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## Abstracts

(Alphabetical on main presenter surname)



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Two analysis techniques were used in the study: multiple regression and mediation analysis with regression.

- multiple regression technique: For the first regression, Reappraisal score (ERQ) was set as the dependent variable and Intrapersonal, Interpersonal (EQ-i) scales and Gender as predictors; an explained variance of 23.7% was found ( $F=32.71$ ;  $p\leq.001$ ). For the second regression the Reappraisal score (ERQ) was set as dependent variable and Adaptability and General mood scales (EQ-i) as predictors; an explained variance of 17.1% was found ( $F=32.72$ ;  $p\leq.001$ ).

- mediation analysis with regression: Lack of Confidence (DERS) and Difficulty in Recognition (DERS) was set as independent variables, Suppression (ERQ) as dependent variable and EI (EQi) as mediator. The variable EI proved to be a significant mediator for the variable Lack of Trust ( $\beta=0.1164$ ;  $p=0.011$ ) and for the variable Difficulty in Recognition ( $\beta=0.0550$ ;  $p=0.018$ ).

The results demonstrate the role and impact of emotional intelligence within emotional regulation and emotional response processes.

The study has some limitations, including a sample with a narrow age range and a limited geographical area.

Possible applications concern the possibility of extending models on emotional regulation, the development of interventions to promote flexibility in emotional regulation; particularly for preventive actions in the educational and clinical spheres.

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### **Eco-anxiety and active participation in climate change prevention: the role of being a mother**

*Irena Zukauskaite, Vilnius University; Jurate Peceliuniene, Vilnius University; Aiste Stapulionyte, Vilnius University; Aiste Deltuviene, Medical clinic 'Sveikatos Ratas'; Paulina Deltuvaite, University of Bath*

The aim: To analyse if motherhood has an impact on the relationship between eco-anxiety and active participation in climate change prevention management.

Methods: An online survey was conducted during the peak of the COVID-19 pandemic period.

192 females aged  $\geq 18$  and  $< 45$  took part in the study: 87 women had children (Ch+ group) and 105 had not (Ch- group). They filled the questions about their attitudes and behaviour related to climate change, socio-demographic characteristics as well as eco-anxiety symptoms (based on the American Psychology Association description of eco-anxiety).

Results: Eco-anxiety is positively related to active participation in climate change management ( $r=.225$ ,  $p=.002$ ). While comparing both groups, it was found that Ch- group get higher eco-anxiety scale results ( $p=.004$ ) with stronger feelings of being anxious, exhausted, depressed, and powerless. Ch- group more often were participating in different climate change prevention activities in general ( $p=.001$ ), especially in sorting waste for recycling ( $p=.041$ ) and choosing more ecological vehicles ( $p=.001$ ). Moderation analysis revealed that there is no interaction between the eco-anxiety scale and active preventive actions. However, motherhood is a moderator in the relationship between the item "I feel anxious about climate change" and amount of different preventive climate change actions a person takes.

Conclusions: Study results show that motherhood might reduce persons' eco-anxiety and preventive behaviour for climate change. Given the lack of eco-anxiety studies focusing on women, we anticipate our study to be a starting point for future research.