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Transforming Psychological Science:  
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# **19th European Congress of Psychology**

***July 01–04, 2025***  
***Paphos, Cyprus***

***“Transforming Psychological Science: the 2030 agenda”***

## **Abstracts**

J u l y   1 - 4   •   2 0 2 5  
19th European Congress of Psychology



## Paper number 980 | Electronic Poster

### Attitudes of practitioners towards individuals with sexual interest in children

Ilona Laurinaitytė<sup>1</sup>, Gintarė Stanaitytė<sup>1</sup>

<sup>1</sup>Vilnius University, Lithuania

Child sexual abuse (CSA) is a significant issue that requires attention on multiple levels, as it constitutes a critical public health concern (Glinas et al., 2022). To effectively prevent CSA, practitioners, including mental health professionals and helpline workers, must understand, among other factors, the characteristics of individuals with a sexual interest in children and adopt a targeted approach in their work. However, certain obstacles may hinder practitioners' ability to work with this group. This presentation aims to explore the attitudes of Lithuanian practitioners and the barriers they perceive in their work with individuals who exhibit a sexual interest in children. A survey was conducted to assess the views of mental health professionals and helpline workers towards individuals with a sexual interest in children. A total of 108 participants took part in the study (mean age 35.8 years, standard deviation 12.1; 86.1% female). A modified Imhoff (2014) scale was used to assess practitioners' cognitive beliefs and stereotypes about individuals with a sexual interest in children. The following five subscales were identified: Dangerousness, Intentionality, Deviance, Punitive Attitudes, and Motivation. The results revealed that practitioners predominantly associated an interest in children with behavioral deviance. Additionally, they reported very low motivation to work with this population for various reasons (e.g., fear, lack of knowledge, etc.). The results of this study offer valuable insights for educating professionals who may encounter this specific group in their work. Further analysis and conclusions will be presented.

## Paper number 303 | Electronic Poster

### Gratitude in nature: Improving physiological and mental wellbeing

Angel Harper<sup>1</sup>, Branislav Kaleta<sup>2</sup>, Stephen Campbell<sup>2</sup>, Jolanta Burke<sup>2</sup>, Felix Sinnott<sup>3</sup>, Jimmy O'Keeffe<sup>3</sup>

<sup>1</sup>RCSI, Ireland

<sup>2</sup>Royal College of Surgeons in Ireland, Ireland

<sup>3</sup>Dublin City University, Ireland

#### Background:

Gratitude practice enhances positive affect, and decreases negative affect; a significant amount of research suggests wellbeing is greatly improved by gratitude tasks. Gratitude towards nature has also been found to increase willingness to protect the environment, and willingness to sacrifice for the environment. Gratitude is not only beneficial to the individual, but also to the environment. However, little is known about the impact of gratitude on physiological wellbeing indoors compared to outdoors. This project investigates how spending time in nature can affect gratitude and physiological wellbeing.

#### Aims:

The first aim was to investigate the differences in gratitude between indoor and outdoor environments. The second was to test if gratitude changed over a week if participants were exposed to a nature intervention. Lastly, whether being grateful in nature presented physiological health benefits through EEG and HRV.

#### Method:

100 participants were recruited. Firstly, they had their baseline HRV measured for 5 minutes. Then they completed the Gratitude Six Item Form (GQ-6). Next, participants spent three minutes thinking of things they were grateful for