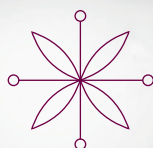


The Abstract Book of the 22nd European Conference on Developmental Psychology



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)

MENTAL HEALTH PATTERNS AMID GLOBAL CRISES: EVIDENCE FROM A FOUR-WAVE STUDY OF LITHUANIAN AND GERMAN YOUNG ADULTS

**Inga Truskauskaitė¹, Monika Kvedaraitė¹, Julia Brailovskaia²,
Evaldas Kazlauskas¹, Jürgen Margraf²**

¹Institute of Psychology, Faculty of Philosophy, Vilnius University, Lithuania

²Ruhr-Universität Bochum, Germany

inga.truskauskaitė@fsf.vu.lt

Background. Recent years have witnessed global challenges, including the COVID-19 pandemic and the Russian invasion of Ukraine, potentially impacting mental health across populations. However, there remains a significant gap in longitudinal research examining these impacts comprehensively. This study investigated the temporal dynamics of mental health indicators and their interrelationships from the pre-pandemic period through the ongoing military conflict in Ukraine.

Methods. A longitudinal investigation comprising four time points was conducted with young adults from Lithuania and Germany (N = 432; 76.4% female; age: M=22.98, SD=6.35 at baseline). The research employed latent change analysis to examine temporal trajectories, latent class change analyses were used to identify patterns of change, and cross-lagged panel analysis was used to investigate relationships between mental health indicators over time.

Results. While aggregate-level analyses revealed stability in psychological well-being indicators throughout the study period, distinct patterns emerged in subgroup analyses. Individuals initially presenting with low levels of symptoms showed improvements over time, whereas those with elevated baseline symptoms experienced deterioration in depression, anxiety, and stress levels, accompanied by declining positive mental health (PMH). Furthermore, higher PMH scores during the pre-pandemic and second COVID-19 wave predicted reduced stress levels in subsequent years. Initial anxiety levels and anxiety during the lifting of COVID-19 restrictions were predictive of elevated stress in the following assessments.

Conclusions. The findings suggest differential vulnerability patterns among young adults during global crises, with most displaying psychological resilience while a subset with pre-existing psychological challenges shows increased susceptibility to adverse effects. Interventions focusing on enhancing positive mental health and managing anxiety may be particularly beneficial in supporting young adults during periods of global uncertainty.