



# 17<sup>TH</sup> WORLD CONGRESS ON PUBLIC HEALTH

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## ABSTRACT BOOK



Abstract book by:



## Aim & Scope

Population Medicine is an open-access double-blind peer-reviewed scientific journal that encompasses all aspects of population, preventive, and public health research including health care systems and health care delivery. Its broader goal is to address major and diverse health issues, to provide evidence-based information to professionals at all levels of the health care system, and to inform policymakers who are responsible for the formation of health policies that can lead to evidence-based actions.

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Results: In total, 29 systematic reviews and meta-analyses were sourced. Sixty-three risk and protective factors of youth crime were considered in the final analysis and grouped into individual, family, school, social, and victim-level risk domains. Within the individual risk domains, substance use, previous history of crime, moral development, psychopathology, genetics, and adverse childhood experiences were key predictors of youth crime. At the family level, the main risk factors included poor parental supervision, maltreatment or neglect, lower educational level, and poor attachment. Whereas school bullying and negative school climate were identified as important risk factors for youth crime within the school domain. Additionally, economic inequality, discrimination, and peer pressure from the social domain, gender, age, and the relationship of the offender with the victims within the victim domain were found to be important risk factors for youth crime. Effective parental supervision, good attachment, and supportive school environments were found to be protective.

Conclusion: The evidence-based atlas of key risk and protective factors identified in this umbrella review could be used as a benchmark for advancing research, prevention and early intervention strategies for youth crime.

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### Self-efficacy, work-related autonomy and work-family conflict and their role on employee's stress level during home-based remote work

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Background: The facets of home-based remote work are multifaceted and can become stressors that affect a person's health. At the same time, self-efficacy is an important personal resource to deal with health-related stressors (Charalampous et al., 2019). The objective of this study is therefore to explore the relationship between self-efficacy (SE), work-related stress (WRS), health outcomes (health and anxiety), contributing factors (autonomy and experience) and work-family conflict (WFC) in a remote work setting.

Method: A cross-sectional design with a probabilistic sample of n=5.163 recruited from January to February 2021 was chosen. Validated instruments with a total of 38 items were selected to assess SE, WRS, WFC, autonomy, experience, health, and anxiety (Staples et al., 1999). For evaluation we used a PLS-SEM approach (partial least square-based structured equation model).

Results: Results show that SE significantly reduces WRS ( $\beta = -0.164$ ;  $p < 0.001$ ). Moreover, WFC increases WRS and anxiety, while SE reduces WFC and mediates health outcomes (anxiety:  $\beta = -0.065$ ;  $p < 0.001$ ; health:  $\beta = -0.048$ ;  $p < 0.001$ ). At the same time, autonomy ( $\beta = 0.260$ ;  $p < 0.001$ ) and experience ( $\beta = 0.215$ ;  $p < 0.001$ ) increase SE.

Conclusion: Our results have high practical implications for employers and employees, underlining the importance of self-efficacy as a personal resource to buffer work-related stress and work-family conflict while promoting overall health at the same time.

Charalampous, M.; Grant, C.A.; Tramontano, C.; Michailidis, E. (2019). Systematically reviewing remote e-workers' well-being at work: A multidimensional approach. *Eur. J. Work. Organ. Psychol.* 28, 51–73.

Staples, D.S.; Hulland, J.S.; Higgins, C.A. (1999). A Self-Efficacy Theory Explanation for the Management of Remote Workers in Virtual Organizations. *Organ. Sci.* 10, 758–776.

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### Anxiety and depression among young people in Lithuania under the exposure of the war in Ukraine

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Introduction: The Russian-Ukrainian War (RUW) after the covid-19 pandemic once again exposed societies and economies around the world to insecurity and suffering. The surrounding countries in the eastern Europe are widely affected due to geopolitical reasons, social and cultural proximity to Ukraine and overwhelming mass media exposure. Mental ill-health consequences have already been reported in several European countries. Though long-term consequences of the RUW on mental health are yet to be evaluated, the main aim of our study was to assess the prevalence of anxiety and depression among young people in the exposure of RUW. Participants/Methods: A cross sectional e-based study has been conducted in October - November 2022 among 410 students aged 18-30 years in Lithuania. Research instrument consisted of general anxiety disorder (gad-7) and patient

health questionnaire (phq-9) scales supplemented by the self-constructed scale on involvement in Ukraine support activities. The final outcomes of anxiety and depression (gad-7 score, phq-9 score) were assessed by sociodemographic variables, as well as by involvement.

Results: 40% and 49% prevalence of moderate to severe anxiety and depression respectively was assessed among young adults. 31.5% of young adults reported being highly involved in Ukraine support and information/communication activities. Females and people with high level of involvement in Ukraine support had more higher levels of anxiety and depression. Weak associations between involvement, anxiety and depression were disclosed (respectively  $\rho = 0.24$ ,  $\rho = 0.18$ ). Anxiety was strongly correlated with depression ( $r=0.725$ ).

Conclusions: High involvement in Ukraine support activities and intensive exposure to media coverage of RUW were associated with moderate to severe levels of anxiety and depression in young adults in Lithuania. These findings can help in understanding and addressing long term impacts on population mental health in exposure to the war in Ukraine.

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### Together at Social Sciences - the ABCs of mental health at the university

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Background and objectives: For most young people, the study years are a good period of their lives, socially and academically. Unfortunately, there are also an increasing number of young people who experience mental health problems or low levels of mental well-being. Much research on university student wellbeing has focused on psychological distress and the use of support services by students experiencing mental health problems. More research on how to promote mental well-being in this context is needed. The objective of the complex ABC-uni intervention is to promote mental wellbeing among students by 1) increasing mental well-being literacy among students and staff and 2) to promote a mental health promoting study environment.

Methods: 'Together at Social Sciences - ABCs of mental health at the university' (ABC-uni) is an adaptation of the ABC of mental health (ABC) to the university setting. ABC is the first universal research based public mental health promotion initiative in Denmark. ABC-uni applies a whole university approach focusing on students, surroundings, staff and other parties that can influence students' mental well-being. It includes several elements: elective course for students on mental health promotion (MHP) in theory and practice, online module on MHP for students based on podcast interviews with experts and students, capacity building in MHP among staff and student organisations, photovoice-based mapping of health promoting assets and needs at campus, and communication campaigns on MHP. Results: The elements of the complex intervention is under development and are being pilot tested during 2023. At the conference, we will present preliminary experiences and findings.

Conclusion: Universities play an important role in promoting mental well-being at the individual, group and university level. The salutogenic approach applied in the ABC-uni may provide valuable experiences that can support this.

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### Movimento Biologico: an innovative training program based on mindful movement that can contribute to salutogenesis

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Background and Objective: Movimento Biologico (MB) is a form of mindful movement that integrates interoceptive, proprioceptive, kinesthetic, tactile, spatial, emotional, psychological, and relational aspects "through" and "into" movement. We set up a training program based on MB for students attending the 2nd and 3rd year of the Degree in Sport Sciences at the University of Perugia, Italy, and we investigated its feasibility and impact in terms of psychological well-being and sense of coherence, a salutogenic concept related to the way of viewing life. The objective of this work is to describe how the program was organized and launched and to report on students' participation.