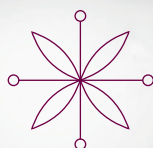


The Abstract Book of the 22nd European Conference on Developmental Psychology



August 25-29, 2025
Vilnius, Lithuania

<https://doi.org/10.15388/ECDP.2025>

The Abstract Book of the 22nd European Conference on Development Psychology

August 25–29, 2025

Vilnius, Lithuania



VILNIAUS
UNIVERSITETO
LEIDYKLA

2026

Scientific committee:

- Vilmantė Pakalniškienė (chair)
- Rima Breidokienė
- Lysanne Te Brinke
- Simona Caravita
- Goda Gegieckaitė
- Neringa Grigutytė
- Jessie Hillekens
- Willem Koops
- Beata Krzywosz-Rynkiewicz
- Francesca Lionetti
- Saulė Raižienė
- Lauryna Rakickienė
- Maja Schachner
- Dagmar Strohmeier
- Spyridon Tantaros
- Peter Titzmann

Local organizing committee:

- Vilmantė Pakalniškienė (chair)
- Roma Jusienė (co-chair)
- Rasa Barkauskienė
- Rima Breidokienė
- Goda Gegieckaitė
- Neringa Grigutytė
- Antanas Kairys
- Vita Mikuličiūtė
- Dalia Nasvytienė
- Saulė Raižienė
- Lauryna Rakickienė
- Monika Skerytė-Kazlauskienė
- Olga Zamalijeva
- Arūnas Žiedelis

Organisers:



Faculty of
Philosophy



Partners & Sponsors:



THE
WEMP
FOUNDATION
愛望基金



LMT

Lietuvos mokslo taryba

Konferenciją, kurios santraukos publikuojamos šiame leidinyje, iš dalies finansavo Lietuvos mokslo taryba (LMTLT), sut. Nr. S-MOR-25-11.

The authors are responsible for the content of their abstracts. The organizers assume no responsibility for the quality of the abstracts or the accuracy of the information.

Copyright © 2026 [Vilmantė Pakalniškienė, Roma Jusienė, Olga Zamalijeva]. Published by Vilnius University Press This is an Open Access article distributed under the terms of the Creative Commons Attribution Licence, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited. <https://doi.org/10.15388/ECDP.2025>
ISBN 978-609-07-1244-3 (skaitmeninis PDF)

(STAR-A) longitudinal study to illustrate recent developments and persistent challenges in assessing abuse among adolescents. STAR-A is a large-scale longitudinal study conducted in school settings in Lithuania, aiming to examine the prevalence of stressful and traumatic experiences and their associations with mental health, resilience, and well-being.

The presentation outlines the study rationale, ethical framework, and methodological solutions used to assess psychological, physical, sexual abuse, and neglect in adolescence. Particular attention is focused on consent procedures, safeguarding participants, and finding a balance between ethical requirements and the need for valid data collection. The assessment strategy relied on developmentally sensitive, internationally validated self-report measures adapted for adolescent populations and implemented across multiple data collection waves.

Findings from STAR-A indicate high rates of abuse and potentially traumatic experiences among adolescents, with clear associations between abuse exposure and higher psychosocial functioning difficulties. The presentation also discusses key challenges related to participant retention, school transitions, and longitudinal follow-up. Overall, the STAR-A study demonstrates both the feasibility and complexity of conducting an ethically sound, large-scale assessment of abuse in adolescence and provides methodological insights relevant to future research.

RECENT DEVELOPMENTS IN UNDERSTANDING THE COMPLEXITY OF TRAUMATIC STRESS ACROSS THE LIFESPAN

Evaldas Kazlauskas, Paulina Zelviene, Agniete Kairyte

Institute of Psychology, Faculty of Philosophy, Vilnius University, Lithuania

Over the past decade, conceptualizations of traumatic stress have expanded substantially, reflecting increased recognition of heterogeneity in trauma exposure and responses across the lifespan. However, most empirical evidence has been derived from adult samples, which limits our understanding of how these developments apply to children and adolescents. This presentation reviews recent advances in the understanding of traumatic stress from a developmental perspective, with a particular focus on adolescence as a critical period of vulnerability.

Drawing on findings from the Vilnius STAR-A longitudinal study, the presentation examines patterns of potentially traumatic experiences and trauma-related symptoms in adolescence. Recent developments in diagnostic frameworks, including ICD-11 conceptualizations of posttraumatic stress disorder and complex posttraumatic stress disorder,

are discussed in relation to their relevance and applicability to younger populations. The presentation highlights developmental differences in symptom expression, cumulative and chronic stress exposure, and the role of social factors in the development of the complexity of responses to trauma.

Findings from the longitudinal and cross-cultural research illustrate how traumatic stress responses can evolve over time and how social context contributes to the onset of traumatic stress symptoms. Overall, the presentation emphasizes the importance of adopting a lifespan and developmental approach to traumatic stress research, discussing implications for assessment, prevention, and intervention in adolescent populations.

THE ROLE OF RESILIENCE IN MENTAL HEALTH IN THE CONTEXT OF STRESS AND TRAUMA

Agniete Kairyte, Evaldas Kazlauskas, Paulina Zelviene

Institute of Psychology, Faculty of Philosophy, Vilnius University, Lithuania

Resilience is increasingly emphasized in research on stress and trauma, yet its role in adolescent mental health remains complex and insufficiently understood. This presentation examines resilience as a dynamic process in the context of stress and traumatic experiences during adolescence, drawing on longitudinal data from the Vilnius STAR-A study. Rather than conceptualizing resilience as a stable trait, the study focuses on its interaction with mental health, psychosocial functioning, and exposure to adversity over time.

The presentation explores associations between resilience, stress reactions, trauma-related symptoms, and well-being among adolescents exposed to varying levels of stressful and traumatic experiences. Longitudinal findings reveal the stability of the resilience construct in adolescence and the bidirectional relationships between resilience and mental health, suggesting that resilience may both buffer against adverse outcomes and be shaped by ongoing psychological difficulties.

Finally, the presentation discusses implications for prevention and intervention, emphasizing the importance of developmentally sensitive approaches in strengthening resilience during adolescence.