Use

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Adolescents are often permanently connected online via their smartphones. Most adolescents further seek a balance between the advantages and disadvantages of their ubiquitous connectivity. Existing smartphone scales typically measure directly observable practices like screen time. As such, measurements that address subjective, lived experiences of being constantly connected (e.g., perceived smartphone effects on wellbeing) are lacking. This gap is addressed by developing the Adolescents’ Perceived Digital Balance Scale. A semantic-differential measurement was developed with 19-items on a) social interaction and relationships, b) productivity tasks, c) entertainment, and d) emotions. Answer options ranged from “1=very true of me (A)” to “5=very true of me (B)”. The measure was revised by two independent smartphone research experts and five adolescents. A first online survey was organized in summer 2021 to perform an exploratory factor analysis (EFA) (n = 161, Mage = 17.87, SD = 1.23, 57% girls). A second online survey (n = 1.107, Mage = 15.27, SD = 1.78; 51% boys) was organized in fall 2021 to conduct a confirmatory factor analysis (CFA). The EFA resulted in a three-factor solution. The first factor consisted of items on hedonic feelings and other emotions (e.g., anxiety) related to smartphone use. The second factor captured how smartphone use could facilitate/discourage social interactions and relationships. The third factor captured smartphone use in relation to productivity (school) tasks. Two items were removed due to low factor loadings or loading on the theoretically incorrect factor. The construct validity of the new subscales were confirmed as they correlated with the Scale of Smartphone Leisure Uses, the Self Esteem Scale, the Social Media Self Control Failure Measure, and Technoference Scale. The CFA indicated a good model fit and configural invariance across gender.

To conclude, the new measure helps to disentangle the effects of ubiquitous connectivity on adolescents’ lives.

### The Validity of the WEIRD Conceptualisation and the Implications for Theory and Assessment

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Some psychology theories and psychometric assessment tools are criticized for being prejudiced by the fact that they originated from Westernised, educated, industrialised, rich, and democratic (WEIRD) societies. It is argued that they are not compatible with, or might be even discriminatory towards those living in non-WEIRD societies, due to their context-specific origins. Given increased globalisation and migration, this research aims to assess whether the context of Western countries is still dominantly educated, industrialised, rich, and democratic (W)EIRD. Four items from the World Values Survey (WVS) were identified and converted to be indicators of (W)EIRD, after which (W)EIRD scores per country were calculated, for 57 countries, including traditional Western countries, and countries from Africa, Asia, Australasia and South America (N = 88.534). The samples represented individuals from all walks of life. The results revealed that the (W)EIRD scores varied widely, and though regional trends are clear, scores also differed within regions. The Western countries scored highest on the indicators, with Sub-Saharan African countries the lowest. Interesting to note was that some of the North-African countries scored significantly higher than their counterparts from the south, affirming that Africa is indeed a diverse continent. Countries from the Far-East scored relatively high on the scale. The (W)EIRD instrument based on WVS data affirms that the context of traditional Western countries is still educated, industrialised, rich and democratic, more so than any other region in the world, which makes the concept of context-specific theories viable. As the data showed that differences in demographic contexts persist, it would be advisable that “global” theories and assessment tools developed in the West be scrutinized for their applicability in non-Western contexts. As a first step to ensure that the theory fit the context, structural equivalence could be assessed by using tests of measurement invariance.

### How I Interpret the Psychomotor Testing of Gifted Children Qualitatively

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The aim of the presentation is to present research findings that ensure the quality of education of gifted children through a curriculum model that meets their needs and provides a logical and applied coherence of design that results in motivating these children to learn and implicitly reduces disinterest (demotivation) and increases self-esteem. The research involved four methods: (a) psychological tests, psycho-pedagogical / didactic experiments, (b) observation, (c)

project evaluation, (d) evaluation through docimological tests and other written and oral evaluation tests. The experimental sample included 600 children tested longitudinal (10 years) from which I selected 250 children from the organisation's programmes from 2011 to 2019 and 40 Romanian gifted students aged 3 to 19, mainly from boarding schools and public schools accredited according to the Romanian curriculum. Research results: (1) 40% of children have a visual-spatial learning style. These are extremely creative children and need active-participatory teaching strategies. These children do not perform on standardized tests. They like the learning process to the detriment of the end result; (2) 21.3% of children have learning difficulties - Dyslexia, Dysgraphia, Dyscalculia, Asperger's, AD(H)D - associated with high ability; (3) children between 6 and 8 years old have a higher level of literacy than children over 9 years old. 98% of children of this age get much better scores on verbal comprehension tests, compared to 70% of children over 9 years; (4) schools need programs which address legal, sustainability and economic subjects. children over 12 years of age do not have such notions, in an overwhelming proportion; (5) at the emotional level 75% of children have performance anxiety (6) gifted children need schools and programs specially adapted to their intensive needs: psychomotor, sensory, intellectual, creative and emotional.

## Psychology in Education: Promoting Quality Learning

### Parenting Styles and Involvement as Predictors of Self-Regulated Learning in Primary School Students

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Self-regulated learning is one of the key competencies for lifelong learning, as it enables the student to successfully overcome various learning challenges. Students' interactions with their parents are an important factor in the social context for the development of self-regulated learning. Research shows that parental behaviour and involvement in education are significantly related to students' self-regulated learning and academic achievement. Meta-analytic studies have found that authoritative parental style, parental responsiveness, emotional warmth, behavioural control, and autonomy support are associated with better academic achievement. However, limited research has been conducted on the role of parents in self-regulated learning in primary school and in specific learning domains. The present study examined the relationship between the different dimensions of parenting, parental involvement, and self-regulated learning in science education among primary school students. Six hundred seventy-nine sixth ( $n = 351$ ) and ninth grade ( $n = 328$ ) students from 25 Slovenian primary schools participated in the study. Students completed the self-regulatory learning questionnaire, parental behavior questionnaire and reported on parental involvement in school. Results showed that the dimensions of parental behaviour and parental involvement explained 10% of the variance in self-regulated learning in science and 17% of the variance in biology. Significant predictors of the self-regulated learning approach were parental autonomy support in science learning and democratic parental discipline in biology learning. In addition, students' perceptions of parental pressure were negatively related to their self-regulated learning approach. This study highlights the importance of parental practises related to authoritative parenting style for the appropriate development of self-regulated learning in primary school. Schools should encourage parental involvement and inform them about the incentives of self-regulated learning in the home environment.

## Individual Differences and Self-Regulation Scaffolds in Expository Hypertexts: Their Role in Effective Individual E-Learning of Science in Ninth Graders

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In the present experimental study, we investigated the effects of students' individual characteristics and different types of self-regulative scaffolds on students' learning. Students ( $N = 292$ ) were divided into six groups based on their general intellectual ability, GPA, and some learning characteristics. They learned individually about the perception of smell using hypertext that was the same for all students but contained different scaffolds for each group. The hypertext contained six motivational scaffolds for the first group ( $n = 48$ ), six metacognitive scaffolds for the second group ( $n = 51$ ), six cognitive scaffolds for the third group ( $n = 50$ ), six mixed scaffolds (two cognitive, two metacognitive and two motivational) for the fourth group ( $n = 48$ ), all cognitive, metacognitive and motivational scaffolds (18) for the fifth group ( $n = 47$ ) and none of them for the sixth group ( $n = 44$ ). Students studied individually for one school hour. Their knowledge of the topic was tested before and after learning. During learning, they could take notes if they wanted to. At the end of learning, they indicated on the list of self-regulatory strategies which they had used during learning. A multiple regression analysis was conducted to predict the posttest outcome. The predictors included in the analysis were pretest, GPA, prelearning motivation, number of learning strategies used, use of notes, and type of scaffolding. The included predictors explained 57% of the variance in posttest knowledge scores. Better posttest scores were obtained by students with higher GPA, higher initial motivation for learning the topic, those who used more different learning strategies, and those who learned with cognitive and mixed scaffolds. The findings have important implications for understanding individual differences in science learning and the role of scaffolds in expository hypertexts to enhance student self-regulation during individual learning in e-environment.

## Role of Past Academic Performance and Task Type in Knowledge Exploration

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Knowledge exploration involves information searching actions to satisfy the epistemic and cognitive needs. Several empirical studies have investigated the factors affecting knowledge exploration, such as motivation, nature of task, to name a few. Students with higher performance tend to engage in knowledge exploratory behavior. Similarly, nature of task is known to trigger curiosity and lead to knowledge

exploration. Building on this insight, the current study seeks to explore how academic performance and task type affect exploratory behavior. An experiment consisting of three types of multiple-choice questions was designed to assess knowledge exploration. It consisted of 15 questions (5 items each of knowledge, problem-solving, and trivia questions). Past performance was measured using the percentage obtained in the previous grade. A total of 182 secondary school students participated in the study. After answering each question, participants had the opportunity to choose one of the three options (show detailed answer, show the correct option, skip the answer) as a measure of exploratory behavior. Data were analyzed using one-way ANOVA and chi-square test of independence on SPSS version 27. The results from one-way ANOVA revealed that the exploratory behavior of students with higher performance ( $>90\%$ ) differed significantly from low performing students ( $< 60\%$ ). Chi-square statistic revealed a significant association between task type and exploratory behavior ( $\chi^2 = 83.390$ ,  $df = 4$ ,  $p = .001$ ). The exploratory behavior for trivia questions was found to be significantly higher than other question types. Trivia questions are known to generate epistemic emotions (such as curiosity), leading to knowledge exploration. Similarly, higher-performing students tend to show high knowledge exploration. Thus, if students are to be actively engaged in learning material, the classroom instructions and curriculum need to be designed so that it generates curiosity in them which would, in turn, lead to knowledge exploration.

## The Role of Home Learning Environment for Private Tutoring Attendance Among Grade 8 Students

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Private tutoring, a fee-based tutoring in school subjects that occurs outside the regular education system but is supplementary to school learning (Bray, 2020), has been a topic of heated debate all over the world. Although its manifold predictors have been identified, still little is known how learning environments contribute to the prevalence of private tutoring. A few studies have inquired into the role of school (e.g., Guill et al., 2020; Sieverding et al., 2019), but research on the role of family is mostly limited to students' socio-economic background and parental educational aspirations (e.g., Entrich & Lauterbach, 2020; Safarzyńska, 2013). Meanwhile, past qualitative studies on the topic have suggested that the amount of assistance at home and qualitative characteristics of learning related parent-child interactions may play a role (Hallsén & Karlsson, 2018; Kazimzade & Jokić, 2013). To fill in the gap, we verified if three aspects of the quality of home learning environment (Kluczniok et al., 2013), that is structural characteristics, learning-related processes, and parental educational beliefs, predicted private tutoring attendance in Grade 8. We used data gathered in the German National Educational Panel Study and ran logistic regression analyses on a sample of almost 7,400 students. A

total of 17% of German eight-graders took private tutoring. After controlling for the child's academic achievement, parental perceptions of their child's learning enjoyment and independence in Grade 7, being beliefs, and family socio-economic status, a structural characteristic, predicted private tutoring attendance in Grade 8. However, neither the quantity (homework assistance) nor quality of learning-related parent-child interactions (Structure and Support) in Grade 7 played a role. The study, besides replicating the results on the role of SES, indicates that private tutoring is not a simple reaction to poor academic achievement, but gets adjusted to the child's learning experience and their parent-perceived need for support.

### **How Do High School Students Learn? The Relationship Between Learning Strategies, Personality Traits and School Success**

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Self-regulated learning is active and constructive process in which students set goals of their learning and then try to monitor, regulate and control their own cognition, motivation and behavior. Most models of self-regulated learning consider learning strategies as a central construct and define them as a mediating process that has (in)direct effects on different learning outcomes. According to the different approaches in learning research there are different conceptualizations of learning strategies and this study uses self-regulated learning perspective. The aim of this study was to examine the relationship between different learning strategies, personality traits and school success. 146 students of first and final year of grammar school and economic school filled in online questionnaire. The measures included sociodemographic questionnaire, 50-item IPIP Big-five Inventory and Learning Strategies Scale. Grammar school pupils report significantly more frequent use of implementation strategy than economic school pupils. The results of correlation analysis suggest that deep cognitive processing was positively correlated to school success while surface cognitive processing was negatively correlated with school success. The results of hierarchical regression analyses indicate that agreeableness and conscientiousness contribute to more frequent engagement in meta-cognitive learning control while conscientiousness and intellect predict more frequent use of deep cognitive processing. Finally, emotional stability and female sex predict more frequent use of surface cognitive processing. Considering that some learning strategies are better for the school success than the others, the results of this study suggest that teaching students about the adequacy of different learning strategies is of great importance.

### **Psychological Aspects in Specific Groups**

#### **How to Enhance Social Participation of Homeless People: Recommendations for Practice**

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Social participation is a strong predictor of well-being and happiness. Homeless people do not always feel welcome to participate in society, and therefore, they often experience social isolation and loneliness. Hence, organizations providing shelter services and ambulatory care (shelter facilities) need to enhance social participation among their clients. Therefore, it is necessary to gain insights in predictors of social participation. To examine predictors of social participation and well-being, 5 empirical studies were conducted among clients of a Dutch shelter facility: 1 qualitative (n = 16), 3 quantitative (n = 225; n = 172; n = 100), and 1 mixed-method study (n = 133); 2 of these studies had a longitudinal design (and all studies were part of a PhD-project). The overall aim of these studies was to develop interventions for shelter facilities. Based on this research a new comprehensive model of predictors of self-mastery, social participation, and well-being was proposed. In this model, person-, care-, and society-/community-related variables are predictors of self-mastery, social participation, and well-being. Additionally, self-mastery, social participation, and well-being are related to each other. Based on this model, an additional model of interventions and implications for practice was proposed, which also integrates organization-related actions. This model illustrates that (1) managers should facilitate job autonomy, an organizational culture of flexibility and creativity, and work engagement through a charismatic and transactional leadership style; (2) social workers should apply person- and care-related actions and interventions, such as supporting their clients to make arrangements on debts and financial resources of clients, working on a good client-worker relationship, and facilitating a supportive daily structure; and (3) the organization should monitor organization-related variables, process-indicators, and client-related outcomes. All these interventions aim to contribute to social participation and well-being of homeless people.

## Illness Representations, Coping Strategies and Psychosocial Consequences in Infertility: A Systematic Review and Meta-Analysis

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Based on Leventhal's (1980) model of self-regulation of a health threat, this systematic review and meta-analysis aimed to investigate the relationships between the different components of the model (namely : representations, adjustment strategies, and psychosocial consequences) in infertility. We expected (1) cognitive representations to be associated with coping strategies used by individuals facing infertility (e.g., adaptive or maladaptive strategies), (2) coping strategies to be associated with mental health of individuals facing infertility (e.g. anxiety, depression, quality of life), and (3) cognitive representations to be associated with mental health of individuals facing infertility. This systematic review and meta-analysis followed the PRISMA guidelines. Searches were performed on the four databases PubMed, PsycINFO, PubPsych and CINAHL. Seven articles were included for the systematic review and meta-analysis. In line with our second hypothesis, maladaptive coping was associated with mental health issues in patients facing infertility. Illness representations, particularly consequences, were also associated with mental health issues, which supports our third hypothesis. The results did not support our first hypothesis (association of cognitive representations with coping strategies). The results of this meta-analysis suggest psychotherapeutic implications for the treatment of infertile couples, such as restructuring their cognitive perception of the consequences of infertility, and providing psychoeducation about adaptive coping strategies.

## Complex Psychological Diagnostics of Oocyte Donors

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Reproductive Medicine Centres face a growing need for mentally and physically healthy oocyte donors who are ready for repeated donation and assess the risk and benefit ratio for their psychological and physical wellbeing. The study aims to develop a complex methodology for diagnosing oocyte donors to effectively check the psychological state of potential donors; identify social/psychological indicators correlating with the oocyte donation motives; make a psychological portrait of a "stable" oocyte donor.

Scientific literature analysis of quantitative and qualitative methods to study oocyte donor motivation and psychological health; diagnostic methods in Russian psychological counseling.

Results show that the Minnesota Multiphase Personality

Inventory (MMPI) is the only personality test to study oocyte donors (with significant differences between 4 donor groups). SMOL, one of the MMPI-type independent tests, is based on the Russian validated version of the Mini-Mult questionnaire. It meets all psychological test requirements: reliability, validity, its own adequate standard. It is planned to use the Szondi test, modified by Sobchik as "The method of portrait selections." It is based on Szondi's concept of "fate analysis". With its extensive use to identify different personality traits, it is effective in psychological counseling: family, pedagogical, personnel recruitment, security service, sports, in law enforcement agencies. The final test is Rotter's "Locus of control", which reveals a person's tendency to attribute responsibility for events and life outcomes to external forces (external control locus) or one's own efforts (internal control locus). High efficiency of tests is their advantage: complex research on a normative sample lasts up to 30 minutes. Psychological testing is complemented by a semi-structured interview combining sociological and psychological methods. To conclude, the study suggests that the given combination of psychodiagnostic tests and a qualitative interview will contribute to a comprehensive analysis of the oocyte donor psychological state.

## Structural and Psychological Gaps for Accessible Tourism: A Results From a Survey in Sicily

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Disability, perceived as a temporary or permanent disability, is perceived by those in this status as a disparity or the lack of having the same possibilities concerning other categories of people. Being conditioned to choose a minimal number of alternatives to travel, move and visit is a condition that today cannot be accepted. This becomes relevant in some sectors, such as tourism, delegated to increase experiences and opportunities for visits, knowledge, and exchange. For some categories, being a „traveler“ is not an automatic process but the result of a functional relationship between information, concern, and minimum standards of the offered services. This article addresses this issue to understand what variables are relevant to this type of tourism, including both aspects of tourist demand and supply structure. In this way, over 60 travel industry representatives were interviewed in Sicily, and focus groups were conducted with people with special needs to learn about different aspects of the phenomenon. Data analysis shows the prevalence of elements affecting psychology and access and service structures. In addition, the research shows the presence of a component of psychological resistance combined with a lack of knowledge of the phenomenon, such as considering it as a segment of little economic interest and challenging to manage. From these results, some tourism policies are formulated to train and assist operators in the tourism sector and institutions to promote greater mobility and integration between the different forms of tourism.

## Psychology of Tourism: Relational Welcoming Between Identity and Commodification

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Tourism is a convergent and comparison area of phenomena regarding men, their experiences, their needs and eventually the economy of the country. All that is compared with the self-concept theory and the social representation theory. To activate interventions aimed at improving the accommodation services in Sicily it has been thought about correlating its traditions, thus the authenticity of the islanders, and the possible improvement of the touristic flux. We wanted to examine if despite the touristic fluxes the islanders stay faithful to their 'Sicilianity' and the Sicilian tradition is an islander balance. A purposive sample of 127 interviews has been involved, so as to give more relevance to psychometrics (20 elderly, 41 university students, 12 business people, 11 craftsmen, 17 tourists, 7 travel agencies, 19 taxi drivers). We used a questionnaire written ad hoc for the information purpose, the questionnaire "Foster a good impression, and the questionnaire on self-perception. It has been noted a relevant participation of business people and craftsmen in showing their islander identity. The answers given have highlighted that the island still has a strong identity and that the higher spirit of belonging has been noticed in the category of workers (thus who contribute to the economy). This is probably connected to the real or perceived economy which both with crafts and commercial activities contribute to help the Sicilian knowledge and features.

## Work and Organizational Psychology: Employee Selection and Career Management

### A New Measure of Employability: The Multidimensional Employability Questionnaire (MEQ)

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Employability is crucial for a successful professional career. Some scholars suggest that employability is more than the ability to gain or maintain employment and should consider the personal factors that help people identify and realize career opportunities. In this line, Fugate et al. (2004) proposed that employability is composed of four dimensions: career identity, personal adaptability, social capital, and human capital. Given the scarcity of instruments to measure these four employability dimensions, our goal is to present a new measure (the Multidimensional Employability Questionnaire-MEQ) and investigate its psychometric properties. The sample consisted of 584 Spanish employees (51% men). Data was collected at two time points: January 2020 (T1) and 18 months later (T2). Fugate et al.'s (2004) employability dimensions were measured at T1 by means of the proposed MEQ. To provide evidence of validity of the scores based on test-criterion relationships, we measured employment status at T2 and three job quality indicators (horizontal fit, salary, and job satisfaction) at both time points. We conducted a confirmatory factor analysis (CFA) and tested for concurrent and predictive evidence of validity by analysing the correlations between the employability dimensions and the aforementioned criteria. The CFA results showed a good fit for the hypothesized 4-factor model (RMSEA = .067; CFI = .98; TLI = .98). All factor loadings were significant and ranged from .50 to .96. Career identity and social capital were positively correlated with horizontal fit, salary, and job satisfaction at both time points. Also, social capital was positively correlated with employment status at T2, and adaptability was positively correlated with job satisfaction at T2.

Overall, the results obtained support the validity of the MEQ and highlight the importance of social capital and career identity for subjects' professional career.

### Entrepreneurial Finder Index: Procedures, Validity, and Guidelines

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This study aimed to develop an Entrepreneurial Finder Index (EFI) that contains a list of business fields and the

suitable RIASEC (Realistic, Investigative, Artistic, Social, Enterprising, and Conventional) codes as a tool for entrepreneurs to identify a business field that suits their Holland's RIASEC personality. We used data from entrepreneurs, experienced businessmen, and experts from universities to develop the EFI. Two hundred twenty-one entrepreneurs received the RIASEC questionnaire. In addition, six experienced businessmen and six experts from universities were asked to assess a list of business fields based on the required RIASEC personality type. The results were then integrated using The Standard SDS Aspiration Summary Code and examined through focus group discussions. The final code was validated to see its congruency to entrepreneurs' RIASEC code. The EFI consists of business field codes of 240 sub-groups and 88 primary groups under 21 categories. We found that most sub-groups of the business field have type E (Entrepreneur) combination with ESC is the most common RIASEC code. Nevertheless, other combinations such as type S (Social), R (Realistic), and type C (Conventional) were also common. This study offers an Index to assist entrepreneurs in finding a business field that best matches their personality based on Holland's RIASEC Personality Types. Various business fields in the EFI may propose an opportunity for individuals to be entrepreneurs with an appropriate business field.

### Perceptions of Scientism in Hiring Algorithmic Recommendations

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Algorithmic decision-making has become an increasingly important consideration for hiring. However, it has come under increasing scrutiny since it has been strongly related to problems of discrimination. It is crucial therefore that we investigate the processes that might mask discrimination in hiring algorithms and reproduce organizational inequalities. The aim of this paper is to explore how individuals perceive algorithmic decision-making in hiring. We explore individuals' assumptions about biases in hiring algorithmic recommendations and how these assumptions affect their attitudes towards algorithmic recommendations. More specifically, we explore how assumptions of objectivity and scientism and perceptions of algorithms as the great equalizers might affect people's expectations that algorithmic decision-making reduces employment discrimination. We argue that the absence of reflective reasoning that questions the objectivity and scientism of algorithmic decision making might strengthen its effects and perpetuate its biases. Four experiments have been conducted in order to explore people's assumptions of bias, objectivity and scientism of algorithmic decision making in hiring. We first investigated whether people actually expected a hiring algorithm's recommendation to be more objective and bias free than an identical human recommendation (Experiments 1 and 2). Next, we investigated how people's perceptions of scientism impacted their assumptions of bias and objectivity of humans' and

algorithms' hiring recommendations (Experiment 3). Finally, we explored whether developing an awareness regarding the development of algorithms impacted people's assumptions of objective and bias-free algorithmic recommendations in hiring (Experiment 4). Our results suggest that people believe that algorithmic recommendations in hiring are more objective and bias free than HR's recommendations mainly because they attribute to such recommendations characteristics of scientism. Our results also suggest that developing people's awareness regarding the development of algorithms can reduce the power of their assumptions regarding algorithms' objective and bias free characteristics.

### Discovering 'Game Changers' Through an Organimetric Index to Transform Different Types of Organisations

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IP19-10-DP

This paper presents the development of an Index, represented as an organimetric, that measures and describes proclivities, rather than personality, when it comes to making an organisational and economic impact. The development of the Index was the result of a practical client asking 'what are the differentiating characteristics of people who can drive transformational change?' Three years of research followed in 3 main phases: Phase 1 was an initial exploration of the characteristics of these individuals - called 'Game Changers' - using Repertory Grid interviews which yielded 180 observations from 20 interviews. Phase 2 built on phase 1 suggesting defining characteristics for Game Changers under 2 broad constructs: Imagination and Obsession. External experts were involved to test a set of items designed to measure individual differences in the perception of Imagination and Obsession. Phase 3 expanded initial interest in Game Changers on the basis of self-perception data. As a result of feedback with talent specialists, a factor analysis of 1000 completed questions was completed to explore the meaning of different responses to the questionnaire, e.g. how to make sense of people who score low on both Imagination and Obsession. The three phases of research yielded reliable and valid measures of five different proclivities when it came to making an impact at work. These differences are now represented as an organimetric identifying both individual and collective impact of how people contribute to the achievement of high level goals. Through a series of practical application case studies, the Index is shown to provide a language and framework that can be used to inform key decision areas (e.g. talent management, culture change, digital transformation) within different organisations and sectors for economic gain.

## The Development and Empirical Evaluation of a Counterproductive Work Behaviour Structural Model in Selected Organisations in Zimbabwe

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IP19-10-DP

Corporate scandals continue to rise unabated and their damage to organisations financially, is unendurable hence the need to mitigate them so that organisations can perform better. Evidence from the literature shows that ethical leadership plays a significant role in combating CWBs in organisations, therefore, making it an integral component under the current study. Based on the existing literature, a theoretical model was developed to explain the structural relationships between the latent variables and counterproductive work behaviour. The goal of this study was to develop and empirically evaluate a counterproductive work behaviour structural model in selected organisations in Zimbabwe. The total sample size consisted of 304 participants drawn from both non-managerial and managerial employees in Zimbabwe. Each of the respondents completed the composite questionnaire. The proposed relationships were empirically tested using various statistical methods. All the measurement scales went through reliability analyses and adequate reliability was found. The content and structure of the measured constructs were investigated using exploratory and confirmatory factor analysis. The results demonstrate that a reasonable fit was achieved for all the refined measurement models. Structural equation modeling (SEM) was utilised to establish the degree to which the conceptual model fitted the data obtained from the sample and to test the relationships between the constructs. In line with previous research, the results indicate significant positive relationships between ethical leadership and integrity; ethical leadership and ethical climate; ethical leadership and work engagement and between Machiavellianism and counterproductive work behaviour. The results confirm a significant inverse relationship between ethical climate and counterproductive work behaviour. Contrary to the literature, no significant relationship was found between ethical leadership and counterproductive work behaviour; integrity and counterproductive work behaviour and work engagement and counterproductive work behaviour. No significant relationship was also found between Machiavellianism and integrity and between Machiavellianism and ethical leadership.

## Clinical Psychology: Links Between Physical Illness and Psychological Health

### Psychological Risk Factors for Breast Cancer

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Determining the contribution of specific psychological characteristics to the likelihood of breast cancer in women is a significant problem today. The purpose of the study: to identify and empirically substantiate the psychological factors of breast cancer incidence. As psychological factors, such as basic beliefs, life orientations, locus of control, coping behavior strategies and subjective assessment of quality of life, indicator of subjective age, personal helplessness-independence, resilience are identified. The design of the study involves an analysis of the psychological characteristics of women with breast cancer at various stages of the disease (N = 138) and women without a history of cancer diagnosis (N = 151). In order to determine the totality of psychological risk factors, we conducted a discriminant analysis. During the study, it was found that the following psychological risk factors can be considered: reduced indicators of the worldview, rare use of the coping strategy "Escape-avoidance", reduced indicators of quality of life, external locus of control in the field of failures, family and interpersonal relationships, general internality, as well as a reduced indicator of resilience. Women at high risk of breast cancer should be offered more intensive monitoring and preventive measures. As the classification results show, with this set of discriminant variables, the classification accuracy is 77.1%, which is quite effective for classifying two classes of objects. The results obtained can be included in the development of personalized breast cancer screening protocols. [The work was supported by a grant from the Russian Foundation for Basic Research, project No. 20-013-00824.]

### Contribution of Psychological Characteristics of Women With Breast Cancer to the Immediate and Long-Term Effects of Treatment

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According to WHO, the projected increase in the number of new cancer cases and deaths in the world by 2040 is 63.1% and 71.5%. Breast cancer keeps the leading place among the female population. This study examined the differences between women with breast cancer in remission (N = 14) and fatalities (N = 4). We used Scale of Basic

Beliefs, Questionnaire “Methods of Coping Behavior”, Test Questionnaire of Subjective Control, Resilience Test, and SF-36. When determining the contribution of psychological characteristics of women with breast cancer during the course of the disease and survival, a comparative analysis of the characteristics of women at the stage of persistent remission and with a lethal outcome was carried out. Fatal women were characterized by the belief in their own luck, which can act as a prism that distorts the risk of cancer, and coping strategies such as distancing, self-control, and positive overestimation. The distancing strategy reduced the significance of the disease and the degree of emotional involvement in it; self-control suppressed emotions; with a positive overestimation, women ignored the practical possibilities of solving the problem. In cancer, the outcome of coping behavior is hypertrophied. In women with a fatal outcome, internality in the field of industrial relations and optimism were also expressed. Women with fatalities were focused on organizing their professional activities, ignoring the situation of the disease, and had an optimistic attitude towards the future, unreasonably expecting a favorable course of the disease, a quick recovery. In women in remission, the indicators of the quality of life such as pain intensity, vital activity and emotional instability were higher. Apparent psychological well-being led to death due to overestimation of one’s capabilities and underestimation of the consequences of the disease. [The study was supported by a grant from the RSF, project No. 19-18-00426.]

### Psychological Predictors of Favorable and Unfavorable Course of the Disease in Patients With Prostate Cancer

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Psychological characteristics of patients can contribute to the creation and strengthening of favorable or unfavorable conditions concerning the development of cancer, as well as its course and quality of life of patients.

We tried to identify psychological predictors of favorable and unfavorable course of prostate cancer on a sample of 124 men with prostate cancer. With discriminant analysis (step-by-step method, Wilkes Lambda), a list of discriminant variables classifying a sample of men with favorable and unfavorable prostate cancer was determined, and their contribution was assessed. The favorable course of prostate cancer (stabilization or remission) was associated with high involvement ( $M = 24.5$ ), externality in the field of failures ( $M = -1.13$ ), the absence of restrictions on daily life by physical condition ( $M = 46.86$ ) and a low value of the belief about control ( $M = 23.86$ ). The more men are involved in their own lives, passionate about what is happening in it, the greater the chance of a favorable outcome of the disease. The ability of a man to find an external reason for this in case of unsuccessful events and the belief that not everything that happens in life is controllable also contribute. In addition, a difference was found in the quality of life indicator associated

with the restriction of daily life by physical condition. The discriminant function consisting of the above variables explained 100% of the variance, as well as at  $\lambda = 0.472$  and  $p = .001$ , indicated that the set of discriminant variables has a good predictive ability. Thus, we have obtained a list of psychological predictors associated with a favorable or unfavorable course of the disease in patients with prostate cancer, which is the foundation for further work with this group of patients. [The study was supported by the Russian Science Foundation, project No. 21-18-00434.]

### Burden in Parental Caregivers of Persons With Angelman Syndrome: A Mixed-Method Study

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This study aims to examine the burden experience of the parental caregivers of persons with Angelman Syndrome (AS), an orphan neurological disorder characterized by severe intellectual and motor impairment, namely absent/extreme speech difficulties, seizures, hyperactivity, ataxic and rigid movements, and high social disposition. It affects about one in ten thousand people in Europe. In a cross-sectional mixed-method study, four interviews were conducted with parents of children with AS across Europe, to better understand their caregiving experience. Additionally, data from 24 parents were collected to evaluate the effects of autonomy on the caregiver’s burden and whether parental satisfaction intervenes in this relationship. For this purpose, four instruments were used: the Katz Autonomy Index, the Parental Satisfaction Scale, the Zarit Caregiver Burden Scale and the semistructured interview script by Cardinali and collaborators (2019). The findings showed a negative association between parental satisfaction and caregiver burden. However, no relationship was found between the autonomy of the person with AS and the caregiver’s burden. The qualitative study revealed the presence of feelings such as burden, sadness, shock, fear, uncertainty, and hope. The main complaints of these parent caregivers were the lack of personal time and the multitude of responsibilities and activities that the SA syndrome demands. The results indicate an overlap between the experiences of being a parent and being a caregiver. However, the absence of a relationship between the person with AS’ level of autonomy and the caregiver’s burden highlights the need for further studies that contribute to a better understanding of the psychological processes associated with the experience of caring for a person with an orphan disease.

## The Concept of 'Emotional Load' Broadens Diagnostic and Therapeutic Possibilities and Makes a Natural Connection Between Psychology and Physical Health.

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The focus is on the use of a new concept of 'emotional load' in diagnostics and treatment in a study of 20 clients. The concept of 'emotional load' is applied in diagnostics and treatment, and in measuring the effect of treatment. The psychological (and physical) problems of clients are described, relating to the extent to which they are emotionally burdened. An inventory is made of the origins of this emotional burden and what it consists of. Treatment goals are then derived from this inventory. The underlying theory is that when negative emotional events are not processed, an emotional load burdens the psychic and physical system. Emotional load consists of: (1) unprocessed emotional events from past and present, (2) emotional (and physical) overload, and (3) emotional load from one's own life and from the life of one's parents (which has been unconsciously transferred). The rationale is that with the use of the concept of 'emotional load', the view can be abandoned that psychological problems are the result of an 'illness'. The concept of 'emotional load' is useful for describing psychological problems. Clients recognize themselves in the terminology, the theory and the model, and apply it to their own situation. They take their own responsibility for the situation and are active because they obtain the right tools to deal with it. It is shown that the model of emotional load is applicable, it leads to a reduction in emotional load, and that this leads to improvement of both psychological and physical complaints. The use of the concept of emotional load leads to a clear description of psychological problems on which the treatment can be constructively built. It is recommended that medical concepts used in psychotherapy should be replaced with concepts with a psychological origin, including the concept of emotional load.

## Social Psychology: Special Contexts and Groups

### Who Are We and What Do We Do? Social Representations of Academics Among Academics and Other Professional Groups

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We examined how different social groups perceive academics using an established mixed methods approach (Cristea et al., 2020) to identify if and where there are misconceptions about the profession. We wanted to know whether society's perception of academics is keeping up with academia's evolution to ensure our teaching, research and scholarship is accessible, trusted, and engaged with by the wide range of stakeholders that academics and Higher Education Institutions (HEI) engage with (e.g., prospective students, professional services, schools, government agencies, employers, the public). A sample of 215 participants (Mage = 37.47, 141 females, 170 White ethnicity) completed an online Free Association Task (Abric, 2003) providing five words/expressions that came to mind when presented with the word 'academic' or one of five priming vignettes where the implied ethnicity or gender of the protagonist was manipulated (e.g., Dr Jane Smith/Dr Adebayo). Participants provided additional justifications (Di Giacomo, 1981) on the connections between the stimulus or priming vignette and associations to prevent semantic confusion. We identified the elements defining the internal structure of the social representation of academics among each group (i.e., Academics, Non-Academic HEI Professionals, Other Professionals, and Students) irrespective of the prime they were provided. All groups shared the central element of research. Except Academics, all groups shared the central element of intelligence. Interestingly, when thinking about the main activities that an academic should perform, research falls within the central core while teaching is considered peripheral. Differences in the peripheral elements provides additional evidence that academia is perceived as male-dominated, disconnected, distant from the public and inaccessible (Buckley & Du Toit, 2010). Differences with central and peripheral elements are also evident according to the stimulus word 'academic' or priming vignette presented (e.g., Higher Education Professional, Dr Adebayo, Dr Jane Smith).

## Dietary Habits and Identity: A Comparison of Adult Meat Eaters, Vegetarians, and Vegans in Greece

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In recent years, it is becoming increasingly normalized for people to identify as vegetarian or vegan. However, the reasons that people become vegetarians and the dynamics related to dietary choice remain relatively understudied, especially in the Greek context. The purpose of this study was to explore the social identity of those who either avoid or consume culturally appropriate animal products. Rosenfeld and Burrow's Unified Model of Vegetarian Identity served as the theoretical framework. We administered self-report questionnaires to compare three groups: vegetarians ( $n = 210$ ), vegans ( $n = 201$ ), and meat eaters ( $n = 171$ ). We inquired about their motivations, their intergroup/intragroup attitudes, the role of diet on their identity and their level of adherence to their specific dietary habits. We found that vegans, followed closely by vegetarians, tended to have the strongest altruistic motivations, the highest centrality and strictest adherence to diet, as well as the most positive attitudes towards their ingroup. Vegetarians and vegans had stronger personal motivations (e.g., health, well-being) for their diets, compared to meat eaters, but they did not differ significantly from each other. Meat eaters, more than any other group, refrained from negatively judging their dietary outgroups. Moreover, contrary to vegans and vegetarians, they reported feeling that their dietary choices carried little to no stigma. Vegans were the least willing to alter or abandon their current dietary habits, vegetarians were somewhat positive towards dietary change, and meat eaters were ambivalent. Our results highlight the fact that dietary habits inform a complex multifaceted social identity, which is no less true for meat eaters than it is for vegetarians or vegans.

## The Say-Do-Report Correspondence in Semi-natural Contexts: A Pilot Study

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The Say-Do-Report correspondence (SDRc) refers to the coincidence relationship between what a person says that they will do, what they subsequently do, and what they ultimately report having done. Despite its relevance in clinical contexts, the research in natural, ecological and applied environments is limited. Therefore, our research group aims to develop a methodology for SDRc which will enable us to study this phenomenon in applied contexts while increasing the ecological validity of the SDRc studies. A previous study

showed the methodological difficulties of approaching this phenomenon, and the need of developing a new methodology. Consequently, the aim of this study is threefold: (i) to offer a rigorous measure of the SDRc in a non-clinical population, (ii) to assess the influence of the delay in the establishment of this correspondence, and (iii) to evaluate the proposed methodology. The SDRc will be measured in four different everyday behaviours. Participants will be divided into two groups: „Delay Group“ and „Non-delay Group“. The study will be carried out in three phases: „Say“, „Do“ and „Report“. On the „Say“ and the „Report“ phases specifically designed questionnaires will be used. On the „Do“ phase observational methodology will be used: the participants' behaviours in an experimental situation will be recorded and will be registered with a categorization system and The Observer XT12.5 (Noldus ©) software. The main result of this study consists of assessing whether the developed methodology to measure the SDRc in natural environments is appropriate. Moreover, it is expected to find differences between groups. Specifically, we expect that the „Delay Group“ will show less correspondence than the „Non-delay Group“. This work contributes to the study of the SDRc through the development of methodological tools that allow to investigate this phenomenon in a more natural environment.

## Motivation to Use Embodied Conversational Agents Among Aging Adults: Latent Profile Analysis

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The share of ageing adults in the population is rapidly increasing, bringing important implications for all sectors of society. The needed support for the ageing population can be offered by technological development in the area of personalized assistive technology. Especially embodied conversational agents as virtual entities that engage in conversation in human-like manner, exhibit the potential to support ageing individuals in several life domains. However, their technological development often follows the “what is possible” strategy rather than “what is needed and preferred”. Therefore, motivation and expectations regarding technology in the multiple domains of life should be specifically explored among the ageing population. A sample of older adults ( $N = 185$ ) participated in the study, responding to the questionnaire on instrumental activities of daily living and their importance in their daily life, and the acceptance of the idea of using embodied conversational agents in various domains. The results of latent profile analysis revealed four profiles of ageing adults regarding their motivation to use embodied conversational agents in various life domains (i.e., low motivation class, selective motivation class with emphasis on physical well-being, selective motivation class with emphasis on psychological well-being, high motivation class). The extracted profiles were additionally validated by comparing them regarding the acceptability of the embodied conversational agents usage in different life domains. Profiles

of ageing adults regarding the importance of different life domains and the acceptance of embodied conversational agents for assistance in these domains increase the critical knowledge, important in developing assistive technology, adapted to the specific needs, preferences, and interests of ageing individuals.

### **Psychology – A Fundamental Science and Professional Practice Towards the Eradication of Poverty**

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The first Sustainable Development Goal of the UN 2030 Agenda is the end of poverty, a problem that the pandemic has significantly increased. Four out of ten people are in a situation of severe social exclusion in Spain, according to the FOESSA Foundation Report on the Evolution of Social Cohesion and Consequences of COVID-19 (2022). Poverty, especially in children, has serious psychological repercussions in adult life, in personality, mental health or intellectual development. It becomes a toxic spiral that prevents overcoming the situation of poverty. For this reason, Psychology is essential when developing policies on social exclusion. The objective of the abstract is to discuss the relevance of psychology in addressing poverty response policies.

### **Social Psychology: The COVID-19 Context**

#### **The Multi-Facets of Belongingness in Youths During the COVID-19 Pandemic. A Study on the Subjective Experience of Social Distancing**

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The current study explores the subjective experience of social and physical distancing during the first wave of the COVID-19 Pandemic. We aimed at testing: (a) the differences in experiencing loneliness, stress levels, feelings of belongingness, and threats to the need to belong introduced by social context and living conditions of the participants; (b) whether personality factors and risk of infection with Sars-Cov-2 have a significant effect on how youths experienced social distancing; (c) if changes in activity and behaviour during the pandemic are associated with loneliness, stress, belongingness and need to belong. Data was collected from 244 Romanian youths in April-May 2020, the first and only lockdown in Romania. We used several self-report measures for measuring: loneliness, belongingness, happiness, stress and need to belong as indicators of the subjective experience of social distancing, the social and living context during the lockdown, risk of infection, changes in daily activities and changes in substance use. Results showed significant differences in loneliness and feeling of belongingness according to the living conditions during the pandemic, weak association with personality factors and with the risk of infection, and unstable associations with changes in behaviour patterns. Also, gender differences related to the experience of social distancing were identified. The results should be discussed in the specific context of the evolution of the pandemic.

#### **Personality Traits, Human Values, and Satisfaction With the Summer Vacation During COVID-19**

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The purpose of the present study was to investigate if personality traits and human values could predict satisfaction with the summer vacation during the first COVID-19 Summer. Data was collected through a web survey on a representative sample of the Swedish population regarding gender, age, and residential area (N = 583). The survey consisted of three instruments: Satisfaction with the summer vacation of 2020 („All in all, how satisfied are you with the vacation in the summer of 2020, four-point scale from „not at all satisfied“ to „very satisfied“), the Big Five personality traits (BFI-10), and human terminal values (The Rokeach value survey). Data analysis was done with multiple linear regression. Gender,

age, and residential area were control variables. Freedom was the strongest predictor of satisfaction with the summer vacation of 2020. Agreeableness was positively associated with satisfaction, while Neuroticism was negatively associated with satisfaction. It was expected that people with a high degree of Agreeableness would be more satisfied with the summer vacation since they have a greater understanding of rules and recommendations from authorities. It was also expected that people with a high degree of Neuroticism would be less satisfied with the summer vacation since they probably worried more about COVID-19 than people in general. It was unexpected that freedom was positively associated with satisfaction with summer vacation in 2020, as COVID-19 restricted freedom. However, freedom was greater in Sweden than in many other European countries. This might be the reason to why those who value freedom the most were also most satisfied with the summer vacation in 2020. The study needs to be replicated in other countries and compared with summers in Sweden before and after the pandemic. A limitation with the present study is that the dependent variable is measured with a single-item.

### **Exploring the Dynamic of Experiences of Vulnerable Groups during COVID-19: A Qualitative Study amongst Parents, Jobless and Chronically Ill People**

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The global pandemic caused by COVID-19 introduced a level of insecurity and fear, which is reflected in relationships, workplaces, and everyday lives. The overall socio-psychological effects of this crisis are yet to be studied. As an attempt to determine the specific experiences and sources of stress in three particularly vulnerable groups in Bulgarian socio-cultural context, we conducted a qualitative research by using the calendar interviewing method. The target groups were working parents, people who lost their jobs due to COVID-19 crisis and lock downs, and people with chronic diseases. 45 semi-structured in-depth calendar interviews were conducted in 2021 with representatives of the three groups, to generate authentic data on personal experiences. Overall, results indicated an increased parental stress (especially for the parents of children of kindergarten age) and increased sense of anxiety in people who lost their jobs due to COVID-19 and depression symptoms for the chronically ill people. Particularly interesting were the findings from the parental group. Families with babies and young children faced specific difficulties in raising and adapting to the new situation. An additional stressors for parents were the forced combination of professional and parental roles. Some of the results are in line with previous research in other countries (Austria, Canada and China). However, in our sample, there was a commonly held belief of absence of trust in official authorities, in vaccination effectiveness and in the positive outcomes of the crisis. The study is part of project „Socio-psychological Effects of the Crisis caused by COVID-19:

Perceived Stress and Dynamics of Experiences“, supported by BNSF and has of theoretical and practical value for government institutions, psychology professionals and therapists as it sheds light on specific vulnerable groups who need psycho-social support during crisis situations.

### **Disentangling Emotions During the COVID-19 Pandemic in Spain: Inner Emotions, Descriptive Feeling Rules and Socioemotional Conventions**

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For constructionism, language is the link among different levels of analysis of emotional events, from intrapersonal to interpersonal and macrosocial. The main goal of this research is to explore the interaction among these emotional levels and how it allows us to construe an emotional episode and label it with an emotion word, coordinate with the emotions perceived in others, and represent events as a society. Across two studies (N1-Participants = 1464; N2-Searches = 110), we explore emotions in the frame of the COVID-19 pandemic, distinguishing among the three levels mentioned above: inner emotions as individual experiences, descriptive feeling rules as interpersonal emotions, and socioemotional conventions. Results indicate a similarity between the emotional meaning of COVID-19 in society and the descriptive feeling rules, whereas the reported inner emotions were clearly distinct: joy was irrelevant at the interpersonal and societal levels but clearly important at the individual level. A mismatch also appeared for fear and hope. While fear was the most predominant emotion at the interpersonal and societal levels during most of the phases, it was moderately predominant at the individual level. Hope followed the opposite pattern, being the most relevant emotion at the individual level but less relevant at the interpersonal and societal levels. Results support the complexity of emotional concepts and the importance of exploring them at different levels of analysis.

## Work and Organizational Psychology: Mental Health, Disability, and Integration in the Workplace

### An Exploration of Experiences of Creative Workplaces for Neurodivergent Individuals

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The term neurodivergent (ND) rests on ND conditions, such as Autism Spectrum Disorder (ASD), Attention-Deficit/Hyperactivity Disorder (ADHD), dyslexia and dyspraxia, being a natural and valid variation of cognitive styles. Evidence suggests above average numbers of ND people are working within the creative and technology industries. Therefore, this research addresses a current gap in knowledge to explore the barriers and facilitators to creativity for those with ND conditions in the creative workplace. This research used a mixed-methods approach allowing participants flexibility to report their experiences of creative working. In study 1, an online survey asked what helped and what hindered creativity at work, when working individually and when working as part of a group. Participants, (38 who identified as ND and 27 as neurotypical (NT)), answered using unlimited-text boxes and Likert-scale questions which explored a wide range of factors known to affect general creativity or affect those with ND conditions. Using results from this study, interviews were conducted, alongside optional photo-elicitation, to further explore ND participants' experiences of barriers and facilitators to creativity. Results indicated that ND and NT participants showed a similar profile in terms of factors which helped or hindered their creativity. However overall, the ND group were statistically more likely to report factors very much helped or hindered. Participants discussed a range of factors related to the workplace environment, social context and creative practices. Results suggest that ND respondents felt more acutely affected by factors such as noise and interruptions. The social dynamics of group working emerged as a salient issue for many ND participants, with some reporting a preference for working alone to immerse fully in the creative process. This research aims to help the creative industries minimise barriers to creativity and maximise the creative potential of those with neurodiverse conditions.

## Psychological Fitness for Specific Tasks and Conditions, Normative Requirements and Practice References

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Traditionally, the assessment of fitness for work is contextualized within the practice of occupational medicine. Our review aims to integrate this mono-disciplinary perspective and promote a cooperation between occupational physicians psychologists, by emphasizing the value of psychological fitness for specific tasks and working conditions in order to fully evaluate the functional abilities of an individual and his adequacy in carrying out work duties, without risks to their own or others' psychophysical health. Psychological characteristics are proposed among the main factors that should be considered when assessing fitness for work; and illustrate the dynamic character of the construct of psychological fitness. In fact, it is connected to two factors varying overtime: the specific conditions of job which currently undergo rapid changes; the persons with their psycho-physical and health becoming. Qualitative methods, such as archive analyses and case-studies, were used for the study. Organizational changes are analyzed by studying the evolution of specific tasks and professional conditions. The reference legislation for various sectors is reported, e.g., rail and air transport, civil driving licenses, the contexts of firefighters, airport rescuers, and public transport. Methods for conducting the assessment have been reviewed, including the tools for the fitness examinations, exploring the specific psycho-diagnostic skills, differentiating between recruitment practices and psychophysical and pathological evaluations. Finally, specific cases are analyzed such as fragile or hyper-susceptible workers and the work-related stress risk.

Therefore, psychological fitness assessment is a professional opportunity for psychologists and offers instruments to enhance their skills. Assessing people's workability is an important and current issue, due to the rapid and structural changes in the organization of work. These changes have an impact on people's ability to perform their tasks, and on work adaptation, especially in the context of COVID-19 whose far-reaching effects have worsened the contrasts between people and their jobs.

## Transitioning: Supporting Neurodiverse Students Into the Workplace

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Graduates with disabilities are moderately less likely to be in full time employment than their non-disabled peers (51% versus 58%). However, for graduates with autistic spectrum conditions (ASC) the figure is only 36% AGCAS (2017). Given that individuals with autism bring a range of strengths and unique perspectives to a business such as attention to detail, lateral thinking and rationality it is not surprising that some organisations deliberately seek these individuals out. The disparity between these positions is the subject of this presentation which looks at how higher education students are prepared for transition to the workplace and the suitability of that preparation for those with ASC. Using questionnaires and semi-structured interviews the experiences of students with ASC was investigated. The transcripts were analysed using thematic analysis with four distinct themes being generated: gender differences; hidden identities; inappropriate employability education and negative self-image. This presentation explores these themes and the how they might be considered by higher education institutions and employers to inform policy and practice.

## Clinical Psychology: CBT and Mindfulness

### The Role of Motivating Verbalizations During Cognitive Restructuring Technique and Their Relation to the Efficacy of Debates

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The cognitive restructuring technique is widely used in therapeutic contexts since its efficacy has been widely demonstrated. Still, little is known about the mechanisms that explain such efficacy. From current behavioral currents, an approach based on the analysis of verbal behavior and its modification through behavioral techniques, such as verbal shaping, is proposed. The objective of this research is to analyze the verbal interaction between therapist and client during the debates in cognitive restructuring to see if there are differences in their verbal behavior at the different levels of effectiveness of the debate. One hundred fifty debate fragments from recorded therapy sessions in a clinical center in Madrid were observed. For this, the ACOVEO observation system was used. The selected cases referred to different problems, but in all of them it was necessary to intervene on the way of thinking. Results showed that there are commonalities and differences between the different levels of debate. At all levels of the debate, the therapists discriminated and reinforced or punished the client's behavior, being able to observe a sequence of three terms "question-answer-consequence". However, in total successful debates, a greater number of verbalizations were found aimed at convincing clients, using verbalizations with a motivating function. It is possible to understand the debate as a process of verbal shaping. Therapists with their questions discriminate verbalizations in clients and depending on their approach or distance from the therapeutic objective they reinforce or punish such verbalizations. However, we found that other verbalizations accompanying this process are associated with an increase in the probability of the success of the debates. This means that the most directive debates are those in which we can find greater success, as well as to the important role that certain motivational verbalization can play in facilitating the therapeutic change.

## Internet-Based Cognitive Behavioral Therapy for Older Adults With Depression: Results From a Randomized Controlled Trial

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Depression is most common amongst the older adults and is associated with major impairment. Access to reliable evidence-based treatments is limited and has declined even more during the global COVID-19 pandemic. Therefore, remotely provided psychological interventions are needed. Internet-based interventions were shown to be effective for a range of mental and somatic health problems. However, the population of older adults has received relatively little attention in the field of internet-based psychological treatments. The aim of this study was to address this gap by exploring the effectiveness of a tailored internet-delivered modular intervention based on principles of cognitive behavioral therapy (CBT). This study was a two-armed randomized controlled trial comparing guided CBT to a waiting-list control group. Participants were 84 self-referred older adults with symptoms of depression allocated to treatment groups in a 1:1 ratio. The intervention was an 8-week long guided modular CBT partly tailored for each participant according to their specific needs. Self-report measures for depression (Patient Health Questionnaire, PHQ-9 and Geriatric Depression Scale, GDS), anxiety (Generalized Anxiety Disorder scale, GAD-7) and well-being (World Health Organization Well-being Index, WHO-5) were administered online before treatment, immediately after the treatment and at 3-month follow-up. Results show that after 8 weeks treatment group participants improved more than participants in the waiting list group on all measures with moderate between-group effect sizes being achieved. The effects were retained at a 3-months follow-up. Some 20% of participants prematurely discontinued the treatment. This study demonstrated that internet-based CBT for depressed older adults was effective and could be a feasible solution to address the treatment gap. Further analysis is needed to explore premature treatment discontinuation.

## Mindfulness-Based Internet Intervention for ICD-11 PTSD and Complex PTSD: RCT Study

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IP2-11-E4

Mindfulness-based interventions have recently been shown to be a promising option for treating posttraumatic stress disorder (PTSD). This study aimed to investigate the effects of mindfulness-based internet intervention on ICD-11

PTSD and complex PTSD (CPTSD) symptoms of an RCT study with a 3-month follow-up. An RCT design with three measurement points (pre-intervention, post-intervention, and 3-month follow-up) was used to investigate the effects of an 8-week mindfulness-based internet intervention. In total, 53 young adults with PTSD and CPTSD symptoms (Mage = 23.21, SDage = 2.81; 84.9% female) participated in the study: 17 in the intervention group (IG) and 36 in the waiting list (WL) control group. The intervention was designed as a self-help program (focusing on psychoeducation and mindfulness techniques training) with the possibility of messaging with a psychologist. IG and WL group comparison revealed that the intervention was effective for reducing CPTSD disturbances in self-organization (DSO) symptoms ( $d = -0.84 [-1.44; -0.24]$ ) specifically, negative self-concept ( $d = -0.66 [-1.25; -0.07]$ ) and disturbances in relationships ( $d = -0.87 [-1.47; -0.27]$ ), at 3-month follow-up. To conclude, the current study showed that mindfulness-based internet intervention reduces CPTSD specific DSO symptoms of negative self-concept and disturbances in relationships, with no significant effects of the intervention on PTSD symptoms. We found promising effects of a mindfulness-based internet intervention for ICD-11 PTSD or CPTSD symptoms indicating that mindfulness could be integrated into trauma-focused treatment approaches. However, future studies are needed to further analyze the effects of mindfulness interventions on CPTSD.

## The Application of Acceptance and Commitment Therapy in Substance Use Disorder: A Scoping Review

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IP2-11-E4

Substance Use Disorder (SUD) is among the most prevalent psychological disorders worldwide. Most individuals diagnosed with SUD display mental health comorbidities and substance-related mental health concerns. Therefore, effective treatment of SUD is of great importance. Treatment as Usual (TAU) for SUD disregards comorbidities for most and, according to literature, more than 40% of SUD patients experience relapse in the first three months after TAU discharge. An alternative treatment could be the transdiagnostic approach of Acceptance and Commitment Therapy (ACT), which is considered a third-wave approach to address the underlying mechanisms and comorbidities in SUD. The general aim of this scoping review was to explore the clinical applications of ACT in SUD treatment. Further aims were comparing the effectiveness of ACT versus other therapeutic approaches like TAU and Cognitive Behavioural Therapy (CBT) in treating SUD; examining mechanisms tackled by ACT in the treatment of SUD, and determining short- and long-term effectiveness and limitations of the ACT approach in the treatment of SUD. An exhaustive literature search of Web of Science, Scopus and PubMed was conducted. 11 studies were included in this review. Results showed that ACT is an effective treatment approach for SUD

and is equally effective as TAU and CBT when treating SUD. Longitudinal data indicated that ACT is more beneficial over the long term for SUD treatment. ACT is also effective in targeting SUD comorbidities. Limitations of this review are further discussed. ACT is a promising approach for the treatment of SUD. Because of its transdiagnostic stance, it can be effectively applied to various psychological disorders. Future research should explore variables that influence the effectiveness of ACT in the treatment of SUD and confirm short- and long-term findings regarding the implications of ACT in SUD treatment. Further, meta-analyses of ACT treatment outcomes for SUD should be performed.

### **Research Exploring the Impact of Self-Compassion for Adults With ADHD**

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IP2-11-E4

Self-compassion is a healthy way to relate towards oneself during times of difficulty, suffering or failure. The positive impact self-compassion has on mental health has led to much attention on the topic. As people with ADHD are likely to face more adversity, and to have poor mental health compared to people without ADHD, we proposed to investigate the relationship between self-compassion, mental health and ADHD. To investigate the relationship between these factors we have conducted a cross-sectional observational study using self-report questionnaires with 1203 adults, and an experimental study using the propositional evaluation paradigm as an implicit measure of self-compassion with approximately 200 adults. The findings of these studies provide strong evidence that adults with ADHD have comparably low levels of self-compassion compared to adults without ADHD. These lower levels of self-compassion are partially explained through the higher levels of criticism that adults with ADHD experience. Moreover, the findings show that levels of self-compassion are a contributing factor to the poorer mental health observed in people with ADHD. These findings suggest that self-compassion may be a potential factor to consider for clinical intervention. Therefore, we are currently testing an online self-compassion intervention, to test if increasing self-compassion leads to improved mental health outcomes in adults with ADHD. Furthermore, this research identifies the negative impact that stigma towards ADHD can have on how people with the condition subsequently relate to themselves. Overall, this research presents the novel application of self-compassion research and intervention with a population of adults that are vulnerable to stigma and adversity. The findings will be of interest to developmental, social and clinical researchers as well as clinical professionals who work with people with ADHD.

## Remote Individual Presentations

### Distribution of Biopsychological Markers of Aging in Russia and Kazakhstan During the Pandemic

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IP1-R-1

The aim of the study was a comparative analysis of the biopsychological health indicators distribution among working respondents before and during the pandemic (Russia - Kazakhstan). The longitudinal study comprised 2 measurements: 1st measurement before the start of the pandemic and the 2nd measurement after a year of quarantine. Diagnostic methods were: 1) measurement of psychological markers of aging; 2) measurement of biological markers of aging: blood pressure, pulse pressure, body weight, breath holding, statistical balancing. Method of mathematical statistics was Student's T-test for conjugate samples. Subjects were 269 people (175 women) at the age of 35-70 years (186 people living in Russia, 83 people living in Kazakhstan). It was shown that during the pandemic, psychological aging significantly slowed down and biological aging partially accelerated. Women began to feel subjectively younger by 3.3-7.2 years, and men by 4.7-6.8 years. The biological age has increased by more than 1 year, the index of relative biological aging has increased, in women at the tendency level, in men significantly by 3.9 -8 years. The strongest negative impact was exerted on the physical development of individuals: in all groups, the time of static balancing decreased by 13-37%, in men the time for holding the breath on exhalation decreased - at the level of the tendency. Body weight and self-assessment of health did not change. We observed a normalisation of the arterial pulse pressure in women and of arterial systolic pressure in men at the tendency level. We can conclude that the impact of the pandemic on biopsychological indicators of aging is ambivalent. It is necessary to further investigate the distribution of biopsychological markers of aging in patients who had been ill during the pandemic and those who did not get sick. [This work was supported by Russian Science Foundation, № 22-18-00150.]

### The Influence of Cultural Identity on Help-Seeking Behaviors: Greece, India, and Jordan

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IP2-R-1

Previous literature explored the relationship between acculturation and attitudes towards seeking professional psychological help (ATSPPH) for mental health issues. Strong cultural ties, specifically to collectivist cultures influence

attitudes towards professional psychological help. The present study aimed to investigate the relationship between cultural identity, culture orientation, and ATSPPH in Greek, Indian, and Jordanian young adults. It was hypothesized that those with stronger cultural identities are less likely to seek professional mental health aid, while individuals with less or weaker ties to their cultural identity would reveal the opposite. Participants between the ages 18-35 from Greece, India, and Jordan were recruited online, via Lime survey, and responded to the Cultural orientation scale (COS), Cultural distance questionnaire (CDQ), and the Attitudes towards seeking professional psychological help scale (ATSPPH) to measure cultural identity and mental health help-seeking behaviour respectively. Analysis revealed that the COS significantly predicts ATSPPH. Moreover, the CDQ was found to have a significantly negative relationship with ATSPPH, meaning that participants who were found to be closer to their native culture were less likely to seek professional psychological help. The impact of religion and stigma was explored. The findings highlight the importance of understanding the essential role of the collectivist and individualist cultures and values in shaping mental health seeking behaviour. Implications of cultural identity on counselling, diversity, and well-being are discussed.

### "At Least I Get a Glimpse": South African Patients' Perspectives on Their Therapists' Identities

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IP2-R-2

Psychotherapy is a dialogical and intimately intersubjective encounter. In this relationship, however, considerably more is disclosed about the patient than about the therapist. Psychotherapy research tells us little about the patient's subjective experience: patient perspectives are significantly underresearched. The objective of the current research was to explore patient and therapist perspectives of the therapeutic relationship and of the implications of social identity for this relationship. Patient-therapist pairs were interviewed about their experiences of their psychotherapy relationship and the impact of social identity in this relationship. 11 South African client-therapist pairs volunteered to be interviewed. A free/low income clinic, serviced by clinical psychology trainees, was chosen as the research site because both patients and therapists come from particularly diverse backgrounds. Interviews were subjected to qualitative analysis. This paper focuses on one theme that spontaneously emerged. The paper will explore how patients describe the unknowability of their therapists, and the implications of this elusiveness for the psychotherapy relationship. Bion's theory of knowledge will inform the analysis. It will also explore how patients use social identity markers, for example racial identity, gender or age, to try to gain access to knowledge about their therapists.

To conclude, the patient's experience of trying to get to know their therapist is an important part of the therapeutic process and is not sufficiently understood. Identity similarity and difference in the therapeutic pair holds the potential to deepen the psychotherapeutic relationship or result in alienation between therapist and patient.

### **Social and Demographic Determinants of Collective Picture of the Disease COVID-19 Pandemic and Related With It Psychological Distress**

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IP2-R-3

The study aimed to compare how different social and demographic (i.e., non-psychological characteristics) affect people's perceptions of COVID-19 and its pandemic, the experience of emotional stress, the picture of a disease that arises, and then changes in a certain way in a person's consciousness. To answer this question in the first wave of the April-May 2020 pandemic, we conducted a large-scale online study: the sample size was 1200 people living in different regions of Russia. We analyzed how different demographic characteristics (gender, age, region of residence, having a family, etc.), as well as the experience of various social difficulties associated with limited communication, loss of work, the need to adapt to new living conditions in isolation, affect the components of the collective picture of the disease: the feeling of the threat from the disease, feeling the possibility to control the disease, and fear of suspicious disease, psychological distress. Gender was a key determinant of differences. Levels of distress and threat were higher among women, men showed a higher level of control. It's interesting to notice that having close relatives with COVID-19 increases levels of all four dependent variables but among men much higher than among women. Distress, treat and control decrease with age, only suspicion increases. Respondents with a very low income had the highest level of psychological distress, and increasing income till the average causes decreasing distress. But after the average point, the psychological distress does not depend on income more. It was shown that respondents' losing the job increases distress but reduces concern about health problems. Threat from the pandemic they saw not through the threat to the health, but rather threat to their material wellbeing. It was shown that place of residence had no significant impact on dependent variables. [The study was funded by Grant RSCF 21-18-00624.]

### **Familial and Cognitive Predictors of Psychological Symptoms Among University Students Living With their Families During the COVID-19 Pandemic**

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IP2-R-4

The COVID-19 pandemic has affected the whole world at different levels without exception. Like several other life domains, university education has undergone mandatory changes affecting lives of millions of students and their families. Many universities have switched to distance education and closed the campuses leading several students to relocate to their family houses. Nevertheless, how family climate had impacted psychological well-being of university students has not been studied extensively. Accordingly, the main purpose of this research was to determine impacts of familial (i.e., family climate during outbreak) and cognitive factors (i.e., intolerance to uncertainty and perceived stress) on the psychological symptoms level of university students who have started to live with their family as a consequence of related lockdowns. For this purpose, we delivered an online survey battery and collected data from 281 university students. Correlational and multiple regression analyses were performed to inspect proposed relations. Obtained results indicated that a more negative family climate, greater perceived stress, and intolerance to uncertainty predicted increased psychological symptoms among university students who had relocated to their family houses. Yet, no significant association was found between psychological symptoms and distance education problems. Results were discussed in line with the related literature and possible intervention strategies.

### **Changes in Future Anxiety and Smoking among Young Adults During the Early Months of COVID-19 Pandemic**

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IP2-R-5

A COVID-19 pandemic is a historic event with specific challenges for young adults. This study investigates changes in tobacco and alcohol use, life satisfaction, trait anxiety, and future anxiety among young adults prior to (Time-1) and one month into the pandemic (Time-2). A total of 189 young adults (Mage = 21.7 (1.48) completed a paper-and-pencil (at Time-1) and an online survey (at Time-2) about future anxiety, belongingness to family, life satisfaction, smoking and alcohol use, and about COVID-19 lowdown measures (at Time-2 only). The majority of the participants were women (77.2%) and living with their families (89.4%). Results showed a decrease in cigarette and alcohol use at Time-2. Frequency of participants' cigarette and alcohol use who returned to their family home during the

pandemic – but lived outside of the family home before – were higher compared to those who lived with their family both before and during the pandemic. While future anxiety significantly increased, life satisfaction significantly decreased at Time-2. Two hierarchical linear regression models explored the effect of belongingness to family and life satisfaction on future anxiety. At Time-1, only trait anxiety had an explanatory effect on future anxiety. At Time-2, trait anxiety lost its exploratory effect. During the first month of the pandemic, higher levels of belongingness to family, lower levels of life satisfaction, and higher levels of future anxiety at Time-1 predicted higher levels of future anxiety at Time-2. Our results showed a significant decrease in life satisfaction and an increase in future anxiety among young adults during the first month of the pandemic. As levels of belongingness to family increased and life satisfaction decreased, participants' future anxiety levels during the first month of the pandemic also increased.

### Risk Factors of Emerging Adults' Cigarette Use

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IP2-R-6

This study explored psychosocial risk factors of cigarette use from a non-Western, collectivist cultural background, utilizing the theory of emerging adulthood as its theoretical framework. Impulsivity, spirituality, identity development, future anxiety, belongingness scales were administered to 389 university students in Istanbul, Turkey ( $M = 21.4 \pm 1.65$ ). The majority (74%) of the participants were female, 65% lived with their parents, 55% reported smoking regularly, and 80% used alcohol. Logistic regression models showed that lower levels of spirituality, higher levels of impulsivity, and higher alcohol use increased the likelihood of being a smoker. Cigarette use was not linearly associated with feelings of belongingness to friends and work and five identity development dimensions. A k-means cluster analysis was utilized to investigate further the role of identity development and future anxiety on smoking status; three clusters were obtained. Cluster-1 ( $n = 128$ ) was characterized by low scores on belongingness to family and friends, impulsivity and spirituality with higher scores on future anxiety, belongingness to the occupation, and achievement identity status. Cluster-2 ( $n = 133$ ) was characterized by higher scores on belongingness to family, friends, occupation, and spirituality and lower scores on future anxiety, impulsivity, and foreclosure identity status. Cluster-3 ( $n = 128$ ) was characterized by lower scores on belongingness to family, friends, occupation, and spirituality, with higher scores on future anxiety, impulsivity, and diffused-diffusion identity status. Cluster-1 (54.9%) and -3 (51.6%) included more smokers than Cluster-2 (31.6%). Thus, lack of identity achievement (as evidenced in Cluster-3) seems to be a risk factor for smoking. Besides, even when identity development is achieved (as evidenced in Cluster-1), high future anxiety and low spirituality remain significant risk factors for smoking. This study from a relatively collectivist culture reveals foreclosure to be a protective identity status for smoking, which invites further investigation and debate.

### Evaluation of a Culturally Adapted Suicide Prevention Manual for a Russian University Setting

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IP2-R-7

In 2016, suicide ranked as the 18th leading cause of death globally with an average of 800,000 people dying by means of suicide annually. It is still one of the leading causes of death in late childhood and adolescence worldwide. Early identification of potential suicide victims requires a good understanding of the warning signs of suicide (i.e., signs that suggest imminent risk). Although Russia continues to have such high suicide mortality rates, the lack of available clinical guidelines/protocols may further hamper its prevention in this cultural context, including at University campuses. Thus, based on demand, we designed an adapted manual for a University counseling center in order to begin filling the aforementioned resource gap, adding to the limited suicide prevention initiatives in Russia. Various extant western resources were integrated to develop our suicide prevention protocol, which was then presented to users, psychologists at a University counseling center. A focus group of psychologists ( $n = 7$ ) provided us with feedback on the draft manual, comments which were transcribed and analyzed using thematic analysis. We then updated the protocol based on these suggestions and then translated the manual into Russian using two bilingual psychology students. The adaptation process including the qualitative analysis of the recommended cultural adaptations, along with the final manual, is described in this presentation.

### Discriminating Factors of PTSD and CPTSD in Adolescence

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IP2-R-8

The new diagnosis of complex posttraumatic stress disorder (CPTSD) was introduced in The International Classification of Diseases 11th version (ICD-11). Findings in adult samples have indicated that cumulative trauma experience is a significant risk factor for CPTSD. The majority of CPTSD studies are conducted in adult samples. There is a great need for such studies in adolescent populations. The aim of this study was to identify factors that discriminated between PTSD and CPTSD diagnostic status in adolescence. The cross-sectional study was based on a sample of 1299 adolescents from the general population aged 12 to 16 ( $M = 14.24$ ,  $SD = 1.26$ ). ICD-11 PTSD and CPTSD were assessed with the Child and Adolescent version of the International

Trauma Questionnaire (ITQ-CA). Trauma history and other potential discriminating factors between the PTSD and CPTSD groups were included in the study. Analysis revealed no significant differences in cumulative trauma exposure between the PTSD and CPTSD groups. Family problems and school problems occurred more frequently in the CPTSD group in comparison to the PTSD group. Social support was also significantly lower in the CPTSD group. The findings of our study show the importance of social and environmental factors for the development of CPTSD in adolescence. Addressing family and school difficulties may be helpful for traumatized children and adolescents who suffer from CPTSD. Further longitudinal studies are needed to estimate long-term risk factors and resilience among adolescents.

### **Mediational Links for the Severity of Anorexia and Bulimia a Path Analysis Study**

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IP2-R-9

To date there is empirical evidence on the associations between anorexia and bulimia nervosa with psychopathological constructs (anxiety, depression, perfectionism, emotional dysregulation) and sociodemographic characteristics (gender and place of origin). However, there are no studies that analyze the underlying mechanisms between these variables, which allow estimating the direct and indirect effects, including the possible mediational relationships in causal models of path analysis. The study had a sample of 918 Ecuadorian university students from three places of origin. The causal path analysis model indicates a significant and positive association between the variables depending on the place of origin of the participants. Likewise, the model obtained an adequate goodness of fit and good predictive capacity. To conclude, the data suggest that the model of underlying relationships between the study variables for the risk of ED, anorexia nervosa and bulimia nervosa, is different depending on the place of origin. It is indicated for future studies to estimate the criterion in the clinical population and with repetitive measures over time. We believe that the study will provide a starting point in the design, implementation and evaluation of prevention programs for eating disorders at the primary action levels.

### **Investigating the Effects of Perceived Ethnic Discrimination on School Involvement, Loneliness, and Resilience: The Role of Adolescents' Intergroup Friendship**

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IP4-R-1

Prejudice and discrimination severely impact adolescent minorities' adjustment and harm their academic and social competence. Against discrimination, there are many protective factors for youth's psychosocial and educational adjustment, like intergroup friendships or perceived support and acceptance. Nevertheless, we have limited information about the effects of those factors for minorities in the early adolescence period. This study aimed to examine the specific roles of intergroup friendships, perceived resilience, and loneliness on the linkages between perceived ethnic discrimination and the psychosocial and educational adjustment of young adolescents'. The sample consisted of 206 adolescents aged 11-14 whose families migrated to Bursa (a metropolis in Turkey) from small cities or rural settlements within the past decade. 58.6% of sample identified themselves as Kurd, 32.4% as Turk, 4.8% Laz, 1.9% as Arab and 2.4% the others. Path analyses was run to test whether or not 1) intergroup friendships moderate the effect of discrimination on loneliness and resiliency, and 2) loneliness and resiliency mediate the effect of discrimination on school involvement. The direct paths showed that adolescents' perceptions of discrimination negatively predicted school involvement and psychological resilience while positively predicting their loneliness. The adolescent's contact with peers from the host group moderated the relationship between their perceptions of ethnic discrimination and loneliness. The detrimental effect of perceived ethnic discrimination on adolescents' loneliness is only valid for minorities with little contact with peers from the host group. Furthermore, the perceived ethnic discrimination also negatively affected adolescents' school involvement by enhancing their loneliness and reducing psychological resiliency. In light of the literature on intergroup relations, discrimination, and minorities, we will discuss the role of intergroup friendships on early adolescence's psychological and academic adjustment.

### **Do Green Motives Matter? The Influence of Corporate Environmental Responsibility Motives in Employees' Green Behaviour**

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IP5-R-1

To reduce environmental problems, individuals need to behave green consistently across contexts, yet rates of pro-environmental behaviour have been found to be lower than

in households. Organizations may promote employee green actions by adopting Corporate Environmental Responsibility (CER). CER displays not only environmental improvements but also financial benefits, which may lure some organizations to adopt CER for those reasons. This study investigates the extent those motives affect employees' perceived CER, and thereby green actions at the workplace. We tested our hypotheses in two studies: Firstly, we conducted an experimental study with 260 students. Participants then were randomly assigned to either the environmental, financial or control group. We manipulated the company's motives for CER adoption by presenting respondents a fictional conversation with their immediate manager regarding CER adoption. The motives were either environmental or financial. We replicated this study with 36 managers and 116 employees of the European International network of practice enterprises, measuring their Perceived CER, CER motives and (extra-role and in-role) Pro-environmental behaviour. We found that adopting CER for financial reasons weakened perceived CER compared to adopting CER for environmental reasons, or not providing reasons, showing that if a company adopts CER for financial reasons, employees perceive their CER as weaker, even if the company is involved in several green actions. This, in turn, reduces the likelihood of employees engaging in green actions at the workplace. Furthermore, our findings support the mediating effect of Environmental Self Identity (ESI) in the psychological process behind the Perceived CER-EGB relationship. Thus, not only individuals' motives affect ESI, but also the motives adopted by the company you are part of. Our findings have relevant practical implications for organizations. Organizations must value and communicate not only green actions but also genuine motives to adopt them and ensure employees are aware of them.

### Traits of the Parent-Child Relations in the Families of Juveniles Convicted of Intentional Homicide

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IP9-R-1

Juvenile crime is currently a social problem. This is particularly due to the high probability of recidivism. Thus, psychological work with the convicted juveniles is undoubtedly relevant to ensure their re-socialization and integration in society. This raises the problem of family and parent-child relations, which is significant. The research aims to study the parent-child relations in the families of juveniles convicted of intentional homicide. We suspect that convicted juveniles of intentional homicide have disturbed parent-child relations those make negative self-conception and attitude to other people of juveniles. Study sample consisted of 60 juveniles aged 14–16 convicted of intentional homicide and serving sentences in young offenders' institution and schoolchildren who didn't commit crimes (either group N = 30). We employed three units of methods including standardized techniques, projective techniques and mathematical methods of data analysis. Juveniles convicted of intentional homicide were

characterized by depression, frustration, neglect, and such destructive manifestations as avoidance of responsibility and theme of death; they are frustrated because of their inability to form connections. Juveniles treat people worse than school children: they have less significant attitudes toward love, friendship, help to others, future, pity for people, future work, while attitudes toward death, sin, homicide, and death of people are more significant. The family situation is characterized as authoritarian, hostile and inconsistent in parent-child relations. We have interinfluence of the impaired parent-child relations with personality traits of convicted juveniles. We found that convicted juveniles and their parent didn't interact, and juveniles characterized disturbed emotional regulation, immediate satisfaction of needs. For them man is an object and life is not a value. The results of the study confirmed the hypothesis. This research will inspire to preparation of preventive programmes to reduce number of these crimes.

### Executive Functions Questionnaires and "Paper and Pencil Tasks" in Children: Do They Measure the Same?

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IP9-R-1

There are difficulties assessing executive functions (EF) in children because the developmental nature of EF and language skills required in EF traditional assessment. This often lead to discrepancies between assessment tasks and children's daily life behavior. Reports are helpful to avoid these issues. Objective was to clarify if paper and pencil tasks and EF questionnaires for children measure the same EF aspects. The sample included N = 150 children; M age = 7.00 SD = 1.04. We conducted Spearman correlation between questionnaire of EF (BRIEF-2) (Gioia et al., 2015) and neuropsychological assessment of EF through the DIVISA-R "Trees Simple Visual Discrimination Test-Revised" (Santacreu et al., 2010), the Five Digit Test (FDT) (Sedó, 2007) and the Digit span backward subtest of Wechsler Intelligence Scale for Children-fourth edition (WISC-IV) (Wechsler, 2005). Results show: (1) Correlates between BRIEF-2 family version and neuropsychological assessment: BRIEF flexibility and FDT flexibility ( $r = .18, p < .05$ ). BRIEF working memory and WISC-IV digit span forward ( $r = -.18, p < .05$ ). (2) Correlates between BRIEF-2 tutor's version and neuropsychological assessment: BRIEF inhibit and DIVISA commission errors ( $r = .19, p < .05$ ), BRIEF self-monitor and DIVISA task organization ( $r = -.18, p < .05$ ). BRIEF flexibility and DIVISA commissions errors ( $r = .23, p < .01$ ). BRIEF working memory and DIVISA commission errors ( $r = .18, p < .05$ ) and DIVISA task organization ( $r = -.24, p < .01$ ). BRIEF task monitor and DIVISA task organization ( $r = -.19, p < .05$ ). BRIEF organization of materials and DIVISA task organization ( $r = -.22, p < .05$ ). BRIEF global EF composite and DIVISA commission errors ( $r = .21, p < .05$ ), and DIVISA task organization ( $r = -.23, p < .01$ ). Our results showed little

significant correlations. Considering their level, we hypothesize that questionnaires and paper and pencil tasks of EF do not measure the same aspects of the EF. We recommend using a variety of assessment tools.

### **The Role of Personality Traits and Self-Regulation Features on Experiencing the COVID-19 Pandemic.**

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The study aimed to analyze the influence of two groups of individual characteristics: personal traits and self-regulation features on attitudes and perceptions about the COVID-19 pandemic. The study sample consisted of 1362 Russian-speaking respondents (age  $36.5 \pm 11.0$  yrs, 82% females). The survey was conducted online from April to December 2020. The set of traits was made up of indicators measured by the HEXACO inventory (“Honesty”, “Emotionality”, “Extraversion”, “Agreeableness”, “Conscientiousness”, “Openness”) and self-regulation indicators were determined by the SSI (Self-Steering inventory): “Self-regulations”, “Self-control”, “Volition”, “Self-access”, “Sense of threat”. The variable “Psychological distress” was used as a mediator. Aspects of perception of the COVID-19 pandemic: “The threat of the pandemic”, “Control of the pandemic”, “Suspense” were used as dependent variables. Two path models were built. In the first one, the six traits were used as independent variables and in the second model, five self-regulation features were used as independent variables. In the first model, it was found that “Extraversion” and “Agreeableness” are factors of protection, and “Emotionality” is a factor of risk of negative feelings, emotions, and fears. In the second model, which establishes a link between self-regulation and perceptions of a pandemic, it is revealed that “Self-determination” performs the function of protection. “Cognitive self-control” increases “Psychological distress”, “Suspense”, and “The threat of the pandemic”. At the same time, an ambivalent effect of “Cognitive self-control” on “Control of the pandemic” was established: a positive direct effect and a negative indirect effect through the mediator. It was shown that the second model fits the empirical data significantly better. Based on this result we can conclude that the role of self-regulation in perception, experiencing, and coping with the pandemic is more important in comparison with personality traits. [The study was funded by Grant of RSCF 21-18-00624.]

### **Emotion Regulation Strategies and Emotion Reactivity Predict Fear of Rejection**

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Fear of rejection (FoR; along with interpersonal worry and dependence on the opinion of others) is one of the components of interpersonal sensitivity, defined as a vulnerability to perceived signs of rejection in interpersonal situations. Interpersonal sensitivity predicts depression and anxiety disorders; it's related to neuroticism, rumination and mentalizing difficulties. To broaden the previous findings, the present study investigated the links between interpersonal sensitivity, emotion regulation strategies and emotion reactivity. Participants ( $n = 231$ , 46 men, 185 women, 18–25 years old, mean age  $20.68 \pm 2.24$ ; 67% students) were recruited from social networks, particularly from online communities on education ( $n = 103$ ), social activism ( $n = 26$ ), and psychological self-help ( $n = 84$ ). We used Interpersonal Sensitivity Measure, Perth Emotional Reactivity Scale, and Emotion Regulation Questionnaire. Young adults from self-help groups had increased FoR and negative emotion reactivity, and decreased cognitive reappraisal. Gender differences were found only for emotion-related variables (men used expressive suppression more frequently and had lower negative emotion reactivity). Interpersonal sensitivity slightly decreased with age, and positive emotion reactivity increased. To test for a possible impact of emotion regulation and reactivity on FoR, multiple regression was performed ( $R\text{-squared} = .45$ ,  $p < .001$ ). After controlling for sex, age and group membership, FoR in the overall sample was predicted by expressive suppression ( $b = .22$ ,  $p < .001$ ), and positive ( $b = -.15$ ,  $p < .01$ ) and negative emotion reactivity ( $b = .44$ ,  $p < .001$ ). Negative emotion reactivity moderated the link between expressive suppression and FoR; these effects were more pronounced for low suppression (FoR was smaller for low suppression and reactivity as opposed to high reactivity). Emotion regulation and reactivity emerge as predictors of FoR showing the impact of emotions on interpersonal sensitivity. [The study was supported by an RFBR grant no. 20-013-00429.]

### **Social Rejection as a Form of Bullying: The Effect of Dogs on Students' Loneliness and Empathy**

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Animals have a buffering effect against social rejection and a positive relationship with empathy. Theoretical explanations emphasize the theory of anthropomorphism. However, other mechanisms could also contribute in soothing feelings of

rejection. The aim of the present study was to investigate the effect of dog presentation in terms of anthropomorphism, positive distraction and emotional connection on loneliness and empathy. Participants in all three dog conditions were expected to feel less lonely compared to the control group. Additionally, two research questions tried to identify possible differences between the groups in the reduction of loneliness and in the increase of empathy. One hundred and three college students were recruited online and randomly assigned to groups. All participants completed demographic information, the Pet Attitude Scale (Templer et al., 1981) and were socially excluded through the Cyberball 4.0 game (Williams et al., 2012). Then, participants in the anthropomorphism group thought of a dog and picked some anthropomorphism traits; in the positive distraction group watched a set of dog photos; in the emotional connection group wrote an autobiographical essay prime on a positive experience with a dog; in the control group reflected on best vacations. Next, participants completed the UCLA Loneliness Scale (Russell et al., 1978) and the Basic Empathy Scale (Jolliffe & Farrington, 2006). Results revealed that participants in the anthropomorphism, positive emotional connection, and positive distraction groups experienced less loneliness and more total and affective empathy compared to the control group. In contrast, participants in the anthropomorphism group felt significantly more cognitive empathy compared to the control group. Lastly, participants in the positive distraction group felt significantly less cognitive empathy compared to the anthropomorphism group. Pet attitude did not affect the findings. Possible applications in the educational and clinical setting through humane education and dog therapy were further discussed.

### Music and Music Integration in Preschool Programs: A Scoping Review

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One of the United Nations goals for sustainable development is to provide, until 2030, the universal access to quality early childhood care. The inclusion of the arts on these early childhood settings is a current OECD priority, not only to promote the acquisition of artistic skills, but also because training in the arts appears to have an impact on non-artistic knowledge areas, namely the development of cognitive and social and emotional abilities. Arts integration, a movement that gained attention in the 1960s/70s, aims to acknowledge this dual purpose of the arts: a specific and valuable content and a mechanism for learning in other domains. More recently, building on the arts integration movement, the music plus music integration framework has emerged. This model values both the authentic and comprehensive study of music and the contribution of music concepts and processes for teaching and learning in other domains. The positive relationship between music training and cognitive, social-emotional abilities, and academic achievement also strengthens the value of this framework. Several programs and initiatives based on

music plus music integration framework have been developed and implemented, yet there is a predominance of scientific literature on programs directed at elementary and upper levels. The paucity of literature regarding preschool might be explained by the existence of non-published projects and reports. Bearing this in mind, the present scoping review aims to map the extent, variety, and characteristics of preschool programs relying on music skill development along with music as a means to enhance other competencies. The review is conducted in accordance with the Joanna Briggs Institute methodology for scoping reviews and includes the search of four domain relevant databases, as well as gray literature, to ensure a comprehensive coverage of the topic.

### Negative Consequences on the Psycho-Emotional Balance of High School Students Who Suffered Bullying

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IP13-R-3

The main purpose of this study was to investigate - correlate the negative consequences (anxiety, depression, psycho-emotional balance disorders, reduced levels of self-esteem, and suicidal ideation, etc.) of high school students' victimization (with and without learning difficulties) with the type of violence inflicted on them (physical, verbal and physical, etc.), as well as its form (physical violence, offensive expressions and insults, etc.), the demographics of students, and the causes of bullying. It also indicates the identity of perpetrators and observers (gender, capacity: school student, out-of-school individuals, teachers, relatives, etc.), the venue of the bullying incident, and the way the students present reacted to acts of bullying. It shows as well, the emotional state of the children a few days after the incident of bullying had occurred (if they felt angry, depressed, if they had suicidal thoughts, or if they wanted revenge, etc.); furthermore, the kind of relationship the victim has with their parents and the whole family, as well as the investigation of whether their past victimization continues to affect their psyche. Regarding the sex of the victim, a statistically significant result was found only for physical violence ( $U = 8190.50$ ,  $p = .015$ ) and exclusion from peer groups ( $U = 9756$ ,  $p = .019$ ), with physical violence being more intense in boys but the exclusion from peer groups to be more intense in girls. The girls (victims) suffered greater social isolation ( $U = 5563$ ,  $p = .001$ ), and felt depressed ( $U = 6239$ ,  $p = .023$ ), but nevertheless they rarely thought about suicide ( $U = 4252$ ,  $p = .022$ ) in contrast with boys (victims). Finally, it was found that the girls in the study are more upset than the boys are when they witness bullying incidents ( $U = 7797.50$ ,  $p < .001$ ), they feel more strongly that they have been psychosocially affected by this incident ( $U = 7760$ ,  $p < .001$ ) and that retrospectively the specific event affects them negatively ( $U = 8579$ ,  $p = .015$ ).

## The Effects of Teacher Immediacy and Autonomy Support on Junior High Students' Learning Approaches

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IP13-R-4

The present study using a mixed-method design to explore the effects of teacher immediacy and autonomy support on junior high students' learning approaches. Study 1 adopted questionnaires to examine the relationship between perceived teacher immediacy and autonomy support and students' learning approaches with 232 junior high school students. Results showed that teacher immediacy and autonomy support had significant impacts on student learning approaches, with the dual-pathway mediating roles of positive academic emotion and academic self-efficacy. Study 2 used 2 (high or low immediacy)  $\times$  2 (high or low autonomy support) between-subject field experiment with 132 students to examine the causal link between teacher immediacy and autonomy support and learning approaches. We found that teacher immediacy enhanced both students' deep learning and surface learning approaches. Moreover, teacher immediacy and autonomy support had an interact effect on learning approaches: when students perceived higher immediacy behaviors, the less autonomy support they received, the more deep learning approach they used. Study 3 used interpretative phenomenological analysis (IPA) to further explore how teachers and junior high school students understand and experience teacher immediacy and autonomy support as well as their impacts on classroom learning. Semi-structured interviews were conducted with nine junior high school teachers and 30 junior high school students. Four themes emerged from the qualitative analysis: teacher-student relationship, psychological and well-being support, structured freedom in learning, and students' meta-learning strategies. In sum, teacher-student relationship has a significant impact on how students approach learning. When teachers show more care and psychological support for students, and meanwhile, provide more autonomy and learning choices, students would adopt more deep learning approach.

## 'Book in A Week' – Can Creative Writing Enhance English Learning and Self-Efficacy?

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IP13-R-5

We report the process and outcome of an English novel writing intervention 'White Water Writers'. 'White Water Writers' is a project in which a group of people collaboratively write and publish a full length novel in just one week. The writers plan, write and proofread the novel and it is then put up for sale online. Each stage of the programme is based on psychological theories. While the programme is typically delivered face

to face and the novel is written in the participants' native language, in this bilingual adaptation the participants wrote in their second language and the programme was delivered online, first in 2020 for seven Japanese university students who produced a 7000 word novel in English, and second in 2021 with six students who produced 8700 words. The objective was to develop self-efficacy, intrinsic motivation, teamwork and English language skills. The outcomes were assessed using both quantitative and qualitative methods. Specifically, we compared vocabulary test scores and self-efficacy measurement scores before and after the programme for the following reasons. Mastery through successful experiences is an effective way to enhance self-efficacy, whose measurements are a good indicator of academic success. Vocabulary is a relatively easily quantifiable open skill unlike grammar and other skills while being an adequate indicator of language proficiency. The average vocabulary test score improved by 8% after the intervention. Similarly, the self-efficacy measurements indicated improvements. In the anonymous post-course survey participants noted improvements in many areas related to language skills and confidence in social situations. Overall results suggested the intervention successfully enhanced the target skills, especially language learning and self-efficacy, even when delivered online. We conclude our innovative bilingual creative writing programme is an effective teaching method suited to the new social norms following COVID-19.

## During the COVID-19 Pandemic, the Level of Hope, Emotion Regulation, and Psychological Resilience of Syrian Refugee Children and Adolescents

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IP14-R-1

As a result of continuing civil unrest in Syria, people have had to leave their homeland. War and forced migration process as a result of it can have unwanted traumatic effects on the children and adolescents. Trauma-related symptoms such as a feeling of trapped and learned helplessness can be seen in children due to the feelings of helplessness, worthlessness, guilt, and insecurity after the trauma, and the use of dysfunctional coping strategies for these feelings. COVID-19 pandemic is another unexpected and unwanted reality that breaks the children's routine and deteriorates their sense of safety as well as war. In the light of these two issues psychological well-being of Syrian refugee children and adolescents gained importance. This study aimed to investigate how being a refugee in a foreign country affected these children and adolescents' depression level, level of hope, psychological resilience, and emotion regulation. The sample of this study consisted of 397 Syrian refugees whose aged between 11 and 17. The models proposed by the current investigation were tested using structural equation modelling using LISREL 8.51. It is estimated for the indirect effect (-.36, SE: .04,  $p < 0.01$ ) of hope on difficulties in emotion regulation through resilience which mediated this relationship. In the

model 60% of variance in hope was accounted for resilience, while difficulties in emotion regulation accounted for 21% of the variance in resilience. Results showed that psychological well-being serve as the predictor of the level of hope, emotional regulation, and psychological resilience. It was found that there was a significant relationship between hope, emotion regulation, and resilience. Based on this relationship, since both hope and appropriate emotion regulation strategies contribute to resilience, working on these factors will increase resilience in children.

### **A Psychosemantic Study of the Motivation of Attitudes Towards COVID-19 and Behavior in the Pandemic**

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IP14-R-2

Diagnostics of the motivational space at the level of the collective subject permit to identify the main motives dominating in a given group of people as a whole and to judge the existing problems of the social level. With this purpose, the empirical study that used the motivational attribution method was done. The questionnaire included the table, where the columns were the set of motivational constructs (primary items) and the rows were an set of actions related to human life in the pandemic, as well as judgments regarding various social problems caused by the pandemic (objects). A respondent for each category should evaluate in what degree an item determines (causes) an object. The study was conducted in early 2021 in Russia (112 subjects) and Uzbekistan (76 subjects). Two different psychosemantic questionnaires motives X actions/ judgments were developed for both countries, respecting their social situation. The Russian methodology included 20 primary items - motivational constructs and 21 actions related to behavior in the context of the pandemic. The methodology tested in Uzbekistan included 19 motivational constructs and 12 judgments about COVID-19. The primary motivational constructs were grouped into larger categories using factor analysis. In the study on the Russian sample, 4 motivational factors were identified: "Safety" (36.7%), "Self-determination" (17.2%), "Competence and relationship with others" (7.2%), "Conformity" (4.9%). By the results, in the motivational factors in Uzbekistan were: "Safety" (38.3%), "Relationship with others" (10.4%), "Self-determination" (9.4%), "Competence" (5.6%). In both cases, the constructed motivational space reflects the transformation of the structure of initial needs. The fundamental needs for safety and relationship with others became essential instead of self-determination. These results can be explained by the fact that the respondents of both samples are characterized by a sense of threat, loss of security, and strong emotional tension. [Grant of RSCF 21-18-00624.]

### **Profiles of Stress and Coping Associated With Mental, Behavioral, and Internet Use Problems Among Adolescents During the COVID-19 Pandemic**

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IP14-R-3

Adolescents are vulnerable to behavioral and mental health problems, which might be further exacerbated during the COVID-19 pandemic. This study explored how participants with different profiles of stressful life events, coping resources (i.e., self-esteem and perceived social support) and coping strategies (i.e., maladaptive and adaptive coping) varied in the prevalence of mental, behavioral, and Internet use problems. Data were collected from a large and representative sample of Chinese secondary school students in Hong Kong (N = 3,136) from September to November 2020 (48.1% males; Mage = 13.6 years). Cluster analysis and logistic regression models were used for analysis. The prevalence of suicidal ideation and sleep disturbance was 29.8% and 55.4%, respectively. Behavioral problems were most frequently reported in excessive social media use (53.5%), followed by excessive Internet gaming (43.6%), obesity (34.1%), damaging properties (14.6%), and alcohol or substance abuse (5.1%). The results of cluster analysis yielded three distinctive stress and coping profiles: severe profile (High Risk/Low Protective; 17.0%), moderate profile (Moderate Risk/Moderate Protective; 35.8%), and mild profile (Low Risk/High Protective; 47.2%). Participants with severe and moderate profiles displayed significantly higher levels of mental (range for AOR: 2.08-15.06; all  $p < .001$ ) and behavioral health problems (range for AOR: 1.22-11.22; all  $p < .05$ ) compared to the mild profile cluster. We conclude that adolescents' mental and behavioral health may be shaped by the combined file of stressful life events and coping resources and strategies. Transdiagnostic and multimodal interventions on these factors are warranted to reduce mental, behavioral, and Internet use problems among adolescents.

### **The Futurization of Aging as a Ground for Effective Aging (A Pilot Study)**

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IP14-R-4

Present study focused on two main concepts: (1) futurization of aging; (2) effective aging. Under the futurization of aging, we meant the processes of the formation of aging at earlier stages; these processes include both exclusively mental processes and a range of actions and measures aimed at achieving a certain quality of life during the aging period. Effective aging referred to the idea that there is no ideal image of aging everyone should strive to, but one possesses specific resources that need to be activated to provide the highest possible quality of life in aging. In this pilot study we tested if people who had clear image of desired future and

implemented some aging-related activities at earlier stages would show higher levels of activation of the resources in late adulthood. Our participants were adults aged 57–65 ( $N = 40$ , 50% females) who were asked to describe their aging as they see it now, to report retrospectively how they imagined their aging ten years ago and if they could remember any activities they consciously performed for better aging. We also asked them to describe how prepared they feel for aging. Our results showed that most participants paid little attention to the perception of own aging in the past, most could recall activities related to financial safety, but few related directly to formation of physical or mental resources. Interestingly, some participants reported that though they realized that health was something they would need in the future, they performed no targeted actions to improve or maintain it, they were focused mainly on “here and now”. Our pilot results suggested that activation of practices related to conscious construction of aging need to start with inclusion of aging into one’s active goals.

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### **The Effect of Art Therapy Technique on Anxiety and Stress Relief for Teenagers**

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IP15-R-1

Art therapy helps enhance psychological, emotional and physical wellbeing through techniques including art creations and guided reflections. While some schools emphasize the indispensable role of therapist guidance, other theorists postulate that simply creating art can relieve negative mood. For high school students, professional therapists can be a scarce resource. Thus, we would like to test the extent to which art production techniques can be applied to relieve stress and anxiety among Chinese teenagers. We tested our hypotheses through an experiment where the experimental group created arts that applied art therapy technique while the control group participated in a popular de-stressing coloring exercise. We found that anxiety scores from the State Anxiety Questionnaire (STAI) and Heart Rate Variability (HRV) of participants in the experimental group showed significantly more improvement than those in the control group. Our result added cross-cultural evidence to the theory that art production could effectively relieve stress for teenagers and strengthened the result through physiological measures. Implications for adolescent wellbeing and stress management are discussed.

### **People Without Rights: The Role of Dehumanization and Threat in Discrimination of Homosexual Individuals**

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IP16-R-1

This research aims to uncover the role of dehumanization in discrimination, conceptualized as rights deprivation, of homosexual individuals in Russia. Dehumanization refers to one’s perception of group members as less human, measured by uniquely human traits (civilized, well-mannered, cultured) and human nature traits (active, curious, able to feel). Deprivation of rights is crucial in conversation about discrimination of LGBTQ+ people, as the human rights agenda within legal and political discourse is one of the most prevalent topics in countries with high homophobia, like Russia. A questionnaire measuring symbolic and real threat, dehumanization, and willingness to deprive gay men and lesbian women of human rights was completed by 354 (evaluated gay men;  $Mage = 35.62$ ,  $SD = 10.31$ ) and 348 (evaluated lesbian women;  $Mage = 35.62$ ,  $SD = 10.31$ ) Russians, with the sample mostly consisting of heterosexual individuals (94%). Structural Equation Modeling was used to establish the predictive and mediative relationship between the variables, revealing the ambivalent relationship of human nature and human uniqueness with context-specific (right to marriage, reproductive right, right to work with minors) and general (freedom of movement, social welfare, medical help) rights deprivation. For gay men, human uniqueness negatively predicted specific rights, while human nature had a negative relationship with general rights deprivation. A similar result was found for lesbian women. However, for lesbian women, two other relationships have proven to be significant: human uniqueness positively predicted general rights deprivation, while human nature positively predicted specific rights deprivation. That disparity and ambivalence of the relationship between dehumanization and discrimination are discussed in the context of group stereotypes, sexist perceptions, and male-centric culture. The data poses questions to the current theoretical understanding of dehumanization and its hypothesized one-way linear relationship to discrimination.

### **Givers’ Overestimation About Satisfaction Experienced by Recipients Who Receive Unearned Benefits**

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IP16-R-2

Marketers sometimes offer unearned benefits to consumers partially because they expect satisfaction from these consumers. However, do these predictions accurate? Our study shows a misprediction that givers overestimate recipients’ satisfaction with unearned benefits. In all studies,

participants were adults from China. Studies 1 (N = 239) and 2 (N = 206) showed the misprediction made by givers. In Study 1, givers imagined that they paid recipients more than or equal to recipients' contribution, and then predicted recipients' satisfaction. Recipients imagined that they were paid more than or equal to their contribution and rated their satisfaction. The result showed that givers overestimated recipients' satisfaction with unearned benefits, yet accurately predicted recipients' satisfaction with earned benefits. Study 2, where recipients' input was manipulated while their payoff was fixed, replicated the misprediction. Givers overestimated recipients' satisfaction after allocating less workload to recipients than supposed, yet made accurate predictions after allocating supposed workload to recipients. Study 3 (N = 120) tested the underlying mechanism that givers underestimated recipients' concerns for violating the principle of equity. Givers imagined that they allocated unearned benefits to recipients. Then givers predicted recipients' satisfaction and concerns for violating the principle of equity, while recipients rated their satisfaction and concerns. The results showed that givers underestimated recipients' concerns for violating the principle of equity, which led to givers' overestimation about recipients' satisfaction with unearned benefits. Studies 4 (N = 211) and 5 (N = 211) manipulated whether recipients violated the principle of equity. In Study 4, givers gave unearned benefits after recipients requested; In Study 5, givers gave unearned benefits to reciprocate the favor. Recipients did not violate the principle of equity under these circumstances. The results that givers accurately predicted recipients' satisfaction supported our mechanism. Our study reveals a novel misprediction and carries practical implications for marketers.

### **Are the Consequences Caused by Expressing a Different View as Negative as We Believe Them to Be?**

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IP16-R-3

Although diversity of opinion is highly valued, people are often reluctant to raise a different view. We present an explanation for such a tendency: opinion responders (who respond to opinion proposers) overestimate opinion proposers' (who initially put forward a view) negative reactions after raising a different view. Across five studies (N = 2,591), we showed such a misprediction and examined its mechanism. We benchmarked responders' predictions about proposers' reactions against proposers' actual reactions to test this overestimation. The reactions were measured in three aspects: proposers' feelings, proposers' evaluations towards responders, and the relationship between the two parties. We showed that responders overestimated proposers' negative reactions in both real (Study 1) and hypothetical (Studies 2 to 5) settings. By setting a third-person condition, we ruled out the social-desirability explanation such that proposers pretended to be open to diverse views (Study 2). By adding a similar-view condition, we found such a misprediction

existed in the different-view condition and disappeared in the similar-view condition, indicating this misprediction was specific to the context of raising a different view (Studies 3 and 4). Furthermore, we examined our sensitivity mechanism by a thought-listing process and revealed such a misprediction was driven by differences between opinion proposers and responders in regard to the sensitivity to the benefits and harm experienced by opinion proposers (Study 5). Together, our research shows that opinion responders overestimate the negative consequences of raising a different view. The overestimation stems from opinion responders' sensitivity to harms to proposers.

### **The Effects of Objective and Subjective Measures of Cultural Distance on Psychological Well-Being of Internal Immigrant Women in Turkey**

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IP16-R-4

Cultural distance (CD) means the difference and similarities between two cultures. It is an essential predictor of an individual's psychosocial well-being regarding migration. People may feel culturally distant depending on language, religion, values, and traditions. The psychological and cultural adjustment seems relatively difficult for migrants if the difference between cultures is significant and against the new culture. However, a few studies have investigated the effects of different measures of CD on the psychological well-being of migrant women. This study aimed to examine the impact of perceived and objective forms of CD on the well-being of women who have experienced internal migration in Turkey. The participants were 212 women who internally migrated to Turkey's three metropolises (Istanbul, Ankara, and Bursa) at least one year earlier. All participants volunteered for the study and first completed a form of questions involving the perceived CD quality as indicators of subjective CD. We also used the socioeconomic development index for Turkey and mother-tongue usage at home as objective measures of CD. We assessed women's psychological well-being by either score for The Satisfaction With Life Scale and The Scale of Positive Experience. The regression analysis results showed that perceived CD quality and language usage, not the objective measures of socioeconomic development, significantly predicted the women's experiences of positive feelings. Being more precise, speaking a language other than Turkish at home, and perceiving a negative difference between cultures reduces the positive emotions experienced by migrant women. The study's findings showed that the CD of different measures might affect migrant women's psychosocial well-being differently. Therefore, future studies investigating the specific and relative effects of objective and subjective CD measures might yield interesting outcomes for migrants' psychological well-being and cultural adaptation at a broad range.

## From Psychological Contract Between Employee and Employer Towards Psychological Debt Contract Between Borrower and Lender

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IP16-R-5

An extended application of the concept of “psychological contract” is proposed, which can be used for the analysis of debt interaction. Debt interaction is the behavior of two interconnected parties aimed at borrowing, lending and fulfilling debt obligations. Psychological debt contract governs the relationship between the borrower and the lender (the latter can be either an individual or an organization), in which there are both an explicit agreement and an implicit agreement on mutual exchange exist. To clarify the structure of a debt psychological contract an “associative experiment” 76 sessions in total was used, 2200 associations were obtained. The core and the periphery of social representations about debt interaction according to P. Vergès were highlighted. Core social representations about different types of debt interactions made it possible to identify stable elements of a debt psychological contract. To clarify the meaning of elements of psychological debt contract semi-structured interview with 12 respondents was used. Results show that psychological debt contract as a type of psychological contract reflects an exchange of obligations (what I do or should do) and expectations (what the other does or should do) regarding the size of the loan - a large or small, cost of loan - the presence or absence of interest, the interaction time - short-term or long-term, the clarity of the conditions, obligation to pay back (total, delayed or defaulted), the number of participants in the interaction (individual or shared responsibility) and evaluation of interaction (rational, emotional and value-based). Examples of respondents’ answers from interviews illustrating the meaning of psychological debt contract and the subjective nature of it are also presented. Debt interaction will continue loyally if the borrower and the lender assess the ongoing exchange of contributions and returns as fair. The study contributes to understanding the mechanisms of debt behavior.

## Need for Cognitive Closure, Psychological Safety Climate and Team’s Transactive Memory System: Motivated Information Processing Perspective in Group

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IP16-R-6

Team creativity has been recognized as a core competitive advantage for organization survival and the quality of team creativity relies on the coordination of expertise among team members with different backgrounds because of these

expertise offering diverse ideas and knowledge. The purpose of this study stands on the perspective of the Motivated Information Processing in Groups (MIP-G) (De Dreu et al., 2008), which suggests that various of types of cognitive thinking involved in decision-making processes are driven by two global motivations: social motivation and epistemic motivation. These two motivations - alone or together - can affect a team’s decision processes and final affect team creativity (De Dreu et al., 2011). Following these thoughts, the study examined teams’ need for cognitive closure (NFCC) and team’s psychological safety climate (PSC) have effect on the mediating role of team’s transactive memory system (TMS). Moreover, the study also hypothesized that these two factors can alone and interact with each other to influence radical creativity and incremental creativity by TMS mediating. The study used time-lagged design and multi-sources to collect team samples. We measured team’s PSC in time 1 from team members’ evaluation. In time2, NFCC and TMS were evaluated by team members, and radical and incremental creativity were evaluated by team leader. A survey of 65 teams from 2 companies was conducted, and the results of the subsequent analysis of data provide some support for the MIP-G model. PSC was positively by itself and team’s NFCC was negatively by itself associated to TMS, and the team’s NFCC will weaken the positive relationship between PSC and TMS. Further, TMS was positively related to radical and incremental creativity. However, only the pattern of team’s NFCC was negatively related with radical creativity through TMS. This research has further contribution to TMS theory and MIP-G theory in teams.

## Rejecters Overestimate the Negative Consequences They Will Face From Refusal

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IP16-R-7

People often find it difficult to refuse requests from others. This study explores one potential cause of this tendency. People may expect negative outcomes from refusal, such as being avenged by the rejectee. Given the hedonic principle, rejecters have a strong desire to avoid potentially negative consequences. Overestimation the negative consequences of rejections is functional as it can motivate preparation for potentially negative consequences, and even help avoid them. Therefore, we propose that rejecters overestimate the negative consequences they will face from saying “no.” We conducted eight experiments (N = 2456) to test this overestimation. Participants were adults from China. In Experiments 1 and 2, participants imagined that they had rejected a request or their request had been rejected. The rejecters predicted the likelihood that they would be badmouthed by the rejectees, whereas the rejectees rated the likelihood that they would badmouth the rejecters. The results showed that rejecters overestimated the negative consequence of refusals. In Experiment 3, participants (rejecters or rejectees) recalled a real rejection in their life. In Experiment 4, rejecters were incentivized to make accurate prediction. Consequently, our

hypothesized overestimation persisted. We also found that this overestimation resulted from a desire to avoid negative consequences. Experiment 5 found that observers who had a weaker desire to avoid negative consequences for rejecters than rejecters showed a reduced overestimation than the rejecters. Experiment 6 found the misprediction to be weaker in the compliance condition (where rejecters' desire to avoid negative consequences was weaker) than in the refusal condition. Experiments 7 and 8 manipulated the likelihood of the negative consequences of refusal. We revealed a larger overestimation for highly possible negative consequences than for less possible negative consequences. These results supported a negativity-avoidance mechanism. In sum, this study reveals a new misprediction and its mechanism.

### **The Mere Audience-Size Effect: A Large Audience Nonnormatively Inflates Perceived Competence of Actors**

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IP16-R-8

Oftentimes, competent actors attract more audience. But a large audience does not necessarily mean that actors are competent, which could lead to irrational judgment. The current study identifies a mere audience-size effect, showing that actors who are observed by a large (vs. small) audience are inferred to be more competent, even when the audience size results from incidental factors and offers nondiagnostic information about actors' competence. We propose that this is the overgeneralization of a heuristic that connecting actors' competence with the audience size. We conducted six studies to test the hypothesized effect and its downstream consequences. Participants imagined an actor (themselves or another person) performing (e.g., singing) to a large or small audience. The audience size was determined by incidental mistakes (e.g., the audience were mistakenly assigned by a new secretary), thus offered nondiagnostic information about the actor's competence. Then participants evaluated the actor's competence. Results showed that actors were inferred to be more competent when observed by a large (vs. small) audience in a non-competition (Study 1a) or competition context (Study 1b). As a consequence, the actors with a large (vs. small) audience were believed to deserve a higher salary, have a higher likelihood to be employed, and win the competition. This mere audience-size effect biased both actors' and observers' judgment (Studies 2a-2b). Finally, the mere audience-size effect was attenuated when participants were reminded of the cause of the audience size (Study 3) or the causal relationship between competence and audience size (Study 4). This research shows a new heuristic and contributes to research on overgeneralization and heuristic decision making. Our findings reveal that overgeneralization biases not only judgment about others but also judgment about oneself. Understanding the current heuristic promotes an accurate perception of competence.

### **Attitude of the Russians Towards COVID-19 Countermeasures**

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IP16-R-9

The work is an empirical study of attitudes of ordinary Russians towards vaccination against the new coronavirus infection that causes COVID-19 and towards conversion of in-patient hospitals to accommodate COVID-19 patients. By attitude towards vaccination, we mean knowledge and beliefs, and readiness to get a COVID-19 vaccine. We consider the decision of conversion of in-patient hospitals to accommodate COVID-19 as an analogue of the classic trolley dilemma, suggesting an ethical choice between saving lives of patients in need for specialized treatment according to the profile of the hospital or saving lives of COVID-19 patients. Sample included 186 Russians, aged 17-51,  $M = 22,2$ ;  $SD = 4,9$  (69% female). Author's questionnaire for socio-demographics, COVID-19 related experience, attitudes towards vaccination; a Modified Trolley Dilemma; Short Big Five and Short Dark Triad Questionnaires. SPSS 23.0: comparative analysis (Student's t-test), analysis of frequency distribution. When solving the ethical dilemma, less than half of the respondents choose an active position aimed at converting hospitals to treat COVID-19 patients to the detriment of the rest, regardless of education, gender and personality traits. Significantly more often, such a decision is made by people who have undergone COVID-19 themselves or faced with an illness or death of a family member. The attitude towards vaccination is generally negative and is characterized by low awareness, reluctance and unwillingness to get vaccinated. More vaccine-oriented were those who had relatives and acquaintances died from COVID-19, but did not necessarily get sick themselves. No differences were found in education, gender, personality and attitudes towards vaccination. There was a trend: not vaccination-focused respondents were also less focused on conversion of hospitals. In conclusion, only personal negative COVID-19 experiences, but not education, socio-demographics and personality traits are associated with the positive attitude towards vaccination and agreement with necessity to repurpose hospitals to accommodate COVID-19 patients.

### **Factors in Workers' Dehumanization: Multiple Stigmatization and Social Status**

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IP16-R-10

The research aimed to examine how different factors (multiple stigmatization and perceived social status) as well as their interactions are associated with the dehumanization of workers. We selected 16 occupations with different

types of stigmatization and perceived status relevant to the Russian socio-cultural context. In two studies (N1 = 1060; N2 = 1081), each respondent was randomly placed into one of 16 experimental conditions (between-subjects design): 8 (stigmatization: none, social, moral, physical, moral and social, physical and social, moral and physical, or all three stigmas) X 2 (status: low or high). Participants randomly assessed one of the selected occupations (e.g., a person whose main job is cooking specialties in a restaurant) on animalistic and mechanistic dehumanization. Dehumanization was assessed using metaphor-based approach (ten animal- and machine-related words, e.g., primate) in both studies. To provide additional testing for dehumanization in an attribute-based paradigm we used seven Human Uniqueness and Human Nature traits (e.g., active) in the Study 2. The results showed that multiple stigmatization increased animalistic dehumanization: low-status workers were more animalistically dehumanized than high-status workers; the high status decreased the animalistic dehumanization of occupations with multiple stigmatization. The main differences between studies related to mechanistic dehumanization. The relationship between status, stigmatization, and dehumanization may be non-linear, and deeper elaboration is needed. Several contradictions raise a question about consequences to which different ways of dehumanization can lead.

### **Attitude Towards the Pandemic Among the Russians Who Have Recovered and Have Not Been Sick With COVID-19**

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IP16-R-11

The objective of the comparative study was to identify some aspects of the impact of the past COVID-19 illness on daily life. The study was carried out in December 2020. The sample consisted of 827 (53.9% male, 46.1% female; aged 18 to 75 years) respondents, among whom there were 230 recoveries. The methodological toolkit included: attitudes to pandemic questionnaire; scale of attitudes towards time; a short questionnaire to assess changes in lifestyle-related behaviour during COVID 19 pandemic; Constructive Thinking Inventory. Respondents who recovered from COVID-19 were more focused on a healthy lifestyle, paid more attention to proper nutrition to increase immunity, taking vitamin supplements and exercise. At the same time, they were more likely to suffer from hypochondria and spent more time on social networks. A deformation of the present (the experience of restriction of freedom) was revealed, while maintaining a positive past and a positive future in their subjective time structure. Past COVID-19 illness group showed more tolerance and trust in interpersonal communication regardless of the degree of acquaintance, nationality and religion. Apparently, the disease makes people equal. But the indicators of social and political trust were lower in this group: distrust of official statistics on the number of cases and deaths from COVID-19; disagreement with the fact that the country's leadership was making sufficient efforts to contain the pandemic; lower

belief in the achievements of scientific medicine and more mistrust in vaccination. Statistically significant differences were found between those who had not been ill and those who had been ill with COVID-19. In particular, there were more grievances and claims to the authorities and medical science in the group of recoveries, more of those who constantly monitor their health. [The study was supported by the Russian Science Foundation grant No. 22-28-01935.]

### **Indicators of Psycho-Emotional Well-Being in the Context of Job Insecurity of Russian Permanent Workers**

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IP19-R-1

The present study examined the impact of job insecurity on employees' well-being. Although there is a large number of international studies devoted to the consequences of job insecurity to individual psycho-emotional well-being, there is little research on this theme in the Russian context. The study was based on data from special sociological study of the quality of employment conducted in one of the subjects of Russian Federation in 2020. We used a subsample consisting of 877 permanent employees. The key indicators were: (1) the Russian version of the life satisfaction scale – SWLS (Diener et al., 1985); (2) subjective assessments of the general state of health on the scale: very good, good, satisfactory, bad or very bad; (3) subjective assessments of confidence in the future; (4) subjective sense of employment stability (answers to the question “Are you afraid of losing your job soon?”). A lower level of confidence in future, as well as estimated level of overall health characterized respondents with relatively high rates of job insecurity. At the same time, we expected that individuals who are confident and unsure of the stability of their work differ in the level of life satisfaction. However, we did not note significant differences in these two groups. It is possible that in order to explain the results obtained, it is necessary to analyze other indicators that negatively affect subjective assessments of job security. These findings are partially consistent with the wider international literature, that demonstrates a negative association of job insecurity with individual well-being, in relation to the subjective assessment of health and confidence in their own future. Further research within the area of insecure employment in the Russian context is proposed. [The study was supported by Russian Foundation for Basic Research (RFBR): No.20-011-00934 “Human development under the conditions of socio-labour precarization”.]

## Well-Being Under Conditions of Insecure Employment

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IP19-R-2

Job insecurity is an extremely widespread phenomenon in the world currently. Many studies around the world have identified negative consequences of job insecurity: decrease in mental and physical health, deterioration in psychological well-being, decrease in productivity, disruption of the family-work balance, etc. Factors that allow a person to cope with a situation of job insecurity are also being studied. Pilot research was conducted to test the preliminary hypotheses. The aim of this research was to study the attitude to uncertainty as a factor of coping in a situation of job insecurity. The study sample consisted of 52 bank employees, 41 women and 11 men, aged from 25 to 55 years. The following scales were used: (1) Job Security Index Questionnaire; (2) Multiple Stimulus Types Ambiguity Tolerance Scale-I, MSTAT-I; (3) Ways of Coping Questionnaire, WCQ. Employees with a pronounced tolerance for uncertainty were assumed to: (1) perceive their work to be less guaranteed and (2) choose constructive coping behaviours. Spearman's r-test was used. The following correlations were obtained: tolerance to uncertainty with an assessment of the reliability of the future in the organization ( $r = .41, p < .01$ ), and an assessment of the reliability of the present in the organization ( $r = .40, p < .01$ ). Correlations of uncertainty tolerance were also obtained, confirming second hypothesis: positive relation with strategies such as "self-control" ( $r = .28, p < .05$ ), "planning a solution to the problem" ( $r = .31, p < .05$ ), "positive re-estimation" ( $r = .39, p < .01$ ) and negative relation with the "escape-avoidance" strategy ( $r = -.29, p < .05$ ). Due to the confirmation of preliminary hypotheses, a larger-scale study is being planned.

## Labor Interest as a Hub of Engagement and Performance of EdTech Workers

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IP19-R-3

The purpose of this study was to show the influence of labor interest as a valuable, emotionally colored position of an employee, expressed in a practical relation to work, on the formation of working and professional views, on the organizational behavior of an employee and the results of his work. Research was carried out in the international company operating in the field of EdTech in the Russian and European markets. The survey involved 155 young people, representatives of modern professions: 25 - top management, 45 - managers and 85 - specialists, equal representation of women and men aged 18 to 36 years, 60% have a higher

education, 40% - incomplete higher education. To measure the level of engagement employees and their interests, an author's questionnaire was compiled. Also, together with the leaders of the company, evaluation sheets were developed to measure performance in 3 types of criteria: qualitative, quantitative and temporal. The final survey consisted of 54 questions. The results were verified using the Spearman correlation analysis. All factors were tested, such as organizational and work engagement, 7 groups of work interests, as well as 3 types performance. It was found that both organizational and work engagement are directly affected by all the considered interest groups, except for economic ones, namely: small groups, career, professional, corporate and territorial. To a large extent, career and territorial interests influence engagement. Career interests are significantly associated with the qualitative criterion of performance at the level of  $p < .01$ . This suggests that the higher the employee's career interests, the more qualitatively his work is assessed by managers. Territorial interests also correlate with employee performance. From the obtained correlation of professional interests and work engagement, the conclusion follows that a person immerses himself in his work only when he feels that his professional interests are taken into account. The connection between corporate interests and organizational engagement was also confirmed. Young employees appreciate the organizational values in the company and are interested in a friendly working atmosphere. It was revealed that only economic interests do not affect the engagement of employees in any way, but this does not mean that the material component does not interest employees in any way, on the contrary, this suggests that an employee will not be engagement if he is driven only by the desire to earn money. From the results of this study, it follows that the psychological component of labor interests is the hub of engagement and performance of young employees of the company EdTech.

## Is There Somebody up There Looking Out for Me? Qualitative Analysis on Bullying Experiences of Individuals Diagnosed With Bipolar Disorder

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IP19-R-4

This presentation aims to investigate the bullying experiences of individuals diagnosed with bipolar disorder (BP), get their view on the causes for bullying, and suggestions to prevent it. The research is based on in-depth interviews with 19 volunteers in Turkey during October 2019, using qualitative methodology. The data were analyzed using the content analysis method and based on Social Identity Theory. Thirteen of the 19 individuals who participated in the study were exposed to various degrees of bullying. Six employees were exposed to bullying immediately after the diagnosis was openly shared with the organization. Four employees were bullied by the top managers of the organizations. Participants argued that incompetent leadership, the lack of policies and procedures against bullying, and the absence of accountability

mechanisms were the main reasons for bullying. Participants also argued that perpetrators bully due to their personality disorders, use bullying as a strategic tactic for their career advancement, or have a prejudice towards bipolar disorder. Suggestions to curb bullying were; to provide training on bullying, attend to all bullying complaints and conduct regular performance reviews. Participants also recommended that other employees diagnosed with BP; to protect themselves by clearly explaining their best possible working conditions; to express their objections to the bully; to escalate the situation without delay if direct communication with the bully is not adequate. However, participants had conflicting views on whether or not to publicly share their diagnoses to avoid bullying. Organizations should embrace employees diagnosed with BP by educating society in general and their employees about the diagnosis, providing flexible working hours with multiple breaks, reducing work stress by changing work designs, and establishing an overall acceptance and tolerance environment.

### **The Role of Character Strengths in Value Creation Within Organizations: An Empirical Investigation**

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IP19-R-5

There is limited empirical evidence on the impact of the application of character strengths (CS) in the workplace for value creation (VC) in organizations. Value can be of various kinds: economic, pleasure, social, harmony, and influence. In the present research, we empirically examined which CS from the VIA-IS classification system are perceived by individuals as important for creating value in their organization. Furthermore, we examined the applicability (use) of CS by individuals at work and the relationship between the use of CS and an empirical measure of VC beliefs. We used a sample of 650 adults from Greece and a structured questionnaire to collect data. The importance of CS for VC was assessed using a discrete choice experiment based on the Best Worst Scaling method. The applicability (use) of CS was assessed using the ACS-RS construct. Value creation was assessed with a 5-item instrument. Exploratory factor analyses and linear regression were used. Results suggest that individuals in our sample, applied most of the CS that perceived as important for VC. We found differences between employees and entrepreneurs in both perceived and applied CS. The VC construct had adequate reliability and face validity. The application of CS that are more often used by individuals in the workplace explained 20% of the variance in VC. In summary, our results suggest that the application of CS in the work place has a direct effect on value creation beliefs in organizations. The working context plays an important role in the differences between perceived and actual applied CS.

## Poster Presentations

### Women's Appraisal of Erotica: The Effects of Age and Sexual Self-Esteem

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P2-3-3

The role of age in women's sexuality has been discussed from a psychopathological perspective, i.e., the focus has been on the effects of age in sexual dysfunction rather than on sexual intimacy or well-being, or other sex-positive outcomes. Within this regard, erotic materials, including sexually explicit stimuli, may be used as a means to improve women's sexual arousal and gratification. Indeed, age was shown to have a positive role in women's appraisal of sex pictures. Some cognitive factors, such as sexual beliefs, i.e., attitudes about sex and women as sexual agents, mediated the relationship between women's age and their appraisal of sexually explicit pictures. In order to expand previous evidence on the role of cognitive variables in the relationship between age and women's appraisal of erotic contents, this study was aimed at testing the effects of age in the emotional response and sexual appraisal of sexually explicit versus romantic pictures, while accounting for the role of women's sexual self-esteem (i.e., how women appraise themselves as sexual beings). One hundred and fifty-five women were exposed to romantic versus sexually explicit pictures in a laboratory context. Women reported on the emotional valence, subjective sexual arousal, and level of sexual content attributed to the pictures; women's sexual self-esteem was further evaluated and introduced as a mediating variable using PROCESS. Findings revealed that age predicted more positive valence and increased sexual arousal toward sexually explicit pictures while women's sexual self-esteem accounted for that relationship. Findings regarding the emotional response and sexual appraisal of romantic pictures did not reveal significant effects. Results suggest that age can actually have a positive role on women's appraisal of erotica and that women's sexual self-esteem can be particularly important on how women approach sexual contents that are traditionally regarded as male-centered materials.

### Interpersonal Relationship Factors as Predictors of Sexual Compulsivity in a Sample of College Students

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P2-3-4

Sexual compulsivity is defined as a clinical syndrome, characterized by recurrent, intense, and out of control sexual thoughts, fantasies or urges, affecting individuals' life. There are distinct hypothetical etiological pathways for sexual compulsivity, most of them focusing on psychopathological and/or sexual aspects. However, some researchers and clinicians have argued that interpersonal relationship dynamics, rather than psychopathology and sexual factors, can be at the core of sexual compulsivity. Yet, there is minimal evidence supporting this view. Against this background, the aim of this study was to test the predictive role of interpersonal relationship factors in sexual compulsivity. Nine hundred and thirty-six college students (725 women), completed an online survey assessing their memories of parents' educational style, adult attachment style, intimacy, interpersonal behavior style, and sexual compulsivity. Findings from hierarchical regression analysis (distal factors, i.e., parents' educational style, were entered as step 1, and proximal factors, i.e., all other predictors, were entered as step 2), revealed that the interpersonal relationship factors explained a small to reasonable proportion of the variance, ranging from 6 to 23%, with the proximal factors being better predictors. More specifically, sexual compulsivity in women was best predicted by father rejection, anxious attachment style, and lower validation within women's intimate relationship, while sexual compulsivity in men was best predicted by lower validation, and lower assertiveness. In all, findings shed light on the role of the interpersonal relationship factors in sexual compulsivity; Key factors, framed within an interpersonal and relationship perspective may help to explain maladjusted dynamics in sexual compulsivity cases, and function as clinical targets in the promotion of sexual health and mental well-being in young/emergent adults.

### The Cumulative Effect of Childhood Trauma Types on Suicidal Risk, Emotion Regulation, Anxiety and Depression in Adolescents and Young Adults

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P2-3-5

Childhood trauma constitutes a specific risk for long-term negative mental health outcomes. Studies show that exposure to Childhood Trauma (CT) is associated with a high risk of suicide, emotion regulation difficulties (ERD), anxiety and

depression. These studies have generally focused on smaller and specific samples that are mostly clinical and female adults, reporting a specific type of CT. Adolescents and young adults with a CT history have rarely experienced one single type of traumatic event but rather multiple and chronic traumatic events. This study aims to examine the effects of the number of CT types on suicidal risk, ERD, anxiety and depression. Participants (N = 456) aged 14 to 22, completed self-reports of CT, suicidal risk, ERD, anxiety and depression. According to the number of CT types experienced, participants were separated into three groups: No-CT (N = 183), One-CT type (N=132) and Multiple-CT types (N = 141). Results revealed that adolescents and young adults exposed to one single CT type and multiple CT types displayed significantly higher levels of suicidal risk, ERD and depression than those with no history of CT. When compared to adolescents and young adults with a history of one single CT type, those who were exposed to multiple CT types had significantly higher levels of suicidal risk, ERD and anxiety. However, no significant difference was found between the two groups in regards to depression. These findings provide empirical evidence demonstrating that cumulative childhood trauma contributes to severe suicidal risk, ERD and anxiety. Taken together, the findings of the study suggest that exposure to multiple forms of maltreatment hampers the acquisition of appropriate emotion regulation skills and plays an important role in suicide risk in adolescents and young adults.

### **Emotional Dysregulation and Worry As Mediators Between Adverse Events and Posttraumatic Stress Symptoms in Mexican Adult Women: A Cross-Sectional Study**

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P2-3-6

It has been reported in various studies that specifically women who have experienced multiple episodes of intimate partner violence, by different perpetrators, show a pattern of greater difficulties with emotional regulation. Likewise, in women victims of sexual violence it has been seen that emotional dysregulation and worry are a predictors of risky sexual practices after trauma, as well as negative self-concept and interpersonal problems are correlated with PTSD symptoms, so it is suggested that they be investigated to favor interventions that are not only focused on PTSD symptoms, but also on aspects of emotional dysregulation, especially in the first months after the trauma, since it would contribute to an improvement in the lives of the victims and a reduction in the greater traumatization. Using non-probability sampling and a cross-sectional study, 298 women between 18 and 76 years of age (M = 32.27, SD = 10.06) who were recruited as part of a larger online intervention study for emotional disorders read and agreed to an electronic consent form before completing the self-report questionnaires online. The results showed that the zero-order correlations between emotion dysregulation,

worry and PTSS were all strong and statistically significant. The strongest correlation was between emotion dysregulation and PTSS ( $r = .62, p < .001$ ). On the other hand, PTSS mean scores did not differ significantly between the four types of event (family problems and separation, physical or sexual assault, illness, and death),  $F(3, 294) = 1.42, p = .238, \omega^2 = .01$ . However, based on theoretical grounds, we continued testing the hypothesized mediation model.

### **Normative Data for the Montreal Cognitive Assessment Among 60–80-Year-Old Slovenian Adults**

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P2-3-7

Mild cognitive impairment (MCI) is associated with an increased risk of developing Alzheimer's disease and other forms of dementia, and contributes to a worsening of mental health and quality of life in late adulthood. Therefore, early identification of cognitive impairment represents a priority in research and clinical work. The Montreal Cognitive Assessment (MoCA) is a worldwide used screening instrument for detecting MCI. Given that performance on neuropsychological tests varies according to sociodemographic variables, there is a strong need for population-based norms. Due to the lack of normative data for the Slovenian population, the objective of the study was to obtain norms adjusted to the demographics of Slovenian adults aged 60 to 80. A sample of 344 community-dwelling adults (61.3% females; age: M = 67.29, SD = 5.34) completed the MoCA as part of a broader research project. Participants had no current or past history of neurological or psychiatric diseases. The mean total MoCA score for the entire sample was 25.66 (SD = 2.34), with 38.7% falling below the suggested cutoff of (< 26) for impairment. Significant predictors for MoCA score were education level ( $p < .001$ ), age ( $p < .001$ ) and gender ( $p = .01$ ). Normative data stratified by demographics are presented. To conclude, the study contributes to a more accurate evaluation of an individual's MoCA score and highlights the need for precise normative data in Slovenian older adults over the age of 80.

### **Slovenian Validation of the Capacity to Love: Associations With Clinical Measures and Mindfulness**

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P2-3-8

The main purpose of the present study was the validation of the Slovenian version of the Capacity to love – Inventory.

The CTL – I is 41 item self-report measure of the capacity to love, the capacity one has to be deeply romantically involved with a significant other. The measure itself has been operationalized based on theoretical development from clinical psychotherapy practice and has been related to clinically relevant symptoms and conditions. The CTL-I consists of six dimensions: Interest in the life project of the other, Basic trust, Humility and gratitude, Common ego ideal, Permanence of sexual passion and Acceptance of loss. Our sample included 552 Slovenian non-clinical individuals. Participants were recruited mainly through the nation's main universities. Several related clinical measures were used to examine the convergent validity of the CTL-I. Additionally, a measure of mindfulness was used to examine associations based on previous theoretical and empirical work connecting the constructs. Our findings show that the Slovenian version of the CTL-I replicated the six-factor structure, exhibiting good model fit as well as satisfactory Cronbach alphas on all subscales. Capacity to love was also found to be associated with higher dispositional mindfulness. Overall the results show promising psychometric properties for the Slovenian version of the CTL-I.

### **Self-Care in the Mental Health Workforce: Understanding the Impact of Stress Exposure**

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P2-3-9

Mental health workers face a range of workplace stressors, due to the emotionally and often physically demanding nature of their job. In order to better support mental health professionals, it is important to examine the psychological and occupational impact of these stressors and the underlying psychological mechanisms that contribute to this impact. Australian mental health professionals (N = 149) voluntarily participated in an online survey run across 2020 and 2021, to examine the relationship between workplace stressors and their psychological and occupational consequences for mental health staff. Using linear regression and mediation analyses, we tested the role of internal psychological mechanisms in mediating the relationship between workplace stressors and their impact. Preliminary findings show that increased sources of stress associated with reduced perceived stress and increased well-being, as expected. Similarly, increased workplace stressors appear to relate to poorer occupational functioning through increased absenteeism and decreased job performance, although productivity showed no association with workplace stressors. Concerning psychological mechanisms, preliminary results indicate that repetitive negative thinking (cognitions) and unhealthy coping strategies (behaviours) mediated the relationship between workplaces stressors and both psychological and occupational functioning. However, distress intolerance (emotions) does not appear to have a significant contribution to this relationship. Findings from this study give insight into the key components of adaptive functioning in the mental health workforce. Evidence for this model can help guide

psychological intervention programs that aim to reduce stress and improve well-being in mental health professionals.

### **A Qualitative Study on the Symptoms and Psychological Characteristics of Young Hwa-Byung Patients**

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P2-3-10

Hwa-Byung is characterized by feelings of anger about unreasonable social violence. It is known that the prevalence of this disease is high in middle-aged. However, recent evidence has shown that the number of younger patients is increasing, as well as showing different disease course from middle-aged patients. The purpose of the study was to qualitatively analyze young Hwa-Byung patients' experiences of symptoms and psychological characteristics related to antecedent events. 8 women aged 20s were interviewed using semi-structured questionnaires to in-depth study on their experiences related to Hwa-Byung. The interview data were analyzed using phenomenological approach to understand the essence of experiences. In particular, it was analyzed according to Giorgi (1985). First, by repeatedly reading the material, recurring themes were identified. Second, the meaning units were divided to capture important parts of participants' statements. Third, similar meaning units were grouped together. Fourth, the determined meaning units were described in psychological term. Reliability between coders was high. As a result, two themes related to symptoms appeared, which were divided into 7 sub-themes. Three components and five sub-themes related to the psychological characteristics of the Hwa-Byung were derived. It was found that hierarchical social interactions act as antecedents of the disease in young patients, suggesting that Hwa-Byung needs to be understood in relation to the social context that makes patients feel angry. Our study not only revealed the differences between Hwa-Byung and other stress-related diseases such as depression and PTSD, but also the differences between young and middle-aged patients.

## The Differential Contributions of Self-Compassion and Self-Coldness to Symptom of Depression in a Large General Population Sample

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P2-3-11

Self-compassion, typically operationalized as the total score of Neff's Self-Compassion Scale (SCS) has been shown to be related to increased psychological well-being and lower depression in students of the social sciences, users of psychology websites and psychotherapy patients. The current study builds on the existing literature by examining the link between self-compassion and depressive symptomatology in a sample representative of the German general population ( $N = 2.404$ ). The SCS subscales self-judgment, isolation, and over-identification, and the "self-coldness", composite score, which encompass these three negative subscales, consistently differed between subsamples of individuals without any depressive symptoms, with any depressive syndromes, and with major depressive disorder. The contribution of the positive SCS subscales self-kindness, common humanity, and mindfulness to the variance in depressive symptomatology was almost negligible. However, when combined to a "self-compassion composite", the positive SCS subscales moderated the relationship between "self-coldness" and depressive symptoms in the general population. Thus, self-compassion might have the potential to buffer the effects of self-coldness on depression - providing an argument for interventions that foster a kind and forgiving attitude towards oneself. Our results further emphasize the importance to account for the unique effects of compassionate self-responding versus uncompassionate self-responding. Research based on a total score of the Self-Compassion Scale masks this distinction and bears the risk of misleading intervention efforts.

## Are Anxiety and Depression Possible Pathways to Radicalization in Adolescents and Young Adults?

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P2-3-12

An increase in radicalization in young people has been one of the major challenges in recent years. Although the data on predictors of radicalization are rather inconsistent, they do suggest that a public health approach is preferable to national

security approach in determining risk and protective factors for radicalization. The public health approach suggests that the developmental path to radicalization begins with emotional vulnerabilities, which means that the pre-radicalization phase should be the focus of interest, and mental health issues should be examined together with personal, social and cultural factors. We aimed to examine the relations of personality factors (Big five, self-esteem, and narcissism) and contextual factors (social connectedness and general sense of insecurity) with radicalization in adolescents and young adults in Croatia. We also examined whether mental health problems (anxiety and depression) mediated these relations. A total of 215 participants aged 18 to 40 (73% female) completed measures of Big five personality dimensions, self-esteem, narcissism, social connectedness, general sense of insecurity, anxiety and depression, as well as radicalization. The results have shown that conscientiousness, self-esteem, and social acceptance predicted lower levels of radicalization, while narcissism and general sense of insecurity predicted higher levels of radicalization. Furthermore, mediation analyses (Hayes's process) have shown that anxiety, but not depression symptoms mediated these relations. Anxiety fully mediated the relations of self-esteem and social acceptance (a facet of social connectedness) with radicalization. The effects of conscientiousness, narcissism, and general sense of insecurity on radicalization were not mediated by mental health issues. Therefore, our results are consistent with studies suggesting that personal as well as contextual factors contribute to radicalization. They also suggest that mental health problems, at least anxiety, could be a possible pathway to radicalization.

## Anxiety, Impulsivity, and Unhealthy Eating Among Adult Women

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P2-3-13

Previous studies have demonstrated the influence of affective states on unhealthy eating. Heightened impulsivity also has been increasingly recognized as a risk factor for unhealthy eating. Our research aimed to investigate the relationship between trait anxiety and unhealthy eating, and the mediating effect that cognitive instability (trait impulsivity component) could have in this relationship. Thus, we hypothesized that trait anxiety would be positively associated with cognitive instability, which in turn would predict unhealthy eating. A total of 225 women ( $Mean = 29.70 \pm 9.23$ ;  $MBMI = 23.39 \pm 4.43$ ) participated in the present study. Trait anxiety was assessed using the State-Trait Anxiety Inventory (STAI). Unhealthy eating was assessed using the Food Frequency Questionnaire (FFQ). Cognitive instability was assessed using the Barratt Impulsiveness Scale (BIS). We first conducted a principal components analysis to reduce the dimensionality of the data to a small number of components (FFQ). We extracted

five principal components from the FFQ. For our primary analyses, we solely focused on unhealthy eating (sweet and unhealthy foods, snack foods). We then conducted a mediation analysis to examine whether trait anxiety was associated with unhealthy eating, and if so, whether cognitive impulsivity mediated this relationship. Results show that trait anxiety was positively associated with cognitive instability, and cognitive instability was positively associated with healthy eating. Trait anxiety was also positively associated with unhealthy eating, but only when controlling for cognitive instability. Consistent with our proposed mediation model, we found that trait anxiety was indeed positively associated with cognitive instability, which in turn predicted unhealthy eating. Women who reported higher levels of trait anxiety experienced higher levels of cognitive instability and subsequently engaged in poor dietary behaviours. Identifying the factors related to unhealthy eating would be helpful to reduce their impact on food intake and replace them with more productive ones.

### **Heart Rate Variability as a Measure of Effectiveness of Non-pharmacological Treatments for Irritable Bowel Syndrome: A Review of Literature**

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P2-3-14

One of the main characteristics of Irritable Bowel Syndrome (IBS) is deregulated Autonomic Nervous System (ANS) caused by disorders of the brain-gut axis. The improvements in IBS symptom severity through non-pharmacological intervention (e.g. Cognitive Behavioural Therapy or Mind-body treatments) based on self-description data has been demonstrated in many studies. However, there is a lack of information on how a non-invasive biomarker of autonomic function (Heart Rate Variability, HRV) can impact on effectiveness of treatment. The purpose of the study was to present an overview of the literature on the influence of non-pharmacological treatment of IBS on autonomic changes (measured via HRV). A search of the literature within PubMed® and MEDLINE® was conducted. The search terms were “Irritable Bowel Syndrom” or “IBS” and “Heart Rate Variability” or “HRV”. Out of 73 papers, 5 met the predefined inclusion criteria (pre-and post-intervention measures of HRV and a non-pharmacological treatment) and were analyzed. The results demonstrated that the interventions that improve HRV provoked reduction in IBS symptoms, anxiety, depression, and stress (in 3 out of 5 studies). HRV has been found to be a common biomarker in IBS studies, nevertheless is rarely used to evaluate the effectiveness of therapy. Future studies should measure the pre and posttreatment changes in IBS symptoms and HRV. It would be worth examining the relationship between physiological and self-descriptive variables. In addition, HRV might be a useful objective factor for assessing response to non-pharmacological treatments in IBS. It would allow providing treatment focus on the regulation of the ANS, which is one of the main causes of IBS (as an extension of conventional symptoms management).

### **Parents of Children With Autism: Social Representations and Their Attitudes**

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P2-3-15

Autism is a serious and complex neurodevelopmental disorder that occurs in the first years of a child's life, affects many areas of his development and follows the person throughout his life (Frith, 1999). The present study deals with the perceptions and attitudes of parents of autistic children. Dividing the parents who participated in this research into two categories: parents with children who have been diagnosed with autism in recent years and parents with children who have been in treatment programs for years, there is a difference between the emotions they experience and the practices they follow. The parents' views on the diagnosis of the disorder, and the general psychosocial profile of the disability were examined. This sample was obtained from individuals who work with a private special education office and with whom we worked in order to obtain the sample. A semi-structured interview plan consisting of fourteen questions was used. The Braun and Clark (2006) guide was used in this research. Results showed that the emotions created by the parents when they hear the diagnosis of children with ASD and the consequent representations that they construct for the specific disorder, determine to a great extent the way of action of the parents, but also of the whole family, as well as the general interaction of parents with autistic child. The common point of parents of autistic children seemed to be the emotional upheaval in the information that their child is on the autism spectrum and the denial in the first stage of acceptance of this fact. However, the chronicity of this disorder and the absence of holistic treatment is observed to lead to the intensification of negative feelings of the parents.

### **Understandings of Attachment Theory Among Staff of Children's Homes in Japan**

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P2-3-16

Attachment theory is one of the most important theories for understanding child development. It is an essential knowledge for the staff in Japanese children's homes, where children of various ages are admitted. Furthermore, the proportion of children who have experienced maltreatment has been increasing in recent facilities, and attachment theory has become increasingly important for appropriately assessing behavioral and emotional difficulties. However, there is a variation among institutions in the extent to which attachment theory is taught in the curriculum, for the training of staff in children's homes. Therefore, the purpose of this study is to examine the characteristics of the understanding of

attachment theory among staff in Japanese children's homes, and to clarify the content of training required for them. The participants were three staff members working in children's homes in Japan and three undergraduate students majoring in psychology at Japan universities. They were asked to create a mind map with "attachment" as the central theme, within five minutes. The words written on the mind map were categorized to examine the differences in the attributes of the participants. As per the results, a total of 93 terms were identified as words associated with attachment. These terms were classified into nine categories: "family relation", "positive emotion", "communication", "interpersonal relationships", "developmental factors", "theoretical understandings", "relationships with objects", "negative effects", and "child welfare systems". Comparisons between the groups indicated that staff of children's homes wrote more terms pertaining to "negative effects", while the university students wrote more terms pertaining to "developmental factors" and "theoretical understandings". These results suggest that the staff of children's home applied attachment theory to understand children's problem behaviors. In addition, it is necessary to reinforce the theme of lifelong development of attachment and its positive impact on children in the training program for the staff of children's homes.

### Exploring the Meanings of Trigger Sounds in Misophonia: A Qualitative Study

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P2-3-17

Misophonia is described as an extremely negative emotional response (i.e. anger, disgust) towards auditory stimuli, mostly generated by other humans (e.g. sounds of eating, breathing, repetitive tapping etc.). Previous research focused mainly on trigger sounds, symptoms, treatments and clinical aspects. Nevertheless, mechanisms underlying the condition are not understood, in particular why individuals suffering from misophonia experience such intense anger towards the people producing the sound. Based on previous findings, we suggest that the reactions in misophonia may be driven by acquired specific meanings of the trigger sounds, which highly depend on the source generating the sounds. To better understand the origin of the prototypical furious reactions encountered in people who suffer from misophonia, this study sought to explore possible meanings attached to the trigger sounds. To this end, we conducted two focus groups consisting of eight participants in total, scoring at least 10 out of 21 on the Amsterdam Misophonia Scale. Data collected through the focus groups were subjected to qualitative thematic analysis, resulting in 6 categories (trigger sounds, emotion, behaviour, cognition, physical sensation and initial trigger). Within these categories, 44 codes were extracted for further analyses. Preliminary results indicate that the three most commonly mentioned codes were (1) insight that one's own emotional reaction is exaggerated, (2) not feeling respected by others/violation of personal borders, and (3) desire to understand

oneself / search for causes/reasons. These findings imply that meanings associated with the trigger sound revolve around the desire to make sense of feelings of anger and feelings of being violated and lack of respect. We conclude that acquired associations between the sound triggers and these meanings are a potential promising venue to build a testable theoretical model on misophonia.

### Analysis of Verbal Interaction During Cognitive Restructuring Debate: Differences in the Use of Motivating Operations Between Experienced and Inexperienced Therapists

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P2-3-18

Investigation of processes in psychotherapy is receiving more and more attention, and only understanding why people change in therapy will help us improve its effectiveness. In this sense, analyzing the verbal interaction between the therapist and the client is essential, since this interaction is the engine of change. This work analyzed the verbal interaction that takes place during the application of the cognitive restructuring debate technique, comparing the verbal behavior of therapists with long clinical experience and therapists in training. 100 debate fragments from recorded therapy sessions in a clinical center in Madrid were observed and recorded. For this, the ACOVEO observation system was used. The selected cases referred different problems, but in all of them it was necessary to intervene on the way of thinking. Differences were found in the verbal behavior of therapists with long clinical experience and therapists in training. The former used more motivating verbalizations and more verbalizations of disagreement than the latter during the process of debate. There were also differences in the percentage of successful debates. Therapist in training failed more in convincing the client to change his/her mindset. Direct observation of what happens during the clinical session is a good method to explain the therapeutic change. Specifically, it makes possible to study why certain components of a psychological intervention technique are effective.

### Use and Effectiveness of Mindfulness-Based Cognitive Therapy in the Treatment of Binge Eating Disorder – A Scoping Review

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P2-3-19

In recent years, Mindfulness-Based Cognitive Therapy (MBCT) approaches gained popularity in treating binge eating disorder (BED), one of the most common eating disorders. Individuals with BED experience loss of control over their

eating behaviour and take in large amounts of food in a short period. In addition to psychological distress, overweight is often a challenge in BED treatment. Considering that MBCT is one of the new therapeutic approaches in eating disorders, a review is needed to explore the current applications of MBCT and its effectiveness in treating BED. This scoping literature review aimed to provide an overview of the existing studies using MBCT for the treatment of BED. An exhaustive literature search was conducted on scientific databases including Scopus, Web of Science, and PubMed. Following the PRISMA guidelines, articles were screened for the inclusion criteria of being written in English, and implementing MBCT as the main treatment approach for BED. Ten studies were included in the review. According to these studies, MBCT indicated promising potential to improve BED underlying mechanisms like increasing levels of awareness, mindfulness and decreasing loss of control. In addition, BED comorbid depression scores were improved in individuals following the MBCT approach. Several studies suggested that MBCT may have positive longitudinal implications for BED individuals. Nevertheless, the participants' body weight data did not significantly change by following a stand-alone MBCT approach. One study that directly compared MBCT and Cognitive Behavioural Therapy (CBT) showed that MBCT was more effective in treating BED. The studies in this review suggest MBCT is a valuable approach in treating BED for clinical and sub-clinical samples. Binge eating symptoms could significantly be reduced with MBCT. Actual weight changes seemed to be challenging to achieve. Future research should consider larger-scale randomized controlled trials to explore short- and long-term clinical implications.

### Working With Suicidal Clients: A Qualitative Study of Therapists' Experiences and Views

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P2-3-20

Suicidality is a phenomenon which does not fit into the traditional medical illness model. Working with suicidal clients requires unique approaches and is frequently referred to as one of the most demanding and anxiety-provoking aspects of therapeutic work. The aim of this study was to obtain an in-depth understanding of psychotherapists' experiences in working with suicidal clients. Individual semistructured interviews were conducted with 11 therapists (four men and seven women) with one or more experiences of treatment of a suicidal client in 2018. The interviews focused on topics of therapeutic alliance, therapists' attitudes and knowledge about suicidality, experienced difficulties, and resources. They were audiotaped, transcribed and analysed by the principles of grounded theory. We developed a model of dynamic balance on therapists' experiences and views on working with suicidal clients. The six core themes of the model represent aspects where a dynamic balance is needed between two different, seemingly opposing or even incompatible poles, specifically concerned with the way the therapist relates to the

client's suicidality, namely (i) understanding suicidality, (ii) the role of alliance, (iii) attitudes, (iv) emotional responses, (v) responsibility, (vi) and focus of therapy. The model also notes the importance of factors, related to the therapist and the client, as well as contextual factors (system regulations and therapeutic setting). The findings are relevant for mental health professionals. The presented model may be beneficial in their reflections of encounters with suicidal clients and in addressing potential challenges that they may face in these situations. During the COVID-19 epidemic, which has changed our everyday lives and the established ways of implementing psychological interventions, new technologies are useful in providing therapy to suicidal individuals, however, with important implications with regards to different aspects of these experiences.

### Quality of Life in Alcohol Addicts With Early Onset and Prolonged Drinking

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P2-3-21

Alcohol abuse is associated with various negative consequences for the quality of life. The present study compares the quality of life of alcoholics and non-alcoholics and explores the role of age of onset and years of alcohol abuse as predictors of quality of life. We assume that the quality of life of alcohol abusers is worse than those of the people from the general population. In addition we suppose that within group analysis will demonstrate that the quality of life of the users with early onset and longer lasting abuse will be poorer. The study was conducted among 120 adults aged >18 years in Sofia, Bulgaria. The experimental group consists of 45 male and 15 female with alcohol addiction. The representatives of the control group are balanced by gender and age with the experimental group. The WHOQOL-Bref was used for the purposes of measurement of Quality of life. The questionnaire explores four main domains related to the quality of life: physical health, psychological, social relationships and environment. The data was analysed via Independent t-test and Linear Regression Analysis. The results reveal that people with alcohol dependence have significantly worse results on all domains of quality of life in comparison to the representatives of the control group. The regression analysis of the data of the participants from the experimental group shows that the earlier the onset of alcohol abuse is the worse is the quality of life. Additional regression analyses illustrate that the longer alcohol abuse is the worse is the quality of life. Also these data is promising further research is needed to confirm these tendencies. The results can be applied both in prevention and therapy of alcohol addiction.

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## Nonsuicidal Self-Injury in a Hungarian Clinical Adolescent Sample: The Impact of Perfectionistic Concerns

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P2-3-22

According to several studies, adolescents who have one or more mental health disorders are a particularly vulnerable group in relation to nonsuicidal self-injury (NSSI). Lifetime prevalence of NSSI varies between 41-87% in adolescent clinical inpatient and outpatient settings (Claes et al., 20007; Nock et al., 2006). Negative components of perfectionism (e.g., perfectionistic concerns) seems to play a dominant role in NSSI (O'Connor et al., 2010). Therefore, our study aimed to investigate the associations of adaptive and maladaptive aspects of perfectionism and NSSI in a Hungarian clinical youth sample. In our cross-sectional study, 159 adolescents, who have received inpatient or outpatient psychiatric treatment, filled out questionnaires (84.3% girls; Mage = 16.10 years, SD = 1.49). Detailed assessment (prevalence, severity, methods, functions) of NSSI was documented by the Inventory of Statements About Self-Injury (Klonsky & Glenn, 2009), while perfectionism was measured by the Short Almost Perfect Scale (Rice et al., 2014). Among Hungarian psychiatric adolescent patients, 71.1% (n = 113) reported at least one episode of NSSI in their life, while 34% of the whole sample (n = 54) have engaged in NSSI in the past month (current self-injury). Girls tend to engage in NSSI seven times greater than boys. Adolescents who have currently engaged in self-injury can be described with the highest perfectionistic concerns. Multinomial logistic regression revealed that perfectionistic concerns increased the odds of NSSI acts by 22.7% among adolescents who engaged in NSSI within the previous month (OR=1.227 [1.109-1.356]). To conclude, lifetime prevalence of at least one episode of NSSI is quite high in a high-risk adolescent sample. We pointed out a possible impact of perfectionistic concerns on NSSI, therefore in prevention and intervention of NSSI, facilitating that high personal standards converge with real life characteristics and reducing dissatisfaction with the self should be essential objectives in clinical context.

## Psychological Discomforts in Subjects Recovered From COVID-19 and Hospitalized at the COVID Center of the "E. Muscatello" Of Augusta

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P2-3-23

The objective of the study was to evaluate any psychological consequences arising and / or related to the experience of COVID-19 in infected subjects and hospitalized in a COVID CENTER. The following single-center and monophasic study

was conducted on a sample of 54 men and women of all ages, admitted to the COVID CENTER of the "E. Muscatello" of Augusta, Syracuse in the months of November and December 2020 and discharged for at least three months. A semi-structured interview was used to collect the data, conducted by telephone by the two psychologists on duty; an ad hoc form was built for the collection of information. The interview investigated the following aspects: mood, fear and anxiety, quality of care service and telephone follow-up after months. Results show that 24.3% of the sample declared a persistent and important lowering of mood; 20.8% of respondents said they experienced persistent and severe symptoms related to anxiety; 27% report a great concern related to the possibility of a return of the disease or about the possibility of not being able to return to the previous daily life. Specifically, 29.7% declare themselves very tired, 8.1% inappetent and 10.8% have insomnia or waking up at night. With regard to customer satisfaction, 70.5% declared high levels of satisfaction. Almost all of the sample declared that they appreciated the telephone contact linked to the follow up. The study shows that after three months, the subjects show a moderate anxiety-depressive symptomatology, greater immediately after discharge and diminishing with the passage of time, but in some cases tending to become chronic.

## Sleep Quality in ESRD Patients Before and After Hemodialysis

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P2-3-24

Sleep disorders are very recurring in patients with chronic kidney disease and in dialytic population such that influences life quality. The aim of the study is to compare sleep quality in End Stage Renal Disease (ESRD) patients before hemodialysis (T0) and three months after the beginning of the treatment (T1) through the Pittsburgh Sleep Quality Index (PSQI). Psychologists and doctors from U.O.C. of Nephrology and dialysis from Maggiore Hospital in Modica cooperated in this work. After the recruiting phase, they collected data and administered the PSQI pre-hemodialysis in presence and post-hemodialysis through telephonic interview. Forty ESRD patients were included (25% male) with an age average of 69 years ( $\pm$  16 std. deviation). The re-test/interview (T1) was completed by 31 patients (78%), 9 patients (23%) did not executed the re-test because they didn't start the treatment or due to death. As regards to pre-HD evaluation, the 87% of the sample presented a poor sleep quality (PSQI cut-off  $>$  5) with an average total score equal to 10.4 ( $\pm$  3.5), while at post-HD evaluation, the percentage reached 97% with an average total score of 13.3 ( $\pm$  3.1). Sleep quality from T0 to T1 got worse, while the analysis of variance for repeated measures ( $p < .05$ ) returns a F-ratio value of 38.39 ( $p$ -value  $< .001$ ). The study shows a poor sleep quality before hemodialysis and, although the improvements of general medical conditions, it is not observed any return of the factors that disturbs the sleep.

However after three months of treatment we have evidence of sleep deterioration. So, it might be useful to execute a follow-up six months later (T2), after the introduction of cognitive behavioural therapy for insomnia (CBT-i) with the aim to reduce the sleeping disorders and to improve the overall life quality.

### Transdiagnostic Approach to Technostress and to Mental Health: An Exploratory Latent Class Analysis

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P2-3-25

Technostress is a negative psychological state associated with the use of New Information and Communication Technologies (NICTs) that varies in a continuum between technophobia and technoaddiction. Dysfunctional interactions with technology are linked not only to higher levels of technostress but also to several psychopathologies, namely with anxiety and depression, which can be explained and mediated by common transdiagnostic factors: rumination, emotion regulation, and worry. The present study aimed to identify vulnerable groups of technology users (classes), taking into account transdiagnostic factors and their interaction with technology by means of a Latent Class Analysis (LCA). A Multinomial logistic regression identified factors associated with these classes. Among 470 adult Portuguese volunteers, a four-class LCA model was identified: Class 1 (n = 71; 15%) - casual users with functional interaction and low vulnerability to mental health disorders; Class 2 (n = 150; 32%) - regular users with functional interaction and low vulnerability to mental health disorders; Class 3 (n = 174; 37%) - heavy users (entertainment-oriented) with functional interaction and moderate vulnerability to mental health disorders; Class 4 (n = 75; 16%) - work-oriented heavy users with dysfunctional interaction (high level of technostress) and clinical symptoms, characterized by being young adults, with high academic qualifications and a early use of the internet. Most importantly, these work-oriented heavy users showed high levels of rumination and concern, as well as a deficit in emotional regulation. Gender, academic qualifications and age were associated with class membership. Our findings provide a unique understanding of how users interact with technology. Using multiple types of technology at high frequencies tends to be associated with clinically meaningful dimensions. The strength of present study is the linkage of technology use, technostress and the transdiagnostic approach as well as the consideration of vulnerable subgroups, such as work-oriented, specialized and young adult users.

### Functional Analysis of Verbal Interaction in a Case of Therapeutic Failure: A Single Case Study

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P2-3-26

The outcome studies in clinical psychology are commonly conducted through a correlational group methodology. However, when examining the processes that explain the outcome, this kind of analysis imply that the therapy is delivered randomly regarding client's behaviour. Thus, this study aims to link processes research to outcome measures without losing information concerning the interaction between therapist and client, and, therefore, taking in to account the moment-by-moment intervention. Two single case studies were conducted by the same therapist. The clients' requests were (1) to stop smoking; and (2) to improve working life. After a two-month follow-up, the first intervention was not achieved while the second one was highly effective. The data were collected through observational methodology and the independent and dependent variables are therapist and clients' behaviour respectively. The data shows a similar pattern between therapist's and client's verbal behaviour in both cases, except when the clients' behaviour drift away from therapeutic goals. It seems that the frequency of behaviour alone does not reflect the pattern found in this study, indicating that aggregated measures could mislead some conclusions of what is effective in therapy. Furthermore, this interaction pattern only seems to match when the clients' behaviours are evolving towards the therapeutic goals, which could be a clue to understand the processes that explain the outcomes in therapy.

### Gender Differences in the Relationship of Internalizing and Externalizing Symptoms: A Network Analysis Approach

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Different review studies and meta-analyses are showing that the prevalence of certain mental disorders (e.g mood, anxiety and substance use disorders) differs between men and women. The search for the causes of these differences has led in recent years to the analysis structure of these disorders and the gender differences among symptoms. The Hierarchical Taxonomy of Psychopathology (HiTOP) is nowadays one of the models of psychopathology that receive greatest interest. In relation to gender studies, mixed results concerning the gender invariance structure of the

HiTOP appears in the literature. This work analyzes gender differences in the symptom relations of the internalizing and externalizing spectra using empirical network analysis. 1151 participants, including randomly selected individuals from the Spanish population ( $n = 910$ ), and a sample of patients attending mental health services in the province of Huelva (Spain) ( $n = 241$ ) completed the Externalizing Spectrum Inventory and the Inventory of Depression and Anxiety Symptoms. The men ( $n = 576$ ) and women networks ( $n = 575$ ) were estimated using the walktrap algorithm and compared using the network comparison test. Analyses compared the invariance in network structure and weight of edges. Differences by gender in the network structure and in 41 edges weight were observed. These differences give rise to a slightly different community organization for each gender concerning aggression and impulsivity symptoms. While women network identifies an additional community related with aggression symptoms (relational aggression, physical aggression, destructive aggression, fraud, theft), separated from the rest of impulsivity symptoms, men network show these symptoms linked in the same community. The link between these sets of items could be linked to reactive-overt aggression profiles mostly described in men.

### **A Complementary View of HiTOP Spectra Structure: A Network Analysis Approach**

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The high rates of co-occurrence between disorders reported over decades call into question the fact that the different disorders defined in previous diagnostic systems represent different clinical entities. This comorbidity of disorders is in one side interpreted by means of latent general factors shared by two or more disorders. Among these approaches, a dimensional and hierarchical conceptualization of psychopathology has been defined within an emerging diagnostic system: The Hierarchical Taxonomy Of Psychopathology (HiTOP). On the other side, empirical network analysis understand comorbidity as the set of direct relationships between symptoms of different disorders that act as bridges. This work aims to analyze the connections established in the lower levels of the HiTOP hierarchy using empirical network analysis. A 908 participants mixed sample, including randomly selected individuals from the Spanish population ( $n = 742$ ), and patients attending mental health services in the province of Huelva (Spain) ( $n = 166$ ) was used. The Externalizing Spectrum Inventory, the Inventory of Depression and Anxiety Symptoms and the Personality Inventory for DSM-5 Short Form were administered. The estimation of the network and its properties was conducted using the graphical algorithm gLASSO and the detection of community structures was carried out using the walktrap algorithm. Three bridge centrality indices were estimated: bridge strength, bridge EI1

and bridge EI2. The results show four community structures partially congruent with the HiTOP model, each linked to the symptoms of: 1) externalizing spectrum; 2) though disorder spectrum including psychoticism and detachment symptoms; 3) antagonistic externalizing spectrum including antisocial behavior and dishinibition; and 4) substance use symptoms. Bridge symptoms identified included: Impatient urgency, boredom proness, low wellbeing, hostility and rigid perfectionism. Results provide a complementary approach that allows improving the understanding of comorbidity between disorders.

### **Cognitive Biases Underlying Social Functioning and Heavy Tobacco use in Patients With First Episode Psychosis**

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The influence of tobacco use on social cognition has been scarcely explored in patients with first episode psychosis (FEP). Some studies showed no relationship between tobacco use and social cognition functioning and others found that user FEP patients performed better than nonuser FEP patients in areas of emotional processing. The objectives of this study were: 1) to analyze the associations between tobacco use and social cognition in tobacco user and nonuser FEP patients and 2) to examine the relationship of frequency of tobacco use (heavy and non-heavy use) with social cognition in FEP patients. A sample of 1105 FEP patients [613 tobacco users and 492 nonusers] was collected through the cross-sectional and multicenter European Network of National Schizophrenia Networks Studying Gene-Environment Interactions (EU-GEI) study. Tobacco heavy users ( $N = 354$ ) were identified if they complied with a cut-off  $\geq 20$  cigarettes/day. Substance abuse was measured with the Tobacco and Alcohol Questionnaire and the Cannabis Experience Questionnaire. Measures of social cognition included the following tasks: 1) the white noise speech illusion, 2) the Benton facial recognition test and 3) the beads task. We used binary logistic regressions to examine the associations of tobacco use and frequency of tobacco use on social cognition. We included sex, country and use of cannabis as confounding variables. No significant associations between tobacco use and social cognition were observed in both user and nonuser FEP patient groups. Regarding frequency of tobacco use in FEP patients, heavy users had 2.1 more likelihood of showing speech illusion than non-heavy users ( $p = .001$ ; OR = 2.1; 95% CI 1.389-3.353). It can be concluded that heavy tobacco use is associated to a worsening in social cognition abilities in patients with FEP.

## Model of Communication With the Sexual Partner and Condom Use in MSM With an HIV Diagnosis

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P2-3-30

The objective of this research was to propose a communication model associated with condom use in men who have sex with other men (MSM). We worked with 720 men with a 5-year-old diagnosis with HIV approximately, they have an average age of 33 years, 72% single and 28% live with a partner (married or free union), 80% homosexual, 10% heterosexual and 10% bisexuals, all of them reported an active sexual life and having had sexual relations with other men. The scale on sexual communication with the partner (assertive style, perception of the context of communication and sexual issues) and the scale of negotiation of condom use (assertive strategies) were applied, in addition, the consistency of condom use was evaluated through two items, (1) number of times they used a condom and (2) number of times they had sexual intercourse, based on these results a consistency index was obtained. The application was carried out individually in a specialized clinic for the care of people with HIV, with each of them presenting informed consent. Through structural equations, a model was created to explain condom use based on the elements of communication ( $\chi^2 = 19.79$ ,  $p < .001$ , CFI = .989, RMSEA = 0.50, GFI = .989, TLI = .980). Negotiation is directly related to consistency in condom use, while the time of diagnosis acts as a moderator between the variables. Sexual themes are positively associated with negotiation, while assertive style and perception of context are related to sexual themes. It was discussed in terms of the importance of the model and its use in the design of interventions to favor sexual communication with the partner to promote condom use in MSM diagnosed with HIV.

## Advantages and Disadvantages of Condom Use in Men With HIV

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The most widely used strategy in HIV prevention is the use of a condom. However, although there is information on why they should use it, people do not use it, some research indicates that the condom is perceived as a contraceptive method and not as a barrier method; however, this belief is not the same in men who have sex with men (MSM). Based on the above, the objective of this research is to know in a sample of MSM, the beliefs they have about condom use. 150 men with an active sexual life participated, with an average age of 24 years, single and university studies. The modified natural semantic networks strategy was used, which consists of presenting a

series of words or phrases, where the participants describe them with at least five words and number them in order of importance. Four stimuli were used: condom use with a regular partner, condom use with an occasional partner, advantages of condom use and disadvantages of condom use. The application was carried out individually in the facilities of a specialized clinic for people with HIV. It was found that the use of condoms with a regular partner is related to safety, health, protection; while the use with an occasional partner is associated with responsibility, mandatory and necessary. Men perceive more advantages than disadvantages of condom use; the advantages are associated with prevention and the disadvantages with insensitivity, illness, HIV and death. It is discussed in terms of the importance of the meaning of condom use for its use in MSM and the need to create intervention programs to promote its use.

## Influencing Factors of Obsessive-Compulsive Behavior Caused by Incompleteness among Japanese University Students: The Role of Interoceptive Awareness

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P2-3-32

Obsessive-compulsive tendencies (OC tendencies) refer to obsessions and compulsions in a nonclinical group, which are risk factors for obsessive-compulsive disorder. Recently, obsessive-compulsive behaviors have been divided along two core dimensions: Incompleteness (INC) and Harm avoidance (HA). In particular, it has suggested that INC reduces the therapeutic effect of cognitive-behavioral therapy and is difficult to treat. Although low interoceptive awareness has been pointed out as an influencing factor of INC, no empirical study has examined this issue. In the present study, we hypothesized that individuals with high INC score lower in interoceptive awareness than those with high HA. The participants comprised 202 Japanese university students whose ages ranged from 18 to 29 years ( $M = 21.13$ ,  $SD = 1.82$ ). They completed a questionnaire via Web Forms covering HA, INC, interoceptive awareness, OC tendencies, trait anxiety, and mental health. Based on the distribution of scores of HA and INC, we divided the participants into four groups characterized by: (1) elevations of both HA and INC (both-high group,  $n = 66$ ), (2) elevated HA compared to INC (HA group,  $n = 13$ ), (3) elevated INC compared to HA (INC group,  $n = 65$ ), and (4) low scores on both HA and INC (both-low group,  $n = 58$ ). The results of the analysis of variance showed that the INC group had significantly lower interoceptive awareness than the both-high group, and the both-high group had significantly higher OC tendencies than the other groups. These results demonstrate that the influencing factor of obsessive-compulsive behaviors caused by INC was low interoceptive awareness, suggesting that low interoceptive awareness may cause a lack of satisfaction, resulting in obsessive-compulsive behaviors caused by INC. Future research is needed to develop ways to address obsessive-compulsive behaviors through interventions on low interoceptive awareness.

## Cognitive Reactivity as a Predictor of Depression Relapse Across Nine-Year Follow-Up: A Predictive Clinical Model for Remitted Recurrent Depression

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This study examined whether cognitive reactivity (CR) can predict depression relapse over nine years. Additionally, we aimed to improve identification of individuals with a higher depression relapse risk. Data were extracted from the Netherlands Study of Depression and Anxiety (NESDA) using baseline, 2-, 4-, 6-, and 9-year assessments. Using a sample of never- and previously-depressed participants (N = 1814), we determined the optimal cut-off score for the Leiden Index of Depression Sensitivity, revised/second revision (LEIDS-RR) using receiver operator characteristic (ROC) curves. Then, using a sample of previously-depressed participants (N = 843), we examined whether CR predicted relapse using Cox survival analysis, controlling for demographic information, anxiety disorders, neuroticism, residual symptoms, previous depressive episodes, familial psychiatric history, and negative life events. Based on regression coefficients of the final logistic regression model, we eventually calculated an easy-to-use risk prediction score. The optimal LEIDS-RR score was 26.50, with a sensitivity/specificity of .67/.71 and AUC (area under curve) of .74 (95% CI .72 - .77). Higher scores ( $\geq 26.50$ ) predicted depression relapse (404 instances; 47.92%), with a multivariate-adjusted hazard ratio of 1.61 (95% CI: 1.25-2.06). The final risk prediction score included CR, neuroticism, residual depressive symptoms, lifetime anxiety disorder, familial psychiatric history, and negative life events. For 45% of the group with a score  $\geq 12$ , 68.16% had a depressive relapse over nine years (sensitivity/specificity at this cut-off = .64/.72). Baseline CR thus predicts depression relapse, and together with additional baseline indicators, it can be used to identify individuals with poor treatment course.

## Sex Differences in the Relationship Between Posttraumatic Stress Disorder and Food Addiction in a Large Polish Sample

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P2-3-34

Posttraumatic stress disorder (PTSD) may develop following very stressful events and is associated with addictive behaviors, including food addiction (FA). Obesity is more prevalent among men than women in Poland and even though FA is associated with increased body mass, it has been understudied in men. Objectives of the current study

were to characterize sex differences in PTSD and FA rates, and to examine sex differences in the association between PTSD and FA. Polish adults aged 18-65 (N = 1115) completed online surveys in August 2021. We used PTSD Symptom Checklist-5 to assess past month PTSD severity and possible diagnosis (cut-off = 33); the Yale FA Scale to assess severity (of 11 substance use disorder criteria with respect to food) and “diagnostic” threshold for FA. We calculated body mass index (BMI) based on self-reported height and weight. The sample was 50% women, with average age of 42.77 (SD = 12.87). 43% of the sample met the PTSD diagnosis cut-off, significantly more women than men. 14% of the sample reported FA „diagnosis”, with no sex differences in prevalence. We conducted 2 (women, men)  $\times$  2 (PTSD, no PTSD) ANOVA, statistically controlling for BMI, income, and age (significantly correlated with FA severity). There was a significant sex  $\times$  PTSD diagnosis interaction – men with PTSD reported the highest FA symptoms severity, compared to women with PTSD, and those without PTSD. Results indicated high rates of possible PTSD in a representative Polish sample. Although overall there were no sex differences in the prevalence of FA, men with possible PTSD had significantly higher FA symptoms. Polish men have more obesity and health conditions than women, and these findings point to one potential path via which emotional difficulties and eating dysregulation are associated with it. Future research should examine health correlates of PTSD and FA.

## Sex Differences in the Contribution of Emotion Regulation Difficulties to Food Addiction Severity in Trauma-Exposed Treatment-Seeking Veterans

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Food addiction (FA) encompasses dysregulated eating behaviors analogous to substance dependence symptoms. Trauma exposure and PTSD symptoms are associated with emotion dysregulation and addictive behaviors, including FA. Emotion regulation difficulties are associated with FA symptoms, but sex differences in this relationship are understudied. We examined contributions of trauma exposure and PTSD severity, and emotion regulation difficulties to FA symptom severity in trauma-exposed veterans. Post-9/11 veterans interested in participating in intensive outpatient treatment, completed a battery of measures (N = 265): Modified Yale FA Scale for FA severity (of 11 substance use disorder criteria with respect to food); PTSD Symptom Checklist-5 (PCL-5) for PTSD severity; Lifetime Events Checklist (LEC) for trauma exposure severity (number of traumatic events); Patient Health Questionnaire-9 (PHQ-9) for depression severity; and Difficulties in Emotion Regulation Scale (DERS). Semi-structured clinical interview determined mental health diagnoses; height/weight were self-reported for body mass index (BMI). Veterans (36% women)

did not differ by sex on the number of traumatic experiences, depression, or PTSD severity. 23% of women and 18% of men met criteria for FA. In a linear regression, we entered diagnosis (PTSD/other) and BMI (covariates), PHQ-9 (step 2), LEC (step 3), PCL-5 (step 4), and DERS (step 5). In women, only LEC contributed significant variance to the prediction of FA severity, with full model accounting for 41% of variance ( $p = .023$ ). In men, only BMI and DERS contributed significant variance to the prediction of FA severity, with full model accounting for 56% of variance ( $p < .001$ ). Among treatment-seeking, trauma-exposed post-9/11 veterans, emotion dysregulation was thus found to be a unique predictor of FA in men only. Only the number of lifetime traumatic events was a predictor of FA in women. These findings indicate potential sex-linked mechanisms contributing to, and/or maintaining, FA symptoms in a trauma-exposed sample.

### **Electronic Games as an Aid to Treat Food Selectivity of a Six-Year-Old Child Through Online Psychological Orientation of Parents**

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New technologies have been used for psychological assessment and intervention. Psychological online services have largely widespread due to the social distancing measures during COVID-19 pandemic. Multiple online or electronic tools have been used with some promising results. In Brazil, a private university in Santos offers a free psychological service for assessing and intervening in childhood psychological problems through an internship program which had to be delivered online due to the pandemic. The interns were allowed to attend their parents online, instead of their children. The parents of a six-year-old boy looked for orientation on how to address disruptive behavior in school and home environment. At school, the boy was usually slow to fulfill his tasks, talked to classmates in inappropriate times and became aloof when finding something of his interest to focus on. He also presented echolalia when repeating phrases used in games. At home he presented disruptive behavior showing difficulties in accepting negative answers from his parents to his requests. The child could not chew properly making it impossible to eat solid and semisolid foods which led to food selectivity. Both parents were attended by Psychology interns in 9 sessions in which data were collected through interviews, The Child Behavior Checklist and The Home Environment Resources Scale. Regarding the intervention, they were oriented on how to help their child to overcome his behavioral and developmental challenges. Two games created through Google forms were used to tackle the food selectivity. One game aimed to show the difference of baby food and toddler's food and the other focused on getting to know different kinds of food. As a result, the child stopped using a baby bottle to feed himself and started trying solid foods. The way the parents addressed their son's difficulties also changed with positive outcomes.

### **The Link Between Maladaptive Early Schemas, Gambling Beliefs and Pathological Gambling**

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P2-3-37

The literature indicates that gambling is influenced by gambling-related beliefs such as the illusion of control. At the same time, these beliefs may be influenced by early maladaptive schemas constructed during childhood. The purpose of this study is to explore the relationship between early maladaptive schemas, gambling beliefs and gambling actions. In this study 949 people participated by completing several online questionnaires on the Internet. This data collection was done on a secure platform guaranteeing the anonymity of the participants. These questionnaires included an anamnestic questionnaire for sociodemographic data, a questionnaire about gambling habits, a questionnaire about gambling-related beliefs as well as maladaptive early schemas. The results indicate a positive relationship between pathological gambling and early maladaptive schemas, particularly schemas in the "separation and rejection" domain as well as schemas in the "lack of boundaries" domain. In addition, early maladaptive schemas are significantly linked to gambling-related beliefs, particularly schemas in the "lack of boundaries" domain. Therefore, developing treatment and psychological support work around personal boundaries could be an interesting option for dealing with patients with gambling issues.

### **Entrenched in the Warzone: The Multiple Levels of High-Conflict Divorce From the Divorcees' Perspective**

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P2-3-38

Many studies have shown that high-conflict divorce (HCD) has multiple detrimental effects on involved adults, children, institutions, and the legal system. However, despite the topic's relevance, many studies have provided only theoretical knowledge and background on HCD. Moreover, even if research is empirical, data has been primarily gathered in post-divorce high-conflict settings. Last but not least, the questions of differentiation between families that exhibit various levels of conflict remain a problematic aspect in the area. In this study, we investigate what factors arise during the divorce procedure that could be related to the ongoing conflict. Moreover, we research how these factors are interrelated concerning HCD. Our approach is novel in several ways. First, it is one of the few empirical studies in the area, which maps the landscape of HCD from the standpoint of divorcees during their HCD, focusing on the actual sites of their living. Second, the diversity of research participants and their divorce trajectories provide an opportunity to see

differences between reactive and entrenched long-term HCD. Third, our methodological approach enables us to investigate the factors in a process-like manner and see their specific interconnectivity related to the enduring process of HCD. We carried out a qualitative study using a constructivist grounded theory methodology. Data were collected during two rounds of interviews 6-12 months apart. We talked with 21 participants during the first interview. Eighteen of them agreed to participate in the second interview round. Participants were (a) still legally married, (b) lived in Lithuania, (c) in a divorce process for at least six months (not living together or in a litigation process). The results of the study are discussed alongside the interconnected factors of the HCD, based on Johnson (1994) and Polak and Saini (2019) models.

### **The Role of Affective Family Attributes and Family Rules in the Prediction of Depressive Symptoms in Adolescents**

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P9-3-1

Depressive symptoms in adolescents are a major problem in today's society, and it is well established that family environment, as well as sociodemographic variables, such as sex, age and socio-economic status (SES), contributes to them. However, family attributes are not accurately defined, some of them sharing characteristics but differing in labels, which reveals the different theoretical and methodological frameworks of the studies focusing on family attributes. Thus, the genuine family attributes responsible for the depressive symptoms when both sociodemographic variables and other family attributes are controlled remain unclear. In this study, we aimed to rise above these limitations both employing an inclusive and widely used measure of family attributes, the Family Assessment Device (FAD), and a methodological approach that allow identifying the family attributes that contribute to depressive symptoms, but also isolating the effect of each family attribute from others, thus revealing their real/unique effects. For this purpose, we used regression analyses, as well as Pratt's measure, which qualifies us to quantify the non-shared amount of depressive symptoms explained for each family attribute. Our results showed that, although all the family variables measured by FAD seemed to be related to depressive symptoms, when a proper analysis was carried out that controlled for the overlapping between them, only affective responsiveness (AR), affective involvement (AI), and behavioural control (BC) genuinely predicted adolescent depressive symptoms. As a conclusion, our results showed that, as expected, the affective family attributes (AR and AI) are of paramount importance to prevent adolescent depression but, interestingly, also revealed that the existence and obedience of rules within the family (BC) also play an important role to its prevention.

### **Kelles Social Wellbeing Scale: Psychometric Analysis in a Colombian Sample**

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P9-3-2

A social orientation definition of wellbeing is proposed by Keyes (1988) as "the assessment of the circumstances and functioning in society", with the inclusion of 5 social subdimensions in the Social Wellbeing Scale (SWS): integration, acceptance, contribution, update, and coherence. Socially oriented conceptualization of well-being complements as usual individual / psychological perspectives. A Spanish research are needed to understand and complement social dimensions of well-being in Colombian population. With this aim we conducted a psychometric instrumental research (Montero, & León, 2007) in a sample of n = 450. Factor analysis show the predominance of a general factor, which would contain the definition of the theorized sub-dimensions. The results will complement well-being research, especially to understand pandemic/syndemic effects on social wellbeing variables in Colombian/Spanish speakers' population.

### **The Arousal Modulation Model Questionnaire (AMMQ)**

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P9-3-3

One of the key aspects of traumatization is the "biphasic" response to trauma: alternating hyperarousal and intrusive responses with numbing and constriction. Hyperarousal behaviors include "hyperreactivity, explosive aggressive outbursts... and re-enactment of situations reminiscent" (van der Kolk, 1987). To describe these swings in autonomic arousal, Sensorimotor Psychotherapy has proposed a diagram called the Modulation Model (Ogden et al., 2006). Therefore, according to this theoretical frame, we developed the Arousal Modulation Model Questionnaire (AMMQ) to assess individuals' zone of optimal arousal ("Window of Tolerance"), and Hyper- and Hypo-arousal reactivity (Fight-Flight Response, Freezing, Numbing/ feigned death). A sample of healthy adults (n = 249) completed an online survey distributed through the Institute of Systemic Psychotherapy "Naven" in Udine (Italy). The systematic mixed-methods process involved reviewing the current literature, specifying the multidimensional conceptual framework of Sensorimotor Psychotherapy, evaluating prior instruments, developing items, and analyzing focus group responses to scale items. Items were field-tested in a sample of 249 healthy adults. Final item selection was achieved by submitting the field test data to an iterative process using multiple validation methods, including exploratory cluster and confirmatory factor analyses, correlations with established measures of

related constructs. The 5-factor model of the resulting 32-item AAMQ showed appropriate fit indices (RMSEA = 0.065 [95% CI 0.059–0.071]; GFI = 0.809; TLI = 0.863). The “Window of Tolerance” factor was negatively correlated to the “Fight” factor ( $r = -.53$ ), “Flight” factor ( $r = -.58$ ), “Freezing” factor ( $r = -.50$ ) and “Numbing/feigned death” factor ( $r = -.49$ ). Internal consistency assessed using the categorical omega coefficient was good for all factors (all  $\omega > .81$ ). The psychometric properties of these final scales suggest that the AMMQ may serve as a clinical tool of assessment and a starting point for research and further collaborative refinement.

### **Satisfying Regulatory Obligations by Building an Assessment of Consumer Financial Vulnerability**

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P9-3-4

Consumer vulnerability has been prioritised by the Financial Conduct Authority (UK). A criterion based approach was taken to build a tool to support financial firms in delivering on their obligations of treating vulnerable consumers fairly. The aim of the tool was to help guide and inform advisors to understand their client’s level and nature of vulnerability, and then take appropriate action to give their client the best service and care. Literature reviews from psychological, behavioural economic and regulatory sources were undertaken to define four elements of financial vulnerability. Field interviews with financial advisors were conducted to gather over 100 critical incidents when working with vulnerable clients. A key set of 30 psychological and biographical items were generated to categorise and score financial vulnerability. Mental capacity assessors then provided expert validation for the final scoring key. Field trials confirmed reliable and valid results when assessing consumers on their known vulnerabilities, as well as giving a strong indication of other potential vulnerabilities. The temporary to permanent nature of the vulnerability state was identified, alongside 3 drivers of vulnerability: individual, environmental and institutional. Most notably both advisors and consumers commented positively on the relatively non-intrusive nature of the items. The tool has given firms a better understanding of consumer vulnerability in a practical and actionable form. Within an API, it is being integrated with providers’ operational policies and procedures. It is anticipated that this data tracking will contribute to the limited research base within the area of consumer financial vulnerability.

### **Normative Data for Nonverbal Memory Tests in a Sample of Deaf Adults**

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P9-3-5

Specific cognitive functionings are described among people with prelingual deafness and sign language (SL) speakers. This would be linked to sensorial deprivation during from a premature age and would be associated to the early exposure to SL. The visuo-attentionnal abilities are localized in a different way into deaf people compared to the normal-hearing population, leading to a specific working of the non-verbal memory system. Due to a lack of validation, psychometric tests cannot be used to assess cognitive and memory disorders in deaf people who communicate in French SL. First, we transposed the validated French version of the MMSE, a screening test for dementia, into a version adapted to signers: mini-mental state-langue des signes (MMS-LS). This test took into account the cultural and linguistic characteristics of this specific population to provide an initial clinical tool for practitioners. The second objective presented in this study was to obtain norms for visual memory tests to improve assessment of neurocognitive disorders of deaf individuals. Thus, the Doors and People Test and the Rey-Osterrieth Complex Figure (ROCF) were administered to a cohort of 110 deaf signers. The collected data for ROCF have been processed in a double-blind procedure before statistical analyses were performed. Psychometrics analyses showed excellent inter-rater reliability for copy and memory reproduction phases. Each test exhibited high internal validity and revealed to be sensitive to the evaluation of a neurocognitive disorder. This was demonstrated in patients with a low MMS-LS score who were suspected of dementia. The percentiles obtained for tests normalization must be interpreted with precaution due to the small number of participants. However, these tools could be made available to neuropsychologists to facilitate their clinical use, with useful advice to better take into account the specificity of this population.

### **Adaptation and Validation of the Intolerance of Uncertainty Scale (IUS-12) in Mexican Population**

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P9-3-6

Intolerance of uncertainty is a transdiagnostic construct that plays a significant role in the development, maintenance, and treatment of emotional disorders. The Intolerance of Uncertainty Scale short version (IUS-12) has proven to be a robust self-report measure to assess the construct of intolerance of uncertainty. Previous psychometric analyses of the IUS-12 have demonstrated a stable two-factor structure, representing both prospective and inhibitory dimensions

of intolerance of uncertainty. The aim of the current study was to culturally adapt and validate the IUS-12 in Mexican population. The study consisted of an intentional non-probabilistic community sample of 398 adults between 18 and 70 years of age ( $M = 34.22$ ,  $SD = 12.9$ ). Confirmatory factor analyses were conducted to evaluate the factor structure of the scale in the Mexican sample. Results indicated that the correlated two-factor model had the best model fit. Internal consistency of the total score of the scale was excellent ( $\alpha = .914$ ), as well as their subfactors prospective ( $\alpha = .862$ ) and inhibitory ( $\alpha = .896$ ). Invariance testing indicated that the model is stable across women and men. Convergent validity tests showed that the IUS-12 is related to measures of worry ( $r = .670$ ), depression ( $r = .565$ ), and anxiety ( $r = .333$ ). These findings support that the IUS-12 is a reliable and valid measure of intolerance of uncertainty in Mexican population, making it a suitable instrument for research and clinical use. [This work was supported by UNAM-PAPIIT (IT300721).]

### Digitalization of the SON-R – a Non-Verbal Intelligence Test

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P9-3-7

The SON-R (Tellegen et al., 2018) has become the gold-standard for testing intelligence in very young children and certain focus groups because its non-verbal approach has a number of advantages. For example, it offers the possibility to assess intelligence in children and adults with communicative problems or when examiner and test taker do not speak the same language. Moreover, it is suitable for children with developmental delays, e.g., in language or cognitive functions. The SON-R examines a wide range of cognitive functions and can thus provide a fine-grained measurement of intelligence. As it is currently available as a physical test only, the aim is to offer the advantages of the SON-R in a digital test. Following an UX-approach, we continuously include the test person in all stages of test development. By this we aim at developing a native digital product that closely resembles the SON-R whilst making use of state-of-the-art technologies tailored to meet the special requirements of nonverbal assessment. Currently, we are developing and testing different solutions for transferring the physical interactions to digital interactions. For example, first pilots have suggested that young children can best administer the rotation of puzzle-pieces with a certain one-finger rotation mode (rather than two-finger-rotation). A second example is one subtest in which participants are asked to reproduce certain patterns by drawing lines in a grid of dots. Here, different kinds of drawing interactions on a touch device and different ways in which lines can 'snap' between dots are tested. The results of the respective conceptualization and usability research will be discussed in the context of the general concepts which were developed for the nonverbal instructions, feedback and navigation of the digital SON-R as well as related to the broader challenges and possibilities of digitizing psychological assessments.

### Development and Validation of the Hwa-Byung Scale

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P9-3-8

Hwa-Byung is a cultural-related mental syndrome that reflects the cultural characteristics of Korean in DSM-IV. This syndrome is caused by anger or resentment towards unreasonable social violence and trauma. The purpose of this study is to develop and validate the 'Hwa-Byung scale', which can be used to diagnose Hwa-Byung and evaluate the severity of its symptoms. To begin with, the factors of the Hwa-Byung scale were set based on the previous studies. Additionally, the respective subfactors were generated by the semi-structured interviews with these patients. Based on these factors and previous studies, a 142-item pool was developed and verified by six Oriental Neuropsychiatrists. A pilot study was conducted on 50 patients with Hwa-Byung and the main study for the validation was conducted on 300 Hwa-Byung patients. Item analysis, internal consistency, and exploratory/confirmatory factor analysis were performed. Lastly, this study analyzed the ROC curve to present the diagnostic cut-off score of the scale. As a result of analyzing the content validity of the item pool, we constructed a preliminary scale. We excluded the inadequate questions from the pilot study results. In the main study, The Hwa-Byung scale showed high internal consistency and its items were suitable for the factor structure. Finally, we suggest an optimal cut-off score of the symptoms sub-scale for screening Hwa-Byung. Overall, the results of this study indicated the reliability and validity of the Hwa-Byung Scale. Based on these results, we discussed several values and limitations of this study and provided suggestions for further research.

### Psychometric Properties and German Norms for the Self-Compassion Scale

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P9-3-9

Self-compassion has been related to psychopathology as well as numerous positive characteristics including creativity, goal pursuit, job satisfaction, self-improvement motivation, self-regulation following marital separation, general well-being, and stress resilience. However, no normative values are available to allow clinicians to situate their client's test results in respect to reference scores, which would be highly informative not only at intake, during psychotherapy or when evaluating treatment outcomes. The present study is based on a nation-wide survey with a representative sample

of Germany's general population. Participants completed several measures including the Self-Compassion Scale (SCS) by Kristin Neff. Data were collected by the Independent Service for Surveys Methods and Analyses, USUMA GmbH, using the random-route-technique and the Kish selection grid. Study representatives made a total of four assessment attempts with all eligible participants. Eligibility included the ability to read and write in German and being at least 14 years old. Across 320 geographical sampling points, 4,480 households were selected to participate in the survey, of which 44 were not eligible (e.g., vacant home). Participation rate was 56.5%. Trained interviewers recorded the socio-demographic information from consenting participants (n = 2,510, 54% female), who then completed the self-report measures anonymously. Percentile ranks and T-scores were computed for all six subscales of the SCS: self-kindness, common humanity, mindfulness, self-judgment, isolation, over-identification as well as for two composite factors representing compassionate self-responding versus uncompassionate self-responding. Our study results enable the use of the Self-Compassion Scale in clinical settings to estimate patients' inclination towards compassionate self-responding as well as uncompassionate self-responding and interpret those results not only at the individual level but also in comparison to reference scores derived from the general population.

### Validation of the Sussex-Oxford Compassion Scales for Self and Others in a German Sample

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P9-3-10

Compassion, defined as a sensitivity to the suffering of self and others with a commitment to alleviate and prevent it, has been associated with numerous positive psychological outcomes, e.g., well-being, resiliency, creativity, and improved mental health. Compassion can be understood as having cognitive, affective, and somatic or embodied components. Current research is limited by the availability of valid psychometric measures assessing compassion, particularly scales that assess the "flow of compassion," i.e., compassion for others as well as compassion for oneself. Two new measures, the Sussex-Oxford Compassion Scales for Self (SOCS-S) and Others (SOCS-O), have recently been developed in English to address this gap. This study is the first to translate, adapt, and validate these scales for use with German-speaking populations. The purpose of this study is to 1) translate and cross-culturally adapt two new measures of compassion from English to German, and 2) validate the translated measures with a German sample. Psychometric questionnaires have been independently forward and back translated following guidelines by Beaton et al. (2000). Final translations were prepared based on a consensus meeting between translators and scale authors. Participants for the online validation study are currently being recruited via social media platforms (to

date, N = 300; N= 450 required for robust CFA). Construct validity will be assessed through Confirmatory Factor Analysis using MPlus, and correlational analyses with measures assessing anxiety, depression, mindfulness, and well-being. Results will contribute to providing valid and reliable psychometric tools for use in research and clinical practice with diverse cultural and linguistic groups.

### Using Virtual Reality to Assess Attention Dysfunction in Patients With TBI and To Predict Their Attention Failures in Real-Life Situations.

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P9-3-11

Traumatic brain injuries (TBI) are known to affect patients' attentional abilities. Early detection of attentional dysfunction in everyday life is the key to adopt the appropriate steps in rehabilitation planning and intervention. Conventional neuropsychological assessment has been used so as to reveal attention impairments, but a substantial drawback is that it is still performed with tools exhibiting low ecological validity. An alternative way of adding more realistic features in attention assessment is presented in the current study. More specific, the ability of a new virtual reality battery (CBAAD) to tap the attentional weaknesses observed in TBI patients and its validity was examined. Twenty TBI patients with their twenty healthy counterparts, matched in age, gender and educational level, were compared regarding their performance on CBAAD subtests. Results from t-tests showed that patients scored lower than controls on all subtests (selective, sustained, divided and shift of attention). CBAAD also correlated significantly to ARCES, a self-reporting questionnaire of everyday attention errors. Regression analyses demonstrated that CBAAD effectively predicts everyday attention errors reported by TBI patients. In conclusion, the present study supports that CBAAD is a valuable tool to diagnose attention dysfunction in TBI patients and to predict their errors in real-life situations.

### Is Performance on a Virtual Reality Attention Task Affected by Individual Differences?

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P9-3-12

The Computerized Battery for the Assessment of Attention Disorders (CBAAD) is a newly-developed Virtual Reality test designed to assess attention dysfunction in patients with acquired brain injuries. It comprises four VR subtests measuring four main attentional functions. The scenarios for the subtests were built upon everyday life situations, such as

visiting a supermarket, simply driving a car or simultaneously listening to the radio, watching sports, etc. In previous usability studies, the CBAAD was described as a pleasant and motivating task. In the present study, we provide data from our normative sample ( $N = 245$  healthy participants, of which 129 were women,  $Mage = 36.69$ , age range = 18-81) regarding the effects of specific demographic and other characteristics (driver ability) that might affect performance on an individual basis. The contribution of age, gender, years of education, and abstract thinking ability on CBAAD was estimated using linear stepwise regression analyses. Results indicated that age was the principal factor to predict performance for both time- and accuracy-based indices. Subsequently, gender contributed moderately to a few time-based scores, where women needed more time than men to complete a subtest or to react to stimuli. These differences might be explained by the former's tendency to adopt more low-risk strategies when performing tasks that require attention. Abstract thinking also had a minor contribution to the divided and shifting attention subtests. Such tasks are more cognitively demanding and strongly related to the person's central executive capacity. Finally, the educational level and driving ability for the two car driving subtests, respectively, did not affect performance. The present findings suggest that the CBAAD is an age-sensitive attention task, which is free from the effect of level of education. An extra asset compared to other VR driving tests is that it is also ideal for non-drivers.

### Development and Initial Validation of the Daily Goal Realization Scale

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P9-3-13

Despite measures of long-term goal realization are available in literature, there is a lack of tools capturing realization of personal short-term daily goals, which can be used in intensive longitudinal studies. Thus, we present the results of three studies allowing to design and validate the Daily Goal Realization Scale (DGRS). Goal realization refers to the engagement in goal-directed behavior that leads to progress in personal goal attainment; it is considered one of the adaptive personal characteristics. The robust findings of the three studies ( $N = 1.774$  goal evaluations) showed that the DGRS is a brief and reliable idiographic measure of daily goal realization, applicable in intensive longitudinal studies and multiple goal evaluations. Multilevel confirmatory factor analysis confirmed the unidimensional structure of the DGRS (obtained in Study 1) both on the individual and on the goal level, captured as daily goal realization (Study 2) and as multiple goal realization (Study 3). The validity of the DGRS was supported by meaningful associations with other goal evaluations in Study 3. As expected, the DGRS was positively related to evaluations of progress in goal achievement, engagement, likelihood of success, and goal importance. The DGRS also demonstrated measurement invariance allowing for meaningful comparisons of scores between men and women. Altogether, the findings indicate that the scale has

excellent internal consistency and good convergent validity as shown by the results of multilevel modeling.

### Polish Adolescent and Adult Time Inventory – Time Attitude Scale (AATI-TA-Polish)

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P9-3-14

We examined the dimensionality, reliability, structural validity, and convergent validity of scores on the Adolescent and Adult Time Inventory –Time Attitude Scale (AATI-TA) in a sample of 989 Polish adolescents and young adults. Two studies were conducted. In Study 1, confirmatory factor analyses supported both the original 6-factor model (Past Positive, Past Negative, Positive Present, Negative Present, Future Positive, and Future Negative) and an alternative time-valence model with two factors related to valence (Positivity and Negativity) and three temporal factors (Past, Present, and Future). Study 1 results also provided evidence of invariance between adolescents and adults up to latent means. AATI-TA scores were also found to be invariant by gender and national context with scores from American adolescents. AATI-TA scores also yielded satisfactory reliability estimates. In Study 2, the incremental validity of AATI-TA scores over the contributions of ZTPI scores was assessed for and demonstrated with satisfaction with life and self-esteem. Overall, the results suggest that the Polish version of the AATI-TA yields psychometrically sound scores in Polish adolescents and adults.

### Applying a Polytomous Rasch Model to the Spanish Version of the Psychache Scale in a Sample of Young Adults

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P9-3-15

Psychological pain has been identified in the literature as one of the most frequent reasons for suicide. The Psychache Scale (PS) was developed to operationalize and measure psychological pain. Due to its simple administration and validity evidence regarding its ability to predict suicidal ideation (better than depression and hopelessness), the PS is one of the most widely used instruments to measure psychological pain in the field of suicidology. The aim of the present study is to evaluate the properties of the Spanish version of the PS using a polytomous Rasch model (Rating Scale Model): model fit, item calibration, adequacy of response categories, item and person separation indices, test information function and item-person map. An online questionnaire was administered to 345 young adults aged

18 to 35 years (51.1% female;  $M = 26.05$  and  $SD = 5.46$ ) recruited by quota sampling (age, sex, and educational level) according to the characteristics of this population in Spain. The results show an acceptable model fit (except for item 6;  $MNSQ-INFIT = 1.74$ ;  $MNSQ-OUTFIT = 1.70$ ) and adequate separability indices in persons ( $\geq 2$ ) and items ( $\geq 3$ ). All item response categories display the expected ordering and work well. In addition, the discrimination indices of all items are adequate and similar (range from .69-.87). The test information function and item-person map draw graphs compatible with proper test performance. Finally, differential item functioning (DIF) between participants with active and passive/nor suicidal ideation were identified for only one item using the Rasch-Welch statistic. In summary, the PS shows a good model fit and adequate psychometric properties for this sample of young Spanish adults.

### Spanish Adaptation of the Pet, Pest, and Profit Scales for the Measurement of Specific Attitudes Toward Categories of Animals

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P9-3-16

In the study of human-animal relationships, it is common to use measures of general attitudes toward animals. However, it is possible that those general attitudes toward animals only reflect specific attitudes toward precise categories of animals, such as pets, profitable animals, along with others. It is therefore relevant to have measures that capture these specific attitudes towards groups of animals. This work aims to adapt and analyze the psychometric properties of the Pet, Pest, Profit scale developed to evaluate the isolated differences in the attitude towards each group of these animals in the Spanish context. A version of the original scale was obtained following the guidelines of the International Test Commission for test adaptation. Both the original and the Spanish versions had conceptual and linguistic equivalency between them. To estimate the psychometric properties, an incidental sample of 621 people aged 18 to 68 years (70.1% female;  $M = 34.92$  and  $SD = 13.36$ ) completed an online questionnaire with the Pet, Pest, and Profit scales and a general animal attitude scale. Confirmatory factor analysis with a three-factor correlated solution showed adequate fit indices by unweighted least-squares estimation (ULS). Besides, all scales scores showed good reliability by alpha and omega coefficients. The study of validity evidence concerning the general attitude measure was favorable with positive moderate-high correlations. According to the results obtained, the Pet, Pest, and Profit scales are adequate for measuring specific attitudes in the general population of the Spanish context (both linguistically and conceptually and likewise in terms of psychometric properties).

### The European Portuguese Version of the Technostress Scale (RED/TIC-PT): A Multisample Cross-Validation Study

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P9-3-17

The widespread use of new information and communication technologies (NICTs) in modern societies is a result of rapid technological advances (devices, applications), implying a constant adaptation of the individuals to digital changes. Despite all the benefits of using NICTs, individuals who do not cope with NICTs in a healthy manner can experience technostress. This modern disease can be thought as an umbrella term encompassing two different but related psychological negative experiences: technostrain and technoaddiction. These new user-technology interaction negative physiological, psychosocial, organizational, and societal consequences, therefore it has captured attention by both scientific community and several instruments for technostress assessment have been developed. The technostress scale (RED/TIC) is commonly used to assess technostress it was not yet translated and validated for the Portuguese population. The original study has shown validity with a five-factor structure, and reliability. This study is the first to examine the psychometric properties of the Portuguese version of technostress scale (RED/TIC-PT) in a multisample cross-validation study. Two independent samples of non-clinical adult volunteers (Calibration Sample:  $N = 324$ ; Validation Sample:  $N = 470$ ) were investigated. An exploratory Factor Analysis (EFA) was conducted in the Calibration sample in order to explore the internal structure of the RED/TIC-PT. Confirmatory Factor Analysis examined model fit statistics and dimensionality of the instrument. Convergent and discriminant validity were assessed using the Fornell-Larcker criterion. The RED/TIC-PT reliability was assessed by computing the McDonald's Omega and Cronbach's alpha. Evidence supported a four-factor structure of the scale. The RED/TIC-PT demonstrated convergent/discriminant validity and showed good reliability for all subscales. Our results indicate that the RED/TIC-PT is a valid instrument and its scores can be reliably used to assess technostress in a Portuguese non-clinical sample of adults. Further research is required to expand on these findings, particularly in children and adolescents.

## Structure and Interactions Between Stereotypes, Emotions and Behavioral Tendencies of Spanish People Towards Refugees: An Empirical Network Analysis

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P9-3-18

Spain has not been a traditional destination for asylum seekers and/or refugees. Nevertheless, in recent years it has become the EU's third largest recipient of asylum seekers, behind only Germany and France. Thus, it is currently facing the challenge of managing and integrating these applicants for international protection into its society, for legal and moral reasons. In this context, the intergroup attitudes of the host society are crucial for the success of the process. This work is based on two psychosocial models of intergroup attitudes: the Stereotype Content Model and the Behavior from Intergroup Affect and Stereotypes Map. This work aims to analyze and compare, using empirical networks, the structure and the individual interactions between stereotypes (in dimensions of morality-immorality, sociability, and competence), emotions (positive and negative), and behavioral tendencies (facilitating and harmful) of native people towards refugees. Hence, the analysis will focus on the relationships between stereotypes, emotions, and behavioral tendencies and the importance of each of them within the empirical network and the substructures formed between them. In addition, the central role of emotions and their role as links between stereotypes and behavioral tendencies will be analyzed. A sampling by quotas of age, sex, and level of studies was carried out, in which 825 Spanish residents of a province with a high reception of immigrants responded to an online questionnaire. The analyses were performed by EBICglasso estimation and exploratory graphical analysis, in order to detect the number of substructures within the network. The resulting networks conform to differentiated structures by stereotypes, emotions, and behavioral tendencies. Emotions appear in the network located between stereotypes and behavioral tendencies. In addition, positive emotions seem to play a central role in the network. These results corroborate the predictions of the theoretical models.

## Social Motives and Positive Urgency As Determinants of Regrettable Social Risk Behaviors Among Young Adults While Drunk

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P14-3-1

Previous studies have shown that people who use alcohol may assume various social risk behaviors, which have been associated with negative psychosocial effects. Determining

the explanatory factors of social risk behaviors among people who use alcohol may be useful in preventing negative psychosocial consequences. However, research in this topic is scarce. In this study, we aimed to prospectively examine the relationships between drinking social motives and positive urgency with regrettable social risk behaviors enacted while drunk (posting on social media, calling or texting someone, and being in a photo) among community young adults. Prospective design with baseline assessment and follow-up data collection at two months. A total of 339 community young adults (Mage = 21.1 [SD = 2.21]; female = 50.7%) were selected by targeted sampling procedure. Social motives for drinking and positive urgency were measured at baseline, and regrettable social risk behaviors was measured at follow-up. Baseline social motives scores were positively associated with all the regrettable social risk behaviors examined at follow-up: posting on social media ( $\beta = .15, p = .009$ ), calling or texting someone ( $\beta = .12, p = .041$ ), and being in a photo ( $\beta = .12, p = .038$ ). Higher positive urgency scores were longitudinally associated with higher regrettable posting on social media ( $\beta = .15, p = .006$ ), and calling or texting someone while drunk ( $\beta = .12, p = .045$ ). Higher positive urgency at baseline was not associated to regrettable being a photo at follow-up. Conclusions. These findings support the need to include social motives and positive urgency in the interventions aimed at reducing social risk behaviors in young adults. These interventions may benefit from training in socialization skills and emotion regulation.

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## Psychological Eudaimonic Well-Being and Its Relation With Physical Health Perception, Sleep Quality and Healthy Habits in Colombian Young Adults

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P14-3-2

The aim of this study was to determinate the possible relations between Psychological Eudaimonic Wellbeing form its six dimensions (Self-acceptance, Autonomy, Personal Growing, Purpose in life, Environmental Mastery and Positive relations) and Physical Health perception, Sleep Quality and Healthy habits. Two hundred and fifty-one Young adults undergraduate of health-related areas (medicine, nursing and psychology) of different socioeconomic levels from Bogotá, Colombia, answered a questionnaire that included the psychometrically adapted and validated measures for the sociocultural context of the research, that evaluated the variables of the study. The participant ages ranged between 18 to 30 years (M = 20.88 and SD = 2.88). The results showed average scores of each variable, particularly high levels of eudaimonic psychological wellbeing were found. For the relation between the study variables, the results of the correlational analysis, showed significant and positive associations between the variables.

These results showed the importance from the preventive perspective of the psychological eudaimonic wellbeing for the promotion of health represented in the variables of Physical Health Perception, Sleep Quality and Healthy habits in young adulthood. The implications of these results are discussed in order to include these variables in public health policies.

### **Predictors of Change in Gambling Behavior Among Adolescents**

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P14-3-3

Adolescent gambling is associated with multiple negative social and psychological outcomes. We aimed to identify predictors of change in gambling behavior in 596 adolescents aged 12-17 years ( $M = 14.93$ ;  $SD = 1.39$ ) surveyed at two-time points over 1-year. The studied variables were: individual, social and contextual factors, and alcohol and tobacco use. Participants were categorized according to their initial levels of gambling (non/occasional or frequent gamblers) and their changes in gambling behavior (initiation, increase or decrease/cessation). Among the participants with the same initial level of gambling, we compared those who changed their behavior with those who did not by logistic regression analyses. Specifically, we examined the predictors of initiating gambling among non-gamblers, becoming a frequent gambler among non-gamblers and occasional gamblers, and the predictors of reducing or ceasing gambling behavior among frequent gamblers. Of the 440 non-gamblers at baseline, 160 initiated gambling during the one-year follow-up. Favorable attitudes toward gambling ( $OR = 1.66$ ) and more frequent alcohol use ( $OR = 2.73$ ) at baseline were predictive of increased likelihood of initiating gambling, while higher self-efficacy to refuse gambling ( $OR = 0.72$ ) and more frequent tobacco use ( $OR = 0.59$ ) were related to a decreased likelihood. Of the 546 non-gamblers and occasional gamblers, 47 became frequent gamblers. Favorable attitudes toward gambling ( $OR = 3.50$ ), being more exposed to gambling advertising ( $OR = 1.88$ ) and more frequent alcohol use ( $OR = 2.52$ ) at baseline were associated with the risk of becoming a frequent gambler. Of the 50 frequent gamblers, 23 reduced or ceased their gambling behavior. Self-efficacy to refuse gambling ( $OR = 7.44$ ) was associated with this reduction or cessation, while more frequent alcohol use ( $OR = 0.18$ ) was associated with decreased likelihood to reduce/cease gambling behavior. These findings highlight the association between frequent alcohol use and the initiation/increase of gambling behavior. Moreover, self-efficacy to refuse gambling was the main predictive variable for gambling reduction or cessation among adolescents.

### **The Protection Motivation Theory as a Predictor of the Use of Protective Behavioral Strategies among Young Adults**

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P14-3-4

Alcohol Protective Behavioral Strategies (PBS) have shown to be effective in minimizing alcohol-related negative consequences. However, previous studies on the explanatory factors of PBS use are scarce. The Protection Motivation Theory (PMT) is a social cognition theory which attempts to explain intention to use protective behaviors in respond to health threats such as alcohol-related negative consequences. According to PMT, the likelihood of engaging in protective behaviors when facing a threat is a product of two processes: threat appraisal (perceived severity and perceived vulnerability to the threat) and coping appraisal (response efficacy and perceived self-efficacy for using a protective behavior). We examined the predictive utility of the PMT on the intention to use PBS related to the Manner of Drinking (MOD) among a community sample of young adults. Prospective study that recruited 360 young adults aged 18-24 years by targeted sampling procedure ( $M_{age} = 21.15$  [ $SD = 2.23$ ]; female = 50.3%). Most baseline participants (94.2%,  $n = 339$ ) completed a 2-months follow-up assessment. Perceived severity and perceived vulnerability to alcohol use, perceived efficacy of MOD strategies to reduce alcohol-related negative consequences, and self-efficacy to engage in MOD strategies were measured at baseline, and intention to use MOD strategies at follow-up. A multiple lineal regression model for predicting intention to use MOD strategies was used. Perceived severity ( $\beta = .13$ ,  $p = .017$ ), response efficacy ( $\beta = .270$ ,  $p < .001$ ), and self-efficacy ( $\beta = .240$ ,  $p < .000$ ) were positively associated with high intention to use MOD protective strategies. In line with previous research, our findings demonstrated that coping-appraisal components of PMT are more explanatory of protective behaviors than threat-appraisal components. These results may be useful to inform interventions aimed at increasing PBS use among young adults. [This project has been funded by I+D+i Biomedical and health sciences in Andalusia (PI-0503-2018, PI: Fermín Fernández Calderón), and by Ministry of Universities of the Government of Spain (FPU19/01413).]

### **LullaBed®, a Unique Approach for Rehabilitation to Improve Quality of Life**

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P14-3-5

LullaBed® is a rehabilitation method developed and implemented by Jelizaveta Haustova. The unique approach of LullaBed® combines elements of music therapy, fairy tale therapy completed with the movement of a patented crib and its surrounding to treat chronic conditions conducted

effecting daily life of the patients. The specially designed crib developed for the average height and weight of an adult. The method is based on the idea of a supplemental lulling which is currently in use on people of age 3-78. The LullaBed® approach has a five years history with cases including but not limited to insomnia, panic attack, anxiety, fatigue, bedwetting, hyperactivity or speech disorders. The poster in addition to introducing the practice wishes to define the place of LullaBed® approach in an interdisciplinary research while introducing its mechanism and the idea behind the patent.

### **Self-Compassion Is Associated With Help-Seeking Intentions After Experiences of Violence in Women and Men With Low Conformity to Masculinity Norms**

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P14-3-6

It has been suggested that high levels of self-compassion may reduce the associations between rigid conformity to masculinity norms (CMN) and men's reluctance to seek help for psychological problems. The current study analyzes the links between CMN, self-stigma, self-compassion and willingness to seek help after experiences of interpersonal violence in women and men from German-speaking countries. In an online-questionnaire study 509 German-speaking participants (65.6% women, 34.4% men; Mage = 36.1, SD = 14.2) read three vignettes about characters who experienced interpersonal violence (psychological, physical, sexualized violence). Participants indicated how likely they would be to seek medical or psychological help if they were in the characters' situation. Furthermore, the Conformity to Masculine Norms Inventory, Self-Stigma of Seeking Help Scale, and Self-Compassion Scale were used. Results show that women (M = 3.2, SD = 1.0, range: 1-5) and men (M = 3.1, SD = 1.1) were moderately willing to seek formal help after experiences of interpersonal violence. A manifest path model that included the co-variables gender, age, sexual orientation, own lifetime experiences of interpersonal violence, nationality, and relationship status, revealed that men, German and younger participants experienced stronger self-stigma than did women, Austrian and older participants. CMN and low self-compassion were linked to strong self-stigma, and strong self-stigma was associated with reduced help-seeking intentions. The interaction term Self-Compassion x CMN indicated that self-compassion was linked with increased willingness to seek help in women and men with low CMN, whereas in women and men with strong CMN no association between self-compassion and help-seeking was evident. CMN was indirectly linked to reduced help-seeking intentions via self-stigma. Interventions that help increase people's willingness to seek formal help after experiences of interpersonal violence need to address CMN and self-compassion. Thereby, it may help to frame being self-compassionate in a way that it is consistent with the possibility to uphold masculinity norms.

### **Profile of Cannabis Patients Based on Adherence Treatment and Cannabis Relapse**

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P14-3-7

Treatment outcomes problems of patients with cannabis use disorder (CUD) are mainly related to lack of treatment adherence and frequent relapses. The high frequency of these outcomes had lead researchers to attempt to identify profile groups of CUD patients on the basis of sociodemographic, socio-familiar, frequency of use or source of referral to treatment variables, among others, to determine their association with treatment outcomes. The objectives of this study are to identify profiles of CUD patients based on a combination of adherence and relapse indicators, as well as to know the variables with higher predictive capacity on the membership of these profiles. A retrospective study was conducted with a cohort of 2055 CUD patients with the electronic health record of Andalusia CUD treatment centers. A latent profile analysis was performed, using continuous indicators of adherence (proportion of attendance to scheduled treatment sessions) and relapse (proportion of positive drug tests). Results show that three latent profiles were identified with the following mean values of adherence and relapse: profile 1 (no relapse and 84% of sessions attended); profile 2 (28% of relapses and 75% of sessions attended); profile 3 (100% of relapses and 69% of sessions attended). The prediction of belonging to profiles 1, 2 and 3 was based on being admitted to treatment by administrative sanction, having lived with addicted family members and having consumed more frequently in the 30 days prior to admission to treatment. These results allow for more specific treatment targeting among patients, penalizing positive toxicological tests and/or encouraging greater treatment attendance.

### **Therapeutic Retention and Adherence as Predictors of Therapeutic Success in Patients With Substance Use Disorder**

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P14-3-8

Retention time in treatment and therapeutic adherence are associated with therapeutic success in treating patients with substance use disorders (SUD). However, from a methodological perspective, few studies support the usefulness of these indicators. This study aim to contrast the explanatory and predictive capacity of retention in treatment and adherence for therapeutic success, comparing different cut-offs. An ex post facto retrospective design was used with 11907 patients in treatment diagnosed with SUD. Electronic health records

were used for statistical analysis of the data. Results show that retention in treatment, the proportion of appointments attended, and the number of sessions attended were associated with the type of patient discharge. Of these three indicators, the proportion of attendance to appointments is the one that presents the best parameters for predicting therapeutic success. The transformation of quantitative variables into binary variables negatively affects the results. The cut-offs of being in treatment for eight months, attending at least seven treatment sessions, or attending at least 80% of the planned treatment sessions are the indicators with the best sensitivity and specificity parameters. Although the three indicators analyzed and their cut-offs are associated with therapeutic discharge, there are differences in the explanatory and predictive capacity for therapeutic success. Moreover, the explanatory capacity of these indicators suggests the need to use these in combination with other clinical and quality of life indicators.

### **Institutional Trust and Fear of the Consequences of COVID-19 Vaccination: Predictors of Vaccination Behaviours for Population of Latvia**

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P14-3-9

The aim of this study was to investigate the role of institutional trust and fear of the consequences of vaccination as a predictors of COVID-19 vaccination behaviours. Data were collected from a representative sample of Latvian residents, within a framework of the national research programme “Challenges and solutions for Latvia’s state and society in an international context (INTERFRAME-LV)” in September 2021. To evaluate the institutional trust, respondents were asked: “Please assess the extent to which you personally trust each of the institutions listed below: 1) Government, 2) News media, 3) Health care system”. To evaluate the fear of the consequences related to COVID-19 vaccination, respondents were asked the following questions: “Are you afraid of: 1) The onset of serious allergic reaction, 2) The onset of other severe adverse effects 3) Potential unknown long-term adverse effects, 4) Potential adverse effect on fertility, 5) Potential induction of autoimmune reactions?” Results show that the logistic regression model was statistically significant,  $\chi^2(4) = 34.857$ ,  $p < .000$ . The model explained 38.8% (Nagelkerke R<sup>2</sup>) of the variance in COVID-19 vaccination behaviours and correctly classified 73.9% of cases. Increasing age, higher level of education, trust in government and health care system increased the probability of COVID-19 vaccination uptake, but increasing fear of allergic reactions, severe side effects and adverse effects on the reproductive system were associated with a reduction in the probability of COVID-19 vaccination uptake. Confidence in the news media, fear of long-term consequences, and autoimmune responses are not statistically significant predictors of COVID-19 vaccination behaviours. The results of this study reveal the role of government and health care in promoting vaccination, as well as the need for explanatory and educational information to reduce the fear of vaccination.

### **The Relationship between Health Orientation and Life Orientation in the Greek Population**

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P14-3-10

Health is defined as “the state of complete physical, mental and social well-being and not just the absence of disease or disability” (WHO, 1948). According to Carver & Scheier (2014), optimism is psychological resource-stock and is research-related to improved well-being and physical health. The aim of this research is to investigate the relationship between health orientation and life orientation in the Greek population. Individual research objectives were to identify differences in the health status of participants depending on age and physical activity or not, as well as differences in the motivation to avoid unhealthiness depending on age. The correlation between health status and optimism, health esteem confidence and the motivation to avoid unhealthiness was also investigated, as well as the correlation between optimism and health esteem confidence. A sample of 200 people, aged 18 to 65, living in various parts of Greece, was used. Data were collected using a questionnaire, which used “Health Orientation Scale” to measure health orientation, while “Life Orientation Test-Revised” was used to measure life orientation. The results of the analysis showed that there is a correlation between health status and optimism, health esteem confidence and the motivation to avoid unhealthiness, as well as a correlation between optimism and health esteem confidence. Also, better health status showed the younger ones and those who are accustomed to exercising, while there were no differences between the younger ones and the older ones in the motivation to avoid unhealthiness. The findings seemed to confirm the existing literature on the study of health and optimism, with the exception that age did not appear to affect the motivation to avoid unhealthiness. A further study of the relationship between health orientation and life orientation is proposed with a larger sample for in-depth research and investigation.

### **How Do Latent Categories Based on Scientific Knowledge, Trust in Science, and Health Literacy Differ in Health-Related Outcomes?**

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P14-3-11

Although there is considerable evidence that many of the world’s leading causes of death are highly preventable - and there are many public health campaigns aimed at curbing these diseases - they are still highly prevalent. In the present study, we explored the role of three individual-level factors that may help explain why individuals do not adopt behaviors that would benefit their health, specifically scientific knowledge

(i.e., not understanding the evidence behind public health campaigns), trust in science (i.e., not trusting the primary source of evidence), and health literacy (i.e., not being able to obtain, process, and apply health information in practice). We were also interested in how these factors interact to form latent subgroups of individuals who are at high-risk in terms of their health-related outcomes. The final sample consisted of 705 participants from the United States, who were recruited using an online research panel. They were asked to fill out several demographic questions and self-report measures of scientific knowledge, trust in science, health literacy, health-promoting lifestyle (nutrition, physical activity, health responsibility, stress management), and compliance with COVID-19 prevention guidelines. The results of latent profile analysis revealed four subgroups of individuals (i.e., low, moderate, and high levels of all three indicator variables and a varied group exhibiting moderate scientific knowledge, low trust in science, and low health literacy). The identified categories differed significantly in terms of health-related outcomes, with the varied and the uniformly low subgroups generally exhibiting the lowest levels of health-promoting behaviors, such as healthy nutrition, physical activity, and compliance with COVID-19 prevention guidelines. On the other hand, the subgroup with high scientific knowledge, trust in science, and health literacy demonstrated the highest levels of all measured health-related outcomes. Hence, our study offers a novel and important contribution to the understanding of high-risk subgroups of the population.

### **Approaches to Reducing Loneliness and Enhancing Mental Health in Older Adults – A Qualitative Perspective**

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P14-3-12

Loneliness is an important public health issue, as it predicts the low quality of life of the older population and leaves adverse mental and physical health consequences. Moreover, loneliness is considered both an indirect and a direct predictor of mortality in older adults. Thus, it is a complex phenomenon that underscores the need to develop effective approaches and interventions to reduce loneliness in this population. The aim of the present study was to examine in depth older adults' subjective views of the various existing approaches, activities and interventions to reduce loneliness, to identify deficits in these areas and to explore ways to improve such interventions. The study involved 25 older adults over 65 years of age who participated in focus groups of up to 7 participants. A thematic analysis was conducted using the six-phase framework to identify key patterns in the data. Based on the data collected, two main topics were analysed: Effectiveness of existing approaches (four themes were identified) and Needs and suggestions for improving approaches (three themes were identified). Participants indicated that group interventions were most effective as they helped them to socialise, be more active during the day, manage their time better and feel useful to society - all benefits that can contribute to the

reduction of loneliness. However, what they found lacking in existing approaches was direct psychological support, more information and awareness raising on the topic of loneliness, as well as educational interventions on how to cope with mental health problems and how to help others. Based on the research findings, effective, high quality, and culturally relevant loneliness and mental health interventions need to focus on education, training, and psychological support for individuals and can thus be an important part of mental health prevention.

### **Predictors of Bullying Perpetration and Bullying Victimization Among Semi-Professional Team Sport Players in North Cyprus**

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P17-3-1

This study explores the influence of contextual and individual predictors on bullying perpetration/ victimization among semi-professional team sports players in North Cyprus. Three variables reflect on an individual's level characteristics personal determinants (e.g., gender, age, and nationality), and another one, representing external contextual factor the team's basis level (e.g., negative coaching behaviour), which according to existing literature could predict the frequency of bullying dynamics in sports. A total of 193 sports players with an average age of 24.74 (SD = 5.15) were recruited via an online survey method to take part in the study. Sixteen teams (seven women's teams and nine men's teams) from four different team sports disciplines: handball, football, volleyball, and basketball filled out the questionnaires. The results revealed that the rate of bullying perpetration and victimization among men/women is equal in sports. Besides, it was also ascertained that gender, age, nationality, and the coach's negative personal rapport significantly predicted bullying dynamics among athletes. Such findings have the potential shape the base for further ongoing works, which could underline the critical demand for more emphasis and analysis of nationality, gender, age and coach's negative rapport on bullying perpetration/victimization later on.

### **'Mens Sana in Corpore Sano': Home Food Consumption Implications Over Child Cognitive Performance in Vulnerable Contexts**

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P4-7-1

Diet directly affects children's physical and mental development. Nonetheless, the way in which food insecurity and household food consumption impact on the cognitive

performance of children at risk of social exclusion, remains poorly understood. In this regard, Guatemala is the country with the second highest child chronic food insecurity index in Latin America (FAO 2020). Additionally, children in Guatemala face socioeconomic difficulties in rural areas and are exposed to extreme violence in marginal urban contexts. The objective was to analyze differences in cognitive performance considering food insecurity and household food consumption scores in a sample of rural and urban Guatemalan children and adolescents at risk of social exclusion. Child cognitive performance was assessed in 134 children and adolescents (age  $M=11.37$ ;  $SD=3.54$ ) from rural and urban settings. Language, attention and executive function abilities were assessed using neuropsychological tasks. Differences in cognitive performance in each level of food insecurity and household diet consumption were compared by using U Mann Whitney test. Stepwise multivariate regression analyses were conducted in order to determine which factors may influence cognitive scores. Rural and urban groups did not differ in terms of food insecurity. Considering just rural areas, differences were found between groups with food security and insecurity in attention (SDMT) and executive function tasks (M-WCST perseverative errors). Moreover, differences were found in food consumption for certain groups of food (eg., meat,  $p < .001$ ). Regarding regressions, protein food consumption was related to executive tasks in the case of both, rural (M-WCST correct categories, Stroop interference and TMT-B) and urban groups (M-WCST perseverative errors). These findings could help the decision makers to select actions focused on improving diet balance and food security in families at risk of social exclusion. These factors could also have an important implication for children's cognitive development and performance.

### Fraud Vulnerability in Late Adulthood: The Role of Emotion

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P4-7-2

Previous research showed that older adults fell victim to fraud more easily. This study investigates the role of emotion behind such fraud vulnerability in older age. People prioritize emotionally meaningful goals and pay more attention to positive information with age. Due to this age-related positivity effect, we hypothesize that older adults are more likely to buy deceitful products and pay more attention to positive aspects of the advertisement than younger adults, especially when advertisements are in gain framing and/or presented by a trustworthy salesperson. To test these hypotheses, we recruited 91 younger adults (YAs) and 56 older adults (OAs) in Hong Kong. Two age groups (Between-subject: YAs vs. OAs) read 32 advertisements that varied on credibility of the product review (Within-subject: credible vs.

non-credible), trustworthiness of salesperson picture (Within-subject: trustworthy vs. not trustworthy) and framing of the main message (Within-subject: gain vs. loss). Participants reported their intentions to purchase each product. Through eye-tracking, we measured the percentage of time that participants fixated on each component of the advertisement. Hierarchical linear modeling revealed that participants had higher buying intention when the advertisement was credible ( $\beta = 0.57$ ,  $p < .001$ ), gain-framed ( $\beta = 0.35$ ,  $p < .001$ ), and trustworthy ( $\beta = 0.11$ ,  $p = .06$ ). In general, OAs had lower buying intention than YAs ( $\beta = -0.46$ ,  $p = .01$ ). However, the age\*credibility\*framing and age\*credibility\*trustworthiness interactions were not significant, suggesting there is no significant age group difference of buying deceitful products under gain-framed or trustworthy conditions. Interestingly, we found a significant age\*framing\*trustworthiness interaction on fixation on the message ( $\beta = 0.13$ ,  $p = .03$ ). In gain-framed advertisements, OAs fixated more on the message when the salesperson was trustworthy (vs. not trustworthy;  $\beta = 0.06$ ,  $p = .09$ ). YAs did not show these differences, suggesting that OAs pay more attention to messages when the advertisements were consistently positive: gain-framed and trustworthy. These findings together further our understandings on OAs' behavioral tendencies and attention allocations when purchasing potentially fraudulent products.

### Quality of Life in Elderly People During Social Isolation

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P4-7-3

The psychological potentialities in human beings are determined not only by their genetic heritage but also by the context in which the individual finds himself. Thus, the Life Span theory state that the quality of aging is multi-determined and depends on factors combined on the vital profile of each individual. That said, the implementations of social distancing related to the COVID-19 pandemic impacted the context of the elderly, resulting in a decrease in personal contacts and an increase in the risk of compromising the quality of life and the emergence of depressive conditions. This research aimed to correlate the quality of life and depression magnitude in the elderly after 16 months of social isolation during the pandemic. The method was transversal, using the snowball sampling strategy, with individual online data collection through the Qualtrics platform, containing: Sociodemographic Questionnaire, Ryff Psychological Well-Being Scale (EBEP) and Geriatric Depression Scale (GDS). This research was approved by the technical reports number 45576321.6.0000.0020 of the Ethics Committee of PUCPR. The survey obtained 60 elderly participants (78.11% women and 21.67% men), aged between 60 and 92 years. The main results indicate an inversely proportional correlation between the quality of life score and the depression indicator; a minority (30%) of participants rated a score for mild depression according to the GDS, while the majority (70%) rated a score for normality; most (63%) rated a score referring to a high

quality of life, with the highest score being the dimension referring to self-acceptance (mean of 15.93) and the lowest score referring to the dimension of positive relationships (mean of 13). In conclusion, most participants demonstrated a high quality of life, and probably during the 16 months of the pandemic they valued more the dimension of self-acceptance.

### Optimizing the Quality of Life of Elderly People During the Pandemic?

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P4-7-4

The COVID-19 pandemic directly affected the elderly due to safety recommendations, especially for this risk group. Among the health safety measures, social distancing required the readjustment of the elderly's routine, in which their adaptability proved to be advantageous to safeguard the quality of life of this group. The research objective was to identify the main strategies used by the elderly during the 16 months of social isolation to optimize their quality of life. The method was cross-sectional, qualitative and quantitative, using the snowball sampling strategy, with data being collected individually, online, through the Qualtrics platform containing: sociodemographic questionnaire, the Ryff Psychological Well-Being Scale (EBEP) and the Geriatric Depression (GDS). This research was approved by the technical reports number 45576321.6.0000.0020 of the Ethics Committee of PUCPR. The survey obtained 60 elderly participants (78.11% women and 21.67% men), aged between 60 and 92 years. The main results indicate that the majority (63%) of respondents with a quality of life score above the average (85.88) used the following strategies: use of social networks (75%), use of video calling platforms (75%), reading (72%) and gardening (61%). In conclusion, this sample used effective strategies to preserve the quality of life during the pandemic, especially technology to maintain social contact due to the impossibility of relating personally; as well as the use of reading and gardening activities as protective coping strategies.

### The Links Between Retrospective Evaluation of Parenting Style in Adolescence and Romantic Heterosexual or Homosexual Relationships Satisfaction in Emerging Adulthood

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P4-7-5

When entering a romantic relationship, emerging adults use competencies acquired in their relationship with parents that depend on the parenting style used in adolescence. Although, there is evidence that parents' role is more important for heterosexual than non-heterosexual youth. The study aims to evaluate the relationship between the retrospective

evaluation of parenting style in adolescence and romantic relationship satisfaction in emerging adulthood (18 to 29 years old) and to compare it between heterosexual and homosexual relationships. 208 emerging adults (149 female, 54 men, and 5 other; 147 in a heterosexual relationship and 61 in a homosexual relationship) participated in this study. Parental Authority Questionnaire mother's and father's versions (Buri, 1991) (Cronbach  $\alpha = .73-.88$ ) was used to measure parenting style and Couple Relationship Satisfaction Scale (Cepukiene, 2017) (Cronbach  $\alpha = .83-.92$ ) was used to measure relationship satisfaction. The results showed a significant difference in links between parenting style and emotional aspect of relationship satisfaction between heterosexual and homosexual relationships, with links being weak but significant only for heterosexuals. No links between parenting style and general or behavior-focused aspect of relationship satisfaction were found, except the connection between father's authoritative parenting style and general heterosexual romantic relationship satisfaction. In conclusion, results show that the parenting style used in adolescence has more impact for youth that are in a heterosexual than homosexual relationship.

### Parental Factors Associated With Binge Drinking During Adolescence

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P4-7-6

The research focused on parental factors as determinants of binge drinking in adolescents. Parental factors included inconsistent parenting, parent involvement and warmth, parental supervision, addiction, and alcohol behavior in the family. Binge drinking was characterized as four or more glasses on one occasion. The research sample consisted of 606 adolescents (43.7% men and 56.3% women). The participants' age ranged from 15 to 17 years. We used two measurement tools: the Questionnaire on situation-motivational alcohol behavior factors and the Parenting scales. We compared selected parenting factors between groups of binge drinking adolescents ( $n = 259$ ) and occasionally drinking adolescents ( $n = 347$ ). After performing statistical comparison analyzes and binary regression analysis, we identified as factors with a protective effect: parental supervision, parental involvement and the warmth and influence of the family in experimenting with alcohol. Furthermore, we identified alcohol behavior in the family as a risk factor. We did not identify addiction and inconsistent parenting as significant factors for binge drinking. The findings pointed to the seriousness of the problem and can be effective in preventing and intervening in adolescents at risk of binge drinking.

## Questions and Direct Requests of Maternal Speech to Singleton and Dizygotic Twin Infants

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P4-7-7

This naturalistic and longitudinal study aims to compare questions and direct requests of maternal speech to twin and singleton infants. Towards this aim, nine twins and nine singletons were video-recorded at home in spontaneous face-to-face interactions with their mothers, from the 2nd to the 6th month at 30-day intervals. We carried out continuous micro-analysis within well-defined units and subunits of analysis. Results showed that: a) open-ended questions and direct requests were more frequent in singleton compared to twin mothers' speech; b) singleton and twin mothers showed age-related variations in open-ended questions; and c) developmental variations in close-ended questions were evidenced in singleton mothers' speech for a wider time span compared to twin mothers. To conclude, these results will be discussed in the framework of the theory of innate intersubjectivity.

## Maternal Infant-Focused Speech to Singleton and Dizygotic Twin Infants

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P4-7-8

The aim of this longitudinal and naturalistic study was to compare maternal infant-focused speech between interactions of mothers with their dizygotic twin and singleton infants. Towards this direction, nine twin infant-mother and nine singleton infant-mother dyads were video-recorded at home in spontaneous face-to-face interactions, from the 2nd to the 6th month at 30-day intervals. Within well-defined units and subunits of analysis, continuous micro-analysis (to an accuracy of 1/25th of a second) showed that: a) singleton mothers expressed more frequent infant-focused thematic sequences to their young infants compared to twin mothers; b) regarding infant internal state thematic sequences, singleton mothers' speech favored infant emotion and attention; c) compared to twin mothers, singleton mothers commented more to infant physiological state and body movements, though they did not differ in references to infant appearance; and d) twin, but not singleton, mothers' infant attention utterances differed at times when there are marked advances in the infants' attentiveness. These results will be discussed in the framework of the theory of innate intersubjectivity and in relation to the implications they may have for designing early intervention programmes for the promotion of socio-emotional development of twin infants.

## Being a Mother of a Child With Autism Spectrum Disorder: Life Experiences, Needs and Concerns

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P4-7-9

Studies on parents of children with Autism Spectrum Disorder (ASD) have shown that they face various challenges and have multifaced needs due to their children's social and communicative deficits. They usually undertake a lot of responsibilities on their children's upbringing, education and therapeutic process. The aim of the present qualitative study was to highlight the above responsibilities and challenges. More specifically, our main purpose was to explore the life experiences, needs, concerns and perceptions of mothers regarding raising a child with ASD as well as their relationships with other family members, teachers, specialists and friends. This qualitative research project was conducted using a purposive sampling technique and semi-structured interviews to examine the experiences of five mothers of pre-school aged children and five mothers of children with ASD in middle childhood with their partner, relatives, friends, colleagues etc. Mothers' experiences were about their feelings and adaptation after the diagnosis, their relationship with their partner, other sibling(s) of child with ASD, grandparents and relatives, their perceptions towards educational programs and interventions, and their thoughts and worries about their child's future. Results showed that mothers are engaged in child's with ASD everyday life and strive to maintain a balanced relationship among all family members, especially with the siblings of their child with ASD. Most of the mothers consider their relationship with their partner as satisfying and they think of it as even stronger after the birth of their child with ASD. The mothers also consider the role of relatives, friends and educators as crucial, suggesting that they influence the inclusion of child with ASD. Recommendations for future research is provided so that mothers are supported after the diagnosis.

## Mother of a Child With Selective Mutism

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P4-7-10

Families of children with selective mutism have slightly been investigated in comparison with the families of children with other disorders. Research has been mainly focused on parents' of children's with selective mutism personality traits and their psychopathology while their experiences from raising a child with this disorder and the received support from relatives, school and social networks have been of little interest. The main purpose of the present study it to explore the experiences of a mother of a child with selective mutism from the time that symptoms appeared since today. Ten semi-structured

interviews were given to the 46-year-old mother of a 9-year-old child with selective mutism in six month period in order to explore her perceptions against diversity (21 questions), her emotions and reactions after the diagnosis (31 questions), couple relationships (27 questions), and the mother's relationship with the child (20 questions), the other two children of the family (28 questions), the grandparents and other relatives (31 questions), the specialists (24 questions), the teachers (27 questions), her social relationships and network (10 questions) and her concerns about the child's future life (12 questions). All the above issues were emerged through the literature review on selective mutism. Qualitative analysis showed the need for parents' counseling to deal with the situation, for mental resilience to meet the demands of parenting all the children in the family, and the importance of continued support from the wider family and the school context. The findings finally showed that the child with selective mutism has been well supported by teachers and the mother herself relies heavily on their contribution. The present study will highlight the maternal role in rearing a child with selective mutism in the multidimensional micro- and macro-system.

### Parenting Factors and Parental Alcohol Behavior As Determinants of Regular Alcohol Use Among Adolescents

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P4-7-12

The paper focuses on the study of parental factors and regular alcohol consumption in adolescents. Parental factors include inconsistency, parental involvement and warmth, parental supervision, alcohol behavior in the family, addiction in the family and the influence of the family in experimenting with alcohol (situational-motivational factor). A regular alcohol use is defined as drinking any amount of alcohol at least once a week. The research sample consisted of 606 adolescents (43.7% men, 56.3% women), aged from 15 to 17 years. Out of a total sample, up to 35.1% adolescents drink alcohol regularly. Data were collected with (i) the Questionnaire on Situational-motivational Alcohol Behavior Factors (SMF) identifying situation-motivational factors in experimenting (e.g. Family influence, Peer influence), addiction and alcohol behavior in the family, and (ii) Parenting Scales that measure parental behavior towards adolescent (inconsistency, involvement and warmth, supervision). The aim was to clarify the effect of factors based on a comparison of selected parental factors between groups of regular drinkers ( $n = 213$ ) and occasional alcohol users ( $n = 393$ ). After performing statistical comparative analysis, the following were confirmed as risk factors: inconsistency in the family, addiction and alcohol behavior in the family; and as protective factors: parental supervision, parental involvement and warmth, with the greater effect of parental alcohol use. In regression analysis, the risk interaction effect of parental alcohol use and family influence in experimenting was uncovered. Acquired knowledge can be effective in prevention and intervention among adolescents at risk of regular alcohol consumption.

### The Protective Role of Family Resilience and Fathers' Involvement on Sleep Quality of Italian Parents and Children During COVID-19 Crisis

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P4-7-13

Sleep problems are a concern commonly reported by parents during early childhood. Research had corroborated associations between children's characteristics, caregiver behaviors, and sleep. However, little is known about how the COVID-19 crisis has impacted sleep. Aims of this study were to investigate: (a) whether parents experienced a change in their insomnia symptoms and child's sleep during the crisis compared to pre-crisis period (retrospectively reported) in Italy; (b) associations between children sleep, parental insomnia, children temperament, fathers' involvement in children care, family resilience and parental COVID-19 anxiety. Parents of children aged 3-72 months ( $N = 288$ ) completed Brief Infant Sleep Questionnaire-R (Mindell et al., 2019), Insomnia Severity Index (Morin et al., 2011), Rothbart's temperament questionnaires, Who Does What (Cohen, 2003), Walsh Family Resilience Questionnaire (Rocchi et al., 2017), Fear of COVID-19 (Soraci et al., 2020), from March to November 2021 during new imposing restrictions over the entire Italian territory. Paired t-tests were conducted to analyze changes in sleep patterns over time and path analysis to test associations between studied risk and protective factors, children's and parental sleep quality. Pediatric insomnia symptoms decreased (in line with physiological sleep's regularization and consolidation processes) ( $p < .001$ ), while poor sleep health habits increased from before the total lockdown of March 2020 to date ( $p = .015$ ). Paternal involvement in children's care and family resilience reduced children poor sleep health habits ( $R^2 = .10$ ,  $p = .016$ ) and parental insomnia ( $R^2 = .16$ ,  $p < .001$ ), while temperamental negative emotionality and parental COVID-19 anxiety increased pediatric insomnia symptoms ( $R^2 = .13$ ,  $p < .001$ ), poor sleep habits and parental insomnia. Results highlight family resilience and father's involvement as protective factors for children's and parents' sleep during the COVID-19 crisis, contributing to understanding the risk and protective factors among families, healthcare providers, and the general public.

## Psychological Impact of Child Sexual Abuse: A Ex Post Facto Research Between Abused Minors and Legal Custody Cases

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P4-7-14

Among all cases instructed, in the first specialized court for violence to infants and teenagers in Europe, in Las Palmas de Gran Canaria (Spain), there has been an increase of the use of reports of child sexual abuse as a tool to achieve the custody of the children. The aim of this study was to analyze the psychological traces child sexual abuse leaves in minors and set the differences between sexually abused children and those that are subjected to custody lawsuits, but that were never abused. The “Child and Adolescent Assessment System” was used to detect a wide spectrum of emotional and behavioral problems such as internalized, externalized, contextual and specific problems, in 73 minors of Spanish nationality involved in legal proceedings. From these, 38 were assigned to the “Custody” group as they had required forensic psychological evaluation in custody lawsuits (13 boys and 25 girls). Thirty-five children were assigned to the “ASI” (Child Sexual Abuse) group as minors that required psychological evaluation as victims of sexual abuse (4 boys and 31 girls), all of them between 13 and 17 years old ( $M = 15$ ). The comparative analysis revealed significant differences in the second order factors: global rate of psychological problems, rate of emotional problems and problems with executive functions. Greater problems were found in the group of victims of child sexual abuse. No differences were found in the rate of family conflicts of the minors. Binary logistic regression with taking the belonging to the “ASI” group as a dependent variable found a higher probability for abuse when minors presented emotional problems, post traumatic symptoms, depression, and eating disorders. The forensic psychological evaluation of children can help identify false accusations of sexual abuse in custody lawsuits.

### Desired Age Across a Life Span

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P4-7-15

Chronological age is an omnipresent variable in psychological studies, yet the chronological age cannot explain psychological changes across the lifespan - it can only help to describe them. To gain better understanding into the processes behind developmental changes, the concept of subjective age was introduced, reflecting a broad range of individual's emotions,

activities, and desires at a certain point within a lifespan. The studies of the subjective age have mainly focused on adulthood and old age, and there is a lack of data addressing subjective age across the lifespan. The main goal of the current study was to address one aspect of the subjective age, the desired age, within the lifespan perspective. The sample included 1627 participants between 3 and 92 years of age. Participants were asked one key question: “If you could make a choice about your age, what age would you like to be?”. To compare answers across age, a proportional discrepancy scores, a measure relative to the participants' chronological age were computed. The results showed that children and adolescents wish to be older than they are whereas adults wish to be younger—the turning point, however, was identified at the outset of emerging adulthood, ages 18-20; the linear functions explained 96% and 73% of variability of the desired age for the participants younger than 18 and those older than 21 years of age, respectively. The concept of desired age is a subject of major change in the period between 20 and 30 years of chronological age (emerging adulthood). The desired age is exposed as a bystander of developmental change and potentially useful measure to disclose mechanisms underlying life-cycle transitions. Theoretical and practical implications, as well as methodological concerns of age-related concepts are discussed.

### Adults Tend to Overestimate Their Abilities to Recognise Lie in Children

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P4-7-16

The main goal of this study was to assess adults' ability to detect a lie in children and to determine adults' own beliefs about their ability to detect a lie. The study was conducted in four steps. In the first, children aged 6 to 8 years were individually presented with a box and instructed not to open it (e.g., temptation resistance task). In the second step, the experimenter left the room for five minutes. Upon his return, the experimenter asked the child if he had resisted the temptation to look inside the box; the child's activities in the meantime were videotaped without prior child's knowledge. In case of misbehaviour, the child could have reported it or denied it. In the third step, we compiled a video of 20 cases, 10 of them with children who lied and 10 with children who told the truth, in random order. In the fourth step, the video was shown to 219 adults whose task was to decide whether a child was lying or telling the truth in each case. The results revealed two important findings. The first was that adult lie detection was no better than chance; adults would have achieved a similar success rate in detecting a lie by guessing. The second finding was that adults tended to overestimate their ability to detect a child's lie. The findings raise the question of actual success in detecting lies in children and suggest that 6- to 8-year-olds may be better at hiding the truth than adults would give them credit for. Implications for practise are discussed.

## Go Green, but Why? Underlying Mechanisms Regulating the Engagement in Pro-environmental Behaviors in Public and Private Realms

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P5-7-1

What are the reasons behind our pro-environmental behaviors in our private lives (e.g., to recycle household garbage) and in the public sphere (e.g., to actively participate in pro-environmental protests)? We relied on self-determination theory and investigated in Study 1 to what extent autonomous and controlling reasons predicted pro-environmental behaviors in public and private realms. The data collection process started upon receiving approval from the host University Ethics Committee. All the questionnaires were administered online through Qualtrics. Results of 375 Turkish early-adults (Mage = 22.35 years, SD = 2.38, range 18-35; 65.1% females) showed that autonomous but not controlling reasons predicted pro-environmental behaviors, even after controlling for perceived environmental threat and connectedness to nature. Building upon Study 1, in Study 2, we recruited a sample of 160 adults (Mage = 23.55 years, SD = 7.17, range = 18-64; 69.4% females) in a 6-week diary study to explore to what extent private and public-sphere pro-environmental behaviors might vary from week to week, and whether such variation might coincide with autonomous reasons underlying pro-environmental behaviors. Consistent with our previous findings, individuals' trait-like and week-to-week autonomous motivations positively predicted pro-environmental behaviors that they engaged in weekly. Concordantly, self-determination theory could offer potential implications for creating environmental interventions as it enhanced our understanding of how autonomous motives fostered pro-environmental behaviors in private and public realms.

## An Ecological-Systemic Perspective on Home Office and Wellbeing in Times of Pandemic: A Multinational Survey

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P5-7-2

With the change from office work to home office during the COVID-19 crisis, completely new working environments and living conditions have emerged. This raises the question

of what consequences the lockdown had for individual well-being, social relationships in the family and the work environment. Under these complex conditions, the usual management principles seem to be more or less helpful in improving well-being and resilience in the home office. Since many companies are now adhering to more liberal regulations for working at home after the opening, the discussion about the relevant social factors and the appropriate infrastructure at home and in the neighbourhoods is particularly important. In this poster, we present the preliminary findings of an online survey conducted on smart working activities during the 2020 lockdown period, as part of a larger cross-national project involving respondents from German Switzerland, The Netherlands, Italy and Russia. Special attention was made to aspects of the residential environment and life in the residential quarter. Results point out some interesting trends: respondents reported being more busy while working at home, but overall good levels of resilience and wellbeing. More generally, results suggest how personal attitudes, social relationships and good leadership orientation are important protective factors for remaining able to work under the difficult conditions of the pandemic. In future studies, we plan to investigate whether the present findings emerge also in other European countries.

## Emotional Aging Among Hungarian Elderly

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P6-7-1

Studies suggest that older adults have an age-related ability to alter their cognition and affect because of a shift in future time perspective and attentional control. Whether a relative preference for positive over negative material is also observed in older community-dwelling Hungarians and what genders differences occur in emotional responses for specific emotional stimuli, in our study, we aimed to investigate emotional information-processing with 4 groups of images (positive, negative, neutral low intensity, neutral medium intensity) selected images from the International Affective Picture System rated for valence, arousal and dominance. The results demonstrated that gender significantly plays a role in the process of emotional response among elderly. In general, as for positive and negative pictures, women compared to men perceived both less pleasantly, processed more intensive emotional states, with feelings of being less in-control. While for neutral pictures representing objects women reported greater valence and dominance scores. The greatest gender gap was observed regarding pictures representing neutral social situations. Furthermore, investigating interactions between the appraisal of emotional images (IAPS) and subjective affect (PANAS) in elderly led us to find a link between affectivity style and the way of processing emotional visual stimuli. Higher positive responses (PA) significantly increased the probability of positive valence, decreased arousal and increased the feeling of in-control over emotional processing of pictures. Participants with higher level of affectiveness also judged positive IAPS stimuli as more

pleasant, less intensive and with greater emotional control. With the results supporting the importance of acknowledging the role of age-related emotional information-processing we furthermore discuss the practical relevance of our research regarding clinical work.

### The Impact of Mindfulness Meditation on the Wandering Mind: a Systematic Review

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P6-7-2

Through the practice of Mindfulness Meditation (MM), meditators become familiar with the observation of ongoing spontaneous thoughts, while maintaining an attitude of openness and equanimity. It has been proposed that practicing MM may influence the spontaneous wandering of the mind and its neural underpinnings by increasing practitioners' meta-awareness of mind wandering (MW), enhancing attentional control skills, de-automatizing practitioners' emotional response to MW contents, and allowing them to embrace a more open and accepting attitude towards MW, mitigating its potential detrimental effects. The aim of this systematic review is to present a synthesis of available findings of the short and long-term effects of MM on MW. We wanted to address the topic comprehensively, considering different characteristics of MW: its pattern of occurrence and phenomenology, its physiological and neural correlates, and its effects on cognitive performance. We selected studies that combined first-person with behavioral/physiological measures of MW. The search resulted in 2035 papers, 24 of which were eligible. Reviewed studies revealed a high heterogeneity in designs, outcome measures and interventions. Most of the pre-post intervention studies showed that a protracted practice of MM (at least 2 weeks) reduced MW, limiting its negative effects on different cognitive tasks. Cross-sectional studies highlighted some differences between long-term meditators and naïve individuals: meditators self-reported less task-unrelated thoughts and showed decreased DMN activity, during meditation and resting-state. Further studies are needed to replicate available findings and to more deeply explore how MW is influenced by meditation, also considering the qualitative characteristics of MW that remain a largely unexplored territory.

### The Longitudinal Effect of Stress During COVID-19 Pandemic on Mental Health and Well-Being: What Does Make the Difference?

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P6-7-3

During the emergence of the COVID-19 pandemic, people changed their daily lives and routines. Numerous studies investigated the role of factors which mediated or moderated the impact of covid on mental health. Little evidence exists on how different types of stress longitudinally affect mental health and well-being considering the moderator role of some structural factors (age, gender, socioeconomic status, being in couple, living with children). The changes imposed by the pandemic increased distinct types of stressors: financial, relational and health related, and it is crucial to map the different influences. Researchers are now forced to seek the resources to address the negative experiences associated with this health emergency. The longitudinal sample consisted of 1571 Italian participants (65.6% women; 54.8% parents; 72.0% married, 23.8% cohabiting). Participants are on average 45.8 years old (SD = 11.44). The online questionnaire – administered on March 2020, June 2020, and April 2021 – was based on the stress questionnaire, the dark future scale and the MHC-SF. Anova revealed an increase in mental health in the second wave and a decrease in negative perception of the future. Two multiple regression analyses were conducted to estimate the influence that financial, relational and health-related stress (measured at wave 1, 2 and 3) have on mental health and perception of the future. In the first model, predictors explained 21.1% of the variance of mental health, and wave 3 relational stress ( $\beta = -.163$ ;  $p < .001$ ) and wave 3 financial stress ( $\beta = -.136$ ;  $p < .001$ ) had the strongest impact on wave 3 mental health. In the second model, predictors explained 30.5% of the variance of the negative perception of the future; the main predictor was wave 3 financial stress ( $\beta = .296$ ;  $p < .001$ ). Analysis of moderation will be performed. These results may inform practitioners about risk factors during the pandemic and facilitate the design of interventions.

### Intellectual Control as Integral Part in the System of Personal Mental Resources

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P6-7-4

The article deals with basic approaches in the theoretical research of such unexplored topic as intellectual control. The role of intellectual control is defined as an important psychological characteristic, which determines the efficacy of the psychological regulation in the situation of social interaction. The problem of intellectual control has crucial meaning in the context of influence on the mental health in modern unpredictable social environment. Research of

intellectual control mechanism can help to form adaptive personal coping strategies in the circumstances of lack of social and economic security and sustain mental health stability. The sources of explored topic and basic theoretical approaches to the named phenomenology are examined. Main construct in research of this phenomenology is metacognitive regulation of psychic activity. The author's own intellectual control scale researches this phenomenon. The research of the intellectual control and in particular the interrelation between the intellectual control scale and Rorschach test index has led to unique conclusions on the nature of such complex psychological characteristic.

### **Are Quality of Life Limitations of Patients With Psoriasis Underestimated by „not Relevant Statements“ in the Dermatology Life Quality Index?**

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P7-7-1

The aim was to analyse if the DLQI score of psoriasis patients is biased due to the option to rate 8 out of 10 items as “not relevant”, which according to the manual should be treated as “no quality of life impairment”. First publications have shown that this can lead to an underestimation of quality of life in psoriasis. The extent of such underestimation and the usefulness of alternative solutions should be investigated. Adult patients with psoriasis were recruited in six cross-sectional studies from Germany, Poland, Spain and Denmark. 4.194 patients were included. Most ‘not relevant’ answers were given to questions on sports (22.9%), sex life (20.7%) and work (17.4%). The mean disease severity (PASI) was higher and the mean self-rated health status (EQ VAS) was lower in patients who answered “not relevant” to these questions than in patients who stated that their skin problem has not affected this aspect of life. Age, gender, relationship status and occupational status were predictors for the number of “not relevant” statements in the DLQI questionnaire. The correlations of alternative DLQI calculations with external criteria (PASI, EQ VAS) showed little difference from the original version. However, the correlation of a score from only items 1 and 2 and the external criteria was not lower than that of the original DLQI. Patients who rate certain life aspects as “not relevant” seem at risk of having their real burden overlooked. However, alternatives for calculating the DLQI score have not shown higher correlations with external criteria, but could be useful for facilitating its use in practice, especially the score of items 1 and 2. Overall, the extent to which ‘not relevant’ is chosen in the DLQI questionnaire seems to be influenced by the social situation of the patients.

### **Quasi-Nonverbal Behaviors in the Digital Age: Who Even Uses Emoji**

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P7-7-2

Even before the COVID-19 pandemic, advancing globalization and digitalization caused communication to shift from face-to-face interactions onto digital mediums, especially e-mail and chat messengers. The pandemic rapidly accelerated this process, producing a sudden need for society to fundamentally change the way they communicate day-to-day. The most prevalent digital mediums (i.e., e-mail and messenger services), however, are less broad and omit nonverbal behaviors, such as gestures and facial expressions. Quasi-nonverbal cues, such as Emoji, present an opportunity to counteract this absence of a nonverbal information channel and thus re-enrich conversations. They can act as social information and therefore allow for emotional contagion as well as direct inferences about their user's characteristics. Yet, to assess the validity of these inferences, we need to identify the underlying traits predicting Emoji usage. Therefore, we explored which personality traits, according to the Big Five model, relate to heightened positive and negative Emoji usage in 237 participants. Moreover, we employed a scenario study to assess the impact of communicating with friends, family, colleagues or a date, respectively, on these general preferences. Depending on these contexts, we find distinct positive and negative influence patterns of participants' agreeableness, extraversion, and conscientiousness on both reported and actual Emoji usage, while neuroticism only positively related to the general preference for negative Emoji and openness showed no association. Thus, we provide more detailed insights into the complex interrelations between interindividual traits and environmental factors that affect the prevalence of quasi-nonverbal behaviors in digital written communication. Additionally, we evaluated whether Emoji usage is indicative of and therefore a valid cue for the sender's personality, providing a foundation for future studies assessing Emoji usage from a lens-model perspective.

### **Perceived Safety of the Robot Arm During Two Collaborative Tasks**

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P7-7-3

Human-robot interaction represents a wide interdisciplinary research field with the purpose of understanding, designing, and evaluating robot systems which are used by or with humans. Human perceived safety of the robot plays an essential role in successful interaction and collaboration. The study aimed to see how robot's velocity (slow and fast), tool type (safe, dangerous, and a combination of both), and

scenario (industrial: assemblage of a small electronic device, and laboratory: simulation of the Kirby Bauer method) influence the perception of pleasure, arousal, perceived safety, and intention to collaborate with the robot in the future. There were 33 participants, 12 of whom were men. The mean age of the participants was 26.8 years (min = 19; max = 39; SD = 5.7). None of the participants had previously worked or had other important experiences with such robotic arms. We designed two collaborative applications with the Universal Robots UR5e robotic arm. Every participant was exposed to each condition only once, and the order of the conditions within each participant was randomized. The results showed that both collaborative scenarios elicited high levels of pleasure, low levels of arousal, high levels of perceived safety, and high intention to collaborate with the robot. The most consistent effect was the main effect of the velocity of the robot's movement; higher velocity led to slightly lower levels of pleasure and perceived safety, and higher levels of arousal. Tool type also had consistent effects on the outcome variables. The two dangerous tools (testing leads and a pipette) were associated with slightly lower levels of pleasure and higher levels of arousal. The main effect of scenario was not significant. Our study showed that participants quickly adapted to the collaboration with the robot and perceived the collaboration and the robot itself as safe and pleasurable.

### **"Sensation" in Interdisciplinary Approach – Signals to the Brain and Consciousness from Sensory, Cognitive and Thought Sources**

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P7-7-4

In modern psychology the meaning of the term "sensation" is dependent on the conceptual context of a certain psychological theory. This report presents "sensation" as an interdisciplinary concept considering: a) the psychological comprehension of the "sensation" concept; b) the results of neurophysiological studies demonstrating: i) temporal correlation of sensory stimuli, extrema of the evoked potentials (P300) and sensations occurred in consciousness of the subject and recorded by pressing a button; ii) the coherence of cognitive acts in consciousness when solving a problem accompanied by signals in the neural system is similar to sensory stimuli (P300 cognitive evoked potentials); c) the concept of "qualia" in philosophy of mind, whereby "mental state is conscious if it has a qualitative feel [qualia]... It is often hard to pin down just what the qualitative feel of an occurrent thought is, but it is certainly there", where qualia can be sensations, emotions or thoughts. (D. Chalmers); d) the ontological concept of sensation in Hegel's "Philosophy of Mind". Hegel writes: "Everything that emerges in conscious... has its source and origin in sensation... it not be enough to have principles and religion only in the head: they must also be... in the feeling". «The most interesting side of a psychical physiology ...to explain... just as thinking and mental occupation are felt in the head, the centre of the 'sensible' system". Having been jointly analyzed, states of consciousness caused by sensory

influences, cognitive processes and mental states in the light of "a" - "d)" can be identified in a single way as "sensations". Providing a general approach to defining the concept of sensation is relevant to psychological knowledge as well as to the development of artificial intelligence.

### **Post Traumatic Stress in Bomb Squad Officers, After Operations in Real or Not Real Bombing Events**

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P8-7-1

The purpose of this research was to investigate whether pyrotechnicians of the Greek Police Force develop symptoms of post-traumatic stress after experiencing stressful situations at work. Thirty pyrotechnicians participated in this study, between the ages of 25-60 throughout the Force. For these purposes PLC-5 LEC, criterion A, was used in order to investigate the existence and the severity of post-traumatic stress symptoms in the participant group. The results showed that only a minority of the sample exhibited post-traumatic stress symptoms due to stressful events at work. The majority of the sample did not relive or revive the stressful event; the vast majority of participants did not develop symptoms of post-traumatic stress, such as negative memories, dreams related to the event, nor did they develop psychosomatic symptoms. However, 40% of the participants experienced medium or high distress in cases of recollecting the stressful experience, without though being reflected in intense physical reactions (intense heartbeat, difficulties in breathing, sweating, etc) and irritable behaviour and/or anger. The results indicate a possible relation between low levels of traumatic stress and the organisational, psychosocial environment, feelings of responsibility and their ambivalence to ask for help or exhibit a more vulnerable image, which does not reflect the masculine image of this profession. Individual differences may have affected the results of this research, such as years of experience in this post, resilience and training.

### **Effectiveness of Sports Activity on Myelolysis Patients: Assessment of the Effects on Quality of Life**

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P8-7-2

Sport activity is connected to positive emotions and well-being that the activities carried out give. The myelolysis patient experiences a profound crisis of all the self-perceptive parameters that give the individual the "sense" of continuity of time, an element that is strongly linked to the body image. Already in the acute phase resilience capacity is important, that is, resistance to serious trauma through balanced contact

with the new reality and the simultaneous discovery of “new skills”. Patients oscillate between contrasting feelings’ from despair to optimism, to closure. The aim of the study was to elaborate the mourning of the loss of limb mobility, transform anger into a resource and energy in order to be able to test oneself by practicing the sport of paracanoe. The initial hypothesis is linked to the value of the concept of independent life and to the quality of life that are closely linked to the universal right of self-determination of every human being. This concept is the main guide of this project that is aimed at the Myelolosi, to whom paracanoeing is proposed as a sports practice to express their self-determination and improve their quality of life. The hypothesis is confirmed by the positive relationship between active lifestyle and life expectancy. The normal daily life activities of an individual living on a wheelchair are not enough to maintain valid cardiovascular efficiency. Sport is able to interrupt the vicious circle of sedentary lifestyle and act positively on the state of mood as a protective factor for the onset of anxiety and depression.

### **The Role of Self-Esteem and Sexual Depression in the Physical Pleasure and Emotional Satisfaction With the Partner: A Correlational Study**

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P8-7-3

The aim was to determine if there is a correlation between sexual self-esteem with the physical pleasure and emotional satisfaction with the partner. Method: 149 men (27.1%) and 399 Mexican women (72.9%) between 18-70 years of age ( $M = 36.63$ ,  $SD = 11.08$ ) were selected by non-random sampling. Sexual self-esteem was measured with the Sexuality Scale (Snell & Papini, 1989) with three dimensions: sexual self-esteem (SE), sexual depression (SD) and sexual-preoccupation (SP); and the physical pleasure and emotional satisfaction with the partner was assessed with two items (Laumann et al., 2006). Responses had five options on a scale from “Not at all satisfactory” to “Extremely satisfactory”. The scales were administered in SurveyMonkey and distributed on social networks. A CAPTCHA was included to rule out bots in filling out the surveys. The Bioethics Committee of the National Autonomous University of Mexico approved the study prior to its development. The Sexuality Scale was validated through the CFA ( $CMIN/DF = 2.66$ ;  $NFI = .97$ ;  $CFI = .98$ ;  $RMSEA = .056$  [ $CI .044, .069$ ];  $Pclose = .20$ ,  $\omega = .75$ ). Three factors explaining 74.61% variance were obtained: I) Self-esteem (SE,  $\omega = .90$ ), II) Sexual depression (SD,  $\omega = .92$ ), and III) Sexual-preoccupation (SP,  $\omega = .91$ ). Correlation analyses showed that perception of physical pleasure with the partner correlated with SE ( $r = .44$ , 95% CI [ $.05, .25$ ]); with SD ( $r = -.52$ , 95% CI [ $-.59, -.45$ ]) and SP ( $r = .72$ , 95% CI [ $.66, .78$ ]). Associations were obtained between emotional satisfaction with the partner and SE ( $r = .37$ , 95% CI [ $.28, .46$ ]), with SD ( $r = -.44$ , 95% CI [ $-.53, -.36$ ]), but there was no correlation with SP. The results are discussed in terms of the

role of sexual self-esteem in sexual and emotional satisfaction with the partner. [This work was supported by UNAM-PAPIIT-IN301522.]

### **From Discussion With Parents: Experience of Parents of Children of Different Ages**

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P8-7-4

The parental role is one of the most demanding life roles that can be very fulfilling and simultaneously very challenging and stressful. Parenting today is marked by numerous social changes, so parents are faced with different expectations, pressures and demands in fulfilling their role compared to the parents of previous generations. The dynamics of the modern family, the expectations and aspirations of parents today, facing the challenges of the pandemic, rapid technological development and the availability of various information on parenting are only some factors that can shape the subjective experience of parenting. There is little research in Croatia focusing primarily on parents, particularly qualitative research dealing with the subjective experiences and concerns of parents of children of different age. The paper will show the results of qualitative research conducted as part of the institutional project of the University of Zadar entitled “Parenting today: experiences and challenges”, where parenting is considered as dynamic process that has its developmental stages depending on the child’s age. The research aimed to capture parents’ personal experiences and challenges of children of different ages, early and late childhood, adolescence and already “adult” children. We conducted this qualitative research in various regions of Croatia (Split, Zadar, Biograd, Benkovac and Varaždin), and 103 parents (90 mothers and 13 fathers) participated in 16 focus groups. In presenting the research results, specific topics of parents of children of different ages will be considered in detail, along with the categorization of their personal experiences and challenges. In other words, we will consider parents’ answers to questions about the personal experience of the parental role, sources of satisfaction and concern in the parental role and the changes that parents cite as a consequence of the parental role.

### **Exploring the Relationship between a Concrete Thinking Style and Fatalism in Nicaraguan Adolescents With Low Economic Status**

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P8-7-5

A concrete mindset focuses people on the difficulties to perform the behaviors more than on their final goals,

something largely associated with self-control problems. People suffering difficulties to survive such as individuals with low economic resources are more prone to explain their current life based on external factors (Manstead, 2018), that is, they show a fatalism attitude of passive feelings and resignation. We study the link between concrete thinking and fatalism in Nicaraguan adolescents with low and middle-low economic status. Nicaraguan adolescents (N=834) from schools located in especially vulnerable areas (low economic status) or in neighborhoods with middle-low social class completed several scales and questions to evaluate fatalism (SFC—social fatalism scale) and construal level (BIF). Our results revealed that economic scarcity was associated with lower construal level and higher fatalism in Nicaraguan adolescents. The poorest teenagers presented the most concrete style of thinking and the highest fatalism, in terms of lack of control, predetermination, presentism and pessimism. The relationships between construal level and the subscales of fatalism were significant for lack of control and predetermination and almost significant for the other two subscales. All these results supported that the most severe poverty is clearly associated with a low-level thinking style (concreteness) and fatalism. To conclude, economic scarcity promotes a thinking style focused on difficulties and fatalism, and these traits do not help to successfully face poverty.

### Ageing and Disgust: Is Old Age Associated With Harsher Moral Judgements?

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P8-7-6

The physical decay of the elderly can cause disgust and social rejection. This social rejection may be a problem for older people leading them to exclusion. However, although the association between old age and disgust has always been dealt with in art, literature, religion and the popular consciousness, recent experimental studies on disgust have not paid it the attention it deserves. To address this need, we examined the strength of this association using two experimental studies. We expected that moral judgements will be more severe when the person being judged is an old person rather than a young person. In Study 1 participants have to judge a violation of morality either by an old person or by a young person. Study 2 explored the difference in participants' moral judgments in terms of age (old versus young) and levels of disgust sensitivity (low, medium and high). Study 1 revealed that participants were harsher with young actors than with old actors, but only in some vignettes. Study 2 showed that disgust sensitivity enhances the effect that age has on moral judgement, so, only those participants that scored low levels of disgust were less morally harsh towards the actor of the vignette when the character was old. The idea of old age does not seem to generate moral disgust on its own. In fact, the most disgust-sensitive participants are morally harsher with everyone, not with older people especially.

### Is Virtual Reality Accepted as Part of Interventions for Children With Attention Deficits? Results From a Feasibility and Acceptability Study

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P8-7-6

Attention Deficit Hyperactivity Disorder (ADHD) is one of the most commonly diagnosed childhood neurodevelopmental disorders. It is evidently known that it significantly affects children's school, social and family life making it essential for them and their parents to receive specialized supportive services. Virtual reality (VR) technology has been applied lately as part of intervention programs for children with ADHD specifically for training of the executive function, namely, attention. The main aim of this study, which is part of the European funded project "Neo-PRISM-C: Neurodevelopmental Optimal-Predictors, Risk factors, and Intervention from a Systems approach to Maladjustment in Children" (Horizon2020- Marie Skłodowska-Curie ITN program), is the implementation of a multimodal intervention program for children with attention deficits and their parents utilizing the potentials of VR technology as part of the program. Prior to the implementation of the intervention program, which is called "Child ViReal Support program" (Eiko-Stirixi and child program), a feasibility and acceptability study will be conducted between December 2021-January 2022 aiming to measure the opinions and views of children, parents and facilitators of the intervention regarding the program and the VR technology respectively. The study includes 6 children 9-12 years old with ADHD and their parents. Children test the VR tasks and complete questionnaires for the quality, usability, and acceptability of VR technology and of the virtual tasks that have been scheduled for training attention. Facilitators will also complete questionnaires regarding the VR equipment and tasks. It is expected that children will evaluate positively the usage of VR technology and VR tasks, hence they will support the continuation of its implementation. Furthermore, the results provide valuable feedback for proceeding to all necessary alterations and adjustments, intending to increase VR tasks' feasibility and sustainability.

### Italian Adolescents' Health in COVID-19 Pandemic: Risk and Protective Factors

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P8-7-5

COVID-19 global pandemic and the concurrent limitations have affected significantly on the health of adolescents. Adolescence is a developmental period usually at risk for

problems of adaptation, which can worsen in the event of significant environmental stressors. Moving from these assumptions, the present research had the aim of investigating both potential adaptation problems and resources of Italian adolescents, focusing in particular on the following areas: social relations, perceived stress, and use of new technologies. An online qualitative and quantitative survey was administered to 415 students (Mage = 17.82 [SD = 0.90]), with specific instruments measuring media use habits, interpersonal relations, video game addiction (VGA Questionnaire; Gentile 2012), perceived stress (Adolescent Stress Questionnaire; Byrne, 2004). The 41% of the participants were male, 56% female and 3% chose not to declare gender. The 93% of participants were Italian-born, while 7% were with migrant background. Data showed that 66.42% of participants reported an increase in Internet use during the lockdown and 40.77% reported an increase of videogames use. Mean hour per week of Internet use were 40.06, while mean use of videogames per week was 16.56 hours. About 33% of participants resulted at risk of Internet Gaming Addiction. The 60% of participants encountered “disturbing” contents on Internet (eg., violence, discrimination, sexism, pornographic contents, etc...). Alarmingly, 36.1% of them did not report these contents to anyone. Students’ scores highlighted that the uncertainty for the future (M = 3.41 on a 1-5 scale) was the most relevant stressor. Finally, 43% of students reported that during the pandemic, the relation with their mother was improved and 34% said the same about the relations with their father. Results seem to indicate that COVID-19 pandemic heightened the risk for maladaptive outcomes in adolescents, especially as regards risk of technological addiction. However, interpersonal relations seem to counteract as protective factors.

### **Cooking Therapy and COVID-19: A Protocol for the Management of Anxiety and Stress From a Health Emergency**

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P8-7-6

The objective of the study was to evaluate whether the Dr Roccaro Cooking Therapy protocol could be used and have beneficial effects for the control and management of anxiety and stress from health emergencies. The assumption on which Cooking Therapy is based is “I’m sick so I cook” which has nothing to do with “I’m sick so I eat”. In March 2021, the Cooking Therapy workshops were remodeled from residential to online and the Cooking Therapy protocol for managing anxiety and stress was expanded with additional diaphragmatic breathing exercises and relaxation techniques, focusing attention on the emotional consequences. and psychological experiences during the lockdown; the protocol provided for a cycle of 4 videocall meetings preceded by a telephone consultation and the sending of forms relating to the consents and procedures to be followed for an effective result. Each workshop consists of 7 main phases: fastening the apron, reading the recipe, weighing the ingredients,

kneading, dressing, decorating, sharing; these act on 4 dimensions: physical, cognitive, social, intra-personal. It sees the participation of a small group, has a duration of 90 minutes and a biweekly frequency. For the collection of data, direct observation and narration of the experience were used. To conclude, from the objective observation and feedback received from the participants it emerges the reduction of anxiety and stress and a greater awareness of one’s resources in managing the consequences of the pandemic. The positive results that emerged from this study show that the Cooking Therapy protocol can be used for the treatment of long-covid. The reduced data, however, impose the need to continue the experimentation. Therefore other studies will be carried out in this direction.

### **Chess and Disability**

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P8-7-7

The game of chess helps the identification of the self. The chess project was based on these premises and was organized in the form of “competition Rehabilitation Centres: participation of “special Athletes” (differently abled) and “Partners” (normal people), the latter as a support. The partners supervise and cannot give suggestions or intercept the pawn in their direction. Main parameters are: the participation of the athletes shall be kept proportional so as to guarantee equal difficulty; the teams will be formed by athletes and partners as much homogeneous as possible according to their age and ability; the tournaments and divisions shall be organized according to the level of abilities relating to ICF codes; all the athletes will be awarded a prize; the trainers shall not be admitted to the game. Aims are: domain of expertise – leadership – sensitivity, combined abilities; keeping their area of competence, moving forward to checkmate, moving backward to defend their pawns, the concept of time, development of attention; keeping and consolidating the acquired psycho-motor abilities, visual-spatial scheme under continuous control, axial and distal laterality, special-temporal orientation, conceptive and postural praxia. Psycho-social aims are: self-esteem, motivation, collaboration, acceptance. The project shall be introduced in the style of a game by gradually going from “easy to difficult”, varying the forms and contents according to the real capacity. Trainings will be one and a half hours composed of: warm-up with the explanation of the basic technique, theme game to promote techno-tactical learning, free game, final salutation in group. Regular meetings should be held to let each athlete express him/herself and feel part of the team. The project executed into 5 years involved 29 disables. We observed that they were able to psychological limits, develop a better self-knowledge, highlight their special qualities and get socially integrated.

## Conceptual Expansion as a Measure of Creative Cognition: Personality and Cognitive Correlates

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P11-7-1

An experimental task that measures the extent to which a person's drawings of a particular concept (e.g., an animal) may deviate from existing schemas has often been used as a measure of creative cognition and thus as a proxy for creativity, but its metric properties along with personality and cognitive correlates have been poorly explored. In the present study, 273 participants completed the drawing creativity task, the Stroop response inhibition task, the verbal fluency test, the digit span task, the cognitive flexibility test, and a measure of the five personality factors. Of the Big Five personality factors, only openness to experience was associated with the drawing creativity task. The results are consistent with previous studies in which individuals' propensity toward enjoyment in novelty, to appreciate unusual ideas and art, were found to be the most important predictor of creativity, regardless of the type of creativity measure. Regarding cognitive variables, participants who drew a more creative animal exhibited higher verbal fluency and working memory capacity, but not higher response inhibition and cognitive flexibility. The fluency factors as narrow cognitive abilities in the CHC model are one of the most used measures of creativity and the mode of responses was different - verbal, compared to the drawing creativity test, the significant relationship between them is also an indicator of the convergent validity of the test. Non-significant correlations between the drawing test and indicators of cognitive control may indicate the complexity of the role of cognitive control in creativity. Although some studies have shown possible benefits of reduced cognitive control on creativity, others show a positive relationship between them. Therefore, a more detailed design of the exact nature of the cognitive control task in future studies could reveal the precise role of inhibition, shifting, and updating in each stage of creative production.

## Executive Control and Anxiety in a University Student Sample

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P11-7-2

A considerable number of investigators have examined the hypothesis that attenuated "top-down prefrontal control" of amygdala function is causally related to pathological anxiety. The present study explored the association between frontal executive control as determined by scores on the Frontal Lobe Personality Scale (FLPS) and anxiety symptoms in a university student sample ( $n = 795$ ). The hypothesis that scores on FLPS subscales assessing executive dyscontrol and disinhibition will correlate positively with scores on measures

of social and state/trait anxiety was tested. Participants completed Turkish versions of the FLPS, State-Trait Anxiety Inventory, Liebowitz Social Anxiety Scale, and Brief Fear of Negative Evaluation Scale. A subset of the sample ( $n = 634$ ) completed the latter measure. Analysis revealed positive associations of moderate strength between scores on FLPS subscale assessing executive dysfunction and scores on measures of state/trait anxiety, social anxiety/avoidance, and fear of negative evaluation. Positive correlations between scores on FLPS disinhibition subscale and state/trait anxiety, social anxiety/avoidance, and fear of negative evaluation, albeit significant, were appreciably weaker. Scores on FLPS subscale evaluating apathy correlated significantly with state/trait anxiety, social anxiety/avoidance, and fear of negative evaluation with moderate positive associations. Discrete multiple regression analyses showed that FLPS executive dysfunction and apathy scores were significant independent predictors of trait and social anxiety (LSAS-total), and fear of negative evaluation with executive dysfunction making the strongest contribution in the analysis of trait anxiety and fear of negative evaluation, and apathy making the strongest contribution in the analysis of social anxiety. Disinhibition scores did not significantly predict trait anxiety, social anxiety, fear of negative evaluation. All three FLPS subscales were significant predictors of state anxiety with executive dysfunction the strongest and disinhibition the weakest. Self-reported executive dysfunction and apathy are significant predictors of state/trait and social anxiety, and fear of negative evaluation.

## Dyadic Coping and Relationship Characteristics

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P11-7-3

There are a number of research analyzing dyadic coping in the context of individual, interpersonal, and social characteristics. Using our research database including data of 929 adults we explored the relationship between dyadic coping and type and duration of relationship and raising children. We collected data using Dyadic Coping Inventory (DCI-H), Relationship Assessment Scale (RAS-H) and asked participants about the type and the duration of their relationship, and whether raising children together. We compared the groups with variance analysis tests and independent sample's t-tests, then also tested the interactions between the variables. Results show that more positive dyadic coping was perceived among people living separately in a committed relationship and people living together, while married people perceived more negative dyadic coping than the other groups ( $p \leq .003$ ). According to duration of relationship results showed that long-time partners perceived less positive and more negative dyadic coping than people who spent shorter time in their current relationship ( $p < .001$ ). There were also significant differences between people who raise children with their partner and people living in childless relationship, the latter perceived more positive and less negative dyadic coping ( $p \leq .003$ ). Dyadic coping scales showed significant differences

between the sexes ( $p \leq .041$ ), but there were interaction only between the duration of relationship and sexes concerned to positive dyadic coping of the partner ( $F = 3.671$ ;  $p < .001$ ;  $\eta^2 p = 0.012$ ). To conclude, there is more negative and less positive dyadic coping perceived as time goes by in the relationship and it's perception changes mostly similarly for both sexes during the time of relationship, but women being in a relationship for less than two years perceive their partner's dyadic coping more positively than men, and it shows the opposite when being in a relationship more than five years.

### Relationship Between Attachment and Epistemologically Unwarranted Beliefs Related to COVID-19 Pandemic

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P11-7-4

Epistemologically unwarranted beliefs (EUB) are those types of beliefs which are inconsistent with the totality of knowledge and evidence available at current time. Examples of EUB are conspiracy and pseudo-scientific beliefs, many of them currently related to COVID-19 pandemic (e.g., governments spread the virus; vaccine causing infertility). Previous research suggested that insecure attachment can predict EUB, especially due to the tendency to exaggerate the intensity of threats. In our study, we investigated this assumption in the sample of Slovak participants. We assumed that attachment anxiety and avoidance would positively correlated with general tendency to accept conspiracy and pseudoscientific beliefs, as well as with acceptance of conspiracy and pseudoscientific beliefs related to COVID-19. We also assumed positive correlations between conspiracy and pseudoscientific beliefs, as EUB tend to form monological thinking style. The sample included 761 participants recruited from online platforms in Slovakia, 160 were men (21%), age from 18 to 68 years. The measures focused on general tendency to conspiracy thinking (Conspiracy Mentality Questionnaire) and pseudoscientific beliefs (Pseudoscientific Beliefs). We also used COVID-19 Unwarranted Beliefs Scale for measuring COVID-19-related conspiracy and pseudoscientific beliefs. For measuring attachment, we used The Experiences of Close Relationships-Revised. Data were analysed through correlational analysis. The results showed very small and negligible correlations between attachment and both general and COVID-19 related conspiracy and pseudoscientific beliefs. We found positive relationships between both types of EUB. The results did not confirm our assumption about positive relationship between insecure attachment and EUB. It seems that insecure attachment is not robust and general predictor of EUB, especially in Slovak culture. On the other hand, we found strong positive relationships between different types of EUB, which confirmed the assumption that EUB tend to form monological thinking style.

### Study of Psychopathology in Health Professionals in COVID-19 Reference Hospital

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P11-7-5

The COVID-19 pandemic has affected the quality of life of both the general population and health professionals and has increased the levels of psychopathology among them. The study of Posttraumatic Stress Disorder in the staff of the COVID-19 reference hospital, one year after the onset of the pandemic, for the design and implementation of prevention interventions. The sample consists of 400 health professionals, 102 men and 298 women, from Sotiria Hospital. 69 were doctors (17.3%), 211 nurses (52.8%), 57 administrative staff (14.2%), 16 scientific staff (4%) and 47 others (11.8%). Participants were asked to complete their demographic characteristics and complete: 1) the PTSD Checklist (PCL) questionnaire, 2) the Connor & Davidson Mental Resilience questionnaire, 3) the WHO Quality of Life questionnaire (WHOQOL-BREF). The survey was conducted from May to July 2021 and analyzes were performed with the statistical package SPSS-26. The findings show that both marital status [ $F(3,396) = 3.23$ ,  $p = .02$ ], and employee education [ $F(2,397) = 4.90$ ,  $p = .008$ ] have a statistically significant effect on resilience, while specialization, gender, field of work and age were not found to have a significant effect. 13.5% of the staff has PTSD, which affects physical and mental health, social relationships and the environment. People with PTSD have lower resilience than those without PTSD. To conclude, the research findings show that resilience has a protective effect on the development of PTSD. Therefore, short interventions, such as mindfulness, positive rethinking and discussion groups among staff, may potentially relieve and increase their mental resilience.

### Psychometric Properties of the Czech Adaptation of the Lesbian, Gay, and Bisexual Identity Scale (LGBIS-CZ-6)

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P11-7-6

Growing body of literature on LGBTQ+ psychology and LGB identity substantiates the importance of developing and adapting measures for use within diverse groups of non-heterosexual people across different national and regional contexts. Although the research on non-heterosexual identity development has become vibrant in the past few decades, it remains scarce in Central and Eastern Europe. Measures allowing for researching diverse groups regardless of their gender, sexual orientation, or different cultural background

able are still rare. The goal of the present study is to examine psychometric properties of the Czech adaptation of six subscales of the multidimensional Lesbian, Gay, and Bisexual Identity Scale (LGBIS) and verify its applicability in Czech or, more generally, post-socialist context. Different socio-cultural and political climates might have influenced LGBTQ+ peoples' identities in yet underexplored ways. Factor structure and multigroup invariance of LGBIS-CZ-6 were inspected via structural equation modeling to prove the convergent validity of the scale. Correlations with measures of well-being, psychological distress, social support, life satisfaction, and specific sexual-minority stress processes were used. Original factor structure of LGBIS was replicated on the Czech sample; moreover, a better fitting bifactor model is provided. Configural, measurement, and partial structural invariances were supported. LGBIS correlated with the majority of measures of related constructs in predicted fashion. To conclude, LGBIS-CZ-6 is a well-functioning measure of non-heterosexual identity. Established multigroup invariance of the scale showed that the proposed constructs measure equally in gays, bisexuals, lesbians, men, and women (both cis\* and trans\*) and can be used to compare these groups on latent constructs. Nevertheless, problems with two subscales arose (Identity Affirmation and Internalized Homonegativity) in terms of their items functioning – we argue that it is necessary to improve the scale in the future regarding its ability to measure attitudes toward non-heterosexual identity in non-heterosexuals.

### Role of Personal Resources in Psychological Well-Being of Highly Sensitive People

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P11-7-7

Sensory processing sensitivity is a natural feature of temperament, but the research shows that it is associated with low well-being. The aim of this research was to verify if developing psychological flexibility, self-compassion and ego-resiliency, improves psychological well-being of highly sensitive people. It is partly an exploratory study, due to lack of scientific data describing the relationship between the sensory processing sensitivity and personal resources. The sample consisted of 472 participants from the general population (58.9% female, 40.3% male, 0.8% other gender; age  $M = 29$ ,  $SD = 10.9$ ) who completed an online survey. Psychological Well-Being Scales (PWBS), Self-Compassion Scale-Short (SCSS), Acceptance and Action Questionnaire (AAQ-II), Ego Resiliency Scale (ER89-12R) and Highly Sensitive Person Scale (HSPS-27) were used as data collection tools. Correlation, regression and moderation analyses were conducted. Pearson's correlations indicated significant relationships between variables of interest, such that increases in the sensory processing sensitivity were associated with decreases in psychological well-being ( $r = -.30$ ,  $p < .001$ ). Psychological flexibility moderated the relationship between psychological well-being and sensory processing sensitivity, such that higher psychological flexibility was associated with

lower psychological well-being in highly sensitive individuals ( $\beta = 0.33$ ,  $p < .05$ ). The moderation was not significant in the case of self-compassion and ego resiliency. These findings suggest that high sensory processing sensitivity is associated with low psychological well-being, which is consistent with the previous research. Developing personal resources grounded in Acceptance and Commitment Therapy does not increase psychological well-being of highly sensitive people. Future research should concentrate on finding other, more adequate solutions beneficial for highly sensitive individuals.

### Social Aversive Traits as Predictors of COVID-19 Epistemically Unfounded Beliefs

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P11-7-8

COVID-19 epistemologically unfounded beliefs (C-19EUB) are those beliefs, which are inconsistent with the totality of knowledge and evidence of contemporary science. They usually include conspiracy (e.g., Bill Gates is sponsoring COVID-19 vaccines to distribute nanochips to humans) and pseudo-scientific beliefs (e.g., vaccines cause infertility) about COVID-19. C-19EUBs are considered to be a complex multifactor phenomenon and a result of the interaction between personality, cognitive and social factors, however, previous research suggested that social aversive traits can have an important effect on such beliefs. The present research focuses on the question of whether social aversive traits as measured by Dark Tetrad: narcissism, psychopathy, machiavellianism, and sadism predict C-19EUBs. The sample includes 720 participants recruited through online panel of research agency, 360 (50%) of them were women, mean age was 38.80 years (range from 18 to 61). C-19EUBs were measured by the original scale consisting of items reflecting most frequent conspiracy (example item: There are medications for COVID-19 that some groups of people keep secret). and pseudoscientific (example item: 52% alcohol is already a proven drug against COVID-19) beliefs related to COVID-19. Social aversive traits were measured by Dark Tetrad scale with four dimensions: narcissism, psychopathy, machiavellianism, and sadism. Data were analyzed by linear regression analysis with C-19EUBs as dependent variables, social aversive traits as predictors, and demographic information (gender, age, education) as control variables. The results showed that narcissism and psychopathy positively predicted all types of C-19EUBs. The whole model with Dark Tetrad traits and demographic variables explained 13% of the variance in pseudoscientific beliefs and 12% in conspiracy beliefs. Results confirmed that specific social aversive tendencies represented by Dark Tetrad play a significant role in accepting C-19EUB and should be taken into account when considering sources of C-19EUB at the individual level.

## The Personality Structure of Polish Verbs: Changes Resulting in the Restrictive and Unrestrictive Methods

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P11-7-9

In the past decades, psycholexical researchers have been spending a lot of effort in the development of knowledge on the personality structure. They used one of two methods: restrictive or unrestrictive, on the number of languages. The literature reports differences between obtained structures and some of those are being assigned to the use of the different methods. We decided to explore the question: which of those differences actually stem from the choice of method? In order to respond to this question, we did as follows. Firstly, we have performed a full restrictive study on Polish verbs, based on Angleitner's approach (already reported). Secondly, we performed the unrestrictive study on the same language, part of speech, and the same dictionaries, but following the procedure of De Raad and Barelds. Therefore, we have selected words gradually narrowing down the list, resulting in 6677 verbs chosen. On this basis we have formulated short sentences, grouped them according to the morpheme, and chose one, that was considered the best (well-known and easily understandable). Since we desired the best possible grounds for comparison, we also added up those words, that were on the final restrictive list. Resulting in a list of 1074 sentences. Due to the COVID-19 pandemic, the questionnaire was distributed online to over 1000 participants. Gathered data allowed us to perform a number of analyses aiming to (1) establish the unrestrictive structure of Polish verbs; (2) verify the structure of the restrictive list, added to the newest study and therefore – with the context of the sentence; (3) identify the differences between the unrestrictive and restrictive structures. This presentation will be dedicated to introducing the most important ones and answering the main question asked.

## Drawings in Draw-Your-Family-as-an-Animal Test and Evaluation of Impressions of Self and Parent

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P11-7-10

The Draw-Your-Family-as-an-Animal (DFA) test is one of the drawing tests, in which the individual is instructed to represent their family as an animal through a drawing. This study was conducted following a presentation in ECP 2019 (Family image depending on Draw-Your-Family-as-an-Animal Test: Kodama, Yoshioka, and Gan). We administered the DFA and the Specific Adjectives Scale to 90 Japanese students to evaluate in detail the relationship between their

drawings in the test and their impressions of their selves and parents. The results indicated that (1) impressions about the mother were the most positive, with high scores, and those about themselves were the most negative, with low scores, in 13 of the 20 items. Impressions about the father were the most insensitive. Impressions about parents were more confident, kind, and short-tempered, compared with the self-image. (2) In the factor analysis, the Specific Adjectives Scale yielded three factors: extroversion, agreeableness, and conscientiousness. Regarding animals representing the self, filling the drawing with shapes was related to agreeableness, and the depiction of beards and something sharp or pointed (e.g., teeth, fangs, or beaks) was related to extroversion and conscientiousness. Regarding the animals representing the father and the mother, facing forward and filling the drawing with shapes were, respectively, related to conscientiousness. The results suggest that the animals representing the self and parents differ in nature and impression. These results will be valuable DFA data for understanding clinical situations.

## Who Copes Better With Negative Mood? Thinking About Time, Coping With Negative Mood, and Extraversion

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P11-7-11

Representations of time is the manner of metaphorical conceptualization of time. There are two basic representations of time: moving time in which the person is motionless ( time-moving, e.g., Vacation is coming ) and motionless time in which it is the person that moves ( ego-moving, e.g., We are approaching vacation ). The aim of the experiment was to examine the relationship between negative mood regulation expectancies, extraversion, and the ego-moving or time-moving perspective on time. The participants (N = 101) were divided into three groups: the ego-moving, the time-moving, and the control group. The ego-moving group was stimulated into thinking about time in ego-moving terms, while the time-moving group was stimulated to think about it in time-moving terms. The results indicated that the ego-moving mode of thinking about time was a moderator of the relationship between extraversion and coping expectancy. Our findings suggest that putting the participants through the ego-moving procedure increased the relationship between extraversion and coping expectancy, whereas if they were induced to think about time in time-moving terms the results showed a statistically non-significant relationship between extraversion and the belief in one's ability to cope with negative mood. Our results highlight the need for different approaches to extraverts and introverts in psychological work using the analyzed ways of thinking about time. Especially in the case of people with a low level of extraversion it is important to strengthen thinking about time in time-moving terms.

## Personality Traits and Self-Regulated Learning Among Adolescents

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P11-7-12

The present study sought to examine the link between perceptions of personality traits and self-regulated learning among secondary education students. Previous research has shown that self-efficacy and certain personality characteristics, such as conscientiousness and openness to experience, can act as strong predictors of motivation and learning among students. Relevant studies are sparse in Greece to the best of our knowledge. The sample consisted of 250 students (134 boys and 116 girls,  $M = 13.62$ ,  $SD = 0.597$ ) from 3 public secondary schools of the broader area of Attica, mainly in Athens (convenience sample). The students' parents were kindly asked to fill in a consent form for their children's participation in this study. At all stages of the study personal data and privacy were protected by design and by default. Participants completed the following self-report questionnaires: the Greek version of the Motivated Strategies for Learning Questionnaire (MSLQ) and the questionnaire of personality components for children and adolescents (E-DIPROPE-12). Findings indicated a significant link between adolescents reported personality traits and use of motivated learning strategies. More specifically, significant positive correlations were found between control beliefs about learning and self-efficacy for learning and performance as perceived by adolescents, and conscientiousness, intellectual development, agreeableness and extraversion. Furthermore, the above reported personality traits emerged as significant factors in predicting motivated learning strategies among participants. The present findings provide some evidence of the association between students' personality characteristics and learning. Moreover, they have important educational and psychological implications as they highlight the need for effective educational environment provision for different personality traits and approaches to learning.

## Age and Gender Differences in Children's Conception of Friendships

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P13-7-1

The conception of friendships undergo developmental changes, as friendship formation is guided by what the child expects from friends. Young children base their friendship relationships on propinquity, view their friends as playmates and describe them primarily in terms of overt concrete behaviors and physical attributes. As children grow older, the friendship focus shifts to seeking affection, validation, and acceptance. Although boys and girls do not differ in their abilities to maintain friendship relationships, they have different expectations from their friends. Boys

want to have a lot of friends with common interests, while girls have fewer friendships characterized by intimacy and emotional support. The present study examined age and gender differences in children's friendship descriptions and expectations. One hundred and eighty eight children ( $M = 8.51$  years old,  $SD = 1.70$ , age range: 6 to 11 years, 96 boys-51.1%), were interviewed about their friendships and produced drawings of their best friend. Common activities, propinquity and support were identified as the most salient friendship characteristics for most children irrespective of age. Affection emerged as a friendship characteristic for older children only. Similarity between best friends was more common in older children's conception of friendships. The girls' score on quality in friendship expectations increased with age while the boys' did not. Finally, girls reported significantly higher levels of friendship quality expectations than boys did. The present study supports previous evidence attesting to the developmental changes in children's understanding of friendships and friendship expectations. As children grow older they tend to highly value the emotional base of friendships and the quality in friendship relationships. Girls tend to value more than boys the quality in their friendship relationships. The present findings contribute to our understanding of children's friendships, and can be of good use by parents and professionals involved in children's education, development, and adjustment.

## The Predictive Roles of Prosocial and Aggressive Behaviours, and Socioeconomic Status on Perceived Classroom Climate in 4th-Grade Children

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P13-7-2

Classrooms are one of the important socializing venues for children. That's why it is important to be aware of the factors that affect perceived classroom climate in order to decrease negative behaviors and promote positive behaviors. Moreover socio-economic status (SES) of the parents may be linked with adjustment of their siblings in the classroom (Perry & Szalavitz, 2006). Therefore, the current study tested four hypotheses: H1- Pro-social behaviors will be associated with perceived positive classroom climate positively; H2- Aggressive behaviors will be associated with perceived positive classroom climate negatively; H3-SES will predict and moderate the relationship between pro-social behaviors and perceived classroom climate; H4; SES will predict and moderate the relationship between aggressive behaviors and perceived classroom climate. A total of 152 (81 male, 71 female;  $M = 9.63$ ,  $SD = .97$ ) students were recruited who completed self-report measures including demographic questionnaire, Aggressive and Pro-social Behaviors Questionnaire (Boxer et al. 2004) and Student's Perceptions of the Classroom Environment Scale (Ryan & Patrick, 2001). Regression analysis indicated that parental income level as one of indicators of SES ( $\beta = .478$ ) and aggressive behaviors ( $\beta = -.258$ ) predicted positive classroom

climate but not prosocial behaviors. When parental income level was low, there was a significant positive relationship between combined prosocial behaviors and perceived positive classroom climate,  $\beta = 0.755$ , 95%CI (0.279, 1.231),  $t = 3.13$ ,  $p = .002$ . When parental income level was low, there was a significant negative relationship between aggressive behaviors and positive classroom climate,  $\beta = -0.578$ , 95%CI (-0.816, -0.341),  $t = -4.81$ ,  $p = .001$ . Therefore all hypotheses except H3 were accepted. These results will be discussed in scope of Ecological Systems Theory (Bronfenbrenner, 1979) which handled the interactions between individual, parental level factors and proximal systems (ex: classrooms).

### Effects of Child and Environmental Risk Factors on Reading Readiness in Young Children at Family Risk of Dyslexia

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P13-7-3

This study examined the role of child and environmental risk factors in reading readiness among Chinese-speaking children at family risk (FR) of dyslexia. The sample contained 152 Hong Kong Chinese children, including 76 children at family risk for dyslexia and 76 typically developing children who completed the assessments of phonological processing skills and word reading. The parents of children were provided measures of literacy skills, socioeconomic status, home literacy environment, and child health via assessments and questionnaires. Results showed that FR group performed less well on language and reading skills and experienced more environmental adversities and health risks than the typical group at age 4. Hierarchical regressions showed that home literacy environment and child health predicted reading readiness for the FR group. Findings highlight the importance of home literacy environment and child health for children at family risk of dyslexia and the need to support parents in providing home literacy activities and health programs to promote children's learning and well-being in the early years.

### Effectiveness of the Program Unplugged on Alcohol Use and Drunkenness Among Schoolchildren

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P13-7-4

The objective of the study is to examine the long-term effectiveness of the school-based drug prevention program Unplugged supplemented with n-Prevention booster sessions, gender and moderation effect of gender on reported alcohol use (AU) in the past 30 days and reported drunkenness in the past 30 days. In 2017/2018, Unplugged was implemented in Slovak primary schools. A sample of 408 ( $M = 14.48$ , 51.96% girls) schoolchildren was collected before program implementation (T1), immediately after implementation (T2),

12 months later (T3), and 24 months later (T4). The Unplugged used a Solomon four-group design. The experimental groups were differentiated between a group without n-Prevention and a group with n-Prevention. The sample was split into a control (CG1), experimental (EG1), and experimental group with n-Prevention (EG1\*) with a pre-test and into control (CG2), experimental (EG2) and experimental group with n-Prevention (EG2\*) without a pre-test. AU and drunkenness was dichotomized. Binary logistic regressions were used to analyze the data at every measurement point. AU and drunkenness at T1 in a pre-test design and at T2 without a pre-test design were used as the control variables. There was no significant effect with a pre-test at T3. Unplugged without a pre-test had significant effect on AU at T3. Schoolchildren in EG2 and EG2\* were less likely to report AU compared to CG2. In Unplugged without a pre-test, there was also a significant effect on drunkenness at T3. Schoolchildren in EG2\* were less likely to report drunkenness compared to CG2. There was no significant effect on AU and drunkenness at T4. There was no significant effect or moderation effect of gender at T3 nor T4. ns: The results show the long-term effectiveness of the Unplugged without a pre-test design 12 months after program implementation in EG2 on AU, and in EG2\* on AU and drunkenness.

### Teacher Education Students' Commitment to the Teaching Profession in Relation to Their Expectations of Working as a Teacher

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P13-7-5

This study aimed to examine how different expectations of working as a teacher are related to teacher education students' commitment to the teaching profession. The participants were 490 first-year master's students enrolled in various two-year teacher education programmes at the University of Ljubljana, Slovenia. The students completed a questionnaire about their commitment to the teaching profession and their different expectations about working as teachers. Hierarchical regression analysis revealed that some expectations about working as a teacher significantly predicted students' commitment. The results suggest that students who are most committed to the teaching profession expect to have high job satisfaction in working as teachers and also have positive expectations of their own effectiveness in dealing with various aspects of teaching and classroom management. However, students' expectations of their future working conditions and job benefits were not found to be related to their commitment. The results also showed a weak positive correlation between students' commitment and their level of teaching experience. The study findings suggest that teacher education students' commitment to the teaching profession depends on intrinsic rather than extrinsic factors and can be improved by students' first teaching experience. This may have some practical implications for the educators in teacher education programmes who wish to promote students' commitment to the teaching profession.

## Educational Module on Suicidality: Effects on Mental Health and Perceived Competence in Students

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P13-7-6

When working as a mental health professional, one can also deal with suicidal individuals. For this reason, students interested in working in mental health care must receive adequate training. However, as there is very little data on this topic, this study aimed to examine the effect of an educational module on suicidality on students' mental health and perceived competence. Forty-four participants (students of master's and bachelor's programmes in psychology from two universities in Slovenia) took part in the study. Twenty-two participated only in the baseline measurement and 22 (intervention group) participated in both baseline and follow-up measurement. Both groups answered an online questionnaire battery with questions about depression, anxiety, stress, acquired capability for suicide and perceived competence in working with suicidal individuals. To determine if the intervention group was representative and comparable to other groups (of students), we compared baseline data for the intervention and control groups. The two groups did not differ significantly on depression, anxiety, stress, acquired capability for suicide and perceived competence in working with suicidal individuals. Further analyses compared the mean scores of the intervention group at baseline and follow-up. There were no statistically significant differences in the mean scores of the depression, anxiety, stress, and acquired capability for suicide scales. However, statistically significant differences ( $z = -2.88$ ,  $p = .003$ ) were found when mean scores of perceived competences were compared at baseline ( $M = 3.26$ ) and at follow-up ( $M = 3.62$ ). Our study confirms that participation in an educational module on suicidality has a positive effect on perceived competence and no negative effect on mental health.

## Tutoring Program of the Polytechnic Institute of Portalegre: Combating School Dropout, Absenteeism and Academic Unsuccess

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P13-7-7

This project aimed at proposing preventive measures and methods to foster the fulfilment of academic objectives and goals committed in the Strategic Plan of the Polytechnic Institute of Portalegre. To this end, a study was carried out with the purpose to identify indicators of school dropout, absenteeism and academic (un)success. This study was implemented through a survey based on sociodemographic data and through the application of the "survey of academic experiences reduced version" (QVAr by Almeida, Soares &

Ferreira, 2002). The study focused on a sample of 506 students from the Polytechnic Institute of Portalegre. The analysis of the predictors of school dropout, absenteeism and academic (un)success was performed using a multiple linear regression through the stepwise method. Accordingly, the results showed a dependency relationship between school dropout, absenteeism and academic (un)success on the one hand and the students' academic experiences on the other hand. Taking the results obtained into account, a tutoring program was developed with the following objectives: (i) to facilitate the students' integration, adaptation and progress in academic life; (ii) to evaluate the students' potential difficulties and to develop tutoring programs; (iii) to efficiently articulate the students' needs with the available resources; (iv) to facilitate the transition from higher education to the labour market; (v) to develop soft skills in students.

## Social Responsibility in the Higher Education Curriculum

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P13-7-8

Higher education is increasingly focused on the objectives that have been defined for 2030 by several organizations. Accordingly, recent guidelines, such as those derived from the OECD Learning Compass 2030, consider the curriculum as a set of knowledge, skills, attitudes, and values that are necessary for students to contribute decisively to the well-being of their communities. In this context, a program was developed in partnership with several higher education institutions. The project was funded by Poland's NAWA Program, in conjunction with Wyższa Szkoła Informatyki i Zarządzania w Rzeszowie (Poland), University of Bologna (Italy), Université de Nice - Sophia Antipolis (France) and the Polytechnic Institute of Portalegre. The contribution of the Polytechnic Institute of Portalegre is focused on combining the project with Social Responsibility – an area that is increasingly incorporated in the Higher Education curriculum – with the aim to modify the process of training students, taking into account that the alliance between knowledge, skills and attitudes reflects the social responsibility. Thus, it is intended to provide students with a set of skills and attitudes that make them more active in the sphere of Social Responsibility. To this end, eight tools (Change of perspective, Cognitive Reconstruction, Identify your values, Set Goals, Personal SWOT Matrix, Soft Systems Methodology, Decision Tree and Rich Pictures) were chosen. In the light of this, a volunteer exchange was also created in which the enrolled students developed social volunteering activities in different institutions in the city of Portalegre. This project focused on social responsibility and intended to provide students with instruments and skills that combine training in higher education with the values of social responsibility. Accordingly, it aimed at building a profile of the students which embodies the principles of social responsibility that one may apply in common life, in the workplace and in one's community.

## An Examination of Parents' Perceptions of Trustworthiness of Teachers for Children With Suspected Developmental Disorders

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P13-7-9

In Japan, there is limited quantitative research on parents' perceptions of the trustworthiness of homeroom teachers (referred to as PCTT). Effective collaboration between parents and schools is essential. In suspected developmental disorders, a child is likely to have difficulties adjusting to school, and unique challenges frequently arise in collaboration. This study focused on PCTT of parents of children with suspected developmental disorders. We explored and clarified the characteristics of children related to PCTT through a questionnaire survey. One hundred twenty-nine parents of children with suspected developmental disorders responded to an online survey through a panel held by a survey monitoring company. The survey included: (1) Parental Cognition of Trustworthiness of Teachers; (2) Gender, age, and schooling status of children; (3) Strength and Difficulties Questionnaire Japanese version (SDQ): Emotional, conduct and peer relationship problems, hyperactivity/inattention, prosocial behavior, and overall difficulty subscales; and (4) Presence and frequency of school problems and satisfaction with school response. The correlation coefficients between PCTT scores and the five subscales of the SDQ were calculated. A small significant negative correlation ( $r = -.19, p = .031$ ) was found for peer relationship problems. A medium significant positive correlation ( $r = .29, p < .001$ ) was found for prosocial behavior. Correlation coefficients of the PCTT scores for the subjects who answered that they had problems at school ( $n = 98$ ) showed a high positive correlation ( $r = .59, p < .01$ ) with satisfaction with school response. A relationship thus exists between children's interpersonal relationships (peer problems and prosocial behavior) and the PCTT. This result supports previous studies indicating that children's interpersonal relationships may be an important factor in school adjustment problems affecting PCTT. Furthermore, as previous research suggests, it is essential to respond to problems quickly.

## Development and Validation of a Serious-Game Based Literacy Assessment

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P13-7-10

Illiteracy is commonly an issue perceived as outdated. Yet, numerous organizations such as the OECD warn that many individuals are still lacking in several basic skills, including illiteracy. The use of serious games to assess the acquisition of these basic skills seems to be a promising assessment method (Serret et al., 2017, Browne et al., 2014). The present

study aimed to develop and validate a set of three serious games on a large sample of French individuals benefiting from skills improvement programs ( $N = 5103$ ). Results were analyzed with exploratory and confirmatory factor analysis for continuous indicators (i.e., response time, global scores), and with item response theory (i.e., correct and incorrect answer for each item). These analyses showed consistent model fit indices for the three games, as well as satisfactory item difficulty, item discrimination, item-total correlation, and option analysis indicators. Moreover, results showed that a composite response time and the number of correct answers z-score is appropriate to summarize individual performances. Overall, this study confirms the operational gains that can be obtained by the use of serious games in literacy assessment, particularly with most fragile publics. Specifically, these games are an ethical advantage considering the enhanced objectivity of counselor evaluations formerly subjectively conducted.

## Psychometric Properties of the Greek Translation of the Friendship Quality Questionnaire

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P13-7-12

The Friendship Quality Questionnaire (FQQ) is a self-report instrument that assesses children's perceptions of the qualities of their friendships. It has been widely recognised and used in several research projects worldwide since its development. The present study examines the psychometric properties of the long form (LF) of the Greek translation of the instrument in a sample of typically developing children. Four hundred seventeen (417) primary-school students (50.8% boys), aged between 8 and 12 years ( $M = 9.77$  years old,  $SD = 1.2$ ), who had a mutual best friend in their class, completed the survey at school. Confirmatory factor analysis verified the six-factor structure of the original FQQ with all items fitting into the respective subscales. All factors presented high positive intercorrelations except for the Conflict and Betrayal subscale. Both the overall scale and the subscales demonstrated adequate internal consistency for the present sample. There were significant gender differences, with girls scoring higher on all the subscales except for the Conflict and Betrayal subscale, which was the only one where the boys scored higher. The Greek translation of the FQQ-LF for children shows strong evidence of validity and reliability, and it provides a suitable instrument for assessing the qualitative characteristics of best friendships.

## Children With and Without ADHD: How Empathy and Theory of Mind Affect Friendships and Friendship Quality

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P13-7-14

Children with Attention Deficit/Hyperactivity Disorder (ADHD) struggle to form and maintain stable and high-quality friendships. It has also been found that children with ADHD are impaired in empathy. Ambivalence exists regarding their ability to reason about their own and others' mental states (Theory of Mind-ToM). The purpose of this study was to examine how empathy and ToM might influence friendship stability and quality of primary school children with and without ADHD in Greece. Sixty four children with ADHD and 64 children with no reported difficulties, between 8 and 12 years of age (Mage = 10.11, SD = 1.1) from randomly selected mainstream primary schools in the broader area of Athens participated in the study. Pupils' friendships were assessed using a sociometric nomination procedure and the Friendship Quality Questionnaire; Empathy was examined using Bryant's Index of Empathy for Children and Adolescents, while ToM was assessed using the Happe's Strage Stories Test. Testing was administered individually in the school premises after parental written consent. Pupils with ADHD had an official diagnosis from national assessment multidisciplinary centers. Significant differences were observed between children with and without ADHD regarding their friendship stability and quality, as well as their empathy and ToM skills. The results also showed that for children with ADHD friendship duration and quality, but not the number of mutual friends, were influenced by empathy. ToM of children with ADHD did not predict the number of friends, nor the duration or the quality of their friendships. In children without ADHD, ToM was found to affect all aspects of friendships examined, while empathy predicted only the quality of their friendships. The present findings expand previous evidence attesting to the link among empathy, ToM, and friendship stability and quality, and provide further evidence for the difficulties that children with ADHD experience with their interpersonal relationships.

## Linking Maternal Involvement in Child Online Learning to Child Adjustment During the COVID-19 Pandemic: The Moderating Role of Maternal Mindfulness

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P13-7-16

In the face of COVID-19, many schools have to educate their students using online activities. During this time, whether and how parents are involved may be of particular importance

for young children—who are less able to learn independently via the Internet due to their developmental immaturity. Therefore, this study examined the cross-sectional association of maternal involvement in child online learning with child adjustment during the COVID-19 pandemic and tested maternal mindfulness as a moderator. Data were collected from 236 mothers of kindergarten-aged children (Mage = 55.91 months; 75% of them were girls) during the fourth wave of COVID-19 outbreak in Hong Kong, China. Using paper-and-pencil questionnaires, mothers rated their involvement and mindfulness and their children's pre-academic ability and internalizing and externalizing behaviors and provide demographic information. Regression models revealed that maternal involvement was associated positively with child pre-academic ability and negatively with child internalizing behaviors, but such associations were only significant for children with more mindful mothers. Maternal mindfulness did not moderate the negative association between maternal involvement and child externalizing behaviors. Findings highlighted the role of maternal mindfulness in child development, suggesting that it may be crucial to promote maternal involvement and mindfulness during the pandemic and perhaps beyond.

## School Dropout and Executive Functions: A Comparative Study

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P13-7-18

Social exclusion has been proposed as a cause and effect of problems with executive functions in different research studies. The aim of this study is to analyze the differences in executive functioning between two groups, the first called academic success, consisting of graduate students, and the second called School dropout, formed by homeless, who dropped out of primary or secondary school before finishing their studies. Executive functions were measured with the Inventory of Prefrontal Symptoms (ISP-20). This scale has been validated in the Spanish population and has excellent psychometric properties. The School dropout group consisted of 105 people who had dropped out of primary or secondary school (75 men and 30 women, with an average age of 40 years). The academic success group consisted of 99 graduate students with different degrees (58 males and 41 females, average age 32 years). All the participants in this group were studying for a university master's degree. Successive U-Mann Whitney analyses were performed, establishing groups according to sex and according to success or school dropout. A Binary Logistic Regression Analysis was also performed. The executive functions problems were significantly high in the School dropout group, both for men and women, as opposed to the sample of students with academic success. No significant differences were found when comparing the medians (medium) regarding executive functions between males and females. In conclusion, the lack of executive competence can be considered a factor associated with

school dropout; the research design employed does not allow establishing a relationship of causality between these variables. This research provided new evidence in defense of working Executive Competence as a school competence.

### **Emotional Competencies and Practicing Mindfulness as Possible Protective Factors Against Teachers' Stress During the COVID-19 Pandemic**

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P13-7-19

COVID-19's spread and duration have given rise to establishing approaches of supporting psychological functioning. Our objective was to assess whether emotional competencies (i.e. self-awareness, self-management) and practicing mindfulness (i.e. meditation/similar inner exercises and yoga/similar body exercises) were protective factors from teachers' stress during the second wave of COVID-19. Emotional self-efficacy and mindfulness components (Observe, Describe, Accept without judgement, Act with awareness) were used as indicators of self-management and self-awareness, as they have previously been shown to support psychological functioning in times of COVID-19. However, the relationship has not been tested on Slovenian teachers. The sample consisted of 192 Slovenian teachers (Mage = 45.87; SDage = 9.81; 88% female; 43.2% practiced meditation or similar inner exercises on a regular or irregular basis; 41.7% practiced yoga or similar body exercises on a regular or irregular basis) from primary, secondary, and tertiary educational institutions participating in the online study Effects of emotional competencies support on psychological functioning in time of pandemic during the second wave in autumn 2020. Hierarchical multiple regression was performed in four steps with each predictor entered separately. Namely, age, emotional self-efficacy, mindfulness components, and practicing meditation/inner exercises or yoga/body exercises. Emotional self-efficacy was found to be a protective factor as teachers with higher levels of emotional self-efficacy reported lower stress in a time of COVID-19. Other predictors were not significant. The model explained 26% of the variance in teachers' stress in times of the COVID-19 pandemic. Our findings support the notion that emotional competencies, especially self-management, have an important role in teachers' experienced stress in times of COVID-19. Future interventions should focus on supporting teachers' emotional competencies to better respond to and manage stressful situations. Specifically, programs for supporting teachers' emotional competencies could be developed and tested.

### **Student Motivation and Satisfaction With Knowledge Acquired in Distance Learning During the COVID-19 Pandemic**

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P13-7-20

Distance learning during the COVID-19 pandemic required students to activate higher thought processes, such as self-regulatory skills based on executive functions. Several studies reported that students' satisfaction with distance learning and their motivation to learn generally decreased during the pandemic. However, this decline was not the same for all students. The aim of our study was, therefore, to investigate how different individual characteristics – students' gender, ICT competence, resilience, perceived ability to self-regulate learning, self-assessed changes in executive functions (working memory, attention, inhibition, planning, and switching), and perceived support from teachers and peers – predicted students' motivation to learn, regularity of schoolwork, and satisfaction with knowledge acquired during the pandemic. Students from 7th to 9th grade from 21 Slovenian primary schools (N = 1898, 48% male, mean age 13.76 years) completed the Connor-Davidson Resilience Scale and self-constructed questionnaires measuring perceived ICT competence, self-regulation skills, changes in executive functioning, and social support during the pandemic. In hierarchical regression analyses, predictors explained 20% of the variance in student motivation, 15% of the variance in the regularity of schoolwork, and 14% of the variance in satisfaction with knowledge. Gender and ICT competence were not significant predictors of any of the criteria. Resilience was a significant positive predictor of the regularity of schoolwork and satisfaction with knowledge. Perceived ability to self-regulate, social support from teachers and peers, and perceived changes in executive functions during the pandemic were significant positive predictors of students' motivation to learn, regularity of schoolwork, and satisfaction with knowledge acquired through distance learning. Our findings indicate that programs to develop students' self-regulation skills, supporting executive functions, resilience, and social cohesion are necessary, as they can also contribute to learning motivation and regularity of schoolwork in distance learning situations.

### **Barriers to Parental Involvement in Canadian Preschools in Disadvantaged Neighbourhoods: Viewpoints of the Key Actors**

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P13-7-21

Parents living with social and economic hardship face numerous barriers that curtail their involvement in their child's education. Preschool is a particularly opportune time

to introduce measures that promote parental involvement, as this is when initial contacts with the school are made. This study aims to identify the specific barriers faced by parents of preschool children living in disadvantaged neighbourhoods in a French-speaking province of Canada. The viewpoint of both parents and teachers were collected and contrasted to get a complete picture of these barriers. Seventeen preschool teachers for 4-year-olds in disadvantaged neighbourhoods and 25 of their preschool parents participated in this qualitative study. A qualitative phonetic iterative approach was chosen to describe the experiences reported by teachers and parents. A conceptual model of the barriers that undermine parent involvement in their child's primary education was used (Hornby and Lafaele, (2011). The individual interviews with teachers and parents revealed 16 subcategories of barriers. The respondents named the barriers pertaining in five categories: 1) individual parent and family factors, 2) child factors, 3) parent-teacher relations, 4) societal factors and 5) the characteristics of the activities. The analysis throws light on the similarities and differences between the viewpoints of teachers and parents. Implications for practice will be discussed.

### **National Assessment Results in 6th and 9th Grade in Slovenia During the Second Wave of COVID-19: A Multilevel Analysis**

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P13-7-22

Slovenia, like most other countries, was forced to accept measures to limit the spread of the COVID-19, leading to the implementation of distance education. The situation required that schools and teachers take new approaches in teaching and motivating students. Our study had two objectives. First, determine to what extent variability in student achievement on the national knowledge test in sixth and ninth grade can be attributed to region and school. Second, to determine to what extent certain demographic, socio-economic, and learning factors contribute to student's scores. We used previous studies with similar research questions before COVID-19 for the comparison of the findings. A total of 22.556 students (55% of the population) participated in the study, of which 56% attended 6th grade. Students completed an online questionnaire at the school. Their responses were then linked to their national assessment test scores and weighted to represent population values. A multilevel analysis was performed. Results showed that only a small amount of variability in the student's scores can be attributed to the level of region (0.5-1.4%) or school (4.9-8.6%). Higher SES predicted higher scores, special education needs status predicted lower scores, female gender predicted higher scores in Slovene in both grades and mathematics in 9th grade, while male predicted higher scores in mathematics in 6th grade. We explained between 15 and 24% of the total variance at the student level and between 0.7 and 1.7% of the total variance at the school level. Differences between

Slovenian primary schools in the time of distance education that would affect student assessment scores are small, while there are practically no differences between regions. Schools in Slovenia have coped similarly well with the situation of distance education. Our results are also similar to the results in years before COVID-19 and the implementation of distance education.

### **Psychosocial Factors Related to Predisposition to Have More Children in Spanish Parents**

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P13-7-23

Most European countries have below-replacement fertility rates that seem to be related to the difficulty for couples to progress from the first to the second child. Some occupational and social factors have been related to the predisposition to have more children in couples who already have one child. However, the role of psychological factors have been scarcely investigated. Therefore, the aim of this study was to examine psychosocial factors (rumination, personality, life satisfaction, perfectionism, social support, parental stress, work-family guilt, age and child temperament,) related to the predisposition to have more children in parents who already have at least one. The sample consisted of 96 Spanish parents with a single child who attended to early childhood education (59.3% women; Mage = 37.41). Student's t-test confirmed that people with a positive predisposition to expand the family had a lower mean age and higher levels of life satisfaction, extroversion and adaptive perfectionism compared to parents who did not want to have more children. They also showed lower levels of brooding, reflection and parental stress. Logistic regression selected life satisfaction and younger age of parents as the most important variables in predicting the predisposition to have more children in people who already had one, explaining 43.7% of this disposition. Conclusions: Results suggest that to cope with the crucial challenge of low fertility in Europe it is important that European and National policies pay attention to the factors that favor parents' life satisfaction and the arrival of the first child at a younger age.

### **Art-Based Inclusive Education and Promotion of Positive Youth Development: Innovative and Integrative Perspectives From the InCrea+ Project**

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P13-7-24

Current complexities associated with the COVID-19 pandemic forced schools to accelerate their digitalization process, causing an exacerbation of pre-existing educational disparities and a worldwide increase of students experiencing discomfort and exclusion. In response to these issues, the EU and OECD call for innovation and the adoption of

inclusive education strategies addressing both learning and social-emotional issues. The Erasmus+ project “INclusive CREativity through Educational Art Making” (<https://increaplus.eu/>) develops at the intersection of diverse areas of research and promotes a constructive dialogue between them. Project theoretical foundations are Positive Youth Development (Lerner et al., 2009), Universal Design for Learning (UDL; Hall & Rose, 2012), and Educational Art-Therapy. Through arts, it aims at providing an innovative method of inclusive education and supporting the development of competencies crucial to address current and future challenges. The target groups of this project are students from 11 up to 16 years old, secondary education teachers, as well as specialists and workers from the Creative and Cultural Sector (CCS). Results from a transnational survey involving 150 professionals will be presented with their research and applied implications. Several perspectives and knowledge emerge from putting together diverse disciplines and areas of expertise, but also the need and ways to integrate them, both in actions aimed at the experts and in the development of a curriculum for secondary school students. Results support the relevance of an integrative perspective in research studies on inclusive education and positive youth development. From an applied point of view, results supported the development of a set of guidelines informing a 40-hour training for professionals; the paths, the sets of activities and strategies adopted in the implementation of the innovative curriculum, and the online Open Educational Resource (OER) platform, serving as a host to the InCrea+ curriculum.

### Math Anxiety – A Key Factor in Math Education

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P13-7-25

Math anxiety is considered a significant factor in math education. It persists even after graduation. Previous studies showed that math anxiety is related to math achievement, math avoidance, math resilience and intellectual helplessness in mathematics. We focused our study on the role of math anxiety in the relationships [1] between math resilience and math achievement and [2] between math avoidance and intellectual helplessness in mathematics. The study was conducted among one hundred and twenty one (N = 92 women) young adults (M = 21.47, SD = 2.99, range = 18-32). Following measures were used: math anxiety – the Single Item Math Anxiety Scale (Núñez-Peña & Suárez-Pellicioni, 2014) and the Math Anxiety Questionnaire for Adults (Szczygiel, 2021); math resilience – the Mathematical Resilience Scale (Kookan et al., 2013); math achievement – test of basic math skills (Karpińska & Radtke, 2019); math avoidance – Math Avoidance Scale (self-designed), intellectual helplessness in mathematics - Intellectual Helplessness Scale (Sędek & McIntosh, 1998). The results indicated that math anxiety suppress both tested relationships. Suppression occurs when a mediating variable enhances the predictive power of the independent variable on the dependent variable. After taking the math anxiety into account, the positive relationship

between math resilience and math achievement reveals (the relationship was insignificant without controlling math anxiety). The positive relationship between math avoidance and intellectual helplessness existed but became stronger after accounting for math anxiety. Therefore, the results suggest that math anxiety is an important factor that should be controlled when studies in the math education area are conducted. Controlling math anxiety allows discovering the importance of other variables important for mathematical education.

### A Debate in Need of Data: Report of an Empirical Study on the Cognitive Transfer Effects of Studying Classical Languages

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P13-7-26

The adoption of a psychological approach can shed new light on scholarly problems originating from different disciplines, and even be the driving force towards resolving them. On the other hand, the exploration of new topics can yield worthwhile expansions of existing psychological literatures. I will present the case of the cognitive impact of classical language education. Across decades and countries, the value of studying Latin and Ancient Greek has been the subject of fierce public debate. Proponents suggest that it transfers to other cognitive domains, resulting in improved language skills, reasoning etc. To this day, however, the alleged transfer benefit amounts to little more than an apologetic topos used by classicists, not (yet) proven by scientific evidence. For the first time in the history of this educational debate, I am applying psycholinguistic research paradigms regarding the cognitive effects of multilingualism and L2 acquisition to classical language learning. To be precise, I am conducting a longitudinal observational study with a matched comparison group design in several Flemish schools, in order to assess cognitive transfer to native language abilities, school achievement, and general cognitive abilities. As my empirical study is still ongoing, presented data will be preliminary. The expectation is that whilst controlling for other variables, particularly initial cognitive ability, cognitive transfer will be found. Since a lot of the classic research on cognitive transfer has relied solely on lab-based experiments, field data from an already existing and heavily discussed educational situation is an invaluable contribution to this branch of research. Moreover, the focus on classical languages is an interesting addition to the literature concerning the bilingual advantage, as well as to the field of L2 acquisition. In short, I will present a fruitful example of the application of psychological methods in a multidisciplinary research endeavour.

## Perceived Coronavirus Threat, Some Measures of Well-Being and Academic Adjustment

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P13-7-27

The aim of this study was to examine the relation between the level of perceived threat of coronavirus with measures of well-being, academic adjustment and academic achievement obtained during the coronavirus pandemic. The study involved 302 participants ranging in age from 18 to 28 years ( $M = 22.16$ ,  $SD = 1.78$ ), 108 were male, 197 were female, 2 indicated that their gender was not included in the responses and 1 participant refused to comment on gender. The following questionnaires were used: Basic Need Satisfaction in General, Short Version of the Scale of Positive and Negative Affective Experiences, The personal well-being index, College adjustment test, Perceived coronavirus threat questionnaire and the question related to academic success during the coronavirus pandemic. The results indicate the existence of a significant negative correlation between the results on the Perceived Coronavirus Threat Questionnaire and the results on the maladaptation subscale (College adjustment test) and the negative affects in the past month. Regression analyses showed that general life satisfaction, positive and negative affects in the past month were significant predictors of the average grades obtained during the coronavirus pandemic. Positive affects in the past month and general life satisfaction were identified as positive predictors of academic adjustment, while negative affects in the past month was a negative predictor of academic adjustment. When predicting academic maladaptation, significant positive predictors were perceived coronavirus threat and negative affects. Positive affects in the past month and general life satisfaction were negative predictors of academic maladaptation. Satisfaction of basic psychological needs was not identified as significant predictor of any criteria. The results indicate the importance of raising awareness of the perceived coronavirus threat and negative affects among students and providing help and support to minimize the negative effects of the coronavirus pandemic and to enhance academic adaptation.

## Latent Profile Analysis of Students' Perception of Classroom Climate

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P13-7-28

Classroom environment was considered an important factor influencing students' learning motivation, achievement as well as psychological and behavioural health in schools (Martin et al., 2009; Reeve et al., 2009; Way et al., 2007). Recent research has suggested that student perception of environment played a more substantial role explaining outcomes (Tapola & Niemivirta, 2008) and a person-centred approach can better capture the heterogeneity in

the population and identify the groups at risk (Rohatgi et al., 2020; Schenke et al., 2017). With the data from German National Educational Panel Study (NEPS) we were able to explore the latent profiles of students based on their ratings on different aspects of their German classroom environment including teaching quality and social environment ( $N = 4643$ ). Another research question was also to investigate the outcome differences among profiles and covariates influencing the probability of belonging to a specific profile. Besides, since the educational goals of different school track (academic vs. vocational) was distinctive, we would also like to explore the profile differences between the two tracks. We have identified four latent profiles with consideration of clustering data structure: the negative perception profile with only high rating on performance goal focus, the moderately negative profile with relatively lower rating on goal clarity, moderate positive and positive profiles. They differed in reading achievement, self-concept, intrinsic and performance motivation, as well as life satisfaction in schools. Gender and migration background were significant covariates influencing the probability of profile membership. The profiles were quite similar between school tracks. These results supported the individual differences in classroom perception as well as the associations of their perception with different outcomes. Gender and migration background can influence students' perception. It is worthwhile exploring more on the factors influencing their perceptions in the future.

## The Relationship Between Sexist Attitudes and Tolerance of Sexual Harassment Among Students in Higher Education

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P13-7-29

Sexual harassment is a problem that many people encounter. Some studies suggest that up to 34.3% of female students experience such discrimination. Due to high prevalence of sexual harassment among women, studies usually focus on discrimination of women rather than men. However, sexual harassment of men also exists, and some studies show that up to 20.9% of male students face this kind of behavior. One of the clearest psychological factors associated with sexual harassment is sexism. Sexist attitudes can be related to prevalence and tolerance of such behavior. The aim of this study was to evaluate the relationship between sexist attitudes and tolerance of sexual harassment among students. 191 students (142 women, 48 men, and 1 other; 165 heterosexuals and 26 non-heterosexuals; age range from 18 to 48) from higher education institutions of Lithuania participated in this study. The survey included ASI (Glick & Fiske, 1996) (Cronbach  $\alpha = .93$ ), AMI (Glick & Fiske, 1999) (Cronbach  $\alpha = .85$ ), SHAS (Mazer & Percival, 1989) (Cronbach  $\alpha = .92$ ), TSHM (Russell & Oswald, 2016) (Cronbach  $\alpha = .89$ ), and BIDR (Paulhus, 1991) (Cronbach  $\alpha = .71$ ). The results showed that higher hostile and benevolent sexism is related to a higher tolerance of sexual harassment among

students. Male participants were significantly more likely to endorse benevolent and hostile sexism toward women and benevolence toward men as well as to tolerate sexual harassment compared to female participants. What is more, heterosexual participants were significantly more likely to endorse benevolent and hostile sexism toward women, benevolence toward men, and tolerate sexual harassment than non-heterosexual participants were. Participants who were studying for bachelor's degree scored significantly higher on hostile sexism toward women compared to participants of higher academic degree. To conclude, there is a close relation between sexism and tolerance of sexual harassment.

### The Theoretical Framework of Relations Between Road Hazard Prediction Skills and Driving Styles

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P18-7-1

Driving style is a multidimensional phenomenon that contributes to traffic safety. Previous research usually investigates personality and motivational factors as antecedents of driving styles while cognitive skills are still ignored. Controversial and scarce findings limit the possibilities theoretically and empirically explain the role of road hazard prediction skills for safe, reckless/careless, hostile/aggressive or other types of driving styles. This study aimed to analyze theoretical assumptions about the associations between road hazard prediction skills and different driving styles. Key words "road hazard prediction" and "driving styles" were used for literature search. Twenty out of eighty-four articles were selected for further analysis. Inclusion criteria: a) published in recent five-years, b) full text, c) available from various database (mostly ScienceDirect, SAGE Journals Online, Google scholar), d) in English, e) presentation of theoretical assumptions, empirical results about hazard prediction, various driving styles and the relation between these variables. Literature review revealed that four different driving styles are usually analyzed: careful/patient, hostile/aggressive, reckless/careless, and anxious (Useche et.al., 2019; Freuli et.al., 2020). Only theoretical assumptions and no empirical studies were found supporting the relation between hazard prediction skills and four driving styles were found. Drivers with careful/patient driving style would have better hazard prediction skills due to high attentiveness, good problem-solving and planning abilities while driving. Drivers with hostile/aggressive or reckless/careless driving may show poorer hazard prediction skills due to higher proneness to risk and impatience while driving. Anxious driving might be related to insufficient hazard prediction skills due to higher stress and higher sensitivity to distractions while driving. These assumptions are based on theoretical background of previous studies and further empirical studies are needed.

### Assessment of Cognitive Load in Marine Pilots through a Dynamic Biometric Response

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P18-7-2

The main aim of the current study was to test the procedures for measuring cognitive load of the marine pilots in the real time while navigating the ship under cognitively demanding circumstances. Six experienced marine pilots participated in the experiment. Their task was to navigate the ship in a simulator consisting of a full mission navigational bridge with projectors and monitors that provided a 270-degree viewing angle. During the navigation task, the pilots were presented with a challenge that required high cognitive load and rapid response. Pilots' heart rate and electrodermal activity were monitored in real time immediately before, during, and after this task. A non-invasive multisensor wristband with a sampling rate of 1 Hz and 4 Hz for heart rate and electrodermal activity, respectively, was used to collect the data. Time series analyses were performed to examine the patterns of biometric response of pilots immediately before, during, and after coping with cognitively demanding task. Different lengths of time series of the data were used to test for reliability of the detected patterns of the biometric data. The results yielded task-related patterns with respect to the measure (heart rate and electrodermal activity) and their time stamps (temporal position and duration), suggesting that dynamic measures of biometric response on a multi-sensor instrument, such as a wristband, could potentially be used as an indicator of real-time cognitive load.

### Female Sexual Desire Across the Menstrual Cycle: Challenging Outdated Preconceptions

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P1-11-1

The objective of the present study was to investigate changes in sexual desire across the menstrual cycle. Based on recent findings, it was expected that women would vary in the specific phase of the menstrual cycle in which they report their highest level of sexual desire, challenging past theory and assumptions. A total of 672 women provided complete data for analysis. Participants were asked whether they notice changes in sexual desire (and in desire to masturbate and frequency of having sex) across the menstrual cycle, and if they do during which phase of the cycle. These three dependent variables were crossed ( $\chi^2$ ) with potential predictor variables including having a partner and using contraceptives. 72% reported changes across the menstrual cycle in sexual desire; 46% reported changes in desire to masturbate; and 38% reported changes in frequency of having sex. As hypothesized, women differed in the specific cycle phase in which they experience increases in sexual

desire, desire to masturbate, and frequency of having sex. For example, 22% reported an increase in sexual desire during menstruation, 16% the week after menstruation, 35% around ovulation, and 28% during the premenstrual week. Similar heterogeneity was observed for desire to masturbate and frequency of sex. Significant associations between these variables and having a partner and contraception use were observed. These results confirm recent findings showing that women differ significantly in when, during their menstrual cycle, they experience increases in sexual desire, and underline the need to reconsider old models and theories of women's sexual desire. A deeper understanding of changes in women's sexuality across the menstrual cycle will likely provide insights to hypoactive sexual desire disorder (and other sexual dysfunctions) and potentially improve therapy, quality of life, and romantic relationships for many women.

### **Serotonin- Associated Psychological Symptoms in Children and Adolescents With Fructose Malabsorption**

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P1-11-2

Due to an inhibited tryptophan resorption, patients with fructose malabsorption are expected to experience decreased serotonin synthesis (Velten & Bayerl, 2007). The present work deals with the question of whether an untreated fructose malabsorption can promote serotonin-associated psychological symptoms in addition to the known gastroenterological complaints. It also investigates whether a fruit sugar- related eating behavior may have an influence on the expression of accompanying psychological symptoms. Children and adolescents ( $n = 24$ ) with currently diagnosed fructose malabsorption aged 4;00-13;02 years ( $M = 8.10$ ,  $SD = 2.05$ ) and 12 children and adolescents with a currently confirmed combination of fructose and lactose malabsorption aged 4;00- 12;11 years ( $M = 8.07$ ,  $SD = 2.11$ ) were examined. A healthy comparative sample consisted of 19 participants aged 5;00 to 17;07 years ( $M = 9.06$ ,  $SD = 3.04$ ). A parent-rating questionnaire of the German "Diagnostic System of Mental Disorders in children and adolescents based on the ICD-10 and DSM-5 DISYPS- III" (Döpfner & Görtz-Dorten, 2017) was used. Results show that within the group of children and adolescents with fructose malabsorption, findings confirmed a significantly higher level on the scale "Screening Depression" compared to the scales "Screening Attention- Deficit/Hyperactivity Disorders" (ADHD) and "Screening Oppositional Defiant and Conduct Disorders" (ODD/ CD). Compared to a healthy control sample, patients with fructose malabsorption showed a significantly higher symptom expression on the superordinate scale "Screening Internal" and on its two subordinated scales "Depression" and "Anxiety" as well. With regard to eating behavior, we found within the group of patients with a combination of fructose and lactose malabsorption a strong positive association between an increased fruit sugar (fructose) consumption and higher scores on the scales "Screening Anxiety" and

"Screening Obsessive- Compulsive Disorders/ Tics" as well as on the superordinate scale "Screening Internal."

### **The Online Stranger Who Gave Me Medical Advice: An Experiment About Belief Change**

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P3-11-1

People are increasingly exposed to online health advice. Questions are being raised regarding how much of the information is used and what impact this has. According to the Hyperpersonal model (Walther, 1996) characteristics of computer-mediated communication, such as anonymity, might foster perceived similarity and trust to advice-giver (Jiang et al., 2011). We conducted an experiment within the Judge-Advisor System paradigm. The context is over-the-counter analgesics as they have become almost ubiquitous, despite a risk of adverse effects in case of overdose. Participants ( $N = 300$ ;  $2 \times 3$  full factorial design) filled out a Qualtrics form with demographic information and the HLS-EU-Q6 measure of Health Literacy. They will be put in the role of judge facing the problem of taking an additional dose of a common analgesic against an acute toothache, although the maximum daily dose was reached already. A fictional advisor is introduced by way of the questionnaire. The information about the maximum dose is transmitted by the medication information-sheet. Two independent variables are tested: the acquaintance between judge and advisor (2 conditions: friend or online stranger in a health-related online support group) and the direction of the advice given (3 conditions: in favor, against, referring to a doctor). Dependent variables are participants' opinion on taking an additional dose, and their confidence level in the decision (7-point scales). They will also be asked how much they will consider the advice (7-point scale). It is hypothesized that participants with higher self-perceived health literacy will tend to discount the advice received when distant from their initial opinion (egocentric bias) and will have higher confidence levels on their judgments. According to the Hyperpersonal model, online advice will have a higher impact on judgment and produce more confidence shifts. More research is needed in the context of online health advice.

### **Gaming Motivation Questionnaire: Can Peer Influence to Play Video Games Be Considered Extrinsic Motivation?**

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P3-11-2

According to self-determination theory (Deci & Ryan, 1985, 2000; Ryan & Deci, 2000), playing video games is motivated by intrinsic and extrinsic motivation. Intrinsic motivation refers to engaging in an activity because of the activity

itself, while extrinsic motivation refers to participating in an activity because the activity is a means that one uses to achieve something positive or to avoid negative consequences. According to Lafrenière et al. (2012), extrinsically motivated players play to earn points in the game, collect rare items, or seek the admiration of other players. Since peer influence occurs in a variety of behaviours (Giletta et al., 2021), the question arises whether gaming behaviour due to peer influence could be considered extrinsically motivated. The aim of this study was to develop a Gaming Motivation Questionnaire (GMQ) with two dimensions (1. intrinsic motivation and 2. peer influence as extrinsic motivation) and to determine its correlations with the dimensions of the Gaming Motivation Scale (GAMS; Lafrenière et al., 2012). Data were collected online from a convenience quota sample of 648 high-school students in Croatia (54.2% boys; Mage = 15.92, SDage = 1.175). The final version of the GMQ consists of 10 items (5 for each dimension). Correlations between the two instruments measuring motivation to play video games have shown that intrinsic motivation in the GMQ is positively related to all dimensions of GAMS except amotivation. It is most strongly associated with intrinsic motivation and least strongly associated with introjected motivation. Gaming motivated by peer influence was positively correlated with all six dimensions of GAMS. It is most strongly related to introjected motivation, followed by external motivation, and unlike intrinsic motivation, it is also positively related to amotivation. The results support the possibility of addressing peer influence as an extrinsic motive for playing video games among adolescents.

### Processes of Planning in a Virtual Reality Experience: Link Between Arousal and Problem Solving

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P3-11-3

The present research aims to study the effects of physiological activation on problem solving ability, simulating, through the use of virtual reality (VR), a situation of strong emotional stress. The tested sample included 36 participants (18 females of 22-25 years old; and 18 males of 21-26 years old). The subjects were randomly assigned to three subgroups, each of 12 students. Two groups were assigned to two different experiences through VR: one survival-horror, aimed at causing physiological activation (condition 1), the other of a "neutral" type, which was intended to limit the levels of physiological activation, or arousal (condition 2). The third group participated in the same neutral experience as the subjects of the second group, not mediated by VR (condition 3). Problem solving was assessed with Tower of London test (TOL), which was fully recreated and administered by VR, using Oculus Rift technology. Physiological arousal was assessed by skin conductance measured with Biofeedback. A mixed factorial model was used to verify the presence of any significant differences between and within the three groups, using as dependent variable the raw scores obtained

in the TOL, which was divided into two equivalent halves (split-half) and administered twice in every subgroup, before and after treatment. Our results showed that physiological activation would seem to inhibit problem solving in both the first and second conditions, and no significant differences were found between the performances obtained by the two VR groups. On the other hand, the group without VR did not show any drop in performance after the neutral experience, while obtaining significantly higher scores in the post-test compared to the other two groups. In conclusion, the performance seems to depend not only on the physiological activation induced, but especially on the type of stimulus with which the activation is induced.

### An Investigation of the Effects of tDCS Applied to the Prefrontal Cortex on Risk-Taking Behavior

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P10-11-1

We investigated risk-taking behavior after one session of transcranial direct current stimulation (tDCS) applied to dorsolateral-prefrontal cortex (DLPFC)/contralateral supraorbital region. TDCS alters "excitability" in discrete cortical regions. Anodal stimulation of DLPFC may strengthen "top-down cortical control" over impulsiveness, generating reduced risk-taking. Cathodal stimulation of DLPFC may diminish control, engendering greater risk-taking. Subjects were randomly assigned to one of the following tDCS groups in a double-blind, sham-controlled study: I-anodal left-DLPFC/cathodal right-supraorbital (n = 11); II-anodal right-supraorbital/cathodal left-DLPFC (n = 11); III-sham for DLPFC/supraorbital (n = 10); IV-anodal right-DLPFC/cathodal left-supraorbital (n = 10); V-anodal left-supraorbital/cathodal right-DLPFC (n = 10). For non-frontal comparison: VI-anterior temporal lobe (ATL) sham (n = 10); VII-anodal right-ATL/cathodal left-ATL (n = 10); VIII-anodal left-ATL/cathodal right-ATL (n = 11). Demographic/health history/tDCS contraindications questionnaires, depression and handedness inventories were used to determine if participants met inclusion criteria. WAIS-Vocabulary Test and Design Organization Test were used to ascertain whether groups' intelligence levels differed significantly. Following tDCS (20min/2mA), Columbia Card Task (CCT) was administered to determine risk-taking. The I7 Impulsiveness Questionnaire was administered. Group differences on demographic/ clinical/personality and intelligence measures were non-significant. Groups did not differ significantly on CCT ( $F(7,75) = 0.663, p = .703$ ); however, visual inspection of group means revealed an interesting profile involving left-DLPFC stimulation. Groups I, II, and III did not demonstrate significantly different CCT risk-taking scores ( $F(2,29) = 1.631, p = .213, \eta^2 = .10$ ). ANCOVA controlling for impulsiveness/venturesomeness did not alter outcome ( $F(2,27) = 1.746, p = .194, \eta^2 = .11$ ); however, a pattern consistent with

our hypothesis was observed. Anodal left-DLPFC group members had lower risk-taking scores than sham group, while cathodal left-DLPFC subjects scored higher compared to anodal and sham group members. Comparison of groups I and II revealed a non-significant trend with group-II having higher risk-taking scores relative to group-I ( $t(20) = 1.749$ ,  $p = .096$ ,  $d = .746$ ). Effect size values for both were medium. Remaining groups did not differ significantly ( $F(5,55) = 0.151$ ,  $p = .979$ ). This study was underpowered. Non-significant trends suggest that anodal/cathodal tDCS of left-DLPFC may alter risk-taking behavior.

### Transcranial Direct Current Stimulation (tDCS) and the 9-Dot Problem

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P10-11-2

The principal objective of the present study was to replicate the findings of Chi and Snyder (2012) who reported that a significant number of subjects (45% of sample) were able to successfully complete a task often considered exceedingly difficult to solve (i.e., the 9-dot problem) following active transcranial direct current stimulation (tDCS) involving cathodal stimulation of left anterior temporal lobe (ATL) and anodal stimulation of right anterior temporal lobe (ATL) relative to participants receiving sham stimulation (solved problem = 0 %). There are, to our knowledge, no published replication studies of Chi and Snyder's original work involving tDCS and the 9-dot problem. A secondary objective was to determine whether participants who successfully complete the 9-dot problem following active tDCS demonstrate superior visuospatial skills pre-stimulation relative to subjects receiving genuine tDCS who are not able to successfully complete the task. Moreover, we determined whether active tDCS is associated with improved visuospatial task performance following the stimulation session. A randomized controlled design was used. Following Chi and Snyder (2012), participants received cathodal stimulation of left ATL and anodal stimulation targeting right ATL (at 1.6 mA), or sham tDCS, during a single session of 10 minutes duration. Contrary to expectation, groups did not differ on the 9-dot problem with only 1 of 24 subjects receiving active tDCS and 1 of 26 participants assigned to the sham group successfully completing the problem. Active-tDCS and sham-tDCS group differences on tests of visuospatial skills at baseline and following the tDCS session did not approach significance. Given the striking increase in the use of neuromodulation technologies within the scientific community and the general population, the replication of noteworthy findings is imperative. Moreover, investigators should also report failure to replicate which will further enhance our understanding of the limitations of non-invasive brain stimulation techniques.

### Threshold of Eye Movements for an Image Recovery After Troxler Fading

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P10-11-3

Since the beginning of the 19th century when the publication of the Swiss philosopher I. P. V. Troxler about the fact that fixated images fade away was announced, the phenomenon, known as Troxler fading, has become the subject of intensive research. Many researchers were and are eager to find out why an image fades and under what conditions an image restoration happens. Among many non-answered questions, the question of how much one needs to move his or her eyes for the image to recover remains. The subjects in our research were instructed to fixate their gaze on a fixation spot on the computer screen and continuously report whether a peripheral stimulus was fading versus recovering during a classical Troxler's fading task. After complete fading of the stimulus, a new fixation spot in the periphery was presented and the subjects were required to shift the gaze to a new fixation spot and again report the fading or recovery of the peripheral stimulus. The stimulus was a small Gaussian spot ( $0.34^\circ$ ) placed at some distance from the fixation point at four eccentric retinal locations (up, down, left, right). The experiments were conducted in a darkened room where the subject was sitting in front of a computer with his/her head stabilized with a chin and headrest. Stimuli were presented on a computer screen at a 50 cm distance. Eye movements and subject's responses were recorded with SMI RED250 mobile eye tracker at 250 Hz. We have found that a  $0.1\text{--}0.3^\circ$  amplitude of a saccade was required to facilitate the recovery of stimulus. The same amplitude threshold for stimulus recovery was observed for all four retinal locations. Therefore, the small saccades do not facilitate image recovery – a particular threshold of a saccade should be reached for an image recovery after Troxler fading.

### Biomarkers for the Diagnosis and Treatment of the Attention Deficit Hyperactivity Disorder (ADHD) in Children and Adolescents

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P10-11-4

ADHD is a heterogeneous neurodevelopmental disorder characterized by impulsive behavior, hyperactivity, and inattention (Robberecht et al., 2020; Sayal et al., 2018). In 2009, the National Institute of Mental Health (NIMH) at United States launched the Research Domain Criteria (RDoC) initiative. RDoC is a research framework for investigating mental disorders based on identifiable and measurable biomarkers. Biomarkers are helpful to support the diagnosis of mental disorders and to evaluate different types of interventions. We conducted a systematic review about biomarkers for ADHD in the databases Taylor and

Francis, Pubmed, and ScienceDirect. We sought articles published between 2015 and 2021 according to the key words: “Biomarker AND attention deficit disorder”, “biomarker AND ADHD”. For screening and selecting the articles, we followed the PRISMA guideline for systematic reviews. We identified 261 articles and included 58 of them in this work. The articles were classified into three matrices: two of them clustered the biomarkers used for the diagnosis of ADHD and the other one clustered the biomarkers used for the evaluation of the effectiveness of the interventions. The first matrix allows to find biomarkers linked to specific characteristics of children and adolescents with ADHD. The second matrix identifies biomarkers used to stratify children and adolescents through criteria such as age, sex, severity of symptoms, and subtype of ADHD. Finally, the last matrix includes the biomarkers used for the evaluation of different types of interventions. We found several biomarkers linked to ADHD diagnosis, mostly identified through body fluids. Some of them were linked to specific characteristics such as: symptomatology, age, sex, and subtype of ADHD. On the other hand, just few biomarkers were linked to interventions. Despite the large number of biomarkers identified, it is impossible to recommend specific biomarkers for the diagnosis or evaluating treatments of the ADHD yet.

### Changes in Partnership and Sexuality in Persons With Acquired Brain Injury (ABI)

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P10-11-5

The consequences of ABI in connection with the parenthood and sexuality affect the field of physical, cognitive, emotional, behavioral and social person changes. The functioning of a person with ABI may change after injury, depending on the developmental period in which the ABI occurred and how intense, what type of brain injury it is. The mentioned areas are also influenced by the personality, temperament and character of both partners, the social environment and the experience of the situation by other family members, friends; support of the partner, their interaction, quality and length of the partnership, past experience, how to accept and deal with the consequences of ABI parental role. The partnership may be terminated / dissolved due to ABI. This can be influenced by hypersexuality, hyposexuality, sexual avoidance, increased interest in other potential partners, increased dependence in the relationship, inability of sexual intercourse, emotional changes... The contribution will present a case study of users of the Center KORAK which provides long-term rehabilitation for people with ABI. A case study has found that difficulties in finding a partner are influenced by the social isolation, the degree and type of brain injury, feelings of low self-esteem and self-image. The support partner may “burn out”. Person with ABI can experience the change of family roles or even lose. In interventions, psychologists help to accept changed and new social roles and relationships in the family, training users and learning social skills, using appropriate communications and social behavior. Psychologists perform psychoeducation

for users. Interventions can also involve other stakeholders (partner, family), help in accepting the consequences of ABI also in the field of family, partnership, sexuality. Sexuality, partnership and family encroach on a very intimate area of human dignity. These areas are addressed with high sensitivity and protection of the dignity of all stakeholders.

### Locus of Control and Life's Quality in Patients With Relapsing-Remitting Multiple Sclerosis

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P10-11-6

Multiple sclerosis is an inflammatory, demyelinating, disease of the central nervous system. We enrolled 87 patients (66.7% F, 33.3% M; mean age 42.1, consecutively admitted to the Multiple Sclerosis centre on an ongoing basis. The patients had a disability corresponding to a mean score of 1.9 on EDSS. 57.5% of them had been treated with interferon and 42.5%, with monoclonal antibodies. Life quality has been assessed with the SF-36 questionnaire and clinical disease progression with EDSS. Locus of control has been used for psychological variable. The nonparametric Spearman correlation coefficient was calculated in order to assess the existence of interdependence between EDSS and all variables related to individual profile and to standardized profile. The Mann-Whitney test was applied in order to compare patients receiving first-line and second line treatments. We found a significant positive correlation between years of disease and EDSS ( $p = .004$ ). The locus of control analysis showed an external locus prevalence both for patients attending the first line ( $M = 22.8 \pm 8.9$ ) and the second line ( $M = 21.1 \pm 8.8$ ) treatment. Internal locus was present only in few patients attending the first line ( $M = 11.1 \pm 6.8$ ) and the second line ( $M = 12.6 \pm 6.2$ ) treatment. Patients with external locus of control had lesser perception of physical pain ( $p = .0003$ ), vitality ( $p = .019$ ), social activity ( $p = .0022$ ), physical condition indicator ( $p = .017$ ) and disease status indicator ( $p = .019$ ). On the other hand, internal locus decreased the “mental health” perception ( $p = .006$ ) and the disease status index ( $p = .018$ ). Receiving psychological support can contribute to the processing of accepting and living with disease. The clinical interpretation of life's quality and Psychological disorders, may provide clinicians with information regarding the general health status of their patients and a better therapy adherence.

## **"I Never Compare Myself With Others": The Effects of Social Context on Individuals' Competitive Tendencies**

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Although we constantly compare ourselves with others, do we always admit it explicitly, or is there any discrepancy between explicit and implicit attitudes toward social comparison? And if so, which of the two may more reliably predict motivational outcomes, such as perceived and actual competence, perceived exerted effort, usefulness, and enjoyment? In our study, we recruited 106 Turkish college students for and assessed their attitudes towards competition, both implicit (through a single-choice Implicit Association Test) and explicit (through competitiveness scale). In support to our hypothesis, implicit and explicit attitudes were unrelated ( $r = .06$ ,  $p > .05$ ). Further, participants showed a similar bias towards competition that they also showed for positive and for negative words. In particular, paired samples t-test was statistically significant ( $t[128] = 9.41$ ,  $p < .001$ , Cohen's  $d = 0.83$ ) showed that participants were quicker to respond when a competitive word was matched with a pleasant ( $M = 826.57$ ,  $SD = 161.19$  ms) than an unpleasant word ( $M = 1017.27$ ,  $SD = 225.32$  ms), a pattern which was also evident for positive word items ( $t[131] = 6.25$ ,  $p < .001$ , Cohen's  $d = 0.54$ ), but not for negative word items ( $t[131] = 1.03$ ,  $p = .30$ ). Interestingly, explicit but not implicit competitive attitudes predicted negatively perceived competence after a math-related computerized task, even when the number of correct responses were taken into account. Taken together, the present results suggest that people may hold rather disparate implicit and explicit views regarding competition with the former seen in more positive light and the latter being more likely to predict negative motivational outcomes.

## **Aggressors Victimized in Child-to-Parent Violence: Analysis of Differences in Parental Authority and Permissiveness**

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Child-to-parent violence (CPV) is a growing form of family violence with serious negative consequences for the families involved. Experiences of victimization by parents and peers are two of the main predictors of CPV. Recently, a profile of CPV aggressors with these victimization experiences has been analyzed, finding that the victimized have more insecure parental attachment styles than the non-victimized. In addition, differences are also found according to the type of victimization, being the aggressors with several victimization experiences those with more insecure parental attachment than the aggressors with a unique type of victimization. Given

the relevance of parental attachment in cases of victimized CPV aggressors, this study aimed to deepen the analysis of family variables of this profile, examining the differences in parental authority and permissiveness between four groups of aggressors with different victimization experiences (family (FV-G), school (SV-G), poly-victimization (PV-G), and without victimization experiences (NV-G)). A total of 1,559 Spanish adolescents (54.6% girls) aged between 12 and 18 years ( $M = 14.5$ ) who exercised CPV participated. Data collection was group-based in educational centers and ANOVAs were performed. The results show that both the PV-G and the FV-G obtain lower scores in the value given to parental authority than the SV-G and the NV-G. In parental permissiveness, again both the PV-G and the FV-G obtain higher scores than the NV-G. It was found that the majority of victimized aggressors value their parents' authority to a lesser extent and perceive more parental permissiveness than non-victimized aggressors. By type of victimization, the results partially coincide with what was previously found. Analyzing the profile of the aggressor victimized and the type of victimization experienced may be useful to identify different mechanisms for the development of CPV that could help to improve current interventions.

## **Common Factors Associated With Child-To-Parent Violence, Peer Violence, and Dating Violence**

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Child-to-parent violence during adolescence is a serious social problem. In general, research on the subject is still scarce and, even more so, the study of its relationship with other types of youth violence. Previous research has suggested that the exposure to violence is a risk factor in the development of aggressive behaviors. In this regard, the first objective of this study was to analyze the connection between child-to-parent violence, peer violence and dating violence. The second aim was to examine the relationship between exposure to violence in different contexts and the three types of youth violence. Finally, the last objective was to know the predictive value of exposure to violence in these three types of violence. The sample consisted of 299 adolescents (46.8% boys and 54.8% girls), aged between 13 and 18 years ( $Age = 14.98$ ,  $SD = 1.47$ ). The participants completed a socio-demographic questionnaire designed ad hoc, the Child-to-parent Violence Questionnaire, the Exposure to Violence Scale, the Peer Violence Questionnaire, and the Dating Violence Questionnaire. This is a cross-sectional research. The results indicated that the three types of violence were related; there was a relationship between exposure to violence and child-to-parent violence, and also between exposure to violence and peer violence. In addition, the predictive value of exposure to violence varied in function of the types of violence and the context of exposure. Therefore, the results of this study highlight the need to create prevention programs at an early age that cover the different types of violence in adolescence.

### **Program for the Promotion of Wellbeing and Prevention of Psychosocial Risk in Undergraduate Students: Content Validity for Its Virtual Adaptation**

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With the aim to implement intervention with New Information and Communication Technologies - NICT - in clinical, educational, and health promotion contexts. We did an adaptation to virtual adaptation (through the strategy of content validity by expert judges) of a in-person program to promote well-being and reduce psychosocial risk (specifically suicidal ideation) in young adults. The adaptation was evaluated by four expert judges. The results were analyzed with the average of the scores, and the agreement was calculated using the Content Validity Coefficient - CVC of Hernández – Nieto, showing optimal results (CVC between 0.81 to 0.95 for each criteria) for the implementation of the program. The implications of the virtual adaptation of the program in promoting well-being and reducing psychosocial risk are discussed.

### **Conspiracies and High Education**

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It is quite common for conspiracy theories to be accepted as explanations for stress provoking phenomena (e.g. medical treatments, political tensions etc.). COVID-19 created stress in our communities and numerous conspiracy theories. Studies found that high education serves as protection to believing such conspiracies. The current online study took place in Cyprus and Greece and 1001 participants filled out a questionnaire asking participants to report whether they endorsed, or not, nine popular conspiracy theories about COVID-19. It also asked the participants whether they followed public health recommendations, such as masking, distancing, and isolating when symptoms were present. Finally, it asked the participants to rate their belief in science and its findings regarding COVID-19. Descriptive statistics and regression analyses were employed. The study found high rates (32 - 40%) of conspiracy believers, depending on the conspiracy theory, in a highly educated group (minimum of a Bachelor's degree). Higher number of conspiracy theory endorsements were highly associated with unwillingness to follow public health recommendations and a negative stand towards science. It seems that more careful approaches should be planned by scientists, who advice governments, in order to reach not only people with lower education, but also present convincing factual information to people with higher education.

### **Child-to-Parent Violence and Its Relation With Family and Individual Variables: Exposure to Violence at Home, Empathy and Moral Disengagement**

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In recent years, child-to-parent violence has become a significant social problem in different countries. Therefore, to know the factors that promote the appearance and maintenance of this type of violence is crucial. The first objective of this research was to analyze the relation between child-to-parent violence and exposure to violence at home during childhood, empathy and moral disengagement. The second objective was to examine the predictive value of these variables in child-to-parent violence, exploring which of them is the best predictor. This is a cross-sectional research. The study included of 299 adolescents aged between 13 and 18 years old (54.8% females; Mage = 14.98, SD = 1.47). The participants completed a socio-demographic questionnaire designed ad hoc, the Child-to-parent Violence Questionnaire, the Exposure to Violence Scale, the Basic Short Empathy Scale and the Moral Disengagement Mechanisms Questionnaire. The results of this study showed that child-to-parent violence towards the father and the mother are related to the observation and victimization of violence at home during childhood and the use of moral disconnection mechanisms. In addition, the best predictors of child-to-parent violence is the victimization of violence from parents during childhood, together with the distortion of consequences and advantageous comparison mechanisms of moral disengagement. These data highlight the need of design and implement programs to prevent this form of family violence and to intervene in these variables that are related to its development and maintenance.

### **“Changing Them Subtly”: Awareness of Naïve Realism Improves Spaniards’ Stereotypes About Moroccan Immigrant Women**

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Diverse strategies of prejudice reduction and attitude change have been developed over the years. However, despite researchers' best efforts, many obstacles (e.g., segregated and polarized contexts, participants' reactance) can difficult their implementation and render them ineffective. This is even more so when trying to address highly entrenched cognitive content such as stereotypes. Our aim is to test whether the sole awareness of naïve realism bias (i.e., the conviction that one's own views are objective, and the other's views are biased) may help to change Spaniards' stereotypes regarding the morality, sociability and competence of Moroccan

women. Participants ( $N = 307$ ,  $M_{age} = 35.92$ ,  $SD = 13.37$ ) were randomly assigned to one of the conditions of a 2 (Experimental manipulation: naïve realism vs. control)  $\times$  2 (Women's ethnicity: Moroccan women vs. Spanish women) experimental design. The significant two-way interaction revealed that the manipulation was effective only when Moroccan women were evaluated. In the naïve realism condition, Spaniards evaluated Moroccan women as more moral, sociable and competent than in the control condition. Furthermore, the typical in-group favouritism toward Spanish women disappeared in the naïve realism condition for the moral dimension: participants perceived Moroccan women as honest, sincere and trustworthy as Spanish women. The findings highlight the potential for stereotype change of this subtle and indirect intervention, and they suggest that stimulating critical thinking by making people aware that they do not possess the whole truth might have positive effects on intergroup relations.

### **Women's Discrimination Persists in the Workplace: When Attractiveness Matters for Women (but Not for Men)**

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P16-11-9

Although many positive changes have taken place during the last decades, there is still a long way to go to achieve gender equality. The aim of this research is to analyze the interactive effect of gender and physical attractiveness in the evaluation of a coworker in terms of stereotypes, emotions, and facilitation tendencies at work, as well as to explore whether these effects depend on the occupation's gender typing (i.e., a neutral vs. a male-type occupation). We conducted two preregistered studies (Study 1:  $N = 297$ ; Study 2:  $N = 464$ ) to analyze the effect of sex, attractiveness and its interaction on how a job applicant is perceived in terms of stereotypes, emotions, and facilitation tendencies in both a gender-neutral occupation and a male-type occupation. The pooled analyses ( $N = 761$ ) revealed that: a) women candidates were more positively evaluated than men; b) gender interacted with attractiveness, so that the attractiveness affected the evaluation of female but not of male candidates; and c) the positivity toward women was dependent of the context, so that participants evaluated women more positively in terms of morality, sociability and admiration in an administrative occupation (gender-neutral activity) compared to the computer science field (male-type activity). To conclude, this work reveals that women's evaluations at work are not independent of physical attractiveness or gender-typed occupations. Thus, women are "wonderful" as long as they are attractive and do not violate their gender role. This invites us to reflect on how first impressions still influence the different expectations held for women and men in the workplace, and how actions are necessary to reverse this situation.

### **Women's Attitudes Toward Abortion-Rights Movement in Poland: The Role of Right-Wing Authoritarianism and Sexism**

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Among European countries, Poland has one of the strictest anti-abortion laws. Simultaneously, women's rights movement to liberalizing abortion was set up which organize the massive protests even despite pandemic restrictions. The massive protests took place in October 2020 because of abortion judgment of the Polish Constitutional Tribunal which stated that abortion due to a high probability of the fatal or life-limiting fetal anomaly condition is contrary to the Polish Constitution. The data was collected during the ongoing protest to find factors determining women's attitude toward abortion-rights movement (ARM). We focused on right-wing authoritarianism (RWA) and ambivalent sexist attitudes (benevolent and hostile) hypothesizing that (1) hostile sexism will give a direct negative effect on the attitude toward ARM; (2) benevolent sexism will give a negative effect on the attitude toward ARM, but this effect will be moderated by high level of RWA. An online survey was administered to 291 female participants ( $M_{age} = 26.09$ ,  $SD = 8.38$ ) who filled in RWA, ASI and items serving to measure the cognitive and affective components of the attitude toward ARM. The results showed substantial differences between models predicting affective and cognitive components of the attitude toward ARM. Hostile sexism negatively predicted the cognitive component of ARM attitude. Yet, when emotion-based attitude toward ARM was considered, the effect of hostile sexism on feelings toward ARM was significant only for women high on RWA. Contrary to hypothesis 2, benevolent sexism predicted positively the cognitive component of the attitude toward ARM but in case of affective component of ARM attitude again interaction effect was obtained. Women high on benevolent sexism expressed more hot feelings toward ARM only when they scored low on RWA. The results are discussed in terms of the social and psychological consequences resulting from far different way women perceive hostile and benevolent sexism.

### **The Challenge to Change: The SWITCH Project! Psychologists Beside the Community to Social Change**

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This work aims to disseminate the results of the SWITCH project, a project funded by the European Commission under the "Rights, Equality, Citizenship" program involving 7 partners from three EU countries. The general objective of the

project is to promote equitable services to adequately assist Transgender and Intersex (TVI) people, by increasing the competencies of psychiatrists, psychologists, psychotherapists and other social workers, i.e. those professionals in charge of caring for people and transformative processes and change throughout life. Studies show that high exposure to discrimination and harassment of TI people increases the risk of mental disorders, addictions, and suicide (APA, 2015). Despite the need for health care, the relationship with public services remains problematic, in part due to implicit biases and poor staff training (Carroll et al, 2012). The team of Psychologists of Paradigma and Perseo has implemented a training model that includes a theoretical background in order to propose and develop a training system for professionals and provide them with tools to support TI so that in the context of care and support for distress, individual professionals, whether practicing in public services, or in private services, can maintain a position of listening, non-judgment, non-discrimination, support and non-pathologization. The objectives of this model are to improve knowledge and awareness of IT needs; define a single theoretical frame of reference within which to frame the phenomenon; create a common language shared within the scientific community; strengthen the network between public health institutions and private centers and associations for TI people; awareness the whole community on the problems of TI people. We believe that today psychologists have a central role in supporting social change that affects gender and relationships; to this end it becomes crucial to create moments of confrontation and personal and professional growth.

### **The Influence of Perceived Wealth Threat and Thinking Style on Protective Behaviours and Well-Being During the COVID-19 Pandemic in Spain**

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Objectives were to explore the influence of thinking style and the perception of wealth threat on protective actions and well-being within the framework of the first wave of COVID-19 in Spain. We expected that an abstract (versus concrete) style promoted greater protective behaviours while maintaining a higher sense of well-being. Through an online questionnaire, we explored the relationships among thinking style, threat to wealth, protective behaviours and well-being. The online questionnaire was distributed using the snowball method, and volunteers could anonymously complete the survey from March 13 to May 12, 2020. The sample comprised 1043 participants. The most severe perceived threat to wealth and the highest degree of abstraction were associated with the greatest protective behaviours. When people did not feel very threatened, those who thought abstractly reported more protective behaviours. When people perceived greater threats, those who thought with an abstract style reported greater well-being. Against the backdrop of the COVID-19

pandemic, the present research provides support indicating that an abstract thinking style is a protective factor against adversities because it promotes protective behaviours and increased well-being even when people perceive severe wealth threat.

### **Impact of Acceptance as a Coping Strategy on the Quality of Life of People With Multiple Sclerosis: Meta-Analytic Review**

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P16-11-15

Different studies have confirmed that there is a relationship between health-related quality of life (HRQoL) and acceptance (ACC), construed as a coping strategy, in people suffering from multiple sclerosis. To conduct a meta-analytical review to determine the global effect of acceptance on HRQoL, and its dimensions, on people with multiple sclerosis, we proceeded to search for primary articles in 7 databases: WOS, Scopus, Pubmed, PsycInfo, Medline, Dialnet and Google Scholar. A total of 25 different search strings were conducted in English. The PRISMA (2020) model was used to develop the flow diagram. The review identified 389 studies, of which 6 were finally selected meeting the criteria for inclusion. A total of 31 effect sizes were found showing a positive and significant association between acceptance and HRQoL, although with a small effect size. Considerable heterogeneity was found between studies based on the HRQoL dimensions. In 5 studies a relationship was found between acceptance and psychological HRQoL, and in 3 between ACC and the social relationship dimension of HRQoL. In addition, positive, and significant, associations were found in 3 studies between ACC and environmental HRQoL and in another 4 between ACC and physical HRQoL. Although the effect size of the psychological dimension was medium and that of the rest of effects were small, there were no significant differences between these effects. Although acceptance of the disease has a positive effect on HRQoL, its effect size is small and similar in the different dimensions. These results have clinical and social implications when including acceptance as a coping strategy in interventions with people with multiple sclerosis.

## Power Imbalance and Suicide Risk: The Mediating Role of Dating Violence and Social Isolation in Spanish and Colombian Young Women

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Dating violence (DV) is a widespread problem during adolescence, especially in women. Gender power imbalances in romantic relationships lead to DV and adverse health outcomes for women. We know little about how emotional coping strategies interact with other variables to amplify or reduce adverse outcomes. The aim of this cross-cultural study was to examine the associations between power imbalance, DV, social isolation as a coping strategy, and suicide risk (SR) in Spain and Colombia. A path model was tested to study whether DV and social isolation mediated the association between power imbalance and SR. The total sample was  $N = 1216$  young women from 18 to 28 years of age, from Spain ( $n = 755$ ) and Colombia ( $n = 461$ ) in a heterosexual dating relationship, who do not live with their boyfriend, or have children or legal ties with their partner. Results of the path analysis model combining both samples showed a good data fit:  $CFI = .99$ ,  $TLI = .97$ ,  $RMSEA = .05$  (95% CI .034,.075), and  $SRMR = 0.023$ . The model showed significant indirect effects of DV (in-person and online) in the relationship between power imbalance and SR. Also, results indicated that sequential indirect effects (in-person and online DV and social isolation) of relationship power on SR were significant. Therefore, the association between a greater imbalance of power in relationships and SR would increase when young women experienced more DV and used more social isolation in both countries. These results seem to indicate that social isolation is a detrimental strategy through which power imbalance and DV negatively influence mental health in young women and is a significant cross-cultural predictor. The implication of the findings demonstrates the need to intervene with adolescents experiencing power imbalance, DV and who use social isolation to prevent SR.

## Dating Violence (DV) Against Young Chilean Women and Suicide Risk. The Mediation Role of Coping Strategies

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Dating Violence (DV) affects an important number of young women. It has a negative impact on the health of the victims for instance increasing Suicide Risk (SR). The analysis of emotional regulation and coping strategies could help to mitigate the consequences of this violence. The current study examines the associations between DV (in person and online), social isolation, rumination and inhibition and SR. A mediation model was tested to study whether three coping strategies (social isolation, rumination, and inhibition) mediated the association between DV and SR. The study has a cross-sectional design. The total sample consisted of  $N = 196$  young women between 17 and 28 years ( $M = 21.7$ ,  $SD = 2.5$ ) from Chile, that have or have had a heterosexual dating relationship, do not live with their boyfriend, and do not have children or legal ties with their partner. Results indicated that DV was associated with a higher use of social isolation, rumination, and inhibition that at the same time were linked to a greater SR. In fact, these coping strategies are a mediating mechanism through which DV experiences negatively influence mental health in young women. The indirect effects were: social isolation  $B = .0598$ ,  $SE = .0229$ , 95% (CI: .0216, .1109); rumination  $B = .0269$ ,  $SE = .0155$ , 95% (CI: .0002, .0610) and inhibition  $B = .0402$ ,  $SE = .0183$ , 95% (CI: .0068, .0789). Results suggest the need to intervene with young women who have experienced violence to reduce the use of social isolation, rumination, and inhibition as coping strategies to decrease the effect of DV experiences on SR.

## Psychological Distress Among Israeli Adults During the COVID-19 Pandemic

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Psychological distress poses a serious threat to individuals' mental well-being. It is often accompanied by demoralization, pessimism, loss of hope, somatization, social withdrawal, self-depreciation, and continuous strain. The current study employs a holistic approach with the aim of exploring the contribution of demographic (gender, age, religiosity, and employment status), psychological (locus of control and

resilience), and social (loneliness and social support) factors, as well as of trust in government organizations, to explaining psychological distress among Israeli adults during the COVID-19 outbreak. The research population was comprised of Israeli adults aged 21 and older. A structured questionnaire was distributed through online means in a wide variety of Israeli social networks. For the purpose of the present study, 991 participants were sampled. Women constituted 52.7% of the sample and men 47.3%, and the  $Mage = 37.5$  ( $SD = 16.72$ ). A hierarchical regression analysis was conducted to examine the association between a series of independent variables and psychological distress. The regression model revealed that women, secular people, and unemployed reported higher levels of psychological distress than men, religious people, and those employed. However, no association was found between respondents' age and their psychological distress. Internal locus of control, resilience, social support, and trust in government organizations were negatively associated with psychological distress. Yet, self-reported loneliness positively predicted respondents' psychological distress. Acknowledging the demographic characteristics of those at higher risk of psychological distress may help professionals identify them and provide them with help and support. Understanding the psychological and social factors associated with psychological distress may help professionals engage in mental and social interventions to provide people with tools to cope with the distress. In addition, trust in government organizations is an important issue that must be considered by public mental health policy in times of crisis.

### **The Effectiveness of the Prosocial Goals Intervention: A Randomized Controlled Trial**

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Prosocial behavior expressed in actions undertaken voluntarily to benefit others constitutes a significant factor in the functioning of human societies, however the array of available interventions promoting such behavior and evidence concerning their effectiveness is not sufficient. The aim of our study was to test the effectiveness of a short intervention intended to stimulate prosocial behavior, called "Prosocial Goals". We tested its effects on prosocial behavior as assessed by two measures: the decomposed game and the behavioral measure (Efforts for Charity Index), applying a randomized controlled trial with four measurements. A total of 193 participants, took part in the pretest measurement, 97 in the posttest, 82 in the first and 80 in the second follow-up (two and five weeks after finishing the intervention). The results showed statistically significant effects of the intervention on prosocial behavior assessed by the behavioral measure, even when the baseline level of prosocial behavior and participants' age were controlled for, but revealed no significant effects on the decomposed game. The intervention may be useful for people working with adolescents. The Efforts for Charity Index proved to be a sensitive tool reliably assessing changes in prosocial behavior.

### **The Political Landscape of Slovenian Youth: A Challenging Terrain for Conventional Politics**

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Political engagement – both formal and informal – is beneficial for a resilient and fruitful democracy, but also for positive youth development, and should thus be encouraged. This is especially true given the research suggests that political participation among emerging adults is in decline across the globe in comparison to older citizens. This questions the representativeness of the political system for citizens of different demographics, which could also negatively impact youth political engagement. Specifically, we stipulated the trend of declining participation may indicate that youth political interests are overlooked by conventional politics, especially since young people increasingly engage in alternative or informal forms of participation. To gain a clearer understanding of youth's political landscape in Slovenia, the participants (aged between 18 and 30), using a list of 16 socio-political issues drawn from international studies, indicated how important those are for them, how represented they are in conventional politics, and reported their position on each of the issues. We observed a disparity between the importance attributed to some of the issues, and their representation in daily politics, which emphasized the expected discrepancy in issue stances between youth and the political establishment. Most notably, issues rated as highly important (e.g., gender equality, environment) had moderate representation scores, while the issue most represented in participants' opinion (national security), was rated as least important to them. Using applied network analysis we further mapped the surveyed issues based on participants' stances towards them, and identified several clusters with refugee asylum protection being the strongest issue in the network with highest closeness and betweenness. The network analysis suggested a rather complex relationships between issues overreaching simple political divisions of left-to-right. Overall, our findings highlight potential limitations of said traditional political divisions in capturing relationships between socio-political issues but also in motivating youth participation.

### **Support for Actions to Reduce Violence Against Women: Hostile Sexism and Feminist Perspective in Women and Men**

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Gender-based violence is a global phenomenon with a transdisciplinary approach and serious consequences for the

health and lives of approximately 30% of women in the world (WHO, 2013). The literature highlights that, of all the factors, social movements characterized by a feminist perspective, such as the Autonomous Women's Movements, are the main driver of governmental actions against gender-based violence (Htun & Weldon, 2012). The present work aims to evaluate which psychosocial variables (i.e., hostile sexism, benevolent sexism, willingness to listen to the feminist perspective -listening- and acceptance of the feminist perspective -acceptance-) could be involved in the support for actions to reduce violence against women. The sample consisted of 275 participants (63.6% female) aged 18-72 years ( $M = 30.33$ ,  $SD = 14.10$ ) recruited through incidental sampling. Participants completed an online questionnaire composed of the Ambivalent Sexism Inventory (Exposito et al., 1998), an adaptation to feminist narrative of items measuring openness to adversary's narrative (6 items) and openness to new alternative information about the conflict (3 items), both from Naise et al. (2014), and an adaptation to the feminist movement of the measure assessing willingness to engage in collective action (Duncan, 1999). Results showed statistically significant differences between men and women in hostile sexism (higher for men), as well as in acceptance and support, in both higher for women. For women, only willingness to listen was a statistically significant predictor of support. For men, listening and hostile sexism were significant predictors of support. These findings highlight the need to increase the willingness to listen to the feminist perspective in both sexes, perhaps through different forms of communication, as well as addressing the core beliefs of hostile sexism that might hinder support for actions against violence towards women by men.

### **The Effects of Anger Suppression on Anger Experiences, Cardiovascular Reactivity, Asymmetrical Frontal Activity**

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Anger expressions are associated with a desire to change person or situation that interfere with their goals. Previous studies revealed that aggression has negative effects on the maintenance of social relationships and cardiovascular disease. However, it remains unclear how anger suppression influence on individuals. In the present research, we examined how anger expression style lead to different anger reactivity. One hundred participants performed cooperative tasks with a leader who has power to decide their compensation. Anger was evoked in the laboratory using an ecologically valid procedure, which is triggered by the leader not giving legitimate compensation. After anger induction, participants are randomly assigned to one of the two experimental conditions (express anger vs. suppress anger). To verify the difference between each condition, self-reported anger experience level, heart rate, blood pressure, and electroencephalological (EEG) activity were collected.

After each condition, self-reported anger experience level, heart rate, and blood pressure were measured 4 times every 5 minutes. The results showed that after the anger induction paradigm, self-reported anger experience level, heart rate, and blood pressure of all conditions increased compared to baseline. Results also identified that the suppression condition had lower levels of self-reported anger experience level, heart rate, and blood pressure than the expression condition. However, the suppression condition takes longer to recover self-reported anger level, heart rate, blood pressure than the expression condition. Third, the suppression condition was related to increased right frontal cortical activity, and the expression condition was related to increased left frontal cortical activity. The present study suggested that powerless individuals who suppress their anger can experience anger longer.

### **Implicit and Explicit Attitudes Towards Healthy and Unhealthy Food, Awareness of It and Self-Control**

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Issues related to attitudes towards health require the development of new theories, approaches, models and methods for assessing attitudes. The results of measurements using implicit and self-assessing procedures often diverge and may be even opposite. The aim of our research was to examine attitudes towards healthy and unhealthy food and their relationship to awareness of it and self-control. Research questions were: (1) Are the measurements of implicit and explicit attitudes towards healthy or unhealthy food consistent? (2) How are implicit and explicit attitudes towards healthy or unhealthy food, awareness of it and self-control related? We included 50 participants (14 males, 36 females), aged 24–71 years (median 45). We used two-category IAT to measure the implicit attitudes towards healthy or unhealthy food, Questionnaires on Recentness of Consumption, Awareness and Taste of Healthy or Unhealthy Food, Health and Taste Attitude Scales, Self-Control Scale, and demographic questionnaire. Results were obtained both for the entire sample and for subgroups of participants formed by the variables: "Age", "Awareness of food", "BMI", "Sex", "Self-Control" and "Usage of food". First, only in some subgroups both implicit-explicit consistencies and inconsistencies were found. In particular, the participants with low self-control show the consistency where the explicit attitudes towards healthy food are based on an interest in health, but if self-control is high they show inconsistency. Second, the relationship was different in the entire sample and in the subgroups. In particular, in the entire sample, the explicit attitude towards food based on the interest in light, low-calorie food was associated with awareness. The relationship of implicit attitudes towards food with both awareness and self-control has not been revealed. The results obtained can contribute to understanding the mechanisms of functioning of attitudes towards food.

## Cultural Variations in Memory Processes: The Part-List Cuing Impairment

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Culture permeates every aspect of society, including the ways in which we perceive things, approach problems, learn and remember autobiographical information, and process information from the media. Although decades of research in cognition proceeded without directly examining the influence of culture, this practice has begun to change. In the current report, we ask how culture, sampled from three distinct countries, impacts memory. The applied significance of these basic experimental studies becomes important as people increasingly work and interact with people from other cultures. Recent cognitive research has examined a range of questions using the Western versus Eastern cultural distinction and reported that those with different cultural upbringings can differ when it comes to problem-solving, perceiving new information, and even organizing memories. We focused on a counterintuitive yet highly replicable memory impairment, the part-list cuing impairment in recall, across individuals from three cultures: The United States, Singapore, and Taiwan. Experiment 1, using study material created from U.S. norms, showed the typical memory impairment in the United States and Taiwan, but not in Singapore. An East/West dichotomy cannot adequately explain this range of findings; instead, our findings point to differences rooted in multiculturalism. The Singaporean culture can be considered more multicultural, with multiple national languages, practices emphasized in their national policies, compared to the United States and Taiwan. In Experiment 2, we developed the study material to a Singaporean sample and examined the part-list cuing recall performance across those born in the United States and those born in Singapore. While the part-list cuing impairment emerged in the Singaporean sample, it was still weaker than the effect observed for the U.S. participants in Experiment 1. Through our research, we aim to introduce multicultural backgrounds as factors influencing cognitive processes.

## The Role of Prime Effects and Gender Schema Theory in Explaining Work-Related Gender Stereotypes

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The aim of the study was to compare the role of prime effects and Gender Schema Theory in explaining work-related gender stereotypes. Original dilemma with father

and son involved in a car accident in which the father was killed, and after bringing the son to the hospital, the surgeon said (s)he could not operate on him since it was their son (in administrative speech) was adapted in eight different versions (IV1: father/mother/parent; IV2: son/daughter; IV3: surgeon/nurse). If prime effects were dominant, stereotyping would be more pronounced in those versions in which the gender of the parent and child are dissonant with the typical work-related gender stereotypes. The research was conducted online on 202 students from Osijek and Rijeka randomly assigned to one of eight conditions. After reading dilemma, they answered how is it possible (open answers). Participants' responses were categorized into stereotypical and others. Findings support a main effect of occupation: stereotypical responses were significantly more present in vignettes in which participants were required to conclude that nurse is a father than that surgeon is a mother ( $F = 16.46, p = .000$ ), and the interaction of occupation and the way in which the IV3 (father, mother, parent) was denoted in the text was shown ( $p < .10$ ). The differences were highest in parent condition - the stereotypical conclusions in nurse+parent condition were more common than in the surgeon+parent condition. The results support Gender Schema Theory more than the priming effects. Greater stereotyping of the nurse as a female occupation than stereotyping the surgeon as a male occupation is interesting. It remains to be explored whether it is harder for men to break through into female occupations, or women have more egalitarian positions in traditionally male occupations or it reflects the lower status and desirability of traditionally female occupations.

## A Self-Reported Empathy Toward Offenders - Is There Impact of Offenders Ethnicity and Empathy Induction?

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According to the empathy-altruism hypothesis, empathy initiates altruistic behaviour for a person for whom empathy is felt. At the same time, different factors have a significant impact on empathy such as, (verbal) instructions or perception of similarity with a target (like having common ethnicity). So, the aim of this paper was to examine whether empathy-inducing instruction have an effect on self-reported empathy toward offenders with different ethnicity. An experimental design was used with two independent variables: (a) instruction (with or without empathy inducing) and (b) ethnicity of offender (Croat or a Romani). A different versions of a vignette in which the offender committed a theft was presented to participants. In addition, offender's difficult family situation was describe. Participants were randomly divided into four experimental situations. The sample of 206 college students from the University of Osijek participated in research (66.2% being females) and all of them were Croats. The average age of participants was  $M = 22.08$  ( $SD = 3.03$ ) years. After reading the vignettes participants had to answer questions concerning the self-reported empathy toward

offender, willingness to help and length of imprisonment they think it would be appropriate for the offender. Due to offender's difficult family situation, participants displayed moderately high levels of self-reported empathy and willingness to help. On the other hand, offender's ethnicity, empathy-inducing instruction nor its interactions were found to have a significant effect on the self-reported empathy, willingness to help or assigned length of imprisonment.

### **How Parenting Attitudes Affect Self-Esteem: The Mediating Role of Reflective Function**

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The reflective function is a concept of mentalizing capacity that has only been proposed in the past two decades. The purpose of this research is to explore the relationship between parenting attitudes and individual self-esteem, as well as the mediating effect of the reflective function in it. The research adopts the questionnaire survey method, taking Taiwanese emerging adulthood as the research object, collecting a total of 495 valid samples, using Parenting Attitudes Scale, Reflective Function Questionnaire, and Rosenberg Self Esteem Scale as research tools. The questionnaire data are descriptive statistics. Factor analysis, Pearson product difference correlation, ANOVA, hierarchical regression analysis and bootstrapping method for data analysis and processing. The research results are as follows: 1. Both caring and self-supporting parenting attitudes have significant positive predictive effects on self-esteem; while over-protective parenting attitudes and mentally controlled parenting attitudes both have significant negative predictive effects on self-esteem effect. 2. The caring parenting attitude and the self-supporting parenting attitude have a significant predictive effect on the reflective function; while the over-protective parenting attitude and the psychologically controlled parenting attitude both have a significant negative predictive effect on the reflective function. 3. The reflective function has a significant positive predictive effect on self-esteem. 4. Reflective function has a mediating predictive effect between the parenting attitude of care and self-esteem. 5. The reflective function has a mediating predictive effect between the over-protective parenting attitude and self-esteem. 6. The reflective function has a mediating predictive effect between the self-supporting parenting attitude and self-esteem. 7. The reflective function has a mediating predictive effect between the parenting attitude of psychological control and self-esteem. The research contribution is to increase the importance of clinical practitioners or educators on the reflection function of individuals. Theoretical and practical implications were discussed.

### **Seeking Social Support in Victims of Intimate Partner Violence: A Qualitative Analysis of Lived Experiences**

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Intimate partner violence against women (IPVAW) is a major source of morbidity and mortality among women worldwide. In this study, 131 testimonies of female victims of intimate partner violence (IPV) are examined with the aim of studying the factors associated with victims' decision to seek social support and leave violent relationships. Personal and semi-structured interviews were conducted with female victims of IPV in Spain. The IRaMuTeQ 7 program was used to analyze the discourse. A total of 10845 words with a total of 1183 different forms were analyzed. Findings extract six sub-clusters grouped in 2 main sets of clusters. Cluster 1 (18% of the total amount of content) reflects the emotional component of aggression (fear of death). Cluster 2 (13.1%) describes psychological aggression (threatening, breaking) while Cluster 3 (17.2%) refers to the use of power and control within relationships (control, money). Cluster 6 (13.8%) included different types of physical aggression (hitting, grabbing). Cluster 4 (21%) and Cluster 5 (16.9%) refer to formal (judging, asking) and informal (friend, support) social support. The data showed a stronger relationship between emotions such as fear of dying and physical and psychological aggression. Formal and informal support were related to each other. As a major implication, results highlighted the role of severe violence, the lack of power within relationships, and negative emotions to motivate help-seeking behaviors in female victims of IPV.

### **The Chain of Attachment Style – Career Self-Efficacy – Career Exploration**

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P16-11-34

The purpose of this study is to reaffirm the chain of attachment style--career self-efficacy--career exploration and to examine the indirect and direct effects of this chain. Amiri et al. (2013) examined the impact of attachment on career self-efficacy in college students and found that those with stable attachment styles had higher career self-efficacy. In Japan, Uebuchi et al. (2017) obtained similar results. However, the effect of attachment style on self-efficacy was weak. For this reason, a new study will be conducted. In addition, the indirect effect of attachment style-career exploration mediated by career self-efficacy and the direct effect of attachment style-career exploration unmediated by career self-efficacy has

not been sufficiently examined. Therefore, these issues will be examined. So, 275 Japanese college students (Male = 66) participated in the survey. The following self-report scales were administered: (a) Experiences in Close Relationships-Relationship Structures (Fraley, Heffernan, Vicary, & Brumbaugh, 2011); (b) Career-Choices Self-Efficacy Scale (Hanai, 2008); (c) Career Exploration Survey (Stumpf et al., 1983). As results, each scales' reliabilities were high ( $\alpha = .819 - .929$ ). Following previous studies, the model was constructed. The model fit indices were indicative of an overall good statistical fit ( $X^2 = 125.994$ ,  $p < .001$ , CFI = .903, TLI = .854, RMSEA = .108, SRMR = .072, AIC = 6561.767). The results showed that the effect of both parental and peer attachment style on self-efficacy was neither significant ( $b^* = -.021, -.069$ ). However, the effect of peer attachment styles (not the parental attachment) on career exploration tended to be significant ( $b^* = .176$ ). The above results suggest that the relationship between attachment style and career exploration can be understood as part of the relationship between attachment and exploration in adolescence and adulthood.

### **The Constitutive Dimensions of the Representation of the Early Childhood Educator's Profession: Prioritization of Care and Distancing From Management Work**

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The profession of early childhood educator (ECE) is based on "taking care" of young children and the implementation of an ethic of care (Paperman, 2010). In France, since the 2000s, access to management positions in early childhood daycare and education centers has led to the integration of managerial and administrative dimensions in both initial training and the practice of the profession. This research uses the theoretical and methodological framework of social representations to reveal the aspects deemed essential by the ECEs to characterize their profession, and to discern the current position of management work in this representation. A first research based on a evocation task (Abric, 2003) performed by 54 ECEs, including 25 directors, reveals the predominance of care work, with associative categories like "accompaniment", "benevolence" and "empathy". Moreover, the administrative and managerial aspects are not mentioned as a constitutive dimension of the profession. A second study uses the 23 associative categories previously cited, and two new management-related categories -"personnel and team management" and "administrative and financial management"-to create visual analog scales. This study was carried out on 941 ECEs indicate the importance of each category in characterizing their profession across a continuum of 0 to 100. Principal Component Analysis with Varimax rotation revealed a four factors structure: 11 items refer to the ethics of care, 6 items to the accompaniment of the family, 6 other items refer to categories related to educational work, and the last factor groups together the two items that refer to

management work. A Scheffé test ( $p < .001$ ) shows that the care-related aspects ( $M = 92.24$ ,  $SD = 6.81$ ) are considered the most important to characterize the profession of ECE, while the managerial dimension ( $M = 64.24$ ,  $SD = 19.84$ ) is disregarded. All the results are discussed considering the universal theory of values (Schwartz, 1992).

### **The Influence of Individual Differences in Effortful Control on Compassion Fade**

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P16-11-37

Affective feelings of sadness, empathy, and compassion are often seen as essential for motivating helping behaviors. However, psychological studies have found that compassion toward victims often decreases as the number of individuals in need of aid increases and the identifiability of the victims decreases (Markowitz et al., 2013). This phenomenon is called "compassion fade." This study examined the influence of individual differences in effortful control (EC) on compassion fade. EC is defined as the ability to inhibit a dominant response to perform a subdominant response, detect errors, and engage in planning; it is a major form of self-regulation (Rothbart and Rueda, 2005). Individuals with high EC are able to regulate negative emotions evoked by seeing many victims, and such emotional downregulation may be one reason for showing compassion fade. We followed the design of Västfjäll et al.'s (2014) study. Two hundred and fourteen undergraduates from a Japanese university (134 women), with a mean age of 20.27 years ( $SD = 0.86$ ), were presented with one of two scenarios: the single-child condition ( $n = 98$ ) or the two-children condition ( $n = 116$ ). After reading the scenario, participants answered four questions which served as dependent variables. The Willingness-to-donate scale (1 item, 11-point scales), Compassion scale (8 items,  $\alpha = .872$ ), Distance scale (7 items,  $\alpha = .740$ ), Efficacy scale (2 items,  $\alpha = .709$ ), and the Japanese version of the EC scale (Yamagata et al., 2005) were utilized to measure participant's EC. Results showed that compassion scores were low in individuals with high EC than in those with low EC in the case where two children needed help than when a single child needed help. This suggested the possibility that compassion fade occurred in individuals with high EC than in individuals with low EC for effective emotional downregulation when there were multiple victims.

### **The Relationship Between Work-to-Family Conflict and Parenting Behaviors: The Moderating Role of Social Support**

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P19-11-1

Work-to-family conflict is known as the inability of meeting family goals due to high demands of work. When the

recent increase in women's participation into labor force is considered, it is possible to see negative influences of this conflict on women especially who are married and have preschool old children. Although, the main context of parenting is known as family, according to ecological perspective, parenting behaviors are influenced from social environment where mothers' and fathers' are attending. Considering that generally mothers take the role of primary caretaker of their children, it is reasonable to observe negative influences in their parenting behaviors as a result of this conflict. In the light of negative influences of work-family conflict, many researches emphasized the importance of social support in decreasing this conflict. It was suggested that social support which individual receives from both work and non-work-related environment is an important source in managing stress. This study is one of the limited researches which studies the influence of work-family conflict on parenting behaviors. Furthermore, it is the first study which searches for the moderator role of social support in the relationship between work-to-family conflict and dimensions of parenting which are warmth, inductive reasoning, punishment and obedience demanding. In this study, there were 225 working mothers who have children between 2 and 6 years old. Mothers were applied a questionnaire form which includes items related with work-family conflict, social support and parenting behaviors. As a result of the study, no relationship was observed between work-to-family conflict and parenting behaviors. Additionally, the moderator role of social support, which is received from work-related (organization, supervisor, and coworkers) and non-work-related (spouse, family, and friend) sources, was not found. Findings were discussed in relation to study's methodological aspects and demographic characteristics of the sample.

### **Mental Health Promotion in the Workplace: Strengths, Weaknesses and Gaps of Current Policies in Some EU Countries**

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P19-11-2

As outlined by the European Union Council on Safety and Health of Workers at Work, European employers are legally obliged to address all types of risks in a preventive manner and establish appropriate health and safety procedures. In general, EU policies and legal frameworks on Mental Health (MH) in the workplace aim to engage employers in good practices with critical psychosocial risk management and prevention elements. The topic is crucial, in particular for small and medium-sized enterprises as managers do not always have the knowledge and tools to assess psychosocial risks in their workplaces or how to intervene to create a

healthy working environment. The EU-funded H-WORK project sought to map the current European regulatory and legislative scenario, with three key tasks: 1) to review existing policies, legal frameworks, broad strategies, social dialogue and "soft" policy initiatives in MH promotion (MHP) in the workplace within some EU countries (N = 91 policies identified); 2) to provide a summary of the relevant EU and National level policies (N = 27) based on specific selection criteria; and 3) to identify and analyse strengths, weaknesses and gaps of the current policies in order to create meaningful recommendations and strategies for policymakers and relevant stakeholders. Despite reasonable efforts and increasing attention to MHP, the focus is still on prevention and reduction of psychosocial risks, and not on well-being promotion whilst including cross-cutting issues such as age, gender and intersectionality. Future policies should promote and empower employers to provide a healthy working environment focused on the workers' strengths, abilities, and resources and not only normative requirements, limitations or restrictions. To this end, mental health and well-being at work should be promoted throughout the involvement of all stakeholders at different levels of the organisation, including team and leaders.

### **From Intern to Full-Time Employee: Explaining Conversion Intention Amongst Talented Millennials**

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P19-11-3

For millennials, internships and work-integration learning programmes are an increasingly significant entry point to organisational life and formal employment. Internships and learnerships provide new graduates with the opportunity to experience organisational life at a particular organisation while providing the organisation with a chance to assess the graduate's work capabilities and cultural fit. Little is known about the predictors of graduate intention to convert from their intern status to full-time employment, even as this has become more salient to organisations challenged to employ highly-skilled graduates from a constrained talent pool. The Theory of Planned Behaviour (TPB) provides a theoretical reference point to explain intern intention to convert from intern to full-time employee at their host organisation. In this cross-sectional quantitative study, interns (N = 210) from three organisations participated and completed an online survey. The study's findings confirmed the usefulness of the TPB in understanding intern conversion intentions. The TPB predicted 65% of the variance in conversion intentions (Subjective Norms and Attitudes were significant predictors, but Perceived Behavioural Control was not). Additional analyses indicated that perceptions of the effects of COVID-19 on employment prospects were not a significant direct predictor of conversion intentions and that the perceived effects of COVID-19 on conversion intention differed across ethnicities. The implications of these findings and a set of suggested future research projects are presented.

## Entrepreneurship Intentions Amongst South African Vocational Students: An Application of the Theory of Planned Behaviour

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P19-11-4

South Africa's Technical and Vocational Education and Training (TVET) colleges were established to address national economic challenges and human resource needs. Given the current national context of extremely high youth unemployment, it is imperative to understand the factors that influence entrepreneurial intention amongst TVET students. This study applies the Theory of Planned Behaviour (TPB) to investigate the drivers of entrepreneurship intent amongst South African TVET students while also considering the demographics (i.e., reported gender, age, ethnicity, and nationality), community valuation of entrepreneurship, prior exposure to entrepreneurship and perceptions regarding the inhibitory effect of COVID-19 on the possibility of new venture creation. Using an online survey in a cross-sectional quantitative research design, 128 usable responses were elicited from students at two TVET colleges in a single region. Psychometric analyses confirmed the factorial validity of the TPB and the structure and reliability of all the measures. Hierarchical regression analyses showed that the hypothesised TPB model significantly explained approximately 80% of the variance in entrepreneurial intention. Still, only Attitude was a significant predictor of the entrepreneurial intention of the TPB variables, whereas Subjective Norms and Perceived Behavioural Control were not direct predictors. The demographic control variables, community valuation, and prior exposure to entrepreneurship were not significant predictors of entrepreneurial intention. Perceptions regarding the effects of COVID-19 was a significant direct predictor of entrepreneurial intention and significantly moderated the effect of Perceived Behavioural Control on entrepreneurial intention. The practical impact of the findings is discussed in the context of emerging market economies and a proposed agenda for future research on entrepreneurial intention amongst vocational students.

## Longitudinal Research on the Effects of the 6-Hour Workday on Employees – Case Study

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P19-11-5

Due to the current social, societal, and economic situation, there is a need to reduce working hours. While most countries allow individual working hours' arrangement, which is subject to the principle of proportionality, they are now striving towards a systemic introduction of a shorter work schedule. A systemic introduction entails a change of working hours at the level of the organization or country, with wages, years of service and other benefits remaining unaffected. Numerous

attempts to introduce shorter working hours have shown many positive effects, with past research reporting improved general well-being and sleep, decreased stress and anxiety, higher productivity, and better work-life balance. Following previous researches, we decided to observe changes in employees during their transition from 8 to 6-hour workday. We were interested in how the 6-hour workday affects life satisfaction, job satisfaction, and individual aspects of the work situation, employee engagement, work performance, and the conflict between work and family. The longitudinal data were collected in three separate periods with the quantitative method (six questionnaires) and the qualitative method (focus groups). The sample of twelve individuals showed that a 6-hour workday increased life satisfaction and reduced conflict between work and family. Job satisfaction, employee engagement, and work performance also gradually improved. However, the results were not significant, and the hypothesis was not supported. This was the first Slovenian longitudinal research on the systemic introduction of a 6-hour workday to contribute to a better understanding of the effects of a shorter work schedule and provide employers with detailed insight into practice.

## Image and Occupational Status of Psychologists in Slovenia

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P19-11-6

The image and occupational status of the profession of a psychologist are still relatively unexplored in the world as well as in the Slovene environment. We were interested in what differences in the occupational status and image of the profession of a psychologist occurred in 2020, compared to 2016 when the Department of Psychology first analyzed this area. And we were interested in assessing differences between the occupational status and image of the profession of a psychologist (between the psychologists themselves and the rest of the participants in the research). We also determined whether the image of the profession of a psychologist differs from the image of the professions of doctors, teachers and managers. Data were collected in the autumn of 2020 using an online questionnaire. On a sample of 722 people, we found out that the image and occupational status has not changed significantly in four years. The occupational status of the profession of a psychologist remained in fifth place among the twelve possible professions, and there were statistically significant differences in the image of the profession of a psychologist only in the dimensions of selfishness and patient. We also found out that psychologists evaluate themselves better than other participants. We realized that the image of the profession of a psychologist is different from the image of the professions of doctors, teachers and managers. Our research is among the first researches on the occupational status and image of the profession of a psychologist in Slovenia, contributing to a better understanding of this field and providing psychologists and other individuals with an insight into how the general public perceives them.

## Working Hours: Partial or Full Mediator of the Link Between Work Addiction Risk and Stress and Wellbeing?

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P19-11-7

The present study aims to test the extent to which working hours may partially or fully mediate the established association between work addiction risk and both wellbeing and stress at work in France. Although work addiction risk has obtained considerable research attention in recent years, the role of underlying mechanisms of the link between work addiction risk and its consequences have been less studied. To further uncover these mechanisms, we tested the research hypotheses on a sample of 188 French employees who were selected based on a simple random sampling method. Participants were asked to fill out surveys on the research variables. The data was analyzed using AMOS-26 and SPSS-26 programs. The results revealed that there is a statistically positive relationship between work addiction risk and both working hours and stress at work and a statistically negative relation between work addiction risk and wellbeing. In addition, the analysis of median paths suggests that working hours mediated the link between work addiction risk and stress at work as well as the link between work addiction risk and wellbeing. However, working hours were found to be a stronger mediator of work addiction risk and wellbeing. As nowadays the number of jobs and working hours is increasing in industrial countries, attention and exploration of mechanisms that can mediate the impact of work addiction risk on wellbeing-related outcomes may be essential to employees unions to further protect the rights of employees at workplaces.

## Preliminary Results of the CONNECT! Higher Education Course Developed for Connecting CGC and HR Fields

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P19-11-8

Organizations experience increasing pressure to become more and more sustainable, and to remain competitive taking care of their employees at all levels of skills. At the same time, employees get mobile, search for attractive, stable, and future-oriented job opportunities, and need support to access labor offers all around Europe. In this poster we will present the higher education training program that was developed during the European Erasmus+ project CONNECT! (connect-erasmus.eu) with the aim of connecting career guidance and counselling (CGC) with human resources (HR) in enterprises. Two main phases were followed. In the first phase, the involved partners (Italy, Germany, Netherlands,

Greece, Austria, and Serbia) conducted an analysis of the national situation. In the second phase, 79 HR and 77 CGC counselors were involved to answer a qualitative survey about the perceptions and best career and life designing practices. The comparative analysis of the national results allowed to identify similarities and differences and identify the main issue to be targeted. The training consists of 5 units that last 4.5 hours each and cover the following topics: The changing world of work, Innovative concepts, and development for company-based career work/HRM, Current theoretical and methodological approaches for counsellors and coaches in the company context, Connecting Guidance, Counselling and coaching for employees and the context of company-based career work, Changing in practice the organizations. After the evaluation of 10 experts from diverse countries, it has been piloted with higher education students. The first preliminary results of the Italian piloting that involved about 30 higher education students in psychology will be presented. Two ad-hoc questionnaires about expectations and self-efficacy beliefs and one questionnaire about learning were used to verify its efficacy with a pre- and post test design. Strengths and weaknesses will be discussed for future implementation.

## Exploring the Dark Side of Humility Leadership based on Appraisal Theory of Emotion

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P19-11-10

The construct of humility has received increasing attention in organizational scholarship in recent years. However, research on the potential drawbacks of humility leadership is still quite limited. Based on appraisal theory of emotion, we propose that supervisors' humility may make subordinates feel disgusted, which in turn lead to subordinates' avoiding behavior, when subordinates think that the supervisors' humility is impression management. On the contrary, when the subordinates feel that the supervisor is competent, the supervisors' humility may make the subordinates feel admired, hence may promote subordinates' organizational citizenship behavior. With a sample of 129 military employees and 1760 observations across 10 working days were collected by using time-lagged experience sampling methodology, and we use multilevel path analysis and Monte Carlo method to test hypotheses. Our results indicate that when supervisors display humility leadership, with a high level of impression management will stimulate subordinates to experience disgust, compared to those with a low level of impression management. Meanwhile, supervisors with a high level of its competence will stimulate subordinates to experience admiration, compared to those with a low level of its competence. Furthermore, supervisors' humility leadership will enhance subordinates' avoiding behavior via experiencing disgust when supervisors' impression management is high compared to when supervisors' impression management is low. Conversely, supervisors' humility leadership will enhance subordinates' organizational citizenship behavior via experiencing admiration when supervisors' competence is high compared to when supervisors' competence is low. Finally, the

contributions and limitations of this study were discussed and the recommendations for academic and practical applications were also provided.

### Exploring the Impact of Grandiose Narcissism on Job Crafting: The Mediating Role of Overqualification and Moderating Role of Humility Leadership

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P19-11-11

In recent years, overqualification has received extensive attention in management literature. However, previous studies have considered overqualification as a mediating mechanism are still quite rare. Based on person-job (PJ) fit theory, this study proposes that subordinates with grandiose narcissism may tend to feel overqualification, hence may promote job crafting towards strengths, and job crafting towards interests, especially when subordinates feel that supervisors are humble to them. We tested our hypotheses using a three-wave sample from 423 employees in 53 work groups from an army unit in Taiwan, with one month separating each wave. Our results indicate that subordinates' grandiose narcissism will trigger their overqualification, and lead to their job crafting towards strengths, and job crafting towards interests. Furthermore, the mediation is stronger when supervisors' humility leadership are high rather than low. Finally, the contributions and limitations of this study were discussed and the recommendations for academic and practical applications were also provided.

### Does a Sense of Control Matter in a Virtual Work Environment? The Impact of Digital Technology Use on Psychological Distress

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P19-11-12

The massive adoption of telecommuting by organizations following the recent global health crisis has led many workers to use intensively digital technology to work remotely. However, the impact of digital technology on individuals has shown mixed results in the literature. While technology has the benefit of providing more flexibility, it also has the drawback of creating information and communication technology (ICT) demands (e.g., feeling obligated to respond immediately). To date, very few studies have examined the potential downsides of ICT demands and even less in the context of increased telecommuting. Consequently, this study aims to shed light on the relationship between ICT demands, well-being, control and psychological distress. The study was conducted during the first wave of COVID-19 in Canada, when several workers were telecommuting. The data was collected from a sample

of 320 workers belonging to various industries. Statistical analyses were performed using Hayes Process add-on for IBM SPSS statistics 28. ICT demands ( $\alpha = .79$ ), well-being ( $\alpha = .90$ ), control ( $\alpha = .83$ ) and psychological distress ( $\alpha = .85$ ) were measured using previously validated scales. A moderated mediation model shows that well-being mediates the positive relationship between ICT demands and psychological distress, and control moderates the indirect effect between ICT demands and psychological distress, such that the indirect effect is less positive (weaker) when employees perceive a high level of control and more positive (stronger) when employees perceive a low level of control. These findings highlight the importance of control for employees working in a virtual work environment, as it acts as a mitigating factor against the adverse effect of ICTs on mental health. As organizations consider continuing telecommuting in a post-pandemic world, these findings are crucial in informing organizations of the need for employees' latitude in this new reality.

### Construction and Initial Validation of the Meaningless Work Scale

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P19-11-13

As previous research, based on qualitative research methods, has identified fundamentally different causes and related psychological states for meaningful and meaningless work experiences (Bailey & Madden, 2016), the need for developing a psychometrically sound questionnaire aimed at measuring employees' account of the way in which they experience meaningless work becomes apparent. The study seeks to develop and undergo an initial validation for a measure of perceived meaningless work in order to enable further psychological research on the subject. The presentation will be split into two studies. In study 1, based on a review of the relevant associated literature on the topic, an initial pool of items will be written and the psychometrical properties of the instrument will be assessed via an exploratory and a subsequent confirmatory factor analysis, followed by the computing of reliability coefficients. The data will be collected via an online survey hosted on MTurk, which will contain the proposed items. In study 2, the convergent, construct and predictive validity of the measure will be investigated by gathering and analyzing data both for the construct at hand and for conceptually related constructs such as meaning in life. Results will be discussed in detail.

## **Exploring the Impact of Supervisors' Machiavellianism on Abusive Supervision: The Mediating Role of Instrumentality Beliefs**

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P19-11-9

Research to date on leader behaviors such as abusive supervision has found a clear linkage between such behaviors and employees' work attitudes and performance. However, only few studies have explored the antecedents of abusive supervision based on instrumentality perspective. In this study, we propose that Machiavellianism may influence abusive supervision through instrumentality beliefs, especially when the power distance is high. We tested our hypotheses using a three-wave sample from 356 employees in 73 work groups from an army unit in Taiwan, with one month separating each wave. Our results indicate that supervisors' Machiavellianism are positively related to instrumentality beliefs, and lead to abusive supervision. Furthermore, supervisors' Machiavellianism will enhance abusive supervision via instrumentality beliefs when power distance is high compared to when power distance is low. That is, the mediation is stronger when power distance is high rather than low. Finally, the contributions and limitations of this study were discussed and the recommendations for academic and practical applications were also provided.

## **Effectiveness of Cognitive Training in Adult Population - An Overview and Some Methodological Considerations**

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P12-11-1

Along with an aging population, the prevalence of age related cognitive impairment is the highest in history with the long-term trend of increase. Finding a way to stay cognitively healthy is of great importance as it enables independent functioning and an active living in older age. In that context, over the past decade the interest of the scientific community in the field of cognitive training has risen tremendously. Although a huge amount of studies analyze the effects of various cognitive training procedures for preserving and enhancing cognitive functions, the results regarding transfer effects are inconclusive and even conflicting. Problematic is that a large portion of cognitive training studies have a poor statistical power which compromise the reliability of results, which is further degraded by the existing crisis in social sciences known as "p-hacking" and publication bias. Researchers have to improve methodological standards for cognitive training studies and focus on the theoretical background, rather than "hunting" statistically significant results. Meta-analytical studies are one way of providing more robust evidence, therefore we will present a brief overview of meta-analysis of effects of cognitive training on the population of healthy adults and those with

mild cognitive impairment. An alternative way of analyzing data is by using machine learning methodology which can provide state-of-the-art predictions and outperform traditional statistical methods. Building a machine learning model which could precisely predict who can benefit most from cognitive training is another approach worth considering.

## Remote Poster Presentations

### The Multidisciplinary Management of the Patient With Temporomandibular Disorder (Functional and Psychological Aspects)

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P2-R-1

The present study was carried out on a sample of 15 patients, who presented disorders such as: difficulty in chewing, pain in the cervical region, chronic pain in the face, headache, dizziness; which were associated with anxiety, depression and stress related symptoms. The purpose of this study was to verify whether a parallel physiotherapy and psychotherapy work could improve the dysfunctional and psychological symptoms caused by a temporomandibular disorder, of myofascial origin, related to states of depression, anxiety and stress. After an initial physiotherapeutic evaluation of temporomandibular disorder according to the Diagnostic Criteria for Temporomandibular Disorder, both of Axis I (functional evaluation) and of Axis II (biopsychosocial evaluation) through the VAS pain questionnaires, GAD-7 and phq-9, it is a psychological evaluation was carried out, using the following Hamilton HAS and HDRS tests, MMPI-2, the results showed high scores on the Anxiety and Depression scales with a high correlation between the psychodiagnostic scales and the results obtained in the questionnaires (with somatic, muscular symptoms and sensory; difficulty concentrating; fatigue; insomnia; tension, emotional and social alienation, worry, irritability). By ascertaining the correlation between temporomandibular disorders and psychological disorders, also confirmed by various authors of articles in the literature, we observed how the work carried out in an integrated way between physiotherapy and psychotherapy, in this case Systemic-Relational, significantly reduces about a month and a half of therapy, psychopathological factors, especially those related to the Depression area, and improve the ability to manage symptoms.

### An Exploratory Study on Patient-Caregiver Dyad Reciprocity in Oncology

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P2-R-2

This work aims to investigate the correlations between personality, coping strategies, stress levels and caregiver burden in a sample of 26 subjects, among 13 oncological patients and 13 respective caregivers at 5 months post-diagnosis. To carry out the study, we administered the Big Five Questionnaire 2 (BFQ-2) and the Digit Ratio (2D:4D), which represents the ratio between the lengths of the middle

and ring fingers as an indirect measure of pre-natal androgen levels during intrauterine life, to investigate personality profiles, the Profile of Mood States (POMS) providing a measure of mood states, the Coping Orientations to Problem Experienced (COPE) to investigate dissimilar coping modes, the Beck Depression Inventory-II (BDI-II) to measure the presence and severity of depression and the Caregiver Burden Inventory (CBI) to assess the burden of care. The analysis of correlations between the POMS and BFQ-2 shows that the dysfunctional mood of the caregiver affects the perception of the patient to feel or not energetic and able to dominate the situation, to feel confident towards interpersonal relationships. The analysis of correlations between Digit Ratio and BFQ-2 showed that the caregiver's impulsive attitude and propensity to do affect the patient's prosocial attitude. Finally, the analysis of correlations between BFQ-2 and COPE showed that a caregiver who is not very energetic promotes the patient's use of avoidance strategies. These correlations allow us to confirm the reciprocal influences between patients and caregivers for the dimensions investigated and how these could have a possible decisive role in the outcome of the treatment of cancer disease. This work represents a first exploratory phase on the mutual influences between cancer patients and their caregivers and it suggests possible insights regarding the psychological support associated with the health care pathway.

### Study on Experiences in Family Play Therapy for Children With Externalizing Behavior Problems

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P2-R-3

The purpose of this study was to investigate the experiences in the family play therapy process focused on children with externalizing behavior problems. Two families participated in an Adlerian approach family play therapy for five sessions. After the family play therapy, parental consultation was concluded. After the parental consultation, the children and the parents attended the interview, respectively. In addition, a follow-up individual interview was conducted one month after the interview. All the data was analyzed by using the Consensual Qualitative Research. First, the results showed that family play therapy provides family members with special ways of interacting and understanding each other: (i) the family play therapy presents the epitome of the interaction among family members, (ii) it provides enjoyable, undefended ways of interaction among family members, which create great family opportunities to understand each other, bring to family the hope of positive changes, and confirm the effect of family evaluation and parental consultation. Second, the family members' insistence and inviting, and to what family members attribute their problems and how distressed they are

affect members' involvement in family play therapy. Third, family play therapy helps family become more aware of the family member's interaction patterns and behavior: Parents become aware of how their behavior and parenting influences their children, thus causing the major problems to transfer, of how their treatment of their children elicit competition among the children, and of the psychology of their children and the goals of their children's misbehavior, and of the fact that they should pay their attention to the whole family system rather than focused children. Fourth, the changes caused by family play therapy have the following influences: (i) it provides family the momentum towards positive changes in many ways, (ii) family members have a better understanding of and closer relationship between each other.

### **Reducing Stigma Towards People With Mental Health Problems Through a Virtual Reality Program Based on Acceptance and Commitment Training**

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P2-R-4

Stigma towards mental health problems is one of the main current problems in mental health. For this reason, various institutions carry out different programs to try to mitigate its effect. Generally, these programs resort to providing information about what mental disorders are, facilitating contact with mental health users, or organizing protest activities. However, there are a significant number of people who do not change with these methods. A new procedure is Acceptance and Commitment Training, where the objective is for people to be aware of their difficulties in being able to control thoughts and emotions but that this does not prevent directing their life towards important values, such as an approach to people with problems mental health. For this, different metaphors and experiential exercises are used. It is a training that has shown its effectiveness but, until now, it has not been used through virtual reality. The objective of this study was to develop a virtual reality program based on acceptance and commitment training to reduce stigma towards mental health problems. After reviewing the studies that have used this training, a protocol has been developed to develop through virtual reality. The first reality program based on acceptance and commitment training is shown, which uses different metaphors and experiences through this technology. To conclude, the possibilities of the new virtual reality program open the possibility of new forms of intervention in this incipient field.

### **Benefits of an Inclusive Sports Program for People With Serious Mental Disorder**

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P2-R-5

One of the difficulties that people with severe mental disorders have is a sedentary lifestyle, which together with the effects of antipsychotic medication and sometimes bad eating habits, makes it a population with higher rates of overweight and obesity, as well as different associated problems, such as diabetes, hypertension, etc. One measure to solve this problem is physical activity. It is proven that physical exercise contributes to an improvement in these parameters. However, in people with severe mental disorder we found few studies that have evaluated its effect. The objective of the present study was to evaluate the effects of a sports program on people with severe mental disorders. An inclusive sports program has been carried out (carried out jointly by people with SMI, university students, and the general public) taught twice a week for six months, taking measures before and after the intervention. Results show that significant improvements have been found in anthropometric variables, personal well-being, and reduction of medication. The utility stands out over the utility of inclusive sports programs in this field.

### **The Etiology of Internet Gaming Disorder: How Exposure to Technology, Motivation, Cognition, and Behaviors Lead to Problematic Online Gaming**

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P3-R-1

The most notable form of Internet addiction for the past 20 years has been Massive Multi-user Online Role-Playing Game (MMORPG) with American adults between 20 and 40 years old identified as high risk of developing problematic online gaming behaviors and unhealthy preoccupations with activities on the Internet. Problematic online gaming behaviors and the resultant functional impairment of daily living that adults experience from playing MMORPGs was the problem addressed in this study, while the purpose was to provide further insight into those behaviors, previous attempts at prevention, and opinions of prevention and treatment directly from adult gamers. This study used descriptive, pre-transcendental, psychological phenomenological methods and associated five step phenomenological psychological data analysis. This study used theory triangulation to integrate the Online Gameplay Motivations Theory and the Cognitive-Behavioral Model of Pathological Internet Use to describe and explicate the complexity of this phenomenon by capturing the motivation, maladaptive cognitions, behavioral symptoms, life stressors, exposure to technology, and situations cues that contribute to problematic online gaming behaviors. Seven

adult participants who have played numerous MMORPGs were recruited and interviewed. The analysis produced 26 themes and subthemes, which answered four research questions. The results indicated that adult MMORPG players who experience problematic online gaming behaviors experience both benefits and detriments from this online gameplay. Benefits of online gameplay included improved access to and maintenance of real-life and virtual-relationships, increased attention and focus, increased technology competency, while detriments included preexisting psychopathology, anxious depression, loneliness, eight behavioral symptoms, and obligatory virtual-friendships maintenance. Adult gamers recounted three previous prevention themes and three opinions of prevention and treatment. Implications for practice include intensive outpatient as aftercare and co-occurring disorder treatment models. Future research might consider identifying the impact of situational cues, employer perception of technology competency, quality of displacement, and distinguishing between pre-existing and co-occurring psychopathology.

### Mental Health of Women Using ART During Pregnancy and Postpartum

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P4-R-1

Scientific data shows that prenatal mental health predicts maternal mental health after the delivery. Some studies indicate that women using ART have higher levels of anxiety, stress and depression (Anikina, et al, 2020). The aim of this study was to examine the dynamics of psycho-social characteristics from pregnancy and when the child is 4-9 months old of women who used assisted reproductive technologies (ART) and in spontaneously conceived (SC). Fifteen women in ART and 41 in SC groups were assessed with ASEBA and provided socio-demographic data. In this sample, 0.8% ART and 0.4% SC women reported that their relationships with partner worsened after the delivery, 0.2% of SC women got divorced. No changes in adaptive functioning was found in ART group, but in SC group we found the improvement in the area of anxiety, somatic problems, aggressiveness and intrusion ( $p \leq .05$ ). When comparing ART women to SC, when the child is 4-6 months, we found that ART women have higher levels of behavior ( $57.3 \pm 7.6$  vs.  $53.8 \pm 7.6$ ,  $p = .048$ ) and somatic ( $57.67 \pm 8.98$  vs.  $53.54 \pm 3.96$ ,  $p = .020$ ) problems, including DSM-associated somatic disorders ( $58.3 \pm 9.3$  vs.  $53.5 \pm 3.6$ ,  $p = .008$ ), they see their child less positively ( $23.25 \pm 1.23$  vs.  $24.06 \pm 1.16$ ,  $p = .029$ ). During pregnancy on a tendency level they had less attention problems ( $54.8 \pm 4.2$  vs.  $56.5 \pm 5.5$ ,  $p = .083$ ) and DSM-associated depression ( $54.1 \pm 4.8$  vs.  $56.3 \pm 6.5$ ,  $p = .053$ ). We conclude that ART women seem to be slightly more adapted during pregnancy but have significantly higher levels of somatic problems compared to SC women in the first year of child's life, they see their child less positively. This may be due to improvement in adaptive functioning in SC group from pregnancy to postpartum. Data is still being collected. [Research is supported by RBRF grant № 20-013-00859 A.]

### Psychobiological Aspects of Retirement Stress in the Russian Federation

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P4-R-2

The aim of this study was to investigate the effect of retirement stress on biopsychological age and lifestyle in men and women in Russia. The study involved 1546 people (809 women) aged 26 to 88 years, divided into 9 age groups. Measurements involved biological age, assessment of subjective psychological age, expected retirement age, life path questionnaire. The biological age formula included indicators of metabolism, parameters of the cardiovascular and respiratory systems and balance organs, as well as a psychological health questionnaire. Results showed that two types of psychological stress affect biological age: the stress of retirement expectation and the stress of retirement itself. It was found that in Russia, biological age is associated with calendar age via inverse U-shaped correlation. The peak of relative aging falls on pre-retirement and post-retirement ages. Biological and psychological aging occurs at different rates under the influence of retirement stress. Both men and women, approaching retirement age, begin to age faster biologically, while psychologically, on the contrary, they feel younger. Retirement stress also affects way of life, increasing the number of bad habits, changing the number of hobbies. To conclude, there are two types of retirement stress, the stress of waiting for retirement and the stress of retirement. Moreover, retirement stress leads to accelerated of biological aging, biological and psychological age mismatch, and lifestyle changes.

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### Dynamics of Attitude to the Child in Women Using ART During Pregnancy and After Birth

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P4-R-3

The number of women using ART continues growing, but remains largely understudied, and the available scientific evidence about the attitude to the pregnancy and fetus is contradictory. There is evidence that ART women's ideas about pregnancy and the unborn child may be idealized or somewhat distorted. Also, the attitude towards the child during pregnancy can predict such attitude after the birth of a child, and in ART group due to idealization facing the real child it may become problematic. Our aim was to study the attitude towards pregnancy and child in during pregnancy and postpartum in women using ART and spontaneous pregnancy (SP). We used Maternal Antenatal Attachment Scale,

Pregnancy Attitude Test, Parental Assessments of Children, projective drawing "Me and my child". At 4-6 month after the birth of the child we used: Maternal Postnatal Attachment Scale, Maternal Attitude Test, Parental Assessments of Children, projective drawing "Me and my child". Forty-five pregnant women using ART and 95 SP women, aged 23 to 40 years, 2-3 trimester, participated (postpartum: 15 ART women, 41 SP women). Data is being collected. The study of attitudes towards pregnancy and the child in pregnant women showed that ART women have higher level of prenatal attachment ( $p < .05$ ), specifically, euphoric type of attitude towards pregnancy ( $p < .05$ ). After the birth of a child, mothers from the ART group rate their child as significantly less attractive ( $p < .05$ ). As for attachment to a child, we found an increase in the levels of attachment in both ART and SP groups. During pregnancy, pregnant women from the ART group demonstrate higher rates of attachment to the fetus and a euphoric type of attitude towards pregnancy. After birth they are characterized by a more negative view of the child. [Research was supported by grant RBRF № 20-013-00859.]

### Perinatal Outcomes in Women After ART

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P4-R-4

The number of children born using assisted reproductive technologies (ART) is steadily growing. Scientific studies provide conflicting data on the health of children, perinatal and long-term outcomes after ART. The most common method of delivery after ART is a cesarean section (CS), the percentage of operative deliveries performed both for emergency and planned exceeds the population numbers (Henningsen A., 2011, Green M., 2010). Aim: studying delivery outcomes and early postpartum period after ART. Sample: 82 women (26 - ART, 56 spontaneous conception, SC) were telephoned in the early postpartum period. Results: in ART group preterm birth was observed in 27%, in SC group - 1.8% cases. In ART group cesarean section - 65% cases, of which 29% were planned, and 71% emergency. In SC group caesarean section in 23% of cases, of which 23% were planned, and 77% emergency. Reasons for planned cesarean section were a burdened obstetric and gynecological history of the mother, breech presentation of the fetus, myopia of high severity. In ART group reasons for an emergency caesarean section were: absence/weakness of labor in 17%, fetal hypoxia in 83%; in SC - absence/weakness of labor in 60%, fetal hypoxia in 40%. The resuscitation measures for a child after childbirth were used in ART group for 27% of children, in SC group - 11%. Formula feeding in ART group is practiced in 31% compared to 7% in SC group. Conclusions: premature birth and caesarean section are significantly more common in ART group; the most common reason for emergency caesarean section in ART group is fetal hypoxia (83%). For ART children the use of resuscitation measures is 2.5 times more likely and formula feeding of a child in the postpartum period is 4 times

more common compared to spontaneous pregnancy. [The study is supported by RBRF 20-013-00859.]

### A Study on Adoption Experiences and Parent-Child Interaction in Adolescent Among Adult Adoptees

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P4-R-5

Adopted individual's identity are from unique personal traits, birth and adoptive family. Every adopted teen would think about how they are similar and different from their adoptive parents. The purpose of this study was to explore the experience of being told about adoption, the challenges that adoptees face and Parent-child interaction in adolescent. Qualitative data collected from 9 adoptees who was adopted as child aged from 20-40 years old. A quasi-structured individual interview lasting 90-120 minutes was conducted for each participant. Thematic analysis was used to help the researchers make sense of the experience of adult adoptees faced in adolescent. Results show: (1) Being told about adoption: (a) Different ways of being told affected the adoptee's self-acceptance, (b) Both parents and adoptee were uneasy and struggling at first time, (c) when adoptees felt parents' sadness, they avoided talking about adoption in an evasive way. (2) How to adjust negative emotions about adoption: (a) Seek support from peers, (b) Guarantee of the love from adoptive parents and allowed adoptee to explore their adopted feelings at different life stages enhanced adoptees' security. (3) The relationship between adoptees and adoptive parents in adolescent: (a) Parent-child conflicts were easily attributed to not originate from blood, (b) Adoptees need to talk about birth parents and reunion brought a sense of guilt for loyalty to adoptive parents, which makes the relationship alienated, (c) When serious parent-child conflicts occurred, adoptees would increase the fantasy of reunion, (d) The adoption reunion was supported and accompanied by adoptive parents prompted the parent-child relationship closer. (4) Identity process: (a) Explore the looks of birth parents to establish external identity, (b) Understood the adopted process and reasons for relinquishment could re-construct self-worth, (c) Connected to the origins of life through adoption reunion, (d) Obtain self-identity from reconciliation towards the birth parents.

### The Role of Emotional Variables in Lexical Decision of Traditional Chinese Words: A Megastudy Approach

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P6-R-1

Tse and Yap (2018) reported that lexical decision performance of two-character traditional Chinese compound words was better predicted by orthographic and semantic variables

than phonological variables, using the megastudy data of the Chinese Lexicon Project (CLP; Tse et al., 2017). In this study, we expanded the CLP by (a) including valence and arousal ratings of the 25,000+ words of CLP and (b) computing the valence ambiguity of each word (i.e., how varied each word was rated on valence across raters) and examined the effects of these emotional variables on lexical decision performance to these words. In item-level hierarchical regression analyses, we included typical orthographic variables (stroke number, character frequency, and word frequency), phonological variables (phonological consistency and homophonic density), and semantic variable (semantic transparency) in the first step and entered the three emotional variables in the second step in order to identify the unique variance that they could account for in lexical decision times. When valence was treated as a continuous variable, all emotional variables were significant predictors in the regression model, suggesting that words with lower valence rating (i.e., more negative), less ambiguous in valence, and less arousing elicited slower lexical decision times. However, when valence was entered as a categorical variable (i.e., either positive or negative), only valence was the significant predictor in the regression model, with negative words eliciting slower lexical decision times than positive words. A larger variance was accounted in the model where valence was treated as a categorical variable than a continuous variable (adjusted  $R^2 = 42.3\%$  vs.  $37.7\%$ ). Our results supported the autonomic vigilance account that negative words elicited slower lexical decision times as one's attention is more likely captured by negative stimuli than positive stimuli, resulting in a delayed response.

### A Correlation Study Between the Dark Triad, Sociosexual Orientation and the Triangle of Love

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P6-R-2

Personality structure constitutes an important factor that influences that ways by which an individual relates with other individuals, and builds sexual and love relationships. Lately, however, research shows that some personality structures, which are comprised by specific characteristics, are able to harm or manipulate other individuals without remorse or signs of ethical barriers. Equivalent difficulties have been observed as regards to the ability of these individuals to form love relationships. The purpose of this research was to investigate the possible correlation between the characteristics of the Dark Triad (psychopathy, Machiavellianism, narcissism), Sternberg's Triangular Theory of Love (intimacy, passion, commitment), and Sociosexual Orientation (behavior, attitude, desire). The research sample comprised of 232 participants, both male and female, between the ages 18-35, in accordance to the relevant research findings that show that young adults exhibit higher degree of specific personality characteristics (i.e., feelings of omnipotence, egocentrism, etc). The data was collected electronically through the social

media. Results show that there was no correlation between narcissism, the love triangle and the sociosexual orientation. Machiavellianism and psychopathy indicated low negative correlation with intimacy and low positive correlation with sociosexual desire, while psychopathy indicated low positive correlation with all sub-subscales of sociosexual orientation. Sociosexual desire showed low negative correlation with all elements of the love triangle, while sociosexual attitude had low negative correlation with passion and commitment. Finally, no correlation was found between sociosexual behaviour and the triangle of love. The inability of dark personalities to develop relationships based on love seems to derive from their need for power, tendency to dominate and the absence of healthy need for equality and emotional and mental union with their partners.

### Timing of Various Types of Housing Instability and Behavioral and Social Outcomes in Middle Childhood

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P6-R-3

Children demonstrate more problem behaviors when they experience instability at home (Dumas et al., 2005). However, little research has been done on the timing of particular housing instability that could uniquely influence behavioral and social outcomes in children. We examine the potential differential impact of timing of physical and psychosocial housing instability on children's behavioral problems and social competence at age 9. We used publicly-available data from the Fragile Families and Child Wellbeing Study (N = 3515). Waves 3, 4, 5 included Physical Housing Instability (residential instability, crowdedness, noise) and Psychosocial Housing Instability (parental relationship status, parental death, parental incarceration status), adapted from the Material Hardship Scale, the Home Observation for Measurement of the Environment (HOME), and the Confusion, Hubbub, and Order Scale (CHAOS). Wave-5 data included mother-reported child prosocial behaviors measured by the Adaptive Social Behavior Inventory (ASBI) and self-reported child behavioral problems measured by the Child Behavior Checklist (CBCL). We tested our hypothesis with multiple regression controlling income and maternal education. Physical and psychosocial instability at ages 3 and 5, predicted behavior problems ( $\beta = .06; .07, ps < .001$ ), but not prosocial behaviors ( $ps > .05$ ) at age 9. Physical and psychosocial instability at age 9 predicted behavioral problems ( $\beta = .06; .09, ps < .001$ ) and prosocial behaviors ( $\beta = -.04; -.05, ps < .05$ ) at age 9. These findings suggest that physical housing stability in early childhood is critical for reducing problem behavior, while

concurrent psychosocial stability at home might be sufficient for enhancing social competence. These findings suggest that intervention should focus both on improving the physical qualities of children's residences as well as maintaining the stability of critical family relationships. However, more research is needed to fully understand how various types of instability influence children and when matters most.

### Differences in Self-Continuity Between Essentialist and Narrative Perspective

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P11-R-1

Self-continuity, a sense of connection between one's past and present self, has been studied in the context of behaviors related to economics, education, and physical and mental health. However, the differences between two perspectives on self-continuity, the essentialist perspective (the sense of continuity in terms of stability) and the narrative perspective (the sense of continuity in terms of narrative), have not been addressed. According to the essentialist perspective, when self-continuity is high, it is considered that the past and present selves are assimilated. Conversely, when self-continuity from the narrative perspective is high, it is considered that the past and present selves are contrasted. In the present study, we investigated whether the relationship between self-continuity and temporal comparison orientation, a receptive attitude toward the past, and self-concept clarity differ depending on perspective. We conducted an experiment with 37 Japanese university students in which one or the other perspective was activated by descriptive tasks followed by measurement of self-continuity. In the descriptive tasks, participants in the essentialist perspective condition wrote about their stable aspects, while participants in the narrative perspective condition wrote about the past events that had influenced them. Finally, the extent of a temporal comparison orientation, a receptive attitude toward the past, and self-concept clarity were measured with a questionnaire. The results showed differences between the conditions. The relationship between self-continuity and temporal comparison orientation was negative only when the essentialist perspective was activated, indicating that the higher the self-continuity from the essentialist perspective, more the past and present selves are assimilated. The relationship between self-continuity and a receptive attitude toward the past was positive only when the narrative perspective was activated. These results indicate that these two perspectives focus on different aspects of self-continuity, that is, they suggest that stability and narrative construct different aspects of self-continuity.

### Self-Efficacy and Digit Ratio in Italian Young Sample

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P11-R-2

The aim of this research was to verify whether there is a correlation between perceived self-efficacy and the digit ratio index (2D:4D), referred to prenatal androgen levels, and whether these correlate respectively with psychological variables such as personality, mood, anxiety and emotional regulation skills, taking into account possible gender differences. The survey involved 56 young healthy subjects aged between 21-31 years. To carry out the study, subjects were calculated the 2D:4D ratio and were asked to fill in self-assessment questionnaires for each psychological variable, such as: Self-efficacy Scale (SES), Big Five Questionnaire-2 (BFQ-2), Profile Of Mood State (POMS), State-Trait Anxiety Inventory Form Y (STAI-Y) and Emotional Regulation Questionnaire (ERQ). A negative correlation was emerged between Digit Ratio index (2D:4D) and Self-efficacy Scale and, in the specific female sample, a positive correlation between 2D:4D and State and Trait anxiety. In addition, a negative correlation between State-Trait Anxiety and Self-efficacy Scale was emerged; finally, a positive correlation between Self-Efficacy Scale and Emotional Stability (sub-dimension of BFQ-2) was resulted, just for female group. Data analysis thus shows that the perceived self-efficacy levels seems to be influenced by an innate predisposition linked to the prenatal androgen values to which the subjects were exposed during uterine life (2D:4D), and this negative correlation indicates that the higher the value of the digit ratio, the lower probably will be the level of perceived self-efficacy. Finally, the degree of perceived self-efficacy seems to depend on levels of subjective anxiety, intended as both personological disposition and contingent condition, specifically in the female group.

### Teachers' Perception of Teachers Furthering Student Bullying: A Qualitative Study

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P13-R-1

Previous research has shown that student-teacher relations as part of classroom climate might impact student bullying in the classroom. Students' negative perceptions of student-teacher relationship have been associated with elevated rates of bullying in the school. Conversely, supportive, and positive relationships with teachers perceived by students, have been associated with less student bullying. To explore teachers' perceptions of student bullying, a series of semi-structured interviews were conducted with eight lower secondary school teachers in Kosovo. The interviews inquired about participants' perceptions of teacher-student relations

affecting student bullying in the school. Findings revealed that teachers are aware that they might promote peer bullying in the classroom if the communication with the students is not based on mutual respect and does not reflect elements of violence including bullying (verbal bullying). The main challenges outlined by the teachers pertained to the lack of teacher competence in classroom management. The findings of this study have practical implications in terms of evidence-based programmes targeted to foster a more positive school climate to enhance student well-being in school.

### **Social Intelligence: Resources and Risks of Psychological Security of Students**

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P13-R-2

Resources and risks of social intelligence in providing psychological security of students are reviewed in the aspect of satisfaction by interpersonal relations with course-mates in a university educational environment. Method: four questionnaires, Kendall's correlation ratio. 60 students attended; age 18.3 years old. Results show that self-comprehension and interaction habits in students with a medium level of social intelligence (41.7%) are connected with the inclusion which is demonstrated in forwardness to accept others, to belong to various social groups; self-comprehension is associated with control demonstrating the students' susceptibility to external influence and managing their actions by others, interaction habits are associated with the low regulatory autonomy and dependence on opinions and evaluations of others, empathy - with affect revealing the forwardness to attract others and to be more emotionally close with them. Students with a high level of social intelligence (58.3%), in process of organizing interpersonal relations, selectively open up close friendly relations, deliberately plan their activities, single out relevant conditions of achieving goals – interconnection of self-comprehension, affect, planning and modelling. They accept responsibility and management in organizing joint activities – connection of self-regulation, control and independency. Overall, the social intelligence of students may serve both as a resource and as a risk of psychological security of the university educational environment: (1) as resources serve: focusing of self-comprehension on regulatory processes – planning and modelling; maturity of the personal quality – independence of students with a high level of social intelligence; focusing of self-comprehension and habits of interaction on accepting others in students with a medium level of social intelligence; (2) as risks serve: weakly expressed abilities of students to set and achieve goals, to understand feelings and emotions of others, to demonstrate cooperation, low maturity of deliberate programming, regulatory flexibility, and use of subjective criteria of results evaluation.

### **Academic Motivation and Personality Traits as Predictor of Attitudes Toward Digital Educational Technologies Among Russian University Students**

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P13-R-3

In the current era of digitalization, the development and implementation of the digital educational technologies (DET) constantly have been at the focus of numerous discussions among teachers, psychologists, sociologists, physicians, etc. Moreover the COVID-19 pandemic simultaneously made DET an essential part of contemporary social life around the world. However, both before and during the COVID-19 pandemic, little attention was paid to the study of the psychological and personality characteristics of the students, which can predict their attitude towards DET and the effectiveness of their use in learning. Present research involves 173 (61% females) Russian university students from different fields of study (Natural Sciences, Medicine, and Psychology), aged 17 to 26. Students' attitudes towards DET were measured with the author's technique The University Students' Attitudes toward DET Questionnaire. This technique includes four subscales: "General involvement in the use of DET", "Involvement in the digital space", "Use of digital technologies in education", and "Digital competence". The educational motivation of students was measured with the Academic motivation scales by Gordeeva et al. The personality traits were measured with the Russian NEO Five-Factor Inventory adaptation by Biryukov and Bodunov. The descriptive statistics methods, coefficients Cronbach's  $\alpha$  and McDonald's  $\omega$ , and multiple regression analysis were used for statistical analysis. The results of the research showed that the academic motivation (especially intrinsic motivation) has more impact to attitudes towards DET than personality traits. Among FFM personality traits extraversion and openness to experience are most closely related to attitudes towards DET. However, there is a specificity of these impacts and relations in students from different fields of study. Finding of this research suggests that taking into account such psychological factors as academic motivation and personality traits can help to make optimal the implementation of DET into educational process in blended and online formats.

## Social Representations of Higher Education of Students With Different Socio-Economic Status

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P13-R-4

The purpose of our study based on the ideas of the theory of social representations (by Moscovici) and the structural approach (by Abric). The methodology of Vergès was to reveal the connection between the structure and content of students' social representations of higher education and their socio-economic status position (N = 332 Russian students from different universities, M = 21.7 years old). Respondents were asked to evaluate associations in accordance with their perceived significance (from 1 to 10) and emotional attitude (valence from 1 to 7). We tested and confirmed the hypothesis that different socio-economic status students had general and specific features in the structure, significance and valence of social representations of higher education, especially in the core zone. It (core zone) contains the term "job" (15; 2.5) among students with lower-middle socio-economic status; the terms "knowledge" (32; 2.8), "profession" (24; 2.9), "university" (21; 2.4) – among middle status students; the terms "job" (27; 2.6), "knowledge" (24; 2.8), "success" (17; 2.5) – among upper-middle status students; the terms "income" (19; 2.8), "knowledge" (18; 2.7), "job" (17; 2.2), "profession" (16; 2.5) – among high status students. Moreover for high status students the term "knowledge" possesses high level of significance (8.94) ( $p = .041$  Mann-Whitney U-test). Also the single core element "job" has positive emotional rating (5.73) among lower-middle status students ( $p = .025$ ). Besides the differences in number of elements and content orientation in the cores of lower-middle and middle status student's representations about the higher education were found. It's revealed differences in the significance and emotional rating of representations' core elements.

## Girls or Boys? – The Implicit Gender Cognition of "Engineering Girls" in Vocational High Schools

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P13-R-5

The study targets "engineering girls" in vocational high schools, exploring their evolution of implicit gender cognition. This study adopts the method of individual interview, with 16 interviewees from the departments of machinery, automotive repair, sheet metal fabrication, etc., where each student underwent 3 to 4 interviews. After data collection, the coding analysis was performed using Giorgi's phenomenological steps. The results show that: 1) Perception of gender minority status includes perception of gender norms, perception of gender differences, and perception of

one's own roles. 2) Interaction with engineering boys includes positive experience of interaction, negative experience of interaction, resolution of interaction dilemmas, ways of establishing relationships and roles formed in interaction. 3) Interaction with girls who are also engineering students includes secret competition, mutual evaluation, comparison by others. 4) Learning experience includes motivation to study, internship courses, teacher-student interaction, career decision-making, etc. Based on this results, the researchers attributed four conclusions: 1) Engineering girls first face physical shocks, such as lack of female toilets, boys' odor, menstrual embarrassment, mechanical control, physical training, etc., which are the hidden barriers in their learning; 2) Engineering girls are repeatedly expected to continue to be women in the class. They often become caregivers, comforters, relationship contacts, and secretaries, just like traditional female roles in society; 3) Engineering girls often have a sense of discrimination, because the harder they study, the more they are regarded as "masculine", and they will even be criticized for not being a woman. This feeling is strongest when they encounter non-engineering girls; 4) Some engineering girls realize that they perform better than the boys in filing, welding, milling, etc. They found their own learning advantages and even felt that engineering was their goal in life. This study's results can be the basis for formulating strategies on gender education.

## The Burnout Syndrome in the COVID-19 Pandemic: Researching the Mental Health of University Students in Brazil

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P14-R-1

The COVID-19 pandemic brought several changes to the world reality, especially in the case of university students, who needed to adapt classes to online teaching modalities, generating a correlation between stressors that were already specific to the daily life of a university student with the fear and isolation resulted from the pandemic. Thus, the research aimed to raise the rate of Burnout Syndrome in academics during the COVID-19 pandemic. The study used a cross-sectional method using the Snowball data collection technique, performed using an online form (Google Forms), consisting of a sociodemographic questionnaire and the Copenhagen Burnout Inventory (CBI). Data collection was carried out 1 year and 6 months after the beginning of social isolation in Brazil. The sample consisted of 490 university participants, aged 18 to 60 years, with a predominance of females (73.82%), most of them single (93.46%), attending the 4th period (24.49%) of college, in the morning shift (48.98%) and the area of human sciences (36.77%). The results of the occurrence of Burnout Syndrome were divided among the 3 types of study, the area with the highest prevalence of the syndrome being Distance Learning (70.27%), followed by Blended Learning (54.95%) and Remote Learning (48.07%). It

was concluded that the stressors in the academic environment were potentiated by the stressors resulting from the pandemic - mainly in the Distance Learning modality, hypnotized that it was due to three main factors: teachers, associated with lack of guidance and excessive demand; the overload of content and work; and the invariability of the environment. It was also noted the difficulty of reconciling personal life and work with studies. Even though these points are common among all modalities, they intensified in Distance Learning due to the lack of real-time interaction.

### Testing the Status Legitimacy Hypothesis: Evidence From Russia

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P15-R-1

System Justification (SJ) theory posits that people are motivated to defend the status quo with different psychological tools such as stereotypes and legitimizing beliefs. It was hypothesized that low-status individuals tend to show higher SJ levels than high-status individuals. Tests of this status-legitimacy hypothesis (SLH) show mixed results, which can be attributed to the inconsistent use of different SJ and status indicators. This research tested the SLH on a Russian representative sample (N = 1008) recruited from regions with different regional socio-economic status (SES) using a reliable and valid measure of SJ (general, economic, and political) and theoretically justified status indicators. Individual status was measured as consumption status and subjective social standing. In general, Russians demonstrated a relatively low level of general SJ and a slightly higher level of political SJ. Personal consumption status and subjective status is positively related to status quo legitimization. Regional SES was not related to SJ regardless of the region. Therefore, the SLH was generally rejected in the Russian sample. However, promising effects were found concerning the regional SES and SJ interaction. People with higher subjective status had higher SJ scores in the capitals (Moscow and Saint Petersburg) and developed regions, while in low status regions the increase in subjective status was not related to the increase in SJ. This may be due to the overall low level of infrastructure and economic development in low-status regions. If people achieve high status there, the surroundings can be a constant reminder of the poverty and other system flaws, which inhibits the increase in SJ.

### The Discrepancy Between the Self-Reported Empathy and Actual Empathy in an Experimental Task Relating to Personality

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P15-R-2

Various methods have been developed to measure empathy. However, recent studies have identified the discrepancy between self-reported empathy and actual empathy in experimental tasks. The purpose of this study was to examine this discrepancy in relation to personality types. Japanese university students (N = 101) completed the Japanese version of the IRI, the experimental task, and the Two-dimensional Social Phobic Tendency and Narcissistic Personality Scale-Short version. The experiment stimulus consisted of a sentence describing an event accompanied by an incongruent facial expression of the behavior (e.g., I passed the entrance examination of my desired school (positive) with a sad facial expression (negative)). Participants were asked to write freely about how they felt regarding the stimulus. The free descriptions were classified into three types based on the level of empathy. In the HL (high social phobia and low narcissism) and LH (low social phobia and high narcissism) groups, self-reported empathy score (PT) was higher ( $t(10) = -7.25, p < .01, d = -2.13$ ;  $t(41) = -1.96, p < .10, d = -0.63$ ) in the group with more empathic descriptions comparing to fewer empathic descriptions in the empathy-related task. Whereas, in the HH (high social phobia and narcissism) and the LL (low social phobia and narcissism) groups, there was no difference in self-reported empathy scores between the groups with more empathic descriptions and fewer empathic descriptions in the task. In the medium (medium social phobia and medium narcissism) group, the empathy score (FS) was higher in the group with fewer empathic descriptions in the task ( $t(8) = 3.80, p < .05, d = 1.48$ ). It is suggested that the discrepancy between self-reported empathy and actual empathy of participants may be influenced by their personalities.

### Personality Traits, Ethno-National Attitudes, Intellectual Abilities and Academic Performance as Predictors of Intercultural Competence in Russian School Students

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P15-R-3

The search for predictors of intercultural competence (ICC) and similar concepts (intercultural sensitivity, intercultural communicative competence, multicultural effectiveness, and some others) remains in the focus of psychological and interdisciplinary research in all the spheres of contemporary globalizing world, including education. However, most

studies examine samples of international university students, migrants, and visitors, but not school students. The present research involved 122 (44% male) Moscow secondary school students aged 15 to 16 (the mean was  $15.60 \pm 0.47$  years). ICC was measured with the author's modification of The Intercultural Sensitivity Scale (ISS) by Khuhlaev and Chibisova. ISS is based on the Developmental Model of Intercultural Sensitivity (DMIS) by Bennett and includes four subscales: Minimization, Absolutization, Ambivalence, and Acceptance. The personality traits were measured with the Russian NEO Five-Factor Inventory adaptation by Biryukov and Bodunov. Ethno-national attitudes (Nationalistic, Patriotic, Neutral, and Negativistic) were determined with The Scale of Ethno-National Attitudes by Khukhlaev et al. The level of intellectual abilities was measured using The Russian Normative School Test of Intellectual Development (STID-2). Academic performance was assessed by Average Final Grade of academic year. Descriptive statistics methods and multiple regression analysis were used. The results showed that Nationalistic and Patriotic ethno-national attitudes are the strongest predictors of studied ICC scales than personality traits and intellectual abilities. At the same time, the ethno-relativistic scales Acceptance and Ambivalence are influenced more by the intellectual abilities indicators than the ethnocentric scales Absolutization and Minimization. Important prospects for our future research are related to development of the programs to improve the ICC in school students in a multicultural educational environment, taking into account their personality, intellectual, social, and educational features.

### **Social Representations of Young Russians About Obedience and Disobedience**

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P15-R-4

The research on obedience and disobedience has a long history since Milgram's research (1963). Modern scientists try to reproduce the original experiment (Beauvois et al., 2012) or to interpret Milgram's results differently (Haslam et al., 2014). The explanation of obedience and disobedience by social thinking has not been studied a lot (Pozzi et al., 2014). The aim of the study was to analyse the social representations of obedience and disobedience among young Russians. Taking into account the results obtained by Pozzi et al. (2014), we supposed that: 1) obedience and disobedience were linked to authority in different contexts (individual, institutional, and societal); 2) obedience and disobedience have a negative connotation in representations of young Russians; 3) for subjects with work experience, obedience and disobedience are represented mostly in the context of professional relationships; 4) for subjects without work experience, obedience and disobedience are represented mainly in the context of interpersonal and societal relationships. A total of 191 students (17-25 years

old) participated in the study. Participants were asked to give associations with obedience and disobedience, to evaluate if association characterizes the object of representation, to indicate the value of each association (Galand & Salès-Wuillemin, 2009). The results were discussed in line with the ideas of the social representations theory. Social ideas were crystallized around the phenomenon of power, since the power was objectified in the figure of the boss, the context of this power was mainly represented by the sphere of personal influence and professional relations. Obedience and disobedience were composed with the element of different connotation: the representation of obedience was composed by the elements evaluated neutrally, the representation of disobedience was composed by the elements predominantly with negative valence.

### **Meager Reward With Justice or Abundant Repayment Without Equity: The Relationship of Distributive Justice and Performance Under Different Reward Level**

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P16-R-1

Previous research has confirmed that distributive justice is critical to enhancing employees' in-role and extra-role performances and reducing deviant behaviors in the organizational context. However, few studies have focused on the interaction effect of distributive justice and material reward on employees' performance. According to social justice theory, distributive justice is the perception of equity in distributing valuable rewards. Therefore, distributive justice is essential when an organization provides generous material rewards to its employees. But is distributive justice still significant when the organization provides only a few material rewards to its employees? To fill this theoretical gap, this study collected responses from 716 full-time workers from multiple industries and analyzed the curve relationship of distributive justice and performance under different levels of material reward. The results showed that: (1) Distributive justice has no relationship with in-role performance when the material reward is low but has a positive curve relationship when the material reward is high. (2) Distributive justice has a negative curve relationship with extra-role performance when the material reward is low but has a positive linear relationship when the material reward is high. (3) Distributive justice has a negative linear correlation with deviant behavior when the material reward is low but has a positive curve relationship when the material reward is high. This research found the complex curve or linear relationship of distributive justice and employees' performance under different levels of material reward. Finally, theoretical and practical implications and limitations are discussed, and future research directions are provided.

## The Effectiveness of Authoritarian Leadership Profiles: A Person-Centered Approach

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P16-R-2

Authoritarian Leadership (AL) can be divided into two dimensions, dominance-focused AL and discipline-focused AL. The core of dominance-focused AL is tactical control, with the purpose of triggering the fear and obedience of subordinates. Discipline-focused AL emphasizes discipline, with the purpose of triggering a dedicated work attitude of subordinates. Previous studies were mostly conducted at the dimensional level. Although they can understand the effects of leaders when they show dominance-focused AL or Discipline-focused AL, it is difficult to distinguish the overall behavior patterns of different leaders. Considering that the operating mechanisms of dominance-focused AL and discipline-focused AL are completely different, and the correlation between the two types of leadership is low, indicating that dominance-focused AL and discipline-focused AL should be mutually independent concepts. In addition, employees are more inclined to perceive the supervisor's leadership as different categories in practice, and using this category as the basis of interaction supports that AL is a profile model. Study 1 conducted latent profile analysis (LPA) and used two samples of 239 and 286 to explore the appearance of various types of AL in real life. Both data showed that there were three types of AL, included "strongman type" (high dominance-focused al and high discipline-focused al), "discipline type" (low dominance-focused al and high discipline-focused al), and "atypical type" (low dominance-focused al and low discipline-focused al), and nearly half of the supervisors were disciplined type. Study 2 collected paired samples from 102 supervisors and 271 subordinates from Taiwanese enterprise organizations, confirming that the LPA typology results were the same as Study 1. In summary, the results reported that discipline type performed the strongest effect among the three types of profiles, subordinates' task performance, acquiescent silence, and defensive silence, while strongman type and atypical type had their own advantages and disadvantages.

## Cultural Intelligence and Intercultural Interaction: Evidence from Special Libraries for Blind People in Russia

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P16-R-3

With growing trend of diversity, organizational leaders have been aware of the importance of inclusive hiring. Culturally inclusive cooperation has been increasingly recognized to confer a competitive edge in terms of new integrated intelligence and innovation performance. People

with disabilities have been regarded as the most potentially powerful group in the labour market and culturally diverse workforce according to social paradigm of disability. However, intercultural interaction between employees with and without disabilities in workplace is still nascent concept, and without consensus on barriers to its advancement and antecedents for its effectiveness. Drawing on the concept that inclusion requires individuals to become culturally competent, this present article aims to investigate the relation between cultural intelligence with intercultural knowledge sharing in disability inclusive workplace. Cultural intelligence refers to the capacity to adapt and function successfully in culturally diverse contexts. Furthermore, the moderating role of conscious and unconscious bias towards culturally dissimilar group have been measured. 156 employees with and without disabilities from 5 Special Libraries for Blind People in Russia (Yekaterinburg, Novosibirsk, Kazan, Chelyabinsk and Irkutsk) participated in this study. Based on the concept of cultural intelligence selected for this study, Short Form of Cultural Intelligence(SFCQ, Thomas et al., 2015) has been applied. Besides, Standard Knowledge Sharing Scale(Minbaeva et al., 2012), and self-designed 5-items questionnaire for conscious and unconscious bias have been applied to capture individual knowledge sharing facet and bias towards the culturally dissimilar group. Respondents provided answers on seven-point Likert scales. Moreover, individual tenure in organization, work modality, frequency and duration of intercultural interaction have been also collected. Eventually, this article identified that individual cultural intelligence is significantly related to knowledge sharing between employees with and without disabilities, which furnishes avenues for innovation performance in disability inclusion paradigm. Additionally, unconscious bias towards culturally dissimilar group significantly hinders intercultural knowledge sharing.

## A Self-Image Reparative Response Framework of How and When Abused Subordinates Improve Their Performance

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P16-R-4

Research on abusive supervision typically posits that abusive supervision will impede subordinate performance. We pivot from this predominant logic and argue under certain circumstances, abused subordinates are socialized to experience shame at the moment and aftermath of abusive supervision and then attempt to manage their shame and protect their self-image by improving their work performance as a self-image reparative action. Drawing on appraisal theories of emotions and the social functional view of emotions, we propose that such a self-image reparative process is more likely to ensue when subordinates otherwise hold a sensitivity to threats to their social self-worth (i.e., face threat sensitivity). The sample of the study comprised 312 military officers in Taiwan. A three-wave, time-lagged field study was conducted to provide support for our theorizing.

As such, our study extends previous speculations on the consequences of supervisory abuse, which has typically found that it lowers subordinate performance. Overall, our work provides answers to both how and under what conditions abusive supervision improves subordinate performance and explains why abusive supervision can continuously prevail in organizations. Theoretical and practical implications are discussed.

### Open Science Initiatives in European Universities: Spain, a Case Study

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P16-R-5

Encouraging open science that stretches beyond its own bounds to address social problems both enhances competitiveness and contributes to defining the European Commission's scientific and financial policies such as Horizon Europe 2021-2027, the new framework for funding European research. With a view to determining Spanish universities' preparedness to actively engage in the Open Science movement and obtain European funding, we are analysing national policies, infrastructures and initiatives. This article compiles and analyses the information on the subject available on the websites of the 51 public universities comprising the Spanish university system. Information was sought using the sites' own search functions and manually by four researchers who examined site structure and the component pages. The analysis was organised around the headings 'open access', 'open science' and 'citizen science'. The results revealed that 60% of the universities analysed publish their open access policy; 44% have a specific deputy vice-chancellorship for open science-related issues and 98% an open access repository; and 46% provide economic support for publishing in open access journals. Information on open access is included on the home page in 14% and on the library page in 72% of the websites reviewed. Open science merits a page of its own in 28% of the sites and citizen science and related projects in 46%. We are presently analysing university stakeholder knowledge and attitudes with a view to proposing strategies to strengthen Spanish universities and encourage their effective adherence to the European open science movement.

### Intervention Program on Community Resilience as a Strategy for the Psychosocial Recovery of Victims of Socio-Political Violence

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P16-R-6

Forced displacement is one of the main consequences of the long-armed conflict in Colombia. This phenomenon of violence

developed a serious deterioration affected in the quality of life and well-being of people involved. From a psychosocial point of view, main impact of forced displacement is manifested in the destruction of primary protection and support networks of displaced communities. The case study "Building Resilient Communities" was carried out involving men and women victims of the armed conflict who had experienced the violence of forced displacement. This intervention program was specifically designed to promote community resilience in a group of victims as a strategy to facilitate their psychosocial recovery. Thus, it analyzed whether community resilience becomes a key resource acting as a moderator of the traumatic consequences of forced displacement. The intervention included pre- and post-measurement in different psychosocial dimensions (mental health, sense of community and psychosocial trauma), using quantitative and qualitative techniques in the collection of information. The intervention was organized in three major phases: a) Diagnostic Phase, focused on the identification of community strengths establishing a baseline; b) Intervention Phase, which sought to promote a sense of community, its competencies and social capital through participatory strategies in the management of community projects; and c) Evaluation and Monitoring Phase. The findings revealed how the group of victims achieved a positive trend of improvement through measurable values into psychological well-being and sense of community.

### Mapping Spanish Social Psychologists' Contribution to UN Sustainable Development Goals (SDGs)

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P16-R-7

The UN Sustainable Development Goals (SDGs) define a global strategy to ensure a better and more sustainable future for all. Science, social psychology in particular (in keeping with its objective as a discipline), might be expected to have contributed significantly to improving the human relationships and social contexts that favour personal health and welfare. The present study analyses the papers published by Spanish social psychologists and their institutions to determine whether they address SDG-related issues based on information drawn from SCI, SSCI and A& HCI the Web of Science (WoS) core collection. The bibliometric analysis was initiated identifying the publications in WoS-listed journals under the category 'Social Psychology', one of the 11 disciplines into which the index divides psychology. Several bibliometric techniques were used to determine the terms most often cited in the papers analysed. Publications were classified by their relationship with the SDGs using OSDG, an open source labelling tool, and in-depth content analysis was performed to validate the results. A total of 1632 articles with Spanish institutional authorship were listed in WoS in 1980-2020. Keyword analysis detected six main thematic clusters: attitudes, cognition-emotion, health, gender, individual

differences and personality. Content analysis showed that only 34% addressed SDG matters, 23% of them related to Goal 3 (good health and well-being) and 5% to Goal 5 (gender equality). Only 3% dealt with changing behaviours or social environments. Although Spanish social psychology was found to contribute to understanding cognitive and emotional variables and behaviours favouring SDG fulfilment, its researchers appear to broach the respective issues only marginally. One explanation might be social psychologists' propensity, as revealed by the literature, to publish research findings rather than the results of intervention in social problems.

### **How Race, Gender, and Body Positioning Impact Perceptions and Interactions With Those in Power**

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P16-R-8

The "prototypical leader" is a competent, positively regarded white man. However, these perceptions differ when the leader is a member of a marginalized group. In addition to race and gender, one could derive several impressions based on salient cues like body positioning (expansive vs. restrictive). For example, that a company leader who is sitting expansively has confidence (Karmali, 2019; Witkower et al., 2020). Even though it is known that Black people in expansive positions are perceived more negatively than white people in expansive positions, there has yet to be an observation of white people's nonverbal behavior in interactions with Black and white individuals in different body positions (Karmali, 2019). Non-Black University of Maine undergraduates completed a Zoom mock interview with a supposed interviewer (target) who differed by race, gender, and body positioning (expansive/restrictive). Participants' impressions of the interviewer, attitudes toward race via the Modern Racism Scale (MRS; McConahay, 1986), and nonverbal immediacy/positivity were observed. It was hypothesized that Black targets would yield more negative participant behavior, less immediacy, and more negative impressions, especially when in an expansive position. This is supported by the Role Congruity Theory that posits that when stereotypes of a given group do not align with the social roles that they wish to occupy, lower evaluations of that group are made. Coding of behaviors is in progress and includes immediacy (i.e., leaning in/having shoulders squared toward the interviewer, eye contact, and gesturing) and gestalt impression ratings (i.e., anger, rudeness, competence, warmth, likeability, and aggressiveness of the interviewer). Negative nonverbal behaviors toward Black people manifest in interracial interactions such that they create general distrust and an unwelcoming environment for Black people. This research will expand our understanding of how to effectively tailor diversity initiatives that foster positive attitudes toward Black people in power and ultimately change behavior.

## Workshops

### Measuring and Improving Resilience With the Adult Resilience Scale

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W6-1-TR3

As a psychological construct resilience is seen as the act or power of springing back to a former position or state and for the Adult Resilience Scale, resilience is defined as, “The ability to adapt to the changing environment and bounce back from adversity and personal setback”. In clinical and psychiatric contexts, resilience has also been recognised as a measure of stress coping ability. The importance of resilience came to greater relevance in organisational psychology through the military, with armies throughout the world developing resilience training. Resilience has also been expressed as a competency or skill because it embodies the personal qualities that enable individuals to thrive in difficult circumstances. As a different construct to personality the research suggests that resilient people adapt more successfully in response to major life events and traumatic experiences. Based on extensive research from military and civilian operational occupations, the Adult Resilience Scale utilises a large international database. There was significant item analysis and review, resulting in a 75-item scale measuring five dimensions: Threat Perception, Adjustment, Decision Making, Coping and Recovery. The Adult Resilience Scale assesses these dimensions in individuals and provides a framework for developing resilience skills and capabilities. The workshop will have the overall objective of providing an understanding of the construct of resilience through the following activities: Examination of the research on resilience behaviour, Discussion of resilience measurement and the development of the Adult Resilience Scale Consideration and discussion of the characteristics of resilient people, Examination of resilience as a process and the development and improvement of individual resilience, Discussion of the relationship between individual and organisational resilience. Participants will also have the opportunity to undertake the Adult Resilience Scale and receive feedback.

### How To Write Plain Language Summaries of Psychological Studies in an Evidence-Based Way – And Why You Should Do It

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W6-2-TR3

Psychological evidence is not only of interest and use for researchers of all disciplines, but also for the general public. However, it is often communicated in scientific jargon that is hard to understand for laypersons or even for researchers from

other disciplines. One solution to reach readers outside of the own expert circle are “plain language summaries” (PLS). These are short summaries of scientific articles intended to be accessible and understandable for as many interested readers as possible. In contrast to medical research, PLS are not well established in psychology yet, and research on PLS and guidelines on how to write them is scarce. Our research group “PLan Psy” explores criteria for writing PLS on psychological topics. First research results indicate that reading PLS on psychological evidence increases readers’ knowledge and enhances empowerment, thereby opening up psychological knowledge to a wider audience. In this workshop, we will present the essential information about the state of the art on PLS theory, empirical evidence and guidelines across various disciplines. Together with the participants, we will reflect on the specifics for PLS in psychological research and discuss what a “good” PLS is. For this purpose, we will provide an overview on evidence-based criteria for writing psychological PLS and approaches for measuring PLS quality. Participants in this workshop will receive insights into PLS research. As a main activity, participants will be guided to write their own PLS on empirical studies of their choice, based on the previously gained knowledge. In discussions and by working in small groups, we will explore the potential and challenges of PLS in psychology and how to implement writing PLS in one’s workflow. Participants are invited to bring along one or two studies they would like to write a PLS about.

### Evaluating the Credibility of Presented Mental Health Problems in Psychological and Neuropsychological Assessments: An Introduction to the IOP Instruments

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W2-4-TR3

Evaluating the credibility of presented mental health problems is a key component of psychological and neuropsychological assessments. To that goal, professionals are encouraged to use multiple symptom and performance validity tests (Sherman et al., 2020; Sweet et al., 2021). However, there currently is very little guidance on how to decide how many and which specific validity checks one should include in their assessment battery. The main purpose of this workshop is to make initial general recommendations towards this direction. Additionally, attendees will also learn how to use the Inventory of Problems – 29 (IOP-29; Viglione et al., 2017) and its add-on memory module, the IOP-M (Giromini et al., 2020), in the assessment of the credibility of presented mental health problems. More specifically, this workshop will first review available research informing on the complex relationship between symptom and performance validity assessment. Then, it will describe the research foundation for using the IOP-29 and IOP-M in malingering-related evaluations and it will present guidelines

for their use in applied practice. The IOP-29 and IOP-M take about 10-15 minutes to administer and score. Together, they thus provide an extremely efficient symptom and performance measure for the busy practitioner. Nevertheless, the workshop concludes by reiterating the importance of considering multiple sources of information when assessing the credibility of presented mental health problems.

### **Power of 8' – A Playful Hero's Journey With Monsters and Power Creatures to Overcome Different Challenges With Young People**

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W14-5-TR3

My workshop is about the intertwining of hypnotherapy, a self-help tapping technique, and gameplay to an individual hero's journey. During their tour through four countries ('Power-Land, Problem-Land, Country of Well-Being, Country of Happiness') the travellers, searching their inner treasures, dive into a world of fairy tale adventures, stories, and encounters, accompanied by magical methods and materials. While playing, we pick up the young people in their lifeworld and meet them on equal terms. The format of a game conveys a trusting atmosphere full of curiosity and competence. This not only results in a good rapport between client and therapist, but also in a great willingness of those affected to open up verbally and non-verbally, and to face their fears and problems. For everyone involved, this makes work much easier. Hypnotherapeutic self-esteem-training, 'Power-of-8' cards, and short trances encourage the utilization and anchoring of rediscovered resources. A self-help tapping method, and ego-state-therapy with self-designed hand puppets encourage the travellers to face their personal 'Anxiety- or Problem-Monsters'. Taming them, i.e. reducing anxieties and obstacles, leads to new ways and helpful solutions. Embodiment tools, magic, and other solution-focused, age-appropriate offers support further improvement of self-esteem, ease, and confidence. The regained self-efficacy results in the satisfaction of basic needs and thus in the unfolding of inner potential. The therapeutic process proves not only to be an effective instrument for positive relationship building, but also it is, in fact, a valuable support for the family system when they set off together. Through short lectures, exercises, and case studies, you discover new connections of proven creative methods for individual therapy processes. Back home you'll have a backpack full of practical and detailed instructions, and valuable suggestions for your daily work with young people and their systems.

For your active participation, I recommend bringing colored pencils with!

### **Mental Health First Response: A Universal Prevention Model**

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W14-6-TR3

Mental health concerns and the incidence of suicide are increasing around the world. However, there is a lack of mental health promotion and intervention programs in terms of prevention and intervention geared to the general public, using a universal approach. This presentation will look at the mental health first response model as a mental health skills health promotion, intervention, and prevention model. The model is intended for individuals who want to gain valuable skills in mental health promotion, suicide prevention, and intervention. The presentation will focus on the public health issues of mental health and suicide as part of the overall public health issue. Participants will learn about current trends of suicide intervention and prevention globally. In addition, they will learn about recent advocacy, training programs, and flexible models that reduce the occurrence of mental health issues and suicides that can be applied in any country. This will give the participants an overview of how to intervene with someone experiencing a mental health crisis or other mental health conditions that may or may not be a crisis situation.

### **Child Protection and Sexual Education**

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W13-7-TR3

Child Protection is inextricably linked to Sexual Education in all grades in a school setting. Globally across cultures, child maltreatment is not always addressed or appropriately dealt with. The international community, like all school communities, can be a vulnerable population with respect to child safety and protection. For this reason, a tailored program on Sexual Education has been created from Kindergarten through Grade 12. This presentation will discuss background information on Child Protection and Safeguarding, the creation of a school-wide policy and program on Sexual Education, as well as the implementation in an international school setting. Additionally, analysis of the efficiency of the program and feedback from students, parents and teachers will be shared. The participants will have the chance to share their ideas about handling and responding specific case studies, collaborate in groups in the creation of a lesson focusing on a specific topic that will be chosen and work as a team to reflect on skills that are important during the implementation of Sexual Education programs and professional development for teachers.

## Training Psychologists to Address Global Crises: Using Service Learning to Understand and Engage With Contemporary Societal Challenges

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W6-8-TR3

The workshop will present the methodology of Service Learning and through case studies and case-based materials developed for Community Psychology training will engage participants into the analysis of what Psychology can “learn” from the experience of SL implemented so far in different universities across Europe (Italy, Portugal, Germany) and how Service Learning can improve the training of psychologists, offering them opportunities to engage with different social challenges and boosting their sense of social responsibility, in different fields, including contrasting inequalities, environmental issues and migration. Service-Learning (SL) integrates community service with class-based learning allowing students to participate in structured service activities that benefit both students’ sense of responsibility and communities’ needs (Bringle & Hatcher, 1995). It is designed to meet the organizations’ needs identified by the community through university community partnerships, while having a direct impact on community (McIlrath et al., 2012). According to Eyler (2002) it contributes to a “deeper understanding of social problems and makes it possible for students to identify, frame, and resolve them as citizens in communities”. SL contributes to students’ “reality check” and competencies mobilization and development by offering the opportunity to articulate learning through reflections and engaging in real-world issues. Service-Learning benefits for students range from personal/transferable competencies (self-efficacy; adaptability) to civic competencies (understanding of social issues) to disciplinary ones (academic performance). The workshop will provide an introduction to SL (theory, methodology, presentation of case-based materials, including evaluation) and offer participants the opportunity to discuss the main challenges and opportunities related to training psychologists with this approach.

## Conceptualising and Embedding Inclusive Leadership in Organisations

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W19-9-TR3

Inclusive leadership is an emerging leadership approach that has gained popularity in recent times, with an influx of papers being produced in the past decade. Randel et al. (2020) has defined practising inclusive leadership as supporting

group members, ensuring justice and equity, shares decision making, encouraging diverse contributions and helping group members fully contribute. During this session, we will explore how those working in organisational psychology conceptualise inclusive leadership as defined above, and can utilise their current knowledge, experience and expertise to explore their insights into embedding inclusive leadership in organisations. As this workshop is based on a dialogic approach, we aim to explore the meaning participants associate with inclusive leadership, while inviting an active peer to peer learning experience and creating a space for conversations that expand our thinking about the topic of inclusive leadership and our work. The session will begin with a short input defining inclusive leadership, then inviting participants into discussion circles to explore the definition and their experiences of inclusive leadership, if any and lastly, we will take each area as defined by Randel et al’s (2020) and explore potential supports and barriers, as identified by participants based on their professional and academic experience to date. To close we will finish with a reflective piece, one which invites participants to reflect on the process as well as the topic at hand. Encouraging active engagement and reflective practice. Through this experiential process participants will be active in learning about inclusive leadership, applying their own expertise to the questions posed, witnessing the insights of their peers, experiencing alternative views and solutions to posed questions, and will be invited to reflect on the process of taking part as well as the topic at hand.

## Global Advocacy for Psychology

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For psychology to be incorporated into global policy and, ultimately, programs, it is critical that psychologists understand the mechanisms associated with influencing decision-making. Since most training programs in the field of psychology focus largely on health services or workplace issues, few psychologists complete their educations with a working knowledge of how to influence important issues, particularly when it comes to large-scale questions such as human rights, climate change and global mental health. The purpose of the present workshop is to provide a framework for psychologists interested in critical global issues to take steps to advance recognition and impact of psychological science on policy and programs. In order to achieve this overarching aim, the workshop will highlight the following: (i) It will provide a framework for understanding potential contributions of psychological science to issues at a global level. In addition, specific relevant organizations and channels open to psychology will be shared. (ii) The workshop will outline a bi-directional approach to global action. Effective means of working at organizational, individual, and community levels from both “top-down” and “grass-roots” perspectives simultaneously will be outlined and examples provided. (iii) The workshop will dedicate space to drafting potential global

initiatives pending participant priorities, opportunities and interests. Each participant will complete the workshop with an idea of concrete steps they can take subsequently to elevate psychological science on a global level.

### **Creative Supervision – The Path to the Source of Your Own Creativity**

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W2-11-M1

Concerned about the quality of knowledge and performance, we develop skills and strategies that will help us on the way to resolving professional and ethical dilemmas. In the long process of learning, we often lose our playfulness, spontaneity and creative potential. We can move away from non-logical thinking, stories, fantasy, inner images, metaphors and losing contact with the body, aesthetics ... The use of creative media, multimodality expressive artistic approach can qualitatively support the understanding of various interpersonal processes, interventions and support we offer to others. They help us to complement the ways we can get around our loops or the ones that clients are caught in. The use of metaphors, stories, and other methods of creative research adds a different perspective of looking at the client, therapist, counselor, their relationship and process. They can help strengthen professionals, enhance introspection and understanding of problems. An experientially-emotional approach can support the personal and professional development of creative potential and bring more control over the situation. Metaphors and stories, like other creative materials we use in working with people, reflect the subjective perception of the inner or outer world and represent an opportunity for further exploration. A metaphorical way of thinking with a gestalt approach to exploring and listening based on creative research helps the supervisee to gain professional maturation, autonomy and permanent self-reflection. The workshop, which is a space for experiential learning, enables the awakening of creative expression, self-reflection and mutual learning.

### **The Alphorn in Resonance With the Unconscious: Impulses From Art, Music and Hypnosis for a Culture of Prevention and Therapy**

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W15-11-TR3

There has always been a strong relationship between art and psychology. Art has influenced the human soul and mind and vice versa. This is shown in different fields of art such as literature, poetry, painting, video-art and music as well as in many fields of psychology such as prevention,

psychotherapy, coaching, counseling, and supervision. The focus of the workshop will be on art of the Alps, speaker's "world", in particular alphorn tunes and the alphorn itself, a 3.7 m long wind instrument and former working tool with its unique natural tone series. Five central themes from alphorn literature will be looked at: mountains, roots, shepherds, between worlds, transformations, with corresponding themes in psychology, in particular altered states of consciousness and the unconscious, serving as a spring for resources in clinical hypnosis psychotherapy and art. Presentations, collages, life alphorn melodies and themes from different "sound oases" of the Alps will illustrate various forms of resonance phenomena with a demonstration of sound guided hypnotic trance and musical improvisation, procedures being increasingly used in clinical hypnosis as diagnostic and therapeutic tools. The scientific background is rooted in music therapy, focusing on modern hypnosis psychotherapy by Erickson. The treatment with various forms of hypnotic communication is medically established and empirical evidence is shown in various interventions and clinical fields: psychosomatic medicine, emotional, bipolar, stress, pain and sleeping disorders etc. More recent approaches however on receptive forms such as sound guided hypnotic trance call for more crossover-field research. Workshop objectives are (i) to understand basics of alpine culture and its influence on psychology and vice versa, (ii) to be sensitized for resonance phenomena between art and psychology, (iii) to gain more insight into altered states of consciousness and the unconscious, and (iv) to develop a deeper sense for prevention, intervention, therapy and supervision.

## Pro et Contra

### Psychological Services Delivery from Inside Schools Context or Outside Schools Context? Pros and Cons

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The nature of school psychology services delivery has changed dramatically over last decades. In most countries, assessment practices were the core, especially considering the evaluation of children to determine eligibility for special education. Today, inclusion laws and school policies and practices considering a whole school approach with universal measures, give place to the increase of preventive and promotional psychological interventions towards psychological health and wellbeing. School psychology services have now been involved in the delivery of interventions, research planning and consultation, and multiprofessional teams' coordination. From Early Intervention, Social and Emotional Learning Programs, parent or teacher Education Programs, Career Guidance, online and presential Education and Training, transitions and back to school, inform principals and consultation for decision making and, of course, inclusive education and practices, services have expanded to meet a broader array of needs, which are now reinforced by pandemic crisis. On the other hand, psychologists need specialty training in educational and organizational consultation, developmental psychology or even artificial intelligence. Psychological Science and psychologists' interventions may influence educational and behavioral outcomes, school and education success and civic and social participation, meeting societal needs. Psychological services may be organized in and for schools in a variety of ways. In some European schools, psychologists work individually and respond for clusters of schools; in others, they may be only loosely affiliated with other psychologists serving the same school district; while in others, psychologists form a unit within a team that is chaired by a psychologist, in all cases working inside schools. The organizational structure differ in other European schools, where school psychology services are located and delivered from outside bureaus. We will discuss the advantages and disadvantages of school psychological services delivered from inside and outside schools' contexts, in order to move to more quality and specialized continuing services for future delivery.

### Psychotherapy: An Intervention by Psychologists VS a Psychological Intervention

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PC2-8-E1

One of the most influential areas, in applied psychology, is psychotherapy. Its models have influenced areas from clinical and health to education and social psychology. Its practice is often confused with clinical psychological intervention. This overlap has significant disadvantages but highlights the interconnectedness of such practices and models. On the other hand, psychotherapy is practiced by other professionals who bring their own contributions to the field. This debate explores whether psychotherapy is best viewed as an intervention done (also) by psychologists or as a psychological intervention done (also) by other professionals. In other words, how the degree of autonomy in understanding and practicing psychotherapy affects the identity of psychology. The autonomy in the understanding of psychotherapy poses conceptual and professional challenges to psychology. How should psychologists respond to the autonomization of psychotherapy as a practice (e.g., from clinical psychology, as an independent profession)? What do psychologists bring to the practice of psychotherapy? What does psychotherapy brings to psychological intervention as a whole? These and other questions will be addressed in this debate. Rather than providing answers, we hope to identify the dimensions that affect whether this discussion will lead to fragmentation vs. recognition of specificities in psychology.

### Responsibility of Psychology and Psychologists in Ending Harmful Sexual Orientation and Gender Identity Change Efforts and Conversion Practices

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PC7-8-M4

The aim of this round table is to present the professional and scientific stance on the harmfulness of so-called reparative and conversion therapies that aim to change sexual orientation. The data on its devastating effects on well being of LGBTQ+ individuals will be presented parallel with APA's statement on the harmfulness of sexual orientation change interventions. Through the professional experience in working with LGBTQ+ individuals and different cultural challenges (American and Croatian) the professional responsibility of developing and implementing statements for psychological professional organizations around the world will be discussed. In addition,

the professional networking potential of organizations like IPsyNet will be described. Although the past 50 years have seen some drastic changes in society regarding inclusion, visibility de-pathologization, and acceptance of LGBTQ+ people, and although all of that is still to a certain extent far from the universal, remarkably different societal conditions impact experiences of LGBTQ+ people. But, in traditional cultures in which rigid traditionalism and religious fundamentalism are shaping mainstream world-view, as is the case for example in Balkan countries and Eastern Europe, appreciation of human rights of LGBTQ+ people is unfortunately not a guiding principle in most instances. Absence of adequate sexual education and lack of recognition of human rights is becoming a wider societal problem- the space for prejudice, discrimination, and oppression against each and every person that differs from heteronormative sexual and gender norms is problematic. The benefits of creating and adopting professional and ethical guidelines and statements regarding the harmfulness of change efforts from the perspective of professional psychology and interdisciplinary professions in the fields of medicine, and mental health will be discussed.

### Promotion and Prevention During COVID 19 Pandemics: The Impact of Behavioural Sciences in Public Policies

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The Board of Promotion and Prevention of EFPA was first established because it was stated a significant mismatch between societal needs and psychological offers in several problem areas, and it was considered that this would benefit to a specific Board, using specific theoretical and empirical models. The COVID-19 pandemic brought with it several health, social and economic issues, particularly associated with home confinement measures, lockdown, and fear of being infected or otherwise affected by the virus, or even die. It is likely that there are and there will be affective, social, academic and economic costs for the World recovery. The challenges are complex. If the population are not aware of what is going on, they will not trust the governments nor their institutions, a precondition for compliance. The evidence suggests that authorities need to clearly inform; make the messages simple and stable but explain complexity when necessary; build trust and social cohesion; build coping skills, self-regulation skills, problem solving, team working and resilience skills. There is now-a-days a strong need to 'user friendly' public policies and good support systems to promote healthy behavioural change. This can be done by

increasing the availability of people-focussed physical and social supportive environments, for instance through a wider use of wellbeing nudging, social cohesion, social trust and community involvement. All this means taking an inclusive public mental health perspective, embracing community participation focusing on both majorities and minorities, support and cohesion, in order to increase the odds of people learning and thriving with this experience, leaving nobody behind, instead of getting stuck, mentally unwell, feeling hopeless, meaningless and out of energy. The aim of this session is to provide an inspirational discussion upon the impact of Behavioural Sciences upon Public Policies, for improving health and well-being of the populations throughout empowering and friendly Public Policies.

### Pro-contra Debate: Should We Develop European Standards of Competencies for Psychologists Working in Health?

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Psychology is a broad discipline with applications in a wide range of areas in society. Many psychologists work in the health sector in areas such as prevention, wellbeing, mental health, physical health, clinical psychology, health psychology, or psychotherapy. Training routes and specialisms differ between European countries. EFPA has established the Europsy certificate. The European Certificate in Psychology provides a common standard which gives a warranty of quality in psychological education and training. This certificate has been used by EFPA as a competency-based framework to align training for psychologists throughout Europe; but not yet done this in the area of health psychology. In this debate, representatives of the EFPA Standing Committee on Psychology and Health would like to explore the pro's and contra's of building a specific competency profile for psychologists working in the health sector. We will do this by asking panel members to summarise a particular stance on this debate (for example, regulatory and legal differences between countries, different training pathways/meanings of the term health psychology, the benefits of a unified understanding/being able to work across Europe) and asking attendees to actively contribute to discussions with their own views, and thoughts about the pros and cons presented. We will aim to reach some provisional consensus about priorities for next steps by the end of the debate.

## **Do Our Social Media Habits Favor Sexualized Violence?**

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The provocative question of whether our behavior in the digital media favors sexualized violence shall initiate a pro and contra debate about the interrelationship between society and sexualized violence. The aim is to reflect on how our everyday and taken-for-granted sharing of images and videos, the trend towards (sexualized) self-presentation, the increasing mediatization of our private and professional lives, online dating, tracking our physical activity and eating habits as well as our mental state, sharing our sporting successes, following other people's (illusory) biographies, medial monitoring of our love relationships, and many other medial habits bring about structures and generate dynamics that encourage sexualized violence - especially against children and young people. Strictly speaking, haven't we all already violated the rights of another person in and through digital media? Do such common media practices make it easier for perpetrators to do what they do? Insights into the experiential expertise of 18 victims and 46 case documentations of mediatized sexualized violence legitimize the thesis that the mediatization of our everyday life is triggering a process of norm and cultural change that, from a societal perspective, provides a breeding ground for sexualized violence - among other things, by shifting or obscuring boundaries for the question of violence and by seeking responsibility from those affected.

## **Re-Norming the Idea of Intimacy: Reflections on the Changing Sense of Intimacy**

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Intimacy is above all a matter of emotional communication, with others and with the self, in a con-text of interpersonal equality. Exploring some of the qualitative aspects of our 'journeys to intimacy', the spread of digital media has profoundly reshaped intimate lives, transforming the ways in which we are involved in intimate relationships and experience love, sexuality and emotions in everyday lives. So far, in Germany relatively little is known of the ways in which digital media mediate the ways in which intimacy is experienced and lived among young people. Based on a grounded theory analysis of 18 interviews and 8 focus group interviews, empirical evidence on a changing sense of intimacy will be presented. Expressions and codes of intimacy seem to have become more formalized and technologically mediated. Word- and emoji-based sign interpretation is no less meaningful for intimate feelings than body-based sign interpretation. Young people in particular experience intimacy more quickly and more intensively. Intimacy is the

result of a communicative interaction. It forms an in-between and thus, to a certain extent, itself a medium or a form for above all dramaturgical action. Digital media contexts can thus be frontiers for (sexual) self-disclosure unbounded from offline-life creating an illusion of intimacy at a distance. We argue that digital media communication results in a transgression of the idea of intimacy and (sexual) norms that operates in the offline-world.