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19th European Congress of Psychology

July 01-04, 2025

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"Transforming Psychological Science: the 2030 agenda"

Abstracts

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Roundtable discussion 1 - Improving Psychological Support for People Affected by Cancer: Collaborative Efforts across EU Projects

Paper number 1110 | Roundtable discussion

Improving psychological support for people affected by cancer: Collaborative efforts across EU projects

Virpi Sulosaari[1], Dario Monzani[2], Angelos Kassianos[3], Anna Paradesiotou[4], Corinne SALINAS[5], Clémentine Rialland[6], Norbert Couespel[6]

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One in 20 Europeans has been diagnosed with cancer, with many experiencing psychological problems like anxiety and depression, underscoring the critical role of mental health in comprehensive cancer care. This roundtable discussion will bring together key stakeholders from three new EU projects aiming to address this challenge, including through collaboration.

ALTHEA will develop a web-based platform to screen mental health issues in cancer patients, their families and caregivers, offering support tools and resources for patients and healthcare professionals.

DESIPOC aims to improve psychosocial oncology care in Europe by creating a digital knowledge hub, a training system integrating AI-driven interventions, and piloting policy recommendations in five countries.

MELODIC aims to improve mental health screening, early detection and personalised care for young adults with cancer through nature-based activities and online training for healthcare professionals.

Participants include project coordinators from the three projects, a representative from the European Cancer Organisation— a longstanding advocate for cancer policy at European level and three projects' partner —and the Director of Cyprus Mental Health Services, highlighting the unique opportunities for European engagement and the broader implications for Member States.

The session will be chaired by a representative of the European Health and Digital Executive Agency, offering valuable insights into the role of European funding mechanisms such as EU4H in driving impactful innovative projects leading to mental health policy reforms, and exchanging best practices across a wide range of stakeholders.

This roundtable aims to:

1)Present the objectives and anticipated outcomes of the projects;

2)Emphasise the role of European funding in achieving EU4Health objectives and foster synergies between projects;

3)Discuss the challenges and opportunities in integrating mental health into cancer care at European and national levels.

This discussion will be a platform for knowledge sharing and promoting a common vision for improving cancer and mental health care in Europe.

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Roundtable discussion 2 - Beyond 2030. Psychology's Role in Addressing European and Global Challenges. An EFPA Round Table on European Psychology in challenging times

Paper number 193 | Roundtable discussion

Beyond 2030. Psychology's Role in Addressing European and Global Challenges. An EFPA Round Table on European Psychology in challenging times.

Christoph Steinebach[1, 2], Conny Antoni[3], Isane Aparicio[1], Nicola Gale[1], Lotte De Schrijver[1]

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[2]ZHAW Zürich University of Applied Sciences, Switzerland
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Psychology plays a crucial role in addressing the diverse challenges facing Europe. Its interdisciplinary nature allows it to connect with various sciences and professions. Despite differences in how individual countries are both affected by and handle these challenges, there's a shared framework provided by the United Nations Sustainable Development Goals (SDGs).

Mental health and wellbeing have become a core human concern, underscored by recent events like the COVID-19 pandemic and the war in Ukraine. Climate change has significant psychological implications. The workplace also faces mental health challenges, with one-quarter of the EU workforce experiencing mental health issues. Digitalisation proceeding at pace has implications across the board.

Psychology is increasingly involved in social discourses across Europe. Psychology collaborates at the international organizations like the United Nations and the World Health Organization. It is significantly engaged with the European Union institutions of the Parliament and Commission, and more widely across EU candidate countries and those on the continent of Europe but outside of the EU. This work is fostering a European-level approach.

In times of fundamental change, it is important to take stock. Questions about the ‘where from’ are linked to the search for solutions and sustainable perspectives for the future. By realigning education and further training following a groundbreaking competency model, through new paths in research and innovative practice concepts, European psychology has proven its resilience as a science and profession. However, the challenges are such that it remains vital to shape the transformation of psychology as a science and profession in a sustainable way. The United Nations' Sustainable Development Goals provide a guiding framework ans compass. But as it stands today, these goals will not be achieved by 2030. How should things continue after that? And what tasks does psychology then have to face? How does it ready itself?

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Paper number 263 | Symposium

Psychology of ageing: Psychosocial factors of health and well-being

Constantina Demosthenous[1, 2], Isabelle Albert[3], Olga Zamalijeva[4], Martine Hoffmann[5], Christian Borg Xuereb[6]

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[4]Vilnius University, Lithuania
[5]GERO - Kompetenzzenter fir den Alter, Luxembourg
[6]University of Malta, Malta

Increase in life expectancy, that has been observed over the last century, did not always result in sufficient increase in healthy life years. Apart from health issues, older adults often face other challenges. For instance, reduction in social networks makes older people more vulnerable to loneliness and mental health issues, resulting in diminished well-being. Contributing to development of equal opportunities for healthy ageing and mental health promotion is an ethical obligation of psychologists' community. To address these later life concerns, it is very important to explore modifiable factors related to healthy ageing and well-being, and to investigate what drives risk and supportive factors.

During this symposium, presenters will explore social factors, including cultural differences, social networks, social inclusion, and their role in well-being, healthy ageing and risky behaviors in later life. Cultural differences may cause some individuals to be less socially included and with limited access to social support, which may consequently result in increased loneliness and diminished well-being among older adults. Moreover, results that some characteristics of social networks in older age were associated with higher probability of risky behaviors, like binge drinking, that are unfavorable to healthy ageing will be presented. There will also be a focus on individual psychological factors, including self-regulatory skills and decision-making, that are related to health and well-being. Presenters will also discuss feasibility of innovative e-mental health solutions aimed at increasing resilience and emotional regulation among older adults by employing virtual reality technologies and neurofeedback. Finally, there will be an in-depth examination of end-of-life care related decision-making processes and the role of those crucial decisions on persons dignity, sense of autonomy, and well-being during the final stages of life. Summing up, there will be general discussion on possible practical applications of research results and policy recommendations.

Paper number 1300 | Symposium Paper

Patterns and determinants of subjective well-being and loneliness in the context of cultural diversity

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Subjective well-being and loneliness are closely related to aspects such as social inclusion and participation. However, needs and wishes of older people differ – some people prefer smaller networks or are focused on activities with close family members, whereas others prefer to be socially involved and to participate in social activities. Additionally, older people with a migrant biography might have smaller social networks in their countries of settlement which could also contribute to the risk for loneliness and social isolation. The aim of the present study is to find out patterns of subjective well-being and loneliness within the culturally diverse context of Luxembourg

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which has witnessed high levels of immigration in the past years, and the first generations of immigrants are now in retirement age or close to it.

We draw on data from a total of N = 1000 people over 50 (51% women, 49% men) who participated in a nationally representative online and telephone survey. Participants reported on their participation in social activities, their social networks, sense of belonging, life-satisfaction and loneliness.

Based on our quantitative data, we will first identify patterns of subjective well-being and loneliness, and second, we will analyze in how far these patterns can be distinguished by demographic variables as well as by aspects of social inclusion and participation. Results from a qualitative sub-study have provided three different clusters – one where people were socially included and participated in public activities, one cluster where people were rather focusing on their family relations but did not feel the need to make further acquaintances, and one cluster with rather isolated people.

To summarize, a comprehensive model will be presented and suggestions about how to adapt social offers to the diverse needs of an increasingly diverse target group will be discussed.

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Paper number 1302 | Symposium Paper

Loneliness, social network quality, well-being and alcohol consumption among community dwelling older adults in the Baltic states

Olga Zamalijeva[1],Goda Gegieckaitė[1], Ieva Jurevičiūtė[1], Giedrius Rupšys[1], Antanas Kairys[1]

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Baltic states are among countries having highest alcohol consumption in Europe and despite being culturally appropriate and often a social behaviour, alcohol consumption in later life remains a serious health risk. There may be many motives to have a drink: some drink because they are happy, some – when they are sad, some drink on a night out with friends, some – when they are alone. The aim of this analysis is to investigate psychosocial variables predicting alcohol consumption characteristics among community dwelling older adults in the Baltic states. The data for this analysis was drawn from the Survey of Health, Ageing and Retirement in Europe (SHARE) database. Final sample included 6636 respondents (mean age – 69; 37% – male). Alcohol consumption characteristics are based on self-report. The level of well-being was assessed by two indicators: Control, Autonomy, Self-Realization and Pleasure (CASP-12) scale measuring quality of life and EURO-D scale indicating depressive symptoms. Loneliness was measured using short version of R-UCLA.

Social network satisfaction and social connectedness were derived based on the answers provided about respondent's social network. Results of regression analysis show that after controlling for sociodemographic and pivotal physical health variables, well-being level, loneliness and social network quality indicators are associated with alcohol consumption among older adults. Higher levels of loneliness and higher level of connectedness were associated with higher probability of having at least one drink during the last week and binge drinking (having 6 or more alcohol units on one occasion) in the last three months. Higher levels in the quality-of-life measure consistently predicted lower chances of alcohol consumption in all alcohol consumption categories, while depressive symptoms only appeared to be significant in lowering odds of having at least one drink in a week prior. Furthermore, results showing age group differences and country-specific results will be discussed.

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Paper number 1303 | Symposium Paper

Unlocking well-being in old age: Designing virtual reality and neurofeedback solutions for seniors.

Martine Hoffmann[1], Matthias Pfaff[2]

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Resilience and emotional regulation are pivotal components of well-being in older adults. As they navigate various life transitions, these skills play a significant role in shaping mental health and overall quality of life. While traditional relaxation techniques can be difficult to learn and necessitate regular practice, technology-supported mental health solutions present a promising avenue for enhancing these skills without requiring extensive prior experience or consistent effort. The GERO Competence Center for Aging is developing tailored e-mental health solutions specifically designed for older adults. In collaboration with the University of Applied Sciences Kaiserslautern, the NeuroVR prototype has been created, integrating EEG biofeedback with advanced virtual reality technology to facilitate self-regulation and relaxation in this population. Unlike conventional 2D neurofeedback, NeuroVR dynamically incorporates neurophysiological data to reflect the individual's "inner state" within a virtual environment. Real-time adjustments in EEG frequency bands lead to modifications in the virtual setting—such as changes in colour saturation or movement speed—to foster optimal relaxation. These alterations occur seamlessly and can be enhanced with optional 2D displays showing fluctuations in frequency bands. To ensure the technology is relevant and effective for older adults, a co-creative interdisciplinary approach has been employed, actively involving older adults in all key phases of development and testing. Virtual neurofeedback has the potential to address age-related challenges such as distractibility, reduced attention span, and increased fatigue, as well as stress-related issues like anxiety and social withdrawal that can be prevented through enhanced emotional regulation. The immersive sense of "presence" in the virtual relaxation environment can amplify the training effect, making sessions more time efficient. Early findings from a pilot study will support the proof-of-concept for this innovative approach.

Paper number 1304 | Symposium Paper

Exploring attitudes and preferences for end-of-life care: A phenomenological study of Maltese older adults in long-term-care

Christian Borg Xuereb[1], André Bugeja[1]

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End-of-life (EOL) care practices in Maltese institutions remain unregulated, presenting ethical and moral challenges in supporting older individuals through the final stages of life. With no formal legal framework in place, institutionalised older adults face their prognosis without sufficient safeguards to ensure autonomy or the opportunity for a dignified death. Advanced care planning (ACP) offers a promising approach to address these concerns. This study explores the perceptions of death and attitudes towards decision-making at EOL among older adults living in Long-Term-Care.

A qualitative, interpretative phenomenological approach was employed, using semi-structured interviews with six institutionalised older adults. Data was analysed through an iterative, inductive process to capture the depth of personal experiences.

Drawing from their lived experiences, participants commonly view death as a natural part of life. Individual perceptions of death and the desire to manage suffering were central themes. Participants expressed a strong

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preference for maintaining control over EOL decisions, particularly in light of concerns about the potential loss of cognitive capacity in later stages of life. ACP emerged as a critical means to preserve autonomy, providing hope within a healthcare system that prioritises curative measures over palliative care at EOL. The significance of cognitive processes and personal perceptions in shaping decision-making related to ACP was evident throughout the discussions.

For older adult participants, death was not the primary concern; rather, it is the manner in which they approach and embrace it. ACP offers a valuable mechanism to align EOL preferences with decisions that safeguard autonomy and promote a dignified death. Understanding the role of perceptions and cognition in this process is crucial for facilitating informed decision-making in advanced care planning.

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Paper number 717 | Symposium

Supporting the development of mental health competencies in youth: A symposium by the EFPA Board of Educational Affairs

Ioulia Papageorgi[1, 2], Iva Stuchlikova[2, 3], Mirjana Beara Benjak[2, 4], Panagiota Dimitropoulou[2, 5], Lenka Sokolova[6, 7] ,Helen Bakker[8]

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Symposium General Abstract

The European Federation of Psychologists' Associations (EFPA) was founded in 1981 and is an umbrella organization in Europe for national psychologists' associations. It currently comprises associations from 37 European countries, including all 27 member countries of the European Union. It aims at developing psychology (by enhancing scientific and professional standards), contributing to society (by using psychological knowledge and competences in support in particular of the UN sustainable development goals) and serving psychologists (by advancing, promoting and protecting the profession of psychologists at the national and European levels). EFPA sets a European standard of education, professional training and competence in psychology, EuroPsy. The EFPA Board of Educational Affairs was founded at the EFPA General Assembly in 2011 as a permanent body that monitors and assesses developments in the teaching of psychology. It focuses its activities on the academic education of psychology at all levels (BA, MA, PhD, postgraduate), the teaching of psychology to other professions, the teaching of psychology in pre-tertiary education and to the general public.

The purpose of this symposium is to deliver presentations of projects addressing the need to promote mental health competencies in university students and secondary education students. The goal of this symposium is to showcase work that addresses whether the development of positive psychology related competencies such as psychological resilience, psychosocial skills, social emotional learning skills and coping skills has a positive impact on the mental health and well-being of youth.

We will share findings that highlight the importance promoting students' mental health through creating learning environments that promote the development of supportive relationships, positive peer interactions, cultivate a sense of belonging and encourage the development of mental health competencies such as coping skills and resilience in youth.

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Paper number 1348 | Symposium Paper

Promoting mental health competencies in university psychology students

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Studying at university is an exciting time for many students, but can also be a stressful experience. Literature describes the presence of various stressors as students adjust and learn to become independent adults, autonomous learners, and competitive graduates for jobs (Parker et al., 2004; Anthoney et al., 2017), the development or exacerbation of existing mental health issues (Duffy et al., 2019; Schmits et al., 2021) and low levels of happiness and life satisfaction (Neaves & Hewitt, 2021). Student mental health issues can be addressed through educational interventions (Hood et al., 2021), but limited descriptions of innovations in curricular design, implementation and evaluation exist (Morris & Cranney, 2022).

To address the above, the EFPA Board of Educational Affairs designed a survey to investigate the promotion of positive mental health competencies in psychology curricula, aimed at university lecturers and students. Data collection is ongoing, it is anticipated that data from 30 university lecturers and around 300 psychology students will be collected in Albania, Croatia, Cyprus, Czech Republic, Germany, Greece, Italy, Serbia, Slovakia, and The Netherlands.

Lecturers provided information on whether and how they incorporate components of positive mental health in their courses, described examples of good practice, and offered suggestions for improving curricula (open questions). University students addressed whether they were taught psychosocial competences and their perceived impact, offered insights on their mental health competencies needs, and provided suggestions for improving curricula (open questions). Students also completed the PERMA Profiler (Butler & Kern, 2016) and the Strengths and Difficulties Questionnaire (Goodman, 1997) to collect information on their current psychosocial and emotional well-being.

Our work aims at highlighting that embedding positive psychology in curricula can serve as a preventive, low-cost and sustainable medium to reach a large number of students, support the development of mental health competencies and promote resilience in university students.

Paper number 1350 | Symposium Paper

Peer-powered resilience: Enhancing mental health in university students through peer training and support

Darko Hinić[1], Mirjana Beara Benjak[1,2], Dragana Bjekić[1], Milica Stojković[1], Jovana Trbojević Jocić[1]

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[2]European Federation of Psychologists' Association, Belgium

Data for this study were collected as part of a wider Erasmus+ project, aiming to enhance students' digital and psychological resilience through peer networking. The main goal of this part of the study was to gain insights into students' perceptions of individual and institutional social support in times of crises.

The sample comprised 175 university students (M = 22.21, SD = 3.03, 74% female), from different faculties of the University of Kragujevac, Serbia, with 80% of participants being bachelor students. The instruments included the

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Interpersonal Support Evaluation List (α = 0.87), a socio-demographic questionnaire, and questions about students' perceptions of the accessibility of support offered within their university or faculty.

Students reported high levels of perceived interpersonal support (tangible = 3.22, appraisal = 3.07, belonging social support = 3.06, with a score range of 0–4). Female students perceived higher levels of all three types of social support than male students ($p < 0.05$). Over half of the students (53.2%) stated that they were not informed whether their faculties offer any kind of professional support or counselling. However, a majority of students (64%) indicated that they would seek professional psychological help if it were offered as a service by their university. Instead, they reported finding valuable support online, within communities of people with shared interests, where they can discuss their passions and concerns.

The obtained results were then used for the development of training programs aimed at providing students with peer support related to mental health and digital resilience. Such a program was developed under the aforementioned Erasmus+ DigiPsyRes project, comprising three sub-programs: A (psychological resilience), B (digital resilience) and C (peer support in (digital) network). Sub-program A focused on psychological resilience, defined as capacity of an individual activated in stressful situations, which allows overcoming stress and reestablishing well-being and balance. Students' satisfaction with

the training in Sub-program A was high (M = 4.83 on a scale of 1–5) and trained students delivered further workshops and become supporters to their peers within the digital network.

More details on this project, as a model of institutional peer support and networking for students' mental health will be presented.

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Paper number 1349 | Symposium Paper

Cultivating SEL skills in Higher Education through MASH-up n' HEI: The paradigm of the University of Crete

Panagiota Dimitropoulou[1], Alexis Arvanitis[1], Georgia Panayiotou[2], Marios Theodorou[3], Potheini Vaiouli[4]

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The presentation focuses on highlighting the efforts of the University of Crete (UoC), through the European Erasmus+ Program "Multimodal Approach for Social-Emotional Learning in HEI Music-Based Intervention (MASH-up n' HEI)", to foster social-emotional learning (SEL) skills using modern tools and technologies. The program also aimed to evaluate its effectiveness on students with and without learning difficulties through the "SEL4ALL" training. The project was implemented by a consortium of four European countries (Cyprus, the Netherlands, Hungary, and Greece).

An additional goal of the program was to develop the skills of university professionals who implement SEL programs and to raise awareness among stakeholders both within and outside higher education institutions about the significant findings of the research. To achieve this, one of the main activities organized and delivered by UoC was the development of an online course. This course introduced university staff (including skill trainers, counselors, psychologists, and trainees) and practitioners outside higher education to the basic principles of how music can be used as an effective tool for psychosocial skills training, promoting health and well-being.

Following this training-of-trainers activity, over the past two academic years, a faculty member of UoC incorporated a music intervention into an elective course for students. This was based on a structured training bundle that included: a) a trainer's manual providing step-by-step guidelines for conducting training in multimodal socio-emotional learning and b) A participant's workbook designed to guide students throughout the SEL4ALL training.

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The training involved evidence-based activities, divided into chapters that addressed key thematic areas, including motivation, understanding emotions, methods of relaxation, flexibility in thinking, and countering inappropriate behaviors.

Students had the opportunity to gain new knowledge through experiential exercises, use the SEL-for-ALL e-learning app (a digital tool for self-monitoring and enhancing socio-emotional skills training), and participate in the evaluation of this initiative.

Paper number 1351 | Symposium Paper

The interplay between well-being and social support at school in early adolescence

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Well-being at school is a multifaceted concept that encompasses the physical, emotional, social, and academic health of learners. It is increasingly recognized as a critical component of a successful educational environment. This study aimed to explore the well-being of school-age children (11 to 15 years) in the context of the school setting. Data from the representative sample of Slovak adolescents (N = 9,697; Mage = 13.40; 49.10% girls) from 94 schools were collected as part of the Health Behaviour of School-Aged Children study in 2022 (Inchley et al., 2022; Madarasová Gecková et al., 2023).

The general well-being measured by the WHO-5 Well-being Index was found to be positively correlated with liking school, teacher, and classmate social support. At the school level, learners from small schools and municipalities perceived a higher level of support from their classmates and teachers compared to those from larger schools. In the subsample from the Eastern Slovakia region (N = 2,681), we also collected data from learners with special educational needs (N = 472), including individuals with neurodivergent conditions and socially disadvantaged learners. The authors used a dual model of school well-being (Suldo, 2016) to analyse the well-being of learners. It seems that those from general population are more likely to report poorer emotional well-being than learners with special educational needs. However, we found a significantly higher level of reported well-being only in learners from socially disadvantaged environments.

These findings highlight the importance of creating a supportive school culture that promotes positive relationships, resilience, and a sense of belonging for all groups of learners. Fostering a holistic, whole-school approach to well-being seems to be crucial, and these insights aim to inform future educational practices and policies, promoting environments where all learners

can thrive both academically and emotionally. The study was supported by grant no. APVV-22-0078.

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Paper number 137 | Symposium

Qualitative vocational psychology research with migrants and refugees: Ensuring quality

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Entering and negotiating the education systems and labour markets of western countries for migrants, including international students, and refugees is in the purview of vocational psychology research. With a long and rigorous research tradition, vocational psychology research has evolved in primarily Eurocentric contexts and its application to diverse cultures and contexts and groups such as migrants and refugees is uncertain. The potential of qualitative research to be more culture and context sensitive has been proposed as it privileges the voices of participants and gathers nuanced understandings of their situations. New knowledge gathered in this way is important for the insight it offers about migrants and refugees' potential contributions to societies as well as their support needs. Ensuring quality however, in all vocational psychology research, including qualitative research, warrants careful consideration.

This symposium focuses on strategies for ensuring quality in qualitative research with migrants, including international students, and refugees. Three presentations serve the dual purpose of providing examples of qualitative vocational psychology research with migrants and refugees and explaining how quality was ensured through strategies such as informed consent and transparency, an ethic of care, participant voice and polyphony, reflexivity, and researcher positionality. Together, the presentations demonstrate the value of qualitative vocational psychology research for understanding the circumstances and needs of migrants and refugees in a research environment marked by care and the privileging of participant voices. In addition, the suggestions about ensuring quality in qualitative vocational psychology research with migrants and refugees can be adopted by other researchers.

Paper number 1273 | Symposium Paper

Navigating the University-to-Employment transition: Insights from qualitative research with former international students

Jon Woodend[1], Nancy Arthur[2]

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International students are increasingly viewed as potential skilled migrants that play an important role in the workforce of many Westernized countries, such as Canada (Arthur et al., 2022; Woodend & Arthur, 2023). This study explored the long-term career transitions of former international students who have become permanent residents or Canadian citizens, focusing on their integration into the labour market.

This research draws on the Systems Theory Framework (Patton & McMahon, 2021), which allowed for the consideration of relevant influences in participants lives including at the personal, social, and contextual levels. This study used Interpretative Phenomenological Analysis (IPA) to investigate how former international students make sense of their career journeys post-graduation. Participants' personal narratives offered insights into how

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their unique contexts shaped their employment pathways, including the complexities they faced and overcame during this transition.

This presentation will provide insights into practical considerations to enhance the quality of future qualitative studies with skilled migrants based on the experiences of the researchers and their work with former international student participants using IPA. Specifically, the presentation will discuss limitations to using IPA in research with migrants, as well as transferable ideas to diverse qualitative approaches in research with migrants including engaging effectively in participant recruitment, informed consent, and maintaining transparency in the research process.

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Paper number 1274 | Symposium Paper

Consulting refugees about career development: Prioritising an ethic of care

Mary McMahon[1]

[1]The University of Queensland, Australia

People with refugee backgrounds face career development challenges in post-migration contexts. Supporting refugees' career development fosters social inclusion, aids their integration and wellbeing, disrupts cycles of low-status job placement and underemployment, and contributes to the host country's economy. Vocational psychology, with its foundation in social justice, is well positioned to assist refugees with their career development.

To date however, vocational psychology research has positioned refugees as passive respondents with limited expertise on matters related to their career development, especially in their new settings. Recognising an ethic of care as a precursory stance enables qualitative researchers to engage refugees as experts, attending to the cultural, relational, and communal contexts of their lives. Research projects that are designed in such a way that collaboration is cultivated between participants and researchers honour refugees' voices on matters that impact their lives.

This presentation considers Australian research with refugees that employed an ethic of care. Example strategies that were considered to ensure quality in qualitative research with refugees will be outlined. For example, well-aligned with an ethic of care, narrative inquiry informed the interviews as a culturally contextually sensitive approach that honours narrative nuance and multiple voices. Illustrative examples will be provided of participants' responses to research underpinned by an ethic of care. Limitations such as participants' heterogeneity, the number of interviews, and lack of collective consultations will be outlined.

Paper number 1275 | Symposium Paper

Critical incidents research with international students: Career support they wish they had

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International students are temporary visa holders who study in another country to advance their future employment prospects. From a human capital theoretical perspective, gaining work experience in their host country, both during studies and after graduation, is valuable for building expertise and credentials sought be employers. Although most

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international students eventually return home, many international students aim to gain local work experience and pursue permanent immigration in the country where they study. However, navigating these aspirations is complex, due to changing immigration policies and rules for work visas, learning local job search practices, establishing employment connections, and adapting to fluctuating labour market demands.

This research explored the employment experiences of international students, focusing on those in their final year of study and up to two years post-graduation at three Canadian universities. The Enhanced Critical Incident Technique was selected as a qualitative research approach to investigate international students' perspectives on what facilitated their job search and the barriers they encountered. This presentation highlights findings from the third part of the interview protocol, where international students reflected on the career resources that they wished they had, offering valuable insights about supporting the transition from education to employment. Key themes from the study include both positive experiences and gaps in career support, such as access to local cultural knowledge, professional networks, mentoring, labour market information, and strategies for presenting international experience to employers who may prefer local candidates.

Background information on critical incidents research includes its quantitative research origins, and the discussion will review strengths and limitations for applications in qualitative research. The discussion will also highlight strategies for improving the quality of research, including critical reflexivity and positionality of researchers, and applying research findings to inform career support and service delivery for international students.

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Papers session 1

Paper number 1147 | Oral

Beyond the prison walls: Qualitative study of convicts' narratives, experiences, and reflections towards social reintegration.

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Background: Previous qualitative studies found offenders' narratives to provide a comprehensive examination of criminal experiences and rehabilitation within prisionnal systems. Narratives are paramount for rehabilitation interventions, promoting self-reflection, and the construction of new personal narratives aligned with societal expectations. With an incarceration rate of 22% in 2022, Portugal must invest more in programs to mitigate recidivism. Aims: This qualitative study analyses semi-structured interviews of convicted felons to better understand their criminal histories, experiences, and reflections on social reintegration. Methodology: After obtaining informed consent, 32 Portuguese male participants (Mage=50) on temporary leave from prison, supported by a reinsertion institution, answered the Psychopathy Checklist-Revised protocol. Interviews, conducted by trained psychologists, lasted an average of 1.5 hours, were transcribed, coded, and analysed using the Alceste software. This included vocabulary analysis, lemmatisation, descending hierarchical classification, factorial correspondence analysis, and ascending hierarchical classification. Results: From the corpus, 86% of meaningful text units were grouped into four classes: 1) self-reflection/accountability/relationships (50.86%); 2) education/work history (15.83%); 3) family structures/relationships growing up (18.11%); and 4) consumption history/transition to crime/penalty (15.20%). Most participants had unstable childhood environments, experienced neglect and violence, exhibited deviant behaviour in adolescence and held precarious jobs. Discussion: Findings follow previous studies profiling perpetrators from multi-challenged, low-income families with neglectful parenting and traumatic childhood experiences. By observing subjective experiences, motivations, and processes regarding personal and criminal history, relationships, and prospects, self-reflection and regulation themes emerged, enhancing the will to change

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and build a more stable live project. These findings highlight the individual and interpersonal processes of social change and reinsertion, helping individuals to find meaning in incarceration, moving towards rehabilitative goals, and fostering personal growth. More psychologists are needed in multidisciplinary teams to develop effective reintegration programs. Offenders' narratives can inform the design of person-centred programs, aiding in the transition to a more reintegrative penal system.

Paper number 1018 | Oral

Validation of a screening tool in correctional facilities: Predicting risk for recidivism

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Correctional systems face significant challenges in managing diverse offender populations and addressing the rising rates of recidivism. Effective risk assessment tools are crucial for optimizing resource allocation and designing targeted interventions. This study focuses on validating a screening tool developed as part of a Council of Europe project, which assesses various risk factors, including age at first offense, number of prior convictions, patterns of criminal behavior, and links to substance abuse, violence, and organized crime.

A research protocol was established to extract and analyze data from a baseline year (2016) and an eight-year follow-up period (2016–2024). Archival records for approximately 600 prisoners released during the baseline year were reviewed to derive responses for the screening tool. For the follow-up period, data were collected on recidivism outcomes for these individuals, including the time to reoffense, as well as the type and severity of subsequent crimes. Advanced statistical methods, including logistic regression, survival analysis, and receiver operating characteristic (ROC) curve evaluation, have been applied to evaluate and refine the tool's predictive performance.

The results present how the instrument as a whole and specific variables are related to the outcomes of interest. These data will enhance the tool's validity, providing correctional practitioners with a robust instrument to identify high-risk individuals and plan effective interventions. A key limitation is the reliance on archival data, which may affect the data's quality and precision.

This research has important theoretical and practical implications, advancing the understanding of risk assessment in correctional settings and promoting evidence-based decision-making. A validated screening tool can contribute to reducing recidivism rates and strengthening the overall effectiveness of correctional systems.

Paper number 1132 | Oral

Modulating variables influencing children's testimony: A systematic review

Candela Carrera[1], María Carrera Roig[2]

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Children's memory plays a critical role in legal contexts, particularly when they serve as witnesses or victims in judicial proceedings. This systematic review aims to identify and examine key variables that modulate the accuracy and suggestibility of children's testimony, focusing on children aged 6 to 12 years old. Searches were conducted

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across three major databases—Psicodoc, PsycINFO, Scopus and Web of Science—to ensure comprehensive coverage of relevant literature. The inclusion criteria focused on peer-reviewed studies addressing cognitive, social, and environmental factors that influence memory performance in this age group. Preliminary findings suggest that factors such as age, stress levels, interview techniques, and prior experiences significantly affect the reliability of children's recollections. This review highlights the importance of understanding these modulating variables to improve forensic practices and protect children's rights in judicial settings. Final conclusions will provide evidence-based recommendations for legal professionals and psychologists working with child witnesses.

Paper number 436 | Oral

Using virtual reality to study eyewitness memory and improve police investigations

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Witnesses play a critical role in criminal investigations, but cognitive processes such as memory often influence their ability to recall important details. To address this, psychologists developed science-based interview techniques, such as the Cognitive Interview, that improve witness memory and statements. Our team also created new retrieval strategies (e.g., Category Clustering Recall) that law enforcement agencies, namely the Los Angeles Police Department, already use.

However, much of the research supporting the use of these techniques employed a mock-witness paradigm, where participants observed a crime on a 2D screen. This does not accurately reflect real-life eyewitness experiences, raising concerns about the effectiveness of these methods in actual investigations. With the rise of immersive virtual reality (VR) technology, this project aims to evaluate the effectiveness of current interviewing strategies in a more realistic setting and, for the first time, evaluate whether virtual interview rooms with contextual cues from the crime scene can be used to further improve witness memory.

In this presentation, we will present two studies (data collection in progress):

Study 1 tested the effectiveness of interview techniques (recommended as best practice) in improving eyewitness memory when using a 360-degree mock-crime presented on a VR headset. We anticipate that methods like the Cognitive Interview and Category Clustering Recall will improve recall compared to structured interviews, supporting their ecological validity.

Study 2 tested whether interviewing witnesses in VR environments, such as a VR dome or a fully virtual interview room, enhances memory. This study will compare the effectiveness of these virtual interview settings to traditional police interview rooms. The digital interview rooms incorporate contextual information from the mock-crime, which police could access using existing technology. We expect these VR/augmented reality environments to produce more detailed and accurate testimony, potentially replacing the mental reinstatement of context currently recommended as best practice.

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Papers session 2

Paper number 362 | Oral

Guidelines for psychoanalytically informed interview-based research

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Research aims and objectives: Psychoanalytically informed research methods for analysis of interview material have been developed by a number of authors. This paper aims to offer a synthesis of guidelines for such research, which to date has not been offered.

Theoretical orientation: We argue for an intersubjective theoretical orientation: intersubjective psychoanalytic methodology holds the potential to explore the nexus between the deeply emotional and the social, thereby contributing to the transformation of psychological science.

Research approach: Existing literature is reviewed and integrated with the researcher's experience of conducting and supervising psychoanalytically informed research projects. Examples are offered.

Results: First, methodological guidelines for the analysis of interview material are offered. These consider how to conceptualize the purpose of psychoanalytic research as well as practical guidelines for analysis of interview material. Second, guidelines for a reflexive analysis of the intersubjective research encounter include how to be in touch with countertransference responses; how to incorporate a critique of the technique itself into analysis; consideration of the focus of reflexive analysis; employment of listening techniques; validation of interpretation; balancing an interest in latent content with a suspicion of the researcher's own projections; and how to include social identities in a reflexive analysis. Third, examples from psychoanalytic research projects demonstrate the methodological approach.

Limitations: This method holds the danger of producing an overly subjective reading and an overly individualized interpretation. These limitations are explored.

Implications: The development of this method holds implications for future research practice, and contributes to the development of a conversation about psychoanalytic research methodology.

Paper number 168 | Oral

A methodological advance in psychobiography: a study of the British traitor "Kim" Philby (1912-1988) using Grounded Theory

Judi Homewood[1], Simon Boag[1]

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"Kim" Philby may be one of the most notorious traitors of the twentieth century. A great deal is known about how Kim joined the Russian secret intelligence service and betrayed British state secrets to the hostile power the Soviet Union, but much less about why he did. An appropriate research methodology to explore the meaning Kim gave to his life and his motivations is psychobiography, a research methodology where theories of psychology are used to interpret the life of an individual, set in its sociocultural context. Psychobiography has been regarded as marginal to the discipline of psychology in part because of a lack of methodological rigour in extant research. In this novel study, data have been generated using a Grounded Theory approach (Glaser & Strauss, 1967) from Kim's own writings, that of his family and friends, and from declassified files of the British and Russian secret intelligence

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services. A particularly intriguing aspect is that on multiple occasions when Kim communicated to friends, family and the wider community he presented his behaviour as moral and considered himself to be a victim. This paper will present an analysis of Kim's explanations for his behaviour using Bandura's (1973) concept of moral disengagement. It will then present some examples of other coping mechanisms he may have used to reduce psychological discomfort. Kim's notoriety arises from his ability to deceive, so this limits any analysis of his own words. This study contributes to the understanding of the complex issue of treason; to the broader issue of how people give meaning to their lives, arguably a central concern of psychology; and how the potential of psychobiography as a research methodology can be realized.

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Paper number 919 | Oral

Immersive virtual reality as a catalyst for replication in psychology

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The replication crisis in psychology has exposed significant methodological shortcomings in existing research, prompting a critical reassessment of widely accepted research practices. In addition to methodological reforms such as preregistration, registered reports, and other open science initiatives that aimed at enhancing transparency and reliability in psychological research, large-scale replication projects have successfully addressed crucial issues such as low statistical power of psychological studies and publication bias. However, these efforts are often constrained by substantial logistical, temporal, and financial limitations. In this context, immersive virtual reality (IVR) presents a promising solution for establishing an experimental replication framework by providing controlled yet ecologically valid environments that enhance replicability while minimizing external variability. IVR enables the standardization of experimental conditions, facilitates protocol sharing across research teams, and improves ecological validity. In this contribution, I argue that IVR supports replication initiatives by offering a reproducible and controlled framework for psychological experimentation. Nevertheless, several challenges associated with IVR must be addressed, including undesirable physiological effects such as cybersickness, individual differences in prior user experience with IVR, and, most importantly, the equivalence of cognitive processes demonstrated in IVR compared to real-world conditions. Furthermore, the technical expertise required for IVR-based studies may limit accessibility and widespread adoption. Despite these challenges, I argue that IVR represents a transformative tool for improving replication fidelity. The integration of IVR into experimental paradigms has the potential to enhance the robustness and reliability of psychological findings, thereby advancing psychological science.

Paper number 821 | Oral

Quantifying the therapeutic relationship: A methodological framework for conducting observational moment-by-moment research

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Studies combining moment-by-moment observational data with traditional questionnaire-based outcome measures are increasingly endorsed by organizations such as the American Psychological Association for investigating dynamic clinical phenomena such as the therapeutic relationship. However, observational studies are often

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underutilized due to their time-intensive and resource-demanding nature, despite their potential to yield rich and nuanced insights.

Here we present a comprehensive step-by-step guide for conducting observational studies based on moment-by-moment coding of behaviors. We aim to provide researchers with a methodological framework and practical tools to facilitate the implementation of these studies in Psychology.

To illustrate the application of this framework, we analyzed a dataset comprising 141 therapy sessions from 30 individuals who received psychological therapy. For each case, up to five sessions representing different phases of psychological therapy were coded. The sessions were analyzed using the Therapeutic Relationship Coding System (TRCS). This is an observational instrument designed to capture moment-by-moment verbal interactions between therapists and clients. This analysis resulted in a total of 99,750 coded behaviors, offering a granular and dynamic view of therapeutic relationship-related interactions. Additionally, longitudinal data on the therapeutic relationship were collected using the Working Alliance Inventory (WAI). This is a client-completed questionnaire, collected across all 30 clinical cases in different phases of psychological therapy.

We developed a suite of analytical functions using the programming language R. These functions are designed to empower researchers to efficiently analyze moment-by-moment observational data. Our ultimate objective is to integrate these tools into a dedicated R package, providing a comprehensive, standardized, and user-friendly resource for conducting observational studies.

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Papers session 3

Paper number 455 | Oral

Which factors predict STEM career expectations of Greek 15-year-old students?

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Science, technology engineering, and mathematics (STEM) professions offer competitive earnings, tend to be compatible with technological advances, and are predicted to remain in high demand in the future. Many countries, including Greece, have prioritized STEM education on their educational agendas, aiming to prepare students for careers in these fields. In this study, we investigated factors that may predict Greek students' STEM career expectations through analyzing data from the 2015 cycle of the Programme for International Student Assessment (PISA). We categorized the responses of 4910 15-year-old students to the question "What kind of job do you expect to have when you are about 30 years old?" into STEM and non-STEM professions, following (a) a wide approach that included health and medical professions in the STEM category and (b) a narrow approach that excluded these professions from the STEM category. Results from binary logistic regression models showed that student enjoyment of science, instrumental motivation, interest towards broad science topics, and their science performance were associated with their career expectations across both approaches; family economic, social, and cultural status was associated with students' career expectations within the wide approach only, while gender and achievement motivation were associated with students' career expectations within the narrow approach only. The differences in the factors predicting students' career expectations between the two approaches indicate that transparency in the definitions and operationalizations of STEM is needed within the relevant research.

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Paper number 396 | Oral

The role of domain general factors in numerical processing in early childhood

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Numerical skills are a key cognitive foundation for mathematical learning, particularly in young children. While previous research has examined the isolated roles of domain-general factors in numerical development, the interplay among multiple domain-general abilities and their collective impact on numerical skills remains unexplored.

For the first time, we investigated how spatial skills, visuospatial short-term memory, visuospatial working memory, attention, executive function, and fine motor skills interact and whether they form distinct constructs or cluster into integrated constructs that correlate with numerical abilities.

Using a robust sample of children (n = 339) aged 3 to 8 years, we examined the influence of domain-general factors on numerical skills. All participants were assessed using the GiantLeap app, a platform designed for child development evaluation in non-controlled environments.

We employed factor analysis to group tasks into latent variables and applied Structural Equation Modeling to evaluate numerical abilities as the outcome variable. Notably, we found that spatial skills had a strong and direct impact on numerical abilities. Executive functions also influenced numerical skills, although to a lesser degree. Interestingly, executive functions uniquely contributed to symbolic numerical skills, differentiating between symbolic and non-symbolic numerical processing. In contrast, attention showed no direct or indirect effects on numerical processing.

Age influenced several tasks, though its effects varied. It significantly impacted omission rates and numerical processing, while its effect on spatial abilities was less pronounced, except for mental rotation, which showed a direct age effect. Notably, age did not affect attention.

Our findings suggest that multiple factors contribute to numerical performance, offering significant implications for early diagnosis and intervention in learning disorders.

Paper number 335 | Oral

Supporting children’s well-being as a key point of a better education: Scientific contribution of six projects from Croatia

Sanja Tatalović Vorkapić[1]

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To understand the lack of quality in contemporary education, several aspects have emerged as important: children's and teachers' well-being and mental health, additional SEL programs implemented in (pre-)school curricula, improved teacher competencies, and a whole-school approach. Therefore, this presentation aims to review the scientific contribution of six Croatian projects carried out at the University of Rijeka aimed at improving the quality of psychological well-being and mental health of children and teachers through a qualitative combination of science, theory, and practice. The first two projects: “How to go to kindergarten and primary school tear-free?“ (duration: two years) and "Children’s Well-being in Transition Periods: Empirical Validation of the Ecological-Dynamic Model” (duration: five years) focused on supporting children's social-emotional well-being during transition and adjustment in kindergarten and on empirically testing the Ecological-dynamic model of transition, i.e. the intra-

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and interpersonal determinants of educational transitions in early childhood and preschool children. Two other projects, which lasted a year and a half, were infrastructural and focused on improving the psychological competencies of teachers: The development of an online course: Psychology of Child Well-being, and the Development of a micro-qualification and lifelong learning program Mental Health and Well-being in Education. Finally, two Erasmus+ projects (three-year duration): Promoting Mental Health in Schools (PROMEHS) and EduSkills + SEL: Fostering social-emotional competencies in kindergartens aimed and still aim to develop programs to promote mental health and socio-emotional well-being of children and teachers. This overview covers the key findings identified through the scientific activities and research of the projects and their important implications for science and practice.

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Paper number 383 | Oral

Parent- and child-reported homework practices and their association with children's achievement and motivation

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The present study investigated the differences between parent- and child-reported homework practices and their associations to children's achievement and motivation in Lithuania. A total of 414 parent–child dyads participated in the study and were assessed twice—at the end of Grades 3 and 4. In Grade 3, parents filled in the questionnaires about the frequency of their homework help and autonomy support. Children's measures were collected by the school psychologists when testing children in small groups. In Grade 3, children answered questionnaires about their perceptions of the frequency with which their parents employ homework help and autonomy support. In Grades 3 and 4, children's motivation was measured as self-concept of ability in literacy and math. Children's achievement was measured by literacy and math skills in Grade 3, and the scores of the national standardized test in literacy and math (Grade 4) were obtained from the school records. Hierarchical regressions were used to predict children's achievement (national standardized scores in literacy and math) and motivation (self-concept of ability in literacy and math), after controlling for the autoregressors, child's gender and the highest education in the family. First, the results showed that children reported receiving more help and less autonomy support (versus parents' reports). Second, the results showed that only parent-reported help negatively and parent-reported autonomy support positively predicted children's achievement in literacy and math. Third, both parent- and child-reported autonomy support positively predicted children's self-concept of ability in literacy and math. Overall, the results suggest that parents and children may differently perceive parental homework practices, and these perceptions may deferentially relate to children's achievement and motivation. That is, parental perceptions of practices were related to children's achievement, whereas autonomy support reported by both parents and children emerged as a significant factor in promoting children's motivation.

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Papers session 4

Paper number 251 | Oral

From lab to screen: Tracking motor cognitive changes across the lifespan in online studies

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While motor movements were once viewed as the end result of cognitive processes, it is becoming increasingly clear that the dynamics of action are an essential element of human cognition. Movement kinematics have been successfully used to index individuals' cognitive functions.

So far, movement studies have relied on motion-tracking systems. A possible low-cost alternative is tracking computer users' mouse cursor trajectories, which is a new window into hand movement. This project aimed to translate lab-based movement studies to an online setting and explore motor cognitive ageing. Three studies were conducted.

Study 1 examined anticipatory motor planning using a lab-based computer task (n = 92). Analyses of the computer cursor trajectories revealed significant age-related differences, with older adults showing counterproductive movement profiles. Such decline is also associated with their general cognitive ability and sensorimotor performance.

Study 2 examined rapid online control using a lab-based computer task (n = 85). Compared to young adults, older adults showed prolonged correction and reduced end-point accuracy. Such decline was linked to their motor imagery ability, suggesting a reliance on forward modelling.

Study 3 moved the lab-based computer tasks to an online environment and examined age-related changes in motor cognition across the adult lifespan from the 20s to the 80s (n = 280). The data quality was excellent. Preliminary analyses showed age-related differences in both hand kinematics and cognitive performance.

One limitation is that this project only included healthy older adults. Future research should examine individuals with mild cognitive impairment to determine if kinematic changes can also signal cognitive decline in dementia.

In summary, computer-based tasks and mouse tracking offer an accessible, affordable, and portable solution for studying motor cognition across diverse populations, in particular seniors and those with mobility challenges.

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Paper number 636 | Oral

Harmonizing sound and vision: Emotional dynamics of audio design in children's video games

Georgia Penekeli[1], Maria Matsiola[2]

[1]University of Macedonia - Thessaloniki, Greece, Greece
[2]University of Western Macedonia, Greece

The significance of sound within interactive environments, particularly in video games, remains a critical area of exploration. Despite the dominance of visual elements, the absence of effective audio design can substantially diminish the overall quality of the user experience. This study investigates the complexities of audio design in video games and its subsequent emotional impact on a population of 50 elementary school students in Greece, ranging from grades 3 to 6. The research employed a questionnaire based on Russell's Circumplex Model of Affect (1980) to measure emotional states under two conditions: auditory-only (soundtracks) and audiovisual (sound paired with visuals).

Key findings reveal that sound alone elicited stronger positive emotional responses (e.g., relaxation and happiness) in some cases compared to audiovisual stimuli, highlighting the importance of harmonizing auditory and visual elements. Furthermore, demographic factors such as age, gender, and cultural background influenced emotional responses. Younger students and those of Greek origin displayed higher emotional engagement during auditory conditions. Additionally, music was found to contribute more significantly to emotional responses than sound effects across all samples, emphasizing the role of carefully curated musical elements in game design.

This study underscores the necessity for adaptive, culturally aware, and age-appropriate audio design in video games, proposing that the balance between auditory and visual stimuli is crucial to optimizing emotional engagement. These insights provide a foundation for further research into sound design's impact on player emotions and offer practical implications for designing immersive, emotionally resonant video games tailored to diverse audiences.

Paper number 1153 | Oral

Mental-rotation performance in Tanzanian primary-school children – its cross-cultural assessment and its development through spatial board games

Claudia Quaiser-Pohl[1], Anna Neubusch[2], Lea-Christin Wickord[2], Mirko Saunders[2], Elias Athanas Minja[3]

[1]University Koblenz, Germany
[2]University of Koblenz, Germany
[3]Kibo Safari Adventure, Tanzania

Although there is some research on the cultural role of traditional East African board games like Bao, studies on games-based learning in African schools are still missing. Therefore, an intervention study with contemporary spatial board games was conducted in two public primary schools in Tanzania.

The sample consisted of N=214 fifth-graders (age: M= 10.88; SD= 1.00) from two different primary schools and two different regions in Tanzania. They took part in a guided intervention with board games focusing on spatial thinking (4-Wins; IQ-Fit; Ubongo). Mental-rotation performance was measured before and after the intervention and after some months. A computerized mental-rotation test consisting of two test parts varying in difficulty and using different types of items (animal figures, letters, gender-stereotyped & gender-neutral objects, cubes, pellets,

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Polyhedra) was administered. Items were programmed by PsychoPy® and administered on a Microsoft Pro 8 Surface® tablet; test instructions were given in Swahili. The intervention took place in school and lasted over 5 weeks; each child played a board game for about 30 minutes on every school day.

Results show children's performance depending on stimulus type and rotational axis: solution rate was significantly higher with concrete than with abstract items; items rotated in picture-plane were easier than items rotated in-depth. Test performance significantly increased from pre- to post-test and to follow-up, however only for the items with concrete stimuli and with stimuli rotated in picture-plane. Performance for abstract items and items rotated in-depth was rather low. There was a significant difference between the rural school and the urban school in favor of the rural school showing context effects. The findings are discussed within the theoretical frameworks on games and play for cognitive development while the role of the cultural context for in-depth rotations as well as the culture-fairness of mental-rotation tests from WEIRD countries are reflected.

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Paper number 763 | Oral

Inclusion and cultural accessibility in the modern board game community: Attitudes and practices in the Portuguese context

Carla Sousa[1], Cátia Casimiro[1], João Léste[2], Micael Sousa[3], Joana Barros[4], Pedro Neves[4], Filipe Luz[4]

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[2]PUC-Rio, Brazil
[3]University College Dublin, Ireland
[4]Lusófona University, HEI-Lab, Portugal

Exploring inclusivity and accessibility within board game communities is crucial since these environments are microcosms of broader societal interactions that can significantly influence social identity, community belonging, and interpersonal relationships. Such studies help to understand how recreational spaces either promote inclusiveness or propagate exclusion, impacting individual mental health and collective social dynamics. This exploratory study pertains to perceived inclusivity and accessibility within board game communities, focusing on a broad range of attitudes and practices of Portuguese players. A non-probabilistic sample of 126 participants was surveyed during LeiriaCon, one of Portugal's largest board game conventions. The questionnaire used in the study comprised demographic questions, scales – adapted from previous studies and approaches – and original items tailored to the study's focus on inclusivity within board gaming, and further descriptive and inferential statistical analyses. The obtained results show a positive correlation between individuals' confidence in their ability to support inclusion and their perceptions of community inclusivity ($r = 0.446$, $p < .001$), emphasising the impact of personal empowerment on community perceptions. Notably, the Kruskal-Wallis tests across different playing contexts revealed significant variations in attitudes towards inclusion, with individuals in professional and multiple game-playing contexts showing significantly more supportive attitudes compared to those playing individually ($p < .05$). These insights highlight the role of environmental and contextual factors in shaping inclusivity within the Portuguese board gaming community, opening broader discussions regarding their role in individual's daily lives, both for leisure and learning/professional development purposes. Future research should explore the specificities of the Portuguese gaming context, comparing it with other European, or even pan-European countries.

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Papers session 5

Paper number 53 | Oral

Personality Traits and political parties preferences: the role of the big five and dark triad in Slovakia

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The relationship between personality and voting preferences has been a long-term interest of both political scientists and political psychologists. Our research aimed to study whether there is a correlation between the level of preference for a specific political party and several personality variables. A sample of 170 Slovak voters completed the BFI-2-S Big Five and Short Dark Triad questionnaires. They also answered a three-item questionnaire regarding their preferences for each of the eight Slovak political parties included (how positively they evaluate the party, whether they want it to be part of the government, and whether they agree with its views).

Preference for the We Are Family party correlated positively with agreeableness and negatively with psychoticism. Preference for Freedom and Solidarity correlated with openness and negatively with machiavellianism. Preference for Progressive Slovakia correlated with openness and negatively with conscientiousness and machiavellianism. Preference for Direction-Social Democracy, Voice-Social Democracy, The Republic Movement, and Kotlebists-People's Party Our Slovakia correlated positively with machiavellianism and negatively with openness. Preference for Voice also correlated negatively with extraversion. Preference for Ordinary People and Independent Personalities did not correlate with any of the personality variables included.

In Western countries, the main Big Five variables correlating with a left-wing preference are agreeableness and openness. This does not hold true in Slovakia. However, if we consider that many Eastern European social democratic parties are actually socially conservative, a negative relationship between openness and preference for conservative parties was found in our sample. The relationship between the Dark Triad traits and conservatism observed in Western countries was found only for machiavellianism in our Slovak sample.

Paper number 118 | Oral

The shadow side of shopping: How dark personality traits influence buying behaviors

Samuel Lins[1], José Cunha[2], Renan Monteiro[3]

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[3]Universidade Federal da Paraíba, Brazil

Numerous studies have been conducted to identify the factors influencing consumer purchasing behavior. This particular study focused on individual factors, specifically the characteristics of personality, with an emphasis on dark personality traits. This research aimed to examine which of the five dark personality traits—Narcissism, Machiavellianism, Psychopathy, Sadism, and Spitefulness—are related to three distinct types of purchasing behaviors: impulsive buying, conspicuous consumption, and compulsive buying. A total of 446 participants, with an average age of 27.7 years (ranging from 18 to 74; SD = 11.92), took part in the study, among whom 27% were

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men. Data collection was conducted through an online questionnaire, which began with an informed consent form that provided participants with relevant information regarding the study.

Correlations and multiple regression analyses were performed to investigate the relationships between the Dark Pentad personality traits and the various purchasing behaviors. The findings revealed that all types of buying behaviors under study were correlated with each other and with the examined personality traits, except for Machiavellianism and compulsive buying. Furthermore, traits such as Narcissism, Psychopathy, and Spitefulness were identified as positive predictors of the purchasing behaviors studied. Gender differences were also noted, with women exhibiting a greater propensity for impulsive and compulsive buying compared to men.

Nevertheless, this study has limitations. The sample may not be representative of the broader population, which constrains the generalizability of the results. Additionally, other influential factors, such as cultural and socioeconomic variables, were not thoroughly examined. Future research is recommended to explore the impact of different personality theories and to investigate how contextual variables influence consumer behavior.

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Paper number 479 | Oral

Systematic review of meta-analytic reviews of criminogenic attitudes

Marcin Sklad[1], Manuela Medina Fernández[1]

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This study synthesizes existing meta-analyses that examine attitudes directly related to committing crimes, with the aim of defining the scope of the criminogenic attitude construct in the literature, evaluating the evidence linking pro-criminal attitudes to criminal behavior, and identifying gaps in the existing research. Specifically, it explores the conceptual and operational differences in how these attitudes are defined and measured.

A systematic search of the Web of Science database was conducted using keywords such as criminal attitudes, crime identity, antisocial sentiment, and related terms. Boolean search strategies included combinations of terms related to cognition, attitudes, and sentiment in the context of crime, delinquency, and antisocial behavior. The search yielded 19,844 articles, including 984 reviews. Of these, 32 meta-analytic studies met the inclusion criteria, focusing on systematic reviews that assessed the role of criminogenic attitudes—understood as cognitive constructs potentially leading to criminal behavior—within at-risk populations.

The findings highlight a broad scope in how criminogenic attitudes are conceptualized and defined in the literature. Evidence suggests a moderate but significant relationship between pro-criminal attitudes and criminal behavior, including offending and re-offending. The review underscores critical gaps in the consistency of operational definitions and the need for standardized assessment instruments to better understand and predict the role of criminogenic attitudes in criminal behavior.

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Paper number 65 | Oral

Personality traits and stockpiling in Germany during the outbreak of COVID-19

John Magnus Roos[1, 2]

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The present study aims to analyse the effects of personality traits on stockpiling of groceries in Germany during the outbreak of Covid-19. The sample is representative for the German population regarding age, gender and residential areas. Data was collected through five rounds of web-surveys during the spring 2020 (N=1,009). Respondents were asked: “Have you, since the start of the spread of the coronavirus in Germany stocked up by buying more food or daily necessities than usual”. The response categories were “Yes”, coded as 1 (31.1 percentage) and “No”, coded as 0 (68.9 percentage). The Big Five Inventory (BFI-10) was used to measure personality traits. Independent t-tests and logistic regressions were used to analyse the data. Stockpiling in Germany during Covid-19 was influenced by a low degree of Agreeableness and a low degree of Conscientiousness. The effects remained when gender, age and residential area were controlled for. The results are discussed in relation to previous research that has examined stockpiling during Covid-19 in countries such as Sweden, the United Kingdom, and the United States. Within the EU, citizens were encouraged to refrain from stockpiling, as there were sufficient supplies for everyone. Individuals with low levels of Agreeableness and Conscientiousness are more likely to disregard such recommendations. They tend to think more about themselves than about society as a whole.

Workshop - RTM Protocol as a breaking through treatment for traum-related conditions

Paper number 57 | Workshop

RTM Protocol: a Breakthrough Treatment for Trauma-Related Conditions

Viktoriia Gorbunova[1, 2]

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[2]University of Luxembourg, Luxembourg

The Reconsolidation of Traumatic Memories (RTM) Protocol is one of the most promising reconsolidation therapies - short-term, neuro-based interventions aiming to eliminate trauma-related neuro-arousal - with the largest reported effect size (SMD = -3.6) (Astill Wright et al., 2021). In veteran populations in the UK and USA, 71–88% of treated individuals no longer met PTSD criteria (Gray et al., 2019; Tylee et al., 2017). A meta-analysis of psychological therapies for military personnel with PTSD confirmed that RTM and TF-CBT meet the threshold for clinical importance, supporting RTM as a valid alternative (Kitchiner et al., 2019).

UK National Institute for Health and Care Excellence listed the RTM Protocol among therapies with emerging clinical evidence (NICE, 2018). The National Health and Medical Research Council of Australia named it a promising intervention recommended for further research (NHMRC, 2021). The International Society for Traumatic Stress Studies also recommends the Protocol as a treatment with emerging evidence (Forbes et al., 2020). The RTM Protocol was also approved by the Ministry of Health of Ukraine as an evidence-based treatment for trauma-related conditions (Ministry of Health of Ukraine, 2023).

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Objectives of Workshop:

This workshop will explore key developments in RTM Protocol implementation in Ukraine, focusing on professional training, field challenges, and procedural adaptations for treating military personnel.

Activities Planned:

- Guided Case Discussions: Participants will explore real examples of combat trauma in Ukrainian veterans.

- Live Demonstrations: Facilitator will demonstrate core elements of the RTM Protocol.

- Reflective Practice: Reflection on how RTM aligns with participants' trauma-related practice.

Target Audience:

professional, researcher, early career, trainee, student

Components:

didactic presentation, case discussion, original data

Keywords:

RTM Protocol, Reconsolidation of Traumatic Memories, combat mental health trauma

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Workshop - Child-friendly pretrial preparations: Games, delivery models and custom training

Paper number 485 | Workshop

Child-Friendly Pretrial Preparations: Games, Delivery Models and Custom Training

Alexia Zalaf[1], Ioanna Drousiotou[2], Kyriakidou Marilena[3]

[1]University of Nicosia, Cyprus
[2]Hope for Children, CRC Policy Center, Cyprus
[3]Sheffield Hallam University, United Kingdom

The Kids in Court Psychoeducational Tool (KiCPsy Tool) is in the form of a board game, which consists of four activities. There is one version for children and another one for teenagers. The KiCPsy-Tool emotionally prepares children called as witnesses in cases of alleged child sexual abuse. Its main purpose is to improve children's knowledge of judicial proceedings and to reduce their court-related stress through playful activities.

The project team is led by Dr Marilena Kyriakidou at Sheffield Hallam University and the tool was co-created with Dr Alexia Zalaf from the University of Nicosia and Joanna Drousiotou from "Hope For Children" CRC Policy Center (Children's House-CH, Barnahus Cyprus). The KiCPsy-Tool has been piloted within the CH in Cyprus and early indications show that it can help reduce children's court related stress and increase their knowledge while also improving practitioners' effectiveness.

The workshop we are proposing for this conference involves presenting both versions of the tool in their physical form and having participants in the workshop engage by actually playing it as a child would. The participants will be separated into four groups where each group will have a chance to use each activity. To achieve this each group will firstly use two activities and once they have completed them, they will proceed with the rest, having used eight activities in rotation by the end of the workshop.

By providing this opportunity, we hope to inspire other professionals to seek alternative, child-friendly solutions to issues faced by child victims. Furthermore, we seek to engage professionals in similar settings to us in the use of this new tool with the hopes that awareness can be raised on its benefits for children who are going through the very difficult process of testifying in court.

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Roundtable discussion 3 - Psychology & Technology: APA & EFPA Roundtable

Paper number 889 | Roundtable discussion

Psychology & Technology: APA & EFPA Roundtable

John Francis Leader[1], Amanda Clinton[2], Arthur Evans[3], Isane Aparicio[4], Katherine McGuire[3]

[1]European Federation of Psychologists' Associations (EFPA), Belgium
[2]American Psychological Association (APA), United States
[3]American Psychological Association, United States
[4]EFPA European Federation of Psychologists' Associations, Belgium

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Technology has always had societal impact: whether it is the wheel, the printing press, or electricity. In recent times, however, the speed of technological development combined with the potential for significant societal implications has increased. It has also done so in domains where psychology has particular expertise. These include, among many other examples: communication technologies such as the internet, social media and online video calls; experiential technologies like virtual reality and the metaverse; and Artificial Intelligence (AI).

This leads to the question of how society—and, in particular, psychologists—can best respond. On a policy level, the need for a thoughtful approach to the deployment of technology has been recognised by organisations such as the United Nations, the World Health Organisation and the European Commission. In the United States, the American Psychological Association (APA) has been actively focused on topics of digitalisation and the role of Artificial Intelligence (AI). In Europe, the European Federation of Psychologists' Associations AISBL (EFPA) has chosen digitalisation as one of its strategic fields of action.

In this roundtable, leadership from APA and EFPA will consider how psychology can best be positioned in relation to ongoing technological development. Particular attention will be given to what arenas this will need to happen in, and how psychologists can include but move beyond traditional concepts of clinical mental health in order to be able to impact digital social determinants more broadly. Examples of work to date from both organisations will be discussed, with consideration given to lessons learnt and attention given to what a map of future progress might look like.

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Roundtable discussion 4 - Out of Africa: Psychology Leadership in Africa Now

Paper number 1077 | Roundtable discussion

Out of Africa: Psychology leadership in Africa now

Saths Cooper[1], Andrew Zamani[2], Monde Kote[1], Ann Watts[1], Pam Maras[3]

[1]Pan-African Psychology Union, South Africa
[2]Pan-African Psychology Union, Nigeria
[3]International Union of Psychological Science, United Kingdom

While EFPA, the 1st regional psychology body, is 44 years old, the genesis of the Pan-African Psychology Union (PAPU) is just 13 years, with PAPU celebrating its 10th anniversary as the representative African continental body in 2024. The nexus of Europe and Africa predates the current era. The history of both Africa and Europe is complex, interwoven with almost an umbilical relationship of dependency.

The current officers of PAPU will share perspectives on how psychology in Africa is developing now and what the future promises for an African Psychology.

Founding PAPU President, Prof Saths Cooper (South Africa), will facilitate this panel and present an overview of its milestones. Incumbent PAPU President, Prof Andrew Zamani (Nigeria), will talk to PAPU's novel plans during his tenure. PAPU Secretary, Monde Kote (Botswana), will address current challenges. PAPU Treasurer, Dr Ann Watts (South Africa), will present lessons from organised psychology; from the International Union of Psychological Science (IUPsyS), through experience with other international bodies.

Prof Pam Maras (UK, Past President of IUPsyS, will be the discussant.

Paper number 564 | Symposium

The impact of social support, gender and racial disparities on experimental and clinical pain outcomes

Ann Meulders[1, 2], Dimitri Van Ryckeghem[2, 3], Lauren Harrison[4]

[1]KU Leuven, Belgium
[2]Maastricht University, Netherlands
[3]University de Luxembourg, Luxembourg
[4]Stanford University School of Medicine, United States

Pain is ubiquitous, subjective, and exceedingly complex. From early in life, we experience acute pain (injuries, vaccinations). Chronic pain affects 1 in 5 adults, disrupting nearly every domain of functioning. While the etiology of chronic pain is unknown, the biopsychosocial model has dominated the field with research disproportionately focusing on neurobiological factors, less on psychological factors, but largely ignoring social factors. Yet, we are a social species: others are around when we experience pain, and social context can change our pain experience and health outcomes for the better (social support) or the worse (discrimination, stigma). This symposium brings together cutting-edge research, unraveling the complex impact of social factors on experimental and clinical pain-related outcomes and their potential improve successful and inclusive pain management. This symposium aims to present recent research on how social factors can impact on acute and chronic pain.

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Three speakers from different backgrounds will present their latest work. Dr. Ann Meulders (KU Leuven, Belgium & Maastricht University, The Netherlands) will present new data on the impact of social context (social threat vs. support) on pain experience, and pain-related fear and avoidance learning. Dr. Dimitri Van Ryckeghem (University of Luxembourg, Luxembourg & Maastricht University, The Netherlands) will discuss the potential role of altered attentional processing as an underlying mechanism of persistent racial disparities in pain management. Finally, Dr. Lauren Harrison (Stanford Medicine, USA) will present data examining social support as a resilience and protective factor that mediates the relationship between stigma and chronic pain for LGBTQIA+ youth

Paper number 1339 | Symposium Paper

The impact of social context on experimental pain and pain-related fear and avoidance learning

Ann Meulders[1, 2]

[1]KU Leuven, Belgium
[2]Maastricht University, Netherlands

Theoretical background. Threat or safety signals in the environment may attenuate or enhance pain perception and pain-related behaviors. The boundary conditions under which the social context buffers against pain is still poorly understood, but could contribute to better clinical approaches.

Research aims and objectives. We investigated whether social context influences avoidance learning using a robotic-arm avoidance conditioning paradigm. Research design. Healthy participants [N=81] moved a ball towards a target using the robotic-arm passing one of three movement trajectories varying in pain

probability and effort (T1= no effort/100% pain; moderate effort/50% pain; strong effort/0% pain). They could learn to avoid pain by performing more effortful movements. Social context was manipulated in three groups, respectively, by showing a picture of their supportive figure (Social Support), a smiling stranger

(Social Safety), or an angry stranger (Social Threat). We measured self-reported pain-expectancy, pain-related fear, and the maximal deviation from T1 as index of avoidance. We hypothesized that (1) the Social Threat Group would avoid more than the Social Safety Group, which in turn would avoid more than the Social Support

Group, (2) differential acquisition (T1 vs. T3) of pain-related fear would mirror the avoidance data: Social Threat > Social Safety > Social Support. (3) Following Hornstein et al. (2022), we expected no group differences in differential acquisition (T1 vs. T3) of pain-related expectancy. Results. There were no differences between the groups on any of the outcome variables.

Limitations. Although, successfully used in passive fear conditioning procedures, social support was manipulated using a background picture of a supportive figure, not by physical presence or interaction with this person. Implications. Findings and clinical implications of the role of social context and interpersonal dynamics on pain perception and pain relief, as well as on protective behaviors that may increase persistent pain development will be discussed.

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Paper number 1340 | Symposium Paper

Racial disparities in pain perception: Differences in attentional processing of facial pain expressions.

Dimitri Van Ryckeghem[1, 2]

[1]Maastricht University, Netherlands
[2]University de Luxembourg, Luxembourg

Theoretical background. Research has repeatedly shown the presence of racial disparities in pain care. Investigation of mechanisms underlying these disparities is largely lacking and the phenomenon remains therefore poorly understood. Research aims and objectives. The present study investigated differences in black and white observer attentional processing (i.e., attentional engagement and disengagement) of pain expressed by black and white avatars.

Research design. Black (N = 37) and white (N = 41) observers performed a Visual Search Task showing digitally created black or white faces displaying moderate or high levels of pain. Participants were asked to find a target stimulus, i.e. a tilted line either located on a pain-related or a non-pain-related avatar face, allowing to calculate pain engagement and pain disengagement indices for black and white facial pain expressions. Additionally, participants rated perceived threat, pain level and need to receive medical advice for each facial pain expression.

Results. Results indicated that pain-related stimuli capture participants' attention. In addition, white participants' disengagement from black avatars' pain was facilitated as compared to disengagement from pain in white avatars. This pattern was absent In black observers. Furthermore, white observers showed enhanced attentional engagement towards black facial pain expressions. In addition, black avatars received higher ratings by both observer groups for pain intensity, when the pain level was moderate or high, and recommendation to seek medical advice when high pain was displayed.

Limitations. Current research was performed using avatars displaying pain. Further research is needed using real human facial pain expressions to replicate current findings. Implications. Current work provides evidence for differential attention processing of pain expressions of white and black people. In doing so, it reveals a possible target of action in order to reduce and eradicate racial disparities in pain care.

Paper number 1341 | Symposium Paper

Examining social support as a protective factor against the physiological effects of stigma and discrimination forLGBTQIA+ youth with chronic pain

Lauren Harrison[1]

[1]Stanford University School of Medicine, United States

Theoretical background. Discrimination and marginalization experienced by sexual and gender minority youth (SGMY) increases risk for chronic pain. Stigma and discrimination are social stressors known to be associated with the development of chronic pain by altering key biological systems, yet these youth remain significantly underrepresented in chronic pain research. Research aims. The purpose of this talk is to examine pain-related stigma as a mechanism for worse pain outcomes and mediating impact social support can have on this relationship. Research Methods. Quantitative data from youth presenting to a tertiary pain clinic was collected and included sexual orientation and gender identity, pain variables, social experiences, and psychosocial functioning. Interviews with SGMY were also conducted. Results. Out of 382 patients (Mage 15.6), 29.5% of patients presenting to the clinic identified as SGM. SGMY reported significantly worse pain-related impairment, depression, and anxiety

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compared to cisgender, heterosexual peers (CHP). Qualitative data elucidates social support and connection to community as protective factors that buffer against the effects of stigma and discrimination. Limitations. Current data were collected in a tertiary pain clinic on the west coast of the United States and may not be representative of the experiences of LGTBQIA+ youth with pain more broadly. Implications. These findings indicate pain-related disparities in SGMY with chronic pain compared to CHP with chronic pain. Future work should longitudinally examine social support and connection to community as resilience factors that may mitigate the effects of social stress on the progression of chronic pain in SGMY.

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Paper number 262 | Symposium

Psychology of ageing: promotion of cognitive health and quality of care

Constantina Demosthenous[1, 2], Matthias Kliegel[3], Erika Borella[4], Olga Zamalijeva[5]

[1]University of Cyprus, Cyprus
[2]State Health Services Organisation, Directorate of Mental Health, Cyprus
[3]University of Geneva, Switzerland
[4]University of Padova, Italy
[5]Vilnius University, Lithuania

Demographic ageing has raised numerous issues in ageing societies, including growing burden of chronic diseases, shortages in the labour market and insufficient pension systems. There are numerous policies and strategies attempting to alleviate the impact of these challenges. However, the challenges that the health care and social security systems are facing due to cognitive ageing are yet to be addressed. Age related decline in cognitive functioning and cognitive impairment have negative impact on person's independence, puts a strain on the family as well as other care providers and require adjustments on systemic level. Thus, the inquiry in this area should not only focus on individual level factors promoting cognitive health in the population, but also examine the quality-of-care aspects.

During this symposium the issue of cognitive ageing will be explored from different perspectives. First of all, evidence-based strategies aimed at preventing or delaying cognitive decline among healthy older adults will be discussed with the presentation of the results of a pilot intervention study. Moreover, the complex interplay taking place between age, global cognitive functioning, depressive symptoms, loneliness and perceived quality of care in determining the quality of life of older people living in long-term residential care facilities will be explored. Finally, caregiving self-efficacy in informal dementia caregivers will be examined in the context of healthy cognitive processes, and most specifically in relation to such cognitive aspects as executive functions, which are essential for daily functioning. The symposium will finish with a general discussion based on the themes presented and their implications for future practice and policy recommendations.

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Paper number 1295 | Symposium Paper

How to prevent cognitive decline in the general population of older adults: Findings from the ADVANCE project

Matthias Kliegel[1] Chiara Scarampi[1], Melanie Mack[1]

[1]University of Geneva, Switzerland

Cognitive decline is a significant concern for the aging population, often leading to reduced quality of life and increased healthcare demands. In the framework of the ADVANCE project (https://advancementalhealth.ku.dk/) the Work package on old age aims to address this issue by exploring evidence-based strategies to prevent or delay cognitive decline in older adults. This presentation reviews first findings from a pilot project, which will test the main intervention in a feasibility trial. The cognitive intervention is designed to encourage healthy older adults to foster their brain health and increase their cognitive reserve by changing their everyday life in the area of modifiable risk factors such as physical activity, diet, mental engagement, and social interaction. The study also evaluates the adherence to treatment as well as cost effectiveness of the ADVANCE approach in promoting cognitive health. Findings will provide valuable insights for healthcare professionals, policymakers, and caregivers in developing prevention strategies for cognitive decline among the general aging population. The presentation concludes with recommendations for future research and the implementation of large-scale prevention programs.

Paper number 1296 | Symposium Paper

Quality of life in older adults living in residential care settings: what does matter more among cognitive, psychological, functional and quality of care dimensions?

Erika Borella[1] Riccardo Domenicucci[1], Enrico Sella[1], Elena Carbone[1]

[1]University of Padova, Italy

The promotion of quality of life (QoL) among older adult population is a societal priority. The increasing access to long-term residential care services calls upon the need of comprehensively examining the factors that can influence QoL also in older individuals living in residential care settings. This study examined whether and to what extent QoL is related to global cognitive functioning, loneliness, depressive, functional ability, and quality of care perceived by older adult residents of long-term care facilities in Italy. A total of 431 participants (age range: 60-93 years) from 20 different Italian residential care facilities were involved. The Quality-VIA for quality of life, the Mini-Mental State Examination for global cognitive functioning, the de Jong Gierveld Loneliness Scale for loneliness, the Geriatric Depression Scale for depressive symptoms, and the Barthel Index for functional ability in basic daily activities, and the Client-Centered Care Questionnaire for perceived quality of care were presented. Results indicated that QoL was predicted by age, global cognitive functioning, and depressive symptoms. More interestingly, loneliness and perceived quality of care played a significant and large role in explaining QoL. These findings suggest a complex interplay between a variety of dimensions in shaping the QoL of older residents in long-term care settings, and highlight the need of considering psychological aspects (loneliness) and quality of care perceived. Addressing also these dimensions through targeted interventions could significantly enhance the QoL and well-being of older adults living in residential care facilities.

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Paper number 1297 | Symposium Paper

Associations between executive functions and caregiving self-efficacy in informal dementia caregivers.

Constantina Demosthenous[1],Fofi Constantinidou[1]

[1]University of Cyprus, Cyprus

Caregiving self-efficacy is important to determine if a caregiver will feel capable of initiating a caregiving behavior, maintain it and/or modify it. Executive functions are cognitive processes required to initiate, revaluate and re-organize self-care actions such as asking for help from others, responding calmly to disruptive behaviors of the person with dementia and in being able to control one's thoughts. The associations between executive function measures and three domains of caregiving self-efficacy as measured by the Revised Scale of Caregiving Self-efficacy (Stefen et al., 2002) are being explored in a sample of informal dementia caregivers (N=58) who completed a neuropsychological assessment and answered to self-assessment questionnaires.

The results confirmed that caregiving self-efficacy is domain specific with each of the three self-efficacy domains examined in the current study to be related to different executive functions. Positive correlations were observed in measures of mental flexibility and inhibition showing a connection between executive functions and self-efficacy for asking for help in informal caregivers. The associations of self-efficacy for responding to disruptive behaviors and of self-efficacy for controlling upsetting thoughts observed with self-awareness, seem to reflect metacognitive abilities and to be possibly related to personality traits rather than with executive functions. Depression and duration of the disease influence the relationship between executive functions and caregiving self-efficacy and are essential to be considered by clinicians. The implication of the results for future research and practical application will be discussed.

Paper number 280 | Symposium

Neurodevelopmental Disorders: New Theory-Driven and Evidence-Based Approaches in Assessment and Intervention

Yafit Gabay[1, 2], Esther Adi-Japha[3], Timothy Papadopoulos[4], George Spanoudis[4]

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This symposium aims to shed light on the complexities of various neurodevelopmental disorders by exploring multiple perspectives on their etiology.

1. Prof. George Spanoudis, Prof. Timothy Papadopoulos, Prof. Andreas Demetriou

This paper presents a theory of atypical development grounded in an integrative framework of typical cognitive development. It aims to demonstrate how a comprehensive diagnostic system based on this model would outline the specific profiles of children at risk across domain-specific or domain-general and central dimensions of cognitive development.

2. Prof. Timothy Papadopoulos, Dr. Natasa Georgiou, Prof. George Spanoudis

This study investigates the commonalities between Autism Spectrum Disorder (ASD) and Developmental Language Disorder (DLD) in school-aged children in the framework of a developmental model. It reveals that some

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children with ASD have language and cognitive impairments similar to children with DLD. A potential combined adverse effect on cognitive abilities is discussed.

3. Prof. Esther Adi-Japha, Shari L. DeVeney & Mona S. Julius

Motor skill proficiency and learning were assessed in a sample of American and Israeli 2-year-old toddlers identified as late talkers (LT) compared to peers without the delay. LT exhibited deficits in fine motor proficiency compared to their peers, regardless of country of origin/language spoken. Participants with language delay demonstrated higher error rates in transfer task completion compared with peers.

4. Prof. Yafit Gabay, Ms. Hadeer Derawi, Prof. Avi Karni, Prof. Lori L. Holt

The study explores how children and adults with Developmental Dyslexia (DD) acquire non-linguistic sound categories through procedural learning, as recent models suggest this learning is key to forming speech categories. Individuals with DD show impaired incidental auditory category learning, which may impact phonological representations and reading ability.

Together, the proposed symposium will offer a comprehensive overview of the various factors contributing to impairments in neurodevelopmental conditions, enhancing understanding of the disorders, their diagnosis, and interventions.

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Paper number 1326 | Symposium Paper

Typical and atypical development: A unified model for neurodevelopmental disorders.

George Spanoudis[1], Timothy Papadopoulos[1], Andreas Demetriou[1]

[1]University of Cyprus, Cyprus

Research Aims and Objectives

This paper presents a theory of atypical development grounded in an integrative framework of typical cognitive development. It combines insights from developmental, cognitive, and psychometric research and theory.

Theoretical Background

The paper is organized in three sections. First, it presents a model of typical development, proposing core cognitive mechanisms such as relational integration, executive and inferential functions, and domain-specific processes associated with learning, including language, reading, or maths.

Methodology

Cognitive growth occurs through distinct phases that address developmental priorities across these mechanisms. Second, the paper explores atypical development, explaining how neurodevelopmental disorders stem from deficits in one or more of these foundational processes. It discusses how Autism Spectrum Disorder is linked to impairments in relational integration and social understanding. Furthermore, it reviews how Attention-Deficit Hyperactivity Disorder results from deficiencies in executive functions. The paper also examines how deficits in symbolic representation contribute to learning challenges, such as dyslexia and dyscalculia, and highlights the language and communication deficits associated with Developmental Language Disorder.

Results

A comprehensive diagnostic system based on the model presented here would outline the specific profiles of children at risk across all domain-specific or domain-general and central dimensions of cognitive development. This model focuses on understanding systems-level brain development at the individual child level. It can indicate the likelihood of a disorder, clarify commonalities among neurodevelopmental disorders, and help explain the heterogeneity within related conditions.

Limitations

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The proposed theory of typical development may oversimplify the diversity of symptoms within neurodevelopmental disorders and overlook the complex interplay of genetic and environmental factors influencing development. The proposed model requires further empirical testing with atypical populations, as variability within and across disorders could challenge clear-cut diagnoses and interventions.

Implications for Research, Practice, and Policy

Finally, the paper addresses clinical and educational implications, emphasizing the importance of early detection in each dimension and the need for developing targeted intervention programs.

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Paper number 1327 | Symposium Paper

Exploring the commonalities between autism and developmental language disorder in school-aged children

Timothy C. Papadopoulos[1], Natasa Georgiou[1], George Spanoudis[1]

[1]University of Cyprus, Cyprus

Research Aims and Objectives

We investigate the commonalities between Autism Spectrum Disorder (ASD) and Developmental Language Disorder (DLD) in school-aged children to determine whether these two disorders stem from the same neuropsychological dysfunction or represent distinct conditions.

Theoretical Background

Research focuses on the language, communication, and cognitive challenges seen in neurodevelopmental disorders, particularly ASD and DLD. ASD mainly impacts pragmatics, which refers to using language appropriately in different contexts, and Theory of Mind (ToM), which refers to the ability to understand others' thoughts and feelings. DLD involves difficulties with structural aspects of language, such as phonology and syntax, and deficits in working memory. The overlap in these disorders suggests shared underlying deficits.

Methodology

One hundred three children aged 6 to 12, including 40 diagnosed with ASD, 28 with DLD, and 35 typically developing children (TDC), participated in the study. All participants underwent language (e.g., expressive and receptive) and cognitive assessments (e.g., WASI, phonological memory and ToM).

Results

The results identified two subgroups of children with ASD: those with language impairments similar to those of children with DLD (ASD+LD) and those without. Children with ASD+LD and those with DLD scored lower than TDC in all language measures, indicating shared deficits in language abilities. Regarding cognitive performance, ASD subgroups and DLD performed lower than the TDC group in phonological memory and ToM.

Limitations

Previous research shows limitations of measures used to evaluate deficits in these two disorders, with many of these tools being largely atheoretical. To address these challenges, we utilize targeted tests to assess skills related to these disorders based on a developmental theory model of typical cognitive development.

Implications for Research, Practice and Policy

The identification of a subgroup with language impairments within the ASD population emphasizes the need to explore the relationship between these two disorders and to determine if language impairments have an additive adverse impact on cognitive abilities in children with ASD.

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Paper number 1328 | Symposium Paper

Dynamics of motor skill learning in american and israeli toddlers with varied language proficiency

Esther Adi-Japha[1], Shari L. DeVeney[1], Mona S. Julius[1]

[1]Bar-Ilan University, Israel

Research Aims and Objectives

To determine if deficits in motor skill proficiency and learning were present in 2-year-old children identified with early expressive language delay compared to peers without the delay, and to distinguish how motor skill proficiency and learning behaviors may manifest differently across culturally and linguistically diverse backgrounds.

Theoretical Background

An estimated 10%–15% of 2-year-olds are identified as “late talkers” (LTs) due to small, late-developing expressive vocabularies. Late talking has been identified as a risk factor for other deficits, including in fine and gross motor skills development.

Research Design/Methodology/Approach

The study involved 54 children (24–36 months of age), 23 of whom were identified as having an expressive language delay. Sixteen participants were American and English-speaking and 38 were Israeli and Hebrew-speaking. After motor and language skill proficiency was, each child and participating parent were introduced to a nonsymmetrical-shaped insertion task so that motor learning skills could be observed. This block insertion task was observed at three time points and included a transfer task (same task, new non symmetrical shape).

Results: Children with early expressive language delay were significantly more likely to exhibit deficits in fine-motor proficiency than peers without language delay, regardless of country of origin or language spoken. Furthermore, participants with language delay demonstrated significantly higher error rates in transfer task completion compared with peers. Finally, participants in the U.S. sample indicated lower fine-motor skills and higher error rates than those in the Israeli sample.

Limitations: Small sample size and motor assessment based on parental report.

Implications for Research, Practice, and Policy

Toddlers identified as late talkers should be screened for their motor skills as well.

Paper number 1329 | Symposium Paper

The Developmental Trajectory of Incidental Auditory Category Learning in Developmental Dyslexia

Yafit Gabay[1], Hadeer Derawi[1], Avi Karni[1], Lori L. Holt[2],

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Research Aims and Objectives Developmental dyslexia is characterized by phonological and procedural learning impairments, but the relationship between the two is far from being clear. One possible link between these distinct impairments is perceptual category learning. The present study investigated how children and adults with dyslexia acquire non-linguistic sound categories through a form of procedural learning.

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Theoretical Background

Phonetic category learning in real-life occurs incidentally and several models of speech perception emphasize the significance of procedural learning mechanisms in acquiring speech categories. Despite that, little is known about the developmental trajectory of incidental auditory category learning in dyslexia. This is important given the differential maturational timelines of multiple memory systems and their possible role in the etiology of dyslexia.

Research Design/Methodology/Approach We examined how children (10-11 yo) and adults (18-30 yo) with dyslexia and age-matched controls incidentally learn complex non-speech auditory categories in a visuomotor task in which sounds were not required for task success but supported performance in the main task.

Results

Dyslexic adults gained less in practicing the visual task though developed a performance dependence on the sound categories on par with their typical peers; they were somewhat less adept in generalizing this learning to novel sounds. Dyslexic children showed no evidence of category learning, unlike their typical peers; despite intact perceptual acuity for the sounds.

Limitations Longitudinal studies are required to fully comprehend the role of incidental auditory category learning in relation to the literacy challenges of individuals with dyslexia.

Implications for Research, Practice, and Policy The present results suggest that an incidental category learning deficit in children with dyslexia, although affecting a nonlinguistic domain, could impact the children's ability to resolve complex phonological representations and thus hamper reading ability.

Papers session 6

Paper number 17 | Oral

Psychosocial health of Roma and Non-Roma communities in poverty: Protective and risk Factors

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Introduction: Poverty is a risk to psychosocial health and, when intersected with the accumulation of other minority identities such as ethnicity, it can be even more compromised. Objective: To compare the levels of psychosocial health between people from the Roma and non-Roma communities living in poverty in a municipality in the north of Portugal. Method: Cross-sectional study with a sample of 317 participants (202 Non-Roma and 115 Roma), aged between 18 and 71 years (mean= 38.91; SD= 13.89). The instruments used were the Kessler Psychological Distress Scale (K10), the Paradox of Self-Stigma (PaSS-24), the Multidimensional Scale of Perceived Social Support (MSPSS) and the Connor-Davidson Resilience Scale-10 (CD-RISC-10). Results: There were significant differences between the Roma and non-Roma communities in psychological distress (Non-Roma: 2.76; Roma: 1.95; $p<0.001$), self-stigma (Non-Roma: 2.87; Roma: 3.34; $p<0.001$), perceived social support (Non-Roma: 4.48; Roma: 6.05; $p<0.001$) and resilience (Non-Roma: 2.16; Roma: 3.07; $p<0.001$). People from the Roma community had lower scores for psychological distress and higher scores for self-stigma, perceived social support and resilience. The results of the linear regression indicate that being from the Roma community is a predictor of lower psychological stress. Discussion and conclusion: Discrimination has a significant impact on the lives of people affected by the intersectionality of minority characteristics such as ethnicity and poverty. In the Roma community, the effect of discrimination is more evident in self-stigma, which is higher, while resilience and social support

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contribute as protective factors in these communities, which may explain lower levels of psychological distress. Continued research on this subject is essential in order to understand the relationships between these variables and for public policies to be designed with the support of academic knowledge to improve the living conditions of these populations.

Paper number 848 | Oral

Psychological health challenges in migrant populations in the COVID-19 era: Prevalence, risk, and protective factors

Helena Sainz-Elías[1], Iago Giné-Vázquez[1], Marta Franch Roca[1], Yolanda Osorio Lopez[1], Josep Maria Haro Abad[1], Paula Cristóbal-Narváez[1]

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Research aims and objectives:

-Examine the impact of risk and protective factors on mental health outcomes.

Theoretical background:

The COVID-19 pandemic has negatively impacted global mental health, with a disproportionately severe effect on refugees and migrants. The pandemic exacerbated health inequalities, particularly in mental health, necessitating an analysis of the situation considering the relationship between migration and mental health.

Research design/methodology/approach:

A cross-sectional study was conducted with 509 migrants accessing health and citizen services. Online questionnaires in multiple languages (Urdu, Arabic, Chinese, Spanish) measured various mental health outcomes (depression with CIDI, anxiety with GAD-7, PTSD with PCL-5 and stress with PSS) and potential risk/protective factors. Descriptive statistics, multiple regression, and logistic regression were used for analysis.

Results:

The sample was predominantly female (62.7%), with a mean age of 34.71. Female gender was associated with higher depression and anxiety, while age was negatively associated with anxiety. Childhood trauma was positively associated with PTSD and stress. Frequent acculturative stress was associated with higher stress and anxiety. Discrimination was positively linked to PTSD and anxiety. COVID-19 related stress was associated with PTSD and depression symptoms. Both mental and physical quality of life were inversely associated with various mental health outcomes, suggesting that higher quality of life is associated with lower psychological distress.

Limitations:

The study's cross-sectional online design may have limited participation from those without internet access or high COVID-19 exposure, potentially affecting the results' representativeness. The cross-sectional nature prevents establishing causality.

Implications:

The results highlight the negative impact of the COVID-19 crisis on migrants' mental health. They could inform the selection of specific, context-adapted psychosocial interventions for migrants and refugees to mitigate negative mental health risks. The findings underscore the importance of developing culturally sensitive policies and programs to enhance mental health among migrants in Spain, particularly for women.

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Paper number 981 | Oral

Enhancing post-stroke well-being: protocol for a digital-based, multi-component, personalized risk-reduction trial (EnPoWeR)

Francesco Zanatta[1], Alessandra Gorini[2, 3], Silvia Serino[1], Luca Fiorentino[2, 3], Marco D'Addario[1], Patrizia Steca[1]

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Stroke is one of the leading causes of disability worldwide, resulting in severe multi-domain impairments that often persist even following intensive rehabilitation. Although a wide range of post-discharge programs are available, their uptake often results suboptimal due to different reasons (e.g., intervention design, delivery issues, low perceived benefit). Scaling up secondary prevention strategies by leveraging innovative approaches is therefore crucial. Growing evidence from longitudinal studies suggests the use of digital tools for targeting the broad spectrum of post-stroke functioning, thereby maximising recovery outcomes and improving patient's quality of life and well-being. Contextually, a digital-based, multi-component, and personalized trial protocol with a nested process evaluation was designed. At inpatient rehabilitation completion, post-stroke participants will be exposed to a 3-month ecological momentary intervention (EMI) targeting health behaviours (i.e., diet, smoke, exercise, alcohol consumption, medication adherence) and disease self-management skills. Intervention components (i.e., text notifications, multimedia resources, interactive exercise tools) will be delivered through an ad-hoc developed mobile app including an ecological momentary assessment (EMA) system that allows for a real-time monitoring of patient's psychological and behavioural characteristics. Notably, EMI implementation will be automatically managed by an embedded machine learning (ML) system (i.e., decision tree algorithm) that will guide intervention materials selection and delivery based on patient's profile, ultimately ensuring program personalization. A two-arm parallel group randomized controlled trial aimed to estimate the longitudinal changes in study outcomes will be conducted along with a process evaluation for intervention reach and fidelity monitoring. It is expected that patients exposed to EMA and EMI will show wider improvements and higher intervention adherence and acceptability rates than those undergoing EMA-based monitoring only. Expected findings not only will inform post-stroke health promotion programs with scalable and innovative solutions, but they will also bring knowledge on how further target the psychological and behavioural factors protecting from stroke recurrence.

Paper number 1134 | Oral

Digitalizing the next Romani generation: The NEXTROM project in Spain

Valeria Terán-Tinedo[1], Belén Soto-Ponce[1], Miranda Daniela[1], Manuel García-Ramírez[1], Isabel María Herrera-Sánchez[1]

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The current European Roma Strategic Framework highlights the digital divide that Roma people experience, however, the blueprint for addressing this overlooks the complexity of the injustices that Roma people have perceived over generations. Emerging digital policies call for a collaborative approach between multiple stakeholders to seize the opportunity of digitalization while undoing the historical harms of marginalized groups. The NEXTROM project aims to identify opportunities, challenges, barriers and best practices for digitization towards Romani equality, inclusion and participation. Following community psychology approaches, NEXTROM brings together Roma-led NGOs, academics, community leaders, and local policymakers in Spain to implement a scenario-planning approach that helps people create a shared image of the future to define the steps necessary

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for policy planning and evaluation. NEXTROM involves two scenario planning workshops that embed digital tools to increase the collaborative capacity of stakeholders to answer the prompt “how will digitalization impact Roma communities in the next ten years?”. Participants were organized into five knowledge hubs to answer this question: (1) housing; (2) employment; (3) health; (4) education and (5) antigypsyism. In the first workshop, groups brainstormed the challenges and opportunities of digitalization and built consensus for future scenarios. Next, these scenarios were input to Artificial Intelligence for narrative and image creation. The second workshop entailed embedding a Photovoice method with AI-generated images and real photographs taken by participants per knowledge hub. The expected results of the NEXTROM project are co-constructed Romani future scenarios and developing recommendations to ensure that the EU recognizes their vision and voices and become emerging leaders in the digital transition. Limitations include challenges integrating digital tools into the participatory approach with multiple stakeholders and negotiating competing agendas. This project can promote the development of innovative participatory digitalized-approaches that include and promote at-risk populations’ empowerment.

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Papers session 7

Paper number 358 | Oral

The trust factor: Mechanisms and strategies for social cohesion in Africa

Nicolette Roman[1], Moses Mutua[2], Joshua Mugambwa[3], Edna Masita[2], Anja Human-Hendriks[1], Proscovia Nalwadda[3], Andre Lewaks[1], howard Tugume[3]

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Trust serves as a cornerstone for fostering social cohesion and achieving sustainable peace, particularly in societies grappling with systemic inequities and fractured social networks. This study investigates the psychological mechanisms underpinning trust-building among adults in South Africa (Cape Flats), Kenya (Nairobi), and Uganda (Kampala), focusing on individual, familial, and community dynamics. Anchored in Social Exchange Theory and Cognitive-Affective frameworks, the research highlights trust as a dynamic interplay of reciprocity, consistency, and emotional security. Data were collected through qualitative interviews with 30 urban participants (10 per country). At the individual level, trust-building emerged as a psychological process driven by empathy, reciprocal actions, and cognitive assessments of fairness. Cape Flats participants emphasised overcoming systemic distrust through consistent behaviours, while Nairobi respondents highlighted trust as contingent upon fairness and mutual respect. In Kampala, trust was framed as a virtue shaped by cultural and spiritual norms. Within families, trust functioned as a mechanism for emotional stability and conflict resolution. Kampala participants linked trust to interdependence and caregiving roles, Nairobi respondents stressed open communication amidst urban stressors, and Cape Flats participants emphasised repairing strained relationships through emotional support. At the community level, trust was positioned as a psychological enabler of social belonging and collective action. Kampala participants credited faith-based institutions for fostering trust, while Nairobi respondents highlighted informal networks and local leadership. Conversely, Cape Flats participants reported fragile community trust, eroded by violence and systemic neglect. This study underscores the psychological dimensions of trust-building as a driver of social cohesion. Despite contextual differences, shared goals, open communication, and collective engagement were identified as key strategies. Findings call for culturally adaptive interventions that address local challenges, enhance resilience, and promote sustainable peace across diverse socio-cultural contexts.

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Paper number 990 | Oral

Collective trauma and social cohesion in Ukraine: Challenges and resilience

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The full-scale invasion of Ukraine on February 24, 2022, drastically altered Ukrainian society. While military aggression posed an existential threat, it also fostered unprecedented social unity, as communities demonstrated resilience in maintaining emotional and civic ties. However, the simultaneous presence of disintegrative processes, such as unresolved pre-war political and economic issues, highlighted the complexity of societal transformation under duress.

This presentation explores the experience of collective trauma and strategies for overcoming it in the context of the war in Ukraine. We will examine the transformation of national identity, the risks of social disintegration, and Ukrainians' visions for the future. Insights are drawn from research conducted by the Institute for Social and Political Psychology NAES of Ukraine on trauma experiences and social cohesion.

Geopolitical conflicts and internal challenges—including economic disparities, resource allocation, and perceptions of social justice—have made the need for psychological strategies to strengthen social cohesion more urgent. Building platforms for unity at the societal, group, and individual levels is now of strategic importance.

We will analyze the risks of disintegration, such as growing tensions over linguistic and cultural issues, intergroup conflicts (e.g., between displaced persons and host communities, military and civilians), and differing values (liberal-democratic vs. totalitarian). Special attention will be given to the contrasting experiences of those in occupied areas versus relatively safe regions, and to tensions arising from religious and generational divides.

Finally, we will discuss tools for fostering societal consolidation in the face of collective trauma, aiming to reinforce socio-psychological ties and support Ukraine's long-term recovery. This approach highlights the resilience of Ukrainian communities and the potential pathways toward a unified and thriving society.

Paper number 252 | Oral

Digital echoes of trauma: Social media engagement in times of crisis

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Research has extensively documented the mental distress experienced by populations during crises and emergency situations. However, there remains a considerable gap in the literature regarding the utilization of social media and its impact on well-being during such times. Our study seeks to address this gap by examining the effects of exposure to distressing and encouraging content on social media during stressful situations, particularly focusing on the association between social media engagement and trauma levels among adolescents and young adults during crises such as terror attacks and war.

A total of 505 participants, comprising 233 (45%) adolescents and 272 (55%) young adults, participated in the study. Participants completed online questionnaires regarding demographic information, exposure to wartime events, engagement with war-related content on social media, and levels of trauma experienced.

Regression analysis revealed several noteworthy findings, indicating that overall, women exhibited higher levels of trauma compared to men, and young adults experienced greater trauma than adolescents. Moreover, experiencing

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nearby missile strikes and being exposed to the events through social media were the strongest predictors for higher level of trauma. Surprisingly, the results revealed that engagement with both distressing and encouraging content on social media predicted increased symptoms of trauma, even after controlling for demographic factors and direct war-related experiences.

This study underscores the significant impact of social media on trauma during wartime, with digital engagement predicting trauma. Although limited by its cross-sectional design and the lack of clinical trauma assessments, findings suggest social media's strong influence on mental health. Recommendations include targeted support for those exposed to distressing content, educational initiatives for emotional support, and strategies to limit exposure to harmful online content.

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Paper number 256 | Oral

Post-traumatic growth monitoring during the war in Ukraine

Ganna Naydonova[1, 2], Nataliia Pohorilska[1, 2]

[1]Taras Shevchenko National University of Kyiv, Ukraine
[2]National Psychological Association of Ukraine, Ukraine

Aims/objectives: to monitor posttraumatic growth indicators of Ukrainians during the war, to identify its determinants on each stage.

Theoretical background: War is always a traumatic event for people who are experiencing it. This experience may have different consequences: from life disorganization to psychological growth.

Method: Quantitative design was used (correlational analysis, Cramer's V, regression analysis, ANOWA).

3 research series: May-June 2022 (194 people), May-June 2023 (170 people), January-March 2024 (104 people). Posttraumatic Growth Inventory was used throughout the study. 1st stage: The Time Experience Scale, Ten Item Personality Measure (TIPI) were also used; 2nd stage - Trust/Distrust Ouestionnaire; Gratitude Questionnaire (GQ-6); 3rd stage - The Meaning in Life Questionnaire, The Questionnaire of the Psychological Resourcefulness of the Individual.

Results: At the beginning of the war, predictors of posttraumatic growth were personality changes and time perception parameters. In the second year of the war, the most significant were shifts in new opportunities and increasing the value of life. Gratitude was significant for posttraumatic growth in all indicators of positive changes; self-trust is significant for awareness of new opportunities and the strength of the individual. In the third year of the war, the psychological resources became the factors of the posttraumatic growth. The most significant factor is success as a subjective sense of successful self-realization and the ability to organize situations that contribute to the most complete self-disclosure. Knowledge of personal resourses, the ability to use and renew them determine the post-traumatic growth. So, at different stages of the war, post-traumatic growth is based on various psychological mechanisms.

Limitations: Participants - only civilian people. The study did not cover all demographic categories of population.

Research Implications: The monitoring of posttraumatic growth and its predictors allows providing psychosocial support to Ukrainians, as well as using these results in the training for students.

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Papers session 8

Paper number 567 | Oral

"You're just a slut!": Sexual oppression and resistance strategies reported by adolescent girls who experienced sexual violence

Roxanne Guyon[1], Estelle Piché[2], Mylène Fernet[2], Stéphanie Couture[1], Geneviève Brodeur[2]

[1]Laval University, Canada
[2]University of Quebec at Montreal, Canada

Girls and women are particularly at risk of experiencing sexual violence and other forms of oppression in their intimate and sexual lives. Highlighting the intertwined nature of these experiences among adolescent girls can foster the deployment of holistic interventions that can contribute to the eradication of violence against women (VAW). The objectives of the present study are to document: 1) the forms of sexual oppression experienced by adolescent girls and; 2) their resistance strategies. Individual interviews addressing victimization experiences and sexuality were conducted with 100 adolescent girls who had experienced sexual violence. A qualitative content analysis was then carried out. Five forms of sexual oppression were identified in their discourse: trivialization, censorship, surveillance, stigmatization, and objectification. To actively resist the sexual oppression that afflicts them, adolescent girls report using five strategies: (re)negotiation of femininity, (re)appropriation of sexuality, takeover of power, social awareness and feminine coalition. The results illustrate how sexual oppression helps perpetuate sexual violence and, more broadly, VAW from adolescence onwards, while highlighting the individual and collective resilience strategies girls and women use to resist.

Paper number 977 | Oral

Profiles of adolescent's victims of domestic violence and perpetrators of child-to-parent violence and dating violence

Luis Burgos Benavides[1], Isabel Suevos-Rodríguez[1], Francisco Javier Rodríguez-Díaz[1]

[1]University of Oviedo, Spain

Most people will experience at least one traumatic episode in their lifetime, and exposure to violence (EV) at home is an adverse experience that has the greatest impact on victims. These effects are truly alarming, especially because of their link to other types of violence. It is estimated that at least 70% of victimised adolescents have committed child-to-parent violence (CPV), and CPV has been shown to be a predictor of dating violence. The main objective of this study was to analyse the profiles of adolescents who were exposed to domestic violence and subsequently committed child-to-parent violence or dating violence. Methodology: In this study, 2000 adolescents from three countries (Spain, Ecuador, and Chile) participated. The participants were aged between 12 and 18 years. They completed three psychometric questionnaires on these types of violence. A latent profile analysis was conducted to analyse profiles based on involvement in violent behaviours toward parents and their dating relationships. The first model consisted of adolescents who had experienced greater exposure to violence. Based on the first model, the profiles were compared with those of adolescents who had committed child-to-parent violence and dating violence. Results: Different profiles are presented according to their experiences of domestic violence and their involvement in the commission of child-to-parent violence and dating violence. These profiles varied according to the country of residence. Limitations: The data in this study were mainly based on self-reports

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and cross-sectional. We did not control for the influence of other variables such as the economic or educational level of the parents, and most adolescents lived with both parents. Implications: The cycle of violence among these three controversial types of violence is key to the prevention of other types of violence. Most importantly, future public policies should provide guidance for preventing domestic violence, problem-solving, and promoting positive parenting habits.

Paper number 630 | Oral

Predicting sexual aversion, low desire, and asexuality through mechanisms of sexual response

Nahanni Musiani[1], Bozena Zdaniuk[1], Lori Brotto[1, 2]

[1]The University of British Columbia, Canada
[2]Vancouver Coastal Health Research Institute, Canada

Background: Sexual aversion (SA) may share features with asexuality (e.g. sexual avoidance and disgust), but unlike asexuality, it is accompanied by distress. SA has been similarly compared to low sexual desire given its original categorization as a Sexual Desire Disorder. Little is known of distinguishing mechanisms determining SA, low desire, and asexuality - an area where psychological science could contribute to sexual health.

Research objectives: This research investigates the dual control model of sexual response, a model that suggests sexual arousal arises from a balance of two independent mechanisms: sexual excitation and sexual inhibition. It aims to differentiate sexual aversion from low desire and asexuality by examining the factors determining such behaviours.

Methodology: A total of 1,634 participants completed self-report questionnaires assessing SA, desire, asexuality, and distress, and the Sexual Excitation and Sexual Inhibition Inventory for Women and Men. Multiple regression analyses were employed to evaluate which inhibition and excitation factors predicted SA, desire, and asexuality.

Results: SA was positively influenced by heightened inhibition and negatively by excitation factors. In line with previous research, low desire is anticipated to be predicted by diminished excitation and heightened inhibition, and asexuality by reduced excitation only.

Limitations: This study focuses narrowly on comparing SA with low desire and asexuality, warranting future research into other potentially interplaying conditions such as vaginismus and dyspareunia.

Implications: Despite its prevalence and impact on well-being, SA is no longer recognized as a diagnostic entity. Determining mechanistic distinctions between distressing low desire and SA may inform whether SA comprises a distinct disorder. Comparison with asexuality may clarify why SA, but not asexuality, causes sexual distress.

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Paper number 272 | Oral

Risk factors of sexual assault victims. a systematic review and meta-analysis

Luis Burgos Benavides[1], Andrea Antón Elizagaray[1], Francisco Javier Rodríguez-Díaz[1]

[1]University of Oviedo, Spain

Background: Nowadays the number of sexual assaults is a social and public health problem. According to official ONU data, 10.6 out of every 100,000 people report sexual violence. In Europe, 15% of women over 15 years of age have suffered sexual violence, 97% of which is perpetrated by men. The objective of this study is to analyze the risk factors of sexual assault victims and to evaluate the victim profile. Methodology: This follows a systematic review and meta-analysis methodology. A search equation was used to identify scientific articles. The following databases were used: Web of Science, Scopus, PsycInfo, Pubmed. These articles were exported to a bibliographic manager and were analyzed by two authors. A first phase of review of the title, keywords and abstract was followed by a second phase of review of the full text to analyze whether they met the eligibility criteria and could be included in the review. Quantitative data will be analyzed in JAMOVI by means of a meta-analysis calculating the effect sizes of victim risk factors.Results: A flow chart, general characteristics and description of the studies that have identified the risk factors of sexual assault victims will be presented. The profile of sexual assault victims and a meta-analysis of the effect sizes of risk factors on sexual assault victims are presented.Limitations: This study does not analyze other variables of interest such as prevalence and other epidemiological data, protective factors are not analyzed, and gray literature and unpublished articles were discarded, so publication bias is anticipated.Implications: this research has a practical implication for prevention and intervention programs with victims of sexual aggression, on the one hand it shows the factors that can prevent aggression and on the other hand those that should be intervened in the victims.

Papers session 9

Paper number 62 | Oral

Relationships between workplace friendship and employees' affective commitment: examining the mediating role of perceived psychological safety climate

Wei-Ting Ko[1], Shu-Cheng Chi[1]

[1]National Taiwan University, Taiwan

We proposed that workplace friendship (i.e., opportunities for building and the prevalence of having friendships at the workplace) enhances employees' trust in and with colleagues, leading to their elevated perceptions of a psychologically safe work environment and, consequently, a higher affective commitment to organizations. To test our hypothesis, a sample from semi-conductor industry in Taiwan was collected, with a total of 204 questionnaires. The sample included 148 male (73.0%) and 56 female (27.0%), and the average age equals to 40.31 (SD=7.71). In addition to gender and age, we controlled for respondents' perceptions of authoritarian leadership of their unit managers since such leadership style is quite common in Chinese companies and may dampen the climate of a safe environment as well as employees' organizational commitment. For the measurement scales, the Cronbach's α of workplace friendship equals to .90 (CR=.92 and AVE=.49), of psychological safety climate equals to .78 (CR=.79 and AVE=.62), of affective commitment equals to .79 (CR=.81 and AVE=.44), and of authoritarian leadership equals to .89 (CR=.90 and AVE=.38), all showing acceptable levels of reliability and validity. We followed the suggestion from Hayes (2013) to conduct a bootstrapping analysis of our mediating prediction. The results

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showed that workplace friendship positively predicted perceived team psychological safety climate (β= .34, p < .001), and that the latter played a positive mediating role for the relationship between workplace friendship and respondents' affective commitment (B = .16, SE = .04, 95% CI [.08, .25]), not including zero. Our study results echo the related literature on Chinese guan-xi (關係) building and maintenance, and evidence the importance of informal networks within organizations. We recommend that companies should encourage employees to build quality workplace friendships with colleagues so that a psychologically safe climate is observed, and a high employee commitment can be obtained.

Paper number 84 | Oral

Gen Z in the workplace: Their values matter for recruitment and retention

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Recruiting Gen Z youth (ages 18-24) is essential for workforce planning, as many industries face severe labour shortages. However, beyond recruitment, effective workplace integration is crucial to help young employees gain meaningful work experience and feel satisfied in their roles. Many employers struggle to retain youth, often facing high turnover rates and the associated costs of losing workers within the first year of employment.

This study aimed to identify the factors that influence Gen Z youth to "start and stay" in employment, as well as the risk factors that contribute to early attrition. Focusing on the construction and building industry, the project explored two key research questions:

1. Why do Gen Z youth choose to stay in or leave employment?

2. What do Gen Z youth identify in their first-year employment experiences as factors influencing their decision to remain or exit?

Survey data were collected from first-year apprentices in South Australia at two intervals: after 6 months (N=133) and up to 1 year of employment (N=500). The results show that both job design and organizational aspects strongly impacted youth perceptions of a career in construction, aligning with their core values. Organizational factors emphasized by youth included pay and benefits, opportunities for training and growth, psychosocial safety, and the quality of support from supervisors and colleagues. Key job design factors included skill variety, feedback availability, work-life balance, increasing autonomy, and task significance. These findings will be compared to the broader profile of Gen Z workers to highlight how their values can inform effective recruitment and retention strategies.

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Paper number 289 | Oral

Understanding universal values at work through language processing

Emeric Kubiak[1], Tales Marra[1]

[1]AssessFirst, France

Objectives. Values at work are recognized as a critical driver of job performance and employee engagement (Ross, 2022). While Schwartz's universal values model (1994) remains widely acknowledged, a potential gap exists between this established framework and how contemporary corporate values are articulated. Given that values are inherently tied to language (Boyd et al., 2015), advancements in Natural Language Processing (NLP) present a promising avenue for bridging this gap. This research aims to create a modern, data-driven framework of universal values through NLP techniques applied to real-world company descriptions and employee testimonials.

Method. We analyzed detailed profiles, mission statements, and employee testimonials from 100 diverse companies across sectors and organizational sizes. Using BERTopic, a sophisticated topic modeling technique that combines BERT embeddings with HDBSCAN clustering, we extracted coherent themes from these documents. Fine-tuning and insightful labeling were achieved with GPT-3.5 Turbo, while TF-IDF results guided prompt generation for precise GPT-3.5 labeling of each cluster. This multi-step approach enabled us to capture nuanced representations of values relevant to today's workplace.

Results. Our analysis identified 10 prominent values, including well-being, respect, diversity, trust, agility, growth, excellence, teamwork, learning and innovation, each associated with specific, relevant words. For instance, words linked to "respect" encompassed kindness, benevolence, humility, and empathy. Additionally, we examined the interrelationships between these values using intertopic distance mapping and hierarchical clustering, comparing our findings with Schwartz's 19 universal values to highlight similarities and emerging distinctions.

Conclusion. This research provides both new theoretical insights into the understanding of universal values at work and practical implications by capturing business values directly derived from contemporary company descriptions. The resulting framework aligns with evolving organizational priorities and challenges, offering a relevant and adaptable model for modern corporate culture.

Paper number 336 | Oral

Can volunteering be a way to build employee well-being in a sustainable development strategy

Beata Krzywosz-Rynkiewicz[1], Halina Franczak[2]

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[2]Deloitte Poland, Poland

Volunteering is increasingly integrated into corporate sustainability strategies. Existing research indicates that, while volunteering can enhance well-being and job satisfaction, the relationship between these factors is multifaceted. This study analyzed data from 835 employees engaged in volunteering who participated in long-term assistance programs and completed pre-and post-tests to examine the effects of helping behaviors on various dimensions of (1) psychological well-being, utilizing Carol Ryff's six-dimensional construct: Self-Acceptance, Life Purpose, Mastery, Positive Relationships with Others, Personal Development, and Autonomy, (2) Job satisfaction evaluated using Zalewska's (2003) five-item Job Satisfaction Questionnaire (EFA), and (3) motivation assessed with a 12-item questionnaire designed for this study. The findings reveal that while volunteering can enhance life satisfaction, it may also decrease psychological well-being. However, employees with high levels of job satisfaction

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tend to possess greater personal resources to mitigate the negative effects of helping; they report increased life satisfaction, improved psychological well-being, and heightened altruistic motivation, enabling them to derive maximum benefit from their volunteering experiences. This research provides practical insights into management practices. While volunteering can cultivate motivated employees, it necessitates careful consideration as it may also strain team dynamics. Consequently, volunteering should not be utilized as a strategy for integrating or remedying teams or individuals experiencing professional crises or dissatisfaction with their careers, workplaces, or leadership. Volunteering may adversely affect employees' psychological well-being, quality of life, and job satisfaction.

Papers session 10

Paper number 726 | Oral

Attitudes toward same-sex parenting among Israeli heterosexuals

Lior Oren[1]

[1]Ariel University, Israel

The number of families comprised of lesbian or gay parents with children conceived via assisted reproduction is growing worldwide. While the legal climate concerning sexual and gender minority civil rights is becoming liberal, socio-cultural climate tend to be more conservative. Israel has one of the highest fertility rates as well as use of vitro fertilization (IVF) of all (OECD) countries. Not surprisingly, in Israel, there are relatively many same-sex families with one or more children. Only a handful of studies investigated public opinion regarding LGBT parenting.

In the current study, we investigated heterosexual attitudes toward same-sex parenting.

Eight hundred seventy-five participants were instructed to read a case vignette describing two fathers or two mothers raising their 4 years old son, born via assisted reproduction and answer questions regarding the parental skills of the couple, future problems facing the child, classical and modern homophobia, gender roles and demographics.

Attitudes toward two lesbian mothers were slightly better than toward two homosexual fathers. Classical homophobia as well as modern homophobia were found to moderate the relations between gender roles and parental skills. Religiosity, low education, having right-wing political attitudes, no previous acquaintance with LGB families and individuals, and being male were negatively related with parental skills.

Findings are interpreted in light of the Israeli culture. Theoretical consequences and practical recommendations are discussed

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Paper number 1023 | Oral

The moderating role of gender on the relationships between ambivalent sexism, gender roles and psychological entitlement

Effrosyni Freri-Panagiotidou[1], Oriana Rossi[1], CHRYSOULA KARAKITSOU[2], Konstantina Georgaki[1]

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Sexism and adherence to conventional gender norms contribute to gender inequality, and the literature suggests that psychological entitlement is positively related to sexists attitudes, indicating also that the nature of these relationships might vary by gender and type of sexism. The study is grounded in ambivalent sexism, where hostile and benevolent sexism act as complementary ideologies to uphold gender inequality, while adherence to traditional masculine norms might reinforce these attitudes. We aim to elucidate previous findings by adopting a nuanced approach in the examination of gender-related attitudes and their relationships with PE, separately for each gender. It was hypothesized that adherence to traditional male norms would be positively correlated with hostile sexism in men, but with benevolent sexism in women. Similarly, PE would correlate positively with hostile sexism in men and with benevolent sexism in women.44 college students (Mage=20.7, SD=1.3; n=24 women, 54.5%; n=32 Greeks, 72.7%), recruited via convenience sampling completed online the Psychological Entitlement Scale, the Ambivalent Sexism Inventory, and the Male Role Norms Inventory-Revised. All hypotheses were confirmed yet the moderating role of gender in the examined relationships was more complex. Specifically, in men all three attitudes were interrelated and correlated positively with psychological entitlement, while in women the two sexist attitudes were not related, and only benevolent sexism correlated positively with entitlement as expected. Although adherence to conventional masculine standards fosters both types of sexist attitudes across genders, entitled beliefs predict a narrower set of attitudes in women and broader in men, revealing different psychological processes. The study included a small sample size, and adopted a non-probability sampling, relying on self-report measures. These factors limit the generalizability of findings. Future studies should examine bigger and representative samples, with implicit attitudinal measures. Educational programs challenging these attitudes are recommended, to reduce sexism and promote gender equality.

Paper number 728 | Oral

Does sexual orientation diversity presentation in social media affect organizational attractiveness among LGB and heterosexual job seekers?

Lior Oren[1]

[1]Ariel University, Israel

Gay, lesbian, and bisexual (LGB) individuals comprise the largest minority group among organization workers. However, studies on organizational conduct and policies regarding LGBs are very scarce.

The current quasi-experimental study examined how communication actions supporting diversity of sexual orientation in an organization's social media affect its attractiveness in the eyes of job seekers. The main objective of this research was to examine the impact of diversity-supportive cues in the hypothetical organization's social media on organizational attractiveness, person-organization fit (P-E fit), corporate social responsibility (CSR) perception, and organizational justice perception among heterosexual and LGBs job seekers. It was hypothesized that participants who review a diverse Facebook page (supporting diverse sexual orientation) will express a higher organizational attractiveness, perceived P-E fit, perceived CSR, and organizational justice compared to participants

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who reviewed a non-diverse page. Additionally, it was hypothesized that the relationship between the page type and organizational attractiveness will be mediated by perceived P-E fit, CSR perception, and organizational justice perception.

The study included 178 participants, half LGBs, with at least one year of work experience in an organization. Participants were asked to examine the Facebook page of one of two identical hypothetical organizations, except for one parameter - one supporting sexual orientation diversity and the other not, and then to answer several questionnaires on organizational attractiveness, P-E fit, CSR perception, and organizational justice perception.

The findings indicate that a diverse page led to higher organizational attractiveness, greater P-E fit, increased perception of corporate social responsibility, and higher organizational justice compared to the non-diverse page. In addition, LGB participants who viewed the diverse page perceived the organization as having higher CSR compared to heterosexual participants. Mediation analysis revealed full mediation, emphasizing the role of perceived fit and perceived social responsibility towards employees in organizational attractiveness.

Theoretical consequences and practical recommendations are discussed

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Paper number 1150 | Oral

Reproductive journeys: A comparative analysis of patient-centered care and well-being of 2S/LGBTQIA+ and mixed-sex/gender couples undergoing medically assisted reproduction

Zoe Benoit[1], Nathalie O. Rosen[2], Meghan Rossi[2], Audrey Brassard[3], Sophie Bergeron[1], Katherine Péloquin[1]

[1]University of Montreal, Canada
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[3]Université de Sherbrooke, Canada

Approximately 30% of couples seeking medically assisted reproduction (MAR) identify as 2S/LGBTQIA+. However, MAR services are primarily designed around a medical/cisgender definition of infertility, which fails to consider the unique experiences of 2S/LGBTQIA+ couples facing social infertility—barriers to conception driven by psychosocial rather than biological factors. While significant research has explored the psychological and relational well-being of mixed-sex/gender couples undergoing MAR, quantitative studies on 2S/LGBTQIA+ couples remain scarce. This study aimed to provide a comparative quantitative analysis of the experiences of 2S/LGBTQIA+ couples pursuing MAR for social reasons and mixed-sex/gender couples undergoing MAR for medical reasons on their psychological (anxiety and depressive symptoms), and relational well-being (dyadic coping and relational satisfaction), as well as patient-centred care (communication and respect). To this end, 345 couples (80 2S/LGBTQIA+ and 265 mixed-sex/gender couples) completed online measures. The questionnaires used were the Patient-Centredness Questionnaire-Infertility, Hospital Anxiety and Depression Scale, Brief Dyadic Adjustment Scale, and Dyadic Coping Inventory. Data were analyzed using mixed-effect models, adjusting for sociodemographic covariates. Results indicated no significant differences between the groups in anxiety symptoms or in perceived communication and respect within patient-centred care. However, mixed-sex/gender couples reported significantly higher depressive symptoms ($F(1, 205.347) = 7.123$, $p = .008$, $d = 0.34$), while 2S/LGBTQIA+ couples reported greater relational satisfaction ($F(1, 212.442) = 8.288$, $p = .004$, $d = -0.39$) and more frequent use of common dyadic coping strategies ($F(1, 206.457) = 5.929$, $p = .016$, $d = -0.35$). These findings underscore the importance of developing tailored mental health interventions and expanding research to more inclusively reflect the diverse experiences of 2S/LGBTQIA+ couples. Future studies should delve deeper into these dynamics, focusing on the specific stressors and relational strengths that characterize different populations within the MAR context.

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Keynote Speech - Prof. Marios Avraamides

Paper number 1257 | Keynote

From Lab to real-world: Using Virtual Reality to assess and train cognitive skills

Marios Avraamides[1]

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Virtual Reality (VR) technology has gained widespread popularity in recent years, but it has been a valuable research tool in certain fields long before becoming affordable and user-friendly. In spatial cognition research, for example, VR has been used to investigate the cognitive processes underlying fundamental everyday tasks, such as maintaining spatial orientation and navigating through environments. Today, VR is widely employed across nearly every domain of cognitive science and psychology in general, offering a unique balance between ecological validity and experimental control. In this presentation, I will discuss how I initially employed VR in my research on spatial cognition and how I have since utilized it as a tool for assessing and enhancing cognitive functions in professional applications, demonstrating its potential for bridging the gap between research and real-world practice.

Workshop - Enhancing patient resilience through mindful self-compassion in a German clinic

Paper number 453 | Workshop

Cultivating patient resilience: A mindful self-compassion skills workshop in a german clinic

Elisabeth Reisenzein-Hirsch[1], Stefan Koch[1], Ulrich Voderholzer[1]

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In alignment with the 2030 agenda's focus on well-being, this workshop addresses the critical need for enhanced patient resilience in healthcare. Mindful self-compassion (MSC, “being kind and friendly with oneself in difficult times” with the motivation to reduce human suffering in oneself and others), is grounded in theories of self-regulation and attachment. It fosters emotional resilience by promoting self-kindness, common humanity, and mindfulness.

Research demonstrates MSC's effectiveness in reducing stress, anxiety, depression, shame and burnout while enhancing life satisfaction and wellbeing and improving social relationships (research by Kristin Neff, Paul Gilbert and others). This workshop offers practical skills to integrate MSC into clinical practice, directly supporting the conference theme of promoting mental health.

Objectives and Learning Outcomes:

Participants will learn to:

- Apply MSC principles to enhance their own and patients' resilience.
- Implement guided meditations and experiential exercises for cultivating self-compassion.
- Understand the theoretical underpinnings and empirical support for MSC.
- Develop the ability to design and implement basic MSC interventions

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Activities:

The highly interactive, skill-based workshop combines:

- Conceptual analysis: Exploring the theoretical framework of MSC and its relevance to daily life and clinical practice

- Experiential learning: Engaging in guided meditations and interactive exercises to cultivate self-compassion as well as developing skills in guiding others in these practices via a trauma sensitive approach.

- Didactic presentation: Providing evidence-based information on benefits and implementation of MSC.

- Case discussion: Sharing practical insights from four years of MSC support groups in a German clinic illustrating real-world applications (patients with a history of complicated grief disorder, etc).

Target Audience:

Professionals, early career practitioners, trainees, and students in mental health and healthcare.

Components:

Conceptual analysis, experiential learning, didactic presentation, case discussion, and literature review.

Keywords:

self-compassion, mental health, resilience

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Workshop - Life skills training for young adults' well-being: Designing and facilitating experiential workshops

Paper number 1264 | Workshop

Life skills training for young adults' well-being: Designing and facilitating experiential workshops

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Life (soft) skills are pivotal in making a difference in young adults' personal and social life as well as their academic and professional journey. Research shows that college students with improved life skills have better outcomes in terms of psychological wellbeing as well as academic success. Universities are in a unique position to help grow "the whole student" by enabling them to build these skills in addition to forming them as professionals in their respective field. This workshop aims to enhance professionals' competence in designing and implementing life skills programs based on psychology research in higher education institutions or other organizations where development of soft skills is aimed for. The life skills that will be the focus of this workshop are self-awareness, goal setting, time management, stress management, psychological resilience, communication, relationship management, multicultural competence and team membership. Through the example of Koç University's pioneering Academic and Life Skills (ALIS) Program, participants will learn tips on how to facilitate experiential workshops on soft skills with young adults, design self-awareness and skill practice assignments to assess learning, and methods to assess their effectiveness. They will also find the opportunity to brainstorm on the current growth needs of their student/client population, along with the opportunities and challenges that might help or hinder the successful implementation of such programs in their respective institutions.

Objectives:

This workshop aims to enhance professionals' competence in designing and implementing life skills programs based on psychology research in higher education institutions or other organizations where development of soft skills is aimed for. Examples of soft skills that will be the focus of the workshop are communication, relationship

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management, multicultural competence, team membership, self-awareness, goal setting, time management, stress management, and psychological resilience. Through the example of Koç University's pioneering Academic and Life Skills (ALIS) Program, participants will find the opportunity to brainstorm and learn tips on how to:

- facilitate experiential workshops on soft skills with young adults

- design self-awareness and skill practice assignment to assess learning

- do a needs analysis with different stakeholders in the organization

- run a pilot program

- implement a life skills program as a curricular or co-curricular program

- assess the effectiveness of the program

Activities:

- Presentation on the design and implementation of the Academic and Life Skills (ALIS) Program at Koç University, Turkey

- Group work on the perceived development needs of students in the participants' respective institutions

- Analysis and engagement of stakeholders in the institutions

- Discussion on the opportunities and challenges that might help or hinder the successful implementation of the programs

- Information to be provided on the international networks working in this niche area

Target audience:

professional, early career, trainee (particularly professionals working in institutions where soft skill development is key)

Components:

experiential learning, didactic presentation, case discussion

Keywords:

Soft skill, wellbeing, first-year experience

Papers session 11

Paper number 407 | Oral

Supporting the nation in de-globalized times: Patriotism as a tool for enabling the state?

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[2]University of Johannesburg, South Africa
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Introduction

Donald Trump's 'make America great again' and Xi Jinping's 'new era for the Chinese dream' highlight the retreat of nation-states from a globalized world. Can leaders support their nation-states by fostering patriotism, defined by Sumino (2021) as "individuals' positive feelings of attachment and loyalty to their country" (p.925). How can they do this and with what effect? This presentation addresses these issues with specific reference to Hong Kong, China.

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Methods

Policy documents on patriotic education were analyzed to identify issues, rationale, and priorities. Media responses were examined to gauge community attitudes. A survey of 2138 students from 11 higher education institutions assessed attitudes towards new patriotic education course requirements. Documents were analyzed and descriptive statistics from survey responses were produced using SPSS v.29.

Results

Legislative frameworks for patriotic education originated from the Chinese National Congress. Media comments were mixed, with local media generally positive and international responses largely negative. Community attitudes in general were positive. Students valued the courses for better understanding China but criticized the pedagogies and curriculum overlap.

Discussion

Patriotic education in Hong Kong is reflected in both policy documents and practice. Its basic assumption is that Hong Kong is an integral part of China. This notion was questioned by the 2019 protests causing considerable community discord. In response, patriotic education has been introduced rapidly, as directed by Chinese legislative frameworks, but with little local resistance. In terms of state enablement, patriotic education appears to be achieving its goal.

Conclusion

The impact of Hong Kong's patriotic education on state enablement requires continuing assessment. The success of patriotism as a tool of the state, however, rests on citizens irrespective of the strength of the state. Maintaining local support and deflecting international criticism will be priorities for the future.

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Paper number 442 | Oral

Losing our say over "our" language: Collective language ownership threat and support for assimilation ideologies in Hong Kong

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Collective psychological ownership refers to the perception of a target to be owned by one's ingroup (e.g., one's territory; Verkuyten & Martinovic, 2017). Experimental studies have shown that experiencing a threat to the collective territorial ownership can trigger ingroup protective behaviors (such as opposition to immigration; Nijs, Verkuyten, & Martinovic, 2021). This research extends this line of work by investigate whether experiencing a threat to the collective ownership of one's mother tongue will lead to endorsement of assimilation ideologies as a means that affirms the ingroup's dominant status in the Hong Kong context. Study 1 examines the relationship between perceived loss of collective language ownership (CLO) and support for assimilation ideologies among Hong Kong Chinese adults (N = 229). Because CLO implies that people who speak the language the best have the exclusive right to shape its development (Hutton, 2010), perceived native speakers' exclusive right was tested as a mediator between CLO and support for assimilation ideologies. Results found that perceived CLO threat was related to greater support for assimilation ideologies. Perceived native speakers' exclusive right mediated this link. Study 2 manipulated CLO threat by framing immigrants' blending their own dialects within Chinese among Hong Kong Chinese undergraduate students (N = 148). Results found that the manipulation increased the perceptions of CLO threat and stronger beliefs in native speakers' exclusive right, which in turn predicted greater support for assimilation ideologies. Although the cross-sectional design of Study 1 prevents conclusions about the direction of influence, this limitation is bolstered by the experimental design of Study 2. Future research can conceptually replicate the current findings by using different manipulations. Findings suggest CLO threat as an important source for excluding immigrants from the right to decide on the use of a language and intergroup tension, more broadly.

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Papers session 12

Paper number 1091 | Oral

Predicting personal responsibility in mitigating climate change in countries with different levels of trust: Finland, Norway, Croatia and Greece.

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This research explored the relationship between personal responsibility, attitudes towards climate change (CC) and mitigating CC with collective action in four countries. IPCC (2007) concluded that anthropogenic warming influenced many systems, being a reason for concern. Previous research explored ways to motivate people to act toward mitigating CC. Ajzen's (1991) Theory of planned behavior proposes that a feeling of responsibility induces behavior. Emotions and perceived belief in a positive outcome can instigate personal responsibility. This research determines if the feeling of personal responsibility regarding mitigating CC can be predicted by perceived cause, feeling of worry and probability of mitigating CC through collective action. ESS 11 (2024) data was used. Countries with the highest and lowest general trust were detected. Correlation coefficients between personal responsibility and attitudes towards CC were examined and hierarchical regression analysis predicting personal responsibility was conducted for each country. Finland and Norway had the highest, while Croatia and Greece had the lowest level of general trust (in people, parliament and EP). Results show that when predicting personal responsibility in high-trust countries, CC attribution was a significant predictor, while in low-trust countries it was not a significant predictor of personal responsibility. CC worry in the second step and the perceived probability of mitigating CC with collective action in the third step were significant predictors of personal responsibility. This model explained 19,3% - 37,7% of the variance in all countries. While this research offers valuable insight, only a fraction of the sample in each country answered the question about the probability of mitigating CC with collective action. Further research is needed to determine the value and purpose of personal responsibility in mitigating CC. These results implicate a significant role of beliefs and emotions about CC in predicting personal responsibility for CC and offering base in CC mitigation.

Paper number 22 | Oral

Contradictory ideological and individual antecedents and carbon impact of climate-protective behavior

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Objectives: This study examined the role of system justification and the political-economic ideology of neoliberalism in influencing individual climate-protective behavior and resulting impact on the personal carbon footprint among the younger population in Austria and Germany.

Background: Greenhouse gas emissions in Germany and Austria average more than ten tons per person per year. The estimated carbon budget to limit global warming is less than twenty percent of that value. While individual behavior change can have an impact on the personal carbon footprint, political-economic ideologies in contemporary consumer and market societies may undermine efforts directed at ecological sustainability.

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Methods: An online survey (N=344) was conducted among students and employed persons (mean age 28 years; two thirds female). Established self-report scales measured system justification (7 items), neoliberal ideology (22 items; subdimensions: individualism, competition, instrumentality), and climate-protective behavior (20 items; subdimensions: housing, energy, mobility, consumption, nutrition, activism). Carbon footprint was based on 14 questions according to the model of the German Federal Environment Agency. Included aspects of environmental consciousness were: attitudes towards protection (15 items), ecological knowledge (8 questions), connection with nature (5 items). Control variables were age, gender, education, income, social status. Statistical analyses involved multiple linear regression, mediation bootstrapping, and structural equation modeling.

Results: Confirmed was a chain of serial mediation effects, connecting system justification, neoliberal ideology, climate-protective behavior, and estimated carbon footprint. Income level was a strong predictor of carbon emissions. Environmental attitudes, ecological knowledge, and connection with nature showed expected and partly differential effects on these constructs.

Limitations: Analyzed was a non-representative, highly educated convenience sample (majority with university degree). Self-report measures raise issues from social desirability to common method bias.

Implications: Market-based consumer societies confront individuals with contradictory messages regarding climate-protective behavior. System-justifying neoliberal ideologies regarding individualism, competition, and instrumentality may overcompensate the effects of individual environmental consciousness.

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Paper number 694 | Oral

Visceral fit with news stories and its impact on climate change attitudes

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Public skepticism about the negative effects of climate change often arises from its perceived psychological remoteness. Media narratives have been proposed as tools to make this issue more relevant and psychologically closer, while other research also suggests that visceral fit between an individual's bodily state and a possible state of the world can lead the individual to perceive that state of the world as more plausible. This study tested the combined persuasive effect of narratives and visceral fit – where individuals experience physical sensations aligning with those of the protagonist in the message. In an online experiment participants (N =181) read a news story about climate change's consequences, featuring a protagonist suffering from breathing difficulties, while either wearing a face mask or not. Participants then filled questionnaires regarding their experience of physical suffocation, identification with the character in the news story, beliefs about climate change impacts, support for mitigation policies, and willingness to take personal mitigation actions. The results revealed that wearing masks indirectly enhanced acceptance of climate change attitudes and intentions, mediated by experienced suffocation and identification with the protagonist. However, these effects became nonsignificant when controlling for identification, suggesting its key role as a mediator. The findings extend research on narrative engagement and visceral fit by demonstrating their combined effect on climate attitudes and highlight the potential of advanced technologies to use these techniques to foster climate change beliefs and behavioral intentions. Incorporating bodily feedback mechanisms, traditional and new technologies could intensify identification with the protagonist, making the climate issues presented feel more immediate and personal. This, in turn, could also reinforce acceptance of the realities of climate change, thereby motivating individuals to adopt mitigation behaviors.

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Papers session 13

Paper number 1170 | Oral

Dynamics of Ukrainians media traumatizing as perceiving war stressors during 2022-2023 years

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Background. Media landscape during war changes from National Marathon to telegram channelas first source of news for Ukrainians during two years after Russian invasion in Ukraine. Media- induced war trauma can be far greater than war experienced personally (Su, 2023). The influence of the media considered as a trigger of war retraumatizing individuals (Abdalla et al, 2021) and media component of collective trauma (Leese, 2021).

Objectives. The main purposes of the research were to measure the dynamic of war related traumatic stress of Ukrainians during 2022-2023 and evaluate the role of media impacts on stress experience.

Methods. National scale survey (CAT) of the adult habitants of cities and towns (50 thousand +) in Ukrainian during August 2022 (N=1000) and all-Ukrainian representative National sample in the National Academy project “Stressful conditions of the population of Ukraine in the context of the war: distribution, risk groups and ways of compensation” during October 2023 (N= 2767, RR = 9,5%, CATI-recruiting, CAWI). We ask about trauma experience and post trauma stress symptoms PTSS (PCL-C, cluster B). New media traumatizing scale consist of 5 point (α=.81).

Results. 43% of urban participants have said that media consumption is their war stress experience in 2022 and 81% say that emotion about content from media is actual stressor in 2023. Linear regression model with DV=PTSS, df-2, R^2=.289 and two IV (media traumatization β=.537, p<.001, immediate threat to life β=.004, p=.778)

Conclusion. Media content is a main factor of stress experience in 2023 with a high scale of this impact during war.

Paper number 1032 | Oral

The impact of prolonged exposure to war on children and their parents during the 2023–2024 Israeli–Hamas conflict

Lilach Ben-Meir[1], Eitan Kerem[2], Mary Rudolf[3], Jasmin Kroll[4]

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Exposure to war profoundly impacts children's emotional well-being, stress and the stability of familial systems. When stress exposure is prolonged, changes may occur in the clinical presentation over time. Given the paucity of studies examining trauma-related stress in children during wartime, the current study was undertaken to examine the psychological effects of the Israeli-Hamas war in Israeli children and their parents.

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Data were collected at three intervals: 5 weeks (n=493), 13 weeks (n=569), and 11 months (n=464) post-war onset, involving Jewish (88.9%) and Arab (11.1%) families across Israel. Children had a mean age of 7 years (SD=3.06), with 54.5% boys. Parents completed online surveys assessing emotional distress, mental health, and behavioural outcomes for themselves and the child they were most concerned about. Mixed linear modelling was used to track changes in emotional distress and related factors.

Children exhibited persistently high levels of emotional distress, though clinically significant anxiety and fearful decreased over time F(2, 454.30) = 106.49, p<.001). Emotional distress patterns were similar for Arab and Jewish children; however, Arab children reported increased anxiety compared to their Jewish counterparts (F(1 ,871.826)=4.026, p=.045). Boys exhibited more pronounced socioemotional difficulties and acting out behaviours compared to girls (t=2.37, p=.018), particularly in conduct and hyperactivity domains. Interestingly, parents reporting increased depression and anxiety since the start of the war was associated with diminished family resilience (r =-.165, p=<.001) and greater child distress (r=.599, p=<.001).

The study's limitations stem from its reliance on parent-reported measures, which may be subject to reporting bias. Additionally, the sample may not fully reflect the potential heterogeneity in symptoms and distress across broader populations.

The findings highlight the enduring psychological impact of war on children and families, emphasizing the need for family-centred interventions. Policymakers should prioritize long-term mental health support and resilience-building initiatives during and after conflicts.

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Paper number 1196 | Oral

Effectiveness of problem management plus (pm+) among displaced armenians from nagorno-karabakh: A one-year pilot study

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Research Aims and Objectives: To evaluate the implementation and effectiveness of a culturally adapted Problem Management Plus (PM+) intervention among Armenians displaced from Nagorno-Karabakh, focusing on engagement, completion rates, and symptom improvement.

Background:PM+ is an evidence-based intervention designed for adults experiencing common mental health problems in adversity-affected communities. The transdiagnostic approach addresses multiple mental health concerns simultaneously through shared emotional mechanisms, making it particularly suitable for displacement contexts where comorbidity is common.

Research Design/Methodology/Approach:A one-year pilot study was conducted with Displaced Armenians from Nagorno-Karabakh: while 500 participants were screened using PHQ-9. The intervention was culturally adapted with 45-minute sessions (modified from the standard 90-minute protocol) to align with local expectations of psychological support. The five weekly sessions focused on problem management, stress management, behavioral activation, and social support strengthening. Symptom changes were tracked using PSYCHLOPS throughout the intervention.

Results: PHQ-9 screening revealed varying depression severity levels among participants located across 10 regions in Armenia (12% none, 21.8% mild, 25.4% moderate, 22.4% moderately severe, 18.4% severe). Total of 46 participants registered for PM+, with 14 attending the first session. Five participants completed all five sessions with post-assessment, while four completed 3-4 sessions without post-assessment. PSYCHLOPS scores among completers showed significant improvement in two primary distressing symptoms (severity reduction from 5 to 1) and moderate improvement in a third symptom (reduction from 5 to 3).

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Limitations:High attrition rates from screening to completion limit generalizability. The small sample size reduces statistical power. Mental health stigma and other cultural barriers affected engagement.

Implications:Culturally adapted PM+ effectively reduced psychological distress when completed. Adapting session length proved essential, but significant drop-offs highlight the need for additional engagement strategies, such as psychoeducation or community outreach. Future interventions should balance core PM+ elements with local cultural adaptations. Policymakers should support locally tailored mental health interventions for displaced populations.

Papers session 14

Paper number 74 | Oral

LGBTQ+ and teacher identity - a model for understanding integration and power dynamics

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[4]Liverpool John Moores University, United Kingdom

LGBTQ+ teachers in England face a unique dilemma of managing an LGBTQ+ identity while also a professional teacher identity. For some teachers, the context, environment and circumstances present a unique dilemma in how to assimilate and manage these two identities together in a way that is safe and accepted by the system and stakeholders. In order to explore the nuances of this, three focus groups with a total of 14 LGBTQ+ teachers were conducted using the Power Threat Meaning Framework as a guide to understand their experiences. Thematic analysis of the transcripts led to the development of a model of understanding for LGBTQ+ teachers in the context of the English education system demonstrating how teachers manage each component of their identity as an LGBTQ+ individual and educational professional. The findings demonstrate unique considerations around threats, safety to share, and cognitive dissonance between practice and identity. Crucially, the findings also demonstrate how these teachers can achieve empowerment and self-actualisation by successfully assimilating their personal and professional identities.

Paper number 498 | Oral

Microaggressions, discrimination, happiness and depression in sexual and gender minorities: the importance of emotion regulation and social support

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Sexual and Gender Minorities (SGMs) experience high levels of stress due to experienced discrimination, which is in turn frequently associated with lower happiness and higher depression in SGMs. Most prior studies investigated the direct effect of discrimination on happiness and depression in SGMs and emerging evidence suggests that discrimination may exert its power through indirect mechanisms such as emotion regulation (ER) and social

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support. However, no prior research examined elaborately possible mediating effects of various (mal)adaptive ER-strategies and social support on the association between microaggressions and overt discrimination on one hand, and happiness and depression on the other. Moreover, most of the studies that included SGMs are lacking a valid methodological assessment of SGM-status leading to that data can be misleading and limited in usefulness. The current research aimed to fill in these gaps and further contribute to the understanding and improvement of happiness for SGMs in a cross-cultural context. Specifically, we tested a hypothesized model where ER and social support mediate the relationship between microaggressions and overt discrimination on one hand, and happiness and depression on the other. An online questionnaire was distributed across 685 students in 3 countries (US, Netherlands, Turkey) using convenience sampling. Multigroup path analysis partially supported hypothesized model across all groups. Overall, we found that higher discrimination is associated with lower happiness and depression, and this relationship was partially moderated by ER and social support. Additionally, SGMs from Turkey scored significantly higher on microaggressions, discrimination, and depression, and lowest on happiness compared to SGMs from US and the Netherlands. The current research findings are contributing to the understanding and improvement of happiness and depression in SGMs but also to a more validated assessment of SGM-status in a cross-cultural context.

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Paper number 574 | Oral

Social identity, justice and emotions in the social-psychological analysis of protest

Yolanda Zografova[1], Ekaterina Dimitrova[1]

[1]Institute for Population and Human Studies- Bulgarian Academy of Sciences, Bulgaria

Research Aims and Objectives

The study aims to identify influence of key social-psychological factors (social identity, justice motive and emotions) on participation or non-participation in civil protests. It seeks to confirm a hypothetical model of protest action in the context of turbulent social and political processes defining high levels of instability.

Theoretical Background

The report examines constructs like social identity, motive of justice, and emotions related to protests. These are explored through the lens of the Theory of Social Identity (Tajfel, 1978), the development of motivational aspects of social identity (Hogg & Abrams, 1988), and the Theory of Intergroup Emotions (Mackie et al., 2000).

Research Design/Methodology/Approach

A qualitative method, specifically semi-structured interviews, was employed to collect exploratory data. Interviews were conducted with both participants (N=20) and non-participants (N=20) in civil protests. The study analyzes factors influencing protest participation among Bulgarian citizens.

Results (Obtained or Expected)

Most participants in protests identify with a political party or social group. Non-participants also identify with certain social groups, typically professional, though they hold active political views. Protest participants commonly express a sense of injustice, particularly regarding unequal application of the law and insufficient institutional care for vulnerable groups. Emotions like anger and frustration are significant motivators for protest participation. Non-participants tend to be skeptical about protest outcomes and view participants as either misled or manipulated.

Limitations

The findings are based on a small sample of interviews, limiting the generalizability of the conclusions. The results are more conceptually significant than representative of broader populations.

Implications for Research, Practice, and/or Policy

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The topic is highly relevant for understanding civil protests, especially in relation to the tension between pro-European and pro-nationalist political lines and societal polarization. The study will contribute to fundamental knowledge and provide practical policy recommendations on citizen activism and civil society development.

Papers session 15

Paper number 484 | Oral

Exploring animal abuse proclivity: The roles of personality traits and moral disengagement

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This study investigates the interrelationships between animal abuse proclivity, personality and moral disengagement to enhance our understanding animal abuse. A total of 201 participants were employed to examine these dimensions, with ages ranging from 18 to 81 years. Both Greek and English language versions of the measures were available for participants to choose. A path analysis indicated that higher moral disengagement was a significant predictor of animal abuse proclivity. Specifically, moral disengagement was associated with higher scores on the AAPS subscales of Thrill and Power. Low Extraversion and low Intellect predicted higher scores on the Power and Thrill subscales, respectively, offering new insights into the complex role of these personality dimensions. Further, moral disengagement was predicted by lower Agreeableness and higher Neuroticism. The findings suggest that personality traits and moral disengagement are intricately linked to animal abuse proclivity, with distinct subscales of the AAPS providing deeper understanding. The study highlights the need for intervention programs focusing on enhancing empathy and moral reasoning to prevent animal abuse. These insights could inform societal and policy efforts towards reducing animal abuse and promoting more humane treatment of animals.

Paper number 620 | Oral

Unraveling the human-animal bond: The role of attitudes, expectations, and well-being

Christine Smetaczek[1], Birgit Ursula Stetina[1]

[1]Sigmund Freud University Vienna, Austria

Theoretical Background and Objectives: The human-animal bond has long been idealized as a universally positive relationship. However, recent research highlights the complexities and contradictions within this dynamic, shaped by economic, cultural, and individual priorities. One such contradiction is the “pet-effect paradox” (Herzog, 2021), which questions the consistency of benefits often attributed to human-animal relationships. This study investigates how personal motivations and expectations influence the perception of the human-animal bond and its effects on the bio-psycho-social quality of life of pet owners.

Methodology: A cross-sectional survey examined motivations and expectations (utilizing theory-based pre-formulated items as well as open-ended questions) of 129 pet owners. Participants’ attitudes toward pets were assessed using the Pet-Attitude-Scale, quality of life was measured through the WHO Quality-of-Life Instrument (WHOQoL-BREF), and the perceived strength of the human-animal bond was evaluated with the Lexington-

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Attachment-to-Pets-Scale. Data were analyzed using SPSS 29, with regression analyses employed to explore the relationships between the variables.

Results: Results suggest that attitudes toward pets play a significant role in shaping bio-psycho-social motivations and expectations. Furthermore, quality-of-life emerged as a key predictor of psychological expectations (β=.360,t(36)=2.41,p=.022) with individuals reporting higher psychological-level expectations also experiencing greater psychological well-being. Interestingly, the findings revealed that neither the strength of the human-animal bond, attitudes toward pets, nor the quality of the relationship with the pet predicted overall quality-of-life. These outcomes underline the multifaceted and nuanced nature of human-animal interactions, emphasizing the importance of individual expectations and attitudes in determining their impact.

Limitations: The cross-sectional design restricts causal interpretations, while self-reported measures may be subject to biases. Additionally, online sampling may limit the representativeness.

Implications for Research: Longitudinal and cross-cultural approaches are needed to uncover causalities and broader contextual factors. Including diverse populations and animal species may further illuminate the variability of human-animal relationships and their impact on quality-of-life.

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Paper number 604 | Oral

Loving pet-parents – self-presentation of pet caregivers on social media

Christine Smetaczek[1], Birgit Ursula Stetina[1]

[1]Sigmund Freud University Vienna, Austria

Theoretical Background and Objectives: In the age of social media, “pet accounts” have gained remarkable popularity, raising questions about their psychological and social significance. Recent studies highlighted how pet caregivers project aspects of their own personalities and values through their pets’ online personas. Therefore, pets can be understood as an extension of the caregiver’s self-identity. Moreover, research emphasizes the relevance of self-monitoring—the ability to adapt one's behaviour to social contexts—and self-esteem in online self-presentation. By integrating these perspectives, the present study aimed to uncover the interplay between personal traits and the social phenomenon of “pet accounts”, contributing to a deeper understanding of identity expression in digital spaces.

Methodology: Using a cross-sectional design, 219 volunteers were surveyed online to compare pet caregivers with and without “pet accounts” on social media. Validated instruments included parameters such as self-monitoring, self-esteem, and relationship with the pet. Employing SPSS 29.0 mean differences and effectsizes were calculated.

Results: Results showed no significant differences between the groupsfor self-monitoring (U=5262,z=-.66,p=.51) and self-esteem (U=5103,z=-1.01,p=.31). However, significant differences showed that pet caregivers with “pet accounts” experience a stronger bond (U=3315.50,z=-4.98, p<.001,r=-.34) and more positive attitudes towards animals (U=4286,z=-2.82,p=.005,r=-.20).

Limitations: Cross-sectional designs restrict the ability to establish causality between the use of pet accounts and the analyzed parameters . Additionally, the study relied on self-reported data, which may be subject to social desirability bias, particularly regarding sensitive constructs like self-esteem.

Implications for Research: The findings suggest that people with “pet accounts” experience a stronger human-animal bond and more authentic self-presentation, but the lack of significant differences in self-monitoring and self-esteem raises questions about their broader psychological impact. While these accounts might foster positive attitudes toward animals, further research is needed to critically assess their role in identity expression and potential effects on digital communication and human-animal relationships.

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Main Stage Forum - Digitalisation

Paper number 1418 | Psychology Fora

Digitalization

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The term digitalisation describes the increasing use of technology to facilitate a growing number of professional and social functions. These include, among many other examples: communication technologies such as the internet, social media and online video calls; experiential technologies like virtual reality and mixed reality; and Artificial Intelligence (AI).

The importance of adequately considering the effects of digitalisation has been flagged by numerous institutions, including in the United Nation's 2030 Agenda for Sustainable Development and by the World Health Organisation. The European Commission's Digital Decade programme highlights the importance of: a digitally skilled population and professionals; secure and sustainable digital infrastructures; digital transformation of businesses; and digitalisation of public services. The European Union's AI Act focuses on how best to categorise and respond to various types of AI technology. Digitalisation also features prominently in the European Commission's Comprehensive Approach to Mental Health policy5.

This panel will consider the role of digitalisation as a cross-cutting topic with relevance to society at large and reflect on how psychology and psychologists can contribute proactively, rather than just reactively. Through the lenses of policy, research and practice, discussion will span the practical and ethical implications of the use of digitalisation including AI. It will consider digitalisation's impact across human activity in a range of contexts—such as work, education and healthcare—the role of digital social determinants, the implications on decision-making processes and broader societal implications. Consideration will be given to where we are at now, the lessons learnt so far, and what is likely to happen next in such an impactful and fast-moving area.

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Papers session 16

Paper number 1270 | Oral

Genetic Social Psychology: A social developmental perspective on sociogenesis and change of the Cyprus issue

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I will take as a case study the deeply divided society of Cyprus, along ethnic lines, and the struggles for its reunification or partition to explore the processes of microgenesis, ontogenesis and sociogenesis of social representations of otherness and the Cyprus problem in various research samples from both communities covering childhood to old age in the historical time of 2003-2021, starting with the opening of checkpoints in the UN Patrolled Buffer Zone in Cyprus. As it will become clear both continuity and change of the system of values, ideas and practices about otherness can be observed and is largely regulated by adherence to social representations of the past/history, past and present intergroup contact and realistic and symbolic threats. The role of peers, family, mass media and politics in the context of a geopolitical conflict of interests will be discussed in the presentation of the case study.

Paper number 545 | Oral

Self-evaluated knowledge of evidence-based practice in psychology among university students in wartime ukraine: prediction model development

Ivan Klymenko[1], Mariana Velykodna[1], Gelena Lazos[1], Liudmyla Karamushka[1, 2], Vladyslav Deputatov[1, 3], Tetiana Pysarenko[1]

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Background. Evidence-based practice in psychology (EBPP) is essential in providing effective psychological interventions, particularly in wartime (Pfeiffer et al., 2023). Knowledge of the EBPP predicts the likeliness of its implementation (Lazos et al., 2024). However, in Ukraine, before the Russian invasion in 2022, using the EBPP was not prevalent enough(Hook et al., 2021). In response to this gap, various educational initiatives were launched to address this gap and provide professionals with sufficient evidence-based skills and knowledge (e.g., Palii et al., 2024). However, they often primarily focused on licensed professionals. This study aimed to assess the current predictors of EBPP knowledge among university students who study psychology to plan further steps in spreading the EBPP approach.

Methods. We assessed the self-evaluated knowledge of the EBPP approach among university students (n=427) in Ukraine to develop a multivariable model for its prediction.

Results showed that the prediction model included five variables and explained 27.4 % of the variance ($F=4.84$, $p<.01$). Studying at a university located abroad (including online) appeared to be the strongest predictor of the EBPP knowledge ($p<.01$). It was followed by students' experience of having psychotherapy ($p<.01$), which is generally not common for Ukrainian university curricula. Satisfaction with the university education regarding the EBPP and more hours of supervision also weakly predicted higher scores of EBPP knowledge ($p<.05$). The most

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surprising result was that the higher number of universities the respondent was studying at predicted feeling of lower understanding of what is EBPP ($p<.01$), which could be seen as a sign of inconsistency in teaching the EBPP at different universities. Conclusion. These findings highlight the current gaps and specific challenges in spreading EBPP knowledge through university education in wartime Ukraine that should be adequately addressed, including through national programs to develop consistent curricula regarding the EBPP.

Paper number 1271 | Oral

Bridging divides: The role of direct and indirect intergroup contact in reducing prejudice in cyprus

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A wealth of research has demonstrated that one of the most effective ways to reduce tension, prejudice, and hostility between groups is through direct contact. By bringing groups into face-to-face interactions, stereotypes can be challenged, and opportunities for empathy, understanding, and cooperation are created. However, in many cases, especially in conflict-ridden or deeply divided societies, direct contact is not always feasible due to various barriers, whether they be psychological, social, or physical. In such situations, indirect forms of contact, which follow the principles of intergroup contact theory, can also prove valuable. These methods do not require face-to-face interaction and can still foster positive intergroup outcomes.

Indirect contact methods include strategies such as imagined contact, where individuals envision a positive encounter with members of the outgroup, or vicarious contact, which involves observing others engaging in positive interactions with outgroup members. Both have been found to be effective in reducing prejudice and promoting social harmony, particularly in contexts marked by deep-seated intergroup conflict.

The purpose of this presentation is to discuss research findings on the role of intergroup contact in reducing prejudice on the ethnically divided island of Cyprus. Specifically, it will focus on studies conducted with Turkish Cypriots, examining how various forms of intergroup contact—both direct and indirect—can improve intergroup relations. These studies highlight that different types of contact, including imagined and vicarious contact, are successful in mitigating negative attitudes, enhancing empathy and perspective- taking, and reducing intergroup anxiety. The benefits of these interventions have been observed in both adult and child populations, indicating the broad applicability of contact- based approaches to fostering reconciliation and understanding in divided societies like Cyprus.

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Spotlight presentations 1

Paper number 569 | Spotlight Talk

The role of humour in the relationship between emotional intelligence and psychological well-being among university students: A mixed methods study

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Psychological well-being extends beyond the absence of disease or disorder; it involves both feeling good and functioning effectively, and is an integral part of academic success. Numerous studies demonstrate the relationship between emotional intelligence (EI) and psychological well-being, however, the underlying mechanisms remain unclear. Humour is a potential mediator in this relationship. This mixed methods study explored the role of humour styles in the relationship between trait EI and psychological well-being (hedonic well-being, eudaimonic well-being, and distress) among university students (emerging adults) and their perceptions regarding the role of humour in psychological well-being in a multicultural context at a UK university. Structural equation modelling (N=536) found self-enhancing humour mediated the relationship between trait EI and positive affect; self-defeating humour mediated the relationship between trait EI and negative affect, anxiety, and depression, separately; and affiliative humour mediated the relationship between trait EI and anxiety. International students reported comparable levels of well-being, depression, and anxiety to their home counterparts. Semi-structured interviews (N=16) and thematic analysis identified three themes: meaning of psychological well-being – a holistic approach, functions of humour, and self-managing psychological well-being. Personal development and cultural adaptation emerged as significant components of well-being within this population. Self-management strategies ranged from avoidant to constructive approaches, with high EI and lower distress linked to more adaptive methods. Humour was often used unconsciously rather than as an intentional self-management strategy. Multiple-group analysis was not conducted due to the uneven sample size of the two subgroups (i.e., gender, and students' origins). Findings highlight the need for higher education to recognise diverse perspectives on psychological well-being among target student population and to develop culturally sensitive interventions.

Paper number 594 | Spotlight Talk

Self-regulation of precuneus activation with real-time fMRI neurofeedback training

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The precuneus is a central hub/node within the default mode network (DMN), showing strong connectivity with other DMN regions, making it crucial for maintaining the DMN's integrity. It is involved in dynamic switching between networks, essential for various cognitive functions. Therefore, modulating precuneus activity through real-time fMRI neurofeedback training (rtfMRI-NFT) could benefit patients with diseases linked to DMN dysfunction. However, at present, it is still unclear whether the activity of the precuneus can be modulated by rtfMRI-NFT. Twenty healthy participants (20-30 years old) were randomly assigned into two groups: control (random BOLD signal, n=10) and experimental (BOLD signal of the precuneus, n=10) groups. Down-regulation of the precuneus activation with rtfMRI-NFT was conducted within three weeks for twelve sessions, and each session contained a 5-minute baseline

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followed by six 6-minute training blocks. The precuneus activity significantly decreased in the experimental group but showed no change in the control group.

Additionally, experimental group participants showed excellent controllability on precuneus activity via a block design with four 100s-baseline blocks and four 100s-down-regulate precuneus activity blocks interleaved. The present study showed that rtfMRI-NFT on precuneus activation is trainable and controllable. The findings may open the possibility of establishing an rtfMRI-NFT of precuneus activation and its effect on cognition function for future research.

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Paper number 723 | Spotlight Talk

Fostering positive psychology-based life skills in the ai era: a psychoeducational intervention for young adults

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The rapid proliferation of artificial intelligence (AI) tools has transformed academic and professional settings, prompting young adults to develop new adaptive competencies and resilience strategies. This study presents a Positive Psychology-Based Life Skills program for university students and emerging adults, emphasizing psychological well-being, social connectedness, and resilience in AI-driven contexts. Building on evidence that positive psychology principles can mitigate risks related to intensive technology use, our intervention encourages participants to cultivate balanced digital engagement, adaptive coping strategies, and self-efficacy for thriving in evolving educational and occupational landscapes.

A quasi-experimental design will assess the program's efficacy. Participants—first-year students and young adults heavily using AI or digital technologies—will be recruited. Data collection occurs at baseline (start of intervention) and post-intervention (end of the academic term). Standardized instruments, including the Life Satisfaction Scale, UCLA Loneliness Scale, and Adult Resilience Scale, plus an adapted AI/Technology-Usage Questionnaire, will measure changes in well-being, social belonging, resilience, and patterns of digital tool use.

The curriculum integrates strengths-based goal setting, mindfulness exercises, cognitive reframing techniques, and practical guidance on healthy AI usage (time management, mindful technology consumption). Interactive workshops, peer-led discussions, and self-reflection activities comprise the psychoeducational components.

This study analyzes shifts in psychological outcomes and digital behavior to show how positive psychology-based interventions can equip young adults with the resilience, adaptability, and emotional regulation needed to flourish in AI-centric environments. Findings are expected to inform future psychoeducational frameworks that address academic well-being, digital literacy, and technological self-regulation in contemporary higher education.

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Paper number 259 | Spotlight Talk

Exploring generation Z's stereotypes of people with mental health issues: A network analysis

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Stereotypes about individuals with psychiatric disorders continue to exist, even among Generation Z, despite increased access to information. This study examines the most prevalent stereotypes and their relationship to attitudes toward seeking professional help using network analysis. Based on the premise that stereotypes toward psychiatric patients vary depending on their diagnosis, we examined four stigma networks (i.e., general mental health issues, emotional problems, psychotic disorders, and substance use issues) on a sample of 483 students. Our results suggest that the most pronounced stereotype is that psychiatric patients are untrustworthy, a belief closely associated with the perception of danger. People with emotional challenges are viewed as less intelligent than the general population. There is a prevalent belief that individuals with psychotic disorders are unable to keep a job, while those who consume substances are seen as dangerous. When it comes to seeking professional help, a significant barrier is the belief that individuals with mental health issues are solely responsible for their conditions. Despite the limitation of not including potential positive stereotypes, this study may represent a foundation for future research to create targeted interventions to reduce mental health stigma and encourage help-seeking behaviour.

Paper number 1088 | Spotlight Talk

Exploring perceptions and experiences of gambling-related stigma in the UK

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Background and Aims: Gambling-related stigma can have a significant impact on individuals who gamble, often resulting in discrimination and negative societal attitudes. This study aimed to explore the experiences of stigma and discrimination among individuals in the UK who gamble, focusing on emotional, behavioural, and mental health impacts. Additionally, it sought to understand the societal attitudes that contribute to the stigmatization of gambling behaviour.

Methods: A cross-sectional online survey was conducted with 1,189 participants in the UK who had engaged in gambling within the past 12 months. Participants were recruited through two channels: (1) Gordon Moody, a UK charity supporting individuals affected by gambling harms, and (2) Prolific, an online research platform. The survey

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included 49 measures assessing gambling behaviour, stigma-related experiences, discrimination, mental health indicators (anxiety, depression, stress, and insomnia), and socio-demographics.

Results: Over 50% of the participants reported primarily or exclusively engaging in online gambling. Overall, 16.2% of participants reported experiencing discrimination due to their gambling, primarily from family and friends. These experiences were strongly associated with higher levels of anxiety, depression, stress, insomnia, and increased alcohol consumption. Many participants also reported feelings of guilt, shame, regret, and a need to conceal their gambling behaviour, highlighting the emotional toll of stigma.

Conclusion: The findings highlight the harmful impact of gambling-related stigma and discrimination on mental health and well-being. Future research could examine gambling-related stigma and perceptions in both traditional and online gambling, comparing experiences across these forms.

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Paper number 771 | Spotlight Talk

Living with severe mental illness: Experiences of family-context stigma

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Stigma associated with mental illness often extends beyond public and healthcare domains into familial relationships, creating new challenges for individuals within their immediate families. This study explores the lived experiences of family-context stigma among individuals diagnosed with severe mental illnesses, aiming to understand how stigma within familial relationships manifests, its impact on psychological well-being and empowerment, and strategies for addressing and resolving it. Grounded in the understanding that stigma is a socio-cultural construct, the research highlights how family-context stigma often mirrors societal attitudes, creating additional challenges for individuals. Using a qualitative design, 20 participants from Northern Ireland were interviewed, providing in-depth insights into the multifaceted nature of family-context stigma. The findings reveal that family-context stigma manifests as relational bias, verbal or emotional abuse, exclusion, shame, guilt, and alienation, significantly undermining individuals' psychological well-being and quality of life. Conversely, moments of support, acceptance, and proactive efforts by family members to challenge stigma were identified as critical mitigating factors. While the study is limited to Northern Ireland and a relatively small sample, it underscores the need for future research with larger, diverse populations to validate these insights. The findings emphasize the importance of open communication, mental health education, and fostering empathetic relationships within families. These insights have implications for designing resources, developing targeted interventions to reduce familial stigma and inform policies and programs that promote inclusive, supportive family environments.

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Spotlight presentations 2

Paper number 100 | Spotlight Talk

Building on shaky foundations? A systematic review of impact of mindset on primary school children

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Carol Dweck's concept of mindset, particularly the growth mindset, has been extensively studied and linked to various positive outcomes, including academic achievement, resilience, and well-being, especially in children. However, recent criticisms have raised concerns about the overselling of growth mindset's influence and questioned the robustness of its benefits. Our systematic review explores the explores the link between growth mindset and positive outcomes in primary school children (ages 6-12) by examining studies that focus on the relationship between mindset and positive outcomes across different domains such as intelligence, personality, math, language, and health. A comprehensive search was conducted across multiple databases, yielding 795 results, of which 32 studies met the inclusion criteria for review. While growth mindset is consistently associated with positive outcomes in some areas, such as intelligence and personality, other domains lack sufficient research to draw definitive conclusions. Additionally, inconsistencies in measurement tools and methodological limitations complicate the findings. This review highlights the need for more domain-specific research and emphasizes that the success of growth mindset interventions is often contingent on contextual factors. We conclude that, although the growth mindset holds promise, its impact may vary depending on the domain and the conditions under which it is applied.

Paper number 1139 | Spotlight Talk

Empowering future educators with mindfulness and self-compassion: Lessons learned from a pilot study

Petra Kacafírková[1]

[1]Technical University of Liberec, Czech Republic

The well-being of future educators is a critical component of their ability to effectively support their students. However, limited resources and awareness about mindfulness and self-compassion techniques among university students studying education pose challenges to their integration into personal and professional practice. This study aims to identify barriers to the implementation of these techniques and explore ways to make them more accessible and engaging for future educators.

Fifteen students enrolled in a General Psychology course participated in four 90-minute workshops introducing mindfulness and self-compassion practices. Data collection included pre- and post-intervention standardized questionnaires (e.g., Self-Compassion Scale, PHQ-9, GAD-7) and a focus group discussion. Early findings highlighted practical lessons about creating a welcoming environment, such as the impact of comfort factors (e.g., seating, lighting, being barefoot) on participants' engagement. Some participants expressed gratitude for the opportunity to learn about these techniques as it was their first exposure to mindfulness and self-compassion.

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Additionally, it was observed that the lack of guided meditation materials in students' mother tongue was a notable obstacle to accessibility, underscoring the need for culturally and linguistically relevant resources.

Limitations: This study's findings are constrained with a small, non-representative sample and self-reported measures, limiting the generalizability of findings. Future studies could expand this work by including diverse groups, employing longitudinal designs, and quantitatively assessing the effectiveness of mindfulness and self-compassion practices among future educators.

Implications: By focusing on lessons learned and identifying practical solutions, this research provides valuable insights into enhancing the accessibility of mindfulness and self-compassion techniques for university students in education programmes. Beyond fostering individual well-being, we believe that these practices equip future educators to create emotionally supportive and resilient learning environments, ultimately benefiting their students.

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Paper number 708 | Spotlight Talk

Investigating caregiver-infant associations in visual neurocognition using behavioral, neuroimaging and computational modelling methods

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Intergenerational transmission of cognitive abilities from caregivers to children is evident through robust correlations between maternal and child executive functions by 24 months. It is unknown whether such associations are observable as early as infancy in both behavioural and brain measures. To address this, the study examined whether looking behaviours and brain function involved in visual cognition in caregivers was linked to their infants. To instantiate mechanisms underlying this transmission, the study used a standardized computational modelling framework, dynamic field theory, to capture behavioural data from both caregivers and infants.

86 6-to-9-month-old infants and 78 caregivers were presented with age-specific variants of a preferential looking task with load manipulations (low, medium high). In this task, two side-by-side displays of flashing shapes are presented. On the 'unchanging' side, colors of the shapes remain the same after each flash, whereas on the 'changing 'side, the color of one shape changes after each flash. Looking behaviours were extracted from video recordings, and functional near-infrared spectroscopy was used to record brain function from infants and caregivers as they engaged with the task. Both caregivers and infants showed similar load-dependent trends in how long they looked at the displays, how frequently they switched between sides, and how they developed a preference to changing stimuli – replicated by the computational model. Critically, greater preference to change in caregivers was associated with greater preference to change in infants at the low load. Regarding brain data, both caregivers and infants activated the right superior parietal cortex, and greater preference to change in caregivers was associated with greater left superior parietal activation in infants – both regions important for visuo-spatial attention and working memory maintenance. These findings provide first evidence of a visual neurocognitive association between caregivers and their children in the first year of life.

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Paper number 882 | Spotlight Talk

The relationship between reading fiction and psychological entitlement, and the role of empathy and gender in this relationship

Vangelis Provias[1], Sissy (Chryssoula) Karakitsou, Ph.D[1]

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Background: According to literature, regularly reading literary fiction is positively associated with theory of mind and empathy, while empathy is negatively associated with the sense of psychological entitlement. Yet, to our knowledge, no study has examined whether reading fictional narratives contributes to reduced sense of psychological entitlement.

Research Objectives: The study aimed to confirm the associations between reading fiction and empathy, to explore the relationship between reading fiction and entitlement and the mediating role of empathy in this relationship, and to examine whether gender moderates the above relationships, in view of gender differences on both empathy and entitlement.

Method: The Greek sample consisted of 78 individuals, (women n=47), of all ages, (Mage=34.08, SD=13.31), recruited online, through convenient sampling. Participants completed online the Toronto Empathy Questionnaire, the Psychological Entitlement Scale and the Self-Report Habit Index for Reading, adjusted for fiction reading.

Results: Reading fiction was positively correlated with empathy but was not negatively correlated with psychological entitlement for the sample as a whole. However, gender moderated the aforementioned relationship since the correlation between reading and entitlement was negative among men, whereas it was, surprisingly, positive among women.

Conclusion: The findings extend previous work on the role of reading fiction on prosocial attitudes and suggest that it functions differently for each gender regarding their attitudes towards deservingness and privileges. The convenience sampling limits the generalizability of findings while the use of unidimensional scales to measure reading fiction and entitlement might have failed to capture specific aspects of the relevant habits and attitudes. Future studies should examine representative samples of older and younger adults, accounting for age and educational level, and explore in depth reading frequency and preferences of literature genres, along with measures that would assess entitlement in a more context and culturally relevant to the Greek population manner.

Paper number 213 | Spotlight Talk

Beyond therapeutic nihilism: Classifying personality disorders in older adults

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Research Aims and Objectives: This study aims to evaluate the applicability of a dimensional model for personality disorders (PDs) in older adults, addressing the limitations of current diagnostic criteria that were primarily designed for younger populations.

Theoretical Background: Accurate diagnosis of personality disorders (PDs) in later life is challenging, as the frequently used DSM-5-TR categorical criteria do not take the gerontological context into account. New dimensional models, such as those developed by the Alternative Model for Personality Disorders (AMPD) and the International

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Classification of Diseases (ICD-11), potentially offer more promising frameworks for classifying PDs in older adults, as they allow for an individualized and dimensional classification.

Research Approach: This project consists of multiple studies, including testing the age-neutrality of dimensional assessment instruments, assessing the validity of dimensional criteria in older adults, and applying the dimensional model in clinical practice to examine its utility and relationship with other clinical symptoms.

Results: Obtained results support the use of dimensional models in older adults, as the assessment instruments were found age-neutral and valid at an older age. However, taking age into account in classification processes remains important, as different cut-off scores seem to be necessary for different age groups. Results concerning the clinical group are still pending but are expected to support the clinical utility of the dimensional models.

Limitations: The project employs 65 as the start of later life, but does not further differentiate in smaller age-ranges. This may result in missing differences between youngest-old (65/74), middle-old (75-84) and oldest-old (≥85).

Implications: This research emphasizes the use of dimensional models in older adults, as the current categorical model often leads to misdiagnosis and undertreatment of PDs, thereby hindering optimal mental health care for this population.

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Paper number 1166 | Spotlight Talk

Moral foundations and national identification: Exploring the role of patriotism, nationalism, and moral identity

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This study explores the relationships between moral identity, moral foundations, patriotism, and nationalism. A total of 251 participants (192 women and 56 men) took part in the research. Four instruments were used: the Self-Importance of Moral Identity Scale (SIMI, Aquino & Reed, 2002), the 30-item Moral Foundations Questionnaire (MFQ-3, Graham, Haidt & Nosek, 2008), the Patriotism and Nationalism Scale (developed by Jaunzeme, Austers, & Silkāne, 2024), and a 9-item set on the Moral Basis of Freedom/Oppression (Iyer et al., 2012). The results revealed statistically significant correlations between constructive patriotism, pride in one's country, and both internalization and symbolization of moral identity. In contrast, no significant relationship was found between nationalism and these dimensions of moral identity. Statistically significant associations emerged between all five moral foundations (care/harm, fairness/reciprocity, loyalty/ingroup, authority/respect, and purity/sanctity) and three factors of patriotism/nationalism: pride in one's country, constructive patriotism, and nationalism. Notably, nationalism showed weaker correlations with care/harm and fairness/reciprocity compared to its stronger links with loyalty/ingroup, authority/respect, and purity/sanctity. The ethnic equality factor was not significantly related to moral intuition-based beliefs. Furthermore, the moral foundation of loyalty emerged as a predictor for all four dimensions of national identification. These findings underscore the complex interplay of moral foundations in shaping national identification, highlighting loyalty's central role across all dimensions and revealing distinct moral profiles associated with patriotism and nationalism.

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Roundtable discussion 5 - Psychology in Education: Towards a European Standard and Professional Certificate

Paper number 1022 | Roundtable discussion

Psychology in education: Towards a european standard and professional certificate

Raquel Raimundo[1], Hans Reijnierse[2], Ana Maria Cazan[3], Mojca Juriševič[4], Sergio Salvatore[5]

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Psychology is regarded as a fundamental science in education, providing a scientific basis for understanding how people learn and develop socially, emotionally and cognitively. This is essential for designing effective teaching methods, creating stimulating learning environments and meeting the diverse needs of learners. Despite the importance of psychological work in educational settings, psychologists across Europe do not have the same training beyond that required to enter the profession. In order to ensure the provision of high-quality psychological services in European schools, it is essential, in the context of the 2030 Agenda, to define the fundamental elements that initial (for the independent practitioner) and specialised (for the specialist) professional learning of psychologists in education should include in each country. This approach would serve to advance this field of practice and enable psychologists in education to make higher quality contributions to the solutions required by the diverse and complex problems of contemporary European society. The objective of the proposed roundtable is twofold. Firstly, it is intended to address the varying realities of the educational and professional requirements of psychologists in European educational settings, with a view to understanding the core professional competencies required to serve people in educational systems. Secondly, it aims to facilitate discussion on the potential benefits of the proposed EuroPsy Specialist Standard and Certificate of Psychology in Education for European students, their teachers and parents, and for the development and well-being of European society in general. Finally, the discussion would provide the deserved recognition for this field of practice.

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Roundtable discussion 6 - The Arts in Therapies: Perspectives and Future Directions

Paper number 1006 | Roundtable discussion

The arts in therapies: Perspectives and future directions

Prof Sabine Koch[1], Prof Susan van Hooren[2], Dr Annemarie Abbing[3], Prof Hod Orkibi[4], Dr Rinat Feniger[4]

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Emerging evidence increasingly highlights the health benefits of engaging in the arts, demonstrating their positive impact on people's health across diverse populations, countries, and cultures. As interest in the intersection of arts and health grows, it becomes essential to explore how the arts can be more structurally integrated into health care settings. This roundtable aims to bring together a variety of perspectives on the role of the arts in enhancing therapeutic outcomes and to discuss future possibilities and directions.

The roundtable will start with an introduction to the continuum of Arts & Health, emphasizing the various approaches and roles of the arts in health care settings. This will include health-promoting arts activities in everyday life, arts engagement within health care services, and the practice of creative arts therapies. We will further define the role of the creative arts therapies, highlighting how specific modalities—such as music, dance, visual arts, and drama—are utilized by trained and credentialed therapists to support people's health.

Key points for the guided discussion will include:

- The different roles of the arts in therapies: When is a trained creative arts therapist necessary, and when is arts engagement through activities sufficient?

- The importance of general knowledge/understanding in the field of psychology about how the integration of the arts can benefit healthcare.

- Strategies to ensure quality of care when integrating the arts in therapy.

- Exploring views on when the creative arts therapies should serve as a standalone approach and when they should complement other psychological interventions.

The insights gathered from this roundtable will contribute shape best practices and strategies for integrating the arts into therapies within clinical/healthcare settings, as well as advancing research on the therapeutic benefits of the arts in therapies.

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Paper number 266 | Symposium

The role of expectations in cognition

Omer Linkovski[1], Shai Gabay[2], Avi Mendelsohn[2], Andria Shimi[3]

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[3]University of Cyprus, Cyprus

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Overview and Importance of Topic

Expectations shape nearly every aspect of cognition, influencing perception, attention, learning, and memory. This symposium explores how predictive processes affect cognitive functions, offering interdisciplinary insights from animal models, behavioral and EEG experiments. Understanding these effects is crucial for comprehending how the brain anticipates and adapts to dynamic environments.

Brief Summary of Contributions

Dr. Avi Mendelsohn will present on how musical expectations enhance declarative learning and memory, providing a novel perspective on the interaction between auditory predictions and cognitive retention. Dr. Andria Shimi will discuss the neural mechanisms underlying target selection and distractor suppression and their relationship with visual working memory (VWM) in both children and adults. Dr. Omer Linkovski will explore the impact of uncertainty on cognitive processing, while Prof. Shai Gabay will share findings from studies with humans and archer fish, highlighting subcortical mechanisms involved in predicting the movements of occluded objects.

Conclusions/Implications

This symposium underscores the pivotal role of expectations in cognitive function across varied domains and research methods, shedding light on how predictive models help the brain navigate complex environments. The findings have implications for understanding both adaptive and biased cognitive processing, with potential insights regarding the underlying mechanisms and their applications in educational and clinical contexts.

Paper number 1319 | Symposium Paper

The impact of musical expectancy on declarative memory formation

Avi Mendelsohn[1]

[1]University of Haifa, Israel

Research Aims and Objectives

This study explores how musical tension influences declarative memory formation, focusing on continuous musical progressions and isolated chords with varying degrees of dissonance.

Theoretical Background

Musical stimuli evoke listener expectations, creating predictions that drive emotional and cognitive responses. While music's impact on memory is documented, findings on the effects of background music on learning and memory are inconsistent.

Research Design/Methodology/Approach

The study examined two types of musical tension: (1) delayed harmonic progression from dominant to tonic chords within continuous music, and (2) isolated complex chords with varying levels of dissonance. In each experiment,

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participants studied stimuli (words or images) during different musical conditions, followed by a memory test 24 hours later using recognition tasks.

Results

Across three experiments, positive relationships emerged between tension perception, physiological responses (skin conductance and pupil dilation), and memory retention, with increased dissonance enhancing memory formation. A trade-off effect indicated that individuals who perceived musical tension strongly had reduced memory for images encoded during musical tension, while those less sensitive to tension showed memory benefits under the same conditions.

Limitations

This study focused on specific musical conditions and limited participant response measures; further research should expand on the complexity of musical tension and individual differences in perception.

Implications for Research, Practice, and Policy

Findings provide insights into the role of musical tension in cognitive processes related to memory, offering practical applications in educational and therapeutic settings and enhancing understanding of musical perception's influence on memory.

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Paper number 1320 | Symposium Paper

Neural mechanisms of attentional selection and suppression: insights from erp studies on developmental changes.

Andria Shimi[1]

[1]University of Cyprus, Cyprus

Research Aims and Objectives

Selective attention and visual working memory (VWM) develop through childhood, with past ERP research showing that neural efficiency in selective attention correlates positively with VWM performance. However, the neural mechanisms for distractor suppression remain underexplored. This talk presents new ERP data on target selection and distractor suppression related to VWM, aiming to deepen our understanding of these critical cognitive processes in children and adults.

Theoretical Background

As children grow, their cognitive abilities in attention and memory advance, requiring both the selection of relevant information and suppression of distractions. Studying attention mechanisms in children offers insight into the foundational processes of adult cognition, showing how early cognitive development impacts later efficiency.

Methodology

Participants completed two tasks: one required selective responses to a target while ignoring a distractor, and the other required recognition of a probe from a memory array. Continuous neural activity was recorded during the first task, with ERP analyses focused on two components related to target selection (N2pc) and suppression (Pd).

Results

Findings showed developmental differences in neural patterns for target selection and distractor suppression, underscoring variations in attentional mechanisms from childhood to young adulthood.

Limitations

While valuable, the study's artificial tasks may not fully capture real-world attentional dynamics.

Implications for Research, Practice, and Policy

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These insights advance our understanding of attentional processes and cognitive development. By linking attentional mechanisms in children and adults, this research opens avenues for studies and interventions targeting attentional efficiency, relevant to educational and cognitive health policies across all ages.

Paper number 1321 | Symposium Paper

Inducing inhibition modulates propagation of uncertainty

Omer Linkovski[1], Hodaya Adler[1]

[1]Bar-Ilan University, Israel

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Research Aims and Objectives

The objectives of this study are to evaluate how inducing inhibition affects resolution of uncertainty with and without checking and assess which uncertainty measures are associated with clinical symptoms.

Background

Difficulty tolerating uncertainty is a central deficit across psychopathologies and represents a possible cognitive bias. Activating the inhibition system improves resolution of uncertainty. However, it is unclear whether inducing inhibition improves resolution of uncertainty or reduces a common response to uncertainty – checking.

Methodology

Healthy adults (N=34) completed a task combining an inhibition induction with a novel visual-matching task that dissociated resolution of uncertainty and checking in three blocks. In Block 1 the visual-matching task included only "certainty" trials and unlimited checking. Block 2 included

"certainty" and "uncertainty" trials, without checking. Block 3 included only "certainty" trials without checking. Participants completed self-report measures of intolerance of uncertainty, depression, and obsessive-compulsive disorder.

Results

Our results indicate that inducing inhibition minimizes unnecessary checking in "certainty" trials. Inducing inhibition also improves accuracy in uncertainty trials when checking is impossible by limiting the propagation of uncertainty. Propagation of uncertainty was linked to depression, and checking within Block 1 was linked to OCD symptoms.

Limitations

We assessed checking by measuring reaction times. Although reaction times and checking have been highly correlated in several studies, future studies may consider quantify checking directly, with measures such as eye fixations.

Implications

Our results tease apart the interactions between inhibition, uncertainty, and checking. The implications for understanding specific aspects of uncertainty in psychopathologies, and how inhibition impacts them will be discussed.

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Paper number 1322 | Symposium Paper

The mental representation of a dynamically occluded object in humans and archerfish: A study on the tunnel effect

Shai Gabay[1] Gily Mozes[1]

[1]University of Haifa, Israel

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Research Aims and Objectives

Human cognition retains evolutionary contributions from ancient subcortical structures, often overlooked in favor of cortical regions. This study examines the role of subcortical regions in the "tunnel effect"—the perception of an object's persistence despite temporary occlusion.

Background

Human cognition has evolved over time, retaining contributions from older evolutionary structures that may play a significant role in cognitive processes unique to humans. However, contemporary research in psychology and cognitive science has primarily concentrated on cortical regions, often overlooking the potential influence and function of subcortical structures. This study examines the role of subcortical regions in the "tunnel effect.

Methodology

We studied human participants, manipulating whether an object's reappearance was perceived by the same eye that saw its disappearance or the opposite eye. To explore evolutionary roots, we also used the archerfish, which dislodges insect prey with water jets, as a phylogenetic model. Both species were tested with spatiotemporal manipulation of occluded objects.

Results

Findings suggest monocular and subcortical visual system involvement in representing occluded objects in humans, with archerfish, lacking any cortical tissue, demonstrating a similar tunnel effect.

Limitations

While this study highlights the importance of subcortical mechanisms in the tunnel effect, future research should examine the specific neural substrates within the subcortex that facilitate this capability.

Implications

This research indicates that subcortical mechanisms support object permanence in humans and non-mammalian vertebrates lacking a neocortex, providing insight into the neural and evolutionary foundations of this perceptual phenomenon.

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Paper number 469 | Symposium

Promotion of the psychologist profession

Ole Tunold[1, 2], Nicky Hayes[3, 4], Caterina Arcidiacono[5], Nigel Evans[6], Rudolf Ponds[7]

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The psychologist community consistently experience that governments turn to political scientists, lawyers, technologists, medical doctors and behavioural economists in search for solutions, but often (COVID-19 in some countries being a notable exception) fail to include psychologists in the selection of experts.

The combined psychologist community invests heavily in improving and refining professional competence. EuroPsy is a very important manifestation of that. Much less effort is directed to developing demand for this competence. The 'product' is continuously refined, but the market and marketing efforts are neglected.

EFPA's aim is to nurture the recognition of psychologists as an instrument to counter many of society's unsolved problems. This requires knowledge of how the profession is perceived, and perceived differently, throughout Europe. The EFPA General Assembly 2023 approved to establish a Work Group for Promotion of the Psychologist Profession.

The Group assembles and disseminates "success stories" where psychology and psychologists have made convincing impact. It also identifies obstacles and solutions to these in order to facilitate higher recognition and demand of psychologists.

This symposium will present examples demonstrating the value of applying psychology/psychologists either in new or exceptional areas, or examples of core work that the profession recognises well but may be less familiar to those outside it.

Paper number 1333 | Symposium Paper

Talking about Psychology

Nicky Hayes[1, 2]

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[2]IUPsyS, Canada

Becoming socialised as a psychologist can be a painful process, as any second-year psychology student can bear witness. It requires us to abandon our previous certainties and learn to cope with multiple causes and probabilities. By the time we are professional psychologists, though, we have become so accustomed to that way of thinking that we forget we ever thought differently.

The problem though, is that other people have not been through the same fires. So what seems obvious to a psychologist is often very much not obvious to other people. Also, as psychologists, we use words very precisely. The same words are often part of everyday language too, but they are used in a much less specific manner. These two factors can make communicating with members of the public somewhat challenging.

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This contribution explores some of those aspects of psychological knowledge which are not widely shared by others. These include selective perception, constructive memory, fast and slow thinking, personal constructs, social identification and social representations. These psychological processes are largely taken for granted by psychologists, but they are not part of the general knowledge used by people in everyday life. They do, however, impact and sometimes challenge the "common-sense" of everyday communication.

It is argued that being aware of these differences can enhance our ability as psychologists to exert a positive influence on how people respond to the challenges of social living. Without awareness of these differences, our communications can appear remote or impractical: as practising psychologists know, a type of diglossia, switching between technical and vernacular, is often necessary to communicate effectively with clients and patients. There are many other aspects of everyday living where what we regard as "ordinary" psychological knowledge can make a significant difference. But only if we can communicate it effectively

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Paper number 1334 | Symposium Paper

Combining community psychology, digital and technical, and social marketing skills to plan, organize, and manage an international on-line conference.

Caterina Arcidiacono[1]

[1]efpa board, Italy

This presentation reports on the experience of planning, organising and managing the 9th International Conference of Community Psychology (9ICCP) as a case study showing how onlife social contexts require the development of specific professional competencies and at the same time take advantages from psychologists' relational skills. The conference hosted participants from all over the world, organised during the COVID-19 pandemic and the Russian–Ukrainian war. This represented threats to participants' mobility, safety and health. Consequently, it was managed as an on-line, hybrid event. The organising committee had to face unprecedented challenges, requiring the team to rely on the core competencies of community psychologists, and also on digital and technical skills as well as on models and competencies typical of other professional fields (e.g., social marketing principles). The presentation briefly describes and discusses the strengths as well as the pitfalls of this process, with the aim of highlighting the main challenges required by dealing with hybrid, on-line settings and how they can be enhanced and updated. The relational and participatory community psychologists' competencies, guidelines, and key issues to be tackled are addressed.

Paper number 1335 | Symposium Paper

Psychology – applied wisely to grow personal wealth

Nigel Evans[1]

[1]NEC Advisory, United Kingdom

The field of Psychology is applied to many areas of normal life, for both improving economic and social value. However, psychological practitioners are often employed ‘unseen’ to support large institutions in long term process and service improvement. Why not be more actively and immediately helping citizens direct, especially in these hard times? Here it is especially important to personally manage money, yet so many people struggle, even when they objectively have some excess. Ironically, it is in the area of personal finance that psychological theories, tools, and techniques play a tremendous role in shaping the way people hold on, grow, or part with their hard-earned

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money. Arguably it is the institutions who better use this psychology than citizens, yet unfortunately both have to cope with bad actors using it to attempt to defraud them of the money they hold.

This paper will highlight the basic psychology helping 'ordinary' people in their finances - be they seen as consumers, customers, savers, business owners, investors, and similar. Through practitioner projects by the author, strong case examples of higher return of investment, loss mitigation, and fraud protection will be reviewed. These will form a showcase of the direct impact of applying psychology wisely. The underlying theme in all these applications is that Psychological Science is not merely a subset of Behavioural Science (or Behavioural Finance) - it adds a unique perspective by drawing upon established psychological knowledge of individual differences and group dynamics applied for wealth preservation and growth.

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Paper number 1127 | Symposium

Insights into vaccine hesitancy and vaccine promotion: the co-Operator initiative

Angelos Kassianos[1], Laura Panagi[1], Francesco Baglivo[2], Adriana Baban[3]

[1]Cyprus University of Technology, Cyprus
[2]University of Pisa, Italy
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Vaccination hesitancy constitutes one of the top global health threats. Understanding how vaccinations are perceived the drivers of vaccine acceptance are key determinants of the successful national and European initiatives. More specifically seasonal vaccination constitutes a public health priority including for COVID-19 and influenza. Challenges include widespread hesitancy within the population and variations in the communication skills of healthcare providers. To address these issues, cross-country initiatives play a crucial role in knowledge-sharing, especially considering the observed differences in vaccine coverage during the COVID-19 pandemic. The co-Operator project is an EU4Health-funded project that aims to develop a citizen-driven knowledge-sharing platform and virtual observatory offering novel insights form the behavioural sciences on the determinants of vaccine acceptance using behavioural models such as 7C and COM-B. During the Symposium, we will present key evidence on the development of the first tool to collect data from healthcare professionals on their capacity to promote vaccination using the 7C Model, and key evidence from reviews highlighting the emergence of several scientifically-based practices to counteract vaccine hesitancy during the emergency period. However, it is crucial to include evaluation mechanisms in the design of these practices. Additionally, it is essential to reintegrate other seasonal vaccinations, like influenza, into public health policies post-pandemic.

Paper number 1397 | Symposium Paper

Protocol for the development and psychometric validation of the COM-B Vaccination Promotion Questionnaire for healthcare professionals in four European ountries

Laura Panagi[1]

[1]Cyprus University of Technology, Cyprus

Research aims/objectives: The aim of the proposed study is to develop and validate a questionnaire for healthcare professionals (HCPs) targeting vaccination promotion. The objectives are to develop a questionnaire informed by the COM-B model on the readiness of HCPs to promote COVID-19 and influenza vaccination, to translate and culturally adapt the questionnaire to be administered in Cyprus, Greece, Italy, and Portugal, and to evaluate the

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suitability, acceptability, validity, and reliability of the translated versions. To our knowledge, no previous tool exists to serve this purpose.

Theoretical background: COVID-19 and influenza vaccination rates in Europe are suboptimal, albeit official recommendations for annual vaccination in adults. HCPs are trusted advisors in vaccination decision-making, though encouraging HCPs to promote vaccination remains challenging. The COM-B theoretical model offers a framework for identifying individual and contextual factors that influence HCPs' readiness to promote vaccination.

Research design/methodology/approach: Items were developed using deductive methods and were evaluated by experts in an Expert Consensus Study. Standard forward-backward translation procedures have been employed to translate the tool into the target languages, followed by expert review and cognitive interviews with end users to assess cultural suitability and acceptability. Having completed the first stage of the process, the questionnaire will be distributed to HCPs in Cyprus, Greece, Italy, and Portugal to evaluate its psychometric properties. A subsample of participants will be invited to complete the questionnaire twice, after a 2-week interval. Expected results: A newly-developed, psychometrically robust COM-B Vaccination Promotion Questionnaire for HCPs in Cyprus, Greece, Italy, and Portugal.

Anticipated limitations: Low participation which may cause recruitment delays.

Implications: This will be the first questionnaire to assess HCPs' readiness to promote COVID-19 and influenza vaccination. The tool will be used in various settings to support decision-makers identify factors that influence HCPs' readiness to promote vaccination hence develop effective vaccination promotion strategies.

Paper number 1398 | Symposium Paper

From vaccine hesitancy to confidence: Determinants, professional training, and evidence-based interventions for COVID-19 and Influenza vaccination in EU/EEA.

Francesco Baglivo[1]

[1]Università Di Pisa, Italy

Research Aims and Objectives

This study provides the groundwork for the future activities of the co-OPERATOR project by identifying the key determinants of vaccine hesitancy (VH) for COVID-19 and influenza, assessing tools to train healthcare professionals (HCPs) as vaccination champions, and mapping evidence-based practices to strengthen vaccine confidence in EU/EEA countries.

Theoretical Background

The SAGE Working Group on VH framework and the 7C Vaccination Readiness model were used to analyze barriers and facilitators influencing vaccine acceptance and hesitancy in the European context.

Research Design/Methodology/Approach

Three reviews were conducted (including 2019-2024):

Scoping Review: Determinants of COVID-19 and influenza VH were assessed by analyzing umbrella reviews.

Systematic Review (SR): Tools and interventions to train HCPs as vaccination champions were identified and categorized.

Desk Review: Grey literature from WHO, ECDC, and EU-funded projects was analyzed to map practices that enhance vaccination confidence and coverage.

Results

The scoping review included two umbrella reviews on COVID-19 but none on influenza. Out of 80 COVID-19 vaccine hesitancy determinants reported globally, 77 were identified in the EU/EEA.

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In the SR, 3167 articles were screened, and 21 were included in the analysis. Key tools included enhancing vaccine literacy, applying simulation-based training, and patient communication strategies.

The desk review identified nine information sources and 65 practices, of which 22 were included and mapped. However, only one practice was evaluated, and none specifically addressed influenza vaccination.

Limitations

The absence of influenza-focused SRs and the limited evaluation of the usefulness of mapped practices restrict the generalizability of findings.

Implications for Research, Practice, and Policy

Addressing VH requires an integrated approach: rigorous evaluation mechanisms must be embedded in vaccination strategies, while HCPs need targeted training to enhance vaccine literacy and communication skills. By leveraging COVID-19 frameworks, public health efforts can prioritize seasonal influenza vaccination, ensuring a cohesive and sustainable strategy that strengthens vaccine confidence and uptake across Europe while addressing systemic and sociocultural barriers.

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Papers session 17

Paper number 872 | Oral

Cognitive decline, emotional regulation, and depressive symptoms in dependent and independent older adults

SILVIA REGINA DE SOUZA ROJAS[1], Gisele Resende[1], André Pinto[1]

[1]UFAM, Brazil

This study explores the relationship between cognitive decline, emotional regulation, and depressive symptoms in dependent and independent older adults, aiming to identify protective factors for mental health in aging populations. Aging is marked by cognitive decline and increased susceptibility to depressive symptoms. However, older adults often demonstrate superior emotional regulation, which may serve as a compensatory mechanism, fostering resilience despite functional and cognitive challenges. A cross-sectional, comparative quantitative study is being conducted with 60 older adults aged 60 and above, divided into two groups: 30 dependent and 30 independent participants, both institutionalized and non-institutionalized. Functionality will be assessed using the Katz Index and Lawton-Brody Scale. Emotional regulation will be measured via the Emotional Regulation Questionnaire (ERQ) and Difficulties in Emotional Regulation Scale (DERS-16). Cognitive decline and depressive symptoms will be evaluated using the Cognitive Screening Tool (CS-10) and Geriatric Depression Scale (GDS), respectively. Data analysis will involve descriptive statistics, Student's t-tests, and hierarchical regression to identify patterns and predictors. It is anticipated that independent older adults will exhibit better emotional regulation, lower depressive symptoms, and reduced cognitive decline compared to their dependent counterparts. Emotional regulation is expected to emerge as a key predictor of better mental health outcomes across both groups. The cross-sectional design limits causality assessment, and the reliance on self-report instruments may introduce response bias. Findings highlight the role of emotional regulation in promoting cognitive and mental health in aging populations. This evidence supports the development of interventions and policies aimed at fostering emotional resilience and improving quality of life among older adults.

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Paper number 862 | Oral

Comparative analysis of qualitative indicators of verbal learning across different levels of cognitive impairment in Parkinson's disease

Agnieszka Skrzypkowska[1, 2], Magdalena Kwaśniak-Butowska[2, 3], Agnieszka Konkel[2], Jarosław Sławek[2, 3]

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Aim: Cognitive impairment is among the most prevalent non-motor symptoms of Parkinson's disease, significantly affecting patients' quality of life. The objective of the study was to assess the verbal learning profile in patients with different levels of cognitive impairment, considering their naming abilities and lexical retrieval skills

Material and methods: The study involved 61 patients diagnosed with idiopathic Parkinson's disease: 20 patients with normal cognition (PD-NC), 23 patients with mild cognitive impairment (PD-MCI), defined according to the criteria established by Litvan et al., and 18 patients with dementia (PDD), diagnosed following the criteria outlined by Emre et al. The assessment of cognitive functions included the evaluation of verbal learning (California Verbal Learning Test - CVLT), lexical retrieval abilities (verbal fluency tasks), and naming skills (Boston Naming Test BNT-30).

Results: The Semantic Closeness Factor is lower in PD-D patients compared to PD-NC and PD-MCI, indicating semantic organization difficulties. No significant differences were found in the Serial Closeness Factor or the percentage of correct answers across areas. PD-D patients showed a higher Response Concordance Rate than PD-NC and PD-MCI. Both PD-D and PD-MCI patients made more perseverative errors compared to PD-NC. No significant differences were found in other errors, such as confabulations. Recognition task results showed PD-D patients made more errors and had fewer correct answers than PD-NC and PD-MCI patients.

Conclusions: Verbal learning indicators provide insight into the underlying mechanisms of memory impairments, helping to differentiate levels of dementia in Parkinson's disease. Significant differences between memory tasks suggest that patients with PD-D have difficulties in consolidating memory pathways, while the observed memory difficulties in PD-MCI are most likely related to a decline in lexical retrieval abilities.

Paper number 586 | Oral

Action observation and motor imagery training for cognitive functions of older adults with mild cognitive impairment

Sam Chi Chung Chan[1], Shuk Lai Heidi Chan[1], Wing Lam Natalie Cheung[1], Pui Yun Peony Fok[1], Pik Wa Mabel Kwan[1], Chun Yin Jerry Luk[1]

[1]The Hong Kong Polytechnic University, Hong Kong

Theoretical Background: Increasing evidence suggests that action observation combined with motor imagery (AO+MI) has therapeutic effects on cognitive functions, such as attention and working memory, in older adults with mild cognitive impairment (MCI). However, there is a lack of training strategies for older adults to acquire AO+MI skills.

Aims and Objectives: This study aimed to examine the combined effects of an AO+MI training program with prior-program training on improving cognitive functions in older adults with MCI, compared to an AO-only program.

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Methods: Twenty-nine participants (mean age = 66.90, SD = 4.20) with MCI were randomly assigned to a six-week AO+MI physical program with prior-program training (experimental group, n = 15) or an AO-only physical program (control group, n = 14). They learned specific upper and lower limb movements. Performance was measured using the Digit Span Test-Backward (DST-B; working memory), Colour Trails Test (CTT; shifting attention), Stroop Colour and Word Test (SCWT; conflict resolution), and 6-Minute Walk Test (6MWT; motor endurance) before and after the program.

Results: Two-way repeated measures ANOVA revealed significant improvements over time in the AO+MI group for DST-B sequence scores ($p = 0.029$) and span scores ($p < 0.001$) compared to the control group. Significant changes were also observed in CTT2-CTT1 ($p = 0.011$). Both AO+MI and AO-only groups showed significant improvements in 6MWT ($p < 0.001$). The change in SCWT subtraction inference scores for executive function was not statistically significant.

Conclusion: The AO+MI program with proper pre-program training could enhance working memory and selective attention in older adults with cognitive impairments.

Limitations and Implications: Preliminary findings suggest that incorporating AO+MI cognitive strategies into physical training with prior-program training has potential to promote cognitive functions in older adults with early cognitive decline. Longer follow-up studies are needed to examine the long-term effects of AO+MI training.

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Paper number 305 | Oral

Mild behavioral impairment and cognitive functions: A systematic review and meta-analysis

Barbara Blasutto[1], Giovanna Troisi[1], Maria Casagrande[1]

[1]Sapienza, Italy

Mild behavioral impairment (MBI) represents a recently introduced diagnostic concept that focuses on behavioral and personality changes occurring in late life and associated with cognitive decline. Nevertheless, the relationship between these dimensions remains unclear. This systematic review and meta-analysis aim to analyze the relationship between MBI and cognitive functioning.

The review process was conducted according to the PRISMA-Statement. Restrictions were made, selecting the studies published in peer-review journals, including at least one cognitive measure and presenting the measurement of MBI. Studies that included participants with neurological disorders, dementia, or psychiatric disorders or that only did a neuroimaging or genetic study were excluded. Twenty-two studies were included in the systematic review, while in the meta-analysis seventeen studies featured data to be included in the analyses. The results were classified according to the following cognitive domains: global cognitive functioning, memory, language, attention executive functions, visuospatial skills, and processing speed. In the quantitative analysis, only global cognitive functioning, executive function, attention, and memory were evaluated.

The results of both qualitative and quantitative analysis indicate that individuals with MBI exhibited diminished performance on cognitive tasks when compared to those without MBI symptoms. These results are stronger when evaluating the various domains individually (particularly memory and executive functions) than when a global assessment was made.

These findings highlight the potential role of MBI symptoms as early indicators of neurodegenerative processes, reinforcing the necessity for comprehensive assessments that encompass both behavioral and cognitive evaluations. The early detection of these symptoms in prodromal phases can be very useful for the development of non-pharmacological interventions and may provide relevant guidelines for clinicians in the management and diagnosis of neurodegenerative disorders.

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Papers session 18

Paper number 385 | Oral

Positive and negative affect among professional symphony orchestra musicians: Interactions with occupational burnout

Warren Brodsky[1]

[1]Ben-Gurion University of the Negev, Israel

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Objectives And Background.

Research literature indicates that performing musicians report more mental health symptoms than the general public. Accordingly, 23% suffer from affective disorders, while 33% suffer from anxiety and occupational burnout. Yet, few studies have reliably corroborated these findings. One explanation could be that the majority of studies have engaged players from a variety of music genres. Moreover, even when solely targeting Classical music performers, researchers have enlisted 'proxy' samples (e.g., youth, college students, amateurs, semi-professionals, and freelancers). The current study recruited professional full-time contract Symphony Orchestra players.

Research Methods.

N = 52 professional full-time contract Symphony Orchestra players from 5 Symphony Orchestras in 3 countries participated. The players were between 27-64 years old (M = 48, SD = 10.2); just under half (44%) were female. All players completed two standardized measures: PANAS and MBI.

Results.

Based on the literature, increased Negative Affect and High Burnout was to be expected. However, the findings indicate increased Positive Affect with decreased Negative Affect (MPA = 34.5, SD = 5.41; MNA = 19.9, SD = 7.87; $t = 10.33$, $df = 51$, $p < 0.001$, $d = 2.16$), Low Occupational Burnout (MEE = 15, SD = 10.1; MDP = 4.66, SD = 4.26; MPA = 31.2, SD = 7.77), and negative correlations of Positive Affect with Burnout.

Discussion and Implications.

Previous studies may have presented unreliable findings. The professional Symphony Orchestra is a matchless occupational climate consisting of an Orchestra Lifestyle. Although players experience a stress quotient well above most other professions, they remain positive in character, as well as passionate towards their vocation and employment. Future research should investigate if a lifetime encompassing music development, music engagement, and music performance, could contribute to higher levels of resilience than found among other professions.

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Paper number 581 | Oral

Engagement on empty: The far-reaching impact of social burnout on academic success

Josey Spiers[1], Amy Patel[1], Robert Alexander[1]

[1]New York Institute of Technology, United States

Burnout, a state of emotional exhaustion, lack of distinct goals, passionate purpose, and increased lethargy, can severely affect individuals' professional performance. Social burnout is theorized to be a subtype of burnout, leading to feelings of social exhaustion and listlessness. For college students, the combination of taxing social environments, academic pressures, and extracurricular activities might contribute to social burnout, which is often rooted in overwhelming social interactions where students feel obligated to uphold certain standards and often affects psychological well-being. This study will examine the relationships between social burnout and academic performance, including potential effects of social burnout on both content comprehension and classroom engagement. Participants will be given an 11-item Social Burnout Scale, a 10-item Course Comprehension Scale, and a 10-item Mindfulness Scale that will be scored using 5-point Likert scales, together these scales will be combined to measure burnout and classroom engagement. The students will participate in a classroom intervention designed to address burnout. In this activity, students with higher burnout scores will take the lead in a team-building exercise. They will create trivia questions related to course content, which will then be answered by their partner, with lower burnout scores. This approach aims to increase engagement and help students experiencing burnout feel more involved and connected. After completing the intervention, participants will retake questionnaires. We will statistically compare levels of burnout and classroom engagement. The results of this study can inform strategies to support college student well-being, academic success, and whether these social activities contribute to feelings of burnout. This study will validate a recently published social burnout scale, developed with medical students in China, and determine whether undergraduate students in the USA express similar levels of social burnout. If successful, the intervention will point to new approaches for improving academic outcomes and helping students navigate social pressures.

Paper number 1241 | Oral

Secondary traumatic stress and resilience among healthcare professionals: The role of burnout and moral injury

Maria Nicoleta Turliuc[1], Bianca Melinte[2]

[1]Alexandru Ioan Cuza University, Romania
[2]"Alexandru Ioan Cuza University" of Iasi, Romania

Research aims and objectives. The current study aimed to investigate the relationship between secondary traumatic stress (STS) and resilience in healthcare professionals, and to identify possible mediators of this relationship: burnout and moral injury.

Theoretical background. Several researchers have found a negative association between resilience and STS. However, there are situations in which some medical professionals, following exposure to traumatic events suffered by their patients, experience STS symptoms, but still maintain or reach a significant level of resilience. This could indicate that different factors may be involved in the relationship between STS and resilience, that must be explored.

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Research design. The study was conducted on a sample of 174 healthcare professionals working in hospitals and clinics. Data was collected using Google Forms, and for the mediation model, we have used model 4 from PROCESS (Hayes, 2022).

Results. The findings showed the presence of a significant negative relationship between STS and resilience in healthcare professionals. Also, both burnout and moral injury partially mediated the relationship between STS and resilience.

Implications. These results may offer some explanation as to why some healthcare professionals manage to remain resilient even after constant exposure to traumatic events, while others have difficulties recovering from them. Organizations should provide education and training to medical professionals, both on the effects that exposure to trauma experienced by their patients can have on them, as well as conducting programs to reduce burnout and support groups to help them through difficult situations that may cause moral injury.

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Paper number 368 | Oral

Working from home, stress, and burnout among university staff

Renier Steyn[1]

[1]University of South Africa, South Africa

Research aims and objectives

This study aimed to assess the burnout levels among university staff working from home and compare it to staff members working on campus. The objective was to identify the specific and relative stressors remote workers experience, measure their levels of burnout, and determine whether they require additional support.

Theoretical background

The Job Demand-Resources Model underpinned the research, highlighting that excessive demands relative to resources can cause burnout. Remote work, characterized by isolation and limited in-person feedback, may exacerbate this imbalance.

Research methodology

A cross-sectional survey design measured stress using a custom scale and burnout using the Maslach Burnout Inventory - Educators Survey (MBI-ES). The sample included 678 respondents, with 120 (17.6%) primarily working from home. Statistical analysis compared remote and campus-based workers.

Results

The results revealed remote workers reported significantly higher stress ($F = 39.260$, $p < .001$). With regards to burnout emotional exhaustion ($F = 28.690$, $p < .001$) and depersonalization ($F = 9.480$, $p = .002$) were higher for remote workers, and personal accomplishment ($F = 20.235$, $p < .001$) lower than their on-campus counterparts. However, the relationship between stress and burnout components was similar across both groups, suggesting shared contributing factors.

Limitations

The research was conducted at only two universities with a modest response rate. However, the study captured a substantial dataset. Also, moderators and mediators were excluded as to encourage participation, however a broader set of variables would have been preferable and beneficial.

Implications for research

The results underscore significant mental health challenges for remote workers, including heightened stress, reduced achievement, and deteriorating interpersonal connections. These findings challenge the perception of enhanced work-life balance in remote settings and highlight the need for targeted mental health interventions, particularly for remote staff.

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Papers session 19

Paper number 83 | Oral

Creative pathways: Leveraging the arts for psychological well-being and educational access in areas of high deprivation

Ange Garden[1]

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This project explored how creative pathways through the arts can enhance psychological well-being and educational access for children in areas of high deprivation. Collaborating with six primary schools (circa 200 pupils) in city centre areas of the Northwest of England and Latin American arts organisation Luma Creations, we integrated arts-based activities into the school curriculum. Deprivation health refers to the inequalities in income, employment, education, health, crime, housing, and living environment that hinder healthcare access and outcomes for children. Our aim was to foster self-expression, emotional resilience, and a sense of belonging among pupils while addressing the challenges posed by deprivation health.

Creative outputs—including a tree of life, a giant hummingbird constructed from sustainable materials, a collaborative rug showcasing the children's artwork, and a poem reflecting on sustainability—engaged pupils in collective meaning-making. These activities allowed them to connect with their emotions, develop problem-solving skills, and cultivate an understanding of community and environmental stewardship.

The 12-item Stirling Children's Well-being Scale (SCWBS), developed by the Stirling Council Educational Psychology Service (UK), was employed as a holistic, positively worded measure of emotional and psychological well-being in children. This allowed us to track pupil well-being through measuring positive outlook and emotional state, with an adaptation to include statements about the ability to read and express feelings and seek help. Pupils completed this simple questionnaire before and after the programme, supervised by class teachers.

Our methods captured both whole-class changes and individual impacts, providing a broader picture of how children relate to one another and take responsibility for their collective well-being. The project highlights the significant findings from these arts interventions, highlighting their role in shaping self-perception, emotional regulation, and educational aspirations, thereby offering a model for integrating the arts into educational settings to foster resilience and aspiration.

Paper number 619 | Oral

The role of age in appreciation of contemporary art among primary school students as mediated by subjective understanding

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[1]The John Paul II Catholic University of Lublin, Poland

We investigated whether subjective understanding of artwork enhances contemporary art appreciation among primary school students. We also aimed to test the influence of the type of contemporary artwork (representational vs. non-representational) and the contextual information (provided vs. no) on art liking and subjective understanding.

In line with Parsons' (1987) assumption that the older a student, the more reception of art is cognitively driven and the less favourable the student is toward art in general, we predicted a decrease in liking and understanding of

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contemporary artworks in older students, especially within the more cognitively challenging non-representational artworks category and when no contextual information is provided (Leder et al., 2004).

Taking an approach of experimental aesthetics, we tested participants aged 6 to 14 years (N = 197) who viewed two categories of contemporary art: representational or non-representational artworks, under two conditions: providing (or not) verbal contextual information about the artwork. The participants rated liking and subjective understanding of artworks. We analysed the data using multilevel moderated mediation and linear mixed models.

Subjective understanding mediated the effect of age on artwork liking, and this mediation effect was influenced by whether contextual information was provided. Both liking and understanding decreased in older students, particularly within the non-representational artworks category and when no information about artwork was provided.

Limitations: We measured understanding only in terms of subjective sense of comprehension. A more comprehensive reference to Parsons' (1987) conceptual model would require analysing the understanding of artworks more deeply (e.g. thanks to collecting participants' statements).

The findings suggest that primary school students are more critical of contemporary art as they age due to the increasing need to engage in the cognitive mastering of art and subjectively satisfying meaning-making. This can have implications for students' art education and should be considered when designing school curricula.

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Paper number 297 | Oral

OLTRETUTTO - overcoming limits through reflective and expressive techniques, using theatrical, transformative and observational tools: A pilot study

Davide Maria Marchioro[1], Chiara Franceschi[1]

[1]IUS - ISTITUTO UNIVERSITARIO SALESIANO VENEZIA-MESTRE, Italy

This pilot study explores the impact of psychodramatic narrative storytelling combined with expressive techniques on self-perception, emotional awareness, and psychological resilience in university students. Grounded in narrative psychology and Kolb's experiential learning theory (1984), the research employed a custom psychodramatic narrative interwoven with expressive activities such as dance, improvisation, and theatrical role-play to foster deep self-reflection and emotional processing.

Conducted in Venice, Italy, the study involved two groups of 20 first-year university students aged 19–21, recruited from diverse faculties within the same university to ensure a range of perspectives and experiences. The experimental group participated in nine 3-hour sessions, while the control group received no intervention. Each session revolved around a symbolic narrative – a journey through a forest – where participants encountered symbolic themes such as unpredictability, relationships, dreams, personal vulnerabilities, and potential. In one session, participants engaged with the metaphor of a deep lake. Guided through movements simulating immersion into the lake's depths, they confronted emotions linked to falling. At the metaphorical bottom, they encountered their reflection, symbolizing an opportunity to face hidden aspects of themselves, rediscover their core identity, and gain self-awareness. Group discussions followed, enabling participants to articulate and integrate their insights.

Preliminary results, based on an initial subset of participants, revealed significant improvements in body image perception in the experimental group ($p<.01$) compared to the control group ($p<.001$), as measured by the modified Askevold test (1975). Qualitative analysis, conducted with ATLAS.ti using thematic analysis, identified key themes, including heightened ability to navigate uncertainty, deeper self-compassion, and improved emotional articulation. Participants noted how expressive activities reinforced the psychodramatic narrative, facilitating the integration of emotional and perceptual experiences.

While analysis of the complete dataset is ongoing, these preliminary findings suggest that psychodramatic storytelling combined with expressive techniques holds promise for fostering emotional growth and self-awareness.

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Paper number 7 | Oral

Psychotherapeutic Playback Theatre: A new form of theatre as therapy

Antonio-José Gonzalez[1], Margarida Lima[2], Luís Preto[1]

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Theatre has always been connected to catharsis, since the times of Aristotle. In the 20th century, Psychodrama, Dramatherapy, and Therapeutic Theatre, among other models using theatre, developed and flourished. In the 70s, Playback Theatre, inspired by Psychodrama, showed very interesting impacts not only in communities and groups but also in individual wellbeing. In the last decade, a therapeutic form, Psychotherapeutic Playback Theatre, has been developed. In Portugal, Fundação para a Ciência e a Tecnologia funded an implementation exploratory project (FCT - 2022.07713.PTDC), led by the authors of this presentation.

The goal of this presentation is to present this research and share some of the data collected. After a first year dedicated to training the first group of therapists in Psychotherapeutic Playback Theatre, in January 2024 several therapeutic groups started and were followed, using a mixed methods design. In this presentation, we will present the project in general and some of its findings, focusing on the efficacy of this new form of group psychotherapy and in some implications for theory and practice of (group) psychotherapy.

Roundtable discussion 7 - Swipe, Shop, Repeat: Unraveling TikTok's Grip on Spending and Well-Being

Paper number 688 | Roundtable discussion

Swipe, shop, repeat: Unraveling TikTok's grip on spending and well-being

Amy Patel[1], Josey Spiers[1], Melissa Di Martino[1]

[1]New York Institute of Technology, United States

TikTok (TT) has revolutionized content consumption with custom-tailored algorithms, garnering 62% of U.S. young adults aged 18-29 using the platform daily. Since TT Shop's release in September 2023, ByteDance reported $11.7 billion in revenue. In a year, it sparked an unprecedented phenomenon by integrating product advertising into entertainment content. Despite its growing influence, research on TT Shop's impact on consumer behavior is limited. This longitudinal, repeated-measures study examines how TT Shop impacts consumer spending habits over time. Undergraduate students will record their TT shop spending for three weeks, then will reduce TikTok usage by 40% and record their spending for another three weeks. Measures of self-esteem, fear of missing out (FOMO), and general anxiety will be recorded at the end of each 3-week period.

TikTok's significant societal influence is further highlighted by its controversial role in global politics and data security concerns. Its ban in countries like India and discussions of restrictions in the United States underscore the platform's profound impact on culture, economy, and individual behavior. Furthermore, this research contributed to the conference theme, "Transforming Psychological Science: the 2030 Agenda," by exploring intersections of digital platforms, consumer behavior, and well-being. Mental well-being is a critical area as society navigates challenges posed by rapid technological advancements.

The findings will provide insight into the psychological and behavioral effects of algorithm-driven digital consumption, offering strategies for sustainable and financially sound buying practices while addressing issues of

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impulsive spending and digital well-being. Additionally, highlighting the critical need to understand the psychological and financial impact of TT Shop on young adults. By exploring how changes in platform use affect spending habits and mental health, it provides actionable insights for individuals and policymakers. The findings aim to drive concrete strategies to promote healthier digital behaviors and inform ethical approaches to algorithm-driven advertising, addressing real-world challenges.

Roundtable discussion 8 - Hastened death in Europe: Comparative Perspectives, the Role of Psychologists, and Conscientious Objection

Paper number 1098 | Roundtable discussion

Hastened death in Europe: Comparative perspectives, the role of psychologists, and conscientious objection

Miguel Ricou[1, 2], Helena Pereira[1, 2], Susana Carvalho[1], Vita Postuvan[3, 4], Christian Arnezeder[5], Paul Beadon[6]

[1]Faculty Medicine Porto University, Portugal
[2]Ordem dos Psicólogos Portugueses, Portugal
[3]University of Primorska, Andrej Marušič Institute, Slovene Centre for Suicide Research, Slovenia
[4]University of Primorska, FAMNIT, Department of Psychology, Slovenia
[5]Association of Austrian Psychologists, Austria
[6]British Psychological Society, United Kingdom

This roundtable discussion brings together six contributors to examine the multifaceted issue of hastened death (often referred to as assisted dying) in four distinct European contexts: Austria, England, Portugal, and Slovenia. By addressing the legal, ethical, and psychological dimensions of hastened death, the session aims to provide a nuanced understanding of how these practices are implemented – or debated – in diverse jurisdictions.

Reflections will emerge from Austria, where hastened death is already regulated; from England and Portugal, which have approved legislation but face challenges in regulation and practical application; and from Slovenia, where public debate is currently unfolding. Special emphasis will be placed on the role of psychologists in supporting patients, families, and healthcare teams, particularly in guiding complex decision-making processes, evaluating the will to hasten death, and assessing mental capacity when necessary.

A key segment of this discussion will focus on the ethical implications of conscientious objection. Participants will explore the reasons healthcare professionals may consciously oppose to participate in hastened death processes, while also examining how psychologists can assist in understanding and addressing these conflicts. The conversation will further consider the potential function of mediators in safeguarding both the rights of professionals who object and the rights of patients seeking access to hastened death.

By weaving together multiple national perspectives and culminating in a discussant's commentary, this roundtable seeks to foster a critical dialogue on the complexities, challenges, and responsibilities inherent in providing ethically sound and person-centered care in cases of hastened death. Particular emphasis is placed on defining and strengthening the role of psychologists, ensuring that patients, families, and healthcare teams receive comprehensive and ethically guided support throughout the decision-making process.

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Paper number 1189 | Symposium

Empowering youth: The importance of participation and leadership in psychology institutions

Jaime Martín[1], Alvaro Rovira[2], Pedro Altungy[3]

[1]Universitat Jaume I, Spain
[2]European Federation of Psychology Students' Associations, Spain
[3]Universidad Complutense de Madrid, Spain

Young people, as social actors, should be involved and supported in the social, political and employment activities of society, as set out in the EU Youth Strategy 2019-2027. Making young people the architects of their own lives, fostering their personal development, autonomy and resilience, is key for them to become active citizens capable of positively leading the future.

As highlighted in the European Youth Goals, fostering this participation involves promoting professional and youth organisations that work for better access to employment, health promotion and well-being. Furthermore, following SDGs 4.3 and 4.4 of the 2030 Agenda, it is essential to improve technical competences, soft skills and entrepreneurial skills to facilitate their integration into the world of work.

In the field of psychology, there are international and national organisations that invest in empowering young people. At the international level, institutions such as the International Association of Applied Psychology (IAAP), the European Federation of Psychology Students' Associations (EFPSA) and the Inter-American Psychological Society (SIP) offer platforms to participate in global projects, access specialised resources such as journals, conferences and networking forums, and collaborate in research. At the national level, organisations such as the Consejo General de la Psicología de España and student bodies such as CEP-PIE facilitate training, professional development and the establishment of connections between colleagues.

These opportunities not only enrich the quality of their professional practice, but also strengthen the communities in which they work. They also highlight the importance of including young people in decision-making and collaborative spaces, enabling them to progress quickly in their careers and become active leaders in their respective fields.

Paper number 1372 | Symposium Paper

International Associations for Early Career Psychologists: The role of IAAP in building bridges

Pedro Altungy[1]

[1]Universidad Complutense de Madrid, Spain

"The International Association of Applied Psychology (IAAP), founded in 1920, stands as the world's oldest and one of the most influential international organisations in sychology. Its structure, encompassing 18 divisions, reflects the breadth of psychology’s disciplines. Among these, Division 15 serves as a vital hub for students, offering a unique platform for early-career psychologists to engage in meaningful international collaboration and exchange.

Division 15 enables students from across the globe to connect, share their academic and professional interests, and work together on diverse projects. By fostering such connections, the division promotes an environment where ideas and experiences transcend borders, enriching the perspectives of future psychologists. Furthermore, it facilitates student participation in international research projects, empowering them to contribute to psychology’s

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evolving body of knowledge. The division also actively encourages involvement in conferences, workshops, and discussions on contemporary issues, helping students gain visibility and develop essential professional skills.

This presentation will explore the significant contributions that international associations like the IAAP make in advancing the careers of early-career psychologists. By providing opportunities for networking, professional development, and interdisciplinary collaboration, the IAAP plays a pivotal role in shaping the future of the field. Special focus will be given to the initiatives lead by the IAAP Division 15, which serves as a launchpad for aspiring psychologists to engage with pressing global challenges and make impactful contributions to their respective domains.

As today's students evolve into tomorrow's leaders, the IAAP's support and guidance prove indispensable in nurturing a new generation of psychology professionals ready to tackle the complexities of the modern world."

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Paper number 1373 | Symposium Paper

EFPSA: Fostering excellence and leadership among psychology students in europe

Alvaro Rovira[1]

[1]European Federation of Psychology Students' Associations, Spain

"The European Federation of Psychology Students' Associations (EFPSA) is a leading network dedicated to representing and empowering psychology students across Europe. Established to promote collaboration and foster professional growth, EFPSA operates on a voluntary basis, driven by psychology students, for psychology students. The Federation encompasses 31 Member Organisations, creating a highly diverse and inclusive community spanning countries and cultural contexts across the continent. EFPSA's mission focuses on enhancing the educational, professional, and personal development of psychology students. This is achieved through a broad range of initiatives, including international conferences, educational programs, and research opportunities.

EFPSA also facilitates the exchange of knowledge and experiences, offering psychology students access to specialized resources, academic opportunities, and professional networks. Flagship events, such as the EFPSA Congress and the Research Summer School, provide platforms for learning, collaboration, and innovation in psychology. Beyond its events, EFPSA actively contributes to advancing the discipline through its partnerships with esteemed professional organisations. It empowers students to engage in impactful projects, develop essential skills, and explore career opportunities in psychology. By connecting aspiring psychologists and promoting their active involvement in the field, EFPSA plays a vital role in shaping the future of psychology in Europe. It remains committed to fostering a sense of community and professional excellence among psychology students, equipping them to become leaders and advocates in the field."

Paper number 1374 | Symposium Paper

Consejo General de la Psicología: A look at youth from the perspective of Spanish Psychology

Jaime Martin[1]

[1]Universitat Jaume, Spain

"From this presentation, we want to make known the work done by young Spanish psychologists from the Consejo General de la Psicología in Spain (CGCOP) and, in particular, from the academic division of the same. The Consejo General de la Psicología in Spain offers opportunities from this division to publish documents and databases of

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reference and with infographics of value for all those who want to undertake an academic career. In addition, it allows the possibility to publish achievements in congresses or journals in its Newsletter and supports, with grants, the participation in academic activities, among other measures.

Through the group of the academic division called ‘academia joven’ young psychologists have an opportunity to participate in the contribution to science and in the associationism of Spanish psychology, giving them the possibility to participate in these environments.

Likewise, as youth entities, there are organisations such as the Colectivo de Estudiantes de Psicología (CEP-PIE) which helps and empowers young students in their journey in Spanish undergraduate and postgraduate studies with initiatives that represent all Spanish universities."

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Paper number 950 | Symposium

Psychosocial support for refugees and victims of war, symposium I Psychosocial support for refugees and victims of war, symposium II

Magda Rooze[1], Ferdinand Garoff[2], Andreea Apostol[3], Maria Karekla[4]

[1]European Federation of Psychologists Associations, Netherlands
[2]Trauma Center Finland, Finland
[3]112 Emergency Psychologists Catalunya, Spain
[4]University of Cyprus, Cyprus

The Standing Committee on Crisis, Disaster and Trauma Psychology resides under the European Federation of Psychologists Associations. The Committee wants to provide direction to psychologists in the development and delivery of expertise in crisis, disaster and trauma psychology, psychosocial crisis management, individual and community resilience building, operational and emergency psychology and evidence based post trauma interventions to provide and mediate evidence based, best practices and to seek consensus on common European values and standards. The Committee focuses on a wide range of topics covering the field. The Committee consists of 24 members, representing 23 European Countries and 1 associated member, EMDR Europe.

In the past working period we focused on the psychosocial support for refugees and victims of war. Never have been there so many people on the move as these days. All European countries are confronted with large populations who seek asylum. Refugees may be among the most at risk people in our communities.

The WHO review Mental Health of refugees and migrants: risk and protective factors and access to care 2023 will be the reference for our work. The Standing Committee will add to this from national experiences and expertise.

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Paper number 1359 | Symposium Paper

Psychosocial support for refugees and victims of war: guidelines, interventions and some examples from the Nordic countries

Ferdinand Garoff[1]

[1]Trauma Center Finland, Finland

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Research aims and objectives:

This presentation aims to presents some international guidelines and psychosocial interventions for refugees and victims of war, and to discuss three initiatives from the Nordic countries in the light of these recommendations. The aim is to inform and inspire clinicians and researchers in the field and provide some lessons learned.

Theoretical background:

Refugees and victims of war have frequently experienced potentially traumatic events and face numerous daily stressors (1–3), this exposes them to significant risk of mental ill health. This imposes a significant public health burden on countries receiving asylum seekers and refugees .

Numerous guidelines and intervention models have been developed to address the psychosocial needs of asylum seekers and refugees . Psychosocial interventions have been found to have a beneficial effect on the mental health of refugees and victims of war. However, outcomes are quite heterogenous, perhaps due to demographic differences, as well as different approaches to delivering psychosocial interventions. Adaptation of interventions to specific context is also necessary.

Research approach:

This presentation addresses briefly three initiatives in the Nordic countries that all seek to improve the mental health of refugees and asylum seekers. These include:

1. The Asylum Seekers Health and Wellbeing Survey conducted by the Finnish Institute for Health and Welfare in collaboration with the Finnish Immigration Service. The project also included the development of a health assessment protocol for recently arrived asylum seekers that was implemented nationally.

2. A pilot-study for intensive trauma-focused treatment for refugee children organized by the Swedish Red Cross.

3. The Nordic network for professionals working with traumatized refugees.

Results:

Results, reflections and lessons learned will be presented for each of the initiatives.

Implications for practice: The presentation seeks to contribute to a clearer understanding of best practices and contextual factors in providing psychosocial support to refugees and victims of war.

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Paper number 1360 | Symposium Paper

EMDR Europe humanitarian interventions for Ukrainian refugees across Europe. Summary of coordinated efforts (2022-2025)

Andreea Apostol[1]

[1]112 Emergency Psychologists Catalunya, Spain

This comprehensive overview summarizes coordinated psychological interventions conducted by EMDR Europe and National Associations in response to the war in Ukraine. Since February 2022, over 40 member states have collaborated to provide psychological first aid, trauma-focused interventions, and resilience-building activities to both refugees and professionals affected by the conflict. EMDR Europe implemented evidence-based protocols, including ASSYST, G-TEP, R-TEP, and IGTP-OTS, delivering services across three major areas: inside Ukraine, border countries (Poland, Hungary, Slovakia, Romania), and broader EU regions hosting large refugee communities.

EMDR Poland reported psychological support for 2,660 Ukrainians, totalling approximately 6,000 therapy sessions, while EMDR Hungary reached 292 refugees and professionals through 89 interventions. Italy's EMDR Association alone led 50 projects in partnership with municipalities, health services, and NGOs. EMDR Ukraine facilitated continuous peer support and supervision for their clinicians, aiming to sustain their capacity in offering trauma therapy.

A central theme in these interventions was strengthening community-based mental health services by training local clinicians, supporting frontline volunteers, and preventing burnout. These programs included self-care groups for Ukrainian EMDR clinicians and psychoeducation for refugee families and schools. EMDR protocols were culturally adapted and delivered in multiple languages with the help of trained interpreters.

Key results demonstrated reduced PTSD symptoms, improved emotional regulation, and enhanced resilience among participants. Group sessions and early interventions were pivotal in preventing long-term psychological harm. Data collected from these operations will inform future guidelines for humanitarian crisis interventions.

Paper number 1361 | Symposium Paper

Acceptance and Commitment Therapy for unaccompanied refugee minors

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Research objectives: To examine whether an adapted Acceptance and Commitment Therapy (ACT) group intervention can improve quality of life (QoL), psychological flexibility (PF) and psychological symptoms of depression, anxiety, and stress in unaccompanied refugee minors (UM).

Theoretical background: UM are a highly vulnerable refugee subgroup facing several challenges at a critical point in their physical and mental development, without the support of a parent or caregiver. Despite ACT being particularly suited to the treatment of trauma survivors and theoretically pertinent to the refugee population, the empirical evidence is still in its infancy.

Methodology: A cluster randomized controlled trial was carried out in six shelters across Cyprus. 101 UM (13-18 years old) participated (49 males, 52 females). Shelters were randomly assigned to either a four-session treatment group or wait-list control group. Post-intervention, UM participated in focus groups to qualitatively examine the acceptability of ACT using thematic analysis.

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Results: Results showed statistically significant improvements for PF at post-intervention and one-month follow-up in the treatment group. Improvements were observed for stress, anxiety, and depression in both the treatment and control group. No improvements were observed for QoL. Thematic analysis demonstrated that ACT is an acceptable and culturally appropriate approach for UM.

Limitations: A substantial proportion was of UM was lost to follow-up mostly due to moving away from shelters. Some measures used were not validated and had poor internal consistency which may have impacted study findings.

Implications: This is the first study demonstrating preliminary findings that the adapted ACT intervention is effective, acceptable, and culturally appropriate for UM adding greatly to the literature. The protocol could be a useful preventative intervention for UM and could be utilized as the first level of care in a stepped-care model within existing mental health services.

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Paper number 1084 | Symposium

European perspectives in community psychology: Diversity, Innovation, and collaboration

Isabel María Herrera-Sánchez[1], Maria Vargas-Moniz[2], José H. Ornelas[2], caterina arcidiacono[3], Immacolata Di Napoli[4], Fortuna Procentese[4], Emanuele Esempio[5], Flora Gatti[6], Uwe C. Fischer[7]

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[2]APPsyCI/Ispa-Instituto Universitário, Lisboa, Portugal
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[4]University of Federico II, Naples, Italy
[5]Università Suor Orsola Benincasa Napoli, Italy
[6]Università degli Studi di Napoli Federico II, Italy
[7]University of Bamberg, Germany

This symposium highlights the diverse contributions of Community Psychology in addressing societal challenges through participatory, collaborative, and context-sensitive approaches. Key themes include: 1) Transnational Collaboration and Local Impact: Four decades of participatory action research in Portugal have advanced community mental health, housing-first models, violence prevention, and mental health promotion in education. These efforts showcase the transformative power of European networking and collective capacity building. 2) Academic Integration and Methodological Innovation: Community psychology education integrates participatory methodologies to address complex socio-ecological challenges. A Case-based studied in Italy illustrate the discipline's impact in local contexts and its alignment with contemporary societal needs. 3) Digital Competency Development: In response to technological transformations, Community Psychology emphasizes training in digital skills to enhance engagement with stakeholders and improve intervention effectiveness. This ongoing effort fosters the best practices and scalable training methodologies. 4) In Germany, Community Psychology holds potential as an emergent framework for integrating psychological principles into broader socio-ecological contexts, addressing contemporary societal transformations. Although not yet widely established, its focus on bridging theoretical knowledge with practical application aligns with the need for psychology to respond to complex social and environmental challenges. This approach could complement recent transformations in psychology training, such as the restructuring of master's programs, positioning community psychology as a valuable contributor to addressing Germany's evolving societal needs. In conclusion, Community Psychology in Europe demonstrates its capacity to foster sustainable societal changes through collaboration, inclusive education, and innovative practices. It serves as a vital field for addressing complex social issues while promoting equity, well-being, and social justice.

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Paper number 1399 | Symposium Paper

Community Psychology contributions for teaching, research and action in Portugal: Celebrating four decades of transnational networking, collaboration and intervention

Maria Vargas-Moniz[1], José H. Ornelas[1]

[1]APPsyCI/Ispa-Instituto Universitário, Lisboa, Portugal

Community Psychology research and action originated and implemented in Portugal is profoundly aligned and integrated with the European context. Projects developed at the local, national and/or integrated into transnational consortia, since the 80s of the 20th Century, have been inspired by community psychology values and methods, particularly in PAR (Participatory Action-Research), collaborative research, and mixed-method designs to promote an in-depth understanding of the potential of capacity building for civic and social engagement and meaningful participation of people affected by extreme individual and contextual societal challenges. The entailed research and action have been focused on influencing change in four intertwined domains: a) community mental health, deinstitutionalization of large-scale psychiatric hospitals, and the alternatives regarding recovery and integration of people with mental health challenges; b) Advancing the Housing First Model, as a response to homelessness with a specialization on mental health; c) Systems response to Gendered-based Violence and the need for alternatives to psychopathological approaches regarding interpersonal violence; and more recently by advocating for d) mental health promotion approaches in Higher Education Institutions. The presentation is focused on documenting the outcomes of four decades of co-learning and knowledge transfer within the Masters and Doctoral Programs in Community Psychology, as well as the outcomes of the participation in European Projects and the role of the continued European networking and the power of association demonstrated by the European community psychologists.

Paper number 1400 | Symposium Paper

Integrating Community Psychology into Higher Education: Lessons from Italy

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Community psychology has deep roots in Italy and has been operating since the 70s. Since 1994, it has been represented by the Italian Society of Community Psychology, too. Community psychology teaching modules are well represented in psychology training in higher education. Indeed, we aim to describe community psychology relevance as a field of practice in training Italian psychologists. This contribution intends to describe the goals, actions and impact of community psychology, analysing the teaching modules of community psychology and related areas in the degree courses of the Italian Universities considering lengths, credits, references, thematic areas, and didactic tools. The further goal will be to report a specific case study in an academic context. We will analyse projects, research, and actions of the University Federico II of Naples community psychology teaching and researching team during the last 10 years. Some examples of participatory action methodology will be described to enhance the quality and well-being in the local contexts. This report will allow us to reflect on the different topics, methodologies and actions pursued by an active research team involved in research and teaching at the PhD level that inspired the community psychology's values as inclusiveness, trust and awareness of a sense of togetherness. Last but not least, this contribution will allow for the best discussion concerning future goals, new topics, and methods for the whole psychology community at the European level.

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Paper number 1401 | Symposium Paper

Social and Community Psychology and digital skills: Building a framework for professional and academic training

Emanuele Esempio[1], Flora Gatti[2], Caterina Arcidiacono[2]

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Theoretical Background. Due to recent socio-cultural and technological transformations, Community Psychologists are required to engage with professional and social environments relying on digital tools and Information and Communication Technologies (ICT). With reference to the academic Third Mission (TM), this requires the development of new media literacy skills and knowledge to foster the efficacy of relationships with stakeholders and of professional activities. To this aim, an understanding of the psychologists' competency framework, their training needs, and the goals they are expected to achieve is needed. Research Aims and Methodology. Within the Participatory Action Research framework, the research-project aims to: 1) Analyze community psychologists' competencies regarding the TM in academia; 2) Detect training needs based on the experiences of involved psychologists; 3) Identify potential training tools and methodologies to address these needs; and 4) Enhance relationships with stakeholders and improve the effectiveness of TM interventions in both community psychology projects and academia. To this aim, semi-structured interviews and international working groups were conducted, engaging professionals from different socio-cultural, professional, and institutional contexts. Thematic analysis was used. Results. The emerging themes will inform the design of a training program aimed at enhancing media skills to support psychologists in their TM and professional engagements. The research project aims to co-create formative paths for skill development and foster interactive communities of best practices. These initiatives are meant to continuously update, promoting shared knowledge and expertise among professionals. The resulting processes and outcomes aim to be scalable and replicable across various applications of community psychology and academic TM. Limitations and Implications. Despite involving a relatively small pool of participants, the research projects meets transferability criteria and provide meaningful insights for formative-training interventions and academic policies. Such future implications will be further deepened due to the intrinsic longitudinal nature of the research project.

Paper number 1402 | Symposium Paper

The potential of Community Psychology for the qualification in psychology regarding the societal challenges and transformations: An analysis of the MSc Psychology transformation situation in Germany.

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The societal challenges and transformation for human beings demand scientific concepts, interventions, and qualifications. Psychology as a scientific discipline and its qualified absolvents should be prepared for these challenges. Most of the current challenges need a focus on socio-ecological systems and the contextual embedding of human behavior. One prominent established approach within psychology that could cover this focus is community psychology. Therefore this study is analyzing a) which societal challenges are demanding psychological interventions and their qualifications, b) what is the state of the art regarding the thematic focus in psychology qualification (content and methods based on module descriptions), and c) could community psychology give a

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contribution. A qualitative document analysis combined with mixed methods will focus on the example of the situation in Germany, where the scientific master qualification has been split into psychotherapy and a kind of general psychology master based on the law in 2019. The demand to adapt the general master qualification to this new situation could give additional information about first content transformations. The research is ongoing and will be closed in spring. The results will be discussed by contrasting a) the demands with the state of the art of psychology qualification and b) the community psychology content with qualification demands. The discussion will also consider community psychology's sub- and transdisciplinary status and how the results reflect a similar situation in other European countries.

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Papers session 20

Paper number 890 | Oral

Street harassment and women's mental health: The influence of sexist beliefs

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Eliminating all forms of violence against women and girls in public and private spheres (SDG 5.1) is a priority within the 2030 Agenda. Violence against women is a global issue with severe mental health consequences. Among these forms of violence, street harassment is one of the most common and normalized, even in countries with high gender equity. A consistent factor across studies on its causes is the influence of sexist attitudes, which correlate with a greater propensity for sexist behaviors and normalization of such conduct. This study aims to explore the prevalence of street harassment, assess the role of sexist attitudes in its reported frequency, and examine its impact on women's psychological health. A cross-sectional study involving 245 women in Spain evaluated the frequency of different types of street harassment and its association with psychological variables such as anxiety, fear of rape, and avoidance behaviors. Sexist beliefs were assessed as an ideological or attitudinal variable. Street harassment prevalence was significantly high, with most participants reporting having experienced it at least once in their lives, and over three-quarters reporting experiencing it monthly in the past year. A significant correlation was found between harassment frequency and increased fear of rape, avoidance behaviors, and anxiety. Women with higher scores on sexist beliefs reported less street harassment; however, the relationships between harassment and the various psychological well-being impact variables remained unchanged. Although a wider sample is needed, the findings underscore the profound impact of street harassment on women's freedom, safety, and psychological well-being, highlighting the urgent need to address this form of violence. Sexist beliefs obscure the recognition of such behaviors but fail to mitigate their psychological consequences. Addressing sexism and implementing effective strategies to prevent harassment are essential to safeguard women's rights and advance the SDGs, promoting a just and equitable society.

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Paper number 664 | Oral

Cultivating Hope: Shifting minds from scarcity to abundance

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War, illness, death, prejudice, economic inequity, ecological change, religious and cultural conflict, social discord, trauma, hatred, anxiety, fear: these are only some of the struggles facing humanity on a daily basis. As clinicians, researchers, students, teachers, we are not immune to the effects of living in a world where survival is frequently the focus. However, if we limit ourselves to just surviving, we will be hard-pressed to step out of the scarcity mindset that drives separateness and increases fear. If we hope to facilitate change, whether with clients, patients, students, or within ourselves, it is crucial that we learn to cultivate hope and lean into a mindset that is focused on thriving and abundance. This workshop will first present an outline of the scarcity and abundance mindsets, focusing on the ways each reflects survival and thriving perspectives, respectively. Following a brief review of social, behavioral, clinical and neurobiological research, case examples from clinical practice will be provided for discussion. Experiential activities will be used to engage participants in exploring their own experience of the scarcity and abundance mindset, and the ways in which these may parallel clinical work with clients. Approaches for the cultivation of hope will be explored, with a Q&A offered at the end. As a global community, we cannot forget the importance of hope, and the ways in which hope can be the bridge between survival and thriving, especially when suffering is so ever-present.

Paper number 556 | Oral

The role of Outdoor Education in fostering environmental literacy and personal well-being among secondary school students: a longitudinal study

Valeria Chiozza[1, 2], Paola Perucchini[2, 3], Mei Xie[1], Susana Alves[1], Simona Grilli[4], Marino Bonaiuto[1, 2]

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Research aims and objectives:

The study aims to investigate how Outdoor Education (OE) programmes supports attitudes towards the environment and environmental sustainability, as well as students' personal identity and well-being.

Theoretical Background:

OE in natural settings is increasingly recognised as a vital component of sustainable development. It fosters biospheric values, connection with nature and environmental empathy while enhancing personal and social well-being. Benefits also include increased ecological commitment, awareness and curiosity.

Research design, methodology and approach:

The study involves a sample of secondary school students and adopts a quasi-experimental field design, with data collected before and after each intervention for an experimental and a control group. A comprehensive questionnaire was administered to assess the dependent variables and gather socio-demographic information, focusing on individual characteristics (e.g., biospheric values and identity), contextual factors (e.g., family environmental socialisation), and eco-well-being indicators (e.g., life satisfaction and eco- anxiety).

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Results:

Initial findings from a preliminary sample of 165 students suggest that OE programmes are associated with higher mean scores in key dependent variables—including environmental attitudes, stewardship, identity, civic engagement, and life satisfaction—after the interventions in the experimental group compared to the control group.

Limitations:

Students may be influenced by external factors, such as personal experiences or changes in the school and social context, which are not accounted for in the assessment. Moreover, the effects observed immediately after the intervention may not persist or could change over time, potentially not being captured in the post-intervention assessments.

Implications for research, practice and/or policy:

Findings highlight the transformative potential of OE in promoting students' well-being, emphasizing its role in fostering emotional, cognitive, and social growth. They underscore the importance of integrating nature-based learning into educational practices to support holistic development and offer valuable insights for educational strategies that foster resilient, well-rounded learners with strong connection to the environment.

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Paper number 1009 | Oral

An Internet-based intervention to promote mental health and wellbeing: Effectiveness of the Be Well Plan

Dan Fassnacht[1], Kathina Ali[1], Joep van Agteren[2], Matthew Iasiello[2], Mike Kyrios[3]

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Background. Contemporary definitions describe mental health as a state of wellbeing that is more than the absence of illness. While prevention and early intervention programs addressing mental ill-health are readily available, they are commonly not focusing on improving mental wellbeing.

Research aims. This presentation will describe the development and evaluation of an innovative, scalable mental health intervention – the Be Well Plan – that can be tailored to individual needs, delivered online, without relying on clinical resources.

Method. The presentation will focus on three studies examining the effectiveness of the program. Study designs included an uncontrolled intervention study in the general community (N=89, 66% females, average age 39 years), a randomised controlled trial among university students comparing the Be Well Plan to a wait-list condition (N=215, 81% females, average age 31), and a pilot study of breast cancer survivors (N=19 females, average age 46 years). All interventions were facilitated online. Different measures of psychological distress (DASS-21, PHQ-9, GAD-7) and mental wellbeing (Mental Health Continuum-Short Form, Warwick-Edinburgh Mental Wellbeing Scale) were used across studies.

Results. Findings from the randomised controlled trial showed medium between group effects in improving mental wellbeing and resilience and small effects for anxiety and depression. In the uncontrolled study, medium to large improvements were found for mental wellbeing and psychological distress, whereas in the pilot study large effects were reported for improving mental wellbeing, self-compassion, depression and anxiety. In all three studies, engagement with the program was excellent, and participants reported high levels of satisfaction.

Implications. The Be Well Plan program is effective in improving psychological distress and mental wellbeing in the community and vulnerable groups. Participants' attendance indicates a high degree of engagement and high satisfaction with the program. Cost-consequence analysis suggests that the program is a cost-effective, scalable intervention to improve mental health and wellbeing.

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Papers session 21

Paper number 909 | Oral

Military vs. Civilian mentors: Personality trait insights from the 'Baloo & You' Program

Esther Moszeik[1], Rahel Geppert[1], Karl-Heinz Renner[2]

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Mentoring for children is an internationally recognized positive intervention aimed at fostering personal strengths and well-being. Both mentors and mentees benefit from mentoring experiences, with female mentors representing the majority in the field of children's mentoring. The University of the Bundeswehr Munich provides a unique context for mentoring research with its equal representation of male and female mentors, addressing the frequent lack of male role models in mentoring programs. This study examines personality trait differences between military and civilian mentors within the German mentoring program Baloo & You. Data were collected from two samples, comprising 31 military mentors and 84 civilian mentors. Initial findings reveal that military mentors exhibit significantly lower levels of neuroticism compared to civilian mentors and a non-mentoring military sample (n= 64). These results provide insights into the distinct personality profiles of military and civilian mentors, contributing to the understanding of mentor characteristics in different professional domains. Limitations, including sample size and the use of specific scales, are acknowledged and discussed.

Paper number 1128 | Oral

Comparing well-being among Jews and Arabs in Israel during the Israeli-Gaza war

Dema Aburaya[1]

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Arabs living in Israel have consistently reported higher levels of emotional distress and psychological symptoms compared to Jewish-Israelis. This study explores well-being differences among Jewish and Arabs in Israel during the Israeli-Gaza war, assessing mental health (e.g., depression, anxiety) and emotional well-being (e.g., positive and negative affect) using the PHQ and PANAS questionnaires. Data were collected from a panel sample, community sample, and student sample. The study included 103 Arab participants who completed the survey in Arabic (Group A), 54 Arab participants who completed the survey in Hebrew (Group B), and 9,120 Jewish participants (Group C). Group A reported the highest negative affect (mean = 6.22, 95% CI [5.83, 6.61]) and lowest positive affect (mean = 3.65, 95% CI [3.24, 4.06]), and the worst mental health outcomes with higher PHQ depression and anxiety scores (PHQ overall mean = 2.64, SD = 0.76) compared to the other groups. Group B, a distinct subset characterized by being Arabs who responded in Hebrew, showed intermediate negative affect (mean = 5.55, SD = 2.54) and positive affect (mean = 4.45, SD = 2.34), with moderate mental health outcomes (PHQ overall mean = 2.45, SD = 0.94). Group C exhibited the lowest negative affect (mean = 4.64, SD = 2.11) and the highest positive affect (mean = 5.4, SD = 2.08), alongside the best mental health outcomes (PHQ overall mean = 2.12, SD = 0.82). Due to the small number of Arab participants, the sample groups were unbalanced. To address this limitation, further analysis will match each Arab participant with Jewish participants based on gender, age, marital status, education, income, and religiosity level, enabling more robust comparisons on PHQ and PANAS

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variables. These findings underscore the need to consider sociocultural differences in mental-health research and practice, providing valuable insights into well-being disparities in conflict settings.

Paper number 1201 | Oral

Harnessing Virtual Reality for adaptive and personalized training of civil and military rescue workers

Karl-Heinz Renner[1], Cornelia Küsel[1], Kristina Klier[1], Thomas Gebhardt[1], Armin Leopold[1], Patrick Ruckdeschel[1], Silja Meyer-Nieberg[1], Mjellma Citaku[1], Larissa Zott[1], Monika Eder[1], Tobias Rusch[1], Annette Schmidt[1], Marko Hofmann[1]

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Personalized interventions are gaining traction in medicine, psychotherapy, and health psychology due to the limitations of “one-size-fits-all” treatments, which often fail to address individual needs and may even exacerbate specific problems. Furthermore, average group-level effects derived from randomized controlled trials (RCTs) provide limited insight into individual responses to interventions. To address these challenges, n-of-1 methods have been proposed to identify individual mechanisms and tailor treatments accordingly.

Virtual Reality (VR) technologies offer a promising avenue for implementing personalized interventions by adapting virtual stimuli to the unique challenges faced by individuals. In this context, we have developed VR scenarios specifically designed for civil and military rescue workers. These scenarios aim to enhance stress resilience and emergency medical skills under high-stress conditions, such as during active shooter incidents or under fire.

The adaptive nature of these scenarios allows for real-time adjustments based on the participant’s baseline stress resilience and continuously monitored physiological stress levels. Adjustments include varying the number of injured individuals, the severity of injuries, and stress-inducing stimuli such as loud noises, crying, odors or uncertainty about personal safety. Additionally, the program seeks to help participants identify effective stress management techniques tailored to their individual needs in such adverse and potentially traumatic environments.

We present preliminary findings of our interdisciplinary research group from the application of this adaptive and personalized VR-based approach in civil and military training scenarios, highlighting its potential to foster stress resilience in high-risk professions.

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Paper number 592 | Oral

Enhancing body awareness and physical activity in sedentary workers: Findings from a multidisciplinary intervention

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Objectives:

Prolonged sedentary behavior in the workplace poses significant health risks, necessitating innovative strategies to promote physical activity among employees. As part of the larger research project "Multidisciplinary Approach for the Development of Sustainable Habits of Regular Physical Activity Among Sedentary Workers" (funded by the framework of the Plan of the European Union Recovery and Resilience Facility and the State budget grant Nr.5.2.1.1.i.0/2/24/I/CFLA/005 project nr. RSU/LSPA-PA-2024/1-0013), Study 1 focuses on the role of body awareness in encouraging physical activity in sedentary workers. The overarching goal of the project is to design and evaluate multidisciplinary intervention strategies informed by psychological, organizational, and individual human factors.

Method:

The project encompasses four intervention groups, each participating in a three-week program: (1) physical activity sessions, (2) dance and movement therapy incorporating psychological support, (3) workplace modifications to reduce sedentary behavior, and (4) a combination of all approaches. Grounded in existing research and theoretical frameworks, Study 1 investigates how body awareness techniques enhance individuals' ability to perceive and respond to bodily signals, thereby promoting healthier behaviors such as adopting ergonomic postures and engaging in light to moderate physical activity.

Pre-intervention assessments included the Multidimensional Assessment of Interoceptive Awareness (MAIA-2), self-reported physical activity levels, and daily habit surveys. Participants also completed a 6-minute walk test. The intervention combined body awareness exercises with supportive conversations, and qualitative insights were documented through diary entries after each session.

Results:

Preliminary results indicate that improved body awareness is associated with increased responsiveness to the body's needs, including the motivation to incorporate physical activity into daily routines.

Conclusion:

Future research will examine longitudinal changes in body awareness and physical activity, comparing the efficacy of different intervention strategies. This study highlights the importance of integrating psychological and organizational perspectives in addressing workplace health challenges.

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Papers session 22

Paper number 781 | Oral

Understanding the gaps in mental health curricula by university lecturers and practitioners in social work, nursing and psychology

Valeriia Palii[1, 2], Ganna Naydonova[3], Oleksii Liashenko[2, 4], Nadiia Diatel[5]

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Higher education institutions in Ukraine face significant challenges, particularly since the COVID-19 pandemic and the full-scale war. Online education, implemented since 2019, has highlighted issues like limited student engagement, academic integrity concerns, and practical skills training gaps. The 2022 invasion worsened these problems, with universities relying on online learning due to safety concerns, infrastructure damage, and staff migration. Frequent power outages and unstable internet further disrupt education.

Mental health and psychosocial support (MHPSS) training faces unique challenges as it requires hands-on skill development. This research identifies gaps in MHPSS curricula and explores ways to enhance knowledge, practical skills, and training for specialists in social work, nursing, and psychology.

We conducted qualitative research through 12 focus groups and 9 in-depth interviews with social workers, nurses, and psychologists. Participants were selected based on education, practical experience, or involvement in higher education.

Conclusions and key recommendations based on the results include:

• Updating Teaching Materials: Incorporate up-to-date resources, adapt international materials to Ukraine, and provide access to foreign e-libraries and online platforms.

• Interactive Methods: Use simulations, role-playing, and AI tools for supervised practice.

• Involving Practitioners: Invite guest lecturers and collaborate with NGOs for training and internships.

• Relevant Disciplines: Add courses on crisis counselling, trauma therapy, and working with vulnerable groups.

• Internships: Partner with MHPSS providers and NGOs to improve practical experiences.

• Encouraging Self-Study: Promote quality online platforms and events by WHO and national organisations.

• International Cooperation: Develop academic partnerships, mobility programmes, and joint projects.

• Supporting Positive Practices: Strengthen university psychological services, promote resilience training, and adopt modern teaching methods.

• Policy Development: Focus on academic integrity, AI integration, and teacher development.

These changes aim to prepare competent MHPSS specialists and help them to become the effective responders in terms of war and crisis.

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Paper number 125 | Oral

Knowledge and attitudes towards the evidence-based practice in psychology among university students and psychologists in ukraine: a cohort study

Mariana Velykodna[1, 2], Gelena Lazos[1], Liudmyla Karamushka[1, 3], Vladyslav Deputatov[1, 4], Ivan Klymenko[1], Tetiana Pysarenko[1]

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[2]Kryvyi Rih State Pedagogical University, Ukraine
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[4]State University of Economics and Technologies, Ukraine

Abstract. Evidence-based practice in psychology (EBPP) is considered crucial for the provision of efficient mental health interventions. Previous research suggested that professionals' knowledge and attitudes toward the EBPP approach predict the likeliness of its implementation. Methods. The research design followed the methodology of "The Strengthening the Reporting of Observational Studies in Epidemiology" — STROBE checklist for cohort studies. We assessed the self-perceived knowledge and attitudes towards the EBPP approach among university students (n=427) compared to professional psychologists (n=356) throughout Ukraine. The online survey included a questionnaire on sociodemographic characteristics, and a part focused on the perceived knowledge, satisfaction with university education regarding the EBPP, and attitudes to the EBPP approach. Results showed that university students perceive the obtained university education regarding the EBPP more satisfactorily (M=4.54; SD=1.67; range 1-7), compared to practicing professionals (M=4; SD=1.71, range 1-7), though the students self-evaluated their knowledge about the EBPP lower (M=4.14; SD=1.61; vs M=5.12; SD=1.3; range 1-7). Although both groups had positive attitudes to the EBPP elements in general, they differed in their attitudes towards its specific elements. While the students valued the consideration of the client's sociocultural specifics and preferences more (Welch's t=2.67, p<.01), the practicing psychologists appreciated the role of their practical experience analysis via the supervision and self-supervision more (Welch's t=-3.35, p<.01). Conclusion. These findings contribute to understanding the role of adequate knowledge and skills in supporting practice in the EBPP implementation, highlighting the possible gaps in university education in psychology in Ukraine.

Paper number 1173 | Oral

Impact of academic training on negative stereotypes towards old age in psychology underdegree students in Uruguay

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Stereotypes can be defined as beliefs about traits that are assumed to be typical or characteristic of certain social groups, based on ambiguous and incomplete information. Studies in different countries highlight the existence of negative stereotypes toward aging among students and professionals working with older populations, which can negatively impact the quality of care provided. In the context of population aging, with increasing demand for health services and the need for professionals prepared to care for older adults, this study aims to evaluate whether specific training programs contribute to the reduction of negative stereotypes. Results from two studies conducted with university students are presented: the first seeks to analyze stereotypes toward aging among undergraduate psychology students. The second study aims to compare the levels of negative stereotypes toward aging in

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undergraduate psychology students before and after taking a specific course in psychogerontology. For both studies, the Negative Stereotypes Questionnaire towards Old Age (CENVE) was used, collection data was self-administered and online, using a convenience sampling. The first study involved 440 students aged between 19 and 57 years; the second involved 29 students aged between 20 and 62 years. The main results indicate low and very low levels of stereotypes (M=29,9 SD=6,9). The level of negative stereotypes found did not show, in any case, very high averages. The number of years completed at university and having taken specific previous courses on the topic of aging showed a negative and statistically significant association with level of negative stereotypes. Significant statistical differences were found on the second study between scores before specific training (M= 30,0, SD= 8,0) and after (M= 24,5, SD= 6,8, t(1,28)= 4,8, p<.001, d= ,74.). Data shows that specific training plays a relevant role in reducing negative stereotypes towards old age in undergraduate psychology students.

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Paper number 283 | Oral

A case for change in policy: Leveraging psychological science to promote more conversations about ethnicity, race, and racism in schools

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(Background:) Intergroup relations are global issues, and intergroup relations from one country can be leveraged to understand and predict intergroup relations in another country. In the United States, specifically, legislators are imposing laws prohibiting discussions of ethnic/racial diversity in public schools. Since 2020, 789 anti-Critical Race Theory (CRT) policies have been proposed to prohibit K-12 educators from presenting any information related to race/ethnicity in their teaching, instruction, and training to students and employees. Thirty states have already adopted state-wide bans. These efforts ban ethnic-studies courses, books with diverse authors/characters, student-led affinity groups, and school celebrations of racial/ethnic diversity. I argue that anti-CRT policies will affect adolescents' development via toxic school climates, worsened mental health, limited critical consciousness development, and unvalued racial/ethnic identities.

(Approach:) The present conceptual paper leverages ecological systems theory to map research focused on adolescents' social, cognitive, and neural development to argue that curtailing educators' ethnic-racial socialization (i.e., behaviors, practices, and social regularities that communicate information about ethnicity-race) does both adolescents and the larger school context a disservice. With ecological systems theory, I illustrate how policies can trickle down to affect adolescents' immediate environments, and, in turn, adolescents' mental health, critical conscious development, and identity-related processes. Integrating these processes from macro to micro ecosystems serves as the core basis for my argument that educators' ethnic/racial socialization improves inter-group relationships in school, reduces discrimination, promotes adolescents' resilience against discrimination, and facilitates adolescents' ethnic/racial identity development.

(Implications for research, practice, and policy:) The present conceptual framework will offer directions to spur future research to integrate policies alongside epidemiologically informed studies of adolescents to develop a literature base that will challenge and, ultimately, dismantle anti-CRT policies and practices in schools. I will conclude by discussing the implications of similar anti-CRT policies in global contexts.

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Papers session 23

Paper number 301 | Oral

What works in supervision? The perspective of supervisors from different psychotherapy paradigms

Neringa Grigutyte[1], Marija Biteniekytė[1], Greta Kaluževičiūtė[1], Marija Vastake[1], Paulius Skruibis[1]

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While there is a considerable body of literature on psychological counseling and various psychotherapeutic paradigms and their respective models of supervision, there is a lack of research on understanding what works in supervision. It is essential to identify factors of supervision unique to each paradigm and to determine whether any universal supervision processes are prevalent across various paradigms.

Aim. This study aims to present data revealing 6 different psychotherapeutic paradigms of supervisors‘ perception of what constitutes effective supervision and what works in supervision.

Methods: 12 semi-structured interviews were conducted with senior supervisors from 6 psychotherapy training programs (psychodynamic, existential, cognitive, Adlerian individual psychotherapy, Jungian analytical, and Gestalt psychotherapy) in Lithuania, two interviews from each paradigm.

The thematic analysis revealed common factors that are important in all supervision, irrespective of the psychotherapeutic paradigm. Although representatives of different paradigms describe what is important in the supervision process using their specific language and emphasizing the particularities of a particular psychotherapy paradigm, the common factors have been identified: the organizational framework of supervision and the supervisory contract; the responsiveness to the supervisee's questions and needs; the working alliance in supervision; etc. The results are discussed in light of the limitations of the study and provide guidelines for further research involving supervisor-supervisee pairs and supervisor-supervisee-client triads.

Paper number 852 | Oral

Exploring supervisor-supervisee dyads in psychodynamic psychotherapy: A qualitative study of supervision dynamics

Greta Kaluzeviciute[1], Saule Navyte[1], Neringa Grigutyte[1], Marija Vastake[1], Paulius Skruibis[1]

[1]Vilnius University, Lithuania

Supervision in psychodynamic psychotherapy is vital for fostering therapists’ professional development and personal growth. Within this framework, supervision supports supervisees in addressing patients’ latent material, unconscious processes, resistances, and (counter)transference dynamics. Despite its importance, much of the existing literature on supervisor-supervisee relationships in psychodynamic psychotherapy remains theoretical. Empirical exploration of how these dynamics unfold and what contributes to effective supervision is therefore essential.

Aim. This study investigates psychodynamic supervision from the perspectives of both supervisors and supervisees, focusing on factors that shape effective supervisory relationships.

Methods. Semi-structured interviews were conducted with six supervisor-supervisee dyads (12 interviews in total) from Lithuanian psychodynamic training programmes.

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Findings. While earlier supervision models often followed a didactic "master-pupil" dynamic, this study found that participants preferred a more symmetrical, collegial, and empathic approach. Reflection was identified as a critical component of the supervision process, allowing supervisees to deepen their understanding of unconscious processes and refine their therapeutic skills. Psychodynamic supervision emphasises deep unconscious processes, with the supervisor acting as a "guide" to help the supervisee navigate countertransference and defence mechanisms within both therapy and supervision contexts.

This study offers preliminary insights into a larger two-year longitudinal exploration of supervisor-supervisee dyads across multiple therapeutic paradigms. It highlights key elements that may contribute to effective supervision in psychodynamic psychotherapy.

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Paper number 3 | Oral

A study of person-supervisor fit, promotion opportunities, and proactive behavior: Evidence from taiwan civil servants

Chin Tung Stewart Ng[1], Hsien-Chun Chen[2], Szu-Yin Lin[3], I-Heng Chen[4], Wan-Ru Tsai[4]

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[3]National Kaohsiung University of Science and Technology, Taiwan
[4]National Sun Yat-sen University, Taiwan

In Taiwan, the promotion opportunities for civil servants are limited because the law regulates the promotion policies in the civil servant system. In this research, we examined (a) the mediating effect of promotion opportunities on the relationship between person-supervisor fit and proactive behavior and (b) the moderating effect of leader-member social exchange on the relationship between person-supervisor fit and promotion opportunities. We conducted a three-wave study with a two-week gap. We collected 404 valid responses from Taiwan civil servants in the three-wave study. Our results revealed that promotion opportunities mediate significantly the relationship between person-supervisor fit and proactive behavior. Our results also identified a positive relationship between person-supervisor fit and promotion opportunities, and there is a positive relationship between promotion opportunities and proactive behavior. Surprisingly, our results revealed that the low level of leader-member social exchange strengthens the positive relationship between person-supervisor fit and promotion opportunities. Importantly, our results drew several important theoretical and managerial implications on the promotion opportunities of Taiwan civil servants. In the civil servant system, the interaction of person-supervisor fit and low level of leader-member social exchange can have a higher chance of promotion opportunities. The moderating result illustrated that it differs from the private organization regarding the social exchange of the leader-member relationship. We suggested that promotion opportunities play an essential role in civil servants working proactively and showed that social exchange between leader and member does not help with promotion opportunities even though they work well between their supervisor and subordinate.

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Paper number 1197 | Oral

Mediation: Transforming historical trauma through drama therapy

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Background: The “Healing the Wounds of History” approach, pioneered by Armand Volkas, integrates drama therapy with the exploration of historical trauma, creating transformative experiences. This workshop guides participants through understanding and healing their historical and cultural legacies. It is structured around Renee Emunah’s Five Phase Model of Drama Therapy, progressing from Dramatic Play, Scene Work, Role Play, and Culminating Enactments to Dramatic Ritual. The aim is to foster emotional healing, strengthen identity, and build community.

Key Points: The session begins with warm-up exercises involving sound, movement, and name activities to ground participants and establish group cohesion. This aligns with the Dramatic Play phase, easing participants into the therapeutic process. In the Scene Work phase, activities such as Fluid Sculpture and Sociometry allow participants to express their feelings and share historical legacies, fostering empathy and connection. Identity exploration follows, focusing on cultural, historical, and gender identities. Using Role Play, participants embody different aspects of their identities, gaining insight into internalized messages and narratives.

The workshop introduces Transactional Analysis to explore ego structures and behavioral scripts, leading to Culminating Enactments, where participants integrate insights into larger narratives. Personal and group work bring identity maps to life through psychodramatic techniques, culminating in Dramatic Rituals that provide symbolic closure and reinforce healing.

Conclusions: This workshop offers a unique blend of drama therapy techniques to address historical trauma and identity issues. Participants gain a deeper understanding of their histories and identities, along with practical tools for emotional healing and growth. The interactive nature fosters individual insight and group bonding, creating a powerful method for collective healing. By addressing intergenerational trauma in a group setting, the workshop provides a therapeutic model with significant implications for broader practice.

Papers session 24

Paper number 224 | Oral

EI vs. AI: The relationship between emotional intelligence, social support, and parental engagement in adolescents' trust in Artificial Intelligence

Marco Andrea Piombo[1], Cinzia Novara[1], Gaetano Di Napoli[1], Sabina La Grutta[1]

[1]University of Palermo, Italy

Introduction: The pervasive development of Artificial Intelligence (AI) are influencing many aspects of modern society, introducing new dimensions to adolescents’ interactions, learning environments, and identity formation. While AI-based technologies offer personalized learning experiences and social connectivity, they pose potential risks, including privacy concerns and increased reliance on digital interactions.

This study is part of PRIN 2022 (code: 2022KAEWYF_003), still ongoing, which explores these complexities by examining the personal, familiar, and community factors that impact children's ability to navigate the opportunities

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and challenges associated with AI responsibly. Specifically, it seeks to identify how parental engagement, trait emotional intelligence, and perceived social support influence adolescents' ability to use AI technologies conscientiously.

Methods: Data will be collected from over 100 adolescents aged 13-17 and 50 parents, using Qualtrics Survey Platform. Participants are recruited through local school networks and professional communities. The study employs standardized tools, such as Trait Emotional Intelligence Questionnaire Adolescent short form, and a modified version of the Parental Involvement and Internet Use Scale that includes a new section for AI.

Preliminary Results: Our preliminary analysis reveal that trait emotional intelligence showed a significant positive relationship with perceived social support and a positive correlation with some aspects of parental engagement in digital usage and trust in AI. Moreover, a significant negative correlation was found between trait emotional intelligence and time spent online by the adolescents.

Conclusion: These preliminary results suggest that adolescents with higher trait emotional intelligence tend to report greater levels of social support, which may play a role in their adaptability and confidence in navigating digital environments. moreover, trait emotional intelligence may help adolescents self-regulate their online behaviors and manage screen time effectively. A deeper analysis will be presented at the conference regarding the role that these variables could have in terms of causation mediation and moderation.

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Paper number 292 | Oral

Enhancing personality assessments with AI: Using generated images for accurate Big Five facet-level measurement

Emeric Kubiak[1], Simon Baron[1]

[1]AssessFirst, France

Objectives. Recent studies indicate that it is possible to assess Big Five personality at the facet level using images (Kubiak et al., 2023). Kubiak and colleagues developed a five-minute, forced-choice, image-based assessment measuring the BFI-2 traits alongside three ad-hoc facets of Humility. However, their images were selected from publicly available datasets, which limited content specificity and potentially reduced the overall psychometric robustness. With advancements in AI-driven text-to-image generation, there is now the potential to create images with enhanced content validity, ultimately improving the psychometric qualities of such personality assessments.

Method. We adapted the assessment developed by Kubiak et al. (2023), consisting of 72 forced-choice items. Each item presents two proposals, each containing an image and a descriptive adjective. While maintaining the original adjectives, we recreated the 144 images using Midjourney V6.1, a leading text-to-image generator with an ELO score of 1093 and a 64% win rate. Three psychologists then evaluated the content validity of these images, achieving a Fleiss' Kappa of .91, indicating high agreement. To compare effectiveness, we conducted an A/B test between our modified assessment and the original Kubiak et al. (2023) version.

Results. Ongoing studies will yield results in time for the congress, providing insights into the comparative validity and effectiveness of the AI-generated images.

Conclusion. Preliminary findings suggest that AI-generated images may offer a promising alternative for personality assessment at the facet level, with potential improvements in content validity and psychometric strength. Further results are expected to clarify their impact on assessment quality and user experience.

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Paper number 885 | Oral

Can AI Chatbots provide therapeutic support comparable to human therapists? A qualitative exploration of the paradox of agential status

Xiaolu Dai[1], Ling Li Leng[2], Yiyan Liu[1], Yu-Te HUANG[3], Daniel Fu Keung WONG[1]

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Introduction: The rapid advancement of Large Language Models has sparked heated debate over whether Generative Artificial Intelligence (AI) chatbots can serve as “digital therapists” capable of providing psychotherapeutic support to individuals with mental health concerns. While discussions are intense and some research has examined ChatGPT’s ability to handle various psychology-related tasks, less is known about clients’ actual experiences in real-world settings.

Objectives: This study aims to explore whether AI chatbots can offer mental health support comparable to that of human therapists from the clients’ perspective. Particularly, we seek to understand how the non-agent nature of AI chatbots may impact its role in mental health care.

Methods: We conducted semi-structured interviews with 16 Chinese adults who have sought mental health support from both human therapists and ChatGPT, inviting them to compare the similarities and differences between the two experiences.

Results: Thematic analysis identified three themes: (1) promoting open and authentic self-disclosure with limited deep exploration; (2) the myth of relationship: caring, acceptance, and understanding; (3) fostering therapeutic change: the promise and pitfalls of data-driven solutions. Particularly, as a non-agent operating on algorithms, ChatGPT lacks autonomous behaviors as well as subjective experiences, motives, and values. These non-agential characteristics influenced users’ experiences both positively and negatively, shaping their perception of ChatGPT’s strengths and limitations in supporting them to address mental distress.

Conclusions: AI chatbots supports individuals with mental health needs in unique ways that differ from those of human therapists. This distinctiveness seems closely related to its non-agential features, bringing both advantages and disadvantages. Therefore, rather than striving to make AI chatbots more human-like, we should leverage the unique strengths of their non-agential nature to complement human-delivered psychotherapy. At the same time, human therapists should maximize the benefits of their agent-related qualities while being mindful of potential negative consequences inherent to these traits.

Paper number 121 | Oral

"Not the happiest words came to my mind" – prediction of depression score based on AI art prompts

Klaus Kellerwessel[1, 2]

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[2]Moholy-Nagy University of Art and Design, Hungary

Diagnosing and treating major depressive disorder remains a significant public health challenge globally. My presentation explores the potential of AI-assisted self-portrait creation within art therapy to gain deeper insights into individual manifestations of depression and develop potential screening algorithms.

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In this study, 230 participants used generative art software (Midjourney) to create self-images based on natural language prompts, followed by semi-structured interviews about their experience and the resulting images. To thoroughly explore the data, I employed a sequential mixed-methods approach, using qualitative content analysis of interviews to formulate hypotheses tested with quantitative tools.

Content analysis of interviews from the ten participants with the highest depression scores revealed mechanisms comparable to traditional art therapy. Participants reported positive and meaningful self-discovery through image creation, with the process helping many release inhibitions which led to the emergence of unexpected positive and negative emotions, sometimes with sudden shifts between them. The symbolic meanings identified in the images facilitated the articulation of these emerging emotions and outlined potential personal resources. Discussing the images contributed to a more holistic self-concept and the integration of conflicting emotions. The hypotheses for the quantitative phase were derived from these qualitative findings.

Quantitative analyses involving all 230 participants revealed moderate correlations between depression scores and emotional parameters (sentiments) of the prompts used. A general linear model based on the negative mean and positive maximum variables explained 18.7% of the variance in depression scores. Significant group differences were found between participants at high and low risk for major depression, and a random forest classifier using these variables successfully identified 75% of high-risk individuals (AUC = 0.78, 68% accuracy).

This research highlights the potential of AI-assisted self-portrait creation as both a therapeutic tool and a diagnostic aid. In my presentation, I will propose further research directions.

Workshop - Organizational approaches to digitalization in psychology

Paper number 891 | Workshop

Workshop: Organizational Approaches to Digitalization in Psychology

John Francis Leader[1], Amanda Clinton[2], Katherine McGuire[2], MIguel Oliveira[3], Rikke Nørgaard Elster[4]

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[2]American Psychological Association, United States
[3]Ordem dos Psicólogos Portugueses, Portugal
[4]Let's Talk About You, Denmark

Advancement in the use of computers, technology, and the internet is recognized as a key human health and behavior issue for psychology. Digitalization – ranging from AI, data analytics, social media, and telehealth – wields significant influence on societal development, in addition to having broad implications for well-being.

This workshop will focus on how challenges in the areas of digitalisation policy and advocacy are addressed by the American Psychological Association (APA), in the United States, and by the European Federation of Psychologists' Associations AISBL (EFPA) and its Full Members throughout Europe.

Psychology organizations have an important role in bringing psychological science to bear on the issue of digitalization. This workshop will explore organizational responses to the increasing use of computers, technology, and the internet both in psychology and beyond with particular attention to policy implications and clinical applications.

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Workshop - A few steps before burnout: Strategies to promote well-being for mental health practitioners and graduate students

Paper number 863 | Workshop

A few steps before burnout: Strategies to promote well-being for Mental health practitioners and Graduate students

POLYXENI GEORGIADOU[1], Panayiota Andreou[2]

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Working or training in the field of mental health is particularly distressing both for mental health professionals (MHP) and graduate students. For graduate students the stress is related to factors such as academic progress, financial constraints, negotiating the demands of clinical training, where they need to acculturate into new roles and simultaneously develop the knowledge and skills necessary to provide clinical and therapeutic services to others (Badali & Habra, 2003).

The MHP Practitioners in the same field need to also be able to navigate their personal life in a way that does not impede their capacity to support their clients effectively and ethically. Therefore, even though the MHP and psychology graduate students are in different phases of their professional life, their challenges are similar.

There is also abundant evidence on the effect of stress on academic and work performance, quality of life and wellbeing (Prilleltensky 2005).

This workshop will involve both experiential learning and present various evidence-based techniques on how to build resources in a holistic way to buffer against factors that may jeopardize the performance and wellbeing of these groups. In particular, it will focus on the areas of: strengths, prevention, empowerment, and community conditions.

Outcomes:

By the end of this workshop, the participants will:

- Gain knowledge about specific techniques to promote their well-being, effectively cope with stress.

- Take part in experiential exercises that can be used in every-day life.

Structure of the workshop:

- Short presentation on the evidence supporting the proposed techniques

- Small-group experiential exercises which involve the following themes and skills:

- Identify personal strengths and how to use for personal benefit.

- Prevention strategies for mindful emotional regulation and cognitive-emotional segmentation.

- Promoting empowerment via self-compassion.

- Community conditions via promoting social skills development.

- Closing and feedback

Target audience:

professionals (experienced and early-career), trainees

Keywords:

stress, prevention, well-being

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Spotlight presentations 3

Paper number 143 | Spotlight Talk

Longitudinal analysis of flexibility, work-life conflict, and engagement pre and post-pandemic: The moderating role of educational level and gender

Eva Arino-Mateo[1], Matías Arriagada-Venegas[1], Ana M. Ruiz-Ortega[2], David Pérez-Jorge[3]

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[2]Andres Bello University, Chile
[3]Universidad de La Laguna, Spain

Flexibility and work-life conflict have become crucial in the post-pandemic labour market. Based on this, the study's objective was to analyse the interaction between work flexibility, work-life conflict, and engagement, with a particular focus on how employee educational levels and gender moderate these relationships. Data was sourced from the 2020 European Working Conditions Survey, collected in two phases: face-to-face interviews (January-February 2020) and follow-up telephone interviews (March-November 2021). The sample comprised 8,184 full-time employees across 26 countries. Key variables measured included flexibility, work-family conflict, work engagement, education level and gender, using Likert scales. Longitudinal analysis was conducted in Mplus 8.1. Results indicated that flexibility was significantly related to work-life conflict, which in turn influenced work engagement. Furthermore, results revealed significant moderating effects of educational level but not gender. Specifically, higher educational attainment amplified the positive indirect effects of flexibility on work engagement, with significant differences observed at various tertiary education levels for both males and females. These findings highlight the nuanced role of educational level in shaping the impact of workplace flexibility on employee outcomes, partially supporting the hypothesized moderating effects. This research underscores the importance of tailoring workplace strategies to demographic variations, emphasizing the need for flexible policies and educational interventions to enhance employee well-being.

Paper number 695 | Spotlight Talk

Self-compassion as an influencing factor against consequences of exclusion at the workplace (ostracism) in the setting hospital

Michaela Storck[1]

[1]State Hospital Mistelbach, Austria

Employees in the health care sector are confronted with high demands and much human suffering. Time pressure, technical change, economic limitations have created work structures in which humanity and compassion are increasingly relegated to the background. The meaning of workplace ostracism has received little attention in this context.

The aim of this paper is to evaluate whether "self-compassion" as a resource has an influence on the construct "workplace ostracism" in the hospital setting.

The subject group of 152 individuals working in the hospital setting was surveyed on this issue using five standardized questionnaires. Four research questions were posed and statistical testing procedures, such as T-tests, one- and two-factor ANOVAs, Pearson's correlations, and regression analyses, were used to test ten pairs of hypotheses for statistical significance.

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Results of the study support the negative relationship between workplace exclusion in the hospital setting and stress, burnout, and job dissatisfaction, and especially show the positive relationship between self-compassion and burnout.

The first limitations result from the research design. The study is a quantitative survey. A supplementary qualitative study design that captures both the organizational environment and personal resources could lead to more meaningful results with regard to the question of the influence of self-compassion on exclusion and its consequences. For further research, it would be interesting to conduct the study at several hospitals as well as a longitudinal study that measures the intervention of self-compassion training in the healthcare sector between two or more measurement points.

Self-compassion as a health-promoting intervention to improve individual life and action skills. Compassion must be affirmed as a guiding principle at the core of future healthcare systems. Compassion is an essential component of quality in healthcare. In this way, the concept of self-compassion gains importance through personal empowerment in the sense of a resource and a health-promoting measure.

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Paper number 1021 | Spotlight Talk

From motivation to action: The impact of public service motivation on job performance with a mediating role of psychological empowerment

Ran An[1, 2], Yuting Liu[1]

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With the ongoing reform and modernization of China's government, expectations for civil servants' job performance are growing. This study aims to investigate whether and how public service motivation affects on job performance in Chinese civil servants. Based on self-determination theory, this research focuses on public service motivation, psychological empowerment, vocational identity, and job performance as key variables. Through the method of questionnaire survey, the data from 418 public service questionnaires were regressed and analyzed by using SPSS and AMOS software. The result indicates that public service motivation has a positive effect on job performance in main effect. Psychological empowerment plays a mediating role in the relationship between public service motivation and job performance, and vocational identity serves as a moderator in the relationship between psychological empowerment and job performance. This study extends the understanding of public service motivation by integrating a motivation-cognition-action path within the context of Chinese culture. It highlights the importance of considering public service motivation, psychological empowerment, and vocational identity when improving the job performance of Chinese civil servants. However, the study acknowledges its limitations, particularly the inability to survey civil servants across all provinces in China due to resource constraints. Future research should expand the scope of the questionnaire and the methods of research to provide a more comprehensive understanding of public service motivation in China.

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Paper number 456 | Spotlight Talk

Does power make us financial risk lovers? What does it depend on?

Katarzyna Sekścińska[1], Diana Jaworska[1]

[1]University of Warsaw, Poland

This project aimed to understand the role of the sense of power (as a trait and state) in explaining the propensity to take financial risks, and to identify the psychological boundary conditions of this relationship. Specifically, it examined the mediating and moderating roles of optimism, executive functions, cognitive load, and rewards versus threats focus.

Prior research suggests that power facilitates risk-taking, but findings vary across decision domains. It has been shown that risk taking is domain specific. This inconsistency underscores the need to explore when and why power influences financial decisions and to identify the boundary conditions of this relationship.

To address this, we conducted nine studies (three correlational and six experimental) with a total sample of 3,000 participants. Trait power was assessed through psychometric scale, while state power was manipulated experimentally. Mediators and moderators included optimism, reward focus, executive functions, and cognitive load.

Results showed that both trait and state power increased individuals' propensity to take financial risks. The mediating role of optimism, reward focus and executive function was also demonstrated, which, increased by the sense of power, reduces the perception of risk and consequently increases the propensity to take it. Moderation analyses indicated that situational optimism and reward focus amplified the power-risk relationship, whereas cognitive load weakened it.

The main limitation was the use of financial rewards with lower stakes than real-life investments, which may limit generalizability.

Five decades ago, Ulmer wrote: 'Perhaps no subject in the entire range of the social sciences is more important and at the same time so neglected as the role of power in economic life'. Despite subsequent agreement among scholars, it still remains understudied in decision-making. This project helps address this gap in knowledge, offering insights that can inform financial health programs by targeting the cognitive and emotional mechanisms driving risk-taking behavior.

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Paper number 588 | Spotlight Talk

Insights into fMRI on craving and purchase decisions: Differential neural activation in compulsive buying

Cheng-Hsiang Tsai[1], Hui-Yi Lo[2], chun-chia kung[3], Jen-Jui Hsueh[4]

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[4]I-SHOU university, Taiwan

Compulsive buying disorder (CBD) has become a problematic issue. Previous studies have suggested that general shoppers and compulsive shoppers exhibit different activity in the ventromedial prefrontal cortex (vmPFC) and dorsolateral prefrontal cortex (dlPFC) during purchasing decisions (Raab et al., 2011). Thus, this study uses fMRI to compare brain activity during craving and purchasing behaviors in individuals with subclinical CB tendencies and general shoppers.

A total of 47 participants were classified into control and experimental groups using the Compulsive-Buying Scale (CBS) (Faber and O'Guinn, 1992) and the Richmond Compulsive Buying Scale (RCB) (Ridgway et al., 2008). The experimental design consists of two fMRI tasks: Task 1 was used to identify how products induce the craving to shop, and Task 2 demonstrated brain activation under stimulus cues at different purchase stages.

The study utilized Voxel-wise Correlation to analyse the differences in brain activation between the control and experimental groups. The findings of Task 1 observed that activation in the vmPFC and superior frontal gyrus (SFG) was significantly lower in the CB group when responding to high-craving compared to low-craving conditions. Moreover, the CB group exhibited lower activity in the dlPFC and SFG during the buying process in Task 2.

In two fMRI tasks, differential neural activation patterns were observed between the CB and general participants. Executive-control-related brain regions, including the vmPFC, dlPFC, and SFG (Antons et al., 2020), appear to be the critical sites differentiating the two groups. Together, these results contribute to the literature on the neurological mechanisms of CB and suggest potential target regions for related treatments, such as neurofeedback training.

Paper number 769 | Spotlight Talk

Investigating the relationship between rumination and executive functions: The case of inhibition and switching

GEORGIOS BOULOUZOS[1], CHRYSANTHI NEGA[2]

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Rumination is a major risk factor and predictor for depression, playing a key role in prolonging and intensifying depressive episodes. Due to its strong relationship with negative mood, they create a vicious cycle of repetitive self-focused thoughts and distress. Previous literature highlights the negative association between rumination and executive function, yet the absence of experimental research leave the field underexplored. The present study aimed to examine the relationship between rumination and two core executive functions inhibition and switching, through an experimental design. The design consisted of three induction groups (rumination vs negative mood vs distraction), with 153 undergraduates equally assigned to each group. Using participants' reaction time in task switching paradigm we calculated the two executive functions. Additionally, the Ruminative Response Scale (RRS)

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and the Leiden Index of Depression Sensitivity (LEIDS-R) were administered to measure trait rumination and cognitive reactivity, respectively. Significant three-way interactions were reported with those low in trait rumination and high in cognitive reactivity in the negative mood demonstrated the least switching costs and those low in rumination and high in cognitive reactivity in the negative mood induction group demonstrated the greatest inhibition costs. Interestingly, no significant differences were observed in participants with high or low levels of both traits across all conditions. The study showed a complex picture between rumination and cognitive reactivity, suggesting that high rumination can have detrimental effects on executive function performance depending on cognitive reactivity levels. Our results provide preliminary insights into the interaction between rumination and cognitive reactivity and their effects on executive functions.

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Spotlight presentations 4

Paper number 211 | Spotlight Talk

Mentally fit: The transdiagnostic power of the Ronnie Gardiner Method

Xenia Brancart[1, 2], Eva Dierckx[1, 3], Rudi De Raedt[2], An Haekens[3], Katrijn Abrahams[3], Gina Rossi[1]

[1]Vrije Universiteit Brussel, Belgium
[2]Ghent University, Belgium
[3]Psychiatric clinic of Alexianen Zorggroep Tienen, Belgium

Research Aims and Objectives:

This study explores the transdiagnostic effectiveness of the Ronnie Gardiner Method (RGM), a multimodal music and movement-based therapy, in boosting the core executive functions, emotion regulation strategies and subjective well-being among psychogeriatric patients with various mental health problems.

Theoretical Background:

Previous research underscores the potential of RGM to enhance neuroplasticity through the simultaneous stimulation of physical, cognitive, social and multisensory processes, resulting in improved mood and executive functioning. By activating the entire brain, RGM maximizes its neuroplastic potential, offering a promising intervention for a wide range of psychiatric conditions.

Research Design/Methodology/Approach:

This ongoing study focuses on psychogeriatric inpatients (≥ 60 years old) at the Alexianen Zorggroep Tienen, Flanders (Belgium). Using a pre-midway-post design, we evaluate key transdiagnostic factors such as the core executive functions (via CANTAB and COAST), cognitive emotion regulation strategies (via CERQ), and subjective well-being (via WEMWBS). So far, 41 patients were assessed at baseline, with 22 patients reassessed after six weeks of RGM intervention and 6 patients tested at the 12-week post test.

Results (Obtained or Expected):

Preliminary findings show significant improvements in working memory and cognitive inhibition, as well as enhanced positive reappraisal and reduced rumination, catastrophic thinking and blaming others. Additionally, the overall well-being of patients significantly increased. These promising outcomes, coupled with averages trending in the expected and positive direction, suggest that RGM may enhance emotion regulation strategies and improve cognitive efficiency within this population.

Limitations:

The small sample size limits statistical power. As data collection continues, a larger sample may yield more significant effects.

Implications for Research and Practice:

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RGM provides an innovative and engaging approach to improve executive functioning, emotion regulation and mental well-being across various mental health disorders. Its adaptability and multimodal nature make it a promising tool for future therapeutic interventions, particularly in psychogeriatric care.

Paper number 350 | Spotlight Talk

Testing the 'inter-brain-similarity negatively related to intra-brain-modularity' hypothesis in movie-watching with the naturalistic neuroimaging database

Jie-Hsin Wang[1], Li-Ting Chang[1, 2], Le-Si Wang[1], chun-chia kung[3]

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[2]Academica Sinica, Taiwan
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According to Betzel et al. (2020). 'Temporal fluctuations in the brain's modular architecture during movie-watching' (https://doi.org/10.1016/j.neuroimage.2020.116687), the term 'Inter-Subject Similarity (ISS)', defined as the measure of overall similarity between viewers' brains in movie-viewing, tends to be inversely related to another measure of global 'modularity (Q)' (i.e., the higher the modularity, the higher degree of autonomy by local, rather than by global overarching, brain networks), a concept borrowed from the graph theory. This reverse relationship explains when people watch movies (e.g., in cinemas), their brains are commonly 'sucked in' (or low Q') by climax periods (e.g., laughing/crying together), during which their brains are highly similar (or high ISS). Because this claim was based on the 7-minute short film clips (to match the length of typical resting-state fMRI scan), the present study revisits this inverse relationship with the open naturalistic neuroimaging database (Scientific Data 7, 347, 2020). Surprisingly, the putative inverse correlations are never found in any of the ten movies (plus four of our own Taiwanese movie-viewing database), analyzed with different levels of window size (10, 20, and 30s) and inclusion criteria (from the whole movie to any (or the most touching) of the 7-minute selected periods). The only marginally significant cases to support the inverse claim were when including only the top 3 highest ISS periods. Such 'mostly zero' correlations between ISS and Q, prevalent in all naturalistic movie analyses, speak to the importance of verification/replication with a larger sample/dataset, and the utility of open data analyses. Indeed, our brain tends to be highly similar in most eye-catching, touching, or climax movie segments (and thus low autonomy). Still, in most other movie-viewing periods, we are idiosyncratic individuals with varying degrees of feelings, interpretations, and memories.

Paper number 495 | Spotlight Talk

Longitudinal functional connectivity changes in patients with idiopathic Parkinson's syndrome

Melanie Suette[1]

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Research Aims and Objectives

This study investigates longitudinal functional connectivity (FC) changes in patients with idiopathic Parkinson's syndrome (iPS) over a time span of 17-27 months.

Theoretical Background

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Aberrant FC within various brain networks has been consistently implicated iPD. More recently, longitudinal alterations in resting-state functional connectivity (rs-FC) have emerged as a potential biomarker for tracking iPD progression. Preliminary studies have revealed promising patterns of change in many disorder-associated networks. These findings highlight the need for further investigation into these changes in FC, underscoring the potential of rs-FC as a valuable tool for advancing our understanding of iPD progression.

Research Design/Methodology

FMRI data from the PROMOVE study was pre-processed using FSL and analysed using an independent component analysis to extract 20 brain networks as well as a general linear model to compute temporal differences in those networks and a one-sample t-test to check for statistically significant network changes over time.

Results

Increased activation was found between the auditory network and left postcentral gyrus, supramarginal gyrus and angular gyrus ($p < .05$). Between the limbic + medial temporal network and the paracingulate gyrus, anterior and posterior cingulate gyrus, SMA and occipital pole ($p < .05$) as well as between the upper cerebellum + pons and postcentral gyrus ($p = .10$) and between the left frontoparietal network and superior frontal gyrus ($p = .059$).

Limitations

The small sample size limited subgroup analyses of PD.

Implications

Further research is crucial, as temporal changes in functional connectivity (FC) in Parkinson's disease (PD) remain largely unexplored. This longitudinal study aims to address this gap, potentially identifying predictors of disease progression and uncovering mechanisms underlying specific symptom deterioration. These insights could pave the way for more targeted and effective treatment strategies.

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Paper number 716 | Spotlight Talk

The recipe… to healthy food choices. The effect of tailored vs. non-tailored communication to encourage legume purchase.

Maria Elide Vanutelli[1], Francesco Fedeli[1], Cristina Zogmaister[1], Marco D'Addario[1], Francesca Orsini[2], Greta Agostini[2], Anna Zanovello[2], Maria Luisa Ojeda Fernandez[2], Marta Baviera[2], Carlotta Franchi[2], Patrizia Steca[1]

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Prevalent dietary patterns across the globe, marked by high calorie consumption, processed foods, and heavy dependence on animal products, have been recognized as major contributors to health and environmental harm. An increasing body of research emphasizes the benefits of shifting from meat-heavy diets to more plant-based alternatives, such as legumes. Although valued as protein-packed, low-cost sustainable resources, legumes are still not consumed in the recommended portions. The purpose of the present study is to investigate the effectiveness of short persuasive, tailored videos about legumes on purchase and attitudes. Participants are divided into three groups based on video type: 1) educational video, not tailored to the participant's psychological characteristics or interests; 2) persuasive but not tailored video; 3) persuasive and tailored video. The variables used for tailoring are decision-making style and main interest in the topic (health vs. sustainability advice). Following profiling and random assignment to the group, participants watch the video and perform two tasks. The first is an online shopping simulation; the second is an implicit task based on approach-avoidance mechanisms, comparing reaction times to legume or meat dishes. We expect that viewing a persuasive and tailored video will lead to an increase in the purchase of legume products and may also influence attitudes and future purchase intention in the form of a gradient from group 3 to group 1. The results will help shed light on individual factors and the importance

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of a tailoring approach in promoting healthy food choices, as well as the effectiveness of different communication strategies. This approach could be incorporated into public health initiatives and primary prevention strategies, providing valuable guidance for policymakers in creating measures to encourage legume consumption. Although the protocol is designed in an ecological way, it is an experimental simulation. Future developments will involve testing in real purchasing contexts.

Paper number 788 | Spotlight Talk

The influence of stress, emotions and psychological factors on oral health: A topic for primary prevention

Cornelia Herbert[1]

[1]Ulm University, Germany

The risk of mental, physical, and especially oral disorders has increased significantly worldwide. Despite improvements in oral health, oral diseases such as gum disease and periodontitis still contribute significant financial burdens to the healthcare system. Chronic stress and emotional distress can affect mental, physical, and oral health. Taste perception, chewing, swallowing, speaking, and facial expression are some of the most important aspects of oral health significantly influenced by psychological factors. The mouth is where perception, feeling, sensing, communication, and decision-making all start. This contribution presents the author's current scientific research examining the link between oral, mental, and physical health and well-being using multiple non-invasive psychological methods. This includes a recently developed neuropsychophysiobiological functional assessment battery for oral health, which can be used to quantify the risk of oral symptoms associated with inflammatory diseases of the dental system, gums or oral mucosa, teeth grinding, changes in facial muscle tension, occlusal force, taste perception or the severity of collagenolysis and bad breath in association with chronic stress, changes in eating habits, taste preferences, body image, and quality of life and well-being. The test results can lead to recommendations about which psychological interventions of self- and behavior regulation could help prevent stress-related oral symptoms. The results show how psychological research and tools can help dentists in the primary prevention of oral diseases.

Paper number 809 | Spotlight Talk

Building healthier communities. A stakeholder-driven framework for evidence-based addiction prevention and health promotion in municipalities

Sacha Bachim[1], Anna-Marie Herdtle[2]

[1]Centre National de Prévention des Addictions - CNAPA, Luxembourg
[2]Cnapa, Luxembourg

Enhancing readiness to implement evidence-based, behaviour- and structure-focused prevention methods is crucial for promoting physical and mental health, particularly in addiction prevention. This presentation explores how a structured health promotion framework rooted in the Social Development Strategy (SDS), can increase engagement and commitment among municipal stakeholders and decision-makers. The SDS emphasizes fostering protective factors, reducing risk factors, and building a shared sense of responsibility within communities.

The prevention handbook for municipalities developed by the National Centre for Addiction Prevention in Luxembourg provides a step-by-step framework tailored to local needs, focusing on participatory methods to

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involve stakeholders from sectors such as health, education, law enforcement, and community organizations. By prioritizing shared goals and aligning them with evidence-based interventions, the guide helps overcome common barriers like limited resources, competing priorities, and resistance to change.

The prevention guide integrates scientific evidence with practical applications, demonstrating the cost-effectiveness and long-term benefits of evidence-based interventions. It also highlights the balance needed between individual behavior change and systemic adjustments to create healthier environments. Our experience suggests that providing a well-structured, accessible prevention framework increases decision-makers' willingness to adopt sustainable health promotion strategies. Emphasizing a participatory, evidence-based, and community-centered approach offers a replicable model for improving health outcomes and preventing addiction at the municipal level.

However, challenges such as cultural differences, limited data availability and the difficulties of applying evidence-based methods are acknowledged. These barriers underscore the need for adaptable, sustainable approaches that balance immediate priorities with long-term health promotion goals. Further research should explore how to adapt the guide to diverse contexts, enhance collaboration among stakeholders, and develop innovative tools to improve implementation, scalability, and sustainability.

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Main Stage Forum - The Past and Future of Psychology in Policy across Europe

Paper number 1420 | Main Stage Event

The past and future of psychology in policy across Europe

Hannes Jarke[1], Irshad A. Shaikh[2], Isane Aparicio[3], Demetris Hadjisofokli[4], Francesca Papa[5], Anahit Minassian[6]

[1]Euro Health Net, Belgium
[2]Special Representative & Officer in Charge WHO Country Office, Cyprus, Cyprus
[3]Executive Director, EFPA, Belgium
[4]Center for Social Innovation (CSI), Cyprus
[5]Policy Analyst at the Competence Centre on Behavioural Insights of the Joint Research Centre (JRC), European Commission, Italy
[6]UNICEF, Cyprus

Insights from psychology and other behavioural sciences have made large impacts in public policy over the past two decades, addressing economic and financial, educational, health, environmental, and more issues. The use of evidence from psychological research has saved millions of Euros in taxes, improved people’s health on population level, and is a key consideration in combatting climate change and disinformation. Whether they are labelled Behavioural Economics, Behavioural Insights, Behavioural Public Policy – their use is now common across academic institutions, public bodies on all levels, legislative bodies, and industry. Behavioural insights reshaped long-held economic assumptions and paradigms that had previously dominated public and professional discourse for decades. In this roundtable, experts from the European Commission (JRC), the World Health Organisation (WHO), supranational organisations, and NGOs will discuss how they implement psychological insights and provide a brief overview of the history of their work in that sector. In a subsequent structured discussion, we will explore differences in approaches, how different bodies classify and communicate evidence, how practitioners and researchers can be involved, what the state of evaluation is, and what the current challenges are. Lastly, speakers will lay out their vision for the upcoming ten years of psychology in policy: How can the current issues be overcome and what are the next steps for incorporating behavioural insights in public policy?

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Roundtable discussion 9 - Editor Forum: An overview of manuscript preparation, methodology, the peer-review process, and publication ethics

Paper number 170 | Roundtable discussion

Editor Forum: An overview of manuscript preparation, methodology, the peer-review process, and publication ethics

Spencer McGrath[1], Christoph Steinebach[2, 3], Georgia Panayiotou[4, 5], Philip Murphy[6, 7]

[1]Hogrefe Publishing, Germany
[2]ZHAW School of Applied Psychology, Switzerland
[3]Editor-in-Chief, European Psychologist, Switzerland
[4]UCY, Cyprus
[5]Senior Editor, European Journal of Psychology Open, Cyprus
[6]Edge Hill University, United Kingdom
[7]Associate Editor, European Psychologist, United Kingdom

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The aim of the session will be to facilitate an educational discussion between editorial leadership and attendees of ECP2025 interested in publishing in European Journal of Psychology Open and European Psychologist. The Editors and publisher will present information on each journal's editorial and peer-review processes and share insights about how to prepare a high-quality manuscript for publication in leading psychology journals. The session will be particularly helpful for early-career researchers and practitioners as they can hear directly from Editors about the publication opportunities presented within these journals for the advancement of European psychology. We wish both journals to be at the forefront of publishing on the issues facing European citizens, developments in psychological science, and developments in methodological approaches.

We will include a spotlight on methodology. One focus will be on the publication of meta analyses which depending on focus can be submitted to either journal. The other will be on using systematic and replicable approaches to both the literature underpinning empirical studies in European Journal of Psychology Open; and the wider integrative reviews that are published in European Psychologist. This is increasingly important for the standing and integrity of the science of psychology and therefore a key determinant for publication.

As publisher of both European Journal of Psychology Open and European Psychologist, Hogrefe Publishing will highlight useful information for authors regarding open access publishing, the use of generative artificial intelligence (AI) and AI-assisted technologies in the manuscript preparation and peer-review processes, and the various considerations regarding publication ethics authors and reviewers must keep in mind.

The session will both explore how the work of individuals and institutional teams within Europe can contribute; and in turn, influence how the journals continue to reflect the EFPA Purpose in relation to European psychology to develop psychology, contribute to society, and serve psychologists.

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Roundtable discussion 10 - Challenges for Psychologists in the Time of Crisis in Serbia

Paper number 1224 | Roundtable discussion

Challenges for psychologists in the time of crisis in Serbia

Tamara Dzamonja Ignjatovic[1], Snezana Milutinovic[2], Dragica Pavlovic Babic[1]

[1]Department for Psychology, Belgrade University, Serbia
[2]Serbian Psychological Society, Serbia

We are facing a long-term crisis in Serbia that has culminated in several tragedies within two years that required a specific response from SPS and psychologists as practitioners and scientists. We could present our experiences in organizing psychosocial support, the impact of our official announcements during ongoing crises and tragedies, findings of the study that impose the role of psychologists and their responsibility for public interest in the time of crises, as well as the practical implications of the study aiming to create schools as "safe places".

Paper number 979 | Symposium

Digital transition in health interventions: Psychological insights and innovations for disease management and well-being

Francesco Zanatta[1], Soledad Quero[2], Concepción Muñoz Sosa[3], Luca Fiorentino[4]

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[2]Department of Basic, Clinical Psychology and Psychobiology, Universitat Jaume I, Spain
[3]Maimonides Biomedical Research Institute of Córdoba (IMIBIC), Spain
[4]Università degli Studi di Milano, Italy

A long, happy, and healthy life for all is a core goal of the United Nations 2030 Agenda for Sustainable Development. Due to population aging and the consequent increase in chronic diseases, most European countries are facing serious healthcare challenges for which urgent and practical solutions are required. As recalled in the Horizon Europe Strategic Plan 2025-2027, digital transition represents one of the three key orientations aimed at reducing disease burden and ensuring equal access to innovative, sustainable and high-quality healthcare. To this end, the deployment of smart and cutting-edge solutions represents a valuable strategy and will be the central topic of the present Symposium. Specifically, individual presentations will highlight the potential of digital health interventions and their practical implications for well-being promotion across clinical populations. The first contribution will show the effectiveness of a hybrid eHealth intervention targeting emotional regulation in children and adolescents who deal with type-1 diabetes. The second will present the results from a usability evaluation of a smart virtual assistant device enabling a voice-activated intervention aimed to improve medication adherence in chronic patients. In conclusion, the third presentation will describe the feasibility of a cognitive-behavioural intervention targeting adjustment disorder by the combination of self-applied online with therapist-guided videoconference sessions. Taken together, these contributions will enable a discussion on the role of digital technologies in addressing psychological and behavioural outcomes, while offering an in-depth analysis of human-oriented approaches in scaling up health interventions.

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Paper number 1368 | Symposium Paper

Evaluating ERES: A hybrid eHealth intervention for improving psychological well-being in children and adolescents with Type 1 Diabetes

Naima Z. Farhane Medina[1,2], Joaquín Villaécija[1,2], Tamara Gutiérrez-Domingo[1,2], Bárbara Luque[1,2]

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Psychological interventions in healthcare settings have increasingly shifted toward digitalization. This approach is particularly promising for the therapeutic management of chronic illnesses, largely due to the continuous monitoring these conditions require. Among the most common chronic conditions in children and adolescents is type 1 diabetes (T1D), which presents significant emotional challenges and can negatively impact psychological well-being. Acceptance of the diagnosis and effective disease management are essential for improving prognosis and quality of life. In this context, cognitive-behavioural approaches are particularly relevant for interventions targeting this population. Considering the developmental stage and high digital literacy of children and adolescents, digital tools provide innovative and effective strategies to meet their specific needs. This study pilots the effectiveness of a cognitive-behavioural psychological intervention delivered both in-person and online, with the objective of enhancing the psychological well-being of young T1D patients. The intervention is based on a mobile application developed for this study, called ERES. A two-arm study is being conducted with participants aged 6 to 18 years. Over eight weeks, participants attended one session per week. In-person sessions lasted 90 minutes, while online sessions utilized the ERES app, offering activities rooted in a cognitive-behavioural approach with a focus on emotional regulation. Outcomes measured included diabetes distress, emotional regulation self-efficacy, subjective well-being, and self-esteem. These were evaluated before the intervention, immediately afterward, and at follow-up. Preliminary results indicate that the ERES intervention positively impacted the experimental group, leading to improved emotional regulation self-efficacy, positive affect, and self-esteem, with higher scores observed post-intervention. These findings suggest that the ERES intervention holds potential for enhancing psychological well-being in children and adolescents with T1D. Digital tools like ERES may serve as valuable complements to traditional psychological interventions, offering innovative support for young patients managing chronic conditions.

Paper number 1370 | Symposium Paper

Digital solutions for the treatment of Adjustment Disorder: preliminary results of a blended intervention

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Difficulties in accessing evidence-based treatments is a recurring problem in clinical psychology. The literature proposes different solutions such as incorporating technologies in interventions to reduce geographical barriers or lower treatment costs. One example is the blended format. In the specific case of adjustment disorder (AjD), given its high prevalence and transitory nature, a blended intervention could be an ideal option. In this work, we present the preliminary results of a feasibility trial of a blended intervention for AjD. The treatment combines the use of a self-applied online intervention with videoconference sessions with a therapist every 10-12 days and lasting 30 minutes. A total of 23 patients with AjD signed an informed consent and were assigned to a blended CBT treatment group. Different measures of feasibility were collected including adherence (e.g. number of dropouts, number of modules completed), expectations and satisfaction with the treatment, opinion about the intervention (format preferences, satisfaction or usefulness of the online treatment, videoconference sessions and blended format),

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therapeutic alliance and usability. The efficacy measures were the Adjustment Disorder New Module-20 (ADNM-20), the Posttraumatic Growth Inventory (PTGI), the Purpose-in-Life Test-10 Items (PIL-10) and the Quality of Life Inventory (QLI). Preliminary feasibility results will be presented at the symposium. It is expected that participants will rate the treatment positively in terms of satisfaction and usefulness, therapeutic alliance and usability, and that scores on the ADNM-20 will decrease with respect to baseline, as well as that scores on measures of positive psychology will improve. The main limitation of this work is the limited number of participants. It is hoped that the results of this work will facilitate more rigorous study designs such as randomized controlled trials. They could also improve the quality of psychological treatments for AjD.

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Paper number 1371 | Symposium Paper

Technological solutions for post-stroke recovery: Investigating non-motor outcomes

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High-technology innovations play a pivotal role in stroke rehabilitation, holding significant promise for minimizing long-term disability and optimizing recovery. A comprehensive understanding of their impact beyond motor recovery — encompassing quality of life (QoL), cognitive functions, and psychological well-being—is crucial for optimizing patient-centered care and represents a key area for exploration in this evolving field. Analysis of existing literature highlights considerable heterogeneity in study design, participant characteristics, and intervention protocols. Despite this, High-technology interventions have been shown to significantly improve QoL (emotional, physical, cognitive, social domains), various cognitive functions (e.g., attention, executive functions, memory) and psychosocial well-being (e.g., reduced anxiety/depression, increased self-efficacy). While some studies show superior improvements compared to conventional therapies, understanding of their long-term longitudinal effects remains limited. Benefits for QoL appear generally not sustained beyond 12 months; for cognitive and psychosocial outcomes, longitudinal effects remain largely unexplored or have not shown sustained improvements. This highlights the need for more extensive and standardized studies to comprehensively explore what occurs in the long-term. Furthermore, cognitive and psychological factors show promise as potential moderators or predictors of high-technology rehabilitation response, suggesting they may influence individual rehabilitation trajectories and outcomes. Overall, this body of knowledge underscores the critical need for a patient-centered, multi-method approach in high-technology stroke rehabilitation. Future research should focus on standardized protocols and comprehensive evaluations that integrate diverse perspectives. The presentation will then highlight key findings from a recent systematic review, conducted within a national research project dedicated to user experience and cognitive improvement in high-technology stroke rehabilitation.

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Paper number 1266 | Symposium

Equitable, accessible and innovative models of Integrated Health Care

James Bray[1], Robyn Vines[2], Diana Prescott[3], Jeff Hecker[4], Susan McDaniel[5]

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[2]Western Sydney University, Australia
[3]Independent Practice of Psychology, United States
[4]University of Maine, United States
[5]University of Rochester Medical Center, United States

This symposium will discuss innovative models and programs that psychologists have developed to provide equitable and accessible integrated health care. Integrated health care addresses WHO initiatives for universal mental health care and psychologists have played key roles in designing these programs. Current research indicates massive hidden costs to society from mental and behavioural health problems, both economically and in terms of impact on health, wellbeing and relationships. In addition, people with mental health problems often have other chronic medical diseases that increase the burden of the disease and decrease the success in treating them. Evidence-based biopsychosocial approaches, including psychological and lifestyle-factor interventions, are available that empower people and ensure more positive health outcomes. Many mental health conditions can now be treated at relatively low cost, yet treatment coverage remains very low. Huge cost savings can be made in medical and pharmaceutical costs, if psychological treatments are provided in team-based primary and integrated health care settings. This symposium will discuss programs and innovative methods that increase access to care. Our symposium will provide two talks about clinical work (one using a biopsychosocial lens and another using digital mental health apps to augment care), one talk describing an internal coaching program based on systemic principles, and integrated primary care training in rural Maine, USA

Paper number 1279 | Symposium Paper

Extending accessible health care with digital mental health apps

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There has been an upsurge in the development and availability of digital mental health apps for clinical practice. The apps range from virtual counselors based on evidence-based practices, intelligent conversational agents (e.g., chatbots) to virtual reality apps to aid in the treatment of mental health and health problems. This presentation will discuss the state of the art of these apps, how they can be implemented into clinical practice and limitations to consider in their use. In addition, the session will discuss the potential advantages for increasing access to mental and behavioral health care. In the last ten years, both the emergence and utilization of artificial intelligence (AI) tools such as intelligent virtual agents (IVAs) and nonembodied conversational agents (CAs), including chatbots, as well as their use in behavioral and mental healthcare, has rapidly expanded (Holohan & Fiske, 2021). Artificial intelligence (AI) is a rapidly growing field that aims to replicate human cognitive abilities such as perception, reasoning, and problem-solving (Abd-alrazaq et al., 2019). It has garnered significant attention in clinical applications and extends beyond conventional statistical methods to extract relevant information that supports decision-making and research (Abd-alrazaq et al., 2019). More specifically, we are observing these systems administer treatment modalities to patients. The integration of AI technology advancement in health care has paved the way for developers to create new and innovative applications to deliver health care resources. Such applications are now made to execute more advanced, diagnostic, analytical, and therapeutic methods as well, which were

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previously only available from highly qualified healthcare experts. We will focus on the approaches of what powers AI and the implementation of AI in mental health care and how its advancements garnered the potential of implementation of virtual Screening and Brief Intervention for substance use problems. Dr. Bray will discuss applications to specific disorders and limitations to consider in their use.

Paper number 1277 | Symposium Paper

Equitable access to psychological services in primary care

Robyn Vines[1]

[1]Western Sydney University, Australia, Australia

In much of the western world, a 'biomedical paradigm' of mental disorders still prevails, with medication frequently the first and only treatment of choice in primary care. This approach – sometimes referred to as the 'medicalisation of unhappiness' - leaves crucial psychosocial dimensions of mental and general health under-treated. Integrated, multi-disciplinary, primary mental health care involves a collaborative approach in which doctors and psychologists work together 'in situ' to provide optimal, multi-faceted treatment for patients' frequently comorbid disorders and integrated ways of thinking about them. It enables early intervention and prevention for common mental disorders in the general practice setting, providing 'the right treatment, at the right time, in the right place'. It avoids much of the stigma that still prevails for those seeking and accessing mental health interventions. This paper will present a case study illustration of this model of integrated mental health care which includes a bio-psycho-social treatment framework, so often talked about in medicine and psychology, but still rarely delivered in primary care where patients first seek help. It facilitates the provision of 'wholistic treatment' of mental and physiological comorbidities as they inter-relate and co-exist with each other, including lifestyle factors known to adversely impact on mental and general health and wellbeing. The approach is highly relevant to the current epidemic of non-communicable diseases (NCDs) which are prevalent in the primary care setting across the world, as well as the increasing incidence of common mental disorders. The treatment framework highlights the necessity of breaking down counter-productive 'siloes of care' which exist in many service delivery models in the western world, resulting in fragmented treatment frameworks and sub-optimal outcomes. A simple, inclusive and effective way of treating complex presentations will be presented as an alternative.

Paper number 1282 | Symposium Paper

Rural integrated behavioral health in primary care training

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The non-metropolitan counties in the United States have higher rates of unemployment, poverty, obesity, diabetes, heart disease, cancer and overdose deaths compared to metropolitan counties. Rural residents in need of mental health services face significant barriers to care, including long commutes to access services and long waits for specialized mental health services. The University of Maine developed the Rural Integrated Behavioral Health in Primary Care (RIBHPC) program to help improve access to mental health care in rural Maine. Funded by two US government grants, the RIBHPC program will increase the mental health work force prepared to work in integrated care in rural areas. Over five years, the program will train 80 MSW students and 18 clinical psychology PhD students to function as members of integrated behavioral health clinicians in primary care. These students receive didactic and experiential training in integrated behavioral health with a focus on rural health care. In addition, the

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program will expand the competencies of health care providers working in integrated care by offering a series of continuing education workshops related to integrated care. Eight psychologists are being supported to develop their integrated care competencies, with an emphasis on substance use disorders, so that the program can expand the experiential training opportunities for clinical psychology students and sustain itself beyond the life of the grants. This presentation will consist of both a university program overview and a description of the experience of rural psychologists providing training experiences for these students.

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Paper number 1283 | Symposium Paper

An internal coaching program for physicians

Susan McDaniel[1], Lauren DeCaporale, Frank DeGruy

[1]University of Rochester Medical Center, United States

This talk will describe the cardinal features of an internal coaching program for physicians at the University of Rochester Medical Center in Rochester NY, USA. The program has been unusually successful in its results with individuals, institutional uptake, and shifts in institutional culture. While many organizations provide trainings in communication, professionalism, or leadership, this program also has a broad and deep systemic foundation. After 12 years with increasing success and demand for these coaching services, we worked to describe the essential elements of the program and its success. Eventually we recognized that we seemed to be drawing on a bank of our own experience and unconscious competence that needed to be surfaced to develop our own coaches and disseminate our findings. This talk will report the results of that process. It consisted of iterative interactions between the Program Director (Dr McDaniel, URMC) and Associate Director (Dr DeCaporale-Ryan (URMC), working with a descriptive psychologist (Dr Peek from the University of Minnesota Medical Center) and a family physician researcher and leader (Dr deGruy from the University of Colorado). The purpose of these conversations was to explore the program and make explicit what makes it work well for those within URMC, then describe the cardinal features that make it so for others who wish to implement an effective program in their own institution that is adapted to their own system and context. Drawing on this experience, I will articulate the program's systemic approach and cardinal features, describe as well as the program's benefits to the individual and the institution, the enabling properties of its institutional home, and the requirements for its fit, scalability, and exportability.

Paper number 956 | Symposium

Fostering well-being in higher education: insights from lessons learned in a positive jacket for future directions

Hans Reijnierse[1, 2], Mojca Juriševič[3, 4], Ana Maria Cazan[5, 6], Lyudmyla Kolisnyk[7, 8], Ingrid Snijders[9]

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Well-being in higher education is a comprehensive concept that integrates the emotional, social, physical, and mental health of students, educators, and institutional stakeholders. It is fundamental to achieving academic success, fostering personal growth, and encouraging societal engagement. Recent research highlights that many higher education students still encounter significant challenges to their well-being, such as psychological distress, anxiety, depression, and an elevated risk of burnout (Douwes et al., 2023).

The EFPA Standing Committee in Education is hosting a mini symposium to explore well-being across individual, group, and institutional level, focusing on the positive aspects of promoting students' well-being.

Delving into the experiences of Ukrainian students, the first presentation sheds light on how to cope with uncertainty and offering strategies for effective psychological support that benefits student well-being. These insights aid in crafting flexible psychological support frameworks in Ukrainian universities, also providing valuable ideas for other European institutions as a prelude to future times. This session emphasises proactive responses to students' individual needs to foster their well-being. At group level, within the second presentation, the significance of academic adjustment and motivation framed within self-determination theory, will be explained by evidence-based research from Romania. The presentation underscores the positive impact of cultivating an academic environment that actively promotes student well-being in higher education. Grounded in positive psychology, the third presentation emphasises institutional well-being, stressing the importance of fostering positive, sustainable relationships within educational settings. It illustrates how trustworthy and supportive relationships are crucial for sustained well-being and prepare students to navigate complex societal issues and challenges in future times.

This symposium delivers evidence-based approaches from three different countries combining the positive aspects to enhancing resilience, strengthening group cohesion, and improving institutional support, thereby advancing mental health and overall well-being in higher education communities.

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Paper number 1365 | Symposium Paper

Strengthening student mental health in wartime

Lyudmyla Kolisnyk[1]

[1]Aarhus University, Ukraine

For almost five years, Ukrainian society has been under pressure from overwhelming circumstances – first the COVID-19 pandemic, followed by Russia's full-scale invasion. Unsurprisingly, the mental health of Ukrainians has deteriorated significantly, with an increase in the number of individuals needing psychological support. Numerous studies show that youth, in particular, are a vulnerable group; in addition to the usual challenges of growing up, they must find resources to cope with the anxiety and uncertainty caused by war and the pandemic. The study aims to explore whether university students in Ukraine are willing to seek psychological help and which types are preferred. Using a repeated cross-sectional design, data were collected in 2020 (757 students), 2023 (2,592 students), and 2024 (838 students), with plans for 2025. The anonymous survey included demographic and educational variables, as well as two dichotomous questions (about past and potential psychological help) and one multiple-choice question (about preferred forms of help). Descriptive statistics and the Chi-Square Test were used for analysis. The findings show a significant increase in the number of students who have received psychological help ($\chi^2(2) = 12.91$, $p < _0.01$) and a consistently high willingness to seek assistance (70.7% (2020), 72.1% (2023), 71% (2024). Among the forms of psychological help, office counseling remains the consistent leader despite the challenges in accessing it under martial law (66.2% (2020), 70.7% (2023), 69.6 (2024) while online counseling shows the highest increase ($\chi^2(2) = 148.1$, $p < _0.01$). Limitations include a gender and geographical imbalance of the sample. The results have been used by representatives of university psychological services, who work both independently across Ukraine's higher education institutions and collaboratively within the framework of the Association of Psychologists of High School of Ukraine. Some outcomes of this collaboration will also be presented in the report.

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Paper number 1366 | Symposium Paper

Understanding the interplay between academic well-being, motivation, and adjustment in first-year university students

Ana Maria Cazan[1 3], Camelia Truta[1], Catalin Ioan Maican[1], Roxana Elena Stoica[1 3], Maria Magdalena Stan[2]

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[2]The National University of Science and Technology POLITEHNICA Bucharest, Pitești University Centre, Romania
[3]Institute of Philosophy and Psychology, Romania

Academic well-being forms the foundation for successful academic adjustment, enabling students to effectively adapt to the demands of university life when they feel emotionally and psychologically supported. Motivation plays a dual role as both a mediator and an outcome, with high motivation enhancing adjustment and well-being, while low motivation intensifies challenges. A lack of well-being and poor adjustment often lead to diminished motivation, creating a negative cycle that heightens dropout intention. Understanding these interconnected factors is crucial for developing interventions to support students' academic success and reduce dropout rates. The purpose of this study is to provide a better understanding of undergraduate students' academic adjustment in the first year of higher education by testing a predictive model based on self-determination theory and academic wellbeing.Several self-report measures were used to assess academic adjustment and dropout intention, academic well-being, learning engagement, and learning motivation. Students' past and current performance and socioeconomic background were also measured. The sample comprised 250 students from various Romanian universities. Results showed that academic adjustment and well-being are highly correlated. Autonomous motivation mediates the association between academic wellbeing and dropout intention after controlling for the influence of past performance and socioeconomic background. Autonomous motivation and learning engagement predict low dropout intention and high academic adjustment. Understanding these relationships helps universities design targeted strategies to support students. By fostering a positive academic environment, providing resources for adjustment, and encouraging motivation, institutions can improve retention rates and student success.

Paper number 1367 | Symposium Paper

The role of positive relationships in enhancing mental well-being in education

Ingrid Snijders[1]

[1]HZ University of Applied Sciences, Netherlands

There is an increasing focus on improving and promoting mental well-being. Until now, most research has focused on the negative part, such as sick leave in companies and organisations and, in education, students dropping out. Positive psychology (Bannick, 2016) looks at this differently, seeing the glass as half full rather than half empty. One of the pillars of psychological well-being is positive relationships (Ryff, 1989). For example, Seligman (2011) argues that happiness and well-being are linked to relationships with others, such as with your employer, colleagues, friends, and family. Good - positive and sustainable - relationships lead to better well-being that is future-proof. These relationships are characterised by warmth/affection and trust (Bohlmeijer et al., 2013., Snijders et al., 2022). Whatever the context, be it health care, education, or business, building and maintaining relationships requires special attention and time.

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Especially in education, it is particularly important because students are trained to become competent professionals, where they must deal with inter- and transdisciplinary issues e.g., transitions in health care, climate change, work- and living environment. Students are challenged to deal with multiple perspectives, and they have to cooperate and build relationships with different stakeholders.

Based on several studies (e.g., Snijders et al., 2018, 2029, 2021, 2022) different aspects will be discussed that can be important in these relationships including the potential benefits of building positive sustainable relationships in education.

Papers session 25

Paper number 413 | Oral

Ketamine & Co: Investigating trends in recreational drug use patterns

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Theoretical background: Trends in recreational drug use indicate a steady increase in prevalence rates, as well as changing trends in use, such as the increased use of new psychoactive substances or ketamine[1,2]. To understand development trends and changes in recreational drug use comprehensive knowledge of this hidden population[3] is required to derive consumer-oriented harm-reduction strategies which should be the fundamental aims in recreational drug use[4].

Research aims: The aim of the study is to research recreational drug users with a particular focus on their individual motives.

Research design: Using a cross-sectional design, recreational drug users were surveyed online regarding their use patterns and motives.

Results: 716 volunteers (52.7% male, 44.7% female, 0.1% intersex, 2% non-binary) aged 18-68 (M= 30.85;SD= 9.14) using different substance groups (uppers, downers, hallucinogens, mixed-use) took part in the study. Relevant differences in the reported motives for use, e.g. in relation to the motive 'use to party/at parties' (($\chi^2(6)=18.76,p=.005$)) were found, which was reported significantly less (7.5%) by users of the substance group downers, whereas it was reported significantly more (25.7%) by users of the mixed-use group uppers+hallucinogens.

Limitations: Researching a hidden population includes the methodological problem of the unknow basic population and it is unclear how representative the sample is. Self-reports must be interpreted with respect to factors such as social desirability.

Implications: Motives differ based on substances. For example, the significantly higher importance of 'use to party/at parties' among users with a mixed-use of upper+hallucinogens suggest a trend towards the use of hallucinogenic substances such as 2C-B or 1cP-LSD in nightlife for party use. The results underline the heterogeneity of motives for drug use and thus the importance of expanding harm reduction strategies to include the aspect of individuality and of promoting further research in this area.

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Paper number 320 | Oral

An aftercare intervention programme for employees returning from substance use rehabilitation in South Africa

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Purpose: Employee Assistance Programmes (EAPs) and Wellness Practitioners (WPs) are the first line of support for employees returning from substance use rehabilitation. However, many workplaces need more guidance and support provisions to address these needs effectively. The purpose of this paper is to present a 10-week aftercare intervention programme that EAPs and WPs can use to support employees returning to work after a period of substance use rehabilitation.

Design/Methodology/Approach – The qualitative methodological approach involved two distinct stages of data collection and consensus search activities. Stage 1 involved three data collection activities with three stakeholder groups, and Stage 2 consisted of two consensus-seeking engagements with the intended audience of the intervention programme.

Findings - Participants in the consensus-seeking activities endorsed the inclusion of content in the proposed intervention programme and structural and organisational arrangements. Specific recommendations were made, namely, increased reliance on faith-based and spiritual support, the need to include community support structures, and ensuring that workplace interventions include counselling, skills training, and motivational speakers.

Originality – Implementing the intervention programmes can reduce the ad hoc nature of current approaches to workplace aftercare. The WPs are placed in a central role while stressing the valuable input of other key role players within the workplace or part of the family and community networks of the employee.

Practical Implications – Those working in the EAP environment are offered a systematic and holistic plan for managing and supporting employees recovering from substance abuse disorders (SUDs) to maintain their recovery and return to productive work.

Paper number 1263 | Oral

Maternal prenatal depressive symptoms partially explain the association between intimate partner violence and postnatal parental reflective functioning

Inês Jongenelen[1]

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Background: Intimate partner violence (IPV) is a major adverse life experience that affects 25% of women and has been associated with lower parental reflective functioning (PRF). Exploring the role of maternal mental health problems in the association between IPV and PRF may contribute to understanding the impact of IPV on parenting.

Objectives: This study aimed to analyze the mediating role of maternal prenatal depressive symptoms in the association between IPV exposure and postnatal PRF.

Methods: The sample comprised 155 mothers (39 reported IPV exposure; 116 reported no IPV exposure). At the 3rd trimester of pregnancy, mothers reported on sociodemographic and obstetric characteristics and on depressive symptoms (Edinburgh Postnatal Depression Scale). At 2 months postpartum, mothers reported on lifetime IPV exposure (Violence Against Women Instrument) and on PRF (Parental Reflective Functioning Questionnaire). IPV

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exposure was considered if mothers reported at least one lifetime IPV experience (physical, psychological, or sexual). We conducted mediation models with three dimensions of PRF - pre-mentalizing, certainty about mental states, and interest and curiosity in mental states - as dependent variables, IPV as independent variable and depressive symptoms as mediator.

Results: Participants were mainly Portuguese (81.8%) self-identified as Caucasian (88.7%), 59% without obstetric complications, and 90% without fetal complications. IPV exposure was associated with both maternal depressive symptom severity at the 3rd trimester and interest and curiosity in infant mental states at 2 months postpartum. Maternal depressive symptom severity at the 3rd trimester was associated with interest and curiosity in infant mental states at 2 months and mediated the association between IPV exposure and interest and curiosity in infant mental states at 2 months (ß = 0.40, 95%IC 0.00, 0.08).

Conclusions: IPV exposure may negatively interfere with parental mentalizing processes in mothers during the postpartum period. Exposure to this adversity can increase the risk of developing depressive symptoms, which, due to maladaptive cognitions, can decrease mother's ability to mentalize about infant's needs and behaviors. Findings evidence the importance of screening and intervening with IPV-exposed mothers to promote their mental health during the transition to parenthood.

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Paper number 40 | Oral

The broken lives of female porn performers: Suicide, depression, drug abuse, rape

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Research aims: Our study aims to explore the porn actresses' mental health.

Theoretical background: With porn actors representing an under-studied community, little is known about their mental health. Available information mostly emerges from individual interviews or medias' investigations, like the ones proceeded after the suicides of 5 porn actresses between 2017 - 2018.

Research design: Review of 21 articles -from 2004 to 2024- on Google Scholar regarding porn actresses' mental health.

Results: As kids, porn actresses reportedly experienced rape (37%), poverty (24%), even foster care (21%). As adults, porn actresses reportedly experience poverty (50%), domestic violence (34%), even rape (27%). Half of them started working in the industry between 15 and 20 years old, choosing to graduate high school and not pursuing any further education, while their most usual pre-porn work was modeling. Data reveal that 66% have been physically abused on set, while 13.6% were obliged to perform an unwanted sexual act during a scene. Furthermore, 33% suffer from clinical depression, 33.2% are -at least occasionaly- using drugs, while the majority of them never have kids of their own.

Finally, according to research, premature deaths are a common phenomenon in the porn community, due to narcotics, suicide, assassination, alcoholism, accidents and illness. Surprisingly, the average life expectancy of a porn actor is 37.43 years.

Limitations: As the available literature is extremely limited, our study includes a small number of studies, which were mainly proceeded in USA.

Implications for research: Our study reveals the dark side of female porn actresses' mental health. Future research must be focused on the working conditions, the mental health screening and the mental health counselling of porn actors.

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Papers session 26

Paper number 1190 | Oral

Competition in old-age: Competition at work above the age 65.

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Competition in old age has avoided the interest of researchers until recently. The "Deficit Model" (Cumming & Henry, 1961) and the so-called "Integrated Personality Model" (Erikson, 19639) of aging both implied that the motivation to compete disappear in old age and the psychological conditions for competition in old age are not present. With the steady increase in life expectancy, the concept of successful ageing (Baltes, 1990) emerged, which assumed and then proved by research that goals, aspirations and desires survive into old age. The retirement age in many countries has been increasing meaning that more and more citizens above the age of 65 still are in the workforce.

The goal of the present research is to reveal the perception of the role of competition in old-age among people above 65, their perception of the lifelong changes in their own competitiveness, the areas of competition in old age and the role of retirement/continued work in competitive goals and aspirations. This research is part of more extensive study on old-age competition applying both quantitative and qualitative methods.

This presentation will focus on the results of the thematic analysis (Braun and Clark, 2023) of 80 semi-structured interviews with equal number of men and women above 65. The mean age of the participants was 70.2.

Results: The respondents could be grouped into 5 different categories: 1. retired and no work-related competition anymore; 2. retired and part-time work, volunteer work and significantly reduced competitive striving, 3. not-retired, fully active and competitive striving is kept, no age related changes perceived; 4. never competed in work, no such motivation is reported over the lifetime.

The talk will present the characteristics of these four groups in terms of gender, education level, competitive attitude, life satisfaction and health.

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Paper number 384 | Oral

Psychomotor finger-tapping across the lifespan among symphony orchestra players; Resilience to the effects of ageing

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Objectives And Background.

Lifespan Psychology scrutinises timing of fine motor movements; rhythmic control and tapping asynchrony are more variable with age-related changes to executive functions. It is assumed that certain skills may not show age-related decline because of domain-specific practice. For example, despite ageing musicians should retain finger-tapping speed, reaction time, and hand-symmetry (i.e., lack of right-hand superiority among right-hand dominant musicians).

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Research Methods.

N = 38 professional Symphony players from 5 orchestras in 3 countries participated. There were 23 String players, 12 Wind (Woodwinds and Brass) players, 2 Harp players, and 1 Xylophone player. They were roughly 49 years old (SD = 9.87, Range 27-64), with 23 (61%) males. Each player completed 5, 30-second, isochronous finger-tapping tasks: self-paced tapping at spontaneous and preferred rates, speeded uni-manual single-finger tapping (right- and left-hand), and bi-manual alternate-hand finger-tapping. To tease out differences between younger versus seasoned musicians, 2 subgroups were compared: LTE45 (n = 13, MAge = 37, SD = 6.39, Range 27-44) versus GTE55 (n = 14, MAge = 58, SD = 2.83, Range 55-64).

Results.

Seasoned musicians performed all finger-tapping tasks just as fast as younger players, and they were just as consistent. Spontaneous tempos were moderate (83bpm) pace, while preferred tempos were slightly faster (88bpm); no significant differences surfaced between subgroups. Uni-manual forced-speeded finger-tapping for both hands were between 326bpm-347bpm, consisting of 157-177 extremely controlled and stable taps (i.e., SDs of ITIs). Bi-manual alternating-hand forced-speeded finger-tapping was between 450bpm-500bpm; these were significantly more variable than uni-manual tapping. Music-instrument training-induced symmetry was found for all players.

Discussion And Implications.

Comparative studies with normal older adults indicate a systematic age-related decline in cognitive mechanisms including reaction time and maximum tapping rate. This was not the case for musicians – not even for seasoned musicians beyond the 5th decade.

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Paper number 408 | Oral

Personality structure through healthy and pathological ageing

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Personality theories postulate that it has a universal structure with a limited set of traits (i.e. six according to HEXACO model). However, personality does change across the lifespan: ageing brings to retiring from work and increasing sanitary issues. Those factors, in turn, might lead to retirement from active life. These factors are even more exaggerated when considering pathological ageing such as in AD. Although dimensional changes with

aging are reported in the literature, structural changes in the number of personality traits with either healthy or pathological ageing still remain unknown. In a first study, we initially did not find simplification, but a partial reorganization of personality structure in healthy ageing. The present study aims at investigating personality structure of participants with Alzheimer's Disease (AD) and compare them with healthy elderly. To do so, a sample of 88 AD patients' caregivers was administered with the Hexaco Adjective Scale. Data was analysed through an Explorative Graph Analysis (i.e., EGA), a network analysis providing regularised partial correlation indices between nodes, and a number of communities (i.e., the equivalent of latent variables) underlying a set of variables. Results reveal that, differently from healthy ageing, AD patients' personality was characterised by a simplified structure. This study has two major novelties: a) asking whether personality structure is universal and unchangeable across ageing; b) Investigating the role of cognitive impairment in personality changes. Results suggest that structural changes are possible, and AD is profoundly impacting individuals' personalities. Both aspects are pioneering in

the field and suggest that the literature from both fields should be contaminated one from the other. Although interesting, the present work has its limitations in that data are self- report in the case of the first study considering healthy elderly while are informant (caregiver) report in the case of AD patients.

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Paper number 1162 | Oral

Loneliness and depression among older adults: Associations with perceived social changes during the COVID-19 pandemic

Rita Francisco[1], Samuel Domingos[2], Marta Pedro[1], Rui Gaspar[2], Cristina Godinho[3]

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In addition to the higher levels of depression, loneliness and social isolation faced by the older adults, considered a public health problem, recently the COVID-19 pandemic has exacerbated many of the problems that this population group already had, putting older adults at an even greater disadvantage. This study aims to 1) characterise the levels of depression, feelings of loneliness, and suicide ideation of a representative sample of older adults living in different areas of the Alentejo (the most aged region of Portugal), as well as the levels of social isolation and changes in the size of the social network perceived during the pandemic period; 2) identify the predictors of a high risk of depression among older adults. The study involved 324 older adults aged 65-92 (M=75.11; SD=6.89), mostly female (67.9%), who answered in person to self-report instruments on the variables under study. Most participants (65.4%) reported unlikely or mild levels of depression, but 31.2% were at clinical risk. The results show a tendency towards more depression and loneliness in rural areas, but more suicidal ideation in urban areas. Although the majority (73.8%) perceived a moderate or high level of social isolation during the most critical periods of the pandemic, which was more evident in urban residents, there was a tendency to maintain the size of the social network during the most critical periods of the pandemic (91.0%). Regression analysis identified age (80+ years), being female, having a more difficult financial situation and poorer health as predictors of a higher risk of depression, as well as lower social support. The contribution of the study is discussed in the context of preventive measures for depression among older adults and interventions that facilitate the reduction of the adverse consequences of social isolation and loneliness, considering the role of social support networks.

Papers session 27

Paper number 1064 | Oral

Teachers' well-being and job satisfaction in the post-covid era: The role of psychological flexibility

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OBJECTIVES: This quantitative study is part of a broader international project "Global Perspectives on Teachers' Well-being and Mental Health Following the COVID-19 Pandemic." The study aims to: (1) assess teachers' well-being and job satisfaction in the post-COVID-19 era, (2) identify key predictors of these outcomes, and (3) examine the moderating role of psychological flexibility in mitigating the negative impact of job satisfaction on well-being.

BACKGROUND: The COVID-19 pandemic imposed numerous additional demands on educators. Understanding the impact on their well-being and job satisfaction is crucial, as they are closely linked to professional performance (Wartenberg et al., 2023) and student outcomes (Lambert et al., 2020). Psychological flexibility (PF) is a key

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determinant of psychological well-being in various populations and has protective value against stress in challenging situations (Gloster et al., 2021)

METHODS: A sample of 407 teachers (85.7% female) from primary and secondary schools in Cyprus was recruited in 2023-24 through school contacts and open calls. The international self-administered questionnaire was translated, expanded, and delivered online in Greek via Qualtrics.

RESULTS: All questionnaires showed good reliability (Cronbach's alpha = .863 to .920). Among participants, 83% had contracted COVID-19, and 14.5% reported Long COVID symptoms, with nearly 30% indicating a major impact of the pandemic on their overall life. Regression analyses identified years of teaching experience as a significant predictor of well-being, while moderation analyses showed that job satisfaction was influenced by life satisfaction and social support. Further analyses, will test the protective role of psychological flexibility in buffering the negative effects of job dissatisfaction on teacher's well-being.

IMPLICATIONS: The study contributes original insights into the relationship between psychological flexibility, well-being, and job satisfaction. From a practical and policy perspective, promoting teachers' well-being and job satisfaction—alongside evidence-based resilience training—remains crucial in the post-COVID era, positively influencing both professional performance and student outcomes.

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Paper number 1168 | Oral

What helps teachers stay motivated to work with students?

Andreja Poljanec[1], Janez Sečnik[1]

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Teaching is a highly stressful profession. In many countries, primary school teachers have been leaving the profession over the past two decades, and their motivation to work has declined. Experienced educators are exiting the field, leaving less experienced individuals to take their place, often working with vulnerable student populations. Additionally, absenteeism in education has increased, ranging from 5% to 21% across various jobs. Presenteeism is also rising and is often considered an early indicator of future sickness absence.

Recent research suggests that working conditions are critical predictors of teachers' emotional exhaustion, job satisfaction, and attrition. This study aims to explore how job satisfaction and management support relate to teachers' motivation to leave the profession, and how this motivation connects to emotional exhaustion. Given the increasing concerns surrounding absenteeism and presenteeism, the study also seeks to examine the relationship between work motivation and these two issues.

The research was conducted in elementary schools, with 779 Slovenian teachers participating. Our findings show a clear association between motivation to leave the profession, job satisfaction, management support, and emotional exhaustion. Surprisingly, no significant association was found between motivation to leave and absenteeism.

These results provide valuable insights into the factors influencing teachers' decisions to leave their profession, highlighting the role of management support and job satisfaction in reducing emotional exhaustion. Additionally, they underscore the challenges of absenteeism and presenteeism in modern education. The findings suggest that addressing these issues and improving support for teachers could foster a greater sense of fulfillment in the profession and reduce turnover. However, given a larger scale study we conducted, each topic was only covered by several items, especially the presenteeism. Our findings interpretation would benefit form including more qualitative approach to further investigate the issue.

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Paper number 731 | Oral

Empowerment and teachers' self-efficacy in classroom management facing teacher professional development: Two years of research

Maude Loi Zedda[1], Marc Pidoux[1], Laure Bouchard[1], Sabine Oppliger[1], Laurence Court Urzelai Intza[1], Boris Martin[1]

[1]HEP Vaud, Switzerland

In Switzerland, around 20% of teachers leave the profession within the first five years. One of the causes of this problem is the difficulty teachers have in dealing with difficult student behavior. Thus, the development of good classroom management skills, including the ability to deal with difficult student behavior, is a key issue in teacher training. Our research focuses on two concepts that have an impact on teachers' professional development. The first is the teachers' self-efficacy in classroom management, which influences competence in classroom management. The second is teacher empowerment, which positively influences teachers' decision-making ability, professional learning, motivation and impact on student achievement. Since self-efficacy is a factor in teacher empowerment, there is a link between these two concepts. However, to the authors' knowledge, no studies appear to investigate the links between these two variables for teacher training in classroom management. Thus, the aims of this paper are to determine and verify the existence of relationships between self-efficacy for classroom management and teacher empowerment, and to compare the results between two research studies conducted in 2023 and 2024. The methodology used for both studies is predictive correlational. This choice makes it possible to determine whether there are relationships between the variables. 245 Bachelor and Master of Teaching students (research conducted in 2023) and 144 students from the same programs (research conducted in 2024) participated in this study. The results reveal, namely for the 2023 study, some positive relationships between classroom management self-efficacy and empowerment, with correlations ranging from 0.18 to 0.32. However, these results are hampered by certain limitations. For example, the absence of previous studies linking the two variables studied in the same population is one of them. Similarly, the methodology used does not allow causal relationships to be established.

Paper number 856 | Oral

Empowering language teachers: emotional regulation strategies for effective classroom conflict management

SILVIA REGINA DE SOUZA ROJAS[1], Gisele Resende[1]

[1]UFAM, Brazil

Teaching is inherently an emotional activity, with emotional processes clearly evident in every classroom. Classroom conflicts represent one of the major challenges teachers face in today’s educational environments, with educators' level of emotional regulation playing a crucial role in managing these situations. Effective emotional regulation is essential for teachers to handle conflicts constructively and maintain a harmonious classroom environment. This workshop explores practical strategies to empower educators to manage their emotions constructively, fostering more positive interactions with students and creating a conducive learning atmosphere. Language teachers often face unique challenges, such as cultural and linguistic diversity, which can amplify classroom tensions. This workshop integrates research insights on cognitive reappraisal, linguistic distancing, and emotional awareness to address these challenges. Participants will engage in practical activities and reflective exercises designed to enhance their emotional regulation skills, de-escalate conflicts, and build stronger relationships with students. By implementing these strategies, language teachers can mitigate conflicts, improve

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classroom dynamics, and strengthen their emotional resilience. The workshop provides practical tools for educators to effectively navigate the complexities of modern classrooms.

Papers session 28

Paper number 188 | Oral

The connection between food neophobia, healthy eating and sustainable eating - cross cultural study among European families

Kamilla Bargiel-Matusiewicz[1], Natalia Ziółkowska[1], Katrine Esholdt[1], Noelia da Quinta[2], Elena Santa Cruz[2], Yolanda Ríos[2], Patricia Rioja[2], Agnieszka Łyś[3], Maijaliisa Erkkola[4], Jelena Meinilä[4], Ana Baranda[2]

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This study investigates parental and child food neophobia, healthy eating behaviors and sustainable eating practices, among European families. The research is a part of the TITAN Project*, which i.a. aims to find solutions related to challenges and opportunities European families face when transitioning to healthier and more sustainable eating behaviors. The study involves 720 parents form Spain, Finland and Poland (240 families from each country) with children aged between 6 to 12 years. The average age of adult participants was 41.2 years in Spain, 35.9 years in Poland and 39.4 years in Finland. The gender distribution was 48.8 % women in Spain, 74.6% in Poland and 62.9% in Finland. Data were collected using questionnaires, including the Food Neophobia Scale, developed by Pliner and Hobden (1992) for adults and adapted for children by Proserpio et al., (2020). For the purposes of this study, sociodemographic data, data regarding healthy eating and sustainable eating behaviors were collected as well. The moderate positive correlation between parental and child neophobia has been shown. This result is consistent with psychological theoretical perspectives of transgenerational transmission such as social learning theory, attachment theory and systemic family theory. A negative association was found between the intensity of food neophobia and healthy and sustainable eating in the group of parents. Additionally cross-cultural differences were found in the perception of barriers to changing eating behaviors to more healthy and sustainable ones. These findings highlight the need for culturally specific interventions to address food neophobia and other barriers to promote transitioning healthier and more sustainable eating behaviors within Europeans families. A certain limitation of the study is the number of people studied in each country. It is worth continuing this study on a larger population of families.

*2022–2026 Project Horizon Europe Research and Innovation Action - Acronym TITAN

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Paper number 585 | Oral

Self differentiation and underlying factors in eating disorder risk: A serial mediation model and differences between emerging and young adults

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Eating disorders are on the rise among young adults, impacted by familial and social media factors, though not all underlying variables are fully understood. This study aimed at exploring the relationships between differentiation of self, problematic social media use, internalization of appearance ideals, negative body image, and risk of eating disorders, while identifying risk profiles. Participants were 333 young adults aged 18-40 (mean age 29.53; 207 females, 126 males) who completed questionnaires assessing the study variables. Results revealed a sequential mediation effect: Differentiation of self contributed to risk of eating disorders via problematic social media use, internalization of appearance ideals, and negative body image. Emerging adults (18-25) reported a higher risk of eating disorders, problematic social media use, internalization of appearance ideals, and emotional reactivity/fusion with others compared to young adults (26-40). A risk profile emerged: young, single women without children, with lower education and socioeconomic status, lower differentiation of self, and higher internalization of appearance ideals/problematic social media use. These findings may serve as a foundation for developing interventions that address familial and societal factors contributing to risk of eating disorders.

Paper number 1049 | Oral

The treatment gap in eating disorders: What prevents people from seeking help?

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Background: Help-seeking rates for eating disorders remain low, with less than one third of individuals seeking and receiving professional help for eating related problems. Understanding factors preventing individuals from seeking treatment is essential to close the current treatment gap for eating disorders. However, imprecise and inconsistent definitions and measurement of barriers has limited the research in this area.

Research Aims: This presentation will describe a theoretical framework of barriers to help-seeking for eating disorders and provide clear definitions of factors preventing individuals from seeking help. Perceived barriers that have been identified in the literature will be described in detail.

Method: The presentation will encompass data from three different studies investigating perceived barriers towards help-seeking for eating disorders. Samples included young adults (N=291, mean age 20.04), university students (N=406, mean age 23.6) and adults (N=333, mean age 27.7) from Australia. The same measures of eating disorder symptoms and help-seeking (Eating Disorder Examination Questionnaire, Clinical Impairment Scale, Barriers Towards Seeking Help for Eating Disorders Questionnaire, Actual Help Seeking Questionnaire) were used across studies.

Results: In all studies, the majority of participants believed that help-seeking would be useful, however, only a minority had sought help for their problems. Findings from the studies indicated a variety of perceived barriers including concern for others, denial, self-reliance, fear of losing control, and stigma and shame.

Implications: Help-seeking rates for eating disorders are low and further research is required to improve the significant treatment gap. Prevention and early intervention programs should address common barriers to help-

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seeking including denial, self-reliance, concern for others and stigma. Highlighting stories of peers with lived experience might be helpful to address this gap.

Paper number 1093 | Oral

Effectiveness of a CBT therapeutic intervention program using Virtual Reality for the management of eating disorders: A controlled randomized trial

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Over the past 25 years, rapid technological development in the field of virtual reality (VR) has led to innovative VR-based applications for the assessment and treatment of several key symptoms of eating disorders. Aim of this experimental study was to investigate the effectiveness of a tailored treatment program using CBT combined with a virtual reality (VR) intervention for the management of two eating disorders (anorexia nervosa - AN and bulimia nervosa - NV). A controlled clinical pilot trial was conducted, with an experimental (CBT and VR) and control (CBT) group for each anorexia nervosa and bulimia nervosa, forming a total of 4 study groups. Each group included 100 participants (total sample n=400 with diagnosed disorders), who were followed up by a team of psychotherapists and nutritionists in a private center in Crete. The VR intervention programme made use of eating disorder management and body image techniques. The total duration of the program was 12 months, consisting of 3 stages with 4 group therapy sessions per month and 2 individual sessions. The follow-up was every 2 months. 92% of people with AN in the intervention group showed statistically and clinically significant improvement ($p<0.05$) after treatment and one-year follow-up. All body image and eating disorder metrics scores reached the levels of these in a healthy population. Similarly, 98% of people with VN improved their indicators and health status, and statistically significant change started to occur from the 2nd month of intervention ($p<0.001$). At the same time, mental resilience significantly increased for both individuals with AD (95%, $p=0.03$) and those with NV (98%, $p=0.02$). Overall, treatment experience was at very satisfactory levels in the intervention group (9.5/10 satisfaction scale by 82% of participants). Present study demonstrated the significant contribution of VR in psychotherapy to achieve more effective and rapid management of eating disorders.

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Papers session 29

Paper number 475 | Oral

The role of career adaptability in job satisfaction and work engagement for Generation Z employees in the fourth industrial revolution

Shaida Bobat[1], Jean Banda[1], Shanya Reuben[1]

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Globally, the world of work has been revolutionized by the fourth industrial revolution (4IR) which is increasingly changing job roles. Generation Z (born 1997 – 2012) are entering the world of work, in a period marked by rapid digitisation, automation, artificial intelligence amongst others- which often lead to increased anxiety and concern about job security. This study aims to explore the role of career adaptability in job satisfaction and work engagement for Gen Z employees in the 4IR. The main objective is to investigate the relationship between career adaptability, job satisfaction and work engagement in the context of the 4IR. The study finds its theoretical roots in the Social Cognitive Career Theory and the Job Demands-Resources Model. The study examined the mediating role of career adaptability in job satisfaction and work engagement in 356 Gen Z adults employed in South African industries relevant to 4IR technologies. A quantitative approach was adopted using a cross-sectional online survey questionnaire that was distributed to all Gen Z employees based on non-probability convenience sampling. The questionnaire included a demographics section, the Job Satisfaction Survey, the Utrecht Work Engagement Scale and the Career Adapt-abilities Scale-SA form. A mediation analysis will be employed, and potential findings could indicate that career adaptability mediates the relationship between job satisfaction and work engagement. These findings contribute to current body of knowledge regarding Gen Z employees and the 4IR, providing insights into developing strategies that promote engagement and satisfaction for Gen Zs. This study is limited by the South African setting and may not reflect the experiences of Gen Z employees in other contexts.

Paper number 568 | Oral

The effects of perceived workplace power abuse on employees' psychosocial well-being and voice-silence-exit behavior. An exploratory study from Hungary

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While the exercise of power can facilitate social cohesion and the achievement of group goals in the workplace, this same power can be abused in the form of coercion or to serve personal interests. The purpose of this research is to explore the characteristics of workplace power abuse and its effects on subordinates, in the organizational and cultural context of Hungary. The objectives include identifying how power and power abuse are defined, perceived, experienced and responded to by employees and what are the effects on their psychosocial well-being and organizational behaviour. To conduct an exploratory study of power abuse and its behavioural responses, we adopted a constructivist grounded theory research paradigm, with a mixed-methods approach, combining surveys, interviews and a focus group discussion. Data was collected from 105 employees through an online survey, 15 semi-structured interviews with organizational experts, and a focus group discussion with 3 participants, over a period of 4 months. Based on the results of our content analysis, power abuse can be conceptualized as employees' perception of unethical, unlawful or dysfunctional acts of leaders with harmful leadership styles and power motives, which can trigger stress coping mechanisms. Our findings also confirm previous empirical research

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that subordinates may engage in defensive or acquiescent silence or leave the company if they perceive that speaking up or reporting misconduct may elicit retribution from their managers. The significance of this study is that it provides valuable insight into how power abuse is framed by experts and employees, and how it activates stress and behavioral responses in the workplace. It also offers organizations some recommendations concerning possible interventions and preventive actions against power abuse. Additionally, the study will provide a basis for the future development of scale items to measure the ethical and unethical exercise of power in the workplace.

Paper number 69 | Oral

Relationships among chinese authoritarian leadership, perceived psychological safety climate, and employee voice: A Mediation model

Chen-Chang Huang[1], Ming-Jie Tsai[1], Shu-Cheng Chi[1]

[1]National Taiwan University, Taiwan

Chou et al. (2010) proposed that Chinese authoritarian leadership can be distinguished into Juan-chiuan (專權) (i.e., tight controls over subordinates, e.g., being manipulative with disrespectful manners towards subordinates) and Shang-yan (尚嚴) (i.e., tight controls over tasks, e.g., a strict mandate on executions of SOPs). Drawing upon destructive leadership models, we predicted that Juan-chiuan exerts a negative effect on employee voice via perceived psychological safety climate, while the effect by Shang-yan may be equivocal. To test our hypothesis, a sample of 530 officers/soldiers from Air Force Wings in Taiwan was collected. In the introduction section of the questionnaire, respondents were asked to assess the extent of authoritarian leadership of their unit supervisors and the psychological safety of their work unit. The Cronbach's αs of studied variables ranged from .73 to .93 (with CRs ranging from .81 to .94), all reaching acceptable levels. A bootstrapping analysis (Hayes, 2013) was conducted. The results confirmed our prediction of Juan-chiuan's effects on voice behavior via perceived psychological safety climate (β = -.17, SE = .03, 95% CI [-.24, -.11], not including zero). To our surprise, however, Shang-yan positively predicted perceived psychological safety climate (β = .16, SE = .06, p = .013) and the latter was found to play a positive mediating role for the relationship between Shang-yan and respondents' voice behavior (β = .07, SE = .03, 95% CI [.01, .13], not including zero). Our results showed interesting findings in Chinese contexts. We discuss possible generalization of the current findings to other industrial/cultural contexts. Even with a positive effect found in relation to Shang-yan, we caution managers' use of authoritarian leadership style since there is a likelihood of spillover effects from controls over tasks to controls over individuals, which may cause detrimental harms to employee motivation and performance.

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Paper number 488 | Oral

Group-based Functional Imagery Training to increase employee psychological resilience

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Research aims: The World Health Organisation reports a yearly loss of 12 billion working days due to mental ill-health. This study tested whether Functional Imagery Training (FIT), an imagery-based intervention, can improve resilience against work-related stress.

Theoretical background: Mental imagery elicits stronger emotional reactions than other processing and increases motivation for future behaviours or personalised plans in this context.

Methodology: Participants were randomised to a FIT group or a waitlist control group. During group sessions, participants practised mental imagery to work towards personalised resilience plans. We measured resilience, life satisfaction, mental wellbeing, and quality of life at baseline, six weeks, 10 weeks, and 18 weeks. We assessed work enjoyment and engagement at baseline and 18 weeks.

Results: Descriptives for N = 44 of expected N = 75 show numerically greater increases in resilience for FIT (baseline M = 4.48) compared to waitlist (baseline M = 4.46) at six weeks (M = 5.18 FIT, M = 4.62 waitlist), 10 weeks (M = 5.3 FIT, M = 4.93 waitlist), and 18 weeks (M = 5.22 FIT, M = 4.78 waitlist). Wellbeing showed similar patterns to resilience. Quality of life showed similar patterns for weeks six and 10. Life satisfaction changed similarly in both groups. Work enjoyment indicated greater increases for FIT (baseline M = 3.46) than waitlist (baseline M = 3.75) at 18 weeks (M = 4.19 FIT, M = 3.79 waitlist). Work engagement showed greater increases for FIT (baseline M = 3.56) than waitlist (baseline M = 3.66) at 18 weeks (M = 3.8 FIT, M = 3.53 waitlist).

Limitations: We did not specifically target high-stress occupations, and so future research can test FIT for this population.

Implications: Currently, there are some benefits for resilience and work-related outcomes for FIT compared to waitlist which could inform ways of addressing work-related stress.

Papers session 30

Paper number 372 | Oral

Profiles of parenting discipline and emotion socialization practices: Relations to preschoolers' emotion regulation and behavior problems

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Theoretical models posit that parenting and emotion socialization practices are determinants of children's emotion regulation (ER). However, previous research on parenting profiles has focused on investigating parent related discipline and emotion socialization practices separately, despite the fact that they are intertwined and exert joint influence children's learning opportunities about ER. Therefore, the objectives of the present study were: 1) to identify profiles of parenting and emotion socialization practices; and 2) to validate these profiles in relation to predictors (i.e., parent stress, co-parent undermining) and outcomes (i.e., child ER, risk of psychopathology) of

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profile membership. A sample of 330 preschoolers aged 3 to 5 years and their mothers participated in this study. Comparisons between two- to six-profile solutions indicated that the fit indices and theoretical assumptions supported the 4-profile solution. The extracted profiles ranged from 5.4% to 58.6% of the total sample, and were labeled as Supportive, Moderately Harsh, Uninvolved, and Supportive/Inconsistent. Results indicated that higher self-reported stress and undermining were associated with an increased likelihood of parents belonging to the Uninvolved, Moderately Harsh or Supportive/Inconsistent profiles compared to the Supportive profile. Additionally, the Unavailable and Moderately Harsh profiles were associated with fewer adaptive ER strategies and more behavior problems. Limitations include the reliance on parental self-reports and lack of longitudinal data. Despite these limitations, the study provides an innovative approach to investigating profile membership by considering a wider range of parenting practices than addressed in previous studies, and adds to our understanding of how mothers' approach toward discipline and coaching contribute to preschool children's ER skills, as well as which parental risk factors are likely to affect parenting practices. Furthermore, the findings have implications for practice suggesting that parents in the Moderately Harsh and Uninvolved profiles may benefit from interventions aiming to enhance positive interactions with their children.

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Paper number 1119 | Oral

Agreement in parent-adolescent perceptions of parenting behavior: The influence of parental and adolescent narcissism and parents' remembered childhood adversity

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[3]Neapolis University Pafos, Cyprus

Discrepancies in parent and adolescent perceptions of parenting behavior contribute to poor family functioning and negative outcomes. Yet, there is a lack of research examining parent and adolescent personality and family context in relation to parent-adolescent parenting agreement. Narcissistic traits and parents' remembered childhood adversity have previously been linked to both positive and negative parenting. This cross-sectional study aimed at understanding whether parental and adolescent narcissism, at the facet level, and parental past adversity, statistically predict parent-adolescent parenting agreement. Analyses comprised four steps: profile correlations, network analysis, confirmatory factor analysis, and structural equation modelling. Parent-adolescent dyads (N = 304; 48 % mothers; 50 % girls) completed self-report measures. Parental authority and distrust were associated with higher agreement that parents utilized more warm and harsh parenting, respectively. Parents remembered emotional neglect was positively associated with agreement that parents used more hostile and controlling parenting and was linked to higher parental vulnerable and antagonistic narcissism. Adolescent self-absorption was positively associated with agreement on harsh parenting. Results demonstrate that narcissistic facets and parents' remembered emotional neglect differentially influence parent-offspring agreement on their perceptions of parenting behavior. Future work might incorporate more multi-dimensional assessments of personality and context to further disentangle associations between personality and parenting.

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Paper number 782 | Oral

For Whom are Parenting Programs Most Effective in Reducing Child Behavior Difficulties? A Machine Learning Analysis of Individual Participant Data

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Background: Parenting programs are widely used for children with behavior difficulties. Despite their demonstrated benefits, they do not work equally well for all families. Identifying which families benefit most can improve clinical decision-making. This study uses an Individual Participant Data Meta-analysis (IPDMA) to examine baseline family characteristics that most strongly influence treatment effects on child behavior difficulties.

Methods: The dataset includes randomized controlled trials (k = 64, n ~ 8,000) of behavioral parenting programs for children (<18 years old) with (sub)clinical or diagnosed attention-deficit hyperactivity disorder (ADHD), oppositional defiant disorder (ODD), and/or conduct disorder (CD). Trials compare the treatment to active (e.g., treatment as usual) and inactive (e.g., wait-list) control conditions. Our outcome is a composite of parent-reported child behavior difficulties (e.g., hyperactivity/impulsivity, oppositionality, aggression, and destructiveness) immediately post-treatment. Baseline family characteristics include sociodemographic (i.e., education, unemployment, low income, ethnic minority, single parenthood, teenage parent, number of children), parent (i.e., parenting behaviors and emotions, parenting sense of competence, parenting stress, and depression) and child (i.e., age, sex, IQ, medication, diagnostic status, behavior difficulties, internalizing problems) factors. We will use, machine learning techniques to identify the most predictive combination of these family characteristics.

Results: A pilot analysis (k = 43, n = 5,090) using LASSO regression showed that younger children and those with more severe baseline behavior difficulties benefited the most. At the ECP we will present results on the full dataset.

Discussion: Our findings may be limited by reliance on parent-reported measures, which some may argue that they introduce bias. Additionally, being restricted to variables consistently measured across trials, we cannot examine all factors considered important by clinicians and other key treatment outcomes (e.g., functional impairment). By applying machine learning, we enhance replicability and generalization, aiming to inform clinical decisions about which families should be encouraged to receive these programs.

Papers session 31

Paper number 989 | Oral

The impact of spiritual intelligence on coping with academic and general stress in university students by degree

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Research aim and objectives.

The study aims to explore how the impact of spiritual intelligence (SI) on general and academic stress in university students is mediated by coping style and how this mediation is moderated by degree.

Theoretical background.

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Stress is a major negative factor in students' wellbeing and performance, heightening the risk of mental and physical health problems, with higher rates in PhD students. Based on coping theory and previous positive findings on SI and work stress in similar populations, higher spiritual intelligence may promote adaptive coping styles, reducing perceived stress through positive coping mechanisms.

Research design/methodology/approach.

We employed a cross-sectional design using data collected through convenience sampling from university students without prior diagnosis of burnout, anxiety or depression (Nestimated = 810).

Two moderated mediation models will be analyzed though Multigroup Structural Equation Modelling with Robust Maximum Likelihood Estimation and WLSMV estimator in R.

Latent constructs will be measured through multi-item Likert scales: SI (Integrated Spiritual Intelligence Scale, α = .97), coping styles (COPE Questionnaire, α = .70), stress (Perceived Stress Scale, α = .84), academic stress (Perceptions of Academic Stress Scale, α = .70). Model fit will be evaluated using RMSEA, CFI and SRMR with bias-corrected bootstrapping confidence intervals to test indirect effects.

Results.

Data collection is underway. Preliminary results will be available by June 2025. We expect a decrease in academic and general stress at higher levels of SI, with coping style significantly mediating the relationship, as well as degree significantly moderating the indirect effect.

Limitations.

The cross-sectional approach, although cost-efficient, might not capture complex effects in the studied relationship, providing a starting point for future research.

Implications for research, practice and/or policy (originality and value).

Developing efficient mental health resources to help students manage academic stress and mitigate associated health risks is a key practical implication.

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Paper number 347 | Oral

Resilience, spirituality/religiousness and meaning in life: Their role in elderly people's mental health

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People in late adulthood are being studied for their well-being by the modern scientific community. Experts emphasize certain protective factors in mental health, such as resilience, spirituality/religiousness, and meaning in life. The purpose of the current research is to investigate the relationship between mental resilience, spirituality/religiosity, meaning in life and mental health of the elderly in Cyprus. The research sample was 158 elderly people from Cyprus. The data was collected using a questionnaire. The Connor-Davidson Resilience Scale, the Systems of Belief Inventory, the Meaning of Life Questionnaire, and the Depression, Anxiety and Stress Scale - 21 Items were administered. The data were statistically analyzed using the SPSS statistical software. The results of the survey recorded a high level of mental resilience, spirituality/religiousness and moderate level of meaning in life and mental health. Also, a positive correlation between resilience, spirituality/religiousness and meaning in life was found, and all these variables were negatively related to mental health problems. Finally, the socio-demographic characteristics of the participants were found to affect the above variables. The conclusion that emerges from the study concerns the protective role that mental resilience, spirituality/religiousness and meaning in life have for the mental health of the elderly. The design of interventions in which these psychological characteristics are strengthened in order to lead the elderly to successful aging is proposed.

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Paper number 1057 | Oral

Psychosocial interventions for older adults with severe mental illness: A scoping review and meta-analysis

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Research Aims and Objectives: This study aims to synthesise evidence on the prevalence, characteristics and outcomes of psychosocial interventions for older adults with severe mental illness (SMI). It seeks to identify gaps and inform intervention designs and policy frameworks tailored to the specific needs of this underserved population.

Theoretical Background: Older adults with SMI face unique challenges, including significant functional impairment, high rates of comorbidity, and pervasive social isolation. Despite these challenges, most interventions focus on clinical recovery, often neglecting personal dimensions of recovery, which are critical to promoting holistic recovery.

Methodology: Following Arksey and O'Malley's framework and PRISMA-ScR guidelines, a comprehensive search of PubMed, PsycINFO and Scopus databases (2000-2023) was conducted. Studies were included if they included adults aged ≥50 years with SMI and psychosocial interventions. Risk of bias was assessed using validated tools, and meta-analytic techniques were used to assess intervention efficacy.

Results: Sixteen studies (n=884 participants) met the inclusion criteria. Interventions focused primarily on clinical recovery, yielding a moderate effect size (ES= 0.366, p< .0001) with low heterogeneity (I^2= 18.81%). However, personal recovery outcomes such as empowerment and optimism were underrepresented. Methodological inconsistencies were identified, with 62.5% of studies having a moderate to high risk of bias.

Limitations: Key limitations include methodological variability, reliance on self-reported outcomes (75.6%), and a lack of long-term follow-up data.

Implications: The findings highlight the need for comprehensive psychosocial interventions that integrate personal recovery dimensions alongside clinical recovery. Future research should employ longitudinal designs and standardised reporting frameworks to enhance intervention effectiveness and sustainability.

Papers session 32

Paper number 183 | Oral

Using Artificial Intelligence to score interviews: How To, psychometrics, and multi-geo results and reactions

Nathan Mondragon[1]

[1]HireVue, United States

Objective: Asynchronous video interviews (AVIs) are commonplace in the hiring process given their ease of implementation, global availability, and flexibility they provide applicants and recruiters. Metanalytic research (e.g., McDaniel et al., 1994; Sackett et al., 2022) identified structured interviews as one of the best predictors of job success. However, many AVIs are not properly evaluated by recruiters. Using artificial intelligence (AI), like natural language processing, to auto-score responses from AVIs solves this problem. However, before adopting this technology it is important to understand the latest applied research on AI-scored AVIs.

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Methods: In this presentation we will summarize the results of numerous published and unpublished studies using large multi-geographic AVI datasets. The studies focus on (a) the psychometric and job relatedness properties of AI-scores, (b) comparisons of AI and human-based scores, and (c) global applicant reactions of AVIs.

Results: Using over 30,000 AVIs, psychometric properties of AI-scores across 179 countries (17 industries) show expected reliabilities, convergent/divergent and criterion validities. Applicant cheating on 11,000 AVIs from the UK and China had an incident rate less than 1% and did not help achieve higher scores. Human raters were less consistent and more biased in their ratings of AVIs as compared to AI-scores (n=27,140) for one position at a global transportation company. The most comprehensive evaluation of applicant reactions toward AVIs (n=645,000) found positive acceptance of AVIs across 46 countries with small country and cultural differences.

Conclusions: In this presentation we show AI-scored AVIs have psychometric and job-related properties at levels equal to or greater than traditional structured interviews, appear to be more reliable and less biased compared to human raters, and candidate acceptance of AVIs is high with minimal frequency of cheating. The results obtained with these global datasets exhibit the robustness and cross-cultural appropriateness of AI-based AVIs.

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Paper number 1095 | Oral

Integrating Artificial Intelligence, including ChatGPT and NVivo AI, into Qualitative analysis in sport psychology: Burnout among basketball referees

Theodoros Rachiotis[1], Nektarios Stavrou[1], Manolis Adamakis[1], Konstantinos Karteroliotis[1]

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This study explores the integration of artificial intelligence (AI), specifically ChatGPT and NVivo AI, into qualitative analysis of burnout experiences among basketball referees. It aims to assess the capabilities and limitations of these AI tools in enhancing thematic analysis while maintaining scientific rigour and trustworthiness.

Burnout is a significant concern in sports, particularly among basketball referees who face unique stressors, including high-pressure decision-making and public scrutiny. AI tools, such as ChatGPT and NVivo AI, are increasingly used to manage large datasets, perform thematic analysis, and provide rapid insights. ChatGPT is known for its efficiency in data coding, while NVivo AI is designed for qualitative research, offering structured analytical frameworks. However, challenges remain in interpreting nuanced emotional and contextual data (Hasnain et al., 2023; Kasperiūnienė & Mažeikienė, 2024).

This mixed-methods study analyzes semi-structured interview data from basketball referees to investigate their experiences with burnout. Both ChatGPT and NVivo AI were employed for data coding and thematic analysis. The AI-generated results were cross-referenced with human coding to evaluate accuracy, efficiency, and thematic consistency.

Preliminary findings suggest that ChatGPT provides rapid initial coding and theme generation, while NVivo AI offers a more systematic approach to data organization and visualization. Combined, these tools effectively identify key themes such as emotional exhaustion, work-related stress, and coping mechanisms.

While ChatGPT excels in speed and NVivo AI in structure, neither tool fully captures the complexity of emotional and contextual dimensions critical in studying burnout. Human intervention remains indispensable for ensuring interpretive depth and reliability (Jalali & Akhavan, 2024).

The integration of ChatGPT and NVivo AI in qualitative analysis offers a powerful hybrid approach that enhances efficiency and depth. This dual-tool methodology is particularly valuable for exploring complex issues like burnout among basketball referees, providing actionable insights for intervention strategies and policy development (Zhang et al., 2023).

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Paper number 309 | Oral

A Data Framework to Guide your AI Development: How to Solve Talent Movement Problems with Artificial Intelligence

Nathan Mondragon[1]

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This session is designed to present uses of AI in the talent lifecycle and is not a research-oriented paper focused on study design and results. The talent lifecycle usually consists of applying for the job, manager reviews of job performance, training experiences, internal movement to other roles, and exiting the company. In these events an employee will be asked to provide a variety of data about themselves, such as their qualifications and abilities to work in the given job at that company. At each of these touch points the employee or company is providing data about the employee's abilities, personality, and experiences to facilitate multiple talent decisions like performance and training. Using these varied data, sophisticated AI technologies can be deployed to facilitate people decisions. However, most talent decisions are made in a silo such that only data for a specific event (e.g., manager performance review) is considered in the talent decision at that time (e.g., pay raise).

In this presentation, we will describe an AI development guide that shows the type of data inputs (single question to life experience), sources of the data (questionnaire to life tracking), how robust the data is, analytics used for the data, and how critical AI is to garner meaningful outputs or solutions. The framework of this model will be presented with real talent management examples drawn upon to show how critical AI is to get impactful solutions.

Finally, we will describe how the use of AI technologies can be used to consolidate, standardize, and facilitate the creation of a talent profile for each employee that will help improve the various people decisions companies (e.g., promotions) and employees (e.g., career change) make. Specific examples will be described showing how the AI-driven talent database will evolve over the talent lifecycle.

Papers session 33

Paper number 621 | Oral

Mediating role of anxiety in Chinese learning in the relationship between personality traits and students' engagement in learning Chinese

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Research on language learning anxiety and student engagement has grown in recent years, but the interplay between personality traits, anxiety, and engagement in foreign language learning remains underexplored. This study investigates these relationships in the context of Chinese as a Foreign Language (CFL) learning. Using a sample of 361 Romanian students aged 12 to 18, the study examines how personality traits, based on the Big Five model, influence Chinese learning anxiety and its subsequent impact on academic engagement.

Participants completed a comprehensive questionnaire assessing personality traits, anxiety (encompassing classroom anxiety, learning anxiety, and test anxiety), and academic engagement. Structural equation modeling revealed that personality traits significantly predict Chinese learning anxiety, which, in turn, mediates the relationship between these traits and academic engagement.

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Key findings include:Extraversion (β = -0.098) and agreeableness (β = -0.084) modestly reduce learning anxiety, suggesting these traits mitigate emotional distress ; Conscientiousness (β = 0.256) and negative emotionality (β = 0.269) are associated with higher anxiety levels, reflecting the pressure conscientious students may feel and the heightened emotional instability of those with negative emotionality ; Open-mindedness (β = 0.085) has a slight positive effect on anxiety.

Chinese learning anxiety negatively impacts academic engagement (β = -0.249). Anxiety mediates the link between personality traits and engagement, with traits like extraversion and agreeableness indirectly enhancing engagement by lowering anxiety levels, while negative emotionality exacerbates anxiety and reduces engagement.

These findings provide valuable insights for educators seeking to design interventions that lower anxiety and foster active engagement in Chinese language learning.

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Paper number 967 | Oral

Dynamics of test anxiety over the course of one semester advancing an examination

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Students' test anxiety level is assumingly increasing while advancing an important examination. However, the dynamics of examination-related test anxiety over the course of a whole semester and advancing an end-of-semester examination has rarely been investigated, mostly not considering the important facets worry and emotionality. Furthermore, the prediction of test anxiety and its course by important predictors like trait test anxiety or expectation/control variables and values has rarely been realized. Therefore, we investigated the dynamics of state worry and state emotionality over the course of one semester while advancing a high-stake end-of-semester examination and inspected correlates and predictors of state test anxiety. We collected the data in N = 73 teacher-education students from a weekly course with an obligatory end-of-semester examination. Eight measurement points were realized, starting with the first course lecture and ending immediately before taking the final examination (last course day). We assessed trait and state worry and emotionality, self-concept, and intrinsic value. Concerning the course of state test anxiety, Growth Curve Models showed U-shaped progressions for worry and for emotionality with decreases after the beginning of the semester, relative stability around the middle of the semester, and with the peaks of worry and emotionality immediately before taking the examination. Positive correlations between trait and state worry and emotionality indicated convergent validity. Models to predict the dynamics of state test anxiety based on previous state self-concept and state intrinsic value showed insufficient fit indices. Limitations are related to, for example, the generalization of the results (students of one course) and the model fits. The importance of examining worry and emotionality over extended periods advancing high-stake examinations is highlighted. The educational and psychological implications of the findings to prevent and reduce test anxiety (e.g., providing details regarding content and typical questions of the examination) are discussed.

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Paper number 730 | Oral

In-session changes in negative attitudes during virtual reality-based exposure for young adults with public speaking anxiety

Karolina Petraškaitė[1], Olga Zamalijeva[1], Jonas Eimontas[1]

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Virtual reality (VR) technologies have emerged as an effective tool for the treatment of specific phobias, including through the One-Session Treatment (OST) approach. Public speaking anxiety treatments particularly benefit from VR technology, as it allows to present the client with large audiences for public speaking exercises without leaving the therapy room. With VR environments being artificial, it introduces new questions, such as the impact of VR fatigue and the efficacy of exposure to artificial audiences. Moreover, it is yet to be understood how client's experiences and perceptions shift during the intervention. The aim of this study was to explore changes in negative attitudes and self-rated reactions during the intervention. A total of 27 self-referred participants (mean age (SD) = 22 (2.88); 33.3% male) completed 9 different public speaking tasks in various VR environments. During the session before and after each task, participants were asked to rate various aspects of their performance, including the quality of their performance, catastrophic belief expectancy, and subjective units of distress (SUDs). Preliminary results show a decrease in negative beliefs and pessimistic performance-related expectations after listening to the audio recordings in all but one verbal fluency task. Participants rated the quality of their performance during the tasks significantly better after listening to the audio recordings compared to their initial assessment after task completion, while the overall assessment of the performance quality increased with each task throughout the session. Results also indicate an evident decrease in SUDs after the completion of each task, with an overall downward trend in experienced distress levels. The speaking task that caused the most distress involved talking about socially sensitive topics. Future research should investigate the long-term effects of VR treatment on public speaking anxiety and explore the integration of real-world exposure to complement virtual experiences.

Funded: LMTLT (S-MIP-23-86).

Papers session 34

Paper number 363 | Oral

The application of positive psychological interventions in the context of trauma: A scoping review

Jolize Joubert van Appel[1], Tharina Guse[1]

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Over the past few decades, research on positive psychology has expanded rapidly. Various meta-analyses and systematic reviews have shown that positive psychology interventions (PPIs) are effective in diverse settings. However, no review has been conducted on the use of PPIs in the context of trauma. The objective of this scoping review was to provide an overview of available research on the application of positive psychological interventions in the context of trauma. The review was conducted and reported in accordance with the Joanna Briggs Institute's (JBI) methodology for scoping reviews as well as the PRISMA-ScR guidelines. This scoping review considered studies that focused on a positive psychological intervention, involved participants exposed to trauma, were written in English, and available in full text. Bibliographic databases were searched for studies which met the inclusion criteria. Relevant reference lists were also scanned for applicable literature. Two independent reviewers were

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involved in each stage of screening. A total of 30 records were included in the study. Results showed that positive psychological interventions were implemented with people exposed to different forms of trauma and experiencing trauma-related distress. Most interventions focused on enhancing positive emotions, thoughts, experiences, relationships and resources; developing character strengths; or fostering mindfulness and incorporated various positive psychological activities and techniques. Interventions were mostly conducted in group format, by a mental health practitioner at out-patient centres or clinics, over four to eight sessions. Findings suggested that positive psychological interventions may be useful in decreasing trauma-related psychopathology and promoting wellbeing in the aftermath of trauma. However, further research is needed to investigate the effectiveness, acceptability and feasibility of positive psychological trauma interventions among diverse populations. This may ultimately guide clinicians in developing and implementing effective and contextually relevant positive psychological interventions in the aftermath of trauma.

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Paper number 117 | Oral

Role of psychological ownership as a moderator between the relationship of workplace alienation and employee mental health

Nitu Singhi[1], Prashant Das[2]

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This study examines the role of psychological ownership as a moderator in the relationship between workplace alienation and employee mental health. Workplace alienation, marked by feelings of disconnection, powerlessness, and detachment from organizational goals, can lead to negative mental health outcomes such as anxiety, burnout, and depression. Psychological ownership, defined as the sense of emotional investment and ownership over one's work, is proposed to weaken this negative relationship. A sample of 250 employees was utilized, employing a correlational research design. Correlation analysis, hierarchical regression analysis, and moderated regression analysis were conducted to explore these relationships. The results indicate that psychological ownership significantly moderates the impact of workplace alienation on mental health. Employees who feel a strong sense of ownership over their work experience reduced negative mental health effects, even in environments where workplace alienation is present. The findings suggest that organizations should focus on fostering psychological ownership to buffer the adverse effects of alienation and promote better mental well-being. The implication of the study emphasizes the need for organizations to create environments that empower employees and promote ownership to mitigate the harmful impact of workplace alienation on mental health.

Paper number 504 | Oral

Unlocking well-being through the positive cognitive triad and resilience

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[1]University of Bucharest, Romania

1. Research aims and objectives

We research the impact of the positive cognitive triad and resilience on well-being, a topic presently understudied.

2. Theoretical background

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Subjective well-being (hedonia) includes a cognitive component and the frequency of positive and negative affect.

Psychological well-being (eudaimonia) focuses on individual development and self-realization, by the true self (daimon) and living a life with meaning.

The positive cognitive triad refers to the individual's view of the self, world and future.

Resilience is the ability to recover from adversity and regain psychological equilibrium.

3. Research design

The study used a cross-sectional design, with responses completed in one session (N=742). Data was analyzed us-ing Structural Equation Modeling in R.

4. Results

Resilience and the positive cognitive triad are predictors of well-being; there was a positive association between resilience and well-being, mediated by the positive cognitive triad factors. People who experience subjective well-being have an optimistic perspective on the world, while this perspective does not impact psychological well-being. Individuals experiencing psychological well-being have high self-esteem because it implies autonomy, self-acceptance, personal growth, and environmental mastery (that favors a skeptical, realistic look at the world). Improved self-view also translates into increased subjective well-being. An optimistic view of the future fosters hope, and motivation, and it is associated with higher levels of well-being.

5. Limitations

Non-probabilistic sampling methods lack representativeness, have limited external validity, and have the potential for sampling bias. When using psychological scales originally developed in Western cultures with an Eastern European population, several cultural factors may influence the validity of these measures.

6. Implications for research

The results have implications for clinical practice, guiding interventions in psychotherapy by addressing resilience and cognitive components regarding self-esteem, world, and hope. Research into well-being investigates ways the individual can re-educate thinking away from the negative, toward the positive.

Workshop - Creating a culture of inclusion: Increasing Diversity and Equality of Access (IDEA)

Paper number 858 | Workshop

Creating a culture of inclusion: Increasing Diversity and Equality of Access (IDEA)

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There are long-standing challenges arising from persistent under-representation of multiple protected characteristics in research and research culture and the barriers faced by those with these characteristics. IDEA (Increasing Diversity and Equality of Access), a Wellcome Trust funded initiative, addresses diversity and inequality of access head-on creating a revolution where equality, diversity and inclusion are at the foundation of research culture, and not an after-thought. The session will present an overview of IDEA and how it aims, through a range of projects, to create meaningful change by creating and supporting a diverse workforce and encouraging inclusive research practice effecting a change in research culture.

Objectives:

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- Acquire an understanding of the IDEA initiative and its vision for creating meaningful change, looking specifically at how the projects intend to address diversity and inequality.

- Gain an understanding of how research culture can be measured.

- Generate actionable step for enhancing research culture in their research setting.

Activities:

A series of group-based activities and discussions, creating an interactive immersive workshop for participants to engage deeply with the topic. Content will include understanding research culture, examples of a range of interventions designed to address inequalities and an opportunity to generate actionable steps for future work.

Target audience:

Professional, Researcher, Early Career, Trainee and Student

Components:

Experiential Learning and Didactic Presentation.

Workshop - Integrating and extending psychological treatment using digital mental health apps

Paper number 828 | Workshop

Integrating and extending psychological treatment using digital mental health apps

James Bray[1, 2]

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There has been an upsurge in the development and availability of digital mental health apps for clinical practice. These range from virtual counselors based on evidence-based practices, intelligent conversational agents (e.g., chatbots) to virtual reality apps to aid in the treatment of mental health and health problems. This session will discuss the state of the art of these apps, how they can be implemented into clinical practice and limitations to consider in their use. In addition, the session will discuss the potential advantages for increasing access to mental and behavioral health care. The session will also focus on a new app for screening, brief intervention and referral to treatment (SBIRT) for substance use problems. The session will present a review of mental health apps for clinical practice. In the last ten years, both the emergence and utilization of artificial intelligence (AI) tools such as intelligent virtual agents (IVAs) and nonembodied conversational agents (CAs), including chatbots, as well as their use in behavioral and mental healthcare, has rapidly expanded. Artificial intelligence (AI) is a rapidly growing field that aims to replicate human cognitive abilities such as perception, reasoning, and problem-solving. It has garnered significant attention in clinical applications and extends beyond conventional statistical methods to extract relevant information that supports decision-making and research. More specifically, we are observing these systems administer treatment modalities to patients in need. The integration of AI technology advancement in healthcare has paved the way for developers to create new and innovative applications to deliver healthcare resources. Such applications are now made to execute more advanced, diagnostic, analytical, and therapeutic methods as well, which were previously only available from highly qualified healthcare experts. Dr. Bray will discuss the implementation of apps into clinical practice. He will discuss applications to specific disorders and limitations to consider.

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Papers session 35

Paper number 1198 | Oral

How to identify and address internalized heterosexism in gay men at a clinical setting: clinically informed recommendations for psychotherapy

Ruth Franco[1]

[1]Lin Psychological Services Oy, Finland

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The 2030 Agenda includes among its aims the protection of human rights, “envisaging a world of equal opportunity permitting the full realization of human potential and contributing to shared prosperity”. Recent research shows that risk of self-harm or suicidal behavior is still three times as high among people who identify as bisexual and two times as high among people who identified as gay or lesbian, compared to people who identified as heterosexual (Chum et al, 2023). Meta-analytic reviews have shown the significant role that internalized heterosexism plays in the deterioration of mental health for the lgbqt community (Newcomb & Mustanski, 2010). Psychologists can play a crucial role in alleviating human suffering and in reducing the gap to the Agenda’s aims by tackling this issue. This workshop has the central aim of helping clinicians to identify the many manifestations that internalized heterosexism, as a result of minority stress, take on in the clients' experience, and to reduce their pervasive effects. We will briefly review the term internalized heterosexism —and its predecessor internalized homophobia—, and its relevance to psychotherapy. Extracts from therapy sessions or qualitative interviews with gay male clients will be analysed, focusing on clinical issues that illustrate the relevance of the theoretical background, the link between traumatic experiences and internalized heterosexism, and the significant implications for the clients’ healing process. Empirically informed clinical recommendations will be presented. All clients were asked for written consent to participate in the interviews prior to any collection of data. This collection of data does not require an ethical review statement from a human sciences ethics committee because it does not involve minors, clients were specifically informed about the aims of the data collection and there was no risk for physical or mental health in their participation exceeding the limits of normal daily life.

Paper number 524 | Oral

Emotional wellbeing in professionals supporting autistic individuals

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The prevalence of Autism Spectrum Disorder (ASD) has increased significantly in the past decade, with current estimates indicating a global prevalence of 1 in 100 individuals (Zeidan et al., 2022). Supporting autistic individuals and their families often involves navigating complex situations that can lead to heightened emotional distress and burnout. The emotional wellbeing of support professionals not only impacts the quality of the support provided (Sturgeon et al., 2023) but is also associated with increased risks of sick leave, absenteeism, and organizational turnover (Alenezi et al., 2022). Family organizations are the primary providers of support services for autistic individuals and their families. These organizations have specific characteristics that may contribute to higher levels of emotional burnout among their staff (Schmidt et al., 2014). However, there is a limited body of research addressing the prevalence of burnout and mental health challenges among professionals working in these settings.

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Objective: To assess the prevalence of psychosocial risks, emotional distress, and burnout among professionals supporting autistic individuals, and to explore the relationships between these factors.

Sample: 200 professionals supporting autistic individuals (mean age 37.17 years).

Instruments: Sociodemographic Questionnaire, Maslach Burnout Inventory (MBI), Depression Anxiety Stress Scales (DASS-21), Copenhagen Psychosocial Questionnaire (CoPSoQ), and Five Facet Mindfulness Questionnaire (FFMQ-SF).

Findings:

• 62.2% of participants reported high levels of work-related emotional exhaustion.

• 19.4% showed significant symptoms of depression.

• 25.4% experienced anxiety.

• 31% reported high stress levels.

Emotional demands, quantitative work demands, perceived esteem from superiors, and personal mindfulness accounted for 51% of the variance in work-related emotional exhaustion.

Conclusion: Professionals supporting autistic individuals and their families within family organizations are at a heightened risk of experiencing mental health challenges and emotional exhaustion. Addressing both organizational and personal factors could enhance their wellbeing and improve the quality of support they provide.

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Paper number 171 | Oral

Discursive spaces in education perpetuated by behaviour management systems

Aisling Culshaw[1]

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Using qualitative research that interprets the perspectives of school staff through interviews in schools, my presentation examines the interplay between behaviour management systems in schools and the discursive spaces they create, influencing the potential of student alienation and reinforcing societal boundaries. Drawing upon Foucauldian theories of power and discourse, an examination of how education constructs narratives around behaviour that is seen as challenging or disruptive and how they reflect broader societal values. My research argues that theoretical reductionism is inherent in behaviour management systems in schools which simplifies and disregards the rich contextual realities of children's lives where vulnerable children are at risk of becoming 'alienated' from education, as their identities are reduced to 'challenging' and 'defiant'. My presentation will peruse interpretations of behaviour and how teacher attitudes and perceptions alongside accepted norms in education play a vital role in shaping these narratives. Here, I unearth how certain behaviours are pathologized, thereby constructing a binary of 'good' and 'bad' behaviours in schools, which can marginalise students who do not abide by school rules and boundaries, which then creates a discursive framework that delineates who is 'accepted' and 'unacceptable' in schools. Through this lens, a deeper understanding of the pervasive nature of such discourses and their implications for educational equity are pondered with the hope to inspire educators and policymakers to reconsider how behavioural norms are constructed in schools.

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Paper number 120 | Oral

Development of therapist manuals and Adherence and Competence Scales to treat relationship disturbances in mother-child and father-child psychotherapy

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Background: Mother-child, father-child psychotherapy is a psychodynamic therapy based on play interactions between parents and children. The therapeutic sessions include alternating sessions of the mother-child dyad and the father-child dyad and parent guidance. The therapeutic goals of changing parental and child's interaction and internal working models are achieved by mirroring and encouraging positive interactions, supporting parental competence, recognizing the efforts of the parent and child to repair their relationship within the therapeutic session, improving mentalizing abilities, and processing the emotional contents that arise during mutual play. In studies comparing parent-child psychotherapy to child psychotherapy alone, it was found that the parent's involvement in child treatment significantly improved the treatment results, and impoved children's emotional and behavioral difficulties.

Before examining the effectiveness of a therapeutic approach, evidence-based research requires treatment fidelity measures. Although several scales have been developed to test the fidelity of treatment with psychodynamic approaches, to the best of our knowledge, a scale has not yet been developed to test the fidelity of psychodynamic parent-child therapy.

Method: Based on a detailed treatment manual, the scale includes an adherence and competence scale with four subscales: five general support items, seven specific items for parents and children, five items for developmental difficulties and five categories for other treatment types. Video analysis of 80 psychotherapy sessions of 20 patients in mother-child father-child therapy were analyzed by 4 independent graduate school raters.

Results: The process of building content validity derived from the manual, convergent validity, and inter-judge reliability for four subscales and the full scale will be presented

Discussion: This scale is an important tool in establishing evidence-based psychodynamic treatment studies in the mother-child father-child model, and will facilitate further research on the effectiveness of treatment.

Papers session 36

Paper number 1036 | Oral

Value change from early to middle adolescence: Genetic and environmental factors

Louise Twito Weingarten[1]

[1]Hebrew University of Jerusalem, Israel

This study investigates the stability and change of values during the transition from early to middle adolescence, focusing on the genetic and environmental factors that influence these processes. The findings reveal that all four higher-order values undergo significant changes over time. Specifically, self-enhancement and self-transcendence values increased in importance, whereas conservation and openness to change values decreased. Using a twin-study design, we assessed the heritability of values alongside the contributions of shared and non-shared environmental factors. The results demonstrate that heritability and non-shared environmental influences

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significantly impact both the stability and change of values, with heritability increasing over time. Conversely, shared environmental factors did not show a measurable effect. Heritability consistently influenced the intercepts of all values. However, its effect on the slopes varied: it had a significant impact on conservation values and openness to change values, while its influence on self-transcendence values and self-enhancement values was negligible or non-significant. These findings challenge the traditional perspective that values are shaped exclusively by socialization, highlighting instead a complex interplay between genetic and environmental factors. The study emphasizes the need for further research into the biological and environmental mechanisms underlying value development, particularly through polygenic studies and analyses of gene-environment interactions. These insights have important implications for parents and educators, underscoring the necessity of recognizing individual differences in children's values and tailoring socialization practices to align with their intrinsic tendencies

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Paper number 839 | Oral

Personality factors, family dynamics and risk of psychological distress in BRCA1-2 genetic cancer.

maria moschetto[1]

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Aims: Oncological Genetic Counseling (CGC), referred to in Italy as CGO (Oncological Genetic Coun-seling), has been implemented since 2013 to identify genetic mutations associated with hereditary ne-oplastic diseases. This observational study aims to explore the psychological profile of patients with breast and/or ovarian cancer, alongside a personal or family history of these diseases, who access CGO services. A deeper understanding of these profiles could have clinical implications in identifying patients at risk of adverse psychological outcomes from genetic testing and improving counseling pro-tocols to mitigate such effects, including tailored psychological interventions. Background: Italian lit-erature on the psychosocial factors affecting patients undergoing CGO remains limited. This study seeks to address this gap by providing a detailed analysis of psychological vulnerability in this patient population. Methods: A cohort of 61 patients diagnosed with breast and/or ovarian cancer was recruit-ed from the CGO clinic at ASP RG. Participants completed a preliminary interview, a semi-structured pre-test consultation, and self-report measures, including the SCL-90-R, BFQ, and FACES IV ques-tionnaires. Results: Preliminary findings indicate a pattern of psychosocial vulnerability influenced by factors such as age, family cohesion, cognitive flexibility, and experiences of anxiety and depression. Compared to the general population, participants demonstrated a heightened predisposition to psycho-logical distress, which could impact their comprehension of genetic information, communication of results within the family, and decision-making regarding clinical surveillance versus surgical prophy-laxis. Limitations: The study's small sample size, lack of a control group, and reliance on self-reported measures introduce potential biases and limit generalizability. Implications: These findings underscore the need for personalized and integrated psychological interventions to support patients accessing CGO, potentially serving as a protective factor for their overall well-being throughout the counseling process.

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Paper number 669 | Oral

Recommit: Implementing an Acceptance and Commitment Training with VR for pre-release inmates

VASILIKI CHRISTODOULOU[1], Carmen Bora[2], Maria Petridou[3], Andrea Photiou[1], Olga Solomontos-Kountouri[3]

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[2]University of Oradea, Romania
[3]Theological School of the Church of Cyprus, Cyprus

The Recommit program addressed communicational challenges encountered in the workplace, delving into aspects that contribute to finding meaning in both work and life utilizing Acceptance and Commitment Therapy (ACT) with Virtual Reality (VR) to support the reintegration of pre-release inmates. The program was applied in four European countries (Cyprus, Greece, Romania, and Spain). This study focused on evaluating the trainee impact and understanding inmates' learning experience of the program. For that purpose, participating pre-release inmates were asked to complete a series of questionnaires during the program while interviews were conducted with some participants and program facilitators. Based on 14 interviews with prison inmates improvements in communication and interpersonal skills, enhanced self–awareness, reconsideration of personal values, deeper understanding of different perspectives and motivation for future planning were observed. Although some participants experienced discomfort with the VR, they rated VR as an engaging tool that allowed them to practice real-life scenarios in a safe and immersive environment. 13 facilitators highlighted communication skills as the most mentioned benefit for the participants while fostering group interaction and personal reflection. Facilitators reflected on their own personal and professional development as a result of the program, while addressing VR activities as engaging and challenging. The results from the quantitative data with 73 participants indicated a successful implementation of the Recommit program with ba eneficial impact on the participants on measures of mental health, values, knowledge and interpersonal skills. Recommit was a powerful combination of an evidence-based model such as Acceptance and Commitment therapy with VR to engage, teach, and transform psychological outcomes in pre-release inmates across European countries. The findings indicate that combining evidence-based methods with technological advancements may have a powerful impact in educational programs, even in hard-to-reach and hard-to-engage populations.

Paper number 808 | Oral

Group Acceptance and Commitment Therapy (ACT) for fibromyalgia: the 'Streuse' women

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AIMS: Fibromyalgia (FM) is a chronic and complex pain disorder characterized by widespread musculoskeletal pain, fatigue, sleep disturbances, and localized tenderness. This study aimed to evaluate the effectiveness of Acceptance and Commitment Therapy (ACT) in reducing symptoms and enhancing psychological well-being among women diagnosed with FM. Background: ACT, a third-wave cognitive-behavioral therapy, emphasizes acceptance of challenging experiences, cognitive defusion, and engagement in value-based actions. It has shown empirical validity in chronic pain management, emotional distress and functional impairment. Methods: A randomized experimental design with a control group was employed. 60 women with FM, referred to the Pain Therapy Clinic and Rheumatology Unit of Catania, were randomly assigned to the ACT group (n=30) or a control

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group (n=30). The ACT group participated in 8 structured sessions over 16 weeks. Psychological assessments included SCL-90-R, SF-36, S.T.A.I Y1/Y2, BDI-II and CFQ. Paired sample t-tests and analyses of meaningful change were conducted to evaluate pre-post differences in both process (e.g., acceptance, cognitive fusion) and outcome variables (e.g., symptom severity, mental health). Measures were collected at baseline, post-treatment, and a 3-month follow-up. Data analysis was performed using SPSS-27. Results: Participants in the ACT group showed statistically significant improvements in mental health, social role functioning, and reductions in anxiety, depression, somatization, and obsession-compulsion symptoms compared to the control group. Cognitive fusion scores also significantly decreased. Meaningful change analysis confirmed clinically relevant improvements, which were well-maintained at the 3-month follow-up, underscoring the intervention's durability. Limitations: Despite promising results, the study's small sample size and reliance on self-reported measures may limit generalizability. Incorporating larger samples and additional objective assessments is recommended for future research. Implications: This study reinforces the effectiveness of ACT in addressing both psychological and functional challenges associated with FM. Future studies should explore its integration into multidisciplinary approaches for tailored chronic pain management.

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Papers session 37

Paper number 295 | Oral

Enhancing talent development through generative AI and behavioral science

Emeric Kubiak[1], Simon Baron[1]

[1]AssessFirst, France

Objective. Businesses face a critical skills gap, with 87% anticipating a significant gap within the next 5 years. However, only 30% of companies report achieving organizational impact with their current development programs. We propose a framework leveraging advancements in behavioral science and generative AI to address this challenge. Recent studies highlight the efficacy of habit-changing interventions (Albarracin et al., 2024) and the effectiveness of AI coaching (Terblanche et al., 2022).

Method. We developed a tool allowing companies to integrate their skills framework. Employees are positioned relative to these skills through personality and reasoning assessments (Kubiak et al., 2023). Following this evaluation, employees are recommended specific skills to prioritize, guided by Flow Theory and the Zone of Proximal Development to ensure a balanced challenge level. Before generating the development plan, employees are also asked questions about their personal objectives, work context (e.g., remote or on-site), and level of autonomy to further tailor recommendations. The development plan includes: (1) content fostering self-awareness and introspection for each skill, (2) habit-building strategies, and (3) relevant videos. This content, generated through the GPT-4 API, is integrated into a comprehensive development plan. Progress is assessed through situational judgment tests.

Results. This ongoing project involves samples of employees from two large companies. Progress analysis will be presented at the convention.

Conclusion. Our framework introduces an innovative approach to in-workflow learning, addressing the skills gap by enabling companies to rapidly scale development plans and transform employee behaviors.

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Paper number 1108 | Oral

Misinformation on social media: Examining middle-aged individuals' reasoning skills and engagement with misinformation online

Kalypso Iordanou[1], Maura de Vos[1], VASILIKI CHRISTODOULOU[2]

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[2]UCLan University, Cyprus

The proliferation of misinformation on social media poses significant challenges to democratic societies. While research has extensively examined young adults' susceptibility to misinformation, middle-aged individuals (45-65) remain understudied despite their significant role as decision-makers. This study investigates the factors predicting conspiratorial thinking and fake news discernment among middle-aged adults, focusing on reasoning skills and epistemic beliefs.

Using an online survey methodology, 635 middle-aged individuals from the UK and EU participated in a study examining their ability to evaluate misinformation across three domains: immigration, vaccination, and climate change. Participants evaluated videos containing misinformation and completed assessments measuring argumentative reasoning skills and epistemic beliefs.

Results revealed that epistemic thinking and argumentative reasoning skills significantly predicted conspiratorial thinking, with the model explaining 27% of variance ($R^2 = .274$, $F(5, 608) = 45.79$, $p < .001$). Specifically, relying on emotions for evaluation ($\beta = 0.26$, $p < .001$), conservation values ($\beta = 0.53$, $p < .001$), and the ability to reference both positions in arguments ($\beta = 14.90$, $p < .001$) emerged as significant predictors. Strong argumentative reasoning skills and sophisticated epistemic thinking positively predicted the ability to discern misinformation online.

This research contributes to understanding the cognitive mechanisms underlying misinformation susceptibility among middle-aged adults. The findings suggest that interventions targeting argumentative reasoning skills and epistemic thinking development could enhance resilience to misinformation in this demographic. These insights have important implications for developing age-specific digital literacy programs and inform policy approaches to combat online misinformation.

Paper number 642 | Oral

“It´s not just about sex” – Motives of zoophile people for using online platforms

Armin Klaps[1], Birgit U. Stetina[1]

[1]Sigmund Freud University, Austria

Theoretical background: Sexual contact between humans and animals (ICD-10: F65.89 other paraphilias) is a criminal offense in many countries, remains a major taboo and is therefore under-researched[1]. The internet plays an important role for zoophiles;it gives this so-called hidden population the possibility to interact anonymously with individuals who share the same interests. To understand the complexity of zoophilic interests and deriving potential interventions, identifying motives for using internet forums seems a relevant next step for clinical research and practice.

Aims: This explorative study examines the motivations why people who ascribe to the zoophilia spectrum are active on zoophilia forums.

Methodology: Using a mixed-methods-design employing grounded theory in cooperation with an active zoophile forum 30 narrative interviews with members of the community were conducted and 8523 self-described zoophiles

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were surveyed online using clinical instruments and open-ended questions in a research project. Interview analysis resulted in a code system and for this study MAXQDA was employed to analyze the question: Please describe the reasons why you are active on zoophilia forums

Results: The analysis focused on ten key categories deemed relevant by the participants: Community, Porn and Erotic Content, Seeking Information, Sharing Information and Activism, Mental Health, Acceptance and Normalization, Emotional Support, Morals and Ethics, Curiosity, Self-Experience, Guidance.

Limitations: Examining hidden populations reduces the representativeness of the data.

Implications: Overall, forums serve as a safe space to connect, learn and find validation. Findings are consistent with prior research about the characteristics of Zoophilia [2] as they underline the relevant group of zoophiles who do not exclusively focus on sexual aspects as they prioritize forming meaningful relationships with animals, seeking advice on animal care and wellbeing (Category Guidance) or even moral and ethical aspects (Category Morals and Ethics). This might be a further component in trying to understand the complexity of zoophilia.

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Paper number 953 | Oral

Exploring factors of early withdrawal from online psychological counselling: study protocol and early findings

Alfredas Laurinavičius[1], Jonas Eimontas[1], Neringa Grigutytė[1], Paulina Paškevičiūtė[1], Vaida Stankutė[1, 2]

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[2]Online counselling platform “Pasikalbėk”, Lithuania

This study aims to examine the factors associated with early withdrawal from online psychological counselling, such as personality traits, therapeutic alliance, belief in the efficacy of the therapy, psychological difficulties, and sociodemographic factors.

Online psychological counselling has become particularly relevant in recent years, especially due to the impact of the COVID-19 pandemic. Despite the advantages of distance counselling, the qualitative differences between online and face-to-face counselling are still debated. One of the concerns of psychologists is the early withdrawal from online counselling.

A repeated measures design is applied in the study. 200 clients of the online counselling platform and their therapists are expected to participate in the study. Participants agree to regularly fill out questionnaires for up to 10 sessions. Measures include The Big Five Inventory – 2 (Soto & John, 2017), the Working Alliance Inventory (Hatcher & Gillaspy, 2006), the Milwaukee Psychotherapy Expectations Questionnaire-Brief (Normberg et al., 2011). and Therapist Hope for Clients Scale (Bartholomew et al., 2020), Depression Anxiety Stress Scales-21 (Lovibond & Lovibond, 1995), sociodemographic information.

Data collection is ongoing. Initial analyses based on the data already collected confirm the importance of the factors investigated, such as working alliance and belief in therapy, in predicting early withdrawal from online therapy.

The main limitation of the study is the convenience of the sample. Our study is limited to clients who consent to participate in the study, therefore they can differ from other clients in many unknown factors.

As the study examines early withdrawal from online therapy, the findings are of practical relevance for online psychological service providers. The results will contribute to further research on the determinants of withdrawal, including the theoretical orientation of the psychologist, experience and psychological difficulties.

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Papers session 38

Paper number 638 | Oral

Investigating attentional biases in illness anxiety: Evidence from a Dot-Probe Eye-Tracking experiment

Athina Manoli[1, 2], Nikos Konstantinou[3], Angelos Kassianos[1]

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Illness anxiety is characterised by an excessive fear of having serious illnesses even in the absence of physical symptoms and constitutes a significant concern affecting approximately 2% to 10% of the general population, with prevalence reaching up to 78% in clinical populations across Europe. In addition, illness anxiety is associated with attentional biases towards health-threatening stimuli, which are thought to contribute to the persistence of anxiety symptoms. Cognitive-behavioural models suggest that these biases may manifest as rapid attentional engagement, delayed disengagement, or avoidance of health-related threatening information.

The aim of the current study is to investigate attentional biases towards health-threatening information using an eye-movement dot-probe paradigm in individuals with elevated symptoms of illness anxiety. Adults aged 18 and over, fluent in Greek, and able to visit the laboratory at the Rehabilitation Clinic of The Cyprus University of Technology (CUT), participated in the study. Participants were presented with either a health-threat and neutral image pair or a pair of neutral–neutral images, displayed for either 500 ms or 1500 ms, with equal frequency. They were required to respond to a probe that replaced either the threatening or neutral image. Eye-movement measures, including first fixation location, fixation duration, and number of fixations, were recorded to assess attentional engagement, maintenance, and disengagement. The Short Health Anxiety Inventory (SHAI) and the Illness Attitude Scale (IAS) were used to assess symptoms of illness anxiety and illness-related behaviours, attitudes, and beliefs, respectively.

While data collection is ongoing, we anticipate observing faster attentional engagement and prolonged fixations on health-threat stimuli compared to neutral stimuli, particularly among individuals with elevated illness anxiety symptoms. The results will be presented and are expected to enhance our understanding of attentional biases in illness anxiety, shedding light on cognitive mechanisms that may exacerbate or sustain anxiety symptoms.

Paper number 819 | Oral

Challenges and opportunities in supporting family caregivers of advanced cancer patients with limited language proficiency: A focus group study

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Background: Family caregivers supporting individuals with advanced cancer provide essential support, and often face significant distress themselves. Emerging literature shows that caring for a loved one with Limited Language Proficiency (LLP) can present additional challenges that further caregiving burden despite the availability of interpretation services offered in many healthcare settings. In this study, we seek to understand the experience of

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such caregivers, examine the unique challenges and barriers they face and identify potential solutions to improve support for both patients with LLP and their caregivers.

Methods: We are currently completing focus groups and one-on-one qualitative interviews with family caregivers who are supporting patients with advanced cancer and limited English proficiency. Caregivers are recruited from a large urban hospital in Toronto, Canada. Focus groups are formed based on participant ethnicity such that cultural impacts on their experiences can be highlighted and factored into this exploration. Responses will be analysed using thematic analysis.

Results: Recruitment opened in November, 2024; we plan to conduct four focus groups from January-April, 2025, each including approximately 6-8 caregivers, and to complete data analysis by June, 2025.

Discussion: Findings will help contribute toward intervention development and improved language-and culture-based policies and programs to better support diverse cancer patient populations and their families.

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Paper number 138 | Oral

Systematic review of the literature on the impact of breast cancer surgical approaches on changes in health-related quality of life

Theodora Fteropoulli[1, 2], Eleni Tzounaka[1], Aliya Amirova[3], Georgios Nikolopoulos[1], Anneza Yiallourou[1]

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Background: The aim of this systematic review is to examine the comparative effect of mastectomy (M), mastectomy with breast reconstruction (MBR), and breast conserving surgery (BCS) on the health-related quality of life (HRQoL) of women with breast cancer from pre- to post surgery.

Methods: We included English language reports of randomised and non-randomised controlled trials and observational studies of adult females, pre-operatively diagnosed with breast cancer, excluding metastatic cancer. Studies needed to report HRQoL from pre- to post-surgery and compare the effects of the three surgical approaches using validated HRQoL questionnaires. Six electronic databases were searched from inception to July 2024, supplemented by reference list searches. Two independent researchers conducted the selection, data extraction, and quality assessment of the studies. Narrative synthesis included the categorisation of HRQoL measures in physical and psychosocial domains and calculation and interpretation of the minimally important difference (MID) to examine group differences and changes over time.

Results: The review included six prospective studies of fair quality, with samples ranging from n=172 to n=1178 and follow-ups ranging from 1 to 120 months post-surgery. The results indicated that by 24 months, HRQoL, anxiety, and depression either return to pre-surgery levels or improve for all surgical groups, with comparable scores between the groups. A deterioration in physical HRQoL was observed in MBR and BCS groups at 6 months and 12 months post-surgery, respectively, while poor psychosocial HRQoL was prominent in the M group at 12 months. The MBR group fared worse in anxiety and depression compared with the other groups.

Discussion: The limited evidence reviewed highlight that HRQoL challenges are evident in all surgical approaches, albeit at different timepoints along the treatment pathway. Systematic assessment of HRQoL in routine care is recommended to monitor HRQoL trajectories throughout the care pathway and help guide psychological interventions.

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Paper number 338 | Oral

Enhancing patient education processes to improve the quality of cancer care with immunotherapy: A self-determination theory perspective

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[1]National Taiwan University, Taiwan

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Improvements in cancer statistics in Taiwan and advancements in global cancer treatments indicate a gradual enhancement in cancer care quality, transforming cancer into a more manageable chronic condition. Ongoing developments in medical technology are increasing patients' chances of coexisting with cancer. Notably, cancer immunotherapy has expanded significantly over the past decade, providing benefits to many "cancer survivors." While this treatment extends survival, it also introduces challenges related to side effects and economic burdens. Patients must also navigate psychological impacts during their treatment journey, complicating the stability of their immunotherapy. Consequently, the support of cancer care teams is essential in guiding patients through these challenges.

This study investigates the care and educational processes associated with cancer immunotherapy, focusing on factors that influence patients' treatment decisions and how cancer case managers can enhance cancer care and education. Utilizing a case study approach and semi-structured interviews, the research documented the experiences of four cancer case managers. The interview data was categorized and analyzed in relation to decision factors derived from the Self-Determination Theory (SDT).

The findings revealed four distinct stages in the treatment decision-making process, highlighting key considerations for patients undergoing immune checkpoint inhibitor therapy. Throughout all decision stages, factors such as economic burden, side effect management, treatment efficacy expectations, and psychological stress played significant roles in influencing patient pathways. These elements were also central to the educational efforts of case managers.

From an SDT perspective, the early decision stage focuses on fulfilling patients' autonomy needs, the middle stage emphasizes developing relevant competencies and strengthening social connections, and the later stage reinforces autonomy and competence while providing additional social support. Addressing these three basic needs—autonomy, competence, and relatedness—enables patients to experience optimal treatment during immunotherapy, fosters confidence in their treatment, and ultimately improves the quality of cancer care and education.

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Papers session 39

Paper number 940 | Oral

Transforming the concept of personal career: How sustainable it is for Serbian and Greek employees?

Ivana Kovačević[1], Mateja Manojlović[2, 3], Achilleas Anagnostopoulos[4]

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[3]University of Belgade, Faculty of Philosophy/Psychology Department, Serbia
[4]University of Thessaly/Department of Business Administration, Greece

Objectives: Socioeconomic changes and evolving concepts of employment have reshaped the way individuals perceive careers. This study investigates career perceptions among employees in Serbia and Greece, examining the extent to which these perceptions align with theoretical frameworks of contemporary career theories.

Background: Newman's (2011) sustainable careers conception emphasizes core values such as renewability, flexibility, and integrity. This aligns with De Vos et al. (2020) who conceptualize contemporary careers as dynamic, self-regulated processes that enable individuals to adapt to and shape their environments while aligning their needs with external demands to achieve an optimal person-career fit.

Methods: The study utilizes two subscales of the Sustainable Career Perception Questionnaire (Kovačević et al., 2024): Career Concept Awareness and Value-Based Career Impression, with internal reliability coefficients of $\alpha(26) = .82$ and $\alpha(38) = .96$, respectively. The sample consists of 58 Serbian and 30 Greek employees, recruited through convenience sampling, all of whom have been employed in various sectors for over five years.

Results: Initial findings reveal a significant difference in Career Concept Awareness, with Serbian employees scoring higher than their Greek counterparts ($F(1,86) = 5.294$, $p < .05$). However, no significant difference was observed in Value-Based Career Impression between the two groups.

Conclusions: The sample's limited diversity in sectors and age, as well as the disproportion between the two subsamples, limits the generalizability of the results. Nevertheless, the study provides valuable insights into employees' perceptions of sustainable careers and highlights possible intercultural differences. As this is a pilot study, it contributes to validating the Sustainable Career Perception Questionnaire. Future research should involve larger, more representative samples to explore these themes further.

Paper number 1163 | Oral

The Digital Career Adapt-Abilities Scale: A new tool for career counselling in the Anthropocene era

Lea Ferrari[1], Teresa Maria Sgaramella[1], Ilaria Di Maggio[1]

[1]University of Padova, Italy

The world of work is facing several challenges due to digitalization and rapid technological advancement. It's not easy for workers to keep up, and the many challenges affect the career trajectory, especially for the most at-risk groups. Developing solid digital skills, bridging and preventing the digital divide has become a priority both in research and in policy and practice. Many international agencies and institutions, such as the European

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Community, have developed assessment tools to evaluate one's digital skills. However, regarding the more vocational aspects, there aren't many tools available. Referring to the Career Construction Theory and specifically, to the construct of career adaptability, we have developed a new tool that assesses career adaptability in the ambit of digitalization. Similarly to both career adaptability construct and scale, four dimensions are considered: digital concern, digital control, digital curiosity, and digital confidence. More specifically drawing inspiration from the short form of the scale, the 12 items have been reformulated to include a reference to digitalization. Each item is evaluated on a 5-point Likert scale. For the analysis of psychometric proprieties, 330 Italian workers were involved. The exploratory and confirmatory analyses conducted confirm the goodness of the 4-factor correlated model. Although further studies are encouraged to confirm the validity of the tool in multiple contexts and countries, it is believed that it can support the work of career counselors in promoting the digital skills development of their clients.

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Paper number 79 | Oral

Courage and career construction in young adults: The mediational effect of promotional and preventive self-regulation

Anna Paszkowska-Rogacz[1]

[1]University of Lodz, Poland

This research project aimed to examine the relationship between courage and career construction in young adults, where career construction is defined as the process of designing the professional sphere of life through five key attributes: crystallization of self-image as an employee, exploration of professional fields, decision-making regarding career choice, skill development for career advancement, and effective transition from school to work. A secondary aim was to investigate whether self-regulation mediates the relationship between courage and the components of career construction. The study involved 300 young adults (158 women, 142 men) aged 18 to 29 (M = 25.14, SD = 3.11). Instruments used included the Career Construction Inventory (CCI) , the Courage Scale, and the Promotional and Preventive Self-Regulation Scale. The analyses revealed a strong, positive relationship between courage and all five attributes of career construction, with the strongest association observed for crystallization of self-image and the weakest for the school-to-work transition. Promotional self-regulation mediated the relationship between courage and all five attributes, while preventive self-regulation mediated the relationships with exploration, decision-making, and skill development. These findings suggest that courage can be viewed as an adaptive trait that helps individuals manage career development tasks and navigate changing career environments. Moreover, both promotional (achievement- and aspiration-focused) and preventive (duty- and security-focused) self-regulation systems mediate the relationship between courage and the multidimensional process of career construction, though to varying degrees. The results carried out highlight the relevance of career interventions on career construction and courage, especially for young adults. This study has some limitations that must be taken into account. First, this study used a cross-sectional design with Polish participants that limits the generalization of the results carried out. Secondly, self-reported measures were used to assess variables and therefore results could be impacted by common method variance.

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Paper number 410 | Oral

A study of how career adaptability and employee well-being influence resistance to organizational change

Chun Ming Louis Kwok[1], Yin Fei Tse[1], Chin Tung Stewart Ng[1], I-Heng Chen[2], Yu-Ping Chen[2]

[1]Hong Kong Metropolitan University, Hong Kong
[2]National Sun Yat-sen University, Taiwan

In this research, we examined (a) the impact of resistance to organizational change, career adaptability, and employee well-being on organizational commitment and (b) the moderating effects of career adaptability and employee well-being on the relationship between resistance to organizational change and organizational commitment. We conducted a three-wave study with a two-week gap. In the three-wave study, we collected 263 valid questionnaires online among employees from various industries in Taiwan. The results revealed that resistance to organizational change is negatively related to organizational commitment, while career adaptability and employee well-being are positively related to organizational commitment. Career adaptability has a moderating effect on the relationship between resistance to organizational change and organizational commitment, and the moderating effect of employee well-being on the relationship between resistance to organizational change and organizational commitment is approaching statistical significance. Based on the research results can generate several important practical and managerial implications for the organizations undergoing organizational change. Our study suggested that supervisors or managers should emphasize the development of employees' career adaptability to achieve organizational growth and enhance employee commitment to the organization. Supervisors or managers should promote employee well-being to build a positive organizational culture and enhance employee commitment. Moreover, it is suggested that a better workplace atmosphere enriches by organizing regular employee activities, encouraging self-development, and offering personal development opportunities. This approach can help to reinforce employee well-being, positively influencing the organizational atmosphere and culture.

Keynote Speech - Dr. Maria João Forjaz

Paper number 1259 | Keynote

Contributions of psychology to epidemiology and public health

Maria João Forjaz[1]

[1]Spanish National Institute of Health Carlos III, Spain

Epidemiology is a multidisciplinary field of knowledge, part of the public health, that aims to study the distribution and determinants of health-related events in the population. Individual and behavioral factors play a crucial role in the appearance, trajectory, treatment and recovery from health conditions. Therefore, psychology, as the study of mind and behaviors, offers important contributions to epidemiology. This talk will discuss the key relationship between these two fields of knowledge, psychology and epidemiology, by providing examples in several areas such as social determinants of health, mental health, psychosocial aspects of chronic health problems, behavioral insight studies and health behaviors, gender studies, lifespan perspective, in addition to methodology contributions including patient reported outcomes and psychometrics.

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Roundtable discussion 11 - Single profile psychologist or functional profiles of differentiated professionals?

Paper number 1248 | Roundtable discussion

Single profile psychologist or functional profiles of differentiated professionals?

Caterina Arcidiacono[1], Santo Di Nuovo[2]

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[2]University of Catania, Italy

This is the theme of the panel which compares the strengths and weaknesses of the different paths activated in the various European countries to train psychologists. Italy, in application of law 56 of 1990, has a unique profile whose limits can be glimpsed. However, the differentiation of functional profiles implies the need for a parallel reorganization of academic training in order to align it with the identified fields of intervention. In other words, each identified field of intervention should correspond to a functional profile, in turn associated with a training chain. By operating in this sense, two complementary objectives would be pursued: on the one hand, strengthening the professionalising capacity of degree courses, through a clearer and more delimited connection between figures graduating from degree courses, functional profiles and demand organized by the intervention fields; on the other, to encourage the development of field-specific professional cultures and communities, so as to contribute to the progressive consolidation of the differentiated model. But is it really true? Sergio Salvatore, president of Italian Association of Psychology (AIP), presents the strengths and weaknesses of the single model currently in force in Italy. Manuel Berdullas, representative of the Consejo General de la Psicología (COP) in EFPA, presents the Spanish picture, and Sofia Ramalho the new President of the Order of Portuguese Psychologists (OPP). Finally, Ole Tunold, Secretary General of the Norwegian Psychological Association addresses the prospects of their own national model. Santo di Nuovo has the task of pulling the threads of the debate.

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Roundtable discussion 12 - Psychological Associations in the Time of War against Ukraine

Paper number 1138 | Roundtable discussion

Psychological associations in the time of war against Ukraine

Robertas Povilaitis[1], Valeriia Palii[2, 3], Kenn Konstabel[4, 5], Christoph Steinebach[6, 7]

[1]European Federation of Psychologists' Associations, Lithuania
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[3]National Psychological Association, Ukraine
[4]National Institute for Health Development, Estonia
[5]Department of Psychology, University of Tartu, Estonia
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The war against Ukraine has significantly impacted the work and priorities of the National Psychological Association in Ukraine, as well as other European psychological organizations. In response to the crisis, these associations have had to adapt their focus to address the urgent psychological needs of those affected by the war, including displaced individuals, frontline workers, and the general population experiencing trauma and uncertainty.

Representatives from the National Psychological Association in Ukraine, the Estonian Union of Psychologists, and the European Federation of Psychologists' Associations will share their experiences and initiatives in tackling the complex challenges brought by the war. They will discuss policy changes of mental health systems, educational needs, crisis response systems and collaboration across borders to strengthen psychological assistance during times of war.

This discussion will highlight the evolving role of psychologists in crisis settings and explore the ways in which professional organizations can contribute to mental health advocacy and policy-making in the face of ongoing war-related challenges.

Paper number 1062 | Symposium

Advances in test fairness: The impact of norms

Antonia Hogrefe[1], Alexander Grob[2], Louis-Charles Vannier[3], Kilian Hasselhorn[1]

[1]Hogrefe Publishing Group, Germany
[2]University of Basel, Switzerland
[3]Pearson Clinical, France

This symposium aims to explore the critical role of norms in ensuring test fairness in psychological assessments. As societal dynamics evolve and psychometric methodologies advance, the requirements for adequate psychological testing also change. In addition to aspects of test development (e.g., theoretical basis, item material, test format) and psychometric criteria such as objectivity, reliability, and validity, norms underpin the impact of psychological assessments on individuals and are therefore meaningfully related to test fairness. Advances in psychometric methodology have introduced new possibilities for developing norms, and societal dynamics are being reflected in the characteristics of norm samples. Addressing these developments and finding solutions to

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emerging challenges is crucial to ensuring that societal changes and psychometric advancements are incorporated into discussions of test fairness. This session will bring together experts to discuss recent advances and ongoing challenges in maintaining fair and valid psychological assessments, examining the impact and potential of norms from various perspectives. After a conceptual introduction to test fairness, focusing on the role of norms, the symposium will feature three presentations, each addressing a unique aspect of test fairness and norms: The impact of societal and social changes on norm distributions will be presented in the context of the assessment of emotion regulation strategies followed by a demonstration on how test fairness can be affected through demographic characteristics and cultural differences within norm groups in cognitive ability testing. And third, results of analysing the differences between the norm sample and the practical application sample in cognitive ability testing will be presented and discussed in the context of test development and norm application. The presentations will be followed by an open discussion on current challenges and future directions for fair testing.

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Paper number 1403 | Symposium Paper

Changes of emotion regulation strategies across 25 years

Alexander Grob[1] Braet, C[2], Braet, J. [2], Gasparovicova, L. [1], Hogrefe, A. [3], Pazos Siri, R.M [3], Punt, D.-J [5], Sanchis Sanchis, A. [4]

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[5] Hogrefe Publishing Group, The Netherlands

Psychological theories assume that biological, societal, social and individual processes co-determine human behavior and thinking. This means that valid sources of variance in individual behavior and thinking are social processes and their potential changes across time. This applies to performance in cognitive, academic, socio-emotional or motivational domains. Therefore, tests that reveal inter-individual differences in relevant domains should be re-standardized at regular intervals in order to disentangle social from individual variance in performance. In the case of cognitive performance, the phenomenon of an increase in intelligence scores across the course of the 20th century is known as the Flynn effect. There are no similar effects known in other relevant domains. In this study we present cross-national and cross-temporal data on adaptive and maladaptive emotion regulation strategies assessed with the Emotion Regulation Strategies Questionnaire (FEEL-KJ). The data originated from six standardization samples across the last 25 years, i.e. in German-speaking countries (collected 1999-2003, and 2022-2024), Belgium (2010-2011), the Netherlands (2013), the USA (2023) and the UK (2023). The data shows a decrease in adaptive and an increase in maladaptive emotion regulation strategies across the last 25 years. An individual's value in each of the five national contexts is shown in T-scores, indicating the deviation of the individual from the reference group. This procedure corresponds to recommendations of professional associations. However, this methodically and diagnostically correct presentation obscures the actual (and negative) change in emotion regulation strategies over time, which results in normalizing maladaptive behavior in emotion regulation. We discuss how psychologists can deal with these two facts and what this means for the interpretation and communication of test results.

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Paper number 1404 | Symposium Paper

Test fairness for different countries through measurement invariance across countries

Louis-Charles Vannier[1] , Abigail Batty[1]

[1]Pearson Clinical, France

Measurement invariance is a requirement of test adaptation to ensure constructs measured by tests are the same and can be interpreted in the same way across different country adaptations. While it is important that differences in the way performance levels are distributed across countries are considered using national norms, the underlying latent structure must be equivalent. In the same

way, with the same level of standardized scores, the level of aptitude on the latent variables must also be equivalent. Evidence from previous studies with tools such as the WISC-V will be discussed. In addition, differences exist between demographic characteristics of countries and this needs to be considered for sample and norms. We will comment on the impact of these characteristics and whether they are equally important in the different samples.

Paper number 1405 | Symposium Paper

Investigating test fairness and measurement invariance between practical application data and norm data in a cognitive ability test

Kilian Hasselhorn[1], Jan-Philipp Freudenstein[1]

[1]Hogrefe Publishing Group, Germany

To investigate potential systematic differences, that might affect test fairness, we compared data collected during the practical application of an intelligence test with the normative data from its standardization sample. We examined the measurement invariance of the intelligence part of the Intelligence and Development Scales – 2 (IDS-2), which assesses a range of cognitive and developmental abilities, by comparing practical application test data (N = 8293) with the normative data (N = 1672). Measurement invariance was tested between these two datasets using multiple-group confirmatory factor analysis (MGCFA) and alignment. In addition, we examined measurement invariance across age (6-18 years) using Local Structural Equation Modeling (LSEM) to better account for the continuous nature of age. We found that strict measurement invariance held between the practical application data and the normative data (MGCFA approach), and that approximate measurement invariance, as tested by the alignment approach, was also supported across the datasets. Furthermore, our LSEM model was largely invariant across age. These findings suggest that scores derived from the IDS-2 can be interpreted equivalently, whether they are obtained from the field or the standardization sample. This supports the validity of the IDS-2 for clinical and educational use, ensuring that its application is robust across different contexts. The invariance across datasets reinforces the reliability of the IDS-2 for assessing cognitive performance. We discuss some of the challenges for practical test application in terms of test fairness and provide recommendations for general test development based on our findings.

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Paper number 282 | Symposium

Advances in ADHD research: From Behavioral and cognitive processes to its neural basis and diagnosis

Yafit Gabay[1], Shai Gabay[1], Andria Shimi[2], Dialechti Chatzoudi[2, 3]

[1]University of Haifa, Israel
[2]University of Cyprus, Cyprus
[3]The Educational Psychology Service, Ministry of Education, Sport, and Youth, Cyprus

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Attention-Deficit/Hyperactivity Disorder (ADHD) is a complex and multifaceted neurodevelopmental condition. This symposium will address some of the cognitive, behavioral, and neural aspects of ADHD.

1. Dr. Dialechti Chatzoudi and Prof. Timothy C. Papadopoulos

This paper identifies critical predictors of ADHD in 6-7-year-olds, highlighting that cognitive, behavioral, and environmental factors interact to influence symptom development. Findings suggest that ADHD symptoms shift from cognitive to self-regulation influences over time, underscoring the need for a multifactorial approach to assessment. These findings have important implications for clinical practice and policy development.

2. Prof. Andria Shimi

Prof. Shimi will present her work on the role of attentional control in visual working memory performance and its relation to ADHD.

3. Prof. Shai Gabay

Prof. Gabay will discuss the challenges in measuring the neural substrates involved in ADHD and the potential of a new diagnostic tool through the use of pupillometry.

Together, this symposium will provide a deeper understanding of ADHD research as a dynamic and evolving field, offering insights into the basic cognitive, behavioral, and neural aspects of this attentional deficit.

Paper number 1330 | Symposium Paper

ADHD manifestation during the first two primary school years: A cognitive or a behavioral deficit?

Dialechti Chatzoudi[1], Timothy C. Papadopoulos[1]

[1]University of Cyprus, Cyprus

Research Aims and Objectives

This study aimed to identify the most significant predictors of ADHD and to explore how their interactions contribute to the development of the condition in 6-7-year-old children.

Theoretical Background

ADHD is a heterogeneous condition, which complicates the identification of universal predictors applicable to all children. While cognitive factors, such as working memory and inhibitory control, have been linked to ADHD, it remains unclear which factors are the most significant in identifying ADHD symptoms. Furthermore, research on the emotional, behavioral and environmental aspects of ADHD is limited, particularly in young children.

Methodology

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We followed a randomly selected cohort of 115 children (57 girls and 58 boys) with a mean age of 6:6 over two consecutive school years. The children were assessed using various linguistic and cognitive measures, while their parents and teachers completed questionnaires regarding the children's behavior and aspects of the family and school environment. We employed Multiple Regression Analysis to identify the critical predictors of ADHD. We conducted Regression Commonality Analyses to examine the unique and joint contributions of these predictors to ADHD symptoms in Grades 1 and 2.

Results

Our analysis revealed five significant predictors of ADHD: expressive attention, working memory, task-avoidance behavior, peer problems, and emotional lability. Notably, the influence of cognitive measures declined from Grade 1 to Grade 2, indicating that children's ADHD symptoms were increasingly associated with self-regulation.

Limitations

These findings suggest that cognitive measures alone are inadequate for identifying ADHD; instead, behavioral and emotional factors play a crucial role in the development of attention/hyperactivity difficulties.

Implications for Research, Practice and Policy

In clinical practice, psychologists assessing ADHD symptomatology in young children should adopt a multifactorial approach. Future research could test similar models with diverse age groups and larger clinical samples to confirm the results generalizability.

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Paper number 1331 | Symposium Paper

The role of attentional control in visual working memory performance: insights from typical and atypical developmental systems.

Andria Shimi[1]

[1]University of Cyprus, Cyprus

Research Aims and Objectives

Attention-Deficit Hyperactivity Disorder (ADHD) is characterized by deficits in both the attention and working memory domains. However, the direct role of selective attention on visual working memory (VWM) during childhood has not been examined. This research aimed to investigate the influence of selective attention on VWM in typically and atypically developing children.

Theoretical Background

VWM is highly limited, yet this limit changes over development. One prominent account of improvements in VWM performance suggests a simple increase in storage capacity. However, recent findings with typically-developing children indicate that the developing ability to use prospective and retrospective attentional control to enhance maintenance is crucial for understanding these developmental improvements in VWM.

Methodology

Typically-developing children and children with ADHD were presented with an array of four items followed by a probe item, requiring them to report whether the probe matched one of the four items. The memory array was either uncued or preceded/followed by spatial cues directing

participants' attention to specific locations within the array. Additionally, participants completed a Go/No-Go task measuring response inhibition.

Results

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Findings revealed differences in how typically-developing children and children with ADHD utilize attentional control to facilitate their limited VWM capacity, suggesting that typically-developing children effectively use spatial cues to enhance memory performance more than their peers with ADHD.

Limitations

While the study encompasses a broad age range during childhood, it does not include adolescents and adults with ADHD, limiting the generalizability of findings across the lifespan.

Implications for Research, Practice and Policy

These insights contribute to our understanding of dysfunctional attentional processes in VWM, suggesting avenues for future research on targeted intervention strategies in educational settings, particularly for children with ADHD. Understanding how attention develops can inform policies aimed at supporting cognitive growth in children.

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Paper number 1332 | Symposium Paper

Advances in ADHD research

Shai Gabay[1], Gili Barkay[1], Aya Morshed-Sakran[1], Uri Hertz[1], Yafit Gabay[1]

[1]University of Haifa, Israel

Research Aims and Objectives

This study investigates the relationship between LC-NE system activation and attentional abilities relevant to ADHD, using pupil size as a marker for LC-NE firing modes.

Theoretical Background

According to Adaptive Gain Theory (AGT), the LC-NE system operates in tonic and phasic modes, influencing attention regulation. Phasic pupil dilation is associated with phasic LC-NE activity, particularly during cognitively demanding tasks.

Research Design/Methodology/Approach

We used pupillometry to assess LC-NE activation in ADHD and control participants, measuring phasic NE release and examined its coronation with performance during the MOXO-d-CPT (Distractors-Continuous Performance Test), an attention-based task.

Results

In control participants, a positive correlation was found between attentiveness and phasic pupillary responses, indicating a link between attentiveness and LC-NE bursts. No significant correlations were observed between pupil size and timeliness, hyperactivity, or impulsivity, suggesting attention is more closely tied to LC-NE activity. ADHD participants exhibited abnormal phasic activity predictive of group affiliation.

Limitations

The study focuses on specific attentional components, and future research should examine broader cognitive functions related to LC-NE activation.

Implications for Research, Practice, and Policy

These findings advance understanding of the LC-NE system's role in ADHD and attentional regulation, highlighting attention's unique connection to phasic LC-NE activity.

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Paper number 1171 | Symposium

Ethical challenges for psychologists working with social media

Tom Van Daele[1, 2], Vita Poštuvan[3], Karin Kalteis[4], Fredi Lang[5]

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[5]Board of Ethics EFPA, Director of Professional Affairs, Association of German Professional Psychologists (BDP), Germany

Ethical Challenges for Psychologists Working with Social Media

Telepsychology is a rapidly growing area of the psychological profession and refers to the delivery of psychological services through telecommunication technologies including telephone, mobile devices, interactive videoconferencing, e-mail, chat, text, and Internet (e.g., self-help websites, blogs, and social media).

Psychologists face unique ethical challenges when engaging with or addressing issues related to social media. Key ethical concerns are Confidentiality and Privacy, Boundary Management, Ethical Promotion and Representation, Misuse of Psychological Information, Responsibility for Online Behavior, Challenges in Online Therapy, Dealing with Fake or Harmful Information, Digital Footprint and Long-Term Implications and others.

Chair: Karin Kalteis (Austria), Fredi Lang (Germany)

Members of the Board of Ethics, EFPA

Paper number 1386 | Symposium Paper

Mental health in the digital age: the needs and expectations of young adults

Tom Van Daele[1], Sylvie Bernaerts[1]

[1]Thomas More University of Applied Sciences, Belgium

This study investigated current questions and concerns concerning mental health among young adults (aged 18-25). The primary objective was to explore how professionals can effectively engage with them online while balancing accessibility and credibility.

The internet, including social media platforms like TikTok and Instagram, are increasingly used by youth to seek mental health advice and peer support. However, this also present risks, including misinformation and privacy breaches. These issues align with broader ethical concerns in telepsychology, such as confidentiality and the digital footprint of both users and professionals.

The mixed-methods study combined a survey (n=547) with 2 focus groups (n=12). The quantitative data identified prevalent mental health topics and digital behaviors among youth, whereas the qualitative data provided nuanced insights into their expectations for online mental health content.

Findings indicate youth were looking for information, advice, and accessible, affordable care, not only to support themselves, but also to help them support others. They value accessible, visually engaging, and relatable content but are wary of overly promotional or impersonal messages. They seek centralized, reliable resources but often

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struggle to discern credible information online. When turning to social media, platforms like TikTok can foster community, but their informal nature also challenges professional intervention. Caution is nevertheless warranted, as results may not generalize outside the study's sample, which included a high proportion of students and individuals with prior mental health service use.

Psychologists must navigate ethical dilemmas, including maintaining professional boundaries and ensuring data privacy. This study highlights the need for evidence-based, sound strategies for social media engagement, offering guidance for training and policymaking in telepsychology.

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Paper number 1387 | Symposium Paper

Online suicide prevention and intervention – ethical and practical challenges for psychologists

Vita Poštuvan[1, 2]

[1]Slovene Centre for Suicide Research (IAM), Slovenia
[2]Department of Psychology (FAMNIT), Slovenia

Psychological interventions offered through online means have great potential, especially given the increasing trends in mental health problems. These interventions require specific competences and skills of psychologists and their ethical awareness. Among others, sensitive issues such as dealing with suicidal behaviour of a client require reflection on how to consider different ethical principles in online implementation. The aim of this presentation is to present case studies and analyse common problems that online suicide- related psychological interventions can cause. We will discuss breaches of confidentiality, concerns about autonomy and lack of physical safety for clients. The presentation will highlight implications for future practise.

Paper number 1388 | Symposium Paper

Ethical issues faced by psychologists as mental health influencers

Karin Kalteis[1]

[1]Board of Ethics EFPA, Austria

The increasing use of social media by psychologists, both personally and professionally, raises ethical challenges. There are many benefits for psychologists who engage in a professional social media presence, but it is important to be aware of the risks of social media use. There are various types of social media presence: personal branding, personal presence, business presence and influencer/content creator presence. Many psychologists take on the role of mental health influencers. Some do so deliberately and without realising that they are in fact influencers. Ethical issues relating to responsibility, competence, integrity, confidentiality, impacts on the the therapeutic relationship, boundary crossings, and risk management will be discussed. The presentation provides an overview of the research and literature. Ethical recommendations for the use of social media will be concluded.

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Paper number 1389 | Symposium Paper

Private and professional public accounts Ethical and legal reflections related to private and professional roles

Fredi Lang[1, 2]

[1]Board of Ethics EFPA, Germany
[2]Association of German Professional Psychologists (BDP), Germany

The use of social media and other forms of platforms with personal representation and digital communication becomes common in all societies. Especially the psychologists in private practice providing the delivery of her psychological services online needs and/or strive to advertise this service via all possible channels. As a private person and citicen nearly all statements on political and/or cultural issues (»wokeness, gender, diversity, privacy, freedom of speech...«) are possible and welcome to enhance the communication and the number of followers. In the presentation professional boundaries and possible conflicts between the professional and private role will be shown and a case report on a complaint will be discussed.

Papers session 40

Paper number 190 | Oral

Understanding the link between harmful alcohol use and psychological distress in first responders

Anita Padmanabhanunni[1], Tyrone Pretorius[1], Nita Lawton-Misra[1]

[1]University of the Western Cape, South Africa

Introduction: First responders frequently encounter highly stressful and potentially traumatic situations in their line of work, increasing their vulnerability to adverse mental health outcomes. This includes posttraumatic stress disorder (PTSD), burnout, depression, and anxiety. Trauma exposure may also elevate their risk of utilizing maladaptive coping mechanisms, particularly harmful alcohol use. This study focused on South African first responders, a population group underrepresented in the existing literature. The study examined the association of anxiety, depression and PTSD with harmful drinking behaviors. Method: The study used a cross-sectional survey design and the sample comprised of 429 first responders. This included 309 police officers and 120 paramedics. Participants completed the Alcohol Use Disorders Identification Test, Generalized Anxiety Disorder-7, Patient Health Questionnaire-9, Posttraumatic Stress Disorder Checklist for DSM-5. Linear regression analysis was used to identify significant predictors of alcohol use. Multivariate analysis of variance was employed to compare individuals at risk of harmful drinking with those not at risk. Results: In contrast to previous research, PTSD did not emerge as a significant predictor of alcohol use. First responders who were at risk for harmful alcohol use as well as those classified as alcohol dependent had higher levels of distress on all indicators. Discussion: Although PTSD was not a predictor for harmful alcohol use, the results underscore the association between mental health issues and alcohol consumption within this group. It is likely that first responders facing mental health challenges may turn to alcohol as a self-soothing mechanism to manage heightened emotional distress. The temporary relief experienced with alcohol use may potentially reinforcing this behavior. This highlights the importance of integrated interventions that address both mental health challenges and harmful drinking behaviors in first responders.

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Paper number 640 | Oral

The forgotten frontline: Psychological interventions for Filipino first responders

Felisse Marianne San Juan[1, 2], Felisse Marianne San Juan[3]

[1]Gullas College of Medicine, Philippines
[2]First City Providential College, Philippines
[3]San Juan Psychological Clinic, Philippines

First responders play a critical role in emergency response and disaster management, yet their mental health needs are often overlooked. This study employed both quantitative and qualitative methods to assess the psychological well-being of 40 first responders from a City Disaster Risk Reduction and Management Office (CDRRMO). Participants completed a battery of psychological assessments, revealing that 17 individuals reported moderate to extremely severe levels of depression, anxiety, and trauma.

Subsequent one-on-one sessions provided deeper insights into stressors affecting their mental health, including job-related pressures, interpersonal conflicts, family dynamics, and financial concerns. The findings highlighted the complex interplay between personal and professional stressors that exacerbate psychological distress among first responders.

Based on these findings, a comprehensive psychosocial intervention framework rooted in positive psychology was developed. This framework focuses on enhancing resilience, fostering optimism, and building strengths to mitigate the effects of stress and trauma. Plans are underway to deploy this positive psychology-based framework across other CDRRMO offices, ensuring that the mental health challenges of first responders are addressed systematically and inclusively.

The study underscores the urgent need to prioritise mental health support for Filipino first responders and provides actionable recommendations for creating sustainable mental health programs to enhance their overall well-being and effectiveness in serving their communities.

Paper number 713 | Oral

Upscaling educations for mental health staff - in global partnerships with NGO´s and government agencies

Niels Peter Rygaard[1, 2], Niels Peter Rygaard[1]

[1]The Fairstart Foundation, Denmark
[2]Danish member of the EFPA group Psychology in Health, Denmark

Background: The global need for skilled mental health staff is growing. Climate change and conflicts accelerate migration and urbanization, increasing stress and trauma responses in social networks and family cultures, and reducing the ability of parents and professionals to provide care and learning for children and youth. These developments create a global need for educating mental health staff by low-cost online learning designs. Method: From 2008-2013, two pilot projects were funded by the European Union´s Lifelong Learning grants. Leaders of NGO´s and government agencies from 13 EU countries were educated in the training of foster parents and group home staff. Subsequent requests from Asian, African and Latin American partners inspired the presenter to establish the Danish NGO Fairstart Foundation in 2016. It´s mission is to transform care recommendations from an international network of researchers, into staff educations for partners in middle-and low-income countries. In partnerships with NGOs and government agencies, staff are introduced at local start-up seminars, followed by studies in six-month virtual classrooms. As part of the curriculum, a student trains a local group of caregivers with

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Fairstart´s programs in attachment-based care and learning, adapted to culture and language. Results: 850 staff in 36 countries have trained groups of foster and high-risk parents, group home staff, and teachers, caring for 70.000 children and youth. Pre-and-post questionnaires indicate progress in partner staff competences, reduced caregiver stress, and improved child development. The project has been presented and discussed at EFPA and APA conventions. Fairstart received the APA 2020 Award for Humanitarian work for Underserved Populations, and the ICP 2023 Award for Human Rights. Conclusions pertain to the need for future research in intercultural standards for the upscaling of interventions by semi-virtual educations.

Paper number 772 | Oral

Weaving time: An exploration of the mental health of psychologists working in academia

Marlene Cauchi[1], Melanie Demarco[1]

[1]University of Malta, Malta

“Depriving myself of space” was a poignant illustration of psychologists’ experience of working within an academic setting in Malta. As insider researchers, we set out to gain deeper insight into this phenomenon. Literature has consistently shown that a significant proportion of university lecturers experience mental distress and burnout. Psychologists working within academic settings are often required to manage a complex balance of responsibilities as academics and practitioners. Six participants were recruited through purposive sampling and interviewed online over the course of four months. Transcripts were analysed through Interpretative Phenomenological Analysis. A number of themes emerged from the data. These include the challenge of balancing academic and practitioner roles, managing flexibility, the pressure to engage in research and publishing activities together with teaching, administration, and professional psychology practice, workload, loneliness, and burnout. Participants also discussed the difficulty of negotiating work and family demands, with flexibility often contributing to work demands spilling over personal time. This presentation will feature participants’ direct accounts, in an attempt to be faithful to their distinct experiences. Given the unique context of Malta, which hosts only one main university, we are protecting participants’ identity through limiting and/or fictionalising any identifying details. The study highlights a number of recommendations, including promoting spaces for psychologists to connect, reduce competitiveness, and build a sense of shared purpose. In a context where work is over glorified, this study supports the need for universities to promote a culture that supports the holistic wellbeing of psychologists in academia.

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Papers session 41

Paper number 502 | Oral

The impact of acute social media exposure and acute physical activity on adolescents' body-related self-perception

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[1]University of Bern, Switzerland

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Aims: To examine the effects of acute social media use (SMU) and acute physical activity (PA) on adolescents' body image and interoception.

Background: Adolescents' screen time is rising. One primary factor being their frequent use of visually driven social media platforms like Instagram. As adolescence is marked by substantial changes, adolescents are highly sensible to external stimuli making it a crucial period for the development of one's body image. Visually driven social media seem to stimulate adolescents' sensibility to external stimuli as research confirms that frequent use negatively impacts their body image. Besides external stimuli, the brain also receives information from the inside of the body. The underlying mechanism, entitled as interoception, involves sensing, processing, and integrating internal bodily signals. Recent theories propose a multisensory integration of external and internal stimuli in the formation of the body image, further suggesting that heightened interoception is related to a healthier body image. While digital media use is associated with reduced interoception, PA has been shown to improve body image and interoception, positioning it as a promising intervention to mitigate potential negative effects of SMU.

Methods: In a within-subject crossover design, 36 students aged 13 to 17 undergo two experimental conditions: a 15-minute Instagram activity, and a 15-minute cycling activity. Interoceptive Accuracy will be measured with the Heartbeat Counting Task, body image via Body Appreciation Scale and Body Functionality Scale. Measurements will take place pre and post intervention, with experimental conditions separated by a one-week interval.

Results: It is hypothesized that SMU will have a negative effect on adolescents' body image and interoception, while PA will have a positive effect.

Implications: Findings will contribute to a deeper understanding of the effects of acute SMU and acute PA on adolescents' body image and interoception, potentially guiding future interventions promoting healthy body perception in adolescents.

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Paper number 1092 | Oral

Improving physical activity interventions for retirement-age adults: insights from a meta-analysis

Paula Collazo-Castiñeira[1, 2], Ignacio Echegoyen[1], Alfonso Cruz-Jentoft[2], Amalia Tsagari[3], Josje Schoufour[4], Ana López-Iglesias[2], Cristina Jiménez-Domínguez[2], Manuel Mejía Ramírez-Arellano[2], Vicente Lavilla[2], Marije Verwijs[4], Macarena Sánchez-Izquierdo[1]

[1]Department of Psychology, Universidad Pontificia Comillas, Spain
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[3]Department of Clinical Nutrition, KAT General Hospital, Greece
[4]Department of Nutrition and Dietetics, Faculty of Health, Sport and Physical Activity, Amsterdam University of Applied Sciences, Netherlands

Introduction. With the population's life expectancy rising, fostering healthy aging through health behaviors like regular physical activity has become crucial. Retirement represents a unique window of opportunity for promoting such habits. Hence, identifying key intervention components during this period is imperative.

Methods. First, we conducted a systematic review, searching health, medicine, and psychology related databases (Web of Science, PsycINFO, Scopus, and Pubmed). Only randomized controlled trials, with a psychological component in the intervention and targeting physical activity among retirement-age community-dwelling adults were included. We then fitted a random-effects model to the final selection, analyzing the influence of the intervention's characteristics on standardized mean change difference (SMCD). 67 studies were included, but SMCD could only be calculated for 41 studies.

Findings. Even though the pooled effect of interventions was significant, most interventions' confidence intervals crossed zero. Furthermore, analyses revealed that the risk of bias significantly influenced effect sizes, with higher risk correlating to larger effects. Although the quality of intervention descriptions was not a significant predictor, it is worth noting that less than half of the interventions were adequately described. Regarding potential moderators and psychological components, motivational interviewing was the only significant predictor of success.

Discussion. These findings underscore significant limitations within primary studies, including doubtful effectiveness, the influence of bias on intervention success, and the inadequate description of interventions. However, motivational interviewing appears to be a possible strategy for promoting physical activity successfully in this population.

Paper number 818 | Oral

Optimism, pessimism, and physical health among youth: A scoping review

Eloïse Fairbank[1], James Borenstein-Laurie[1], Nicole Alberts[1], Carsten Wrosch[1]

[1]Concordia University, Canada

Theoretical background: Decades of research show that adults who are more optimistic (or less pessimistic) enjoy better physical health. Greater optimism can forecast reduced risk of disease and mortality through increased engagement in healthier lifestyles and better physiological regulation and stress management. However, relatively less is known about if and how optimism and pessimism are associated with physical health in youth.

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Aims and objectives: To better understand the health effects of optimism and pessimism in earlier development, we conducted the first scoping review to investigate associations between optimism, pessimism, and physical health among children and adolescents.

Methods: Our search strategy followed PRISMA-ScR guidelines and identified literature published prior to February 2024. We used search terms inspired by past related reviews. Studies were included if they (1) treated youth-reported optimism or pessimism as predictors of (2) physical health outcomes or health behaviours in (3) samples with an average age below 18 years. We retained 60 studies for data extraction.

Results: Generally, we observed adaptive associations between higher optimism or lower pessimism with physical health outcomes (e.g., cardiometabolic health, pain) and health behaviours (e.g., substance use, diet) in youth samples. In some studies, demographic and other biopsychosocial factors moderated associations.

Limitations: Limitations of the reviewed literature included an overrepresentation of North American studies and the use of different optimism/pessimism measures and cross-sectional designs.

Implications: This novel work represents the first effort to synthesize research on the health effects of optimism and pessimism among youth. We discuss theoretical and methodological considerations for measuring health-relevant personality traits in children and adolescents, as well as clinical considerations for tailored interventions aimed at increasing optimism and protecting health earlier in life.

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Paper number 491 | Oral

The effects of a task shifted multi-component mental health intervention to support persons with physical disabilities in Cambodia

Alan Maddock[1], Nerrolyn Ramstrand[2]

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[2]Jonkoping University, Sweden

Aim: The aim of this study was to evaluate the effectiveness of a task shifted multi-component (peer support, psychoeducation and mindfulness) mental health intervention (named ‘Friendship groups’) at reducing psychological distress, worry, and rumination among prosthetic and orthotic (P&O) service users in Cambodia.

Theory: the Friendship group is based on Maddock (2023)'s Clinically Modified Buddhist Psychological model, which highlights the roles that mindfulness and psychoeducation can play in reducing psychological distress.

Methods: From March 2023 to June 2024 data (N = 465) were collected as part of a mental health screening programme for P&O service users across Cambodia. Participants experiencing mild to moderate psychological distress were screened and invited to participate in this study. Due to ethical considerations a non-randomised controlled trial design with repeated measures (pre-post intervention) was conducted to evaluate the effects of Friendship groups (N = 33) against a non-active control condition (N = 39).

Results: The Friendship group participants reported moderate to large significant reductions in psychological distress, small to moderate reductions in rumination but no significant changes in worry from pre to post programme.

Limitations: The lack of an active control group means that we cannot exclude the possibility that significant effects found on psychological distress and rumination may be due to non-Friendship group related factors such as receiving attention, or being a part of a credible support programme.

Implications: This study is the only controlled evaluation of a culturally appropriate task shifted multiple component mental health intervention for persons with physical disabilities. The results from this study evidence the acceptability, effectiveness, and durability of Friendship groups at reducing psychological distress of P&O service users. These findings add to the growing literature supporting the need for culturally adapted, affordable mental health interventions in lower to middle income countries, where access to specialised care remains limited.

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Papers session 42

Paper number 1053 | Oral

Risk and protective factors for mental health in unaccompanied minor migrants: Discrimination as a key risk factor

Marta Franch-Roca[1], Rachid El Hafi Elmokhtari[1], Iago Giné-Vázquez[1], Helena Saiz Elías[1], Lola Aparicio Pareja[2], Marc Febas Fernández[3], Josep Maria Haro Abad[1, 4], Paula Cristóbal-Narváez[1, 4]

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Background:

Over 12,000 unaccompanied minor migrants reside in Spain, constituting a high-risk group for mental health problems and social exclusion. The migratory process negatively impacts psychological well-being. Discrimination, in particular, increases vulnerability to distress, anxiety, and challenges in social integration.

Aim:

To identify risk and protective factors for mental health and well-being in unaccompanied minor migrants in Spain.

Methods:

This cross-sectional study included 230 unaccompanied minors (aged 15–17 years) in foster care placements, interviewed face-to-face. Psychological distress, anxiety and resilience were assessed using the K10, GAD-7 and CD-RISC scales respectively. Discrimination was examined in detail, including reasons, domains, and coping mechanisms. Regression models assessed the impact of risk and protection factors of distress and anxiety.

Results:

Unaccompanied minor migrants reported higher distress than those migrating with family (β=-2.4590, S.E.=1.052, p=0.019) or friends (β=-2.1130, S.E.=0.909, p=0.020) but no significant difference in anxiety compared to either group (β=-0.5730, S.E.=0.689, p=0.406) (β=-0.8400, S.E.=0.595, p=0.158). Length of residence was also a risk factor for anxiety (β=0.062, S.E.=0.019, p=0.001) but not for distress (β=0.059, S.E.=0.030, p=0.051). Unmet expectations in Spain were linked to increased anxiety (β=-2.111, S.E.=1.038, p=0.042) although it showed no association with distress (β=-1.501, S.E.=0.727, p=0.039). Resilience was negatively associated with distress (β=-1.282, S.E.=0.644, p=0.047) with no impact on anxiety (β=-0.5850, S.E.=0.435, p=0.179). Notably, discrimination was significantly associated with psychological distress (β=0.334, S.E.=0.118, p=0.005) and anxiety (β=0.283, S.E.=0.075, p<0.001). The main reasons included origin (98.7%), race or ethnicity (97.0%), and physical appearance (97.8%). Key domains were public transport (98.9%), police interactions (95.5%), and public spaces (95.5%). Coping mechanisms included ignoring discrimination (80.0%), engaging in leisure or sports (71.7%), and isolation (68.3%).

Conclusions:

Unaccompanied minor migrants face significant mental health challenges, with discrimination as a key risk factor. Interventions to address discrimination and strengthen resilience are essential to improve their mental well-being.

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Paper number 242 | Oral

Psychological well-being, coping strategies and family support in unaccompanied refugee minors: A meta-systematic review of systematic reviews and meta-analyses

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[1]University of Nicosia, Cyprus

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Aims

To summarize the existing quantitative and qualitative evidence on interpersonal and intrapersonal factors that promote well-being in unaccompanied refugee minors (URMs), particularly the role of the family.

Theoretical background

Increasing numbers of URMs arrive in Europe every year, and efforts to understand their mental health difficulties and related risk/protective factors are crucial for service provision. Much has been researched about URMs experiences of adversity and trauma, however less is known about resilience and protective factors.

Methodology

Three databases (MEDLINE, PSYCInfo, PROQUEST) were searched and 4 systematic reviews were identified and will be included in the meta-review.

Results

The impact of interpersonal factors, such as support from family, peers and professionals, as well as the role of intrapersonal factors, such as personality traits, coping strategies, skills and competencies, will be systematically evaluated, to identify the factors that most strongly affect the well-being of URMs. We expect that the interpersonal factors, particularly social support, will affect more strongly URMs' mental health.

Limitations

The major limitations of this meta-review are the exclusion of non-English studies, the small number of identified reviews, from which only one included qualitative studies, the heterogeneity of included studies, which has prevented meta-analysis in most of the reviews, and the lack of emphasis on intrapersonal in comparison to interpersonal factors. Another limitation is that all the included studies have been conducted in high-income countries, although the majority of URMs migrate to low or middle-income countries.

Implications

The identification of risk and protective factors will be important in designing more targeted interventions for URMs, shifting from eliminating symptoms to enhancing strengths, while it could influence policies, especially when it comes to accommodation arrangements or facilitation of family communication and contact. Further research is needed to identify individual strengths of URMs, such as specific traits, and coping strategies.

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Paper number 577 | Oral

What is it like to be a Ukrainian refugee in Germany

Yehor Butsykin[1, 2], Maksym Kotsiuba[3], Anastasiia Tokareva[4]

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[3]Bogomolets national medical university, Ukraine
[4]Taras Shevchenko National University, Ukraine

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“What is it like to be a Ukrainian Refugee in Germany”

Dr. Yehor Butsykin, Lecturer Psychology bachelor and master programs, Kyiv School of Economics; Associate Professor of the Department of General Education Disciplines, Sigmund Freud University Ukraine

Research aims and objectives. This study focuses on the subjective experiences of Ukrainian refugees in Germany, aiming to give them a platform to share their voices. The purpose is to evaluate findings, explanations and interpretations in quantitative studies on the phenomenon.

Theoretical background. The full-scale Russian invasion of Ukraine has resulted in the largest displacement of population in Europe since World War II. In 2022, approximately 8 million Ukrainians sought refuge abroad. Germany hosts the second-largest population of Ukrainian refugees (1 million), following Poland.

Research design/methodology/approach. The study involves nine Ukrainian refugee women (age: from 30 to 50) living in Germany during research. Data were collected through semi-structured interviews, coded and analyzed using Interpretative Phenomenological Analysis.

Results. The study identifies three overarching categories of Ukrainian refugee experiences: Alienation, characterized estrangement sense due to an inability to recognize the meaning-order of the in-group; Identity crises, involving challenges in addressing the question, "What is it like to be a refugee?"; Loss of home, signifying the breakdown of the dwelling space.

Limitations. The study`s limitations include its idiographic orientation, characteristic of many IPA studies, and the related homogeneity of the sample, which primarily excluded male participants and female participants with children.

Implications for research, practice and/or policy. The study contributes to a better understanding of the peculiarities of Ukrainian refugees' subjective experiences and their underlying components. This knowledge aims to assist psychotherapists and social workers working with this population. The study provides valuable subjective material to enrich the discussion about the situation of Ukrainian refugees.

Keywords. Ukrainian refugees; Russia-Ukraine war; IPA in the Refugee study

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Paper number 146 | Oral

Addressing the unique healthcare needs and life experiences of older migrant populations: The imperative of adequate theory and data

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The world population is growing old while each year an increasing number of people relocate internationally. These societal trends highlight one group with unique life experiences and healthcare needs, namely people who grow old in a foreign country or migrate late in life (ageing migrants). Ageing migrants are at high risk of poor health because their life experiences and healthcare needs are insufficiently addressed partly due to a systematic gap in our knowledge. Currently, there is no adequate theory that accommodates the complex interplay between ageing, health and cultural adaptation processes that is common to ageing migrants. Moreover, the diversity within this population, often grouped under the broad label “immigrants”, further challenges the development of such framework. A comprehensive theory can only be derived from adequate data, which are currently unavailable for this population. In this presentation, we report on an interdisciplinary initiative, the PSOAMLux Project, which designs a long-term longitudinal panel study of the health profiles, healthcare needs, and life experiences of older migrant populations in Luxembourg. This study sets to merge subjective self-report data and secondary informant reports gathered through questionnaires with objective data collected through wearable devices. For this initiative, we have consulted with experts from the social sciences, public health, survey methodologists as well as legal officers to identify relevant research and ethical themes in proposing an actionable agenda. Moreover, we have involved members of the migrant communities in co-developing a research program. This presentation provides an overview of state of the current literature, emphasizes a knowledge gap, and highlights an interdisciplinary effort toward a long-term monitoring tool of the health, healthcare needs, and life experiences of older migrant populations, from which more effective interventions and policies can be derived.

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Papers session 43

Paper number 746 | Oral

Perceptions of the Personova Big-Five Personality Test: how well do results reflect and support workers at their work?

Eyyub Ensari Cicerali[1, 2], Zuhal Baltas[3, 4], Handan Odaman Uşaklıgil[5, 6], Durucan Baltas[3], Acar Baltas[3, 4]

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This study investigates the perceptions of employees from a leading digital solutions firm in Turkey regarding the accuracy and utility of the Personova Big-Five Personality Test, a tool designed to assess personality traits. A total of 120 white-collar professionals participated in the assessment and received detailed, personalized feedback during sessions lasting at least 1 hour and 15 minutes. Following these feedback sessions, a subset of 40 employees, with an average age of 35 years, completed a satisfaction survey to evaluate how well the test results reflected their self-perceptions and supported their development.

The survey consisted of three key Likert-scale questions measuring: (1) how accurately the test results represented participants' self-identity, (2) whether the results supported their ability to manage responsibilities effectively, and (3) the extent to which the results helped them identify strengths and growth areas. The scale demonstrated strong internal consistency (α=0.86), indicating reliability in assessing participants' evaluations. Factor analysis confirmed that the three items measured a unified construct of perceived utility and relevance of the test results.

In addition to the quantitative survey, participants provided responses to two open-ended questions regarding their overall impressions and suggestions for improvement. The majority of participants either left the fields blank or provided neutral responses, indicating general satisfaction with the process. However, a minority highlighted actionable insights, such as the need for clearer explanations of test results and more tailored recommendations for personal and professional application. These qualitative findings complement the quantitative results, offering a broader understanding of participants' experiences.

The findings suggest that the Personova Personality Test effectively provides meaningful insights, resonating well with participants' needs for growth. This study emphasizes the importance of combining structured feedback with opportunities for open reflection to enhance user satisfaction.

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Paper number 465 | Oral

The impact of occupational social class on depression and anxiety, and the mediating role of loneliness among employees in Spain

Íngrid Gete-Alejandro[1], Josep Maria Haro[1], Joan Domènech-Abella[1]

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Objectives: The effects of unfavorable socioeconomic conditions on mental health are widely recognized. However, the impact of different social class positions is less well-known. This study proposes a classification of occupational social classes and assesses their impact on depression and anxiety symptoms, as well as the mediating effect of workplace and non-workplace loneliness.

Methods: A representative sample of employees in Spain (n=5400) was surveyed using computer-assisted web interviews (CAWI). Loneliness was measured through the 3-item UCLA Loneliness Scale. Depression and anxiety were measured using the 2-item Patient Health Questionnaire (PHQ-2) and the 2-item Generalized Anxiety Disorder (GAD-2). We proposed eight social class positions based on occupation skill, control over productive assets, and precariousness level. Logistic regression models were constructed to analyze the association of social class with depression and anxiety, as well as the mediating effects of workplace and non-workplace loneliness on these associations.

Results: 19.1% of employees reported depression, while 18.5% reported anxiety. Unskilled managers, unskilled supervisors, and unskilled workers in precarious employment conditions were more likely to report both depression and anxiety, whereas skilled workers and unskilled workers in standard employment conditions exhibited the lowest odds. Loneliness mediated the impact of these social class positions, which increased the odds of both mental disorders. For unskilled managers, unskilled supervisors, and precarious workers, between 34% and 60% of the impact on depression and anxiety is explained by workplace and non-workplace loneliness, with workplace loneliness contributing 25-33% and non-workplace loneliness contributing 12-27%.

Conclusions: Social class provides insights that the socioeconomic gradient in mental health does not fully capture, particularly regarding control over productive assets and the level of job precariousness, beyond occupation skill levels. By integrating these factors into the definition of class positions, a deeper understanding of the social determinants of loneliness and mental health among employees is achieved.

Paper number 543 | Oral

Attachment Insecurities and Market Orientation: Examining the Relationship Dynamics with Close Others and Strangers in a Longitudinal Study

Emrullah Ecer[1], Agata Gasiorowska[2]

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Attachment theory in adulthood explains how attachment insecurities influence relationships with both close individuals and strangers. In this project, we explored whether and how attachment insecurities can explain differences in the preference for market orientation, which was conceptualized as a latent variable consisting of a calculative mindset and exchange relationship regarding a romantic partner/spouse and an acquaintance/colleague. In two preregistered correlational and longitudinal studies conducted with an American sample (Study 1: N = 885, Study 2: N = 513), we found that both attachment insecurities were positively associated with market orientation. This relationship remained significant even after controlling for HEXACO personality traits,

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dark triad personality traits, basic psychological needs, self-esteem, self-construal, emotional intelligence, material values, and greed. The relationship between attachment anxiety and market orientation was explained by levels of the need for cognitive closure. Most importantly, we revealed that attachment insecurities predicted exchange relationship toward close relationships after one year. Attachment anxiety at Time 1 predicted a calculative mindset at Time 2, while attachment avoidance did not. Communal relationships with close individuals reduced exchange orientation within close relationships and attachment avoidance after one year. We discuss the implications of these findings for the literature on attachment styles and market orientation, and the importance of integrating these findings into broader models of social and personality psychology.

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Paper number 375 | Oral

The old boys club: The experiences of women professionals in the legal sector.

Daphne Pillay-Naidoo[1], Deborah Brown[1]

[1]University of the Pretoria, South Africa

Purpose – The aim of this paper is to explore the experiences of women in the legal profession as it relates to the Old Boy's Club. Research in gender studies identify the Old Boy's Club as a form of social exclusion whereby men exclusively network with each other, giving them opportunities in their careers that are denied to women. This may be a contributing factor to the gender disparity in the legal profession.

Design/methodology/approach – Using a phenomenological design, semi-structured interviews were conducted to understand the experiences of women professionals in the legal sector. Data was analysed using thematic analysis and relevant themes as they pertain to the research objectives were identified. The social identity theory and social network theory provided a theoretical foundation for the study.

Findings – Results of the study indicated that women legal professionals experience both direct and indirect forms of social exclusion as a result of the Old Boy's Club. Women legal professionals added that exclusive male networking in the workplace deprived them of opportunities that were crucial for career progression.

Research limitations/implications – The focus of this study is on women working as attorneys in the private legal firms. The experience of women in the public legal sector might be different due to varying extenuating circumstances and thus the results of the study cannot be generalised across sectors or to other professions.

Originality/value – By focussing on how social exclusion may hinder the career progression of women in the legal sector, this study contributes to literature on gender inequality and provides valuable information for management in the legal sector to consider when addressing the underrepresentation of women in leadership roles in the legal sector.

Keywords- Gender inequality, Old Boys Club, social exclusion, women's career advancement

Paper type- Research paper

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Papers session 44

Paper number 579 | Oral

Barriers to student participation in class discussions on politics and citizenship topics

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This paper presents findings from the G-Epic research project which aims to enhance political self-efficacy (PSE) among girls from disadvantaged backgrounds through classroom discussions. A sub-study, part of Working Package 3, was carried out in five countries, involving a sample of 265 eighth-grade students (144 girls and 121 boys). The study employed a comprehensive research design that included a detailed questionnaire, classroom observations, teacher interviews, and focus groups. The questionnaire covered a wide range of factors, including political self-efficacy, personal characteristics, school experiences, and family background, with a focus on socioeconomic status (SES) and migrant or national origins.

The analysis indicated that political self-efficacy is shaped by a combination of factors, including the supportiveness of educational environment, classroom climate, teacher's approach, student's political self-efficacy, and family background. These factors and their relationships are discussed and we show the critical role of classroom climate and teaching practices in fostering political self-efficacy. It demonstrates the potential for targeted educational strategies to narrow gender gaps, even in classrooms characterized by diverse socioeconomic and migrant backgrounds. These findings contribute valuable insights to an ongoing conversation about how to design inclusive and supportive educational environments that encourage political engagement among all students, with a particular emphasis on those from disadvantaged backgrounds.

Paper number 693 | Oral

Social networking sites' potential for political protest mobilization among Bulgarian citizens

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Research Aims and Objectives

This study investigates the mobilizing potential of social networking sites (SNS) in Bulgaria, examining their distinctive characteristics and triggering factors within the context of the country's socio-political landscape.

Theoretical Background

The paper integrates the frameworks of the Social Protest Movements (Azani, 2009), Mediated Populism, and the Theory of the Diffusion of Innovations (Rogers, 1962), which explains SNS adoption patterns across different societal groups.

Research Design/Methodology/Approach

To collect exploratory data, semi-structured interviews were conducted with 40 individuals, evenly divided between participants and non-participants in civil protests from small, medium, and large Bulgarian cities. The interviews

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were carried out during a period of intense political and economic turbulence, providing a context-rich environment for analysis.

Results (Obtained or Expected)

The findings reveal that SNS are widely regarded as a more trustworthy source of information compared to traditional mass media (TV, radio, and newspapers), which are perceived to be government-controlled. SNS offer greater freedom of speech and are actively used for real-time updates on protest development and for monitoring the online and offline actions of acquaintances and local communities. Despite SNS's informational power, the study did not observe a pronounced potential for them to independently mobilize protests solely based on this attribute, however, they demonstrated the potential for the individual to consider their participation.

Limitations

The qualitative nature of the study, based on a small sample, limits the generalizability of its findings. Quantitative research is recommended to confirm and expand upon these results.

Implications for Research, Practice, and/or Policy

This research contributes to understanding the role of SNS as a relatively new medium operating within a specific socio-political context, such as Bulgaria's. The insights gained can inform the development of other media's informational strategies and enhance the comprehension of the drivers and motivations behind civil protests.

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Paper number 411 | Oral

Cross-industry analysis of organizational politics: impact on voice, silence behaviors, and the moderating role of organizational justice

Yin Fei Tse[1], Chun Ming Louis Kwok[1], Chin Tung Stewart Ng[1], I-Heng Chen[2], Ping-Hsun Liu[2]

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This research aims to examine the effects of perceived organizational politics on employee voice and silence behaviors, with a particular focus on the moderating role of organizational justice. Organizational justice is explored through its three key dimensions including 1) distributive justice, 2) procedural justice, and 3) interactional justice. Drawing upon a comprehensive literature review, we identify that organizational perceptions significantly influence employees' willingness to express themselves (voice behavior) or remain silent (silence behavior), and that organizational justice may play a crucial moderating role in this dynamic.

For the research design, we collected 274 employees' responses across different industries in Taiwan with an online survey. We then conducted a two-wave study with a one-week gap. Statistical methods were employed to assess the direct effects of perceived organizational politics on voice and silence behaviors, and to test the moderating influence of the three dimensions of organizational justice on these relationships.

The anticipated findings are expected to provide deeper insights into the mechanisms through which organizational political perceptions shape employee expression behaviors. In particular, the study will highlight how different aspects of organizational justice mitigate or amplify these effects. The results will offer valuable managerial implications for addressing organizational politics, fostering employee voice, and improving organizational practices related to fairness. Moreover, the study will contribute to the scholarly understanding of the interplay between organizational politics and employee behavior, and suggest avenues for future research in this field. We recommend effective communication, and promote economic fairness to encourage employee participation and balance expectations in organizational management.

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Workshop - Harnessing actigraphy for sleep assessment: Practical applications with the SOMNOwatch device

Paper number 606 | Workshop

Harnessing actigraphy for sleep assessment: Practical applications with the SOMNOwatch device

Kalia Lofitou[1, 2], Panagiotis Bargiotas[3, 4], Fofi Constantinidou[5, 6]

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As psychological science advances, integrating innovative tools such as actigraphy into research and clinical practice is essential for addressing real-world challenges like sleep disorders to guide effective interventions. Actigraphy, using devices such as the SOMNOwatch, provides a non-invasive, cost-effective method for monitoring sleep-wake patterns over extended periods in various clinical and research settings. This workshop supports the ECP 2025 theme by equipping participants with practical knowledge and skills in utilizing actigraphy for evidence-based sleep research and interventions.

Objectives:

- Understand the theoretical underpinnings and clinical relevance of actigraphy in sleep assessment.

- Gain practical experience in setting up the SOMNOwatch device, collecting data, and performing basic data interpretation.

- Recognize how actigraphy complements other assessment methods and contributes to clinical decision-making and research design.

- Develop skills to critically appraise actigraphy data in the context of case-based scenarios.

Activities:

- Conceptual analysis & didactic presentation (20 minutes): Introduction to sleep physiology, role of actigraphy, strengths and limitations vs. polysomnography.

- Experiential learning & hands-on practice (50 minutes): Demonstration of the SOMNOwatch device; participants will engage in mock setup, practice data recording, and explore sample datasets.

- Case discussion & interactive group reflection (20 minutes): Review of clinical case studies illustrating actigraphy's role in diagnosis and treatment planning, followed by open Q&A and shared problem-solving.

Target audience:

- Professionals in psychology, clinical neuropsychology, and sleep medicine.

- Researchers, early career practitioners, trainees, and students with interest in sleep assessment and clinical tools.

Components

- Conceptual analysis

- Experiential learning (hands-on practice)

- Case discussion

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Workshop - How to make the best use of clinical supervision

Paper number 165 | Workshop

How to make the most of clinical supervision

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This workshop will draw from integrative, relational theoretical underpinnings to supervision. The parallel process and therapeutic relationship will be considered from the work of Savage and Scharff (2012) and Bromberg (1982). As well as more current research on embodied approaches to supervision (Butte and Colbert, 2023) and relational supervision (Hargaden,2016). The workshop will discuss with trainees their case conceptualisation and formulation and how they can enhance their skills in this area to best support their practice.

Objectives:

- To help trainees consider how they currently use supervision with consideration of client formulation and supervision planning.

- How to make the most of supervision and use it as a space for self-reflection.

- To consider what types of supervision are relevant for trainees at different times in their career and training.

- Gain insight into how supervision can help to grow and develop their skills as practitioners by having an opportunity to do some live supervision practice.

- Record keeping and ethical dilemmas.

Target audience:

early career, trainees and students.

Activities planned:

Attendees will be given the opportunity to participate in live supervision sessions that will involve feedback and role play. They will have the opportunity to experience different styles of supervision and consider what works best for them based on their current experience level and learning style. There will be a variety of cases to consider and explore how best to use supervision regarding certain ethical and cultural issues.

Components:

experiential learning, case discussion and role play.

Keywords:

experiential, supervision, trainees

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Roundtable discussion 13 - Mentalization Based Supervision: A Layered and Compassionate Foundation for Developing Psychologists

Paper number 258 | Roundtable discussion

Mentalization based supervision: A layered and compassionate foundation for developing psychologists

Melissa Farsang[1], Stephanie Lyon[1], Zina Ogunnaya[1], Devorah Weinberg[1], Anne Marie Foley[1]

[1]Rutgers University, United States

Our Roundtable Discussion will present the model of supervision and training implemented at the Rutgers University ADHD Clinic. This compassion-forward model actively supports the young psychologists of 2030 and serves as a human-centered respite within the broader academic landscape. The training model emphasizes emotion and connection, which we view as essential to the field of psychology particularly in the aftermath of the COVID-19 pandemic and among political unrest and polarization across the globe. With a panel of trainees, a post-doctoral fellow, and the clinic's director, we will present a layered model of supervision that guides treatment within our clinic. This model utilizes mentalization as a key intervention and highlights compassion, curiosity and a 'not-knowing-stance' in both intervention and supervision. While our specialized clinic provides Mentalization Based Treatment for Children (MBT-C) to children with ADHD and their families, our presentation will provide training techniques that are easily integrated into a wide range of clinical settings. The supervision model challenges trainees to deepen their awareness of their own internal states and utilize it to inform clinical conceptualization and intervention with clients. This requires trainees to introspect and draw on compassion for themselves, their classmates, and their clients. This process is modeled and encouraged in weekly individual and group supervision in an effort to enhance model adherence and support each doctoral trainee more broadly in their development as a psychologist. An overview of the training model will be presented including specific training interventions, firsthand experiences from trainers and trainees, and results from a model adherence measure administered over the course of a training year. We will discuss potential benefits of this training model compared to other methods of supervision, and trainees will share the impact on their clinical work.

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Roundtable discussion 14 - How do we promote psychology and advocate psychological competence as central for dealing with societal challenges more efficiently?

Paper number 859 | Roundtable discussion

How do we promote psychology and advocate psychological competence as central for dealing with societal challenges more efficiently?

Ole Tunold[1, 2], Kristina Taylor[3], Dea Seidenfaden[4], Petur Maack Þorsteinsson[5], Jari Lipsanen[6]

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The core professional identity of a psychologist is centered on the science and practice of understanding, assessing, and influencing behavior, emotions, and mental processes. Psychologists are defined by their reliance on psychological theories, evidence-based interventions, and ethical guidelines. However, this specialised identity may contribute to a perceived "loss of ownership" over psychology for several reasons.

Psychology encompasses a wide range of subfields and applications—counseling, clinical practice, organisational behavior, education, health, and more. This versatility makes psychological concepts valuable to many other professions.

In fields like mental health and counseling, paraprofessionals and individuals without formal psychological training often practice interventions grounded in psychological theory. This blurs the lines between professional psychologists and those who use psychological tools informally, leading to a loss of exclusive authority. Unlike some other professions (e.g., law, medicine), psychology often struggles to define strict boundaries about who can use psychological methods or call themselves psychologists.

Psychologists may focus heavily on individual-level interventions and research rather than advocating for systemic or policy-level changes. Other professions (e.g., psychiatry, education) may take the lead in shaping public understanding and institutional applications of psychological principles, further marginalizing the psychologist's role in broader discussions.

The application of professional psychology varies profoundly among the European countries. Even if the profession has a uniform public image, the diverse regulation of title, activities, and education witness a non-consistent perception of the profession by European governments.

The national Nordic psychological associations meet frequently to explore how the profession can improve its uniqueness as provider of psychological science and practice. Leadership representatives of the Danish, Finnish, Icelandic, Norwegian, and Swedish associations' share their views in this panel discussion.

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Paper number 523 | Symposium

Translating transformation into teaching – a handbook on (Inter)Cultural psychology

Maria Koushiou[1, 2], Iva Žegura[3, 4], Elke Murdock[5, 6], Eleni Karayianni[7], Ulrike de Ponte[8, 9]

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We live in increasingly diverse societies, yet (inter-) cultural psychology is not (yet) anchored in psychology curricula. Whilst the demographic makeup of many societies is changing, many curricula are not adapted for diverse student populations and their future clients and colleagues. How can we as psychology teachers build (inter-)cultural understanding in students and future colleagues?

The proposed Handbook equips educators to teach experiential-oriented and incorporate reflections on WEIRD (and culturally) biased norms in theory and practice through an unique mechanism. In three parts, we provide theoretical foundations, experiential-oriented bridges for teaching, and examples of applied practice. We will demonstrate the mechanism by linking a case-study example via experiential learning to a theoretical framework.

Building on Kurt Lewin`s field theory, we explain meaning-making processes – how human beings make sense of their environments, how “the other” is construed, and how we place ourselves within this world. We can reflect on these concepts and processes (mechanism part 3), yet how this feels, the affective component is the focus of the practice part. Building on the notion that culture is embodied, didactic experiential-oriented exercises are offered, allowing the linking between theoretical concepts and practice. Abstract concepts are translated into concrete exercises that promote self-reflection and allow for experiential learning as well as linking to practical examples (mechanism part 2). The cultural lens is then extended to the applied field. What are the guidelines for assessment for persons outside the WEIRD boundaries? By providing a case study examples (mechanism part 1), we show the importance of the cultural lens and demonstrate how critical cultural competencies contribute to culturally informed, aware, and thus effective psychological practice.

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Paper number 1336 | Symposium Paper

Mechanism Part 1 | Trauma informed psychological practice with LGBTIQ+ people

Iva Žegura[1, 2]

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[2]University Psychiatric Hospital Vrapče, Croatia

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This presentation will give a case study as a practical example which can be seen as the first part to the mechanism of the Handbook.

Trauma is a pervasive problem that may originate from different relations and thus is called relational trauma (RT). Trauma results from exposure to an incident or series of events that are emotionally disturbing or life-threatening with lasting adverse effects on the individual's functioning and mental, physical, social,

emotional, and/or spiritual well-being. Research has shown that the risk for RT is particularly elevated within certain populations such as people who identified as black, Hispanic, or multiracial; people with less than a high-school education; people with low-income or who were unemployed or unable to work; and people who identified as gay, lesbian, bisexual, transgender and gender diverse.

Minority stress theory explains how structural, interpersonal, and individual forms of stigma give rise to proximal stress experiences that in turn elevate health risk for sexual and gender minorities. These stigma-related stressors experienced by sexual and gender minorities across these levels compound general life stressors to additively confer risk for stress-related health outcomes. Interpersonal discrimination and victimization are closely associated with proximal minority stressors, including internalized homonegativity and sensitivity to status-based rejection, which are in turn associated with poor mental health and health-risk behaviours. Anxious expectations of rejection might be particularly pronounced among LGBTIQ+ people, with one study finding that two-thirds of transgender men report having experienced mistreatment in healthcare settings at some point in their lives and nearly half reported having avoided healthcare services in the past year.

Case example: A Croatian psychologist started to work as a counsellor after graduation in NGO aiming to social inclusivity shortly after he moved to small city in eastern part of Germany. The psychologist never received any training on LGBTIQ+ affirmative psychological practice nor trauma informed practice. His first client is 19 years old Syrian migrant (sociology student, religious, family with a strong Islamic tradition) that questions her sexual orientation and gender identity. What would be culturally competent and trauma informed interventions?

Paper number 1337 | Symposium Paper

Mechanism Part 2 | The experience-oriented exercise as a bridge of understanding between theory and practice

Ulrike de Ponte[1, 2]

[1]OTH Regensburg, Germany
[2]Convenor EFPA-Board Cultural and Ethnic Diversity, Germany

This part will present the bridge in the mechanism of the handbook. We will show through an exercise how the example from the practice given in presentation 1 becomes tangible through an experience in order to then embed this in the theory in presentation 3.

Experiential learning builds on Dewey's idea of learning through and for experience (1938). From this perspective, we as psychologists will understand that not only learning but also development is required here. That comes with

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the consequence that teaching (inter)cultural psychology needs to provide teaching environments where this can happen.

We often become aware that culture is at play when we experience difference. Something went differently than expected. This is often accompanied by confusion, surprise or an unpleasant feeling. Why is that?

Culture is inscribed in our bodies and is normally not subject to conscious-obligatory, which means that we normally act relatively automatically in encounters. When someone (who has been enculturated in another culture, for example) suddenly acts differently than we are used to, we are given the chance to internally compare and reflect on our own behavior and that of others. We can use this mechanism in teaching to build cultural understanding.

This approach focusses on differences, not on communalities, and comes therefore with an often in the western world taken access. This will be discussed in the handbook, but not here in the symposium.

This means that the teaching of (inter)cultural psychology must provide teaching environments in which development by AHA experiences is encouraged and can

take place. We present an exercise that makes an example from the practice of a psychologist tangible through an experience in order to then embed this in the theory: The exercise links an example from a group outside the norm (set by whom?) with theoretical considerations on how our socialiced way of gaining meaning simultaneously limits our perception.

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Paper number 1338 | Symposium Paper

Mechanism Part 3 | Theoretical embedding

Elke Murdock[1]

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Cross-cultural competence has been described as the cornerstone of diversity, globalization, multinational activities, and international relations (Chen & Gabrenya, 2021). Cultural intelligence (CQ) is supposed to enable individuals to see beyond their own cultural lens and is referred to as an interconnected knowledge system guided by cultural metacognition. Measures of CQ usually include motivational, behavioural and (meta-) cognitive dimensions. Earley and Peterson (2004) comment on the limited capacity for transferring a concept from an example case to a novel situation unless there is a specific discussion of the metacognitive strategies.

We are addressing this need for discussion by providing theoretical embedding. We lay the theoretical foundations reflecting the complex realities of people living in an increasingly interconnected world. We explain the psychological processes that guide our thinking, feelings, and behaviour, building on Kurt Lewin`s field theory. We explain meaning making processes – how human beings make sense of their environments. We focus on theories of how “the self” and “the other” are construed and how we place ourselves within this world.

Yet these processes of how we are anchored or the points of reference we use are often not consciously experienced. Furthermore, our own strategies for meaning making are rooted in our personal sphere of reference. Yet applying the cultural lens requires us to take on a different perspective, questioning what is familiar – thinking difference, letting go of what we know, which may be experienced as a loss of control. Applying the cultural lens is a challenging task as it requires constant questioning of what we know. Therefore, the theoretical embedding must be linked to the practice part, facilitating the experience of questioning what we know. An example of linking case a study example to theory applying the cultural lens will be provided.

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Paper number 191 | Symposium

Towards an integrative psychology

Nicky Hayes[1, 2], German Gutierrez[3, 4], Jaan Valsiner[5], Richard Lerner[6], Rolando Diaz-Loving[7]

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Academic psychologists are rewarded by specialism, and modern psychological research must have a specific focus to gain recognition in journals and grant awards. However, highly specialized explanations are insufficient to explain how humans act, think, or interact. To understand that, we need to be able to integrate disparate aspects of knowledge into a meaningful whole.

Psychology has accumulated a wealth of knowledge about the mechanisms and processes involved in being human, built up through decades of detailed research. It encompasses awareness of cognitive, affective, and affiliative processes, the influence of beliefs and identifications, how neural and physiological levels of functioning impact individual awareness, and many more levels of knowledge.

Conventional education leads people to expect simple answers. However, humans rarely do anything for one simple reason, and the ability to acknowledge multiple sources or causes is a powerful strength psychologists bring to any human problem. Explaining this understanding to others can be challenging, as the general public often lacks the patience or ability to grasp complex explanations. It is essential for psychologists to integrate various levels of explanation and to develop practical communication skills.

Moving toward an integrative approach in psychology raises important questions about how psychologists can gain a comprehensive understanding of human behavior. What steps can psychology take to encourage broader, integrative methods in research instead of narrow specialization? How can we cohesively connect insights from behavioral, cognitive, affective, neurobiological, and evolutionary processes to provide a fuller understanding of human actions and thoughts? What strategies can foster collaboration across psychological subfields, creating a more effective cross-disciplinary framework for understanding human behavior? As psychologists work to bridge these perspectives, how can they effectively communicate complex, multilayered explanations to the general public and decision-makers, who may be more accustomed to simplified narratives?

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Paper number 608 | Symposium

Mental health during war times: experiences from Lebanon

Brigitte Khoury[1], Leila Akoury-Dirani[1], Charlotte Khalil[1], Dinah Ayna[1]

[1]American University of Beirut, Dept. of Psychiatry, Lebanon

The war on Lebanon that lasted from September-November 2024 was one of the most devastating, which the country had ever seen. Besides the damages on infrastructure, properties, villages and towns fully destroyed, it left around 4000 dead, 17,000 wounded and 1.2 million displaced individuals. The flood of displaced individuals to the city of Beirut created a large need for health and mental health services. Several local and international NGOs, as well as professional associations and academic medical centers came to the rescue.

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This symposium presents three different initiatives of mental health support, which were offered by psychologists to various populations.

The first one highlights the efforts of the Lebanese Order of Psychologists who collaborated with the Ministry of Health to roll out a national strategy of crisis relief in all displaced centers across the country. Over 400 psychologists and volunteers answered the call and offered different mental health services for the displaced, which will be presented during the symposium.

The second paper highlights the specific implementation of psychological first aid and trauma-informed interventions in displaced centers in Beirut. The team of psychologists offered group support, psychological 1st aid and other techniques to children and adults to offer some relief from trauma, and a safe space to share their experiences. Results of these groups will be discussed during the symposium and the impact it had on the volunteers themselves.

The third paper highlights the support groups offered for health workers who were front liners in offering medical services to the injured during the war. Through support groups, health workers shared their experiences of fear, trauma and personal struggles. Techniques used such as mindfulness, active listening, grounding and others will be shared during this symposium by discussing their effectiveness as well as the challenges faced in these groups.

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Paper number 1345 | Symposium Paper

Lebanese psychologists in the crossfire: structuring the mental health response in a dismantled country

Leila Akoury-Dirani[1]

[1]American University of Beirut, Lebanon

The Lebanese Order of Psychologists has established an Emergency Response Initiative (LOPsyER) since the inception of the war in Gaza and activated it with the onset of the war in Lebanon in autumn 2024.

This initiative gathered more than 200 psychologists and 200 psychology students all volunteering their mental health support to the direct and indirect victims of the war. They provided individual and group psychological first aid sessions, referrals to other professionals when needed, and stress management sessions for frontliners. The sessions were most of the time offered onsite, but online and phone support were also available. In addition, a collaboration with the Juvenile Justice Court was established to prevent and assess cases of child maltreatment in shelters.

This talk will present:

-the process of establishing a structured and efficient response despite the chaos: regular coordination meetings with the national stakeholders, designing processes, peer consultations with the volunteers' psychologists, training and workshops to enhance their skills,

- the variety of services provided,

- the success stories and the challenges,

- the sustainability of this initiative.

A specific focus on the unique posture of the psychologist amid a war-torn nation will address the unprepared and forced emersion of the psychologists, the flexibility and resilience required to face adversities on one hand and the inherent limitations of being the victim and the healer simultaneously. In fact, psychologists are trained to offer their services in stable and well-contained environments. This creates a safe base for working on self-expression, regulating emotions and behaviors, and dealing with changes. In times of war and uncertainties, where the psychologists themselves are drowning in the turmoil, how are they able to maintain what constitutes the core of their mission and competencies: keeping mental sanity.

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Paper number 1346 | Symposium Paper

Psychologists on the frontlines: Mental health support in crisis contexts

Charlotte Khalil[1]

[1]American University of Beirut, Lebanon

The recent Israeli war in Lebanon, which began in September 2024, has led to the internal displacement of over 20% of the Lebanese population (approximately 1.2 million people). Amid this crisis, the Psychiatry Department at the American University of Beirut Medical Center's volunteer team stepped forward to provide essential mental health support to displaced families in Beirut shelters. This presentation shares the team's journey, highlighting the continuum of care, from Psychological First Aid (PFA), to trauma-informed care, skills-building, and specialized interventions delivered under highly challenging circumstances.

More importantly, it also addresses the challenges faced by the responders themselves, as they offered support while enduring the same traumatic circumstances. This underscores the need for regular debriefing, peer support, and supervision to preserve professionals' well-being and maintain their capacity to deliver effective care amidst chaos and uncertainty.

Drawing on real-life experiences, the session explores the challenges encountered, the adaptations made to meet the unique needs of displaced populations, and lessons learned from operating in a resource-limited, high-stress environment. Participants will gain insights into the practical application of evidence-based interventions, the importance of adapting approaches to cultural and situational contexts, and strategies to inform future disaster mental health responses.

Paper number 1347 | Symposium Paper

Mental health support for healthcare workers in times of war: The case of one academic hospital in Lebanon

Dinah Ayna[1]

[1]American University of Beirut, Lebanon

In September 2024, Israel expanded the nature and scope of its attacks on Lebanon to include areas across the entire country that had traditionally been outside bombardment zones, as well as targeting hospitals, clinics, and ambulances. This led to a sudden surge in casualties beyond the capacity of a burdened healthcare system and significantly increased the number of healthcare workers sharing the same traumatic realities as the people they were treating. Additionally, this experience was accompanied by unprecedented fears among healthcare workers of being directly targeted while on duty. In order to help the healthcare force and ensure good quality of patient care, the Department of Psychiatry at the AUBMC developed an initiative to support the hospital workers responding during the crisis. The program was led and implemented by a team of licensed psychologists who offered group debriefing and stress management sessions that were tailored to the needs of individuals attending. Nine departments used the service. A total of 16 group sessions were held, serving 152 individuals, including physicians, residents, nurses, medical students, cleaning crew, administrators, and administrative staff. Sessions were 1.5 to 2 hours each, held in the respective department. Participants shared a number of struggles varying between individual, family-related, and professional dilemmas faced for the first time, often leading to needs for decision making and/or pondering existential questions. The sessions highlighted the functional impact of the war on the healthcare force, employees and trainees alike, and the increasing need for mental health awareness among first responders. Strategies were tailored to the needs of each group and included active listening, acceptance,

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grounding, mindfulness, problem-solving, and perspective-taking. The initiative was well-received, with 3 departments asking for one or more additional sessions. Participants also provided recommendations on perceived role of mental health professionals in hospital settings during crises.

Papers session 45

Paper number 573 | Oral

Unveiling social constructs in health psychology: Bridging reflexive thematic analysis and social representation theory

Lenka Sokolová[1], Radomír Masaryk[1]

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Social Representations Theory explores how societies collectively develop and communicate shared understandings of various phenomena, shaping individual and group perceptions (Moscovici, 1961; Jodelet, 1991). Researchers working with this approach tend to add other conceptual frameworks, for example Reflexive Thematic Analysis (Braun & Clarke, 2006, 2019, 2021). Such combination is however often done on intuitive basis, without exploring what such combination means in methodological and epistemological terms. For this presentation, we explored ten academic research papers using the combination of Social Representations Theory and Reflexive Thematic Analysis, discussed their rationale, theoretical backgrounds, methodology descriptions, and practical outcomes. We argue that by applying thematic analysis to the study of social representations, researchers can uncover the underlying themes that constitute these shared beliefs and how they are manifested in different social contexts. This approach allows for a nuanced exploration of the dynamic interplay between individual cognition and collective social processes, providing deeper insights into the ways in which social knowledge is constructed and reflected in health psychology under the umbrella of researcher´s critical reflection. We believe that combining the Social Representations Theory and Reflexive Thematic Analysis in the area of health psychology can overcome certain methodological limitations of these approaches when used separately, and seeking interconnectivity between them could be an important step forward. The study was supported by grant no. VEGA 1/0292/23.

Paper number 522 | Oral

(Dis)Similarity foci as accompaniment of social, dimensional, and temporal comparisons in academic self-concept formation

Jennifer Schumacher[1], Hella Hörsch[1], Fabian Wolff[1]

[1]Bielefeld University, Germany

Social, dimensional, and temporal comparisons are important influencing factors of academic self-concepts, typically inducing assimilation or contrast effects. However, the psychological mechanisms underlying these effects in social, dimensional, and temporal comparisons have largely been neglected in research so far. Therefore, the present study addresses this research gap using a reaction time experiment. A total of N = 586 students (ninth and tenth grade) were primed with similar or dissimilar social, dimensional, or temporal comparison standards. Following, they were asked to classify two symbols as unequal or equal as fast as possible. Based on the selective

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accessibility model, we expected that differences between reaction times to unequal and equal symbols following similar comparisons (similar comparison standards) should differ significantly from differences between reaction times to unequal and equal symbols following dissimilar comparisons (dissimilar comparison standards), due to a similarity focus accompanying similar comparisons and a dissimilarity focus accompanying dissimilar comparisons. Despite a high power of our study, we found no significant differences in the reaction time differences for any comparison type, which may be due to the fact that although the comparison standards were selected with great care, it is still not possible to guarantee that they really led students to make similar or dissimilar comparisons as intended. However, significant differences were observed in the reaction times to equal and unequal symbols within all conditions. In all conditions, students responded faster to equal symbols than to unequal symbols ($d_z > .52$). All in all, the findings do not imply that social, dimensional, and temporal comparisons in academic self-concept formation are accompanied by similarity and dissimilarity foci depending on the similarity of the comparison standard. But, they tentatively suggest that the comparisons are generally accompanied by a similarity focus. A follow-up study to further investigate possible (dis)similarity foci is currently being conducted.

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Paper number 789 | Oral

Participation in childhood and youth research in germany: Common practices, challenges, and innovative strategies

Angelika Guglhoer-Rudan[1], Thorten Naab[1], Sophia Chabursky[1], Anja Linberg[1], Inga Simm[1], Mirjam Weis[1], Janina Wölfl[1]

[1]German Youth Institute, Germany

The UN Convention on the Rights of the Child (1989) affirms children's right to participate in matters affecting them, including research concerning their lives. This recognition raises critical questions about how to systematically and meaningfully include children in research processes.

Child and youth research increasingly incorporates participatory elements into core methodologies, involving young people at various stages, such as through youth councils or as direct contributors to the research process. These participatory elements are more commonly implemented in qualitative research than in large-scale quantitative studies. However, a comprehensive and systematic approach to integrating participatory elements throughout all research phases remains rare in Germany.

This presentation draws on three German research projects to explore the ethical, methodological, and rights-based considerations for including children and adolescents in research. The qualitative project Child Poverty in Germany, which involved interviews with 54 children and adolescents, highlights the challenges of navigating the boundary between participation in a qualitative study and contributing to political and scientific processes. The representative quantitative survey Growing Up in Germany (AID:A) (N = 14,000) illustrates the initial integration of participatory elements, such as child-friendly informational materials, and examines the limitations of participation in large-scale surveys. The UNICEF State of the Children 2025 Report demonstrates how participatory elements can be implemented in the context of social reporting, with young people influencing narrative structures, thematic focuses, and interpretations within a pre-structured framework.

The findings emphasize that there is no universal approach to implementing participation in research; each project must determine the most effective and contextually appropriate methods. This requires creating greater awareness during the research planning process about where and how participatory elements can be integrated to benefit all parties involved.

Further challenges and implications for advancing participatory research are discussed.

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Paper number 419 | Oral

The early history of test reliability

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Psychologists founded classical test theory in the early days of the 20th Century. At that time, validity was easy to conceptualize; it was the correlation between scores on a measure and a criterion. Reliability was much more difficult as it represented diverse types of relationships, which bore some underlying parallels or similarities but were also somewhat dissimilar. This presentation will demonstrate the differences among different types of reliability and reliability coefficients. The notion of the reliability coefficient came first, followed by test-retest and alternate-form reliability techniques. These procedures dealt with temporal and test-form consistency, two early types of reliability conceptions. These computations were often difficult undertakings as there were neither subject pools nor optical scanning machines, much less computers. Near the end of the first decade of that century, split-half reliability became possible due to the work of Brown and Spearman. Most testing experts and psychologists have little understanding of why the split-half reliability coefficient was necessary at the time, and this presentation will explain that point. It took about 35 years later for scholars to improve the formula for calculating split-half reliability coefficients. During that period, Hoyt and Kuder and Richardson and other scholars developed the idea of internal consistency. These scholars introduced the notion of domain consistency to that of temporal, form, and test-half consistency. By the middle of the century, Gulliksen and Thorndike, among others explained and organized classical test theory as applied to reliability well. It is likely that Thorndike was the first scholar who identified the distinct types of variation included as the supposedly singular concept of reliability.

Papers session 46

Paper number 1001 | Oral

Usability testing AI-supported social service risk assessment system

Leonard Ngaosuvan[1], Linus Holmberg[2], Lotta Stille[3], Jenny Hagberg[3], Mats Dahl[3], Sverker Sikström[3]

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[2]School of Engineering, Jönköping University, Sweden; Department of Computer and Information Science, Division of Human-Centered Systems, Linköping University, Sweden, Sweden
[3]Department of Psychology, Lund University, Sweden

RESEARCH OBJECTIVES: Social service risk assessments in Sweden have been criticized for lacking transparency. The present project aims to alleviate cognitive limitations in these assessments by creating an AI-based support system.

THEORETICAL BACKGROUND: Previous research has shown that human cognition is limited. Custody evaluators are expected to ensure that all components are included and understood, include relevant scientific and experience-based information, and merge all information into transparent risk assessments. A generative AI-system was developed using role-based prompt engineering and ChatGPT 4o. The AI-system contains a support structure and scientific information relevant to social service risk assessments. The AI-system, via chat-bot dialogue, guides the social worker through the aforementioned model and information. Upon completion, the AI-system suggests a preliminary risk assessment based on a mathematical model but leaves the final decision to the user.

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METHOD: Iterative design was used to measure usability where two active custody evaluators tested the AI-system, met the developer, and verbally commented on the AI-system. The results are based on the second iteration.

RESULTS: Testers appreciated memory overload amelioration, an objective preliminary risk assessment, and increased transparency, time efficiency, and learning curve. Also, dialogue rigidity and oversimplification in the risk model were stressed. Testers desired support in removing irrelevant information, using the AI system as a litigation deterrent for parents, and adding relevant information.

LIMITATIONS: External validity is limited because of few testers and the system is only in its second iteration.

RESEARCH IMPLICATIONS: The AI-system provided structure and information important for increased transparency in social service risk assessments, and allowed faster learning for inexperienced custody evaluators. Scientific validation of transparency and overall quality is needed.

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Paper number 1065 | Oral

Users with ADD or ADHD are more sensitive to response-times: Anthropomorphism of a chat-bot in mental health assessment

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RESEARCH AIMS: This study explores differences in how neurotypical individuals and users with ADD/ADHD anthropomorphize a chatbot, Alba, designed for mental health screening. While anthropomorphism is a heavily researched topic in Human-Computer Interaction (HCI) and Human-Robot Interaction, the specific needs and perceptions of neurodivergent users remain underexplored. This study aims to explore potential differences.

THEORETICAL BACKGROUND:

Anthropomorphism refers to attributing human traits to non-human objects. Research in Human-Robot Interaction (HRI) suggests that more human-like systems (e.g., talking or embodied) elicit higher levels of anthropomorphism. However, little is known about differences in these tendencies between neurotypical users and those with ADD/ADHD.

METHOD:

An online experiment with a between-group design recruited neurotypical (n=62) and ADD/ADHD (n=45) participants via Prolific. Participants were randomized to interact with Alba through either text or speech. They subsequently completed a modified version of the Godspeed I questionnaire, specially adapted to measure perceptions of anthropomorphism in chatbots.

RESULTS:

Contrary to the hypothesis, neurotypical participants showed no significant difference in anthropomorphizing between conditions. ADD/ADHD participants anthropomorphized the speech-based chatbot less than the text-based one, potentially due to longer response times in the speech condition. No differences were found between neurotypical and ADD/ADHD participants in the text condition.

LIMITATIONS:

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Key limitations include reliance on self-reported ADD/ADHD diagnoses and the inability to distinguish between ADD and ADHD. Furthermore, Alba's response time was slightly longer in the speech than in the text condition. However, we hypothesize that our findings are due to this delay.

RESEARCH IMPLICATIONS:

These findings suggest that ADD/ADHD users are more sensitive to response times, highlighting the importance of inclusive and responsive AI design. Moreover, the results show the importance of considering neurodivergent groups in HCI and HRI. Future studies should replicate the study to validate the findings.

Paper number 1050 | Oral

The digital transformation of neuropsychological assessment: Opportunities and challenges

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Research Aims and Objectives

This study aims to explore the transition from traditional pen-and-paper neuropsychological assessments to digital and online methods, focusing on their applications during the COVID-19 pandemic and beyond. The objectives are to evaluate the effectiveness, accessibility, and challenges of digital assessment platforms and to propose practical guidelines for their implementation in research and clinical settings.

Theoretical Background

The transition to digital assessment is rooted in cognitive neuroscience and clinical psychology frameworks. It addresses the limitations of traditional methods by leveraging technological advances to improve the reliability of neuropsychological evaluations.

Research Design/Methodology/Approach

The study integrates findings from ongoing research projects, including the BRAINN initiative. BRAINN aims to characterise the effects of COVID-19 on brain health and to elevate the standards of assessment, diagnosis, prognosis and treatment of patients with mental health and cognitive problems due to COVID-19. A mixed-methods approach combines quantitative data from online surveys and cognitive tasks with qualitative insights from participant feedback.

Results

Preliminary results indicate that digital platforms provide high-quality data comparable to traditional methods, with additional benefits of flexibility and accessibility. However, challenges include technological barriers, data privacy concerns, and the need for robust validation protocols.

Limitations

The reliance on internet connectivity and user familiarity with technology may limit participation for certain populations. Further validation is required to ensure that digital tools meet the same standards of accuracy and reliability as traditional assessments.

Implications for Research, Practice, and/or Policy

The findings highlight the potential for digital assessments to revolutionize neuropsychological practice by improving accessibility and efficiency. They underscore the importance of developing ethical guidelines, training protocols, and policy frameworks to support the adoption of these tools in diverse contexts. This research contributes to the growing body of knowledge on digital innovations in clinical and research settings.

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Paper number 291 | Oral

Voice-Based AI Assessments: A New Approach to Job-Relevant English Skills Evaluation

Emeric Kubiak[1]

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Objectives. With studies indicating that LLMs can successfully complete linguistics exams (Ronan & Schneider, 2023), the risk of technology-driven cheating necessitates a reassessment of traditional exam formats, particularly in hiring contexts. Conventional assessments generally overlook job-specific communication skills crucial in global professional environments, focusing instead on general proficiency. This project addresses that gap by developing a skill-specific English assessment designed to evaluate a candidate's communication ability within the context of their role. Since 80% of language proficiency is voice-based, particularly in second-language acquisition, and speaking skills are essential for global mobility and employment (Fan & Yan, 2020), we propose using audio recordings for evaluation. Additionally, recent studies suggest that LLMs effectively assess linguistic accuracy in writing (Mizumoto et al., 2024), indicating potential for applications in audio-based assessments.

Method. We tested two approaches: (1) responses to job-specific questions were recorded in English, transcribed via Whisper AI, and then scored by GPT-4o using prompt engineering; (2) an open-source model was employed for direct fluency scoring from the audio recordings. We evaluated the convergent validity of these methods using Speechocean762 as a reference, an open-source corpus of non-native English speech designed for pronunciation assessment. This comparison aimed to determine the accuracy and applicability of each approach in professional settings.

Results. Ongoing studies will provide results at the congress, detailing the comparative validity and practical implications of each method.

Conclusion. Preliminary findings suggest that AI-driven, voice-based language assessments could offer a relevant measure for job-specific communication. This approach has the potential to enhance assessment and recruitment accuracy.

Papers session 47

Paper number 492 | Oral

Examining potential psychological protective and risk factors for psychological distress and PTSD amongst persons with physical disabilities in Cambodia

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Aims: Persons with physical disabilities in Cambodia are at an increased risk of psychological distress and PTSD symptoms. The aims of this study were to determine the rates of psychological distress and PTSD amongst prosthetic and orthotic (P&O) service users, and examine some of the potential protective and risk factors for these outcomes.

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Design and theory: From March 2023 to June 2024 data were collected as part of a mental health screening programme for P&O service users across Cambodia (n = 465). Using the clinically modified Buddhist psychological model (CBPM) as a theoretical framework, this cross-sectional study examined a range of potential psychological protective and risk factors for psychological distress and PTSD symptoms among 283 P&O service users, using structural equation modelling.

Results: Our study found a high rates of psychological distress and PTSD symptoms in this patient cohort (n = 465). Acceptance, non-attachment, mindful observation/attention regulation skills along with reduced worry and rumination could act as protective factors against psychological distress and PTSD in P&O service users.

Limitations: The use of convenience and purposive sampling limits the extent to which this study's results can be generalised to a larger population of persons with physical disabilities. The use of a cross sectional design means that conclusions are regards causality between non-attachment/letting go, acceptance, mindful observation, worry, rumination, psychological distress and PTSD cannot be asserted.

Implications: Integration of mental health interventions are required within P&O services in Cambodia to address the high rates of psychological distress and PTSD experienced by P&O service users. This study's results indicate that should a person with physical disabilities in Cambodia engage with a mindfulness programme which has the capacity to increase capacities in acceptance, non-attachment/letting go, mindful observation/attention regulation, and reduce worry and rumination, they are likely to experience reduced psychological distress and PTSD symptoms.

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Paper number 438 | Oral

Co-research with children at social risk: what to do after-school time? Proposals for public policies

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Focusing on psychosocial risk factors in childhood, this presentation targets on children living in vulnerable family and social contexts. Aside from the relevance of the issue and aligned with European social policy priorities to enhance community-based services, the innovative aspect of this study is that it has been carried out involving children as active subjects in a research co-creation process. Four objectives have been set to find out how children and adolescents at social risk attending daily after-school services in Catalonia (Spain) perceive their lives and what to do after school time. Particularly the research aims were: (a) To know the current profile of children as users of day-care services; (b) To analyse the subjective well-being of children and adolescents and their perspective on needs, aspirations, and rights; (c) To listen to children's assessments of the day-care services (d) To make proposals to deal with social risk in childhood. It has been carried out with a co-creation process with 5 expert groups of children aged 9–17-year-old (40 participants). Quantitative data has been collected through a questionnaire, co-designed with these groups, and sent to a representative sample of 2000 children attending these community services. Results analysed the satisfaction of children with their life domains: personal, family, educational, relationships and social context. Regarding the assessments of the day-care services, they talked about the degree of agreement on access and attendance, barriers and strengths, relationships with peers and professionals. The applied nature of the research should have impact in terms of prevention, detection and psychosocial intervention to inform decision-making in professional practice and public policies.

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Paper number 477 | Oral

Exploring mental health and wellbeing disparities: Are disadvantaged high school students at greater risk?

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The aim of this research, which is part of the ERASMUS+ BE-WELL project, is to gather baseline data for the evaluation of the multicomponent »BE-WELL positive psychology intervention (PPI)«, that will later be delivered to high school students (HSS), aged 15 to 19. With this pretest, we aim 1) to measure the starting levels of wellbeing and mental health among HSS, 2) to identify disadvantaged HSS in terms of socioeconomic status, learning disabilities, minority groups etc. and 3) to compare the levels of wellbeing and mental health of disadvantaged HSS with the rest of the sample.

In recent years, the COVID-19 pandemic and its restrictions have significantly increased the level of psychosocial distress among adolescents and worsened their well-being and mental health. Globally, it is estimated that 1 in 7 (14%) 10–19-year-olds experience mental health conditions, however, there is little data on the prevalence of those conditions among the various segments of disadvantaged students.

With this research, we will address HSS in a single high school in Slovenia, thus following the principles of a case study research design. Around 300 HSS will be included in the sample. Validated standardised measures of subjective and psychological wellbeing, anxiety and depression will be used. In January 2025, HSS will fill in the online questionnaires in the classrooms in school.

We expect significantly lower levels of wellbeing and significantly higher levels of anxiety and depression among the disadvantaged students – in comparison to the rest of the sample. As the results are limited to a single school, they will not be representative for HSS in Slovenia (or beyond).

The findings will provide further insights about the characteristics of disadvantaged HSS, which would contribute to more efficient delivery of support – either in one-to-one or classroom settings.

Paper number 846 | Oral

Development and validation of the Scale for Understanding Risk Factors of Dropout in French adolescents

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This study aimed to develop and validate a psychometric tool assessing dropout risk factors among French adolescents. The goal was to bridge gaps in existing measures by integrating familial, school, and individual dimensions to better support early interventions. Dropout is a multifaceted issue influenced by cumulative risk factors. Research highlights the interplay of family (e.g., parental support, socioeconomic status), school (e.g., teacher-student relationships, climate), and individual factors (e.g., self-esteem, motivation). Existing tools often focus narrowly on individual or family factors, neglecting school factors such as the impact of forced academic orientation, which is a key risk factor for disengagement. Developed under the European PRIMO project, the scale adheres to the Standards for Educational and Psychological Testing. A pool of 258 items was reduced to 73 through expert reviews and exploratory analyses. Data from 1,131 adolescents (aged 12-18) were analyzed using confirmatory factor analyses (CFA). Psychometric properties, including reliability (Cronbach's α: 0.68–0.89) and

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invariance across subgroups, were assessed.The CFA showed correct model fit (CFI = 0.926, TLI = 0.928, RMSEA = 0.039). Measurement invariance was confirmed across gender and academic tracks. SEM analyses revealed significant links between dropout intentions and key dimensions, including school climate, engagement, and family relationships (R^2 = 0.6). Unlike existing tools, this scale offers a balanced assessment of familial, school, and individual factors.Findings are specific to French adolescents in their first year of upper secondary school, necessitating broader validation. This scale fills offers a comprehensive assessment of dropout risk factors across three key domains: school, family, and individual characteristics. By addressing these dimensions holistically, it enables educators to identify at-risk students more effectively and implement tailored, evidence-based interventions. This approach aligns with the European agenda for inclusive education and provides valuable insights for policymakers and practitioners aiming to reduce dropout rates.

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Papers session 48

Paper number 420 | Oral

Unpacking the salience of gender equality in contemporary Europe: The psychological insights

Aurelija Stelmokiene[1], Tadas Vadvilavičius[1]

[1]Vytautas Magnus University, Lithuania

Objective. The salience of gender equality (beliefs about the positive impact of gender equality) is identified as a social value related to the development of societies. The question remains what factors (identity, attitudes, experiences, etc.) are linked to greater support for gender equality. Methods. European social survey data (Round 11, year 2023-2024; v1.0) from 13 European countries (n=14106) was used for the analysis. Four items to measure salience of gender equality (gender equality good/bad for family life, politics, business, economy; α = .82), two-items to measure masculinity (α = .63), two-items to measure femininity (α = .76), single questions to measure personal experience of discrimination at work, by doctors, and the police, and two-items to measure hostile sexism (α = .63) were used. Structural equation modeling was used to test the model of moderated mediation. Results revealed that model fit the data well ($\chi2(6) = 72.07$, $p < .001$, CFI = .97, TLI = .90, RMSEA = .03). Direct effects between masculinity / femininity / hostile sexism and salience of gender equality (respectively β = .07 / .29 / -.14) were confirmed. Meanwhile, hostile sexism was statistically significantly related only to masculinity (β = .08) and mediated the relationship only between masculinity and salience of gender equality. Additionally, discrimination at work (β = -.05), by doctors (β = .03), and the police (β = .05) predicted salience of gender equality. Finally, results revealed that only discrimination by the police moderated the relationship between hostile sexism and salience of gender equality (β = .02). Conclusion. The study emphasizes the need for nuanced approaches in addressing gender equality that consider both individual identities, attitudes and experiences of discrimination in the social context. It contributes to the broader agenda of transforming psychological science to tackle challenges in contemporary Europe.

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Paper number 611 | Oral

Gender and road traffic risk: The role of cultural context in risk behavior and psychosocial factors

Marie-Axelle Granié[1], Julie Devif[1], Nathalie Moreau[2], Shirley Delannoy[2]

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Gender is a significant factor in road traffic fatalities, with men more likely to die in crashes than women. Studies suggest that gender differences in risk-taking behaviors are influenced more by societal gender roles than biological sex. These psychosocial factors imply that gender differences may vary across cultural contexts shaped by societal expectations. This study aims to examine whether gender differences in self-reported driving behaviors and psychosocial factors vary according to cultural context, particularly in relation to gender equality policies.

We conducted a secondary analysis of responses from 16,031 frequent drivers (54.46% male) in the third edition of the E-Survey of Road Users' Attitudes database, which includes a sample of 37,000 road users from representative panels in 39 countries, surveyed via an online questionnaire. We ranked these countries according to their scores on the Global Gender Gap Index and its four sub-indices (economic, education, health, and political domains), as provided by the World Economic Forum. We analyzed the interactions between gender and countries' gender gap sub-indices concerning reported behavior, social acceptability, self-efficacy, risk perception, support for road safety policies, and perceived deterrence.

Our results revealed significant main effects of gender on all variables, as well as complex interactions between gender and cultural context. The impact of gender equality policies on road safety behavior is non-linear, with medium levels of gender equality showing effects opposite to those observed at low and high levels. Furthermore, the interaction between gender and gender equality policies was intricate, with high levels of gender equality associated with larger gender differences in attitudes and perceptions of road risks.

We discuss this "gender paradox" as a potential outcome of the essentialization of gender stereotypes and the influence of safety culture on both men and women. These findings can be used to better design road safety campaigns and education.

Paper number 612 | Oral

Gender quotas and feminization in the French automotive and manufacturing industry: Barriers, attitudes, and implications for equality

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Grounded in social and work psychology, this research aimed to explore factors facilitating feminization (study 1) in the automotive and manufacturing industry and to examine attitudes toward the company's gender quotas policy (study 2).

Women remain underrepresented in this sector, particularly among sales forces (Lanzrath et al., 2023). If French multinationals have implemented gender quota-based diversity policies, integrating women into counter-stereotypical environments is a crucial prerequisite. Indeed, gender quotas can be perceived by men as a threat to

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their career prospects (Faniko et al., 2017) and may lead to a stigma of incompetence for women (Heilman et al., 1992).

To investigated barriers and levers for feminization, 2 studies were carried out with sales staff in a French automotive and manufacturing industry. In the first study, twenty-six semi-structured interviews were conducted (NWomen=9; NMen=17) and analyzed using thematic analysis (Braun & Clark, 2006). In the second one, four focus groups (N=18 : NWomen=11; NMen=9) were carried out. Data were analyzed using interpretative phenomenological analysis (Love et al., 2020).

Study 1 identified gendered sources of satisfaction/dissatisfaction at work and gendered work-life balance issues. Study 2 revealed quotas were perceived as "diversity washing" due to organizational feminization strategy opacity (Toma et al., 2023). Neo-sexist attitudes (men) and overworking behaviors (women) emerged as reactions to these affirmative action policies.

Study 1 should have deeply explored whether work-life conflict influenced women's intention to leave. In Study 2, if heterogendered focus groups enabled us to highlighted gendered power dynamics, gender-specific groups could have been created. More extensive investigations would be relevant to strengthen these findings.

This research provides practical recommendations to promote gender equality and equity in traditionally masculinized sectors.

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Paper number 969 | Oral

Navigating work uncertainty: The impact on healthcare performance through job satisfaction, with calling as a moderator

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Research Aims: This study examines the relationship between work uncertainty and healthcare workers' job performance (physicians and nurses).

Theoretical Background: Drawing upon the Conservation of Resources (COR) theory as a theoretical framework, we investigated how individuals perceive and respond to resource threats in wartime contexts. We hypothesized that work uncertainty would be associated with decreased healthcare performance through the mediating role of job satisfaction and that professional calling would moderate this mediation.

Methods: A survey was conducted with 73 physicians and 125 nurses. Data were collected using validated measures of work uncertainty, job performance, job satisfaction, professional calling, and backgrounds. We analyzed the data. using a moderated mediation model. The analysis controlled professional roles and gender.

Results: The findings revealed a negative relationship between work uncertainty and healthcare performance. Job satisfaction was found to mediate this relationship with higher levels of work uncertainty was associated with reduced job satisfaction, which in turn was associated with decreased healthcare workers' performance. Professional calling moderated the mediating role of job satisfaction in the relationship between work uncertainty and job performance. Specifically, at low levels of professional calling, work uncertainty was associated with diminished job satisfaction, which in turn was associated with decreased healthcare workers' performance. However, at high levels of professional calling, work uncertainty did not affect the relationship between job satisfaction and healthcare workers' performance.

Implications: This study underscores the importance of addressing uncertainty among healthcare teams' functioning, particularly during crises such as wartime, while highlighting professional calling as a strategic tool to enhance job satisfaction and performance. Organizations can enhance employee well-being and effectiveness in challenging conditions by utilizing professional calling as a buffer against uncertainty.

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Papers session 49

Paper number 998 | Oral

Investigating participant bullying roles and psycho-social factors in young children

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Background: Bullying is, “the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power”. Being the victim of bullying negatively impacts children’s wellbeing and can have long-term effects. Bullying is a social process involving a multitude of different participant roles beyond just the bully and victim. Previous studies suggest that early intervention is key to reducing bullying behaviour in schools. However, there is limited research to understand bullying in young children.

Research Question: How do the psycho-social and behavioural profiles of young children taking different participant roles in bullying differ?

Methods: A sample of 160 children aged six to nine years attending two primary schools in Southeast England took part in the study. Teachers reported on the bullying roles of children in their class and children provided self- and peer-reports of bullying roles. Children completed measures to assess social, emotional and behavioural difficulties (SEBDs) and psycho-social factors (social identification with school, family and peers and self-worth).

Results: Children identified as bullying or being bullied reported the lowest sense of school belonging and self-worth, while reinforcing, assisting the bully or defending the victim was associated with high levels. There was high internal consistently between teacher, peer and self-nominations for the roles. Gender and age differences were found.

Discussion: The finding that assistants and reinforcers self-reported a comparatively healthy psychological profile suggests that bystander and anti-bullying interventions engaging the peer group would be appropriate at this age. Findings suggest that teachers have a good understanding of the bullying behaviour of children in their class suggesting that they are well-placed to intervene. Implications will be discussed in light of a recent meta-analysis of anti-bullying interventions in young children and co-production work with local authorities, mental health practitioners, school staff and children.

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Paper number 89 | Oral

Raising awareness among parents on school bullying: Community actions

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School bullying is a global phenomenon (Olweus, 2013), and parents play a critical role in supporting adolescents and reducing bullying incidents. Parents' understanding of school bullying aims to influence how they respond to this antisocial behaviour. The current study aims to enhance parents' knowledge and understanding of bullying to prevent, cope, and end bullying. More specifically, the current study aims to assess the effectiveness of a community-based bullying prevention program for parents developed using an integrated approach. Inspired by the Viennese Social Competence Program (ViSC), the “Stekomaste Mazi” (We Stand Together against Bullying) program aims to lay the foundations for understanding the phenomenon and enhance parents' skills and confidence to be proactive about this phenomenon. Parents of students of different ages and academic levels participated in experiential workshops and through discussions, case studies and audiovisual material. We had positive effects of this prevention program on parents’ attitudes, efforts, and competencies in counteracting bullying. After the completion of the workshop, parents will be more aligned and able to cooperate, even within a short time of the prevention program. This prevention program is part of the “Stekomaste Mazi” effort to systematically address parents’ roles in tackling bullying. Also, “Stekomaste Mazi” will examine the long-term effects of parent and school prevention in enhancing the effectiveness of anti-bullying programs.

Paper number 984 | Oral

Differences in cyberbullying bystanders' reactions when encountering aggressors of varying proximity

Antanas Kairys[1], Goda Gegieckaite[1], Vilmantė Pakalniškienė[1]

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As social media increasingly permeates daily life, individuals are more exposed to adverse interactions such as cyberbullying. To combat cyberbullying, the reactions of bystanders often play a crucial role—they can either halt the bullying, allow the aggressor to evade consequences, or even encourage their behavior. Therefore, understanding the factors that influence bystanders' behavior in cyberbullying situations is essential. The aim of this study was to evaluate whether the proximity between a bystander and an aggressor affects the reactions of cyberbullying witnesses. An online experiment was conducted with 221 participants aged 19 to 25 years, of whom 57.5% were women. Respondents were randomly assigned to one of three groups: one was asked to imagine the aggressor as a close friend, another as an acquaintance, and the third as a stranger. Participants then read 10 offensive comments presented in a format similar to what might appear on a social media platform. Subsequently, they answered manipulation check questions, evaluated their reactions to the comments, and indicated what actions they would take in such a situation. The results indicate that bystanders were more likely to perceive the aggressor's actions as serious when the aggressor was a close friend. They also demonstrated a greater tendency to intervene, particularly by sending private messages to the aggressor. Participants in the "close friend" group more frequently reported experiencing fear reactions. No other significant differences in behavioral or emotional responses were observed. A limitation of this study: experimental scenario was imagined, which raises the possibility that the observed differences may not manifest in real-life situations. The findings suggest the potential

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for developing distinct strategies to encourage active responses from bystanders encountering aggressors of varying levels of proximity. This research has received funding from the Research Council of Lithuania (LMTLT), agreement No S-LL-21-1.

Paper number 1067 | Oral

The relationship between changes in subjective well-being and cyberbullying victimization: The role of environmental sensitivity

Andreja Brajša-Žganec[1], Marija Dzida[1], Tihana Brkljačić[1], Marina Kotrla Topić[1], Maja Kućar[2]

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Subjective well-being, which encompasses life satisfaction and the experience of positive and negative affect, undergoes significant changes during adolescence. These changes are not uniform; they can vary among adolescents based on their social experiences and personality traits. This paper aims to investigate whether experiences of cyberbullying victimization predict changes in subjective well-being, particularly in relation to adolescents' levels of environmental sensitivity. We hypothesize that highly sensitive adolescents may exhibit stronger associations between cyberbullying victimization and changes in their subjective well-being.

In this study, 1356 adolescents (48% boys) aged between 10 and 13 years (with an average age of 12.02 years) completed a questionnaire assessing their life satisfaction, positive and negative affect, and environmental sensitivity over two consecutive years. Frequency of experiencing cyberbullying victimization was measured only in the last wave.

The results indicated that environmental sensitivity moderated the relationship between changes in life satisfaction and negative affect and experiences of cyberbullying victimization. Compared to adolescents with low environmental sensitivity, those who were highly sensitive exhibited a stronger negative association between cyberbullying victimization and changes in life satisfaction, as well as a stronger positive association between cyberbullying victimization and changes in negative affect. Experiences of cyberbullying victimization were associated with modest decreases in positive affect. This study demonstrated that some adolescents exhibit greater sensitivity to negative social experiences during early and middle adolescence.

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Keynote Speech - Prof. Giuseppe Carrus

Paper number 1258 | Keynote

The past, present and future of environmental psychology and its contribution to the current global environmental challenges

Giuseppe Carrus[1]

[1]Roma Tre University, Italy

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To achieve a transition to a more sustainable human society, the need of radical lifestyle changes is increasingly recognized, at the scientific, political and public opinion level. In some ways, a transition to a low-carbon, more inclusive, more democratic and open society has already started, after various important political and governmental actions (among them, the UN Agenda 2030 or the European Green Deal of the EU), but also as a consequence of bottom-up and spontaneous popular movements of world's younger generations.

This suggests how environmental psychology, and psychological sciences in general, still have an important voice and a fundamental role to play in this process. In fact, many global phenomena like climate change, urbanization, environmental risk and related perceptions, and environmental intercultural processes are increasingly attracting the attention of behavioural researchers in a variety of practical domains and cultural contexts. Following the tradition of a problem-focused and multi-disciplinary approach on which environmental psychology was founded, in this keynote we resume the main past foundations, present achievements and future challenges of people-environment studies. In doing so, we provide some brief examples of recent empirical findings and research projects focusing on two main lines of investigation: 1) the application of psychological interventions and behavioural strategies for the promotion of ecological behaviour and sustainable lifestyles, and 2) the promotion of human wellbeing in daily life contexts, in urban and natural settings.

Workshop - Individualized psychological care: The Process-Based Therapy approach

Paper number 486 | Workshop

Individualized psychological care: The process-based therapy approach

Katerina Georgiou[1], Maria Karekla[1]

[1]University of Cyprus, Cyprus

Applied behavior analysis and the rise of interest in Contextual Behavior Science in recent years have shifted the focus again on processes of change in psychotherapeutic settings (Hayes, Hofmann, & Ciarrochi, 2020). This focus brought to the forefront renewed interest in longitudinal and idiographic methods to research and practice (Ferrari et al., 2022). Stemming from these interests, Process- Based Therapy (PBT; Hayes & Hofmann, 2018) was developed as an alternative approach to case conceptualization, treatment planning and measuring of treatment outcomes. PBT examines theoretical and empirical processes of change (Hofmann & Hayes, 2019) unique to each individual (Hayes et al., 2021), through a multi-dimensional, multi-level meta-evolutionary approach. The main aim of PBT is to provide personalized and individualized care through the intensive and longitudinal assessment of each client's difficulties, needs and wants, contextually, by linking mechanisms of change to evidence-based procedures (Hayes et al., 2019).

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Objectives:

The workshop will be divided into four sections. Section one aims to introduce the concept of PBT by focusing on its theoretical framework. The objective of section two is to illustrate the applications of PBT to case conceptualization using individual network analysis exemplified via a case vignette. The third section focuses on treatment planning through the lens of PBT based on the functional analysis conducted and directly linking treatment outcomes to the processes to be changed during the intervention. The final section involves introducing statistical analyses and network modelling as a means of informing treatment planning, ongoing case conceptualization, and outcome evaluation.

Activities:

Sections two and three encourage the active participation of workshop attendees in conducting the functional analysis and case conceptualization based on the give case vignette.

Target audience:

professional, researcher, early career, trainee, student in applied psychology.

Components:

conceptual analysis, experiential learning, didactic presentation and case discussion.

Keywords:

process-based approach, idiographic methods, treatment.

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Workshop - Ethics of clinical supervision: An international lens

Paper number 966 | Workshop

Ethics of clinical supervision: An international lens

Carol Falender[1]

[1]Pepperdine University, United States

Clinical supervision and the ethics of its practice are often missing ingredients in clinical training (Falender, 2018). Although some countries and jurisdictions require limited coursework or self-assessment, competence, an ethical requisite, is not widely established nor assessed.

This workshop is compatible with the conference theme of “Transforming Psychological Science: The 2030 Agenda” as it addresses the urgent need for transformation of clinical supervision practice internationally.

Clinical supervision is a major means of transmitting competence and ethical acumen and ensuring protection of clients seen by supervisees in training as well as unlicensed staff. Much supervision training is specific to a particular theory (i.e., psychodynamic, CBT, family systems). In this workshop, the ethics of clinical supervision will be presented, with attention to its metatheoretical framework and specific competencies within the various components of practice, making it applicable to any theoretical frame and ethically sound. Components include competence in clinical practice and in supervision, a multicultural frame of cultural humility with respect and attention to difference, reflective practice, critical nature of ongoing feedback and evaluation for client protection, and knowledge of and adherence to all ethical and legal parameters.

Competence in the ethics of supervision requires that participants in clinical supervision be sensitive to diversity and effects of identities on the ethics, attitudes, worldviews, and expression of the participants: clients, supervisees, and supervisors in an increasingly globalized world (Pettifor et al., 2014; Thomas, 2014). Western ethics codes focus on freedom, individuality, and personal individual rights, and may be generally incompatible with cultures that emphasize collectivist’s focus on well-being, religious mores, customs, and tradition, and overall societal norms

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(Khoury & Akoury-Dirani, 2023). Selfhood thus is communally defined: collectivists seek to balance what benefits the individual and the group culture, interdependence, while developing individual moral maturity. In contrast, individualists stress autonomy and privacy. In this presentation, components of clinical supervision will be identified through an ethical lens addressing worldviews, cultural factors, and future directions.

Objectives:

- Identify three components of ethical clinical supervision.

- Describe four aspects of cultural humility as they relate to ethical clinical supervision practice

- List three aspects essential to addressing identification and repair of supervisory strains or ruptures in an ethical frame

- Identify four types of feedback that address the monitoring of supervisee performance

- Address how multiple relationships may directly impact clinical supervision

- Describe one ethical standard that may be compromised in clinical supervision

Activities:

Attendees will watch several video clips and discuss how a supervisor could respond to the vignettes proposed. There will be several opportunities to discuss ethical issues that arise within the competency-based model presented and the actual practice of clinical supervision in attendees' jurisdictions as well as a tool presented to self-assess supervisor competence and to discuss with other attendees and the presenter strategies to enhance practice.

Target audience:

professionals, researchers, early career, trainees, students

Components:

conceptual analysis, experiential learning, didactic presentation, literature review

Keywords:

clinical supervision, Competency-based, multicultural supervision

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Papers session 50

Paper number 409 | Oral

The art of culinary excellence: Exploring the relationship between daily-level ebullient leadership, autonomy, playful work design, flow and performance.

Madelyn Geldenhuys[1, 2], Ita Geyser[2]

[1]University of Notre Dame, Australia
[2]University of Johannesburg, South Africa

The culinary work environment is undeniably stressful due to its physical demands, time pressure, and the need for precision. Designing culinary work environments that encourage creativity, fun and autonomous work may help to reduce stress, mitigate the challenges associated with this work and create thriving culinary workplaces.

The aim of this research was to assess how playful work design and flow relates to performance in teams within the culinary work environment. Furthermore, we wanted to determine the role of daily autonomy, and daily ebullient leadership in facilitating playful work designs. A total of 50 chefs participated in a daily diary study over the course of six days (N = 300 observations). We utilized multilevel analysis to analyze the data that was nested at the within-person (level 1) as the week-level and between-person level (level 2) as the individual level.

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The preliminary results revealed that a direct positive relationship exists between daily playful work design and daily flow. We also found a direct relationship between daily playful work design and daily flow on self-rated performance, while only daily flow was related to other and partner ratings of performance. Further to, we found that daily ebullient leadership and daily autonomy had direct relationships with playful work design, and both had indirect relationships with daily flow through daily playful work design. Self-ratings of performance also had a direct relationship with how the participants rated their culinary partner's performance.

It is evident from the results that autonomy, ebullient leadership and playful work design can help facilitate flow experiences in the culinary environment. By promoting a balance between creativity, fun, and autonomy, and cultivating leadership that energizes and motivates, the culinary workplace can become a space where chefs not only produce exceptional food but also enjoy the process, leading to long-term satisfaction and success

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Paper number 667 | Oral

Breaking the silence: How benevolent leadership and resilience transform the impact of workplace ostracism

Yi-jui Chan[1], Tingko Lee[2], Kuoching Yen[2], Hung-Da Chen[2]

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Although previous research has shown that workplace ostracism can lead to employee silence, few studies have explored the psychological processes that connect workplace ostracism to disengaged silence among newcomers, and the conditions under which this type of silence resulting from ostracism can be alleviated remain unclear. Drawing on the model of organizational frustration, this study examines whether newcomers are more likely to experience organizational frustration in response to workplace ostracism, which in turn leads to disengaged silence, and specifically investigates whether benevolent leadership from supervisors and resilience among newcomers moderate the frustration effects of workplace ostracism. Data were collected over three phases from 379 subordinate-supervisor pairs in a workplace setting, and a time-lagged design alongside Mplus 8.3 software was used for analysis. The results reveal that organizational frustration mediates the positive relationship between workplace ostracism and disengaged silence among newcomers, while supervisors' benevolent leadership strengthens the relationship between workplace ostracism and organizational frustration, and subordinates' resilience weakens the relationship between organizational frustration and disengaged silence. Furthermore, high levels of benevolent leadership combined with low levels of resilience intensify the organizational frustration resulting from workplace ostracism and exacerbate disengaged silence. This study highlights the dual role of benevolent leadership and resilience in shaping newcomers' responses to ostracism, offering valuable insights for organizational strategies to foster inclusion and reduce silence behaviors, while enriching our understanding of the psychological impacts of ostracism in workplace settings and providing both theoretical contributions and managerial implications, alongside several recommendations for future research.

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Paper number 766 | Oral

The dynamics of psychological issues among Ukrainians during the two years of Russia's full-scale invasion of Ukraine.

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Military conflicts have a profound global impact on the mental health of both individuals and society as a whole. According to numerous studies, mental health challenges reduce population productivity, which, in turn, affects economic stability and national defense capabilities (WHO, 2019; Chisholm et al., 2016; OECD, 2015; Hoge et al., 2004). The duration and intensity of these effects depend on various factors, including access to psychological care, community support, and the stability of the postwar environment.

In response to the mental health challenges, the National Psychological Association launched its hotline. Staffed by trained psychologists (master's level, evidence-based psychotherapy, and crisis intervention expertise), the hotline began operations in June 2022 with the Ukrainian toll-free number. Over time, it expanded to include toll-free numbers in 21 European countries. Initially, two teams managed the hotline: crisis counselors providing psychological support and administrators assisting with social issues and referrals. By 2023, psychiatrists joined the team, offering online consultations, issuing prescriptions via national system, and supporting individuals in frontline areas or abroad facing healthcare access barriers. In December 2023, the service introduced video calls and a chat function, making support available globally, including in occupied territories where Ukrainian mobile communication is restricted.

This presentation will analyze data from 14,760 consultations conducted between 2022 and 2024. It will focus on the demographics of hotline users (gender, age, country) and explore how the nature of requests evolved over time. Particular attention will be paid to the influence of seasonal trends, and societal challenges during this period. Special attention will be given to analyzing the complexity of individual cases based on the opinions of specialists, drawing from their two years of experience working on the hotline. The findings aim to shed light on the psychological needs of Ukrainians and the effectiveness of the hotline in addressing these challenges.

Papers session 51

Paper number 181 | Oral

Examination of selected health-related factors for early assessment and prediction of fall risk in the older adult population in Luxemburg

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The study aims at understanding selected (interacting) risk factors associated with falls and facilitate early assessment of fall risk and its predictive value, thereby enabling the implementation of practical measures to mitigate fall risk.

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Falls are a growing public health concern due to it being the leading cause of injuries in older adults, with Luxembourg recording the fifth highest incidence and death rates in comparison with 22 European countries (Haagsma et al., 2020). Despite existing interventions, falls remain prevalent, highlighting the need for enhanced fall risk assessments and predictions to enable effective preventive measures.

The study is conducted as part and with data from the longitudinal FLUX project with focus on early fall risk assessment and prevention. In the workshop phase, individual fall risk profiles were created using tests and a comprehensive set of questionnaires (WS1 and WS2). The third workshop (WS3) offers practical exercises aimed at reducing fall risk. 12 months after the workshop phase, a brief questionnaire will be used to follow-up on whether predictors such as fall history, fear of falling (FES-I) and medication allow for fall risk prediction.

It is expected that the individual fall history and associated factors such as medication use, will predict the fall risk at follow-up.

The representativity of the study results to the general population might be limited due to a positively selected sample.

The insights gained aim to refine early fall risk assessment models and might guide the development of strategies to assess and mitigate fall risk in Luxembourg's aging population.

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Paper number 944 | Oral

Issues and perspectives on assessment in Italy

Adriana Lis[1], Filippo Aschieri[2], Andrea Bobbio[1], Diego Boerchi[2], Roberta Daini[3], Fiorenzo Laghi[4], Alessandro Lo Presti[5], Massimo Nucci[1], Paola Palladino[6], Luca Pancani[3], Laura Parolin[3], Claudia Pignolo[7], Daniela Traficante[2]

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[2]Università Cattolica del Sacro Cuore, Italy
[3]Università degli Studi di Milano-Bicocca, Italy
[4]Sapienza Università di Roma, Italy
[5]Università degli Studi della Campania Luigi Vanvitelli, Italy
[6]Università degli Studi di Foggia, Italy
[7]Università degli Studi di Torino, Italy

This presentation covers the issues managed in 2024 by the Thematic Group on Psychological Assessment of the Associazione Italiana Psicologi, and outlines plans for 2025. Established in 2017 at the suggestion of then-President Fabio Lucidi, the group operates under the Italian Association of Psychology (AIP) and is internationally connected to the European Federation of Psychologists (EFPA) Board of Assessment (BoA). The group's mission is to foster the correct application of assessment methods and tools in Italy, both within AIP and among professional psychologists. The presentation will showcase: production, collection, and dissemination of scientific evidence by group members who published research on assessment at the national level; Intra- and Interdisciplinary scientific collaboration though active participation in national and international conferences facilitated scientific exchange; engagement with stakeholders though improved accessibility of testing materials for psychology students and transparency and verifiability of testing norms provided by publishers; resolution of disputes such as non-psychology graduates accessing training on psychological tests and assessments.

In 2025 the group aims to update information on assessment practices in Italy, focusing on both academic and professional contexts. A significant goal is to develop the Italian Database for Psychological Measurement (DIPM), a repository that will include validated tools and published instruments specific to Italy. This project intends to support professionals and academics in advancing psychological assessment practices nationwide.

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Paper number 276 | Oral

Psycho-diagnostic assessment and management: Challenges faced by young adults having autism spectrum disorder

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[1]University of the Punjab, Pakistan

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With the growing global awareness of Autism Spectrum Disorder (ASD), there remains a significant gap in understanding and addressing the unique challenges faced by young adults with ASD, particularly in the context of mental health services in Pakistan. This qualitative study aimed to explore the barriers related to the identification, assessment, diagnosis, and support provision for adults with ASD. The study employed a two-phased approach, Phase 1 involved semi-structured interviews with six young adults diagnosed with ASD, analysed using Interpretive Phenomenological Analysis (IPA) to uncover the lived experiences of these individuals. Six superordinate themes emerged from this phase: Diagnostic Journey and Challenges, Coping Mechanisms and Personal Growth, Social Challenges and Support Systems, Mental Health Awareness and Stigma, Therapeutic Experience and Treatment Effectiveness and Suggestions and Improvements. Phase 2 consisted of a focus group discussion with the parents of autistic adults, analysed through Reflexive Thematic Analysis (RTA). This phase revealed six superordinate themes: Autism Symptomology, Challenges in Autism Diagnosis, Challenges in Autism Management, Institutional and Professional Evaluation, Post-Diagnosis Support and Therapy, and Improvement & Suggestions. The findings of this study highlight the critical need for improved diagnostic practices, better management strategies, and greater institutional support for young adults with ASD and their families. The insights gained from this research offer a roadmap for developing more effective, culturally sensitive approaches to the assessment, diagnosis, and management of ASD in Pakistan.

Papers session 52

Paper number 971 | Oral

The International Union of Psychological Science: Global leadership for sustainability

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Outcomes of IUPsyS 2024 Inaugural Global Psychological Science Leadership Summit held in Prague prior to the 33rd International Congress of Psychology for psychology leadership everywhere are outlined.

This signal gathering, comprising invited representatives of IUPsyS' Regional and National Members from across the globe and scientific experts with significant responsibility for global issues, collaboration with IUPsyS Regional Members, provided an instrumental role in amplifying the collective voice of psychological science and ongoing engagement with world science bodies and has implications for its broader membership of national associations of psychology.

The Summit, built on IUPsyS' global 135-year legacy, was convened in a post-Covid world grappling with sociopolitical uncertainty and economic insecurity. The Summit succeeded in creating common understandings of the range of challenges confronting the human condition, and uniting Regional Members, which represent the

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majority of the world's population, with a common goal: advancing an inclusive global psychology to better serve humanity.

While the United Nations Sustainable Development Goals (SDGs), offer a comprehensive framework to address the most pressing global challenges, including poverty, inequality, climate change, and health, the Summit was based on the premise that psychology, as the science of the mind and behaviour, has a pivotal role in shaping sustainable and equitable societies in relation to current/future SDGs. Focus will include:

- IUPsyS' role in growing psychology in all regions of the world,

- Integration in achieving the SDGs highlights psychological science, a "hub science", central in interdisciplinary research and applications;

- Psychological science is at the nexus of a dynamic sustainable development agenda, that bridges various fields offering comprehensive insights to drive holistic solutions in our fragile world

- IUPsyS' role as the global voice of psychology in leveraging its unique position, to ensure that psychological science significantly impacts global progress, ensuring that development is inclusive and sustainable.

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Paper number 793 | Oral

How epistemic explanations and corrections impact the public's trust in science journalism

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Recent events such as frequent extreme weather events linked to the climate crisis and the COVID-19 pandemic highlight the role that scientific reporting plays in societal cohesion. The public's perception of trustworthy science news reporting is essential for informed societal and individual decision-making, with science journalism as a crucial source of secondary scientific information for the public. However, like any news, science reporting is not without errors. Economic pressures, digitalization, and publishing in a 24/7 news cycle can lead to the publishing of inaccurate information. Corrections are crucial tools to prevent the spread of inaccurate (scientific) information, yet it is not well understood how corrections impact readers' perceived trustworthiness of journalists and journalism. This study examined whether corrections to scientific newspaper articles and epistemic explanation of the value of such practice impact the public's perceived trustworthiness of the author, article, and journalism. Participants (N=178) were randomly assigned to one of four conditions, varying in the presentation of corrections and epistemic explanations in a 2 x 2 factorial design. Participants read two vignettes based on authentic sources. The results revealed a positive impact of epistemic explanations on trust in the article and author. Corrections had a negative effect on the author's Expertise. Additionally, epistemic explanations also had a mitigating effect on trust in journalism. The study highlights the potential of epistemic explanations in mitigating diminished trustworthiness in science reporting. The findings carry implications for news organizations and educational settings, where inaccurate information must be successfully navigated.

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Paper number 359 | Oral

Trust beyond boundaries: Psychological constructs of social cohesion in urban Africa

Nicolette Roman[1], Moses Mutiso[2], Joshua Mugambwa[3], Anja Human-Hendricks[1], Proscovia Nalwadda[3], Edna Masita[2], Howard Tugume[3], Andre Lewaks[1]

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Trust is a foundational psychological construct vital for fostering social cohesion and sustainable peace, particularly in contexts of socio-economic inequality and historical inequity. This study explores how adults in South Africa (Cape Flats), Kenya (Nairobi), and Uganda (Kampala) conceptualise and build trust at individual, familial, and community levels. Drawing on Attachment Theory and Social Capital Theory, the research examines trust as a blend of cognitive and emotional dimensions that influence interpersonal relationships and group dynamics. Data were collected through qualitative interviews with 30 participants (ten per country). At the individual level, trust was framed as a cognitive-emotional construct shaped by personal experiences, resilience, and cultural values. Cape Flats participants described trust as precarious due to systemic neglect, Nairobi respondents highlighted trust as a reciprocal process based on integrity; and Kampala participants emphasised trust as a moral obligation reinforced by spiritual norms. Within families, trust facilitated emotional security and relational stability. Kampala participants linked familial trust to communal caregiving traditions, Nairobi respondents emphasised adaptability amidst economic pressures, and Cape Flats participants highlighted conflict resolution and attachment bonds in rebuilding strained family relationships. At the community level, trust was constructed as a collective psychological resource that fosters collaboration, safety, and belonging. Faith-based institutions and traditional practices were central to trust-building in Kampala, while Nairobi respondents credited informal networks. In contrast, Cape Flats participants reported fragile trust due to urban violence and systemic failures, yet noted small, close-knit groups as pockets of resilience. This study reveals the nuanced psychological constructs of trust and their implications for social cohesion. Findings highlight the need for interventions that promote open communication, cultural sensitivity, and structural reforms tailored to urban realities. By enhancing trust at all levels, these strategies can contribute to long-term social harmony and peace in diverse African contexts.

Papers session 53

Paper number 1242 | Oral

The organization of psychological services within a public health perspective

Koen Lowet[1]

[1]Christelijke Mutualiteit, Belgium

In 2021 Belgium started with a new program to render psychological services more accessible in primary care. It was in fact the first initiative to reimburse clinical psychologists from the social security system and to include psychologists in the public health system.

However, the choice was made to do this in a very different way. Traditionally, the patients from health practitioners (like medical doctors) are reimbursed based on a fee for service model rendering our health system a system that

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is primarily focused on acute problems that require (high technological) treatment. This is also true for the mental health care system where psychiatrists and hospitals are funded to “treat” symptoms and disease.

The competent authorities in Belgium decided to use the public mental health philosophy as the basis for organizing psychological services in primary care. This includes a new way of funding services (we fund networks of mental health care rather than individual health care practitioners), focus on particular psychological services that are beneficial for a population (community interventions, group therapy, brief interventions) and is based on collaboration with and reinforcing other significant stakeholders in the community and primary care.

This workshop has the intention to go into the details of this important innovation, to explain how psychology is used in a population health perspective, what type of interventions are used, what were key factors for policy makers and present the latest data available.

Facilitator: Koen Lowet is a clinical psychologist – psychotherapist. As the former CEO of the Flemish Association of Clinical Psychologist he negotiated and created the new reimbursement program in Belgium. He currently works as the strategical mental health expert for the Christelijke Mutualiteit, which is Belgium’s largest social health insurer. He also works as a clinical psychologist in the new primary care program.

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Paper number 111 | Oral

Mental health in immigrant children and adolescents in northern Chile

Alejandra Caqueo-Urízar[1, 2]

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Research aim: This study compares mental health indicators in immigrant and non-immigrant children to understand the mental health effects of migration. Background: Approximately 1.251.225 foreign-born migrants reside in Chile, including 183.315 children. Methods: A cross-sectional study of 634 students from Chilean schools was conducted. Fifty percent of the students were immigrants. The System for the Evaluation of Children and Adolescents was used to evaluate mental health. Results: No significant differences were observed in mental health indicators between immigrant and non-immigrant children. At both elementary and secondary levels, immigrant students had higher rates of contextual problems (family problems and problems with peers) and lower scores in integration and social consequence. Immigrant students in elementary schools scored lower in self-esteem. Limitations: The study exclusively used self-reporting. It did not consider other sources of information, such as the students’ families or teachers. Second, the transversal nature of the study does not allow the trajectories of the reported relationships to be established. A third limitation has to do with population representativeness, because of the small sample size and non-probabilistic approach. Implication for research, practice and policy: The higher rates of contextual problems in immigrant children should be addressed through structural changes in migration policies, such as providing support for employment of parents, welfare assistance, and access to health systems.

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Paper number 1233 | Oral

Empatia Program: A Culturally Sensitive Approach to Supporting Ukrainian Displaced People

Yeva Kardash[1], Maryna Zavhorodnia[1]

[1]OPORA, Netherlands

Empatia is a structured mental health program developed to meet the psychosocial support needs of Ukrainian Displaced Persons (UDP) in the Netherlands. Operated within the framework of the Opora Foundation, alongside legal and research teams, Empatia focuses on delivering evidence-based solutions and integrating them into the existing support system.

Empatia is committed to addressing the cultural, systemic, and structural barriers that Ukrainian Displaced People (UDP) encounter when seeking access to mental health services in the Netherlands. The program implements a three-tiered interconnected approach: 1) it focuses on supporting UDPs who require psychological assistance and guidance; 2) it bridges Ukrainian Mental Health Professionals (MHPs) with Dutch Mental Health Organizations (MHOs) to deliver accessible psychological care for UDPs; 3) it provides municipalities and other organizations with advice on organizing culturally sensitive and psycho-social support for UDPs.

Between May 2023 and January 2025, more than 3,700 requests were processed through the Empatia Helpline, where we offer psychological guidance to individuals seeking support in the Netherlands and facilitate psychological consultations for those requiring immediate intervention, bridging the gap in services that system cannot fully address (at least 462 consultations were conducted).

While providing referral support and advisory services to GPs, MHOs, and municipalities through the Helpline, training and advisory sessions by the Mental Health Advisory Team (more than 50 events) are also conducted to enhance effectiveness of support for displaced individuals. Culturally sensitive training with a focus on trauma emphasizes understanding the cultural nuances and trauma that may affect individuals and groups within the community. Over 56% of participants reported having a good or very good understanding of Ukrainian culture and traditions after the training.In terms of confidence, over 64% feel confident in applying this knowledge, noting that their work and communication with Ukrainians have significantly improved as a result.

Papers session 54

Paper number 399 | Oral

Problem-based learning & assessment to teach psychology across the lifespan

Zayba Ghazali-Mohammeed[1], Alexia Revueltas Roux[1]

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Over a 10-week-course, major stages of life (prenatal development, childhood, adolescence, adulthood, older aging) were explored across a timeline highlighting how development occurs in all aspects of life and is interlinked. In doing so, students could engage in critical analysis, specifically on research practices that captured development across the lifespan and inclusion of underrepresented communities that are typically ignored in this research.

The assessment on our course encourages students to reflect on these critiques of research and involves a problem-based-learning approach to assess and apply their knowledge. Students were organised into groups of four and given a range of scenarios to choose from that broadly relate to a topic associated with a distinct stage in

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life e.g. teenage pregnancy or loneliness in old age. We used generative AI to develop various character cases based on these scenarios which each group was allocated to. As a group, students were asked to reflect on their knowledge of development across the lifespan, showcase their understanding to explain how the character might have ended up in their current scenario and offer potential support strategies and interventions i.e. consider the timeline of development and the key influencers of this, encouraging holistic thinking.

This form of authentic assessment has been shown to be inclusive in its nature by allowing students to utilise their lived experiences and draw focus on aspects of the course topics that they are interested in exploring further (Jenson et al., 2019). The assessment also equips students with the skills needed to become a practicing psychologist by translating and applying their knowledge in real-life situations.

Feedback from students has been overwhelmingly positive: “I feel like this is real psychology! We can actually apply what we’re learning.” We evaluate the feedback from student and link this to employability skills and practical application of research.

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Paper number 1005 | Oral

Functional enhancement of learning potential and talents with high school students with Specific Learning Disabilities

Massimo De Donno[1], Riccardo Venturini[2]

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[2]Associazione Sammarinese Dislessia, San Marino

The functional enhancement of learning potential and talents with high school students, diagnosed with DSA, was conducted with a pilot project with sixteen subjects from high school or enrolled in the first year of the University, in San Marino (RSM) and in the province of Rimini (Italy) for 12 months between 2023 and 2024. The measurement of the values of the instruments with the AMOS Battery (De Beni et al., Erickson) and the application of principles of Sternberg's intelligence theory (Sternberg, R. J. (1985). Beyond IQ: A Triarchic Theory of Intelligence. Cambridge University Press.) with the recognition of individual cognitive styles, to make them functional to improve learning, with the use of study strategies and soft skills; through an individual customization of talents and abilities, tailored for each individual in their own school path with the Genio 21 model. The analysis has recognized specific aspects, in compliance with a conceptual framework, related to methods, times and contexts, to turn on for each student the application of specific and unique characteristics respectful of their own study and learning profile to achieve their optimal result. The results will be published in the current year.

Paper number 219 | Oral

Effect of inhibitory control training on extinction learning

Kaneez Fatima Dar[1], Manish Kumar Asthana[1]

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A substantial number of individuals experience a return of fear following extinction. This may be due to deficits in extinction learning, an instance of inhibitory learning. Inhibition is an executive function, concerned with deliberate inhibition of a dominating and automatic responses. Previous research suggests lower inhibitory capacity might delay extinction, because individuals are slower to form novel inhibitory associations blocking the expression of excitatory associations. Such excitatory associations prompt automatic fear responses, which are difficult to

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withhold intentionally and might hamper extinction learning. The study investigates the effect of inhibitory control training on extinction of conditioned fear responses. 51 participants (F=21, M=31, M= 23.07, SD=0.563) completed a 3-day differential fear conditioning experiment. Participants were separated into two groups: inhibitory control and extinction (IC-SE) and standard extinction group (SE). The IC-SE group underwent inhibitory control training before extinction. Our results showed reduced UCS-expectancy during extinction t (49) = -2.211, p = .032 and extinction recall t (49) = -2.567, p = .011, also lower subjective arousal during extinction t (49) = -2.198, p = .033 and extinction recall t (49) = -2.560, p = .014 in IC-SE group. Further, we found higher physiological arousal during extinction in IC-SE group t (49) = 2.218, p = .03. Our results imply that training on inhibitory control task enhances extinction as indicated by lower UCS-expectancy, further since anticipation to encounter the UCS is low, it results in lower subjective arousal. Inhibitory control training aids formation of novel inhibitory associations (CS+ not followed by UCS) blocking the expression of fear association (CS+ followed by UCS) during extinction. Further, better extinction recall could be attributed to better consolidation of extinction under high arousal state as indicated by increased skin conductance response (SCR) in IC-SE group.

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Main Stage Forum - Climate Change

Paper number 1417 | Psychology Fora

Climate change

Jon Sutton[1], Tobias Brosch[2], Bjørn Ekelund[3], Edward Mishaud[4]

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[2]University of Geneva, Switzerland
[3]Senior consultant and Chairman of the Board, Human Factors AS, Norway, Member of the EFPA Working Group on Climate Change, Norway
[4]Deputy - Leading on Management and Affective Sciences, Beyond lab at the UN Geneva, Switzerland

Anthropogenic global climate change and its disruptive impact on ecosystems and communities around the world are subjects of widespread scientific consensus. Speakers on the panel will be asked to consider the various determinants of pro-environmental behaviour, and engagement in climate action, at the individual, social, organisational, and systemic levels. Sustainability can serve as the general framework for the discussion. While sustainable transformation is necessary, it may be challenging due to psychological and systemic barriers. These barriers can be overcome through collective actions and building collective efficacy. Diverse emotions play an important role in shaping individual and collective behaviours related to climate change; they also contribute to both resilience and the deterioration of mental health at the individual and community levels.

In addition to internal mental processes, institutional, organisational and social mechanisms foster sustainable practices. The panel can discuss the mechanisms and processes that should inform strategies at the level of policy-making and environmental communication that are critical to shaping public perception and behaviour.

Psychologists on the panel will highlight the role of psychology in mitigating and adapting to the climate crisis. The European Federation of Psychologists' Associations (EFPA) has made climate change one of its priorities, and it is a vital, some might say existentially important, focal point for 'Transforming Psychological Science: the 2030 agenda'. (More information on EFPA activity on this topic can be found here: https://www.efpa.eu/european-psychology-and-climate-change)

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Roundtable discussion 15 - EFPA Board of Assessment: Insights and Impacts for Applied Psychologists using tests, in particular with the updated Test Review Model

Paper number 901 | Roundtable discussion

EFPA Board of Assessment: Insights and impacts for applied psychologists using tests, in particular with the updated Test Review Model.

Nigel Evans[1], Mark Schittekatte[2], ian Florance[3], Urszula Brzezińska[4], Ana Maria Hernandez Baeza[5], Dragos Iliescu[6], Adriana Lis[7]

[1]NEC Advisory, United Kingdom
[2]Ghent University, Belgium
[3]Only Connect Ltd., United Kingdom
[4]Pracownia Testow Psychologicznych Polskiego Towarzystwa Psychologicznego, Poland
[5]University of Valencia, Spain
[6]University of Bucharest, Romania
[7]Università di Padova, Italy

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The aim of the EFPA Board of Assessment (BoA) is to develop and improve assessment practice in Europe. It is one of the oldest and largest working groups of the European Federation of Psychological Associations (EFPA). The panel will share insights and impacts of the work of the BoA.

Covering 37 countries, the Board has a reach to impact test use practice for almost half the practicing Psychologists in the world. How far have we come, and what should we focus on further?

To this end, the BoA panel will discuss:

• Using the (updated, version 5.0) European Test Review Model, for official and unofficial review processes

• Test user standards with Euro Test certification processes for meeting expected competence

• Online and mobile assessment, particularly drawing on the European survey of test attitudes

• Lobbying government and institutions across respective countries

• Digitization, AI, and other technological advances

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Roundtable discussion 16 - Shaping the Future: Applied Psychology's Role in Advancing the 2030 Agenda

Paper number 1219 | Roundtable discussion

Shaping the Future: Applied psychology's role in advancing the 2030 agenda

Lori Foster[1], Pedro Neves[2], Pedro Altungy[3], Judy Kuriansky[4], Annamaria Di Fabio[5]

[1]International Association of Applied Psychology, United States
[2]Nova School of Business and Economics, Portugal
[3]Universidad Complutense de Madrid, Spain
[4]Columbia University Teachers College, United States
[5]University of Florence, Italy

This roundtable explores the important role of applied psychology in addressing global challenges and advancing the United Nations' 2030 Agenda for Sustainable Development. Organized by the President and President-Elect of the International Association of Applied Psychology (IAAP), the session highlights both the realized and potential contributions of applied psychology to all aspects of sustainable development, including its role in shaping global policy, promoting sustainable livelihoods, and advancing mental health equity. The five panelists represent four countries and multiple psychology specialties, offering a variety of perspectives and experiences.

The discussion will begin with an overview of IAAP's strategic aims and their alignment with the Sustainable Development Goals (SDGs), followed by panelists offering diverse perspectives on applied psychology's current and future contributions. These include advocacy at the UN as one important avenue, strategies for broadening psychology's global reach, and strengthening collaboration across different areas of psychology to address complex global challenges. The session will also emphasize the importance of empowering youth as key contributors to the future of applied psychology and sustainable development, drawing on IAAP's initiatives to engage early-career professionals and promote innovation across regions and sectors.

Structured dialogue will provide attendees with the opportunity to reflect on applied psychology's global impact and consider practical strategies for increasing its visibility and effectiveness in their own contexts. A dedicated Q&A period will allow for an engaging exchange of ideas between panelists and participants, fostering mutual learning.

By bringing together IAAP leaders and a diverse audience, this roundtable aims to inspire innovative approaches and partnerships that amplify psychology's contribution to sustainable development and the SDGs.

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Paper number 786 | Symposium

The Psychology of sustainability and sustainable development for well-being: Towards the new research agenda

Annamaria Di Fabio[1], José Maria Peiró[2], Alicia Salvador[2], Giuseppe Carrus[3], Giuseppe Scaratti[4]

[1]University of Florence, Italy
[2]University of Valencia, Spain
[3]Roma Tre University, Italy
[4]University of Bergamo, Italy

This Symposium focuses on the Psychology of Sustainability and Sustainable Development for Well-being, considering contributing to the new research agenda through research and intervention. Sustainability Science (Komiyama & Takeuchi, 2006; Takeuchi et al., 2017) brings various disciplines together to address sustainable development to contribute directly to the UN Sustainable Development Goals in a transdisciplinary perspective. The Psychology of Sustainability and Sustainable Development was officially structured as a research and intervention area in the Sustainability Science in 2016. Psychological processes deserve to be studied in depth, considering complexities and processes also to gain generativity and eco-generativity. The SDG 3 Good Health and Well-being is a crucial goal for applied psychology, also linked to social responsibility, inclusiveness, and social justice topics, not only for the current but also for future generations and the life on the Earth. Annamaria Di Fabio will introduce the Sustainable Development as a fourth paradigm for 21st century advancing sustainable careers, sustainable decent work, and sustainable well-being in a broader inclusive perspective. An overview of recent research and intervention will be provided. Alicia Salvador will introduce a study investigating the perceived persuasiveness of three different strategies in messages focusing on meat consumption for having people more involved for a sustainable future and planet. Giuseppe Carrus will present a broad study with the purpose of promoting sustainable lifestyle change and environmental education through nature-based solutions in the larger European context. Research and innovative intervention will be shared. Giuseppe Scaratti will discuss new Work and Organizational Psychology trajectories for engaged, responsible, responsive research and intervention approaches following the Psychology of Sustainability and Sustainable Development framework. Conclusions in the framework of revisiting the sustainability science research agenda will be offered. As discussant, José Maria Peiró will offer remarks on the four presentations. Dialogue with the audience will be ensured.

Paper number 1352 | Symposium Paper

Sustainable development as a fourth paradigm for careers, decent work and well-being in the 21st century: Research and intervention perspectives

Annamaria Di Fabio[1]

[1]University of Florence, Italy

Sustainable development as a fourth paradigm for the 21st century (Hartung & Di Fabio, 2024) and its contribution to careers, decent work, and well-being will be offered. This paradigm is based on two pillars: Sustainability Science (Komiyama & Takeuchi, 2006; Takeuchi et al., 2017), including contributions from the Psychology of Sustainability and Sustainable Development (Di Fabio & Cooper, 2023; Di Fabio & Peiró, 2018, 2023; Di Fabio & Rosen, 2018, 2020), and Human Security Psychology (Carr et al., 2021; Hodgetts et al., 2023). The fourth paradigm redefines sustainable careers, and sustainable decent work embracing an inclusive perspective of respect for human kind and nature as a whole (including animals, plants, the planet) and eco-generativity. It emphasizes that nature is still

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missing in the existing definitions and the need is pressing to incorporate future generations and future life on the Earth in the inclusive perspective. The fourth paradigm urgently calls for an advancement in relation to sustainable decent work. It's no longer possible to talk about decent work without moving away from a perspective focused only on individuals in the present, without embracing an equitable and inclusive 360 degrees perspective, including the planet as a whole and the responsibility for the current as well as the new generations. Furthermore, the fourth paradigm considers decent work (Duffy et al., 2016) in a broader vision, paying attention to its role also in terms of decent lives (Di Fabio & Blustein, 2016; Di Fabio et al., 2023), and healthy lives (Kenny & Di Fabio, 2023). The fourth paradigm, also using the perspective of Healthy Organizations and the Well-being movement, extends the temporal and purpose perspective of social responsibility, inclusiveness and social justice for mental health and well-being at work/life, redefining and harmonizing human-nature-present-future relationships. An overview of recent research and intervention will be provided.

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Paper number 1353 | Symposium Paper

How do we process nutrition-related health messages? An online study

Alicia Salvador[1]

[1]University of Valencia, Spain

In the framework of the Psychology of Sustainability and Sustainable Development, the present study investigated the perceived persuasiveness of three persuasive strategies—Ethos (authority), Pathos (emotions), and Logos (logic)—in messages focusing on meat consumption. In addition, the relationship between individual characteristics and the persuasive strategies were evaluated. Three hundred ten participants (mean age = 40.8) completed an online survey assessing messages framed with different persuasive strategies and completing psychological questionnaires. Results showed that Ethos was the most persuasive, followed by Logos and Pathos. Gender differences were revealed, with women, particularly middle-aged and older groups, finding Ethos and Pathos more persuasive than men. No significant variations were observed across age, education, or work status. However, some of the personality traits and coping styles were associated with the strategies. Extraversion and Conscientiousness predicted the perceived persuasiveness of Ethos, while Openness was associated to Logos. Avoidance coping predicted the persuasiveness of Pathos, while Cognitive and Social Support coping were associated with all three strategies. These findings underscore the importance of tailoring persuasive messages that promote more sustainable behaviors to the demographic and psychological characteristics of the target audience. Such an approach increases persuasive efficacy and the involvement of the people, to be more informed and convinced of the relevance of a more sustainable future and planet.

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Paper number 1354 | Symposium Paper

Restorative nature experiences for sustainable behavioral change: results from the EU-funded "ENCHANT" H2020 and JPI-Solstice "CleanCultures" projects

Giuseppe Carrus[1]

[1]Roma Tre University, Italy

We present the EU-funded HORIZON 2020 research project ENCHANT, where interventions targeting energy consumption have been tested via RCT-like field experiments in six European countries (Norway, Austria, Italy, Germany, Romania, and Turkey). We focus here on the results of a field study testing the efficacy of information-based behavioural interventions in Italy. The intervention was conducted together with an Italian non-profit foundation for the preservation of the natural, cultural and archaeological heritage (Fondazione Roffredo Caetani). Fondazione Caetani is responsible for the management and conservation of the Ninfa Gardens, one of the most-known natural sites and gardens in the world, visited by more than 80.000 visitors every year, which was designated as a natural monument by the Italian Republic. Results (N = 1114) showed that an intervention based on the provision of climate-related information, presented during the visit to such an aesthetically pleasant natural and historical setting, increases individual willingness to donate money for renewable energy projects. Also, our results suggested that feelings of connectedness to nature predict beliefs in global warming, through the mediation of discrete emotions such as guilt and happiness. We also present here the results of the JPI-Solstice funded project "CleanCultures", aimed at promoting sustainable lifestyle change in real-life contexts such residential neighbourhoods. Results of both qualitative studies and quantitative surveys conducted in Central Italy and Sardinia showed that sustainable lifestyle change can be triggered by innovative and unconventional actions at the local level, such as art laboratories or open musical events. We discuss the theoretical and practical implications of these findings, as well the limits and challenges for upscaling these participatory interventions, with the purpose of promoting sustainable lifestyle change and environmental education through nature-based solutions in the larger European context.

Paper number 1355 | Symposium Paper

New work and organizational psychology trajectories for decent work and sustainable organizational wellbeing

Giuseppe Scaratti[1]

[1]University of Bergamo, Italy

Within the framework of the Psychology of Sustainability and Sustainable Development, the contribution addresses the meaning of good life and decent work in the contemporary organizational contexts, dealing with the possibility to stay at work as a good enough place, facing environments characterized by emerging phenomena like turnover, great resignation and merging and acquisition spread in wide range of sectors. At stake is the possibility to detect suitable conditions for experiencing wellbeing at work in the contemporary organizational scenario, characterized by the sensitizing concept of the crisis, dealing with the reconfiguration of the work processes within current organizations. People must face internal and external pressures and solicitations, experiencing plural and different approaches to the same workplace task and living a fractional (Law, 2002) relationship with the organizational processes of differentiation and integration, that underpin the concept of organization as organizing (Czarniawska, 2008). Hence the challenge to address the multiple dimensions of precariousness and lack of knowledge to be faced, looking progressively for exit routes (search actions, taking over actions and breaking out actions: Sannino & Laitinen, 2015), using transitory and actionable knowledge (Shotter 2008; 2010) to help a sustainable positioning

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in uncertainty, moving into the trouble area, and trying to get out, connecting action and thought and trying to open new visions not yet available for transforming and improving their daily practices (Scaratti & Ivaldi, 2021). The paper presents key points for an in-depth understanding of the current situation, which jeopardizes the traditional configurations of work as a meaningful experience and upsets the reasons for attachment and dedication to the organizations, breaking the balance between work and life.

Paper number 1020 | Symposium

Nature-based psychological approaches for mental health and well-being

Kristīne Mārtinsone[1], Angelos Kassianos[2], Kleio Apostolaki[3], Aija Ozola[1], Marianna Koutsantoni[2]

[1]Rīga Stradiņš University, Latvia
[2]Cyprus University of Technology, Cyprus
[3]International Ecopsychology Society, Greece

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The symposium explores innovative pathways in leveraging nature-based and ecologically oriented psychological practices to address contemporary challenges in mental health and well-being. With the global climate crisis and anthropocenic changes shaping individual and societal health, there is a critical need to reframe psychological interventions to incorporate ecological thinking and sustainability principles. This symposium brings together three contributions that highlight the potential of ecopsychology, nature-based self-care, and nature-based approaches for higher education.

The topicality of this symposium lies in its alignment with emerging global health challenges. Health psychology increasingly recognizes the interplay between environmental and human health, particularly in the context of climate change and rising eco-anxiety. In response, this symposium underscores the need for interventions that bridge individual and planetary health, offering practical strategies for fostering mental well-being and sustainability among diverse populations, including university students and academic staff.

The first contribution emphasizes the transition from ego-centred to eco-centred thinking, and discusses the role of the International Ecopsychology Society over two decades. The second contribution examines the attitude-behaviour gap in nature-based self-care, identifying strategies for better alignment between self-care attitudes and practices among adults. The third contribution examines the role of nature connectedness in enhancing the mental health of university students and academic staff, offering insights from a needs analysis that informs the development of a digital tool grounded in ecological thinking.

The presentations underscore the importance of ecological thinking in psychology as a response to global crises, offering practical frameworks for integrating nature-based solutions into therapeutic and educational contexts. By combining empirical evidence with innovative applications, the symposium demonstrates the potential of ecopsychology and nature-based approaches in health psychology to promote mental, physical, and planetary well-being. The symposium concludes with a forum for exchanging ideas among psychologists, enriching the dialogue on integrating ecological paradigms into therapeutic and educational frameworks.

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Paper number 1414 | Symposium Paper

Ecopsychology in the global sphere: How does an international ecosystemic network promotes human-nature well-being

Kleio Apostolaki[1], Ann Sterckx[2], Zselyke Molnos[3], Marcella Danon[4]

[1] International Ecopsychology Society, Greece

[2] International Ecopsychology Society, Belgium

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[4] International Ecopsychology Society, Italy

An explorative qualitative study, will be presented based on interviews and presentations concerning the progression of each formal representative of International Ecopsychology Society (IES), a non-profit organisation of 21 countries worldwide, throughout 20 years of presence. The organisation promotes professionals to focus on eco-self , rethinking psychology in the wider field of Ecopsychology, which states the reciprocal connection of human-nature towards a psychosocial ecological thinking. This turn of psychology promotes the human transition from ego to global and cological thinking, especially in an era that the anthropocene climate change has affected mental and planetary health in an international spectrum. The need for this turn has been first proposed by Theodore Roszak in his book ""Voice of the Earth"" and further interdisciplinary research has shown the importance of restoring the relation of human and nature and the benefits of ecotherapy in holistic health. Recent studies on how climate change has affected mental health in the global sphere, indicate the need for further therapeutic interventions, especially for the rise of eco-anxiety which affects mostly the youngsters, women and the professions involving exposure to Nature. Under this spectrum, professionals on mental health need to reform their qualifications, to meet the new challenges of climate-relevant mental health states. Based on these data, the present research has been conducted inside the IES, to explore how the actions of the representatives of IES worldwide provide a valuable support for the present and future needs of our society. The results have shown that there has been a growth in academic research, education development, covering of university positions in ecopsychology and scientific applications in the communities by promoting sustainability for human and planetary well-being. Further monitoring is needed in the following years to examine the sustainability of the results.

Paper number 1415 | Symposium Paper

Nature-based self-care strategies: Measuring attitude-behaviour gaps

Aija Ozola[1], Kristīne Mārtinsone[2]

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Research aim. This study explored nature-based self-care in adults aiming to identify potential attitude-behaviour gaps across self-care strategies.

Theoretical background. Among self-care practices, nature-based interventions have shown promise in enhancing mental health and well-being. The nature-based self-care refers to intentional engagement in nature-based activities aimed at prioritizing, preserving, protecting, monitoring, and restoring one's health, well-being, and life satisfaction. The Theory of Planned Behaviour posits that attitudes influence behaviour, though an attitude-behaviour gap often persists that can lead to suboptimal self-care practices relative to health needs. However, limited research exists addressing this gap in the context of nature-based self-care.

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Method. A cross-sectional online survey was conducted in an adult sample (N = 965) aged 18 to 76 years (M = 42.83, SD = 13.13; 91% female). The Nature-Based Self-Care Scale (NB-SCS) was employed. It consists of two sections to measure both self-care attitudes and behaviours on a 4-point Likert scale.

Results. Nonparametric analyses revealed mixed attitudes toward nature-based self-care (median 2.00 for mindful practices in nature, 2.75 for sensory and artistic nature engagement, and 4.00 for body-related practices in nature out of maximum of 4.00), yet the positive attitudes were not fully reflected in behaviours (medians 1.50, 2.00, and 2.67 respectively). The Wilcoxon signed-rank test confirmed statistically significant differences between attitudes and behaviours across all self-care strategies, including mindful practices in nature ($T = -20.046$, $p < .001$), sensory and artistic nature engagement ($T = -22.632$, $p < .001$), and body-related practices in nature ($T = -24.404$, $p < .001$). These results indicate that participants place higher value on these activities compared to their actual engagement in such behaviours.

Limitations. The limitations included the underrepresentation of the male population, which restricted the generalizability of the findings. Furthermore, there was an imbalance in the number of participants across age groups.

Implications. While nature-based self-care is widely valued, an attitude-behaviour gap persists in the adoption of these strategies. Guided by the Theory of Planned Behaviour, research should focus on addressing attitudes, social norms, and perceived behavioural control to enhance intention. This approach lays the groundwork for further studies to develop nature-based interventions.

Paper number 1416 | Symposium Paper

GreenTouch Erasmus+ project: Insights and findings from the in-depth needs analysis study

Marianna Koutsantoni[1], Inga Dreimane[2], Rocío Ferraro[2], Alex Gesse[2], Ingūna Griškēviča[3], Susanne Henne[2], Sonia Juárez[2], Ines Kožuh[4,5], Irena Lovrenčič Držanič[4], Dijana Močnik[4,6,] Aija Ozola[3], Elena Panayiotou[1], Manuela Renzi[2], Guna Svence[3], Angelos P. Kassianos[1], Kristīne Mārtiņsone[3]

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The deteriorating mental health of higher education students, accompanied by difficulties across physical, psychological, social, and academic domains, has become a global concern, underscoring the need for effective psychological interventions. Given the limited effects of conventional individual psychological interventions on improving students' mental health, a nature-based intervention promoting mental well-being through nature connectedness should be considered as a viable alternative. This study, as part of the Erasmus+ project ""GreenTouch: EcoMind Development for Higher Education Future,"" aims to determine factors related to nature connectedness in an academic environment.This study used a mixed-methods cross-sectional approach, incorporating a survey and two roundtable discussions, conducted across Cyprus, Latvia, Portugal, and Slovenia. Participants included students, academic and non-academic staff. In total, 1348 students (69% female) participated in the survey with almost one-third (32%) indicating having daily physical activities outdoors.

There were significant differences between countries in nature connectedness and well-being, with students in Latvia (M=3.64, SD=0.9; M=47.44, SD=9.9) scoring higher than those in Slovenia (M=3.33, SD=0.9; M=45.26, SD=10.2). Multiple regression models suggested that in all countries, higher scores in quality of life, stress symptoms, self-compassion, and mindful relaxation, as well as lower scores in self-rated health, predicted nature connectedness. Qualitative data analyzed using thematic analysis, identifying themes of time, environment,

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activities, and accessibility. Findings of qualitative data show that both students (N = 5) and academics (N = 6) face time constraints, with nature engagement most feasible during vacations and weekends. There is a shared desire for greener environments, better public transport, and outdoor activities. Participants expressed the need for an accessible tool to foster nature connections through simple, rewarding activities. Findings will inform the development of a digital tool and e-course grounded in ecological

thinking. Limitations include reliance on self-reported data and the fact that data collected only in English.

Paper number 801 | Symposium

Added value of neuropsychology in health care: Insights from neurodevelopmental, neurological, and psychopathological cases

Sandra M. Lettner[1, 2], Marios Constantinou[3, 4], Aiste Pranckeviciene[5, 6], Gus Baker[7, 8], Nial Pender[9, 10]

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[10]EFPA Standing Committee on Clinical Neuropsychology, Ireland

Neuropsychology is a specialized domain of psychology that is focused on the multiple relationships between (1) cognitive and affective functioning, (2) normal or abnormal neurobiological correlates, and (3) the behaviour of the individual – either isolated or in interaction, in different contexts and phases of the life cycle (Hokkanen et al., 2020). The added value of clinical neuropsychology both for the diagnosis and treatment is demonstrated on the basis of various mental health and neurological conditions, such as schizophrenia, attention deficit/hyperactivity disorder, epilepsy, and dementia. This symposium will show whether the added value can be measured not only in terms of patient well-being, but also in concrete figures such as duration of treatment, disease-related costs or societal burden.

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Paper number 1356 | Symposium Paper

Integrating Neuropsychological Expertise into Multidisciplinary ADHD Care

Aiste Pranckeviciene[1]

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Research Aims and Objectives. This presentation aims to discuss the role of neuropsychologists inthe diagnosis and intervention planning for ADHD in adults.

Theoretical Background. ADHD is estimated to affect 3–4% of adults. While ADHD prevalence has risen, research underscores concerns about overdiagnosis and overtreatment, particularly in populations where symptom overlap with other conditions is common (e.g., mood and anxiety disorders, substance use). Adults with ADHD frequently exhibit cognitive deficits in executive functioning, working memory, and attentional regulation, which vary widely among individuals. Notably, current international guidelines do not mandate neuropsychological assessment in ADHD diagnosis, potentially overlooking its utility in nuanced case conceptualization.

Methodology. This presentation is grounded in a comprehensive literature review.

Results. Research indicates that while neuropsychological assessments alone are insufficient for differential diagnosis due to the heterogeneity of ADHD presentations, they offer significant value by 1) profiling individual cognitive strengths and weaknesses; 2) identifying intervention targets tailored to the patient's unique needs; 3) objectively validating subjective complaints and addressing malingering concerns, which occur in up to 20% of ADHD evaluations in some clinical settings; 4) enhancing diagnostic precision, particularly in distinguishing ADHD from conditions with overlapping cognitive symptoms (e.g., traumatic brain injury, mood disorders). Neuropsychological counseling also facilitates patient and family education, increasing awareness of ADHD's impact on daily functioning and improving adherence to interventions. Research suggests that such psychoeducation is linked to enhanced treatment engagement and better long-term outcomes.

Limitations. The findings are based on literature review and case examples. Empirical studies directly evaluating the impact of neuropsychologists within multidisciplinary ADHD care teams remain limited.

Implications for Practice and Policy. Neuropsychologists contribute uniquely to multidisciplinary ADHD care by providing comprehensive neurocognitive assessments and insights for intervention planning. Their expertise enhances diagnostic accuracy, supports tailored treatment development, and improves patient outcomes through education and counseling.

Paper number 1357 | Symposium Paper

Added value of Clinical Neuropsychology to the management of People with Epilepsy.

Gus Baker[1]

[1]Institute of Systems, Molecular & Integrative Biology Faculty of Health and Life Sciences, United Kingdom

Objectives & Background: Our understanding of epilepsy as a neurological disease is constantly evolving as advances in brain imaging techniques and genetics shed evermore light on the mechanisms that underpin brain function and structure. However, whilst epilepsy is often at the forefront of new scientific and medical

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breakthroughs, it also remains one of the most stigmatized and misunderstood conditions in the world. Content & Conclusion: Although epilepsy is a condition defined by the presence of seizures, it is associated with a number of neuropsychological and psychosocial difficulties which fall squarely in the domain of Clinical Neuropsychology. The critical role the neuropsychologist plays in the multidisciplinary team approach to epilepsy management in the twenty first century will be discussed including epilepsy surgery, antiseizure medication, psychosocial interventions and selfmanagement.

Paper number 1358 | Symposium Paper

The roles, and added value, of the neuropsychologist in multidisciplinary dementia care

Nial Pender[1]

[1]Academic Neurology, School of Medicine, Trinity College Dublin & Principal Clinical Neuropsychologist, Dept of Psychology, National Neuroscience Centre, Beaumont Hospital, Dublin, Ireland

Background: Neuropsychologists provide critical expertise in the assessment, diagnosis, and management of patients with neurodegenerative disorders.This presentation will describe the neuropsychologist's role within multidisciplinary teams, emphasising their contribution to diagnostic precision, intervention development, and caregiver education/support in dementia. Data will also be presented to illustrate the role of neuropsychology in the search for diagnostic and prognostic biomarkers in neurodegeneration.

Content: Neurodegenerative diseases are often associated with a significant deterioration in cognitive, behavioural and emotional states which can begin many years before clinical diagnosis, and which can result in functional disability and social isolation. To identify and address these difficulties, neuropsychologists employ standardised neuropsychological test batteries, functional assessments, and clinical interviews to evaluate domain-specific impairments, including memory, executive function, visuospatial processing, attention, and language. Furthermore, in neurodegenerative movement disorders, assessments must account for cognitive-motor interplay and neuropsychiatric comorbidities such as apathy, mood disorders, and disinhibition. Using these data neuropsychologists develop evidence-based treatment strategies, including cognitive rehabilitation, behavioral interventions for neuropsychiatric symptoms, and compensatory techniques to optimize functional independence. Psychoeducation and support for patients, their caregivers and family members is integral to facilitating independence, mitigating caregiver burden and enhancing patient care. In this presentation we will address these components of the role of the neuropsychologist in the multi-disciplinary care of patients with dementia using current evidence-based guidance, disease specific consensus criteria and research data.

Conclusion: Neuropsychologists add substantial value to multidisciplinary teams in dementia care by providing in-depth neurocognitive profiling, facilitating differential diagnoses, and creating/informing tailored treatment plans. Their specialised input ensures a holistic, patientcentred approach to dementia and movement disorder care, improving clinical outcomes and quality of life for patients and their families.

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Papers session 55

Paper number 1217 | Oral

Effectiveness of an upper middle school social and emotional learning program in Portugal: A large-scale dissemination

Vitor Alexandre Coelho[1], Marta Marchante[2], Ana Cláudia Primor[1]

[1]Académico de Torres Vedras, Portugal
[2]Académico Torres Vedras, Portugal

From 2018 to 2022, the Calouste Gulbenkian Foundation (the main private sponsor for Science in Portugal) launched a national initiative, the Gulbenkian Academies of Knowledge (GAK), designed to sponsor initiatives that promoted social and emotional development. Half of the 100 sponsored Academies were supposed to replicate blueprint programs. Due to previous positive published findings, the Positive Attitude Upper Middle School (PAUMS) program was chosen as a reference methodology and replicated in six sites nationwide. This presentation analyzes the main results, as well as the process, and the results of PAUMS in this national initiative.

A total of 2261 upper middle school students (7th – 9th graders; Mage = 13.29; 51.1% boys), participated in the studies reported in this presentation, of which 893 composed the control group. The sample included 17 schools in 7 different sitesin Portugal, where the PAUMS SEL program was implemented. Assessment was implemented in the beginning and end of the program, through self and teacher-reports (n=107). The roles of individual (gender), contextual (grade and classroom size) variables were also analyzed. Self-report questionnaires were administered pre- and post-intervention, and at a six-month follow-up, whereas teacher reports were collected pre- and post-intervention.

Growth curve analysis showed that the self- and teacher results showed that the PAUMS SEL program was effective in enhancing self-control, social awareness, relationship skills. However, the results for the Academies which were implementing the program for the first time were less positive than for the other schools. Boys benefited more than girls in self-control from participating in the program, whereas grade and classroom size were not associated with effectiveness for any of the social and emotional competencies. Furthermore, neither dosage nor fidelity also influenced program outcomes.

Furthermore, this presentation will analyze and contrast the full results from the self- and teacher reports.

Paper number 24 | Oral

Piecing together the puzzle box: a context-specific screening tool for preschool children in the Eastern Cape, South Africa

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This paper explores the development of The Puzzle Box, a locally designed screening tool that offers creative solutions to South Africa's current assessment landscape that is characterised by the lack of relevant context-specific, normed tests. The Puzzle Box is designed to meet the developmental needs of children aged 5 to 6 years

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11 months from rural and informal settlements in the Eastern Cape, South Africa using limited and recyclable materials, making it economical, sustainable, and accessible. During the piloting phase, the tool was tested with a sample of 65 children across five developmental domains: cognitive, language, fine motor, socio-emotional, and gross motor skills. A quantitative design was used to assess performance, with descriptive statistics and item analysis employed to evaluate the tool's overall feasibility. Additionally, an exploratory factor analysis using categorical principal component analysis (CAPCA) was conducted to refine its structure and ensure cultural and contextual relevance. Preliminary results suggest that The Puzzle Box has the potential to identify developmental delays and provides valuable insights into children's developmental progress. This innovative approach not only demonstrates the feasibility of locally developed assessment tools but also underscores the critical need for re-imagined, context-specific solutions in early childhood assessment practices in South Africa.

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Paper number 658 | Oral

The development of early writing skills in Greek pre-school and early school children

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The purpose of the study was to investigate the development of early writing in pre-school and early school children. Participants were 39 Greek children (18 males, 21 females) following Nursery (n=22, mean age: 4.55 years) and Grade 1 (n=17, mean age: 6 years) of a primary school in the prefecture of Achaia in Greece. Children's spelling skills were primarily observed in their natural school environment at a three-month period. All children were then evaluated via standardized tests of general intelligence, phonological awareness (phoneme segmentation/deletion), expressive vocabulary, RAN, digit span, object picture/ pattern short-term memory, object hand-copying, visual-motor co-ordination and laterality skills. They were also given non-standardized tasks aimed to examine their written responses on their names, syllables, words, sentences and small texts in terms of accuracy/speed. Results showed that there were significant developmental differences across tasks between pre-school and early school children, especially between 4 and 5-year-old children. There were no differences between boys/girls among ages. More importantly, hierarchical regression analyses showed that chronological age, phonological skills, object picture/ pattern memory and lateralization (in terms of ear preference) contributed significantly to students' writing performance.

Paper number 982 | Oral

Promoting cognitive school readiness through a digital messaging program for parents: A randomized control trial

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Digital parenting interventions to promote child development offer a cost-effective approach due to the widespread use of mobile devices. Evidence from behavioral science suggests that messages can effectively encourage behavioral changes among parents. Digital interventions targeting preschoolers' development and education have shown positive effects, particularly when tailored to the child's performance level. This study aims to describe and

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evaluate the impact of a digital parenting intervention (FODI) designed to enhance school readiness in preschool children (age 4) during the summer, a period often associated with learning losses.

A total of 401 parent-child dyads from Uruguay and Paraguay were randomly assigned to one of three treatment arms: general messages, adjusted messages, and active control group. Over 26 weeks, parents in all groups received three messages per week during the last months of the school year, the summer break (when schools were closed), and the first weeks of the following school year. In the adjusted message arm, the content was tailored using quartiles of cognitive development performance, as assessed by a regularly administered teacher-reported school readiness measure (INDI) - that served to estimate impacts.

The intention-to-treat estimates, adjusting for baseline scores, revealed school readiness gains in language, mathematics, self-projection, and cognitive development (standardized beta range 0.20 - 0.25) for the treatment groups. No statistically significant effects were found for executive functioning. While no substantial differences were detected across treatment arms, the general message group exhibited slightly larger effects overall, except in mathematics.

Digital interventions like FODI, whether tailored or not, may help foster school readiness and prove a cost-efficient way to mitigate the cognitive losses associated with school closures during the summer months. Potential differences between general and adjusted groups merit further research and replication, as this is the first study of its kind fully run during the summer.

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Papers session 56

Paper number 29 | Oral

Female family influence on body image and eating behaviours: A comparative study of Western and Eastern cultures

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[1]Flinders University, Australia

The rising rates of body dissatisfaction and disordered eating behaviours are a growing global concern. While much research has focussed on these negative outcomes, there is a recent trend in the literature to explore the nuanced interplay and co-existence of negative and positive body image and eating behaviour outcomes. However, despite the increasing focus on positive body image, much remains to be explored beyond Western contexts. To this end, the present study examined cross-cultural variations in how female family members, specifically mothers and sisters, can impact both negative and positive body image and eating behaviour outcomes. A total of 858 participants aged 18 to 25 years were recruited from both a Western (Australia) and Eastern (Lebanon) populations. Participants completed a cross-sectional online survey measuring demographics, perceived appearance pressures, familial and self-fat talk, internalisation of the thin ideal, appearance comparisons, body dissatisfaction, disordered eating symptomatology, body appreciation and levels of mindful eating. The findings revealed that both mothers and sisters play a role in negative body image and eating behaviour outcomes across cultural contexts. However, cross-cultural differences were observed in positive body image and eating behaviour outcomes. Eastern participants exhibited relatively higher levels of body appreciation and engaged more in mindful eating practices, specifically, eating with awareness and without distraction, compared to their Western counterparts. These results indicated that, despite encountering similar body image and eating concerns as Western women, young women from Eastern cultures demonstrate greater body appreciation, potentially mitigating some of these risks. This study extends our understanding of cultural influences on body image and eating behaviours. Such knowledge can, in turn, contribute to the development of interventions that foster positive body image and eating behaviours within the family environment.

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Paper number 221 | Oral

Culture as a moderator of the relationship between knowledge of ADHD, perception of normality of ADHD Symptoms, and ADHD beliefs

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Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that affects individuals' daily lives in terms of functionality, social, and academic relations. This study investigates the role of culture in moderating the relationship between perceptions of symptom normality, knowledge about ADHD, and beliefs about ADHD, including common misconceptions, across various countries with different backgrounds: Austria, Czech Republic, Italy, Iran, Poland, Portugal, Slovenia, and Türkiye. Using a cross-sectional design, data is being collected through online and paper-based surveys from the general population, including students from a variety of disciplines such as psychology, medicine, and fields outside the humanities, as well as mid-adults.

Participants will initially be asked to classify symptoms as "normal" or "abnormal" using vignettes prepared for this study. This will be followed by an assessment of their knowledge of ADHD with the KADDS questionnaire, an evaluation of their positive and negative beliefs about ADHD, and a review of their personal experiences.

By exploring cultural effects on ADHD perceptions, this study aims to contribute to the mental health field by examining how culturally shaped attitudes impact ADHD awareness and potentially influence diagnostic practices.

Findings are expected to highlight significant cultural differences in ADHD perception and knowledge, underscoring the need for cultural sensitivity in ADHD assessment and education.

Limitations include a predominantly high socio-economic sample (e.g., students) and reliance on self-reported data, which may affect generalizability. These insights have implications for culturally adapted clinical practices, educational programs, and policy considerations regarding ADHD.

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Paper number 153 | Oral

Adaptive scales in stressful situations: A cross-cultural study on resilience and stress-relief algorithms

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In the modern world, the challenges of stressful situations pose new problems for psychologist-researchers, pushing them to develop new anti-stress algorithms through experimental methods. Around 1,550 individuals from various countries were selected to participate in this 10-year study within the framework of “Person-Centered Intensive Program Psychotherapy.” The analysis was conducted using SPSS version 23.

The research, focused on men and women aged 35-45, aimed to identify adaptive scales in various stressful situations and to create anti-stress approaches accordingly. This age group is considered a period of high social activity, where individuals play various social roles—parent, worker, child, business founder, etc.—and as a result, are more prone to encountering stressful situations, unfulfilled expectations, disappointments, and even a higher risk of suicidal behavior.

The research objectives include:

1. Defining adaptive scales among different men and women (aged 35-45), involving a total of 1,550 people from 25 countries, including Armenia, the USA, Belgium, Germany, Greece, Cyprus, France, Spain, and others.

2. Developing algorithms for stress resilience formation across various social roles and stressful situations.

The study is experimental, simulating various stressful situations such as time pressure, disappointment from unmet deadlines, parent-child conflicts, and the work-family balance issue. It became clear that individuals from the same age group, despite cultural and religious differences, need clear anti-stress algorithms tailored to specific stress situations to enhance adaptation.

The results, summarized over 10 years, are presented in five tables and 15 graphs. The scientific novelty, originality, and practical applicability lie in the creation, adaptation, and presentation of anti-stress algorithms, which have gained widespread approval in various countries due to their effectiveness.

Paper number 269 | Oral

Cross-cultural analysis of the mediating role of socio-cognitive components in child-to-parent violence

Luis Burgos Benavides[1], Andrea Antón Elizagaray[1], Francisco Javier Rodríguez-Díaz[1]

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Background: Child-to-parent violence (CPV) is a type of family violence in which parents are the victims of their children. This type of violence has emerged as a problem in several realities. In the last decade, this social problem has been extensively studied in Spain, the United States and Australia. However, little is known about the mediating role of several socio-cognitive variables between exposure to violence (EV) and CPV. This study aimed to analyse the mediating role of socio-cognitive components between EV and CPV in four Hispanic cultures with culturally different identities and attributes. Methodology: 7000 adolescents (12 and 18 years old) from Spain, Chile, Ecuador, and Colombia participated in this study. Participants responded to three questionnaires assessing CPV, EV, and social information processing behaviours. Confirmatory and invariance factor analyses were also conducted. A mediation model was developed between EV, socio-cognitive components, and CPV. The analyses were

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developed in R. Results: The scale presented excellent evidence of validity in all four countries. Invariance in the questionnaire was partial. The mediation models and the role played by socio-cognitive components differed among the four cultures. Exposure to violence played an equally crucial role in all four cultures. Limitations: This study is based on self-reports from the school population, which limits its generalisability. Several variables of each identity or cultural context were not controlled for. Implications: It provides a psychometric questionnaire for professionals interested in assessing CPV. This study hopes to contribute to the visibility of a hidden problem that can have serious consequences. The role of mediating variables, as well as exposure to violence, serve as a guide for prevention and intervention programmes.

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Papers session 57

Paper number 261 | Oral

Differential diagnosis: Clinical continuum between ADHD and learning disabilities. The role of the child psychologist.

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Abstract

The differential diagnosis between ADHD and learning difficulties is critical, as these conditions share some common features but also have important differences. A child psychologist can be instrumental in identifying and distinguishing between the two conditions, as well as providing appropriate intervention for each case. Students with ADHD and learning disabilities often share common symptoms such as difficulties in concentration and attention, anxiety and frustration when performing tasks, low self-esteem due to failure or difficulties in the school environment and failure to complete tasks, which may be a common symptom in both cases. Some distinct signs of ADHD include hyperactivity, distraction and impulsivity. Some distinctive signs of learning disabilities include the inability to understand and interpret written or spoken language, difficulty in letter recognition, syllabic reading or writing, difficulty in math, and slow information processing. The child psychologist uses standardized tools and tests that examine cognitive abilities, attention skills, and academic skills. Through observation of the child in real-life settings, identifies evidence of hyperactivity, inattention or learning difficulties. Depending on the assessment, it proposes coping and intervention strategies. In order to distinguish between learning difficulties and ADHD and to determine the role of a child psychologist, this paper used a systematic literature review process. A total of 9 articles were reviewed from Scopus, PubMed and Academia databases with specific keywords and time restriction of articles from 2015 to present. According to the literature review's findings, a correct differential diagnosis is essential for a child's development since it enables a customized response that improves quality of life and school adjustment.

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Paper number 437 | Oral

Alcohol use disorder and dual diagnosis: Professionals' perspectives on the provision of services to clients in malta

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[1]University of Malta, Malta

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This study explores the experiences of professionals providing services to clients with dual diagnosis (DD), focusing on Alcohol Use Disorder (AUD) within Malta's unique sociocultural context, where alcohol occupies a strong cultural foothold. Against this backdrop, the research examines how professionals address, treat and manage DD. The study also investigates barriers to treatment, opportunities for intervention, and the most common co-morbid mental health conditions accompanying AUD. Additionally, it examines the perspectives of professionals on the adequacy of local services for DD clients. Guided by a qualitative methodology and positioned in an interpretivist social constructivist framework, this study aims to capture the experiences and perspectives of Maltese professionals working in the field of addiction. Semi-structured interviews were conducted with psychologists, social workers, and nurses, recruited through purposive sampling from treatment services in Malta and Gozo. Adopting Braun and Clarke's six-step Thematic Analysis framework, key patterns and themes were generated from the transcribed interviews. This inductive approach allowed themes to emerge organically, capturing the rich and nuanced perspectives of participants. A lack of resources, stigma, and institutional delays were the most frequently mentioned systemic barriers, yet embedded within these challenges were windows of opportunity and turning points, such as moments of personal insight, small but significant achievements and external support, that underscored the potential for meaningful change and recovery. The findings also highlight the need for more integrated service provision. Professionals in Malta often face a fragmented service infrastructure that exacerbates gaps in care and highlights the pressing need for cohesive, forward-thinking strategies. This study contributes to the limited research on AUD and DD in Malta, providing a deeper understanding of the challenges faced by professionals and identifying opportunities to enhance service provision. The findings offer valuable recommendations for culturally sensitive, evidence-based strategies to improve treatment outcomes for individuals with DD.

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Paper number 605 | Oral

PediaSleep: Psychosocial Outcomes in pediatric traumatic brain injury using the Child Behavior Checklist

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Research Aims and Objectives:

This study aims to explore behavioral and emotional challenges in children with Traumatic Brain Injury (TBI) using the Child Behavior Checklist (CBCL). The objective is to identify patterns of psychosocial impairment based on injury severity, providing evidence for targeted interventions.

Theoretical Background:

TBI in children can lead to persistent behavioral and emotional problems, such as anxiety, attention difficulties, and mood disturbances, which disrupt social interactions and quality of life. The CBCL offers a validated framework for assessing these psychosocial outcomes, enabling early identification of challenges.

Research Design/Methodology/Approach:

Participants included pediatric patients aged 6–17 years with mild, moderate, or severe TBI, as well as a healthy control group. Psychosocial symptoms were assessed using the CBCL, which evaluates domains such as anxiety, depression, attention, and social difficulties. Group comparisons were conducted to examine the influence of injury severity on CBCL scores.

Results (Obtained or Expected):

Preliminary findings suggest that children with TBI show elevated CBCL scores in anxiety and social difficulties compared to healthy controls. Trends indicate that psychosocial challenges may intensify with injury severity.

Limitations:

These results are based on preliminary data, and further analysis with a larger sample size is needed to confirm trends and generalize findings.

Implications for Research, Practice, and/or Policy:

This study suggests the need for early psychosocial interventions to address behavioral and emotional challenges in pediatric TBI populations. Findings provide valuable guidance for families, schools, and healthcare providers, promoting recovery and improved quality of life.

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Paper number 1245 | Oral

Psychosocial pathways linking adverse childhood experiences to chronic pain: Insights from the ESPOIR-DOULEUR Study

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Research Aims and Objectives

Adverse Childhood Experiences (ACEs) are associated with worse pain-related outcomes, and reduced quality of life (QoL) within populations experiencing chronic pain (CP), yet mechanisms underlying these associations remain unclear (1,2). This study sought to investigate whether attachment insecurity (anxiety and avoidance) and pain-resilience processes (cognitive/affective positivity and behavioural perseverance) influence these relationships.

Theoretical Background

A biopsychosocial perspective suggests that ACEs affects emotion regulation and pain-related coping(2). Attachment insecurity may contribute to maladaptive pain responses, while resilience could serve as a protective factor (3,4). However, their mediating roles remain underexplored within CP research.

Research Design/Methodology/Approach

A total of 101 adults with CP were recruited from a pain management clinic in France. Participants completed self-reported measures assessing ACEs, attachment insecurity, pain-resilience, and pain-related outcomes (e.g., pain intensity, affect, and interference, Pain Beliefs and QoL). Structural Equation Modeling (SEM) tested mediation effects.

Results

SEM analyses indicated that attachment anxiety significantly mediated the association between “child maltreatment’ and several pain outcomes, including pain affect ($\beta = 0.102$, $p = .015$), pain interference ($\beta = 0.044$, $p = .013$), pain mystery ($\beta = 0.080$, $p = .035$), and physical QoL ($\beta = 0.080$, $p = .035$). While both pain-resilience dimensions were significantly associated with pain at the bivariate level, neither functioned as mediators, nor did attachment avoidance.

Limitations

Findings rely on self-report measures and a cross-sectional design, limiting causal interpretations.

Implications for Research, Practice, and/or Policy

Findings highlight the need to address attachment-related vulnerabilities in CP management. Future research should explore longitudinal pathways and biopsychosocial interventions to improve pain outcomes for patients with CP.

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Papers session 58

Paper number 711 | Oral

Empowering child witnesses: The Barnahus model in Cyprus

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The Barnahus model represents an innovative, multidisciplinary approach to child-friendly justice, aiming to ensure the protection and empowerment of child-victims and witnesses of sexual abuse. In Cyprus, the Children's House, operated since 2017, by "Hope For Children" CRC Policy Center in cooperation with the Social Welfare Services, Cyprus Police, Ministry of Health and Ministry of Education, has implemented this model to provide holistic support to children throughout judicial proceedings. This presentation will explore the effectiveness of the Barnahus model in Cyprus, with a particular focus on child friendly justice practices.

The Children's House integrates psychological, legal, medical, and social services within a single child-friendly environment, ensuring that children are supported throughout the judicial process. By minimizing re-traumatization and prioritizing the best interests of the child, this model enhances both the quality of evidence provided and the psychological well-being of the child.

This presentation will highlight key elements of child friendly justice practices, including the preparation of child witnesses for court proceedings. These practices involve specialized psychologists, psychological assessments and forensic interviews in safe environments, as well as tailored interventions aimed at fostering psychological resilience and self-efficacy in child witnesses and their families. Data from case studies and operational statistics will illustrate the impact of this model on the governance of society, particularly in enhancing access to justice for vulnerable populations.

Through the lens of the Barnahus model, we argue that empowering child witnesses is not only a matter of justice but also a critical aspect of societal well-being. The integration of psychological expertise within judicial systems demonstrates how psychology can inform and transform governance structures, fostering a society that values the rights and dignity of its most vulnerable members.

This session will provide valuable insights for professionals, highlighting the transformative potential of multidisciplinary collaboration within the framework of child-friendly justice.

Paper number 1267 | Oral

Evaluating expert witness reports in child protection: Number of interaction observations and quality of evaluation

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Research Aims/Objectives: Both Norwegian and American guidelines for child protection assessments recommend expert witnesses to observe child-parent interactions, but don't specify how many observations to conduct. This study addresses two questions: (1) What predicts the number of parent-child interaction observations in expert witness reports? (2) Is there a relation between the number of interaction observations and the quality of evaluations?

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Theoretical Background: Clinical theory provides broad guidelines but not specifics as to implementation. Yet theory likely supports the more numbers of parent-child observations.

Research Approach: Expert witness reports (N = 306) from 2020–2023 were scored by 4 raters, achieving a Krippendorff's alpha of >.82, indicating excellent inter-rater reliability. Variables were coded as binary (e.g., gender), discrete (e.g., number of interaction observations), or ordinal (e.g., quality of the evaluation, rated 1 to 3). A Poisson regression model examined the effect of predictor variables on number of observations; an ordinal regression analysis assessed the effect on evaluation quality.

Results: The strongest predictor of number of interactions observations was the year the report was written (χ^2 = 20.229, $p < 0.001$). A significant increase in observations from 2020 to 2023 suggests a practice shift. Additionally, an increase in the number of parent-child interaction observations significantly predicted evaluation quality (Estimate 0.226, $p = 0.002$).

Limitations: Despite the significant results, the models explained limited variance, highlighting the need for further research. Implications: These new findings lead to advances in the field of child protection. They emphasize the importance of parent-child interaction observations in child protection evaluations, implying higher numbers of observations relates to evaluation quality.

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Paper number 1126 | Oral

Empowering Students Through Social-Emotional Learning: Insights from the MASH-up n' HEI Program at the University of Crete

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[2]University of Cyprus, Cyprus
[3]Frederick University, Cyprus

This presentation highlights the University of Crete's efforts, within the framework of the European program MASH-up n' HEI, to cultivate social-emotional skills using modern tools and technologies, and to evaluate the program's effectiveness among students with and without learning difficulties. The project is implemented through a consortium of four European countries (Cyprus, the Netherlands, Hungary, and Greece).

An additional objective of the program is to enhance the skills of professionals in universities who implement SEL programs for students and to raise awareness among stakeholders within and outside higher education institutions about the significant findings of the research.

During the program's implementation, qualitative and quantitative results were obtained in Greece through focus groups and questionnaires administered to the participating students. One of the goals was to identify the key SEL (social-emotional learning) skills relevant to higher education, the methods for their development, and the potential obstacles encountered during the process. Key skills identified included interpersonal skills (e.g., communication, collaboration), responsible decision-making, social awareness, and self-management. Additionally, a pre- and post-assessment of the music intervention was conducted to determine the effectiveness of the structured intervention's implementation.

Challenges and barriers to social-emotional skills development included a lack of knowledge among instructors, the use of ineffective practices, social anxiety among students, and lack of awareness due to their circumstances (e.g., being in their first year of study). Finally, students reported the benefits of their participation in the program, both in the short term and long term, for a successful personal and professional trajectory.

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Paper number 519 | Oral

Developing low-intensity selective psychological interventions: The EMPOWER-Grief Approach to preventing prolonged grief

David Dias Neto[1, 2], Alexandra Coelho[1], Ana Nunes Silva[3], Sara Albuquerque[4]

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[3]Universidade de Lisboa, Portugal
[4]Universidade Lusófona, Portugal

Prolonged grief disorder (PGD) is a significant condition among relatives of cancer patients, particularly within palliative and oncological care contexts. Despite international guidelines highlighting the need for selective, low-intensity interventions targeting populations at risk, such treatments remain underdeveloped. This study evaluates the effectiveness of EMPOWER-Grief, a structured, acceptance-based cognitive-behavioural therapy (CBT) intervention, compared to treatment as usual (TAU) in alleviating prolonged grief and psychological distress among bereaved family members.

The single-blind exploratory randomised controlled trial (RCT) involved 46 participants recruited from a palliative and oncological care setting, who were randomly assigned to EMPOWER-Grief or TAU. EMPOWER-Grief comprises six modules addressing psychoeducation, experiential acceptance, and coping strategies, supplemented by two follow-up sessions. Outcomes were assessed at three intervals (baseline, 3 months, and 6 months post-intervention) using validated instruments for prolonged grief symptoms, anxiety and depression.

Preliminary results indicate significant time effects for the outcomes considered, reflecting overall improvements across groups. However, no significant interaction effects were observed for treatment by time, suggesting comparable improvements between EMPOWER-Grief and TAU. Post-treatment scores for grief symptoms showed a reduction in both groups.

While limitations such as small sample size and dropout rates constrain generalizability, findings suggest EMPOWER-Grief is a feasible, empirically supported intervention with potential utility in clinical training and institutional, psychological care. Future studies should explore mechanisms of change and refine strategies to enhance differential effectiveness. This study contributes to the broader goal of developing low-intensity, selective interventions to address the unique needs of at-risk populations in bereavement care.

Papers session 59

Paper number 1226 | Oral

Digital peer support interventions for mental health and co-produced mobile apps for PTSD: A systematic review and workshop findings

Maria Panagioti[1]

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Background: Digital peer support interventions provide scalable support but require comprehensive evaluation of their effectiveness. The objectives of this study are: to evaluate the effectiveness of digital peer support interventions in improving clinical symptoms, functioning, and treatment engagement, and to refine a PTSD-focused mobile app (PTSD Hub) using co-production to enhance usability and impact.

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Review: A systematic review and meta-analysis synthesised evidence from 29 randomised controlled trials evaluating digital peer support interventions for mental health conditions. The findings demonstrated small to moderate improvements in clinical symptoms, including depression (SMD = -0.28, 95% CI: -0.42 to -0.14) and anxiety (SMD = -0.47, 95% CI: -0.67 to -0.27). Social functioning (SMD = 0.18, 95% CI: 0.08 to 0.28) and empowerment (SMD = 0.39, 95% CI: 0.23 to 0.55) also improved, with perceived recovery showing modest gains (SMD = 0.24, 95% CI: 0.12 to 0.35). However, long-term effects on depression and social functioning were inconsistent, and no significant improvements were observed in treatment engagement or satisfaction with services, indicating variability across studies.

Workshops: Two co-production workshops using the Nominal Group Technique were conducted with individuals with lived experience of PTSD, informal carers, and healthcare professionals. Key challenges identified included long waiting times for services, feelings of isolation, a lack of clinician understanding, and barriers to app usability such as limited internet access and technological navigation difficulties. Clinician-specific barriers included time constraints, low familiarity with the app, and scepticism about non-evidence-based tools.

Conclusions: Digital peer support interventions can modestly improve clinical symptoms and aspects of functioning but show inconsistent long-term impacts and limited effects on treatment engagement. Co-produced tools can address barriers and enhance patient activation and shared decision-making, but greater focus on evidence-based features and clinician engagement is essential for maximising their impact in primary care settings.

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Paper number 521 | Oral

Frameworks for digital psychological interventions in mental health: Toward evidence-based guidelines

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The spread of digital psychological interventions presents an opportunity to address global mental health needs. Despite their potential, the development and implementation of these interventions lack consistency, in part due to the wide range of theoretical frameworks available. This study systematically reviewed existing frameworks to identify those most relevant for guiding the design, implementation, and evaluation of digital psychological interventions, with the goal of creating evidence-based guidelines.

A systematic review was conducted across major databases, including PsycINFO, MEDLINE, Web of Science, and Scopus, using a comprehensive search strategy combining terms related to "framework," "digital intervention," and "mental health." Following initial screening, a subset for full-text was selected for analysis. Frameworks were evaluated against predefined criteria. A comparative synthesis was performed to highlight key features, strengths, and limitations.

Analysis revealed variations in user-centered design, integration of ethical considerations, and adaptability to digital technologies. Insights from this synthesis informed the development of clinical guidelines that prioritize iterative design, sound evaluation, and scalability.

This systematic review advances the understanding of frameworks for digital psychological interventions and provides actionable, evidence-based clinical guidelines for researchers, clinicians, and developers. These guidelines aim to standardize development practices and maximize the effectiveness and ethical implementation of digital mental health solutions.

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Paper number 770 | Oral

Development of a Flemish quality assessment framework for digital care, assistance and support

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The aim of this study was to develop a quality framework for digital care, assistance, and support in Flanders (Belgium). There are an increasing number of digital applications surfacing for psychologists and more broadly, within mental healthcare and welfare. Although this offers potential for better care, it also comes with challenges and risks, as there are increasing concerns about the quality of the tools, as well as the conditions required to optimally make use of them.

Following a narrative review of literature and expert interviews (N=10), a 3-round Delphi panel was conducted, in which 48 experts participated. Based on this input, a first draft of the framework was developed, which was subsequently further explored in 4 focus groups (N = 25) and 2 additional expert interviews.

The resulting quality assessment framework comprises of three connected pillars: 1) technology, 2) organization, and 3) professionals. Each pillar started from an existing framework (e.g. the ISO/TS 82304-2:2021 - Health and wellness apps, as a starting point for technology) which was subsequently tailored further to the Flemish context. Across all three pillars, 119 criteria were described and the distinction was made between must-have, minimal criteria (N = 73), as well as criteria for further optimalisation (N = 46).

The framework can offer a starting point for many stakeholders wanting to offer optimal technology-enhanced services: psychologists and other mental healthcare and welfare professionals, organisations, as well as developers. It is, however, currently tailored specifically to the local Flemish context. It may nevertheless offer a relevant starting point for similar initiatives across the world. The framework itself is not (yet) easy to handle, but will also be supported by an online decision aid to guide those wanting to make further use of it.

Paper number 705 | Oral

Conceptual distinction between digital competency and digital dependency: A network approach to digital well-being

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Background: In the digital age, there is an emerging area of research focusing on digital well-being (DWB), yet conceptual frameworks of this novel construct are lacking in the field.

Objective: This pre-registered study addressed this gap by employing a network analytical approach, which examined the relationships among affective (digital stress and online hedonic wellbeing), cognitive (online intrinsic needs satisfaction), and social (online social connectedness and state empathy) dimensions of DWB and their associations with protective and risk factors (i.e., emotional regulation, nomophobia, digital literacy, self-control, problematic internet use, coping styles, and online risk exposure).

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Methods: The participants were 578 adults (Mage = 38.3 years; 48% women) recruited from the United States and the United Kingdom who completed a survey assessing the abovementioned variables. Two regularized Gaussian graphical network models were estimated. The first one assesses the relationship between dimensions of DWB and the second one examines the relationships between DWB dimensions and its related protective and risk factors.

Results: The first network consisting of the three dimensions of DWB indicated that all DWB variables were positively related, except for digital stress which was negatively correlated with the most central node—online intrinsic needs satisfaction. The second network consisting of all variables revealed two distinct communities: digital competency and digital dependency. Emotional regulation emerged as the most central node with the highest bridge expected influence, exhibiting strong positive links to emotion-focused coping in the digital competency cluster and negative associations with avoidant coping in the digital dependency cluster.

Conclusions: The findings highlight the complex structure of DWB and the interplay among its dimensions, with the cognitive component being the most central component of digital health. Furthermore, emotional regulation and adaptive coping strategies are essential for distinguishing between digital competency and dependency.

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Paper number 13 | Spotlight Talk

Cues of social safety towards a new co-worker depend on sexual orientation and relationship status

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Background

Allonormative beliefs entail the idea that all people desire sexual activity with other people. Single and/or asexual individuals may face social disapproval for not being in line with allonormative beliefs. As a consequence, single and/or asexual individuals might receive (subtle) cues of social connection, social belongingness, social inclusion, social recognition, i.e., cues of social safety, less often than persons align with allonormative beliefs. The present study investigated whether individuals offered help or were likely to befriend a new co-worker differently depending on the co-worker's sexual orientation (i.e., heterosexual vs. asexual) and relationship status (i.e., in a relationship vs. single).

Methods

The online study included 1,028 participants (50.0% women and 50.0% men; Mage = 29.2, SD = 8.8) from German-speaking countries. Each participant read one of twelve short descriptions of a working situation in which they got to know a new co-worker. The description of the new co-worker's gender, sexual orientation, and relationship status varied. Participants had to indicate how likely they would share information with, befriend, gossip about, or have other-interests in the new co-worker. A multivariate analysis of co-variance was calculated.

Results

Female participants had lower intentions to share knowledge with persons who were singles by circumstance than with persons in a relationship and male participants were more likely to befriend a single gay man by choice than a gay man in a relationship.

Conclusion

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Bias against single persons or bias resulting from heteronormative beliefs might lead to subtle differences in behavior towards a co-worker. Such subtle “micro-practices” can be harmful because micro-practices accumulate over time and situations and reduce a person’s sense of social safety. Interventions at organizations need to help employees realize their own biases that might be based on prejudices against people with different sexual orientations and relationship statuses.

Paper number 777 | Spotlight Talk

The role of family functioning in shaping sexting behaviors among young adults

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Sexting refers to the sharing of explicit messages, images, videos through digital platforms. Research shows that family dynamics and parenting styles significantly impact young adults' sexual behaviors. Authoritarian or overcontrolling parenting can impair decision-making, increasing vulnerability to risky behaviors. Similarly, rigid parenting often leads to behavioral issues and difficulties in building healthy relationships.

This study examines how various aspects of family functioning—such as communication, cohesion, flexibility, chaos, enmeshment, and rigidity—relate to sexting behaviors (e.g., sending, receiving, posting sexts, not-allowed sexting, and risky sexting). The sample includes 278 participants (Mean Age = 22.49; 181 females, 97 males) who have answered self-report questionnaires on family functioning (FACES) and sexting behaviors (SBQ).

Preliminary regression analyses indicate that specific dimensions of family functioning, particularly negative ones such as chaos and rigidity, are significant predictors of engaging in risky or aggravated forms of sexting. Chaos was associated with an increased likelihood of sexting under the influence of substances, $\beta = 0.21$, $p = 0.009$, not-allowed sexting, $\beta = 0.24$, $p = 0.002$, and sexting under pressure, $\beta = 0.22$, $p = 0.007$. Similarly, rigidity was positively associated with sexting under the influence of substances, $\beta = 0.20$, $p = 0.002$, not-allowed sexting, $\beta = 0.16$, $p = 0.008$, and sexting under pressure, $\beta = 0.14$, $p = 0.026$. In contrast, positive aspects of family functioning, such as cohesion, appear to reduce the likelihood of engaging in problematic sexting behaviors. Specifically, cohesion was negatively associated with posting sexts on social media, $\beta = -0.30$, $p = 0.010$, and not-allowed sexting, $\beta = -0.34$, $p = 0.004$.

The findings could provide essential insights for developing targeted prevention and intervention strategies to reduce risky sexual behaviors. Addressing these issues through education, counseling, and prevention programs is vital to minimizing their wider public health impact.

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Paper number 487 | Spotlight Talk

Reading-level match design in a consistent orthography: Evidence from eye-tracking studies

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Research aim: In a reading level-match design, the present study examined the differences in eye movements between Greek-speaking children with Reading Difficulties (RD), and their Reading-Level matched Controls (RL) during linguistic and cognitive tasks.

Theoretical background: Behavioral research has typically utilized a reading level-match design to investigate assumptions of causality in reading difficulties (Bryant & Goswami, 1986). For a processing skill to be considered a cause of RD, it is necessary to demonstrate that children with RD perform poorer than younger readers matched on reading ability. However, most research examining reading performance in different ability groups relies primarily on behavioral assessments. In contrast, eye-tracking assessments which can capture emerging reading strategies are less frequently used (Fella & Papadopoulos, 2018). The present paper contributes to this line of research.

Methodology: Fifteen Grade 6 children with RD and 15 Grade 3 typical readers, matched to the RD group on reading age, participated in the study. Fixations and saccades were recorded using the EyeLink 1000 Plus eye-tracking system. The participants' linguistic and cognitive abilities were assessed using a rapid naming task and a simultaneous processing task, respectively.

Results: MANOVA analysis indicated that the Grade 6 RD group performed similarly to the RL-matched group in all eye movement measurements.

Conclusions: These findings suggest that examining language and cognitive skills, which are believed to be closely linked to reading difficulties, using eye-tracking methods may provide additional evidence of the strength and nature of this connection. This is particularly relevant for students nearing the end of primary education and in languages with consistent spelling system.

Implications/Limitations: The study highlights the importance for reading research to utilize advanced methodologies for investigating the neurophysiological basis of reading difficulties. Since our study was conducted in Greek, our findings may apply primarily to consistent orthographies, such as Finnish or German.

Paper number 91 | Spotlight Talk

The impact of ICT use on employee burnout: Mediating role of autonomy and moderating effects of education and age

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This study investigates the effects of workplace Information and Communication Technology (ICT) use on employee burnout, examining how job autonomy mediates this relationship and how educational level and age

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moderate. Longitudinal data was obtained from the European Working Conditions Survey (EWCS) at two time points: 2020 (January-February) and 2021 (March-November), comprising 8,184 employees across 26 countries. The data was analyzed using structural equation modelling. The results reveal no significant direct effect of ICT use on burnout. Furthermore, job autonomy reduces the negative effects of ICT use but does not play any significant role on burnout. Furthermore, the moderating effects of age and educational level indicate partial significant differences, being younger and more educated employees better positioned to leverage ICT. This research advances theoretical understanding by identifying autonomy as a key mediator in the ICT-burnout relationship. Practically, it emphasizes the importance of implementing diverse strategies, such as digital training programs and flexible work policies, to address generational and educational gaps and fully leverage ICT's potential to improve employee well-being.

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Paper number 670 | Spotlight Talk

Can human values predict engagement with conspiratorial and false content on social media? Results from a European survey

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The spread of misinformation, conspiracy theories and extremist ideologies has found fertile ground on new digital and online social media affecting different demographics. Understanding factors that predict engagement with misinformation and conspiratorial content may lead to more effective prevention. However, despite an increasing interest in this literature, middle-aged individuals have not been the focus of previous investigations despite their unique position in having experienced a world before and after the rise of social media. Little attention has also been given to human values. Human values may be influential in choosing which information to pay attention and may be at the root of engagement with misinformation. In this study, 635 middle-aged individuals (between 45 to 65) participated in an online survey conducted in four countries as part of the EU-funded project SMIDGE. The propensity for engagement with conspiratorial content was investigated in experimental tasks that asked respondents to evaluate the accuracy of online media content (online posts and short videos) on three social issues: immigration, vaccination safety and climate change. Among other measures, participants completed a personal values scale and demographics. Half of the participants were from the United Kingdom while the other half were from Italy (13%), Germany (12%), Greece (9%) and other European countries. Multiple regression analyses examined whether values (self-transcendence, conservation, self-enhancement, and openness) predicted the level of conspiratorial thinking and the ability to discern between factual and inaccurate information evidencing a significant predictive role of values. Among the predictors, conservation had a significant positive association with the level of conspiratorial thinking and a negative association with the ability to discern the accuracy of online content while self-transcendence had the opposite impact. The findings revealed that values play an important role in the ability to discern information with conservative values introducing vulnerabilities in processing online information.

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Paper number 750 | Spotlight Talk

Digital well-being of Ukrainians with different war experiences

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The research aim is to define the features of digital well-being components among Ukrainians with different socio-demographic and war experience statuses.

Theoretical background. The term 'digital well-being' is used to balance the positive and negative impacts of digital engagement on users' quality of life. It is especially crucial in wartime when civilians and militaries are exposed to numerous tragic war scenes in digital space as well as in real life. While the digital transformation activity in Ukraine allows the development of numerous online services, the focus on gadget usage to preserve citizens' health and well-being stays mostly uncovered.

Research design. The cross-sectional study design covers the scales of the author's survey and the scales of the "Digital Wellbeing Self Assessment Tool". The sample includes 6042 cases. Statistically significant differences in the level of expression of the scales are obtained as a result of non-parametric analysis of variance (Kruskal-Wallis H test).

Results. The specifics of digital well-being components (overall well-being, boundary, communication, focus, connection, purpose) are configurated according to the following parameters: socio-demographic indicators (gender, age, education level, employment field, residence, living conditions, income level); type of losses (psychological, opportunities; social ties; material and financial; human; physical and physiological); specific experiences during a full-scale invasion (forced migration, combat experience, providing medical care, human rights activities, living under occupation, experiencing shelling, experiencing flooding).

Limitations. As a panel sample is used the results do not apply to all Ukrainian population.

Implications for research and practice. Taking into account the identified specifics, strategies for digital well-being promotion to prevent the negative outcomes of digital engagement during the war can be designed.

Spotlight presentations 6

Paper number 21 | Spotlight Talk

Aftermath of adverse childhood experiences on cosmetic surgery desire: The mediating effects of appearance anxiety and body appreciation

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This study examined the parallel mediating effects of appearance anxiety and body appreciation between adverse childhood experiences and cosmetic surgery desire. The surge in cosmetic surgery interest among adults in 2024 reflects a trend expected to continue. The mind-body connection theory supports the idea that healing the heart can be achieved through the body. Cosmetic surgery may enhance self-confidence and body image, and aid in healing the aftermath of adverse childhood experiences. Despite innovative technology reducing its risks, cosmetic

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surgery is potentially accompanied by complications, failures, or dissatisfactions. Individuals planning to undergo cosmetic surgery should carefully consider their decision. Emerging adults (N = 320, age = 18-29 years) were asked to respond to an online questionnaire distributed via social media. The Childhood Trauma Questionnaire – Short Form, Appearance Anxiety Inventory, Body Appreciation Scale-2, and Multidimensional Bullying Victimization Scale were utilized to measure experiences of bullying, appearance-related concerns, body appreciation, and attitudes toward cosmetic surgery. The results indicate that appearance anxiety and body appreciation act as parallel mediators in the relationship between bullying experiences and cosmetic surgery desire. Emerging adults who experienced more adverse childhood experiences exhibit higher levels of appearance anxiety and a greater inclination toward a desire for cosmetic surgery. Lower levels of body appreciation were linked to a desire for cosmetic surgery, suggesting that adverse childhood experiences may trigger appearance anxiety, impeding body appreciation, and promoting cosmetic surgery desire. Given the limitations surrounding the depth of understanding of adverse childhood experiences and appearance anxiety concerns, interviews can be considered. This study emphasizes the importance of preventing bullying, as well as addressing appearance anxiety, to foster body appreciation before considering cosmetic surgery. It also offers insights for developing prevention and intervention strategies for the aftermath of adverse childhood experiences and appearance anxiety.

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Paper number 447 | Spotlight Talk

Adverse childhood experiences and psychological symptoms: The protective role of mindfulness

Angelina Agathokleous[1], Erasmia Kyprianou[1], Andria Christodoulou[1], Elena Constantinou[1]

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Adverse childhood experiences have been linked to the presence of many psychological difficulties in adulthood. Trait mindfulness has been associated with both lower adverse childhood experiences and fewer psychological difficulties in young adulthood. However, the role of the different facets of Mindfulness (Observe, Describe, Act with Awareness and Accept without Judgment) in this relationship has not been adequately explored. Therefore, the aim of this study was to investigate the protective role of trait Mindfulness and its individual facets in moderating the relationship between adverse childhood experiences and psychological symptoms in young adults in Cyprus. A community sample of young adults (N=473, Mage=24.5, 75.1% female) completed an online survey assessing their demographic characteristics, adverse childhood experiences (Early Trauma Inventory Self-Report Short Form), psychological symptoms (Depression, Anxiety, Stress Scale) and Mindfulness (Kentucky Inventory Mindfulness Scale). Correlation analyses show that the Observe mindfulness facet has positive correlation with adverse childhood experiences and the psychological symptoms, while all other facets have a negative correlation. Results from moderation analyses demonstrated that total Mindfulness act as a moderator and thus a protective factor in the relationship between adverse childhood experiences and the level of psychological symptoms. Only the Accept without Judgement facet was found to moderate this relationship. Specifically, participants with higher levels of Accept without Judgment report fewer psychological symptoms compared to those with lower levels of this trait even if the adverse childhood experiences are increased. The study has some limitations, such as that the sample is mainly consisted of women and no specific types of adverse childhood experiences were examined. Despite the limitations, the study shows that the implementation of clinical interventions that promote a non-judging acceptance can possibly result in both the prevention and the treatment of psychological difficulties in adults with traumatic childhoods.

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Paper number 386 | Spotlight Talk

Getting hooked: The dynamic progression of compulsive buying addiction

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Most people buy goods routinely without considering it a problem. However, compulsive buyers might recognize their excessive spending and uncontrollable urges as problematic. As their spending escalates, they become more aware of the harm caused by debt and negative psychological effects. This study proposes a new theoretical perspective on compulsive buying behavior as a staged addiction through descriptive and experimental research.

Three studies address our research questions. Study 1 (n=176) used two compulsive buying scales for the Taiwanese population to identify different stages of addiction. Results indicated that compulsive buyers go through a developmental sequence, classifying their tendencies into three stages. This dual-scale approach helps clarify the prevalence and composition of compulsive buying.

Study 2 (n=667) explored the relationships among pre-craving (craving before exposure to cues), shopping motivation, hedonic shopping value, and compulsive buying tendencies. The results showed that participants with high pre-craving and mild-to-moderate compulsive buying tendencies (MM-CB) experience stronger hedonic shopping value (Mmm = 4.23). The multilevel mediation model suggests that different compulsive buying tendencies lead to varying levels of hedonic shopping value. Moderate-to-severe compulsive buyers (MS-CB) derive value from shopping, but less than expected (Mms = 4).

Study 3 (n=611) demonstrated that shoppers with higher compulsive tendencies experience stronger cravings when exposed to high cue reactivity ($F(8,610) = 17.46$, $p < 0.001$). These cravings lead to higher hedonic shopping value. Interestingly, mild-to-moderate compulsive buyers gained more shopping value (M = 3.95) from moderate-cue stimuli than moderate-to-severe buyers (M = 3.8).

Overall, the findings suggest: 1) The dual-scale is suitable for identifying stages of buying addiction in the Taiwanese population. 2) Shoppers with high-compulsive tendencies experience stronger cravings when exposed to high cue reactivity, leading to greater hedonic shopping value.

Paper number 560 | Spotlight Talk

Many faces of FoMO: A qualitative in-depth investigation of context-specific experiences, emotions, and coping strategies

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In a hyper-connected world, Fear of Missing Out (FoMO)—the pervasive anxiety that others are experiencing rewarding opportunities without one's involvement—has gained increasing attention. While much research focuses on social media-related FoMO, this narrow lens risks overlooking the broader emotional and behavioral dimensions of FoMO across online and offline settings. This study examines how individuals experience FoMO across online and offline contexts and the strategies they use to cope. Sixteen individual in-depth interviews (IDIs) with participants aged 18-35 revealed three categories of FoMO: (1) FoMO related to social media, (2) offline FoMO intensified by social media, and (3) solely offline FoMO. Each category features distinct emotional and behavioral responses, with universal coping strategies like distraction, self-reflection, and support-seeking, alongside social media-specific methods such as limiting information access and engaging in a social media detox.

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This study provides a unique framework that integrates multiple FoMO contexts, contributing to a more holistic understanding of the phenomenon. However, limitations include a focus on a specific age demographic and the reliance on self-reported data, which may not capture all dimensions of FoMO experiences.

The findings hold valuable implications for both research and practice. For mental health professionals, the study highlights strategies to address FoMO's diverse effects on well-being. For social media platforms, it underscores the need for design features that promote digital well-being by mitigating FoMO triggers. This research invites further exploration of FoMO in varied demographic and cultural contexts, broadening its implications for understanding and intervention.

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Paper number 172 | Spotlight Talk

Individual differences in volunteer motivation and class discrimination - a preliminary study

Helena Fischer[1], Helena Fischer[1]

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Classism - assigning different values to others based on their socioeconomic status (SES) – has significant adverse psychosocial outcomes (e.g., poor well-being or limited social mobility). Intergroup contact is a prosperous source of reducing intergroup discrimination and classist attitudes. One form of intergroup contact is volunteering, which could inform a prospective intervention to reduce classist attitudes.

Predicting that individual differences in volunteer motivation account for differences in the effectiveness of intervention programs, in this preliminary study, I explored whether people who actively chose to engage in volunteer work demonstrated fewer classist attitudes than those who had never engaged in volunteer work before. Second, I investigated whether volunteers' individual motivations (altruistic vs. egoistic) mediated this relation.

A total of 211 participants completed an online survey describing their experience with volunteering and indicating whether they are currently or have previously engaged in volunteer work. They also completed the Volunteer Functions Inventory to measure volunteer motivation and the Bogardus Social Distance Scale to measure classist attitudes.

Results showed no statistically significant differences in classist attitudes between volunteers and non-volunteers (17.38 vs. 17.32, $p = 0.64$) but a significant relationship when controlling for person-specific motivations. As such, volunteers with altruistic motivations showed lower levels of classism than participants with egoistic motivations (17.75 vs. 16,95, $p = 0.02$).

Participants' levels of classist attitudes varied depending on their motivation to volunteer. Altruistically motivated people exhibit a higher degree of cooperation with the outgroup, resulting in lower levels of classist attitudes. These results could inform personalized volunteer programs to reduce classism more effectively.

Further longitudinal studies might control for other variables, such as the type of volunteer work or the SES and cultural background of the volunteers, to investigate changes in classism across time.

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Paper number 173 | Spotlight Talk

Personality, situational, and interactional determinants of blood donation willingness: Communal narcissism and the moral superiority effect

Helena Fischer[1], Helena Fischer[1]

[1]University of Southampton, United Kingdom

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Although most people claim to be more prosocial than others- known as the moral superiority effect- prosocial behavior diverges from this positive self-perception. This discrepancy is particularly pronounced in the context of blood donation, where only a tiny proportion of those willing to donate actually engage in a blood transfusion. This means determining the factors that account for blood donation willingness is essential for adequate recruitment campaigns. Past literature has focused on personality traits (e.g., agreeableness), situational (e.g., incentives), and interactional cues. Communal narcissism is a personality trait related to an enhanced self-inflated bias. It could be linked to more subjective blood donation willingness than an average other person.

Therefore, this study examined under which conditions a moral duty or an external reward, communal narcissism could determine blood donation willingness. In this study, I investigated the person-situation interaction using multiple regression analysis to test my predictions that the willingness for blood donation will be higher with higher communal narcissism or when given a moral duty.

A total of 342 Polish citizens filled out a short online survey, including questions on demographics, communal narcissism, and socially desirable responses. The participants were then given four other questions indicating their own vs. someone else's amount of blood donation willingness based on an example of a moral duty and a financial reward.

The results showed that people with higher communal narcissism demonstrated more blood donation willingness, which supports the theory of the moral superiority effect. When offered a moral duty, more participants rated themselves as more willing to donate blood than the average other person. However, in a way that differed from my hypothesis, the interaction effect was not significant.

The study suggests that while statistical or contextual factors might account for these findings, future research should consider them in greater detail.

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Roundtable discussion 17 - EuroPsy Basic and Specialist Degrees – Challenges and Perspectives for Common European Education and Training Standards for Psychologists

Paper number 1116 | Roundtable discussion

EuroPsy Basic and specialist degrees – challenges and perspectives for common European education and training standards for psychologists

Conny H. Antoni[1, 2], Bjørnhild Stokvik[3, 4], Chris Harwood[5, 6], Per A. Straumsheim[4, 7], Nady Van Broeck[8]

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EuroPsy has been established as a common education and training standard for independent practice as a psychologist in 27 countries in Europe. Until 2023, EuroPsy Basic differentiated three fields of practice and a more general category "Other", as well as two specialist degrees/certificates building on EuroPsy Basic. Since 2023, the introduction of Sport Psychology as a further field of practice in EuroPsy Basic and as a specialist degree has led to intensified efforts from other disciplines to be acknowledged as a field of practice and as a specialist degree. The requests to differentiate the fields of practice and specialist degrees have raised a number of questions regarding respective common and differential education and training standards and corresponding competence and training requirements for both EuroPsy Basic and Specialist degrees.

In this panel discussion, we will address these questions and develop solutions to further develop EuroPsy.

Specifically, we will address the following five questions:

(1) If EuroPsy is the common standard for entering independent practice as a psychologist, how much should be shared and how much specific before entering supervised practice for the different fields of practice?

(2) How do the different fields of practice of EuroPsy Basic relate to the specialist degrees?

(3) What entry-level competence requirements are needed for the different specialist certificates and how can they be assessed?

(4) To what extent are common training and competence standards needed for the different specialist degrees and what must they have in common?

(5) What effect has the further differentiation of specialist degrees had on the fields of practice and the psychologists working in these fields and their clients?

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Roundtable discussion 18 - Intellectual property and trademark use for psychologists

Paper number 719 | Roundtable discussion

Intellectual property and trademark use for psychologists

Jose M. Prieto[1, 2], Torkil Clemmensen[3], Ganna Naydonova[4], Amanda Clinton[5], Nigel Evans[6]

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[3]Dpt. Digitalization, Copenhagen Business School, Denmark
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The issue of intellectual property rights (IPR), including copyright, is of importance to European psychologists. When a psychologist creates an original scientific work, such as a popular book, research paper, or psychological test, they are protected by copyright. The European Union already provides multiple sources to learn about this kind of protection, e.g., EU-IPR-Guide-IP-in-EuropeEN_0.pdf (europa.eu). However, there is a strong need to discuss issues related to the practical use of internal (how do we qualify ourselves) and external (how do board and publishers use psychological knowledge creations) regulations. The topic relates strongly to the ECP conference theme. When psychologists join efforts with other professionals to address intractable challenges related to work and climate crisis and more, psychological research can – if protected and nurtured - undoubtedly contribute to finding solutions based on our solid research-based understanding of human behaviour.

Questions that will be asked include who are the user of psychological tests?, how to define the users in collaboration with publishers and national boards, and how to better cooperate with publishers to data on who are the users?

One example of such issue has turned up in Denmark. It relates to conducting tests that require the involvement of psychologists. Municipalities and other public bodies, including school psychologists, often subject citizens to psychological tests to identify relevant treatment programs, among other things. These tests are usually designed by companies specializing in the production of such tests. Many tests require testing to be carried out by psychologists, which is usually clearly specified in the material accompanying the tests. Nevertheless, it often happens that this is not respected, and the testing is instead left to other professionals. Therefore, the European Psychological associations must be able to assess such and related issues.

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Paper number 601 | Symposium

Macro, meso and micro social factors undermining adolescents' well-being and eliciting ill-being: Evidence from four countries

Wim Beyers[1], Erini Flouri[2], Olga Solomontos-Kountouri[3], Seaneen Sloan[4]

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[2]University College London, United Kingdom
[3]Theology School of the Church of Cyprus, Cyprus
[4]University College, Ireland

Youth mental health gets and deserves increasing attention in both public media and in science. Worldwide, research has indicated a rise in adolescent anxiety and depression in recent years, although the factors contributing to this increase remain poorly understood. A socio-ecological framework that identifies factors across multiple levels of influence is useful to better understand mental health and identify potential prevention strategies.

Research projects from UK, Belgium, Sierra Leone and Cyprus using both time-lagged, longitudinal and cross-sectional designs and a variety of analytical techniques (linear fixed effects models, (random-intercept) cross-lagged panel models, moderated mediation, structural equation modeling) explore the social factors that contribute to adolescent ill-being.

Key results indicate that macro (COVID-19, ethnicity), meso (household income, overprotective parenting, teacher violence, bullying and victimization) and micro factors (adolescents' own interpretation bias) all are potential contributors to changes in adolescents' mental health.

Findings across studies are synthesized by our discussant, who will areas for further research and discuss practical implications of the findings that give insight in social factors that undermine adolescents' well-being.

This symposium is submitted on behalf of the European Association for Research on Adolescence (EARA), associate member of EFPA.

Paper number 1342 | Symposium Paper

Parental overprotection and adolescents' anxiety: Evocative and reactive mechanisms

Wim Beyers[1], Bart Soenens[1], Peter Prinzie[1], Nele Flamant[1]

[1]Ghent University, Belgium

Overprotective parenting has received much attention in recent years, both in science and media, sometimes with alarming messages to parents. Several meta-analyses (e.g., Gere et al., 2012; Jones et al., 2021; Möller et al., 2016; Zhang & Wongeun, 2023) confirmed that overprotective parenting predicts adolescents' internalizing symptoms, including anxiety. However, in the research on this topic adolescents' active role is mostly ignored.

We aim to advance this research by examining the interplay between adolescents' anxiety and overprotective parenting. Specifically, two research questions are examined in two studies. First, we examine reciprocal associations between overprotective parenting and adolescents' anxiety. Second, we focus on how adolescents interpret a mother's overprotection, and whether their trait anxiety impacts this interpretation, as well as the effects of overprotection on adolescents' need frustration and coping.

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To examine reciprocal associations between overprotective parenting and adolescents' anxiety, 922 adolescents (Mage at T1 = 13.8 years, range = 11 to 16 years) reported two times on both variables. Cross-lagged panel modeling provided evidence for reciprocal relations, highlighting evocative adolescent effects, beyond parenting effects.

To examine adolescents' interpretation of overprotection and its consequences, 303 adolescents (Mage = 16.1 years, range = 14 to 23 years) first completed state measures of general and social anxiety. Then, a vignette was presented describing mothers' protective behavior (i.e., without consulting with the adolescent, the mother organized transport to a party). After reading and reflecting, adolescents were asked how overprotective they considered this behavior, how much their needs were frustrated, and how they would cope with this frustration. Results showed that anxious adolescents interpreted the vignette slightly more overprotective. Furthermore, particularly for socially anxious adolescents, their needs were frustrated in this situation and as a consequence, they also reacted in a more oppositional way to this frustrating situation.

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Paper number 1343 | Symposium Paper

The impact of emotional distress on bullying and victimisation among young males: An exploratory study

Olga Solomontos-Kountouri[1], Giulio D'Urso[2]

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Studies have shown that externalizing behaviors, particularly in males, may be connected to bullying, while internalizing behaviors are associated with victimization. The present study focusses on young males, while applying the developmental cascade model to explain the etiology of bullying and victimization, considering risk factors such as forms of aggression (relational, intentional, reactive) and internalizing behaviors (stress, anxiety, and depression). The study also aims to investigate whether these two outcomes are connected to the duration of engagement in other deviant behaviors.

The survey sample consisted of 510 young males (Mage = 18), who completed an a questionnaire that is consisted of scales measuring (a) Bullying and Victimisation, (b) Intentional, Relational, Reactive Aggression, (c) Anxiety, Depression, Stress, (d) delinquency (e) demographics. A path analysis was conducted using Jamovi.

The model fits the data well, CFI = 0.81, RMSEA < 0.00, and $\chi^2(8) = 72.2$, $p < 0.001$. The model suggests that reactive aggression ($b = 0.20$, $p < 0.001$) and intentional aggression ($b = 0.40$, $p < 0.001$) predict bullying. In contrast, anxiety, depression, relational aggression, and stress do not predict bullying. Depression ($b = 0.20$, $p < 0.01$), anxiety ($b = 0.25$, $p < 0.001$), and relational aggression ($b = 0.17$, $p < 0.001$) are significant predictors of victimization. Only bullying predicts the amount of time individuals spend in deviant episodes ($b = 0.25$, $p < 0.001$).

Some limitations are the use of self-report questionnaires and the effects of variables on outcomes that may be either overestimated or underestimated. However, the study highlights the strong correlation between reactive and intentional aggression as risk factors for bullying, emphasizing the need for targeted interventions aimed at managing and promoting positive emotionality and well-being within male population. Otherwise, bullying behavior may risk becoming a legitimate means of asserting oneself or attaining social status.

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Paper number 1344 | Symposium Paper

Teacher violence and child well-being in rural Sierra Leone: Longitudinal dynamics across primary schooling

Seaneen Sloan[1], Giulio D'Urso[2], Jennifer E. Symonds[1], Daniel Capistrano[1], Dympna Devine[1], Elena Samonova[3] Ciaran Sugrue[1]

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[2]University of Reggio Calabria, Italy
[3]University of Bremen, Germany

This study explored the longitudinal dynamics of teacher violence and child well-being in rural Sierra Leone, West Africa. Individual psychological wellbeing comprises positive affective states (hedonia) and a sense of meaning and accomplishment (eudaimonia). Experiences of violence can compromise well-being by eliciting negative emotional responses, undermining trust, and reducing self-worth. In Sierra Leone, physical punishment of children is widespread, however, socially acceptable levels of violence can symbolise adult support towards children's positive development. The participants, totalling 3,170 children, were cluster sampled from a large geographic area to ensure gender balance and representation from diverse linguistic backgrounds and religious affiliations. They were drawn from the Safe Learning study, which spanned over 5 years and involved 100 schools in rural Sierra Leone. Data collection took place in 4 waves from November 2018 to May 2021. Participants self-reported on psychological well-being and teacher violence. The study employed a random intercept cross-lagged panel model (RICLPM) to examine the relationship between violence and wellbeing across waves. For individual children, higher well-being consistently predicted lower teacher violence across time, whereas lower violence only weakly predicted higher well-being. Across the sample, a positive relationship between teacher violence and well-being was observed across waves. These results may be limited by reporting bias whereby children experiencing unusually high levels of violence may have not felt comfortable reporting this to the enumerators. The individual level findings fit with the theoretical perspective that violence undermines hedonia and eudaimonia within individuals. However, the positive associations found at the mean level suggest that researchers and practitioners cannot assume that lower levels of violence accompany well-being in all cultural contexts. Interventions focusing on changing cultural values around the use of violence to support children's well-being may be required to break the connection within the population.

Paper number 951 | Symposium

Effectiveness and therapeutic mechanisms of creative arts therapies

Susan van Hooren[1, 2], Sabine Koch[3], Annemarie Abbing[4, 5], Rinat Feniger-Schaal[6], Hod Orkibi[6]

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Creative arts therapies (CATs) are therapies in which the creative and expressive process of art making is used within a therapeutic relationship to achieve therapeutic goals appropriate for the individual client. CATs are characterized by an experiential approach emphasizing action-based methods and the sensory experience in action using arts, such as visual art materials, dance, drama and music. These therapies include art therapy, dance

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movement therapy, drama therapy and music therapy. CATs are offered in mental healthcare, youth care, care for the disabled, (special) education, care for refugees, rehabilitation, nursing homes, forensic mental health, substance abuse treatment, hospitals (non-communicable diseases, such as oncology), and palliative care. In the last decade, empirical studies have demonstrated increasingly positive effects on psychopathological symptoms, psychosocial functioning, and quality of life. In reviews and randomized controlled trials, effects for several patients groups were found and in experimental studies theoretical assumptions on therapeutic mechanisms were tested. In this symposium, researchers on CATs will give an overview of the state-of-the-art findings in the field. First, we will address studies on the effects of CATs, specifically the effects of music therapy on anxiety using review with a multilevel meta-analysis and effects of dance movement therapy among refugee women using a controlled within group design. In addition, we will focus on therapeutic mechanisms in all contributions, with the third presentation providing insight in how therapies lead to change, using qualitative and experimental studies. The final presentation will focus on a review on psychophysiological changes due to CATs for adults with mental health problems. As a result of increasing research in the field, CATs are increasingly included in national guidelines and care standards for multidisciplinary treatment of various diagnostic client categories, expanding the accessibility of CATs.

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Paper number 1362 | Symposium Paper

Dance movement therapy for traumatized refugee women. A clinical controlled trial

Sabine Koch[1]

[1]Alanus University for Arts and Social Sciences, Germany

Research Aims & Objectives: Can dance movement therapy (DMT) groups reduce symptoms of trauma, stress, depression and anxiety of traumatized refugee women?

Theoretical Background: Women worldwide are fleeing war, persecution and violence. Typically, in the home country, on the way, and in the host country, they experienced multiple traumata. They often carry the main burden of the flight.

Methods, Design & Approach: In a controlled within-group design, N=24 traumatized refugee women from six countries, from communities in Southern Germany received an 8-sessions (1.5 wekly hours) group DMT intervention in a community setting. Women were tested at baseline (t1), pretest (t2), posttest (t3), and follow-up (t4) on symptoms of trauma, stress, depression and anxiety. Interviews were conducted with the RHS-15 as primary, and the DASS21, and PCL-S as secondary measures. In the period of study, neither woman had any other psychotherapy. Results were analyzed with comparing waiting vs intervention period.

Results: Results suggest that symptoms of trauma, stress, depression, and anxiety remained unchanged after the control period, and dropped significantly after the DMT intervention, in the case of trauma (PCL-S) falling under the clinical cutoff value. Effects in a subsample carried on after another 8-weeks, but not after a year. Limitations: The use of a within-group design, partially self-translated questionnaires (not the primary measure), heterogeneity issues on the assessment interviews, and expectation bias. While the sample was small, it was fully powered for a within-group study.

Implications: The refugee women in this study experienced pronounced symptom reduction regarding trauma, stress, depression, and anxiety after DMT. DMT could be a promising low-threshold and cost-effective therapy approach that may significantly improve the mental health and wellbeing of refugee women, with the potential to make a difference to displaced communities globally. Higher-level controlled studies with broader follow-up data are needed.

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Paper number 1363 | Symposium Paper

Exploring core therapeutic change factors in drama therapy and psychodrama: Studies of concretization and playfulness

Rinat Feniger-Schaal[1]

[1]University of Haifa, Israel

Aim and objectives: To examine core therapeutic change factors in drama therapy and psychodrama.

Theoretical background: These studies examine two fundamental constructs in drama therapy and psychodrama - concretization and playfulness - each representing distinct therapeutic change factors with unique contributions to therapeutic outcomes. The research aims to empirically investigate these constructs through two separate studies.

Research design & results: The first study focuses on concretization in psychodrama, addressing the gap between theoretical understanding and empirical evidence. While extensively discussed in psychodrama literature since J.L. Moreno's initial conceptualization, concretization lacked systematic empirical investigation. Using semi-structured interviews with seven experienced psychodrama therapists and grounded theory analysis, the study revealed three pathways of concretization: Realistic, symbolic, and integrated. The study identified four therapeutic benefits: reducing problem ambiguity, externalization, enhancing therapeutic bonds, and bypassing defense mechanisms.

The second study investigates playfulness through therapeutic clowning interventions in special education settings. Implemented across 12 kindergartens for children with intellectual disabilities, this study examines whether non-verbal, playfulness-based interventions can effectively promote emotional and social development. Through systematic observational analysis using the Test of Playfulness and interviews with teachers and parents, the research positive results challenge traditional assumptions about the necessity of verbal processing and insight in therapeutic work.

Limitations include the limited sample in the concretization study and the specific context of special education in the playfulness study.

Implications: Both studies contribute to understanding drama therapy's and psychodrama's unique mechanisms of change rooted in action-based psychotherapy, contributing both to clinical understanding and future studies on therapeutic change.

Paper number 1364 | Symposium Paper

Psychophysiological changes in arts therapies for adults with mental health problems: A systematic review

Annemarie Abbing[1, 2]

[1]Leiden University of Applied Sciences, Netherlands
[2]KenVaK, Research Centre for the Arts Therapies, Netherlands

Aim and objectives: This study aims to explore the psychophysiological mechanisms underlying the effects of arts therapies in adults, treated for mental health problems. The objective is to identify and synthesize existing research to deepen understanding of how these therapies produce change, contributing to practice, education, and policy.

Theoretical Background: Various studies suggest that psychological and physiological processes are involved in the mechanism of change and thus the emergence of effects of arts therapies. In arts therapeutic interventions, treatment often does not commence at a cognitive level, but rather begins with fundamental processes such as

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physiological arousal. This gives arts therapies unique value next to verbal therapies, such as Cognitive Behavioral Therapy.

Research Design/Methodology/Approach: A systematic review was conducted following PRISMA guidelines. Studies were included if they: (1) focused on arts therapies; (2) involved adult patients with mental health problems; and (3) used psychophysiological outcome measures (e.g., heart rate, muscle activity, skin conductance, respiratory rate, brain activity). Searches were conducted across multiple scientific databases to identify relevant literature. Meta-analyses with random effects using metafor package were run on the dataset. First, on the total sample and subsequently with moderators intervention type, population and outcome type.

Results: Around 100 studies were included, with a total of 350 effect sizes. Results will be presented.

Limitations: The review is limited by the variability in methodological rigor of included studies and heterogeneity in populations and psychophysiological measures.

Implications: This research offers insights in neurobiological and psychological processes in arts therapies, which provides further substantiation of the mechanisms responsible for previously established effects of arts therapeutic interventions .

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Paper number 1142 | Symposium

Teaching of ethics in psychology programs across Europe

Rosalyn Collings[1], Melanie Gauche[2], Miguel Ricou[3]

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[2]French Federation of Psychologists and Psychology, France
[3]Faculty Medicine Porto University, Portugal

The teaching of ethics in psychology is fundamental for developing competent professionals globally, given the sensitivity and complexity of psychological practice. Internationally accrediting organisations, such as the British Psychological Society and American Psychological Association, have developed frameworks to standardise ethical education utilising codes of ethics for practice and research. These frameworks encourage the integration of ethical theory, case studies, and applied practice, fostering critical thinking and reflective judgment (Behnke, 2005; Gauthier et al., 2010). Research indicates that despite shared overarching principles, ethical codes differ significantly across countries, reflecting local cultural values, legal frameworks, and professional standards (Gauthier et al, 2010; Leach & Harbin, 1997). However, challenges persist in aligning ethical training with diverse cultural contexts.

Literature on the education of ethics in Psychology focuses on teaching models (e.g. Handelsman et al, 2005) as well as best practices in various professional psychology positions (Knauss, 1997). The limited research that does consider the teaching of ethics via content analysis of curriculum is dated (Davidson et al, 2003). A more recent study on ethics education in psychology (Domenech Rodriguez et al, 2014) focuses on professional psychology within America only, with no consideration of research ethics or academic conduct. To gain a better understanding of current ethics education internationally (Europe) the European Federation of Psychologists' Associations (EFPA) Ethics Board launched an international survey of ethics education, both teaching and assessment, within all areas of ethics: professional, research and academic conduct. A key outcome is to develop a culturally adaptive model of ethics education in psychology is thus advocated, promoting both universal ethical principles and culturally specific competencies to better equip psychologists for global practice.

The following symposium covers some primary results from the survey as well as discussing some practical teaching of ethics solutions.

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Paper number 1394 | Symposium Paper

Initial findings from the teaching of ethics in psychology programs across Europe

Rosalyn Collings[1]

[1]University of Wolverhampton, United Kingdom

The understanding of ethical research and practice is a core component of all Psychology undergraduate and postgraduate courses. Within the UK ethics teaching and assessment has its own section on curriculum validation policies from the British Psychological Society (BPS) and forms a critical point in the Quality Assurance Agency for HE (QAA) benchmark statements. Yet little is known about the extent or evaluation of ethics education. A recent review of the literature by Ruiz et al (2022) argued that there is little evidence to support that ethics is being taught in a rigorous and systematic way. To begin to address this EFPA commissioned an international study of ethics education with the UK acting as host and pilot. The survey, distributed to all psychology programs within UK Higher Education considers how ethics is taught and assessed, barriers to teaching and assessing ethics, good practice and resources required. This talk will discuss the preliminary findings in relation to the quality standards for Psychology education in the UK and in relation to incoming data from international research partners.

Paper number 1395 | Symposium Paper

Teaching professional ethics in France

Mélanie Gauché[1]

[1]FFPP - French federation of psychologists and psychology, France

"Professional ethics, in relation to the European meta code, can be defined as the conduct of a professional practice aimed at respecting the human being.

In the French code of ethics, the autonomy of the psychologist in determining the appropriate conduct holds a very important place. However, in France, universities have no obligations regarding the teaching of ethics. There is no working framework or minimum hours of teaching for this domain. It is also very difficult to know precisely the teaching methods.

In the EFPA board of ethics, we have launched a study about the teaching of ethics in different European countries. The interest of this research for France would be to lead to recommendations on the teaching of ethics, both for a minimum number of hours per year and for the teaching methods. Therefore, France is particularly interested in having precise information on this topic and being able to compare with its European neighbours.

With the help of the Association of French Researchers and Teachers (AEPU), we will interview the heads of psychology departments.

We hope to obtain results from a large number of public and private universities. We will present the initial results at the European Congress of Psychology. And we hope that the audience will allow to go further in our common reflection about teaching professional ethics."

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Paper number 1396 | Symposium Paper

Teaching ethics and professional identity in psychology: Challenges and perspectives in the Portuguese context

Miguel Ricou[1]

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We present a discussion on the teaching of ethics and professional identity in Portugal, focusing on a first-year undergraduate course in Psychology entitled “Theories of Ethical Reasoning.” In this course, students are encouraged to reflect on the significance of professional identity in Psychology, as well as on the role of professional associations and peer training. By engaging with fundamental questions about what distinguishes Psychology from other disciplines, learners gain a broader appreciation for the historical development and societal relevance of the profession. Concurrently, the curriculum underscores the importance of professional associations, both as regulatory bodies that safeguard ethical standards and as forums for networking, continuing education, and collective advocacy. Peer training further fosters collaborative learning environments that enhance critical thinking, interpersonal skills, and a cohesive sense of professional identity.

Within this framework, the course explores the rational and emotional dimensions involved in decision-making, a central task in psychological practice that demands both objective analysis and empathic insight. Emphasis is placed on the definition of ethics as the science of relationships and the importance of universally consensual ethical principles. Foundational concepts such as human dignity, the value of human life, and ethical reasoning are examined in-depth, thus equipping future psychologists with the theoretical tools necessary for a reflective and responsible professional stance.

The study of ethical reasoning serves as a vital mechanism for consolidating the psychologist’s identity and ensuring ethically grounded, effective professional interventions.

Papers session 60

Paper number 661 | Oral

An educational intervention of vocabulary on reading comprehension of Greek children with dyslexia

Styliani Tsesmeli[1, 2]

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[2]Maria Printziou & Ioanna Tsatsouli, Greece

The purpose of the study was to investigate training effects of a morphological vocabulary intervention on reading comprehension of Greek children with dyslexia. Participants were 54 Greek children (Grades 3 - 6) of six primary schools in Greece allocated in three groups: (i) the intervention group (18 children/13 males, mean age: 10.05 years) of children with dyslexia who participated in the training program, (ii) the control group of children with dyslexia (18 children/15 males, mean age: 10.04 years), (iii) the control group of typically developing children (18 children/8 males, mean age: 8.90 years). Control groups did not participate in the training program. All children were primarily evaluated via tests of reading (non)/words, spelling words, text reading comprehension, oral/written vocabulary and word analogy. The two dyslexic groups were not statistically different in all preliminary tasks, while the intervention group had significantly lower performance than the control group of typical children. The

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intervention study included a pre-test, a training program, and a post test. Pre-/post-tests entailed text reading comprehension' assessments; the training program included systematic teaching of complex vocabulary in terms of morphological structure. Results showed that there were a significant improvement on intervention children's reading comprehension, while the other two control groups did not improve in the post-test. Hierarchical regression analyses showed that word reading/spelling, text reading comprehension and oral vocabulary predicted significantly children's reading comprehension after intervention. Theoretical and educational implications are discussed in relation with children's vocabulary development as an important aspect leading to better reading skills of higher order.

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Paper number 1141 | Oral

The impact of the complex interaction of basic mechanisms on reading decline in healthy aging

Roberta Daini[1, 2], Sara Pegoraro[1], Simone Galati[1], Alessio Facchin[3], Camilla Frontoni[1], Francesca Luchesa[1], Elena Rolandi[4], Antonio Guaita[4], Lisa S. Arduino[5]

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Aging leads to a physiological decline in some cognitive functions, even without pathological processes. These cognitive changes may affect the elderly's quality of life and well-being, impacting their daily activities. Reading is among the skills that can be affected by aging since it requires the integrity of several cognitive processes and their interaction. While language remains largely intact visual, oculomotor, and attentional components may decline, affecting reading efficiency. Visuospatial attention and crowding are involved in the reading process, but their roles in age-related changes in reading remain unclear. Our study aimed to investigate the presence of an actual age-related decline in reading and the role of crowding and visuospatial attention in this potential decline. 100 neurologically healthy older adults (age range 62-75) underwent neuropsychological assessment to investigate global cognitive functioning, reading skills, crowding, and attention components. We found a decline in reading abilities, not in visual acuity, crowding, or visuospatial attention. Interestingly, we found that the Symbol Digit Modalities Test fully mediated the relationship between aging and reading. This complex task involves attention, working memory, and processing speed. The age-related decline in reading could be considered a consequence of the complex interaction among these basic mechanisms.

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Paper number 203 | Oral

How relevant are Montessori reading activities for groups of residents in nursing home? A single-case study using multiple baseline design

Cécile Bourgeois[1, 2], Emmanuelle Brigaud[1], Ella Louis[3], Lynda Azzoune[1], Marie Gambonnet[1], Valérie Vitou[1, 4], Claude Jeandel[2, 5], Jérôme Erkes[1, 6], Sophie Bayard[1]

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In nursing homes, group activities are frequently offered to residents, with an increasing emphasis on a person-centred approach. These activities aim, among other goals, to foster positive social interaction among participants, promote positive affect, and encourage engagement, as these elements may improve well-being and mental health. Despite the growing interest in person-centred care in nursing homes, its application and evaluation remain unclear in most of the studies that have reported on it. The Montessori method is one of the most well-documented person-centred approaches, yet its effectiveness may also be questioned due to the methodological limitations in previous studies, such as poorly defined control conditions and a lack of control over the temporal stability of the data.

This study aims to compare the effects of a Montessori-based reading activity with a traditional reading activity for nursing home residents with moderate to severe cognitive impairment. A multiple baseline design is applied to test whether Montessori-based activities would enhance verbal interactions, positive affect, and constructive and passive engagement, while reducing responsive behaviours during the activity. Three groups of five older adults were video-recorded during 12 sessions of either storytelling or Montessori reading activities.

The results suggest that the Montessori-based group reading activity is preferable to traditional storytelling, with positive effects observed in verbal interactions, positive affect, and engagement, with effect sizes ranging from 0.46 to 1.66. However, an unexpected tendency of increase in responsive behaviours during the Montessori phase highlights the need for further replication of the study. Despite this result, the positive outcomes support the use of Montessori-based reading activities, which remain accessible even to individuals with severe cognitive impairment. This study also calls for the development of more rigorous protocols to better demonstrate the efficacy of the Montessori method and, more broadly, person-centred care in nursing home settings.

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Paper number 886 | Oral

Effects of a Social–Emotional Learning intervention on social–emotional competencies and behavioral problems in elementary students

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This study investigated whether a social–emotional learning (SEL) program, implemented over a one-year period, could lead to gains in social–emotional competencies and to a reduction in internalizing and externalizing problems. Furthermore, the program analyzed how students (boys vs. girls) with varying levels of social–emotional competencies and externalizing and internalizing problems, and from different socioeconomic backgrounds, were differently affected. The program is supported by the theoretical reference framework of SEL, by integrating competence promotion and youth development frameworks. It's also based on the theoretical model of emotional competence, the ABCD developmental model (affective, behavioral, cognitive, and dynamic), the bio-ecological model, and the social learning model. The program was applied to 358 Portuguese third- and fourth-grade students (51.4% boys,Mage = 8.56; SD = 0.82). Self-report (students) and hetero-report (teachers) questionnaires were administered before and after the intervention. Linear mixed-effects models were computed to test intervention impacts. Significant intervention gains were noted in social–emotional learning competencies, namely emotional knowledge, social competence, peer relations, self-management, and academic behavior, and in externalizing (social problems) and internalizing (anxiety) problems. No effects were found in aggressiveness. Students with lower social–emotional competencies and higher externalizing and internalizing problems at baseline profited more from the program. Gender moderated both emotional knowledge and social problems, and socioeconomic status only moderated social problems. Findings highlight the effectiveness of this social–emotional learning program, especially for students facing initial challenges. Recommendations for future research, acknowledging limitations (such as the absence of a control group) and strengths, are discussed. This study contributes to a nationwide dissemination and empirical evaluation of the program, along with its incorporation into a set of training courses, aiming at creating a national contingent of teacher educators in the SEL domain and according to a whole-school approach.

Papers session 61

Paper number 186 | Oral

Using cluster analysis to identify emotional profiles underlying internalizing problems in emerging adults

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Depression and anxiety are among the most prevalent mental disorders globally, and the leading causes of disability-adjusted life years lost, particularly in developed countries. These disorders frequently develop during emerging adulthood (ages 18–29), a life stage with a high prevalence of mental health disorders. Traditional

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diagnostic approaches understand mental disorders as fixed categories; however, a transdiagnostic approach, viewing psychopathology along a continuum, may better address the complexities of comorbidity in mental health. This approach identifies shared underlying mechanisms that influence disorder onset, offering new avenues for preventive and therapeutic interventions. The internalization-externalization model provides a framework to understand comorbid psychiatric disorders, especially internalizing problems (IP) such as depression and anxiety. Affective instability (rapid emotional shifts) and affective variability (range of emotions experienced) are key elements in understanding mental health disorders and are correlated with IP. Emotional regulation, involving adaptive and maladaptive strategies, plays a crucial role in managing these symptoms. Maladaptive strategies like avoidance, rumination, and suppression are commonly linked to IP, contributing to symptom maintenance and worsening. In this longitudinal study we aimed to investigate emotional profiles (affective variability and instability, emotional dysregulation, and maladaptive regulation strategies) and its association with IP. To achieve that, we recruited in 124 emerging adults in Montevideo (Uruguay) that completed assessments on depression, anxiety, stress, emotional dysregulation, and maladaptive strategies. Over a 14-day period, they received twice-daily WhatsApp surveys measuring negative affect, followed by evaluations every six months (three waves). K-means clustering revealed two participant profiles, with avoidance, emotional dysregulation, and rumination as the most influential variables, particularly avoidance. Cluster effects on depression, anxiety, and stress were significant. This emphasizes the need to target emotional regulation in interventions. These results should be replicated in larger samples.

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Paper number 689 | Oral

How investment choices shape well-being and personality: A closer look at asset types

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This study explores the psychological impact of investment behaviors on long-term orientation and well-being, focusing on various investment types. Amid a growing global emphasis on financial stability and the psychological benefits of investments, this research investigates how distinct investor groups (long-term stock investors, general stock investors, cryptocurrency investors, and non-investors) differ in their psychological characteristics and well-being.

Theoretically, the study builds on prior research linking financial behaviors to psychological traits, extending it to consider cultural constructs like "ikigai" (sense of life worth living). Using a cross-sectional survey design, data were collected from 370 participants in Japan, stratified across the investment groups. Psychological metrics included long-term orientation, life satisfaction, ikigai, positive emotions, and attitudes toward ambiguity. Statistical analyses (ANCOVA and mediation models) accounted for age and income as control variables to ensure robustness of findings.

Key findings reveal that while long-term orientation did not significantly differ across groups, investment groups—particularly long-term stock investors—reported higher well-being and ikigai compared to non-investors. Long-term stock investors exhibited distinctive psychological traits, such as higher contentment, reduced absolutism, and higher scores on the Need for Complexity and Novelty subscale, indicating a preference for engaging with diverse and innovative situations. Mediating effects of long-term orientation on well-being outcomes were marginally significant for long-term stock investors, highlighting a complex interplay of psychological factors.

Limitations include the cross-sectional design, which precludes causal inference, and potential sample biases linked to recruitment methods. These findings suggest that investments, beyond financial benefits, may enhance psychological well-being by fostering adaptive cognitive and emotional states.

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The study contributes to understanding investment behaviors' psychological dimensions and underscores the value of incorporating long-term perspectives into financial education and policy frameworks.

Paper number 1085 | Oral

Personality description according to the DSM-5 model. Psychometric properties of Persono® questionnaire.

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The hybrid model of personality disorders is a concept that has great potential in explaining, describing, and predicting both normotypic and disturbed human psychological functioning. It assumes the existence of four personality areas and 25 facet variables combined into five domains that can describe potential problems in these areas. An innovative solution of the PERSONO® questionnaire is the possibility to assess the severity of individual traits and the level of disturbance of separate spheres (and thus criterion A of personality disorders according to DSM-5).

Based on this concept, a questionnaire was developed consisting of 200 questions grouped into 25 scales of superficial variables, five scales corresponding to domains, and four scales measuring problems in individual spheres. Alpha reliability coefficients ranging from 0.684 to 0.947 (median 0.848) and convergent validity coefficients (correlations with PID5) ranging from 0.570 to 0.845 (median 0.732) were obtained. Equivalent versions in Russian and Ukrainian were also developed.

Papers session 62

Paper number 633 | Oral

Transforming adolescent mental health: The role of temperament and restrictions on device use

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Research Aims and Objectives

This study investigated the role of adolescent temperament and restrictions on device use (RDU) as predictors of depression and anxiety symptoms. The objective was to examine whether RDU and temperament were associated with mental health outcomes.

Theoretical Background

Grounded in Bronfenbrenner's ecological systems theory, this research examined the interplay between individual temperament and environmental factors, such as digital boundaries, in shaping adolescent mental health with RDU acting as a potential buffer or risk factor in mental health outcomes.

Research Design/Methodology/Approach

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Data were collected from 2,397 Canadian secondary students (Grades 8-12; Mage = 14.99, SD = 1.48; 49.6% female) via a self-report online survey in 2021. Depression and anxiety symptoms were assessed using the Depression and Anxiety Scale (DASS-21). A linear regression was used to analyze variables simultaneously including, temperament, RDU, age, sex, and ethnicity.

Results

Significant gender differences were found, with females scoring higher in both anxiety (0.47 points) and depression (0.29 points) compared to males ($p < 0.001$). Ethnic differences showed that Asian adolescents had higher levels of anxiety (0.35 points) and depression (0.22 points) than White adolescents ($p < 0.001$). A better temperament was associated with a decrease in anxiety (0.76 points) and depression (0.86 points) ($p < 0.001$). Restrictions on device use were linked to a small increase in anxiety (0.24 points) ($p < 0.001$), and age was positively correlated with depression (0.09 points per year) ($p < 0.001$).

Limitations

The cross-sectional design limits causal inferences. Longitudinal studies are needed to explore the temporal dynamics of these relationships.

Implications for Research and/or Practice

There is a need for culturally sensitive, gender-responsive interventions among adolescents. For practitioners, study findings suggest personalized mental health interventions that consider temperament and restrictions on devise use as integral components.

Paper number 742 | Oral

Maladaptive personality traits and trauma-related symptomatology in adolescents' perception of loneliness

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Background/Objectives: Loneliness can be defined as a form of psychological distress experienced in response to perceived deficits in one's social relationships. Temporary episodes of loneliness are likely to affect many individuals at some point in their lives, but a chronic or prolonged condition of loneliness can result in significant impairment or long-term negative consequences in the well-being of individuals who experience it. According to the literature, adolescence is one of the periods of life at greatest risk for perceived loneliness because it involves changes especially in the dynamics of interpersonal relationships that change in both meaning and relevance. Our study aims to test the potential role that maladaptive personality traits and post-traumatic stress-related symptomatology may play in the development and/or maintenance of the perception of loneliness among adolescents aged 14-17 years. Methods: In the present study, we tested a mediation model computed through Structural Equation Modeling (SEM) to examine whether maladaptive personality was a potential mediator in the relationship between post-traumatic stress symptomatology in the form of both Post-Traumatic Stress Disorder (PTSD) and Self-Regulation Disorder (DSO) as independent variables and perceived loneliness as a dependent variable. Results: The results of structural equation modeling indicate that the direct effects of the predictor variables, PTSD and DSO symptomatology, on the perception of loneliness are significant. In addition, the indirect effect of PTSD and DSO on the perception of loneliness through maladaptive personality traits is also statistically significant. Conclusions: Our results may be useful in identifying more targeted strategies based on different personality traits and earlier recognition of the presence of symptoms related to post-traumatic stress disorders that might report greater success in preventing and overcoming the perception of loneliness and related distress as risk or maintenance factors.

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Paper number 865 | Oral

Adolescents' cognitive and emotional regulation in the dynamics of their specific needs and social inclusion support

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The aim of this paper is to analyze the relationship between young people with specific needs and regulatory emotions and cognitions. At the same time, it suggests options for promoting the social inclusion of young people with specific needs. The theoretical part consists of information about cognitive and emotional regulation, it approaches perspectives of scientific knowledge obtained from the literature that includes these topics. The current state of support for the social inclusion of young people with specific needs was also examined. In the empirical part, the participants will be selected according to their availability and will be studied through the questionnaire method. The empirical research consists of the short version of the Cognitive-Emotional Questionnaire, the Emotional Regulation Questionnaire and interviews. The research sample consists of 158 respondents from high schools with specific needs. Our research confirmed the influence of age on cognitive reappraisal. However, the measures did not show significant differences between the genders in cognitive reappraisal. The results of the qualitative analysis of the interviews confirmed the reserves in the promotion of social inclusion. In this paper, we make several recommendations for support and assistance for inclusion young people in the educational process also by enhancing emotional regulation.

Paper number 415 | Oral

Effectiveness of psychosocial interventions for reducing loneliness in adolescents and young adults: A systematic review and meta-analysis

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Background: The proportion of young people frequently feeling lonely has doubled in the past years, increasing the risk for physical and mental illness. Psychosocial interventions are effective in reducing loneliness in adults, but their effects in young people are poorly known.

Objectives: The aim of this systematic review and meta-analysis was to summarize the effectiveness of psychosocial interventions that are specifically designed to reduce loneliness in adolescents and young adults (13-29 years). The effectivenesss was studied also by different intervention types and age groups.

Methods: A systematic search following the PRISMA guidelines was conducted in four databases. The identified studies were screened with a 3-step process based on the PICOS strategy. Relevant clinical outcome studies published in peer-reviewed journals were included.

Results: Of the 4,779 publications screened, 15 studies (19 interventions) were included in the review and 10 studies (14 interventions) in the meta-analysis. The interventions were mostly group interventions conducted in school/community settings. Five of the interventions were peer support, seven social skills training, and seven other types of interventions. The interventions showed moderate effect size in reducing loneliness. There were no

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differences in the efficacy between different intervention types, or by the age group or used measures, but social skills training showed most consistent effect.

Limitations: Adapting a strict definition for the loneliness interventions resulted in a relatively small number of included studies. There were remarkable differences in the designs and quality of the studies.

Conclusions and Implications: Psychosocial interventions designed to reduce loneliness are mainly effective on reducing loneliness in adolescents and young adults. However, interventions targeting loneliness in specific are relatively scarce. Schools and communities are an important setting for providing loneliness interventions. The benefits of investing in interventions aiming to decrease loneliness already before it becomes more chronic should be emphasized.

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Papers session 63

Paper number 791 | Oral

Children's perception of autonomy-supportive behavior by teachers and parents: A study of 9-11 year olds in germany

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Debates surrounding the quality of educational and childcare provisions in Germany often focus on structural quality characteristics, with less attention given to interaction or process quality. Psychological development theories, needs-based approaches, and other models consistently emphasize that child development involves a gradual process of individuation. This process culminates during adolescence and young adulthood in increased emotional, cognitive, behavioral and economic autonomy.

Throughout childhood, children develop greater agency through negotiations of autonomy while maintaining key relationships with caregivers, teachers and other important persons. Autonomy-supportive behaviors from these adults play a crucial role in promoting children's well-being and development. Nonetheless, within the German education system, and Germany in general, autonomy-supportive behavior seems to remain less prioritized compared to the promotion of other behaviors and solution strategies.

This study investigates the extent to which behaviors of parents and teachers are perceived by children as autonomy-supportive. It utilizes data from the representative survey Growing Up in Germany (N = 14,000), focusing on autonomy-supportive behaviors of parents and teachers through self-reports of approximately 1,500 children aged 9–11. Differences by age, school types, gender, migration and socio-economic background are analyzed. Moreover, individual information regarding psychological well-being, specific scales of the Strengths and Difficulties Questionnaire, and the KINDL questionnaire are analyzed through multivariate analyses to show the importance of autonomy-supportive behavior in children's lives.

The findings are discussed in the context of children's increasingly institutionalized living environments, shedding light on the critical role of autonomy support in fostering well-being and development.

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Paper number 973 | Oral

Between control and connection: How parenting impacts adolescents' autonomy and sense of life

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Adolescence is a transitional stage toward adulthood, marked by key decisions related to life purpose. As a core support system, the family plays a pivotal role in providing a safe environment for guidance and fostering the gradual development of autonomy. However, a Helicopter Parenting style—characterized by parents' difficulty in allowing emotional separation from their children—can hinder this developmental process.

This study aimed to test a model examining the impact of Helicopter Parenting on adolescents' autonomy and sense of life, through an increase in the perception of family loneliness.

A cross-sectional study was conducted with 647 adolescents (339 boys and 309 girls) aged 13 to 18 years (M = 15.22, SD = 2.09). Quantitative data were complemented by insights from 4 focus groups: 2 with parents and 2 with adolescents. These groups explored four thematic areas: "Children's loneliness," "Children's needs," "Autonomy," and "Children's future life projects." This mixed-method approach was designed to enrich the quantitative relationships identified within the proposed model.

The results show how Helicopter Parenting significantly increases adolescents' perception of family loneliness, creating barriers to authentic emotional connections. This heightened sense of loneliness negatively impacts their ability to make autonomous decisions and contributes to a more diffuse and negative perception of their sense of life, with potential long-term consequences for emotional well-being.

Limitations: Although the study employs a mixed-methods approach, incorporating both qualitative and quantitative data, the data collected are cross-sectional, which does not allow for testing causal relationships between the study variables.

Implications: this study underscores the importance of promoting parenting strategies that balance protection with autonomy to enhance adolescents' overall well-being.

Paper number 1000 | Oral

Associations between parental autonomy support and child psychosocial functioning: Is gender a moderator?

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Despite exhaustive evidence of parental autonomy support (AS) being beneficial for child mental health, it remains unclear whether children benefit as much when their autonomy is supported by fathers compared to mothers. Grounded in Self-Determination Theory (SDT; Deci & Ryan, 2000; Ryan & Deci, 2017), this study examined the potential moderating role of parental gender in the association between parental AS and child psychosocial functioning. In addition, we explored whether the associations between maternal/paternal AS and child psychosocial functioning would differ according to children's gender. A total of 700 parents (Mage = 39.33, SD = 8.53; 375 mothers) of school-aged children (Mage = 9.16, SD = 1.96; 331 daughters) reported on their AS and

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their child psychosocial functioning (internalized and externalized symptoms, social problems, and emotional regulation). In line with SDT's view of autonomy being a universal need, results indicate that parental AS is as beneficial for children's psychosocial functioning whether it comes from mothers or fathers. The second exploratory objective revealed only one statistically significant 3-way interaction (out of four). Globally, these findings highlight the crucial role of parental AS no matter the parental or child gender, emphasizing that it is important for all parents to be autonomy-supportive with all children.

Paper number 867 | Oral

Male perpetration of dating violence: Perceived parental attachment, rumination, and social isolation across three countries.

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The prevalence of male-perpetrated dating violence (DV) against women and its severe consequences for the victims highlight a significant societal issue, which requires a deeper understanding of the associated risk factors of DV perpetration. This study examines a mediational model of risk factors for DV among young men from Colombia, Chile, and Spain. Specifically, explores the mediating role of negative affect, rumination, and social isolation in the relationship between perceived parental attachment and DV perpetration. The sample comprised 1,097 young men (M = 18.11, SD = 2.88) from the three countries in a cross-cultural, correlational study. Results indicated a higher prevalence of DV in Colombia, followed by Chile and Spain. Perceived parental attachment was negatively associated with negative affect, rumination, social isolation, and perpetration of DV. Mediation analyses reveled that negative affect, rumination (B = 0,0114, SE = 0,0038, IC 95%: -0.0198/ 0.0050) and social isolation (B = 0,0083, SE = 0,0043, IC 95%: 0.0007/ 0.0178) mediated the relationship between perceived parental attachment and DV (F= 10,563, p= .0001; 9% explained variance). Lower levels of perceived parental attachment were associated with increased negative affect, which, in turn, heightened the likelihood of social isolation, rumination, and DV toward female's partners. These findings underscore the importance of fostering secure parent relationships and promoting healthy emotional regulation strategies to prevent DV among young men.

Papers session 64

Paper number 854 | Oral

Women's cyber intimate partner violence victimization

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Background. The growth of information and communication technologies has led to an increase in the prevalence of cyber intimate partner violence among women in early adulthood. However, there is a lack of research addressing the intervention needs of women who have been victims of cyber intimate partner violence. This qualitative study aimed to identify the knowledge, resources, and tools that women require to better respond to such violence.

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Methodology. Semi-structured individual interviews and four online discussion groups were conducted with 28 Canadian women aged 18 to 29 who had experienced cyber intimate partner violence by a romantic or intimate partner or an ex-partner. The data were analyzed using inductive thematic analysis.

Results. The key elements identified suggest that women need information to help them recognize the signs and varied forms of cyber intimate partner violence, particularly those that are more nuanced and harder to detect. Furthermore, participants emphasized the importance of having access to both online and offline support to aid in their recovery from cyber intimate partner violence. Additionally, the women's narratives also highlighted their need for resources on how to protect themselves from cyber intimate partner violence.

Limitations. The women who participated in the interviews identified themselves as having experienced cyber intimate partner violence, which may suggest that they had already begun a certain process of reflection regarding their experiences, thereby influencing the needs they expressed. It could be relevant to explore the needs of women who are at the early stages of their reflection or awareness process.

Implications. Based on the findings from this study, it is essential to develop prevention and intervention strategies for cyber intimate partner violence that address these knowledge gaps, provide support options, and offer prevention tools tailored to adult women.

Keywords: cyber intimate partner violence, women, prevention strategies

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Paper number 1104 | Oral

Perceptual differences in experienced and communicated violence against children are greater among social workers (or women) than for lay people

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RESEARCH OBJECTIVES: When violence against a child is reported to authorities, it is crucial that its severity is evaluated accurately and communicated effectively by professionals. This study investigated perceptual differences in calibration and accuracy regarding psychological and physical violence against children.

THEORETICAL BACKGROUND: Previous research on intimate partner violence suggests that recipients often underestimate psychological violence while overestimating physical violence. This indicates perceptual discrepancies in evaluating different forms of violence, with potential inconsistencies between experienced and assessed severity. These discrepancies may impact child welfare decision-making.

METHOD: The study comprised a simple between-groups experimental design, comparing Narrators (parents who witnessed and rated violence) vs. Social workers vs. Control group. The dependent variables were subjective ratings of the severity of psychological and physical violence. First, parents provided narratives describing violence against their children by a current or former partner, along with severity ratings. Then, these narratives were randomized and rated by social workers and control condition participants.

RESULTS: Social workers and controls rated physical violence as more severe than narrators. However, social workers overestimated psychological violence severity compared to narrators and controls. This finding suggests that professional experience may enhance awareness of psychological violence but does not necessarily reduce the differences in how violence is perceived between professionals and others.

LIMITATIONS: Limitations include reliance on subjective parental narratives, potential underrepresentation of psychological violence, and variations in social workers' training and experience. Furthermore, gender differences in assessments may have confounded the results as most social workers in this study were women, making it unclear whether gender or professional experience primarily influenced violence assessments.

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RESEARCH IMPLICATIONS: These findings highlight the challenges of assessing violence against children, particularly psychological violence, and suggest that professional experience does not always eliminate perceptual biases. Improved training and standardized tools to enhance the accuracy of violence assessments are needed.

Paper number 792 | Oral

Unmasking gaslighting: Investigating victim and perpetrator profiles for evidence-based guidelines.

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Gaslighting is a form of psychological abuse that can cause victims to question their own thoughts, feelings, and actions, even though they are accurate. The harmful effects on mental health have been recognized by governmental institutions, which inform the public about typical perpetrators, victims, and treatment options to counteract gaslighting. However, the scientific literature on these aspects remains scarce, leaving critical gaps in understanding what really supports victims. Our goal is to develop evidence-based guidelines for gaslighting victims by examining the personalities and behaviors of themselves and their perpetrators. Therefore, we present the findings from two current studies. The first study (currently N = 454) uses an online questionnaire to create a profile for gaslighting victims including Big Five and dependent personality style, self-esteem, and well-being. The pilot study (N = 222) revealed personality related risk (e.g., low agreeableness and conscientiousness) and protective factors (self-esteem, well-being) for gaslighting experience and confirmed the association between gaslighting and severe mental health issues (e.g., anxiety, depression), justifying further research on how to help victims. For the second study, we conducted interviews with currently N = 20 to investigate perpetrators' personality (e.g., narcissistic traits), their typical behavior towards victims (e.g., love bombing) as well as the victims' reactions and coping mechanisms (e.g., social support, advice for others). Since the information about perpetrators is very limited, the results will add important information to the existing literature. Both studies use a new and validated scale (Gaslighting Questionnaire Long and Short Version) that measures typical gaslighting behaviors across contexts.

Paper number 174 | Oral

Dispositional and communicated dyadic perspective-taking during conflicts and intimate partner violence perpetration in young adult couples

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Dyadic perspective-taking, the ability to understand one's romantic partner's thoughts and feelings, is a major prosocial skill that has been identified as a protective factor for intimate partner violence (IPV) perpetration. However, previous studies exploring the links between perspective-taking and IPV have primarily relied on self-report measures, which often assess perspective-taking as a general, dispositional tendency, neglecting its observable manifestations during specific couple interactions. Yet, a general cognitive tendency to adopt another's point of view does not necessarily translate into the ability to effectively demonstrate this understanding toward a partner during emotionally charged interactions, a crucial skill for preventing conflicts from escalating into violence.

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With its dyadic observational design, the current study allowed investigating associations between (1) self-reported dispositional and (2) observed communicated dyadic perspective-taking during an actual couple conflict discussion and the perpetration of psychological, physical, and sexual IPV in an inclusive sample of community young adult couples (n = 178). Findings revealed distinct associations between dispositional and communicated perspective-taking and different forms of IPV perpetration. Both dispositional and communicated perspective-taking were negatively associated with the individual's own (β = -.31, p < .001; β = -.17, p < .001) and their partner's (β = -.21, p < .001; β = -.13, p = .001) psychological IPV perpetration. Dispositional perspective-taking was negatively associated with the individual's own physical IPV perpetration (β = -.23, p = .001), while communicated perspective-taking was negatively associated with the partner's physical IPV perpetration (β = -.16, p = .048). Dispositional perspective-taking was negatively associated with one's own (β = -.16, p = .033) and their partner's (β = -.24, p = .005) sexual IPV perpetration. These findings highlight the complex associations between dispositional and communicated perspective-taking and IPV perpetration, shedding light on how these factors differently relate to IPV in young adults' romantic relationships.

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Workshop - From lab to industry: Digitalizing cognitive rehabilitation with the CAT-BRAIN platform

Paper number 1045 | Workshop

From Lab to industry: Digitalizing cognitive rehabilitation with the CAT-BRAIN platform

Ioulia Solomou[1], Flora Nikolaou[1]

[1]University of Cyprus, Cyprus

Importance of Topic:

The CAT-BRAIN platform is a cutting-edge tool specifically developed for clinicians, seamlessly integrating an evidence-based cognitive rehabilitation program to enhance therapeutic outcomes. By digitalizing cognitive rehabilitation, the platform bridges the gap between rigorous clinical research and practical application, providing scalable, accessible, and effective solutions to improve cognitive health. This workshop aligns with the conference theme by highlighting the journey of transforming a lab-based innovation into a fully functional tool for clinical practice, underscoring the importance of innovation, evidence-based approaches, and interdisciplinary collaboration in advancing mental health care.

Objectives of Workshop:

1. Understand the theoretical background of the evidence based cognitive rehabilitation protocol and its role in cognitive function rehabilitation.

2. Interpret results from clinical studies validating the program's effectiveness.

3. Familiarize with the stages of clinical research, evaluation, and the process of generating scientific evidence leading to good clinical practice.

4. Gain hands-on experience with the CAT-BRAIN platform through practical exercises and role-play activities.

Activities Planned:

1. Didactic presentations on the theoretical foundations and clinical evidence of the cognitive rehabilitation program.

2. Practical exercises and real-time interaction with the CAT-BRAIN platform to explore its functionalities.

3. Role-play scenarios to simulate practical applications in clinical settings.

4. Group discussions on challenges and strategies for translating lab-based research into industry-ready tools.

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Target Audience:

Professionals, researchers, early career professionals, trainees.

Components:

Conceptual analysis, experiential learning, didactic presentation, case discussion, role play.

Workshop - The TEMAS Narrative Trauma Therapy: Multicultural clinical techniques and research work

Paper number 1003 | Workshop

The TEMAS Narrative Trauma Therapy: Multicultural clinical techniques

Elsa Cardalda[1, 2], Erminia Costantino[3, 4], Maryse Costantino[4]

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The aim of this workshop is to train in the skillful use of TEMAS Narrative Trauma Therapy (TNTT), developed by Dr. Giuseppe Costantino. TEMAS techniques have been validated as culturally competent; and evidence-based for Latino, Black and White children (U.S. Surgeon General, 2001). Since 1994, narrative approaches have been utilized with Hispanic children in the USA and shown effectiveness in reducing anxiety and aggressive behavior (Costantino, Malgady and Rogler). TNTT, based on the principles of role modeling, integrates story telling with TEMAS pictures targeted to deal with issues of trauma, anxiety and depression.

After the 9/11 terrorist attacks, TNTT was successfully used for treating trauma in affected Hispanic children (Costantino, Primavera, Malgady, Costantino, 2014). In a large school-based program, TNTT included 14 sessions group format, for Hispanic children ages 6 -11 (Costantino et al., 2015). Results indicated that when compared, CBT and TNTT were equally significant in reducing PTSD; however, only TNTT significantly reduced depression and anxiety symptoms. Concluding that the TNTT is a valid and cost-efficient clinical intervention, feasible in school settings.

This workshop's topic is important because we live in a multicultural world with refugee and immigrant groups within our broader societies. Given the perils of culturally diverse children affected by traumatic stress, there is a growing need to offer cost effective culturally appropriate trauma-oriented therapy.

Objectives:

- use the TNTT as a therapeutic tool for children and adolescents,

- understand how TNTT is a valid multicultural evidence-based therapy

- expand clinical inquiry with versions of the TNTT screening sexual abuse, depression, suicide risk, bullying, obesity, and pandemic COVID.

Activities:

case presentations, study of TEMAS pictures, creation of group stories, role play the therapy format; listen to recorded sessions

Target audience:

professional, researcher, early career, trainee, student

Components:

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didactic presentation, case discussion, original data, literature review

Keywords:

trauma, narrative therapy, TEMAS

Spotlight presentations 7

Paper number 360 | Spotlight Talk

Trust in climate scientists and political ideology: A 26-country analysis

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Trust in climate scientists is critical for public awareness about climate change and engagement in climate change mitigation actions. Previous research has shown that right-wing political ideology is associated with lower trust in climate scientists. However, much of this research has focused primarily on Western, Anglophone countries, raising questions about the generalizability of this relationship across countries. To address this gap in our preregistered study, we analyze cross-sectional, secondary data across 26 countries from all inhabited continents (n = 10,641). While the results indicate generally high levels of trust, individuals with a stronger right-leaning (vs. left-leaning) political ideology reported lower trust in climate scientists. This relationship was more pronounced among individuals with higher education, although the effect size was small and uncertain. Furthermore, the relationship between ideology and trust was stronger in Anglophone countries (vs. non-Anglophone countries). Additionally, exploratory analyses showed that the relationship between ideology and trust was also stronger in countries with a higher democracy index and gross domestic product per capita. In sum, to increase overall public trust in climate scientists, climate change communication strategies can target more right-leaning communities across most studied countries, as trust in climate scientists is generally lower among these groups.

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Paper number 657 | Spotlight Talk

From contact with nature to compassion for others: Insights from representative survey data in Poland

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This study investigates the relationships between contact with nature, nature connectedness, humility, and compassion for others. It empirically tests a model proposing that contact with nature promotes nature connectedness, which leads to increased humility, which in turn enhances compassion.

Previous research has widely demonstrated the benefits of nature contact and connectedness on well-being and pro-environmental behaviours; however, their effects on pro-social attitudes, particularly compassion, have been less explored. Existing research suggests that contact with nature enhances one's sense of oneness with the natural world (nature connectedness) and reduces self-centredness. It also suggests that experiencing nature can promote humility by highlighting our relative smallness and interconnectedness with other living beings.

We will conduct an online survey with a representative sample of 1,000 Polish adults. We will measure participants' contact with nature (i.a. frequency and duration), nature connectedness (Connectedness to Nature Scale), humility (e.g. HEXACO Honesty-Humility scale), and compassion for others (Compassion Scale). Structural equation modelling will be used to test the hypothesised mediation model.

We expect a positive association between contact with nature and compassion, mediated by nature connectedness and humility.

Limitations of our study include reliance on self-reported data (potential social desirability bias) and the cross-sectional design (limiting causal inferences).

Our study highlights the role of nature in promoting compassion through increased feelings of connectedness and reduced self-centredness. As urban populations grow in less green environments, psychologists must not forget to study social wellbeing alongside individual wellbeing. In the face of global challenges that require collective action, insights from this research could inform strategies to enhance pro-sociality and compassion through nature-based interventions. Our findings could help guide urban planning practices to create environments that promote social well-being.

Paper number 957 | Spotlight Talk

From challenges to solutions: Accessibility of psychological services in Ukraine and Europe

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In light of the war in Ukraine and its significant consequences, we focus on assessing the accessibility of psychological services and comparing them to selected European countries. We aim to outline the difficulties and challenges that Ukrainians face in accessing psychological care, as well as to provide actionable insights for enhancing service delivery.

The study analyzes how mental health is integrated into the healthcare system, focusing on socioeconomic barriers, lack of financial and human resources, and uneven regional access.

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A mixed-methods approach combines a literature review with qualitative data from interviews and surveys of mental health professionals in Ukraine. Comparative data from European countries were analyzed to identify best practices and contextual differences.

We believe that funding constraints, regional disparities, and a shortage of qualified workforce are the primary obstacles to receiving adequate mental health care. In contrast, we expect European countries to demonstrate stronger integration of mental health into primary care and broader use of community-based services.

The research is limited by inconsistent cross-national data and potential biases in stakeholder reporting. Future research should include a broader sample of service users and providers.

This study provides a comparative perspective on Ukraine's psychological services, highlighting systemic challenges and drawing lessons from European counterparts. The findings aim to foster more inclusive and effective mental health systems, contributing to Ukraine's recovery and resilience.

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Paper number 1155 | Spotlight Talk

Presenting preliminary approaches of the EQuiP Research Project: Developing network-oriented quality in psychosocial crisis management

Laura Aßmann[1], Prof. Dr. Olaf Neumann[1]

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Background: Crises such as natural disasters, terrorist attacks, displacement, or pandemics pose profound challenges for both the state and society, leading to profound and frequently enduring psychosocial consequences for individuals and communities. Empirical research underscores the pivotal role of civil society in effective crisis management, particularly through self-organization and protective measures. Governments increasingly face pressure to integrate psychosocial considerations systematically into crisis management and actively engage civil society in response efforts. This necessitates scientifically informed, collaborative frameworks between state institutions and civil society actors in psychosocial crisis management.

Objective: The recently launched EQuiP research project investigates psychosocial emergency competencies, prevailing attitudes, and cooperative models among state and civil society actors in Germany's crisis management over recent years. Particular emphasis is placed on insights from civil protection research (e.g., socio-spatial oriented population protection) and community psychology (e.g., community resilience, empowerment and participation, and diversity). The three-year project is funded by the Federal Ministry of Education and Research.

Methodology: Adopting a qualitative, interview-based design, the project employs situational analysis as its primary analytical approach. While traditional qualitative research often emphasizes individual meaning-making, situational analysis broadens this scope by examining how collective actors (e.g., organizations or groups) construct meanings.

Results: The project aims to derive a practical framework to enhance sustainable collaboration between state and civil society actors in psychosocial crisis management, transcending immediate emergency responses to deliver systemic, long-term solutions.

Limitations: As the project is in its preliminary phase, methodological limitations are not yet fully determined. Potential challenges include restricted sample diversity, limited access to diverse crisis scenarios, and participant recruitment constraints.

Implications: Central to the project is a blended-learning training program which will be designed to equip governmental personnel, crisis management teams, and civil society actors with collaborative skills to navigate complex crises and implement sustainable psychosocial practices.

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Paper number 392 | Spotlight Talk

Anger regulation in anticipation of cognitively demanding tasks: Exploring its cognitive, experiential, and physiological impacts

Parwinder Singh[1], Shubham Kharwar[1]

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Theoretical and empirical advances in the study of emotion regulation have highlighted its complex motivational dynamics. However, research on the motivational aspects of anger regulation remains limited, and with most studies focusing on valence- or strategy-based analysis. This narrow focus risks overgeneralization, failing to account for the aspects of goal-directed behaviour in emotion regulation. Specifically, the existing literature remains scant about the role of instrumental cognitive performance motives (CPM) in forming anger regulation goals and their outcomes. The current study seeks to address this gap by experimentally investigating how CPM influence anger regulation. The present study involves an experimental approach with two groups—a experimental group (n=55, Mage=25.85) exposed to CPM and a control group (n=55, Mage=25.33) without any motive manipulation. Anger was induced experimentally, and group comparisons were made on the subjective experience of anger, performance on a cognitive multitasking task, and a physiological marker, i.e., HR. The findings reveal that CPM promotes functional anger regulation. Participants in the motive group demonstrated stronger prohedonic goals and weaker antihedonic goals compared to the no-motive group, showed better performance in task-switching efficiency, exhibited a consistent decrease in heart rate across task stages compared to baseline. The study highlights how motives can independently drive adaptive anger regulation, even without explicit strategies.

Paper number 635 | Spotlight Talk

Exploring interpersonal hate: Insights from qualitative and quantitative inquiry

Ruchira Gangopadhyay[1], Parwinder Singh[1]

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Hate, an intense negative emotion, plays a critical role in intergroup and interpersonal conflict, motivating aggression and hindering pro-social behaviours. Although many cultures worldwide denounce hate, it continues to have destructive societal consequences and adversely affects the individual experiencing it, disrupting healthy interpersonal relationships. Despite the importance of understanding this pervasive emotion, a review of psychological literature reveals a gap concerning how hate is perceived and conceptualized by individuals, particularly in the Indian context and the underlying psychological factors responsible for the development of hate. Addressing the identified gaps in empirical literature, the proposed research firstly, aims to have an in-depth understanding about the nature and characteristics of hate. Secondly, based on the intensification theory of hate (Opotow & McClleland, 2007), which suggests that hate involves cognitive, affective and moral factors in its development, the study aims to explore the mentioned correlates to investigate the mechanisms underlying interpersonal hate. For the first objective, a qualitative approach will be undertaken where, a semi-structured interview will be conducted with 20 participants (aged 18-35) who have experienced interpersonal hate. The data will be analysed thematically. The second objective adopts a quantitative, cross-sectional design to identify key psychological factors contributing to hate, involving 300 young adults (aged 18–35). Contribution of variables such as anger rumination, trait anger, anger suppression, grudge holding, moral disengagement will be explored. Standardized measures of the selected variables will be used for data collection, and mediation and moderation analyses will explore relationships among variables. Findings from this study will provide nuanced qualitative and quantitative insights into the nature and correlates of interpersonal hate, offering a foundation for developing

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targeted interventions to mitigate aggressive outcomes in interpersonal relationships. Results will be presented and discussed at the conference.

Keywords: interpersonal hate, anger rumination, anger suppression, moral disengagement thematic analysis, mediation-moderation analysis

Spotlight presentations 8

Paper number 622 | Spotlight Talk

Mental health in children and adolescents in Germany - Results of the German School Barometer

Anna-Lina Rauschenbach[1]

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Theoretical background: In the face of multiple social crises, children and adolescents are confronted with increasing psychological stress. Despite the knowledge that the foundations for lifelong mental health are laid in childhood and adolescence, the prevention and treatment of mental health problems in childhood and adolescence continue to be neglected.

Research question: This study examines the current state of mental health and well-being of school children in Germany. Methods: A nationally representative sample of 1,530 school children aged 8 to 17 years and a parent or guardian were surveyed online between April and May 2024. Established and validated scientific self-report instruments such as the Strengths and Difficulties Questionnaire were used to assess relevant constructs (including current symptoms of mental disorders, worries and stress factors).

Results: Overall, about one in five children and young people (21%) reported having mental health problems. Young people with special educational needs and whose parents reported that they (very) often worry about their financial situation were significantly more affected. In addition, young people frequently worry about current crises, such as wars or climate change, and 26% of school children worry (very) often (26%) or sometimes (33%) that they are not performing well at school. Limitations: The second wave of data will be collected in spring 2025 in order to monitor changes in mental health and its association with related constructs, such as school well-being.

Implications: Mental health problems remain elevated among German school children. In addition to multiple social crises, school factors, such as high pressure to perform, seem to represent important stressors. The results underline the need for targeted prevention and intervention efforts.

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Paper number 798 | Spotlight Talk

Assessing the clinical value of the child development school-readiness inventory in detecting developmental delays in preschoolers

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[2]UdelaR, Uruguay

Early childhood is a sensitive period of fast cognitive and developmental growth. The transition to primary school offers an ideal opportunity for developmental assessments to guide educational intervention and identify delays. Screening tools with strong psychometric properties are essential for early risk detection (i.e., identifying cases requiring further evaluation), particularly given the high costs of clinical assessments.

This study evaluates the clinical utility of the School Readiness-Child Development Inventory (INDI) for early detection of developmental delays in a sample of 70 Uruguayan children aged 4 and 5 years. We examined whether INDI scores predicted cognitive and adaptive functioning one year later. Cognitive assessments were conducted with the WPPSI-IV battery, while caregivers reported adaptive functioning using the Vineland-3. DSM-V criteria for intellectual disability informed clinical risk for cognitive delay.

Correlation analyses showed statistically significant, small-to-moderate associations between INDI's Cognitive domain, Motor Development, Attitudes toward Learning, and WPPSI-IV indices. Logistic regression identified the Logical-Mathematical subscale and the Attitudes toward Learning domain as predictors of cognitive delay, controlling for age. ROC curve analysis showed good discriminative ability (AUC = 0.85), with high sensitivity and specificity for several INDI domains.

The findings underscore INDI's predictive validity and clinical utility for population-based early detection of developmental delays, offering insights for early childhood care initiatives and intervention. Notably, no previous studies have explored the clinical utility of school readiness scores for detecting cognitive and functioning delays in the general population, highlighting its potential for advancing early detection strategies. Future research with larger, representative samples is recommended to extend these findings and enhance generalizability.

Paper number 1002 | Spotlight Talk

Psychological adjustment and educational inclusion of migrant and refugee children in irish schools

Borui Zheng[1]

[1]Trinity College Dublin, Ireland

Migrant and refugee children face unique psychological challenges, including trauma from displacement, cultural dissonance, and difficulties in navigating an unfamiliar educational system. These psychological hurdles often manifest as barriers to academic success, social integration, and emotional well-being. This research focuses on the role of school environments in addressing these challenges, with particular emphasis on the intersection of educational and psychological support. Guided by acculturation theory and ecological systems theory, the study investigates how psychological adjustment is influenced by factors such as teacher-student relationships, peer dynamics, and school policies.

Using a mixed-methods approach, this study includes surveys and interviews with educators and school administrators, along with focus groups in school classrooms. Findings suggest that trauma-informed care,

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culturally responsive pedagogy, and targeted interventions such as language and emotional support programs significantly enhance the psychological resilience and inclusion of migrant children. However, gaps remain in teacher training and resource allocation, which may exacerbate exclusion and hinder psychological well-being. This research contributes to the field of educational psychology by providing evidence-based recommendations for fostering psychological health and academic inclusion for migrant and refugee children, ultimately promoting equity within the education system.

Paper number 761 | Spotlight Talk

Factors of subjective well-being among refugees to be considered for ukrainians: A scoping review

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Introduction. The 2022 Russian invasion of Ukraine resulted in massive migration of the Ukrainian population, both within the country and across its borders. Mental health professionals report the highest levels of stress, anxiety, and PTSD symptoms among Ukrainian refugees (Lushchak et al., 2024) and emphasize the role of boosting well-being in mitigating the consequences of war trauma (Velykodna et al., 2024). Therefore, it is important to review the factors that influence the subjective well-being of refugees to further build an empirical study of it in Ukrainian refugees.

Methods. This study was conducted as a scoping review of the evidence of the well-being of refugees. The papers were searched using the keywords "refugees" and "well-being" through the Scopus scientific database, Google Scholar, and ResearchGate during Spring-Fall 2024. A total of 110 papers were found, 46 were selected as contained the results of empirical research and reflected factors or special conditions for better refugee well-being.

Results. A general list of factors of refugees' subjective well-being (n=36) was identified, which was further grouped into categories (n=7), namely socio-demographic factors (age, gender, level of education, income, marital status), psychological factors (traumatic experience of premigration, mental distress, depressive symptoms and anxiety, psychiatric symptoms, post-traumatic growth, religious coping), health status (absence of affective disorders, quality of sleep, satisfaction with health status), social factors (family separation, social relations, work, volunteering), societal factors (assistance from non-governmental organizations, active use of digital technologies, staying in refugee housing facilities, ethnic or national discrimination, language barriers; long, stressful and uncertain period in detention in asylum centers; uncertain legal status, threat of deportation, long-distance migration, migration procedural experience) and economic factors (income level).

Conclusions. The present results demonstrate that, despite the various factors identified, research on refugee well-being has a lack of attention to the personality aspects and coping strategies.

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Paper number 1204 | Spotlight Talk

Empathy as a risk factor for internalizing symptoms during war exposure: A prospective study from toddlerhood to adolescence

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Empathy, the ability to understand and share the feelings of others, is essential for social relationships and often regarded as a resilience factor. However, during mass trauma, such as war exposure, heightened emotional resonance with others' suffering can lead to distress, particularly in children and adolescents whose emotion regulation abilities are still developing. This study explores how empathic reactions from toddlerhood to adolescence prospectively predict internalizing symptoms in adolescents exposed to the October 7th attacks and the Israel-Hamas war.

The sample (N=120) comes from a longitudinal study of Israeli families, with data collected at four stages: age 1.5 (T1), age 3 (T2), age 11 pre-war (T3), and age 11.5 during the war (T4). Empathic reactions at T1 and T2 were coded through observational tasks, while emotional empathy and internalizing symptoms at T3 were self-reported by adolescents. At T4, internalizing symptoms were reported again. Negative emotionality, a temperament trait reflecting heightened reactivity to stressors, was measured at T1-T3 by parental reports and included as a covariate.

Empathic distress at age 1.5 significantly predicted internalizing symptoms more than a decade later during war, and empathic distress at age 3 had a marginally significant effect. Emotional empathy at age 11 uniquely predicted internalizing symptoms during the war, even after controlling for prior internalizing symptoms. Empathy's predictive role remained significant after accounting for negative emotionality, indicating its unique contribution beyond the general tendency to react strongly to stressors.

These findings highlight the role of empathy as an early-emerging risk factor that might make individuals more prone to internalizing symptoms, especially when exposed to intensive suffering of other during war atrocities. While empathy is generally seen as a resilience factor, recognizing empathy's complex impact on mental health can guide clinical and policy efforts to better support youth in traumatic contexts, promoting healthier psychological outcomes.

Paper number 955 | Spotlight Talk

The role of parental stress, parental gender, and adult child's gender on types of parental entitlement

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Background: Entitled attitudes have been examined in the context of romantic relationships and lately explored within the family, focusing on children's sense of deservingness towards their parents. The nature of parent-child relationship is dynamic in lifetime, and contributes to various developmental outcomes, however the study of aging parents' attitudes towards their adult children has received limited attention. Examining the predictors of parental

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entitlement contributes to a better understanding of differences in parents' expectations and have practical implications for parenting practices and family life.

Research Objectives: Study 1 examined the two types of parental entitlement (restrictive and excessive) as a function of parental gender and parents' attitudes towards their parental role. Study 2 focused on maternal entitlement as a function of adult child's gender.

Method: A sample of 57 Greek adult parents, (n=32 mothers, 56.7%, Mage=60, SD=6.91) were recruited online with convenient sampling and completed the Sense of Relationship Entitlement of Aging Parents Toward Their Offspring (SRE-ao), and their perceptions of their parental stress role and dissatisfaction with the Parental Stress Scale.

Results: No differences on entitled attitudes of any type were found based on parents' gender, yet excessive entitlement was correlated positively with parental stress and dissatisfaction, for both mothers and fathers. Maternal excessive entitlement was higher towards adult daughters as opposed to their sons, however adult child's gender did not moderate the relationship between maternal stress and excessive entitlement

Conclusion: These findings suggest that parental stress and dissatisfaction predict only excessive entitlement and that mothers have higher excessive expectations from their adult daughters. The convenient and small Greek sample limit the generalizability of findings and call for more rigorous research examining additional family-related and individual differences variables (e.g. marital status, living arrangements) which might shape parents' attitudes towards their adult children.

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Main Stage Forum - Open Science

Paper number 1421 | Main Stage Event

Open science

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This roundtable discussion brings together scholars, publishers, and stakeholders to critically examine the evolving landscape of open science in psychology and its implications for research integrity, practice, and dissemination. Central to the conversation is the role of publishers in fostering scientific quality, supporting the direct application of research in practice, and ensuring integrity from the earliest stages of inquiry. Panelists will explore how open science principles—such as transparency, pre-registration, and open data sharing—can serve as foundational tools for reinforcing trust and reproducibility. The discussion will also address the dual-edged nature of preprints: while accelerating access to findings and enhancing public benefit, they may also pose challenges to quality assurance.

Key systemic elements, including the growing use of AI in research and publication processes, the standardization of literature and review methodologies, and the implications for peer review quality, will be discussed. Furthermore, the roundtable will consider broader structural challenges, such as the pressures of over-publishing, selective reporting, and the influence of institutional career metrics, which can undermine scientific progress and distort the research agenda. Ultimately, this session aims to foster dialogue on how to build a more engaged, impactful, and ethically grounded research culture in psychology, responsive to both scientific and societal needs.

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Roundtable discussion 19 - Psychology at the UN: Contributing to the 2030 Agenda

Paper number 1215 | Roundtable discussion

Psychology at the UN: Contributing to the 2030 agenda

Tobias Brosch[1], Nicola Gale[2], Christoph Steinebach[3], Lori Foster[4], Amanda Clinton[5]

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To accelerate achievement of the 2030 Agenda for Sustainable Development (https://sdgs.un.org/2030agenda), the Member States of the United Nations (UN) recently adopted the Pact for the Future (https://www.un.org/sites/un2.un.org/files/sotf-pact_for_the_future_adopted.pdf), committing to accelerated action on the 17 Sustainable Development Goals (https://sdgs.un.org/goals; SDGs). Many civil society organisations, including the psychology associations represented in this session, are accredited by the UN, granting a platform to advocate for increased use of our science.

Psychology is particularly well placed to engage with the Secretary General's vision of a modernized UN system: UN 2.0 (https://www.un.org/two-zero/en). Among five priorities, improvement of the UN's own behavioural science capacity to better tackle inequality, exclusion, and discrimination, speaks directly to the conference theme "Transforming Psychological Science: the 2030 agenda."

Discussion leads will provide an introduction to the UN system and to the roles of organized psychology, facilitating conversations on:

- The contributions of psychology to the work of the UN, with sustainability as a particular example.
- The importance of psychologists' applying their work to support global policy and programs.
- The benefits of this work to the profession and society.

The Roundtable will be hosted by UN staff and members of the European Federation of Psychologists' Associations, American Psychological Association, and International Association of Applied Psychology, all actively engaging with the work of the UN at Geneva or New York.

The themes of the Pact for the Future (sustainable development, peace and security, science including digital cooperation, youth, and global governance) engage the expertise of psychologists across the discipline and profession. Participants will be encouraged to consider how they can advance the multilateral UN agenda through working with their own professional associations. This work at the UN aims to foster exchanges between psychologists, UN staff, and Member State representatives on development of psychologically-informed policies and action to advance the SDGs.

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Roundtable discussion 20 - International Declaration on Core Competences in Professional Psychology (IPCP): Towards more significant impact

Paper number 233 | Roundtable discussion

International declaration on core competences in professional psychology (IPCP): Towards more significant impact

Dragos Iliescu[1, 2], Mariann Burnetti-Atwell[3], Waikaremoana Waitoki[4], Miriam Cue[5]

[1]University of Bucharest, Romania
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[3]ASPPB, United States
[4]New Zealand Psychological Society, New Zealand
[5]Professional Regulatory Board on Psychology, Philippines

Since its adoption in 2016 by both the International Association of Applied Psychology (IAAP), and the International Union of Psychological Science (IUPsyS), the International Declaration on Core Competences in Professional Psychology has begun to be used in a number of countries across the globe, on all the five continents. It was used to assists educators, help regulators, inform practitioners and support policy-makers in such countries as Columbia, Romania, South Korea, Philippines, United States of America, Aotearoa/New Zealand. It is one of the important foundational documents for other initiatives. For example the 2023 revision of the competences of the European Certificate in Psychology EuroPsy explicitly took into account the International Declaration. We will also discuss how the impact of the Declaraton could be increased in the future.

Paper number 271 | Symposium

Advances in psychological assessments & careers

Rainer Kurz[1], Michele Guarini[2], Carina Fiedeldey-Van Dijk[3, 4], Reuven Bar-On[5], Nigel Evans[6, 7]

[1]HUCAMA Analytics, United Kingdom
[2]HUCAMA Group, Denmark
[3]Performance ULC, Aurora, Canada, Canada
[4]University of Pretoria, South Africa, South Africa
[5]Performance ULC, Canada & Israel, Israel
[6]Nigel Evans Consulting, United Kingdom
[7]EFPA Board of Assessment, United Kingdom

Overview. Psychological assessments are widely used in research and practice. Career assessment frequently feature an array of tools the results of which need to be integrated and compared to occupational taxonomies such as Holland's RIASEC or O-NET. In the light of theoretical advances in the field related to Emotional intelligence (Bar-On, 1997), the Great 8 Competencies (Kurz & Bartram, 2002) and Cybernetic Big 5 Theory (DeYoung, 2015) this symposium presents cutting edge assessment solutions.

Paper 1. This study (N=250) integrates ability, interest, motivation and style (personality) assessments with the aid of the World of Work (WoW) model (Kurz & Bartram, 2002) which is a person-environment interaction model.

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Paper 2. This study (N=485) is a substantial validation study linking Personality Factors and Competency Factors that both build on an underlying Success Factors model that updated the Great 8 Competencies (Kurz & Bartram, 2002).

Paper 3. This study (N=(n=3,039)) explores the Multifactor Measure of Performance (MMP) in the light of the National Occupational Classification (NOC) framework.

Implications. This symposium challenges the audience to explore psychological assessments for careers beyond the Big 5 personality factors. It illustrates practical ways to assess and integrate dispositions and performance.

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[1]HUCAMA Analytics, United Kingdom
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Paper number 1323 | Symposium Paper

Ability, Interest, Motivation & Style (AIMS) assessment: Enhancing occupational match and fit in the world of work

Rainer Kurz[1]

[1]HUCAMA Analytics, United Kingdom

Objectives. There is a very long tradition of using ability tests and questionnaires assessing interests, motivation/values and personality / work style for job and career matching. This paper explores how multi-scales

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measures of these four modalities relate to 19 career areas. It will illustrate career solutions of the past, present and the future that build on such assessments.

Background. The World of Work (WoW) model is a person-environment interaction model outlined by Kurz & Bartram (2002) to map out person and environment modalities such as A-I-M-S that can be assessed for job and career fit. The model is applicable independent of specific instruments as a heuristic to integrate psychological assessments.

Methodology. Six ability tests and an interest inventory were administered on-screen to 250 A-level students. The majority also completed personality (OPQ), motivation (MQ) and Skills (IMC) questionnaires. Up to 4 attributes per modality are identified with view to construction of expert systems and potential applications of AI.

Results. The study shows how AIMS attributes are associated with 19 occupational areas. As an alternative to Holland's RIASEC hexagon, a higher order octagon model is proposed that builds on the Schwartz (1992) universal values model and the Great 8 Competencies (Kurz & Bartram, 2002). AIMS attributes characterise each occupational area and thus facilitate job and career match applications.

Limitations. The study is limited to 19 advanced occupational areas, but the principles could be applied for other career areas. Results are instrument specific but higher-order scores for each modality will also be explored.

Implications. The study shows that AIMS attributes converge in meaningful ways which facilitates a differential approach to careers assessment. For job fit however differential functions must be supplemented by the assessment of general characteristics as embodied e.g. through the 'Great 8'.

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Paper number 1324 | Symposium Paper

Personality & Competency Factors in Match and Fit Applications

Michele Guarini[1]

[1]HUCAMA Group, Denmark

Objectives. Psychological assessments in the world of work frequently revolve around personality questionnaires that are in developmental settings often complemented by 360 competency feedback measures. The Success Factors model aligns predictor and criterion variables at the level of four quadrants, 8 factors and 48 facets. These can be deployed for job area match (multiple roles like in guidance and placement settings) and fit (specific position like in recruitment) applications.

Background. Cybernetic Big 5 Theory (DeYoung, 2015) and the Great 8 Competencies (Kurz & Bartram, 2002) are integrated into a Success Factors model against the backdrop of the Schwarz (1992) Universal Values model circumplex. Personality measures of potential and competency measures of performance were developed in parallel resulting in a structurally aligned hierarchical model. Assessment reporting links predictor and criterion domains through Competency Potential algorithms which in turn can be compared to Job Factors in the same language.

Methodology. A professional and managerial sample (N=485) completed Personality Factors (PF48) measuring 48 facets grouped into 8 factors and Competency Factors (CF48) measuring 8 effectiveness factors through six competencies each. Reviewer ratings on CF48 were averaged to compute criterion-related validity.

Results. Point-to-point observed validities with reviewer ratings averaged .28 for single traits which increased to .32 for Competency Potential algorithms. The values with self-ratings were .52 showing the high overlap between personality and competency self-report.

Limitations. This analysis was restricted to normative data but ipsatised and ranking data will be investigated in the future. The Big 5 model of personality has been the most central model of personality for the last 35 years but the Great 8 provide a useful addition in applied psychology

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Implications. Facets of personality can be used to predict specific competencies with pinpoint accuracy. A priori predictions for job areas were mostly supported by the data.

Paper number 1325 | Symposium Paper

Performance benchmark profiles for occupational classifications: finding the right candidate fit with the Bar-On MMP

Carina Fiedeldey-Van Dijk[1, 2], Reuven Bar-On[3]

[1]Performance ULC, Aurora, Canada
[2]University of Pretoria, South Africa
[3]Performance ULC, Canada & Israel, Israel

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Objectives. Fitting and meaningful study and job choices drive high occupational performance at all levels. A holistic performer assessment that reveals which factors might support or hinder their performance will determine how best to manage sustainable job satisfaction and productivity. We will empirically demonstrate how this can be achieved with targeted performance benchmarking.

Background. The Multifactor Measure of Performance (MMP) is a validated psychological assessment based on the Bar-On model of human performance that includes physical, cognitive, personal, social, and inspirational factors. The MMP developers distinguished the most and least strong performance contributors among 18 core and 5 ring factors for different test-taker occupations as referenced by the National Occupational Classification (NOC) framework. This initiative supports diverse career applications with equitable opportunities for performance improvement.

Methodology. The demographically balanced MMP normative population (N=3,039) includes 2,420 records with specified occupational responsibilities coded to the NOC criteria using both dimensions in its matrix. First, the Broad Occupational Category (BOC) considers the type of work performed and the field of study in 10 industry sectors for employment. Second, the TEER category broadly aggregates job-related Training, Education, Experience, and Responsibilities.

Results. We will highlight the significant MMP performance factors ($p<0.01$) in six BOC and five TEER categories and discuss their implications. Test-taker MMP results can be compared against these model profiles for their degree of fit with occupational categories.

Limitations. The growing MMP normative population covers most NOC major two-digit code-level groups. Its expanding data continually improves the representation of group and code structures until the next major NOC Government update in 2031.

Implications. The research results enable vocational counseling, targeted person-job matching, and tailored career development through MMP norms and benchmarks. NOC information can be integrated into internet-enabled applications via direct downloading from the Government of Canada website for occupational research and practice.

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Paper number 1024 | Symposium

The psychology of tomorrow: Challenges and opportunities for young researchers in psychology across the globe

Pedro Altungy[1, 2], Judit Llopis Barca[3], Daniel Martín[2], Carolina Garraio[4]

[1]Universidad Complutense de Madrid, Spain
[2]Consejo General de la Psicología de España, Spain
[3]Universitat de València, Spain
[4]University of Porto, Portugal

The seminar "The Psychology of Tomorrow: Challenges and Opportunities for Young Researchers in Psychology" aims to offer an open forum to analyse the evolving landscape of psychological science and its implications for early-career researchers in psychology. In an era of rapid technological advancement, shifting societal dynamics, and increased emphasis on interdisciplinary collaboration, young psychologists are navigating in a field that offers both significant challenges and exciting opportunities.

Among the main challenges, perhaps the most significant are the complexities of establishing a career in a highly competitive academic environment, securing funding for innovative research, and addressing ethical concerns associated with emerging technologies (such as AI). Furthermore, the increasing demand for open science practices and accountable methodologies requires young researchers to adapt to new standards, while maintaining rigor and creativity. The pressure to produce research with measurable societal impact adds another layer of complexity, compelling early-career psychologists to align their work with global priorities and pressing social issues.

Despite these challenges, the opportunities are also broad. Technological advancements are enabling new ways to collect, analyse, and share data, fostering innovation in research methodologies. Digital platforms and international networks are expanding possibilities for global collaboration and cross-cultural research. Additionally, the growing recognition of psychology's role in addressing societal challenges opens avenues for poignant interdisciplinary work.

This seminar, which will count with speakers from three countries (Spain, Portugal and Panama), aims to empower young researchers by offering a comprehensive dialogue on the future of the field. Through an exchange of ideas, participants will explore practical strategies for overcoming obstacles, leveraging emerging trends, and making meaningful contributions to psychological science. By fostering resilience, adaptability, and a global outlook, the seminar seeks to inspire the next generation of psychologists to embrace their role as leaders and innovators in shaping the future of the discipline.

Paper number 1410 | Symposium Paper

The psychology of tomorrow: Challenges and opportunities for young researchers in psychology

Pedro Altungy[1]

[1]Universidad Complutense de Madrid, Spain

The seminar ""The Psychology of Tomorrow: Challenges and Opportunities for Young Researchers in Psychology"" aims to offer an open forum to analyse the evolving landscape of psychological science and its implications for early-career researchers in psychology. In an era of rapid technological advancement, shifting societal dynamics,

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Paper number 1411 | Symposium Paper

Doctorate in psychology: First stages, challenges and opportunities

Daniel Martín[1]

[1]University of Cordoba, Spain

Doctoral studies are a great opportunity to acquire advanced knowledge in a specific field and to qualify professionals to plan and carry out research that contributes to the advancement of science with the best guarantees of quality. In the case of psychology, we are fortunate to have a young discipline that is also made up of several sub-disciplines, which is an incentive to continue making progress in broadening the horizons of our different areas of knowledge, consolidating them through different actions such as the publication of books, articles and guides, the holding of congresses, the creation of academic scientific societies or the creation of international research teams, among other scientific activities. Therefore, having well-trained researchers in psychology who can continue to generate knowledge is crucial for the advancement and development of the profession. However, there are still a number of challenges and obstacles that students may face when deciding whether or not to finally choose this training path, due to factors such as the difficulty of finding funding to support their studies during the third cycle, lack of knowledge about the bureaucracy, rights and obligations during their doctoral status, lack of knowledge about possible career opportunities, lack of perspective on the experience or mental health problems. This has meant that potential candidates full of talent ultimately choose not to enrol in doctoral studies or, once enrolled, do not complete their studies after years of effort and dedication. For this reason, this paper will reflect on the main limitations and difficulties in accessing and remaining in doctoral studies, as well as possible solutions and actions to promote access to and completion of these studies, given the important mission that science represents for the advancement and consolidation of psychology.

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Paper number 1412 | Symposium Paper

PhD student careers in Portugal: Challenges and opportunities

Carolina Garraio[1]

[1]University of Porto, Portugal

Portugal stands out in the global academic landscape for producing high-quality research, much of which is driven by PhD students. This is facilitated by a significant number of scholarships awarded primarily through the Foundation for Science and Technology (FCT), alongside funding for research centres and the regulatory framework provided by the Agency for Assessment and Accreditation of Higher Education (A3ES). These mechanisms foster a researchintensive environment that enables the production of internationally recognized research across various fields.

However, the Portuguese research ecosystem faces substantial challenges. A significant issue is the lack of stable career paths for researchers, with many relying on temporary contracts tied to the availability of project-based funding. This dependence on external sources such as FCT grants and European funds generates uncertainty, particularly in fields like Psychology, which are chronically underfunded. While Portugal's Gross Domestic Product (GDP) investment in Research and Development (R&D) stood at 1.4% in 2019—below the EU average of 2.19%—the funding for Social Sciences, including Psychology, is disproportionately lower, further exacerbating these challenges.

Despite these constraints, Portugal offers several opportunities for PhD students. The country's integration into international research networks and its growing focus on innovation and interdisciplinary collaboration create avenues for impactful research and institutional

partnerships. Additionally, the presence of competitive funding mechanisms such as FCT scholarships ensures that PhD students can engage in cutting-edge projects within a supportive academic framework.

This highlights the dual reality faced by PhD students in Portugal: a robust system that fosters high-quality research but one that is constrained by structural limitations, particularly in career stability and equitable funding distribution. Addressing these issues is vital to ensuring sustainable growth in the research sector and the long-term success of PhD graduates in Portugal.

Paper number 1413 | Symposium Paper

Post-Doctoral Pathways in Psychology in Spain: Challenges, Next Steps, and Mental Health Considerations After Completing a PhD

Judit Llopis Barca[1]

[1]Universitat de València, Spain

A PhD in Psychology in Spain is a significant academic achievement, but it marks only the beginning of a new professional journey. After finishing their doctoral studies, psychologists often face a range of challenges when transitioning from academia to the workforce.

One of the primary difficulties is securing permanent, stable employment, as many doctoral candidates initially work in temporary research positions or as postdoctoral researchers. Additionally, they must navigate the competitive landscape of psychology, where opportunities in academia, clinical settings, private practice, or industry may not always align with personal aspirations or the skills developed during the doctoral program.

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The transition also involves redefining one's professional identity and career goals. For many, this includes deciding whether to pursue further specialization, enter into clinical practice, or take on teaching roles at universities. Some may also consider entrepreneurial ventures, such as private practice or consulting. However, the lack of clear career paths, particularly in public institutions, can create stress and uncertainty. This can be exacerbated by financial pressures,

work-life balance concerns, and the need for continued professional development.

Mental health issues, such as burnout, anxiety, and imposter syndrome, are common in the post-doctoral phase due to these challenges. Graduates may experience difficulty adjusting to the demands of professional life while maintaining their well-being. As such, addressing mental health concerns should be an integral part of post-doctoral support structures. Universities and professional organizations can help mitigate these challenges by offering career guidance, mental health resources, and fostering networks that allow recent graduates to connect with peers in their field.

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Paper number 1160 | Symposium

All along the co-evolution: Cutting-edge technologies and participatory approaches in environmental psychology and urban planning

Oriana Mosca[1], Marco Boffi[2], Silvana Mula[1], Charalampos Spanos[3]

[1]University of Cagliari, Italy
[2]University of Milan, Italy
[3]The Cyprus Institute, Cyprus

Abstract: The spread of digital technologies has transformed everyday habits, blending the physical and digital worlds and paving the way for spaces of extended reality. This symposium brings together case studies that explore innovative strategies to harness opportunities in this dynamic context. Contributions focus on developing tools and methods to investigate and engage communities, adapting to shifting social and physical environments. By bridging environmental psychology and urban planning, this symposium emphasizes co-evolution, wherein participatory research methods and advanced technologies interact to address contemporary urban challenges. Through approaches such as the Experiential Environmental Impact Assessment (exp-EIA©), geo-games, and web-app, like Walklets, presenters showcase how innovative methodologies can enhance collective decision-making, empower diverse stakeholders, and foster a positive relationship with places and inclusive urban interventions. The case studies highlight critical topics, including the role of technology in creating shared public spaces, fostering environmental awareness, and promoting sustainable practices. Special attention is given to collaborative tools that enable individuals and communities to visualize, evaluate, and redesign urban spaces while addressing equity, accessibility, and ecological considerations. Ultimately, the symposium underscores the importance of co-evolution—an iterative process in which participatory approaches and technological innovation dynamically shape one another. By highlighting actionable strategies and fostering interdisciplinary dialogue, this Symposium aims to inspire novel pathways for environmental psychology and urban planning to collaborate in building resilient, adaptive, and equitable cities for the future.

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Paper number 1391 | Symposium Paper

Psychological digital tools for participatory urban planning: Exploring the experiential environmental impact assessment in campus regeneration

Marco Boffi [1], Nicola Rainisio [1], Gabriele Stancato [2], Barbara Piga [2]

[1] University of Milan, Italy
[2] Polytechnic University of Milan, Italy

The increasing adoption of digital technologies is reshaping participatory processes and psycho-social interventions, introducing innovative tools for collecting, analyzing, and visualizing subjective and collective data. Despite challenges such as the digital divide, these tools are proving essential for enhancing engagement, expanding participation, and improving efficiency. By integrating digital and face-to-face interactions, they break down traditional constraints of time and space. These

advancements also enable a richer understanding of the relationship between individuals and their environments, promoting inclusive and human-centered design approaches.

The Experiential Environmental Impact Assessment (exp-EIA©) is an advanced method designed to capture and analyze behavioral, spatial, and psycho-social data, creating detailed maps of subjective experiences within urban spaces. It bridges the gap between physical and psychological perspectives in urban planning by examining variables like emotions, environmental preference, restoration, and sense of community at both neighborhood and building scales.

Available as a web and mobile application, exp-EIA© enables real-time data collection and visualization. The resulting psychological maps provide valuable insights into emotional responses and environmental preferences, equipping urban designers and policymakers with actionable information. By integrating individual perceptions with collective trends, the method offers a comprehensive view of how people interact with and experience urban environments. The adaptability of exp-EIA© allows its use in a variety of participatory approaches, enhancing community involvement and supporting co-creative urban planning.

A study will be presented in the context of regenerating a campus at the University of Milan. In this case study, students were engaged in evaluating areas for transformation and participated in collective reflections on their experiences and perceptions of the campus spaces. The results and future developments of this research will also be discussed, highlighting how digital-driven participatory methods can inform urban interventions and promote shared understanding and solutions.

Paper number 1390 | Symposium Paper

Experiencing the changing space with Walklets: the TERSICORE project

Mosca Oriana[1], Fornara Ferdinando[1], Mula Silvana[1], Manunza Andrea[1], Muroni Emanuel[1], Giliberto Giulia[1], Blecic Ivan[1]

[1]University of Cagliari, Italy

The TERSICORE project aims to design models and protocols to assess the psycho-social dimensions of urban regeneration spaces. A key innovation is Walklets, a web app for collecting user data on interactions with regenerated spaces. This tool supports the intervention design both in the pre-action phase—by identifying users' relationships with the space, their needs, desires, intentions, and potential social practices—and in the post-action phase, evaluating satisfaction, changes in perceptions, and use of transformed spaces. It also assesses architectural, urbanistic, and environmental quality and shifts in how users care for these regenerated areas.

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We developed a methodology for cultural urban planners and digital designers to create digital tools that enhance urban regeneration. This approach highlights effective psycho-environmental variables, such as place attachment, memory, restorativeness, and emotional engagement, in fostering positive relationships with urban spaces.

To validate this methodology, we are conducting urban walks with small groups (approximately 60 participants, data collection ongoing). Participants will complete pre- and post-walk questionnaires to examine their relationship with physical spaces and evaluate digital engagement through aspects like serendipity and interaction quality.

The findings aim to inspire innovative methods for co-creating walkable, engaging, and connected urban spaces, promoting collaborative and user-centered urban regeneration practices.

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Paper number 1392 | Symposium Paper

Participatory space regeneration: Evaluating the psychological effects of the TERSICORE project in a university campus

Silvana Mula[1], Oriana Mosca[1], Andrea Manunza[1], Giulia Giliberto[1], Emanuel Muroni[1], Ivan Blecic[1], Ferdinando Fornara[1]

[1]University of Cagliari, Italy

Silvana Mula[1]

[1]University of Cagliari, Italy

The TERSICORE project seeks to transform the Sa Duchessa university campus in Cagliari, Italy, by fostering the creation of recreational spaces through a participatory approach involving students from architecture, environmental psychology, and botany. The primary goal of this initiative is to revitalize neglected and underutilized spaces, enhancing their functionality and welcoming qualities for campus users.

A questionnaire was developed and administered during the pre-intervention phase (June 2024) to a sample of 588 students (74% female, Mage = 24.37). The questionnaire aims to assess participants'

perceptions, emotions, behaviors, intentions, and needs concerning three underutilized outdoor spaces on the campus. It measures key psychological constructs, including place attachment, restorativeness, environmental quality perception, behavioral intentions (e.g., willingness to care for or continue using the space), and current and desired practices and activities associated with the three spaces. The questionnaire will be re-administered during the post-intervention phase (March 2025).

Longitudinal analysis, employing techniques such as longitudinal Structural Equation Modeling (SEM) and repeated measures MANOVAs, will be used to assess whether the transformative interventions within the campus lead to changes in users' behaviors and attitudes. Specifically, the analysis will explore the impact of the interventions on user satisfaction, sense of belonging, place attachment, restorativeness, and perceptions of environmental quality. These findings will offer valuable insights into the potential of participatory space regeneration to enhance psychological and social well-being, fostering more sustainable, functional, and engaging public spaces.

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Paper number 1393 | Symposium Paper

Learning though design scenario testing for the implementation of nature-based solutions in historical neighbourhoods by means of digital geo-participatory tools

Charalampos Spanos[1], Georgios Artopoulos[1], Constantinos Kritiotis[1], Afroditi Magou[1]

[1]The Cyprus Institute, Cyprus

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The paper presents the development of a digital tools for local stakeholder engagement in the development of co-governance models for the implementation of Nature-based solutions (NBS) in growing heritage-human-nature relationships in historic urban environments. The concept of NBS is a recent one that brings together solutions and approaches that are inspired and supported by nature, promising to simultaneously provide environmental, social benefits as well as positive impact on well-being, towards more sustainable communities. The paper reflects on ongoing experiences of creating and integrating a geo-game for participatory budgeting into the co-design process, currently ongoing, in the context of new research developed for an urban riverbed that lies next to a recently urbanized historical built environment in the Eastern Mediterranean island of Cyprus.

The paper presents a roadmap of the development and inegration of this tool into the operations of a local living lab. Acknowledging that the local community has knowledge to share, the research employs citizen science, aiming to encourage participants to share their knowledge through co-diagnostic activities. The research is experimenting with diverse participatory methods in order to engage underrepresented social groups, elderly, youth and children, while raising awareness regarding the importance of preserving biodiversity and promoting human-nature relationship for heritage safeguarding and the well-beign of the citizens. These methods include phygital interaction with nature and field exploration, open discussions framed by data-driven insights and the presented serious geo-game of scenario testing for decision-making regarding the implementation of specific NBS on site. The paper concludes with recent finds of this process that include feedback on the participation steps conducted, limitations and lessons learnt about the levels of citizen group engagement achieved through this roadmap of localised activities.

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Paper number 1276 | Main Stage Event

Policy and program development and perspectives on Mental Health and Psychosocial Support Services (MHPSS) system support–highlights from UNICEF ECARO

Eleni Karayianni[1], Gabriele Fontana[2], Stanislava Vuckovic[3], Daria Rostirolla[4], Marija Mitkovic-Voncina[5, 6], Anahit Minassian[7], Dorota Kleszczewska[8], Catalina Constantin[9, 10]

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This symposium aims to elevate the visibility of child and adolescent mental health and psychosocial support (MHPSS) system strengthening by presenting practical approaches and strategic frameworks rooted in public health and multisectoral collaboration.

Bringing together UNICEF specialists and external experts with strong technical backgrounds in MHPSS and public health, the panel highlights country-level initiatives across Cyprus, Serbia, Romania, Poland, and Italy. These include UNICEF-supported efforts and broader national actions to expand access to youth-friendly, evidence-based, and community-anchored mental health services integrated within health, education, and social protection systems.

In Cyprus, collaboration between the Ministry of Health and youth institutions emphasizes youth participation in policy design and early intervention. Serbia's national MHPSS programme employs a five-pillar model focusing on system strengthening, workforce development, digital platforms, community outreach, and public awareness. Romania pursues reforms in community-based services with multidisciplinary teams and innovative methodologies for mental health and addiction prevention centers.

Poland offers insights from research with Ukrainian adolescent refugees, revealing barriers like stigma and limited awareness and demonstrating how targeted communication can improve help-seeking behaviors. In Italy, the "Child & Youth Wellbeing and Mental Health First" initiative, led by ministries and UNICEF, addresses fragmented services by promoting intersectoral collaboration and integrated, context-sensitive care models, with active youth participation through a Youth Advisory Board.

The panel underscores the need for meaningful, sustained investment, sustainable financing, and the availability of tailored, community-based MHPSS services reflecting the real needs of children, adolescents, and caregivers.

The European Commission's 2023 communication and the EU4Health Programme, implemented with UNICEF's support, represent key steps toward comprehensive, prevention-focused child health strategies across 29 countries. UNICEF facilitates knowledge sharing, capacity building, and policy dialogue to enhance coordinated efforts and ensure mental health services meet the diverse needs of children and adolescents, including those affected by conflict and displacement.

This session fosters cross-country learning and dialogue, enhancing coordinated efforts with EFPA members and beyond to build robust systems that improve MHPSS for children, adolescents, and youth across Europe and globally.

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Paper number 1278 | Symposium Paper

Developing concrete, context-sensitive models for integrated youth service delivery

Daria Rostirolla[1]

[1]UNICEF ECARO, Italy

In Italy, ensuring timely, equitable, and integrated mental health and psychosocial support (MHPSS) for children and adolescents remains a complex systemic challenge. Services, while available nationwide, are often fragmented across sectors and regions, with persistent disparities in access, coordination, and quality of care.

The initiative “Child & Youth Wellbeing and Mental Health First” — promoted by the Ministry of Health, the Ministry of Labour and Social Affairs, and ProMIS, and implemented by UNICEF — aims to bridge these gaps by fostering stronger intersectoral collaboration and providing technical support for the implementation of context-sensitive, integrated service models.

An initial international desk review of effective MHPSS integration practices provided the conceptual foundation for the project. Building on this, a comprehensive multi-regional assessment mapped current service delivery approaches and explored opportunities for developing more coordinated and inclusive care pathways across health, education, and social sectors. The project is now moving into district-level workshops and pilot activities, with a focus on models that are accessible, stigma-free, and responsive to the diverse needs of young people, with particular attention to those in vulnerable situations.

A distinctive and innovative feature of the initiative is the meaningful participation of young people. Through the Youth Advisory Board (YAB), established under the national Child Guarantee framework, the initiative actively engages adolescents and young people in shaping service design, highlighting priorities such as accessibility, participation, and inclusive approaches that reflect their lived experiences.

Paper number 1280 | Symposium Paper

Improving the system of mental health promotion and protection for children, adolescents, youth, and their caregivers in Serbia

Marija Mitkovic-Voncina[1, 2]

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The Mental Health and Psychosocial Support (MHPSS) Programme in Serbia was launched in 2021, in collaboration of UNICEF and partners, with the primary goal of fostering the mental health and psychosocial wellbeing of young people and caregivers, strengthening community capacities, and ensuring non-stigmatizing, accessible, available, and high-quality mental health services. This programme lies on five pillars: 1) System strengthening and policy advocacy (focusing on the development or enhancement of multisectoral strategies and action plans that integrate mental health and psychosocial well-being into the health, social welfare, and education sectors, in alignment with international guidelines and human rights instruments); 2) Workforce development (developing and piloting an innovative model of MHPSS interventions set for professionals from the three sectors - the Youth Minimum Service Package (YMSP), with a powerful potential shown by the programme evaluation); 3) Digital Solutions and Telehealth (developing a mental health platform svejeok.rs to provide youth with relevant and safe information on mental health; introducing telehealth pilot services in healthcare and enabling the provision of MHPSS to youth in remote areas); 4) Community based services for adolescents and youth (recognizing the importance of developing community-based services as the initial step in reaching out to and enhancing the well-

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being of young individuals, and nurturing their positive development while promoting active engagement in society; engaging an approach to foster peer-to-peer support among young people); and 5) Campaigns (conducting successful media campaigns to raise awareness and promote mental health initiatives through disseminating information, reducing stigma, and engaging the public in conversations about mental health). This presentation will introduce the five pillars of the programme and discuss the implications and future plans in the domain of mental health of young people.

Paper number 1281 | Symposium Paper

Support to MOH in strengthening youth-friendly promotion and prevention services for MHPSS among youth

Anahit Minassian[1]

[1]UNICEF ECARO, Cyprus

The mental health and psychosocial wellbeing of young people is a growing concern across Europe, with significant gaps in service accessibility, quality, and youth engagement. This presentation outlines a collaborative programme in Cyprus, led by the Ministry of Health, the Youth Board, the Cyprus Youth Council, and local municipalities, aimed at strengthening youth-friendly mental health promotion and prevention services for individuals aged 15-24. The initiative is informed by the comprehensive report The report “Young Minds Matter: Mental Health Support for Youth and Children in Cyprus,” which found persistent challenges including stigma, limited youth-friendly services, staff shortages, and poor inter-agency coordination. The report is based on qualitative analysis of youth mental health needs and intensive process of key stakeholder engagement and distills actionable recommendations, advocating for a comprehensive, coordinated national strategy that prioritizes cross-sector collaboration and includes youth participation. The initiative aims at developing a youth engagement framework to ensure young people are actively involved in the design and implementation of services at the municipal level.

A key achievement has been the direct involvement of youth in shaping both the first ever National Mental Health Strategy and the National Youth Strategy 2030, ensuring that policies reflect their perspectives and priorities. The programme’s approach emphasizes early intervention, prevention, improved accessibility, and the development of specialised programmes tailored to youth needs.

This experience from Cyprus offers a replicable model for other European contexts seeking to enhance youth mental health systems. The findings underscore the importance of empowering youth voices, building provider capacity, and fostering multi-level partnerships to create resilient, supportive environments that promote mental wellbeing among young people.

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Paper number 1284 | Symposium Paper

Understanding Ukrainian adolescents' attitudes to mental health and psychosocial support in Poland

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Background:

Since the outbreak of the war in Ukraine in February 2022, Poland has become a primary destination for Ukrainian refugees, with over 950,000 registered for temporary protection. Ukrainian adolescents face unique mental health challenges compounded by displacement, social stigma, and adaptation barriers. UNICEF's holistic approach aims to improve mental health and psychosocial support (MHPSS) accessibility and effectiveness. Recognizing the importance of tailored interventions, this study explores Ukrainian adolescents' attitudes, perceptions, and behavioral barriers related to MHPSS in Poland, employing UNICEF's Behavioral Drivers Model to analyze social, psychological, and environmental influences.

Material and Methods:

A mixed-methods design was employed, comprising qualitative and quantitative components. Qualitative insights were gathered through 9 Key Informant Interviews with psychologists and 9 Focus Group Discussions involving 72 adolescents and 18 caregivers across Polish cities. Quantitative data were collected via an online survey with 677 adolescents aged 18-19, including a diverse gender sample: 477 girls, 161 boys, and a small number of other identities. The survey employed randomized interventions testing four behavioral message formats: Young person, no social norm;

Young person, social norm; Psychologist, no social norm; Psychologist, social norm.

Variables measured included language proficiency, attitudes toward mental health, social norms, self-stigma, and service utilization. Statistical analyses utilized correlation and regression models to identify predictors of help-seeking intentions and attitudes.

Results:

Only 26% of adolescents reported prior use of MHPSS, with current engagement at 9%. Despite 42% recognizing the benefits of support, 74% did not access services. Self-stigma was common; 35% felt worse if unable to solve problems independently. Perceptions of negative social norms significantly decreased help-seeking intentions ($p<.005$). The RCT revealed that messages from psychologists with social norm cues notably increased intentions (mean=4.14). Gender differences emerged: females (n=477) exhibited lower self-stigma, greater openness to support, and were more likely to seek help, whereas males (n=161) displayed higher self-stigma and reluctance. Peer support was identified as a crucial factor—adolescents with friends engaged in MHPSS reported reduced stigma and higher inclination to seek help.

Conclusions:

Attitudes, social norms, and self-stigma hinder MHPSS access among Ukrainian adolescents in Poland. Interventions leveraging trusted professionals and social norm messages are effective, but fostering peer networks is essential. Recommendations emphasize the importance of peer support, early parental involvement, and gender-sensitive strategies to enhance mental health help-seeking and outcomes in this vulnerable group.

Literature:

https://www.unicef.org/eca/reports/understanding-ukrainian-adolescents-attitudes-mental-health-and-psychosocial-support-poland

https://hbsc.org/new-who-hbsc-international-report-a-focus-on-adolescent-mental-health-and-well-being/

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Paper number 1285 | Symposium Paper

Psychological support for children in communities from national center for mental health and fight against drugs' perspective

Catalina Constantin[1, 2]

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[2]Ministry of Health, Romania

In Romania most of mental health services are provided in hospital. Recently an important reforming process has begun and one of the topics is mental health services in communities.

There are few principles for organizing these services: multi-disciplinarity, collaboration with other institutions, NGOs, relevant stakeholders, municipalities, providing access for vulnerable people, interventions tailored on the people needs, prevention as centre of interventions and assessment of all, in a dynamic way, in order to update the quality of services and have data based arguments for proper public policies in mental health.

The MoH organized departments in psychiatric hospitals and general hospitals with psychiatric wards, called Centres for Mental health and Addiction Prevention - CSMPA, who provide free mental health services for adults and children.

Regarding mental health services for children, there are two directions:

- Services for children (prevention, evaluation, treatment and social services)

- Services for adults who take care of children (education for staff working in schools, mental health services, community services, social protection services, proper working conditions, jobs opportunities in mental health, NGO's involvement etc.)

We are conducting a mental health services evaluation, in working progress, and partial data revealed needs within mental health system regarding infrastructure, staff number and level of expertise, type of services according with population needs, community psychiatry, mobile teams working in communities, social protection, communities involvement, prevention, data base. Because of all data, facts, collaboration settings, public policies changes, we manage to create a methodology for CSMPA functioning we will start to implement this year and evaluate the results in order to have the proper solution for children mental health and wellbeing.

Paper number 1422 | Symposium Paper

The multi-country European Union TSI (Technical Support Instrument) program in the region of Andalusia (Spain)

Olalla García Pineda[1]

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The work carried out around the multi-country European Union TSI (Technical Support Instrument) program in the region of Andalusia (Spain) is presented.

This project is based on the close collaboration between the Regional Ministry of Health and Consumer Affairs and the Regional Ministry of Social Inclusion, Youth, Families and Equality to provide a comprehensive and well-articulated set of services to improve the mental health of children and adolescents who are in situations of psychosocial vulnerability or at risk of neglect, abuse, and violence in the care and protection system.

Under the title "Child & Youth Wellbeing and Mental Health First: Addressing mental health and psychosocial support needs of children and young people in care and protection system in Andalusia (Spain)" we have focused on intersectoral work.

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A summary of the project, including an assessment conducted in 2024, results and activities to date and planned is presented.

Papers session 65

Paper number 260 | Oral

ADHD and psychological effects on learning

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Abstract

Attention Deficit Hyperactivity Disorder (ADHD) significantly affects learning, as its symptoms create barriers that make it difficult for the child to meet academic demands. The impact of ADHD on learning is not only limited to cognitive or educational issues, but also extends to the psychological domain, affecting the child's self-image, self-esteem and mental health. Inability to concentrate and distraction make it difficult for a child with ADHD to complete lessons and tasks that require perseverance and sustained effort. This leads to lower performance on schoolwork. Children with ADHD often face negative criticism, and this leads to low self-esteem and a negative self-image. The constant struggle of children with ADHD to meet school demands while experiencing difficulties causes them anxiety and depression. Their impulsive behavior can lead to social isolation. This paper relied on the methodology of a systematic literature review to identify, evaluate and interpret the available research that responded to the association between ADHD and psychological effects on learning. A total of 12 articles from Scopus, PubMed and Academia databases were reviewed with specific keywords and time restriction of articles from 2015 to present and the age group 6 to 15 years. The results of the literature review highlighted the problem of ADHD and learning difficulties in education as well as highlighted the important role of child psychologist and a holistic treatment of ADHD, combined support in education, social behavior and psychological empowerment to improve school performance and mental well-being of children with ADHD.

Paper number 306 | Oral

Parent-reported pragmatic language and communication and associations with the modified ADOS-2 in children with visual impairment (VI)

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[2]UCL Great Ormond Street Institute of Child Health, London, UK, United Kingdom

Background: Children with congenital profound or severe visual impairment (VI) are at high risk of Autism Spectrum Disorders (ASD) and social-communication difficulties (Dale et al., 2024; Do et al 2017). This study investigated pragmatic language and communication abilities in young school-aged children (M age = 5.5 years) with severe-profound VI using the Children's Communication Checklist (CCC-2) parent questionnaire which has good sensitivity/specificity in detecting children with autistic symptoms and pragmatic language impairment (Bishop, 2006).

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Research Aims: The study aimed to assess the recently validated and modified Autism Diagnostic Observation Schedule (ADOS-2®) for children with VI (Dale et al., 2024) against the CCC-2.

Methodology: Participants were recruited from specialist VI services and a specialist developmental clinic in the United Kingdom. Seventy children with congenital disorders of the anterior visual system and moderate to severe-profound VI and reasonable fluent speech participated in the study (mean measurable logMAR=.98, range=.23-2.5; mean age=67.35 months, SD=.56). Parents filled out the CCC-2 and children participated in the modified ADOS-2® which was validated with a new algorithm and classified into High-Risk and Low-Risk of ASD. Three CCC-2 scales were computed assessing language, pragmatics, and traits associated with ASD.

Results: Correlation revealed no significant association between vision severity and the Language Composite and Social Pragmatic Communication Composite, but a weak association with the Autism Composite. Independent-samples t-tests revealed that the High-Risk group scored significantly lower on the Autism Composite ($p<.05$), compared to the Low-Risk group.

Implications: Children with anterior system VI within the fluent speech range vary in their risk of ASD. The CCC-2 Autism Composite gives further concurrent validity to the new algorithm of the VI-modified ADOS-2®. Lower scores raise concern regarding ASD in children with VI; referral to services for diagnostic consideration of ASD with appropriate scientifically modified assessment methods may be indicated.

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Paper number 514 | Oral

Exploring classroom diversity: The impact of feeling different on students' wellbeing (ages 13–16)

Irena Smetackova[1], Petr Pavlik[2]

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The presentation examines the relationship between students' perceptions of being different and their overall wellbeing in the classroom context. The analysis is based on survey data collected from 701 students across 34 classrooms in Czech schools, targeting the age group of 13–16 years.

Students were asked whether they feel different from their classmates and, if so, to specify the source of this feeling. The survey identified 10 potential sources of minority experiences, including sexual orientation, gender identity, physical disabilities, special talents, neurodiversity, religion, appearance, high socioeconomic status (SES), low SES, and foster care.

Findings revealed that students who reported feeling different scored significantly lower on wellbeing, as measured by the YP-Core scale. Furthermore, the correlation between specific sources of minority identity and wellbeing varied, suggesting that the impact of feeling different is nuanced and context-dependent.

In addition to individual factors, the analysis also explored broader influences, such as the overall diversity level within the classroom, student age, and the presence of prevention or inclusion programs. These factors were found to play a role in shaping students' experiences and their sense of belonging.

This study highlights the importance of understanding and addressing diversity in classrooms to foster inclusive environments where all students can thrive. The presentation will delve into these findings and discuss their implications for educators, policymakers, and school communities aiming to support the wellbeing of diverse student populations.

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Paper number 637 | Oral

Unveiling the longitudinal dynamics of executive functions, emotion regulation, and learning in students with SLDs

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Specific Learning Disorders (SLDs), have been associated with deficits in executive functions (EFs), emotion regulation (ER), and self-regulated learning (SRL), as well as challenges in psychosocial adjustment (PA). Despite significant research, the specific nature of these deficits and their longitudinal evolution remains unclear. This study investigates the relationships between EFs, ER, SRL and PA in students with SLDs compared to their peers without special educational needs.

The research is a 3-year longitudinal study involving 180 students (90 with SLDs and 90 without), beginning in the 4th grade and concluding in the 6th grade. Students completed tasks assessing cool EFs (e.g., cognitive flexibility, working memory), hot EFs (e.g., decision-making), the Emotion Regulation Questionnaire (ERQ), and the Children's Perceived Self-Regulated Learning Inventory (CP-SRLI) and The Psychosocial Adjustment Test for Children. Statistical analyses evaluated intra-group changes across assessment periods, the effects of demographic variables, and interrelations among the constructs.

Preliminary results reveal significant temporal changes within both groups, highlighting developmental profiles in EFs, ER, SRL and PA. Demographic factors influence these changes, suggesting differential trajectories of improvement or stagnation. Moreover, EFs emerge as potential mediators and moderators in the relationship between ER, SRL, and psychosocial outcomes, underscoring their critical role in academic and social success.

The study's findings will contribute to the nuanced understanding of how EF deficits and their interactions with ER, SRL and PA evolve in students with and without SLDs. These insights aim to inform tailored interventions. Results from the longitudinal assessments will be discussed in detail during the ECP 2025 conference.

Papers session 66

Paper number 33 | Oral

Employees' attitudes towards company's crisis management: An empathy perspective

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[2]Apple Inc., Taiwan

When facing financial crisis, how companies handle it would make a significant difference on employees' organizational commitment and job satisfaction. The study context is a Taiwanese chain restaurant that underwent a severe financial crisis during July 2019. During the crisis, many employees were laid off and the management team was substituted. The "survivors" of the crisis were facing tremendous uncertainty of their future. Drawing upon an empathy perspective, we propose, the more employees were empathetic towards how their company handled the crisis, the more they were unaffected by the disruptive experiences, and the higher their job satisfaction and organizational commitment. The researchers developed an attitudes-towards-crisis-management scale, with a 5-

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point Likert scale (from strongly agree to strongly disagree). Sample items are: “I was disappointed towards the company when financial crisis occurred” (reversed item); “I am willing to spend extra efforts to help the company to go through the difficult times.” The researchers distributed anonymous survey questionnaires to employees who remained at the company during April 2021, with a total of 107 completed samples. The exploratory factor analysis showed three factors: appreciation (7 items), detachment (2 items), and compassion (1 item). The Cronbach’s alpha of the appreciation dimension equaled to .79 (with CR being .91 and AVE being .59), showing an acceptable reliability and validity, while the other two dimensions failed to reach the criteria. Respondents’ appreciation of company’s crisis management was significantly correlated with their organizational commitment and job satisfaction (ps< .001). Moreover, multiple interviews were conducted with content analyses employed. Two main conclusions were reached: (1) Demographic background and work experiences were not related to survivors’ attitudes during the crisis. (2) Ineffective leadership of the new management team was consequential to employees’ decisions to leave. Theoretical implications to crisis management and job attitudes were discussed, and practical implications were proposed.

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Paper number 511 | Oral

Personality traits and social competencies as predictors of conflict management strategies among youths in Serbia

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[3]Psychosocial Innovation Network, Serbia

Although conflicts are inevitable, understanding the factors that may contribute to dealing with them constructively is crucial to maintaining and improving interpersonal relationships. The study aimed to explore how basic personality dimensions and social competencies predict the conflict management strategies of young adults in Serbia.

The sample included 288 participants (69% females), aged 18 to 30 years (M=21.54, SD=2.80). The DUTCH Scale measured Cooperative, Competitive, and Defensive conflict management strategies. The Multidimensional Social Competence Scale measured empathy, emotional regulation, verbal conversation, and non-verbal skills. Mini IPIP-6 was applied to assess personality dimensions (Neuroticism, Extraversion, Openness, Agreeableness, Conscientiousness, and Honesty), and Delta inventory for Disintegration. The hierarchical multiple regression analyses were applied with gender, age, personality traits, and social competencies as predictors and conflict management strategies as criteria variables.

Results showed that Cooperative strategies were predicted by personality traits that explained 21% of the variance, while social competencies explained an additional 18%. Personality traits explained only 6% variance of Defensive strategies, and social competencies explained an additional 5% of the variance. Finally, Competitive strategies were predicted by personality traits that explained 24% of the variance, while social competencies didn’t contribute to the prediction of this strategy.

Results confirmed that the different personality traits are predictors of different conflict management strategies. Individuals who are agreeable and open-minded tend to adopt Cooperative strategies, while those who are agreeable but struggle with integrative functioning are prone to defensive behavior. Extroverts with a lower level of honesty are more likely to engage in competitive strategies. All social communication competencies play a significant role in fostering cooperative behavior, however, only empathy predicts Defensiveness, and none of the social competencies are predictors of Competitiveness. While social competencies can enhance communication and interpersonal relationships, basic personality dispositions play a more crucial role in shaping unconstructive conflict behavior.

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Paper number 758 | Oral

How can school principals effectively manage change in their institutions?

Maude Loi Zedda[1], Roula Hadchiti[2], Stéphane Thibodeau[3], Eric Frenette[2], Pascal Forget[3], Marc Dussault[3]

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The management of educational institutions is multifaceted. School principals need a variety of skills, including advanced ones in organizational psychology to cope with the complex and dynamic management challenges they face. Institutional changes, often mandated by ministerial authorities, place considerable pressure on the psychological well-being and adaptive capacity of school principals and their staff. In this context of continuous change, school principals are required to adopt innovative strategies and develop new operational paradigms to achieve institutional goals while maintaining the educational mission and fostering professional motivation. This complex dynamic highlights the need for supportive strategies to manage change, such as mentoring, that can cultivate critical personal characteristics, skills and competencies, including transformational leadership, work-related self-efficacy, and emotional competencies. This study relies on results from two doctoral dissertations to identify strategies, desired personal characteristics, skills and competencies that can help school principals effectively manage change in their institutions. The two research use a predictive design with samples of school principals from the province of Quebec (Canada). The first study (n = 127) examines the influence of principals' personal characteristics, particularly work-related self-efficacy and transformational leadership on their dispositional resistance to change. The second study (n = 352) positions mentoring as a developmental strategy for emotional competencies and transformational leadership, enabling principals to effectively manage their emotions. Findings from the two studies suggest that mentoring is a promising developmental strategy for enhancing self-efficacy, developing emotional competencies, and transformational leadership while supporting principals in building resilience and achieving institutional success during periods of change.

Paper number 1112 | Oral

Usability Evaluation of a decision support system for reducing oncology care disparities: Insights from the BEACON Project

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Disparities in oncology care persist across Europe due to systemic, socioeconomic, and informational barriers. To address these challenges, the EU-funded BEACON project developed a Decision Support System (DSS) aimed at improving access to resources, expertise, and care pathways. The DSS empowers patients, healthcare providers, researchers, and policymakers with tailored information on oncology centers, clinical trials, and treatment options, fostering equitable care delivery.

This study evaluates the usability and acceptability of the DSS through a mixed-methods approach. Phase 1 involved qualitative interviews with cancer patients (n=3) and healthcare providers/researchers (n=3), who explored the platform using a "thinking-out-loud" protocol. Participants highlighted strengths such as intuitive navigation and

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credible resources, while identifying challenges including incomplete databases, technical issues, and the emotional impact of medical terminology. Stakeholders emphasized the importance of accessing clear, localized information about resources and competencies of oncology centers across Europe, particularly for rare cancers and specialized treatments.

Phase 2 employed quantitative methods to assess user experience among 31 stakeholders, including patients, healthcare providers, researchers, and policymakers. Tools such as the AttrakDiff Mini revealed strong functionality and credibility but also indicated areas for improvement, including enhanced search specificity, language localization, and user personalization. Participants valued the DSS as a central hub for identifying reputable oncology centers and fostering collaboration across disciplines, underscoring its potential to reduce information gaps and support informed decision-making.

By integrating insights from diverse stakeholders, this study demonstrates how user-centered design can illuminate critical needs, such as reducing informational gaps, addressing accessibility barriers, and improving the navigation of complex healthcare systems. These findings highlight the DSS's capacity to empower stakeholders, streamline access to vital oncology resources, and contribute to more equitable cancer care across Europe.

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Papers session 67

Paper number 860 | Oral

Tackling discrimination in psychology settings: The impact of bystander intervention training

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Research aims and objectives

Bystander Intervention Training (BiT) employs facilitated discussions and role-play techniques to increase awareness, knowledge, and self-efficacy and aims to develop active allyship to tackle discrimination.

Theoretical background

Critical steps are needed to challenge discrimination within psychology higher education and research settings. Classroom-based anti-discrimination training frequently remains theoretical and demonstrates limited effectiveness. Interventions that involve active behavioural considerations and challenge discrimination from an intersectional perspective, by addressing cumulative disadvantage experienced by people with multiple minoritized characteristics, are likely to be more effective.

Research design/methodology/approach

Pre post intervention evaluation. BiT role play cases included a range of discrimination, from microaggressions to overt behaviour, across a wide range of protected characteristics such as sexuality, gender reassignment and ethnicity, ensuring learning and understanding through an intersectional lens. A mixed-methods evaluation of BiT (N= 569) was carried out using qualitative and quantitative paired pre- and post-training and additionally, delayed follow-up (N=159) to measure sustained effect.

Results

Paired post-training scores across all 12 evaluation questions demonstrated significant differences (all $p<0.001$) from the pre-training scores. Participants had an increased sense of responsibility to be an active bystander and were empowered to challenge discrimination. Of those who completed the follow-up questionnaire, 27 (17.9%) reported having the opportunity to be an active bystander; of those, 23 (85%) intervened.

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Limitations

BiT evaluation has been carried out on medical students, medical professionals and PGR students. Results may lack generalisability to psychologists and psychology practioners/students. However the flexibility of BiT would allow psychology sopecific cases to form the foundation of the training thus increasing specifict.

Implications for research, practice and/or policy

BiT has wide relevance across higher education and research settings but can also be adapted to any context, including international settings. Recommendations for best practice for bystander interventions will be presented.

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Paper number 499 | Oral

Subjective well-being: The importance of emotion regulation, gender identity and sexuality

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The current pilot study focuses on the importance of emotion regulation (ER), gender identity and sexuality for subjective well-being. It is the first large cross-cultural study to examine the difference in use of adaptive and maladaptive ER strategies while differentiating sexual and gender minorities (SGMs) from non-SGMs. An online questionnaire was distributed across 2,485 students in 13 countries using convenience sampling. Multigroup path analysis supported hypothesized model across all groups. Overall, adaptive ER strategies were positively associated with subjective well-being, while maladaptive ER strategies were negatively associated with subjective well-being. SGM participants scored significantly lower on subjective well-being when compared to their non-SGM counterparts. Additionally, SGM participants scored significantly higher on maladaptive ER strategies, and significantly lower on adaptive ER strategies compared to non-SGMs. Further research should focus on tools and ways to increase the use of more adaptive ER strategies in SGMs to improve their well-being.

Paper number 906 | Oral

Gender discrimination in social service severity ratings of same-gender physical partner violence

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RESEARCH OBJECTIVES: The study investigated gender discrimination among Swedish social workers in severity ratings in homosexual intimate partner violence.

THEORETICAL BACKGROUND:

Previous research has shown that men's physical intimate partner violence (IPV) against women is rated as more severe compared to women's against men. However, such data cannot resolve whether male perpetration or female

vulnerability is responsible. To fill this knowledge gap, a vignette study using homosexual couples of intimate partner violence was used.

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METHOD

The study comprised a simple between-group experimental vignette design (Couple gender; male vs. female) with subjective ratings on the severity of violence as the dependent variable. Vignettes contained a short story about a couple where one partner was using mild physical and psychological violence. Swedish social workers (N = 76) at violence units were recruited using snowball sampling. An IPV severity index with four five-graded likert scales (Cronbach's alpha = .79) was created to measure IPV severity.

RESULTS

A Mann-Whitney U-test showed that IPV was rated higher in the male relationship, Z = 2.08, p = .04. This indicated that male perpetration, as opposed to female vulnerability, explained gender discrimination.

LIMITATIONS

Ecological validity was limited because an actual IPV case severity rating does not only contain a short story followed by subjective violence ratings in ten minutes. Furthermore, the vignette contained both physical and psychological violence leaving a confounder of which type of violence was being considered.

IMPLICATIONS

The results showed that male homosexual IPV perpetration was considered more severe compared to female. Swedish social workers, predominantly women, may overestimate male perpetration while underemphasizing female. This result is in line with Swedish feminist ideas that violence is connected to masculinity rather than femininity.

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Paper number 344 | Oral

"I'll be there": Intolerance of uncertainty and diverse sources of social support explain mothers' psychological distress during NICU hospitalization

Miri Kestler-Peleg[1], Varda Stenger[2], Osnat Lavenda[1], Haya Bendett[2], Shanee Alhalel- Lederman[2], Ayala Maayan-Metzger[2], Tzipora Strauss[2]

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Research aims: The aims of the present study were to examine the role of intolerance of uncertainty, informal support from spouse, family, and friends, as well as formal support from medical staff in predicting preterm maternal psychological distress among mothers of preterm infants in the context of hospitalization in the Neonatal Intensive Care Unit (NICU).

Background: Advances in technology have led to increased survival rates for preterm infants, often hospitalized in the Neonatal Intensive Care Unit (NICU). For mothers, the sudden, high-risk nature of preterm birth, combined with the separation from their fragile infants and the uncertainty surrounding their health, can result in significant psychological distress. This distress is of concern to mental health professionals due to its potential negative harm to both mothers and infants.

Research methodology: Participants included 128 mothers of 208 NICU hospitalized preterm babies. Mothers' ages were between 21 and 48 years old, with a mean of 16 years of education. Most participants were in committed relationships and had 1-9 children. Preterm babies were born between 24 and 36 weeks of gestational age.

Results: A hierarchical multiple regression analysis was conducted. The model accounted for 29.2% of the variance in maternal psychological distress. Intolerance of uncertainty positively predicted psychological distress. Informal support and particularly spousal support negatively predicted psychological distress above and beyond intolerance of uncertainty. Medical staff support negatively predicted psychological distress above and beyond intolerance to uncertainty and informal support.

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Limitations: Limitations of the study include reliance on self-report measures, a cross-sectional design, and potential sample bias.

Implications: Family-centered care approaches in NICUs can mitigate maternal psychological distress. Medical and mental health professionals should develop tailored interventions to address preterm mothers' needs for certainty and support.

Papers session 68

Paper number 371 | Oral

Wisdom in late life: A developmental outcome or a resource for healthy aging?

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Objectives: We explored two models of wisdom in late adulthood: (1) Erikson's developmental model, where wisdom is an outcome of successfully resolving the final psychosocial crisis of integrity vs. despair, and (2) the wisdom-as-resource model, suggesting wisdom serves as a tool for achieving developmental tasks and mitigating depressive symptoms.

Methods: The study included 558 Polish retired adults aged 60-99 years (M = 72.57; SD = 6.96). Structural equation modeling was applied to test the two theoretical models.

Results: In the Wisdom as a Resource Model, wisdom, as the independent variable, was positively associated with absence of depressive symptoms. This relationship was partially mediated by perceived social support, the achievement of developmental tasks, and positive coping behavior. The model fit the data well and explained 50% of the variation in depressive symptoms. In Erikson's Developmental Model, wisdom, as the outcome variable, was predicted by developmental task attainment and depressive symptoms. Those two variables - understood as measures of ego-integrity and despair – were, in turn, predicted by positive coping strategies and perceived social support (which might be viewed as outcomes of the psychosocial development of previous life stages). This model explained 45% of the variation in wisdom.

Discussion: The findings suggest that wisdom might function both as a predictor and an outcome in older adulthood. In Erikson's model of developmental processes, wisdom is the virtue that results after the psychosocial crisis of ego integrity vs. despair has been resolved. This process is likely supported by better coping behavior and mental health. However, wisdom is also likely to be a crucial psychological resource in old age that fosters social support, facilitates the achievement of developmental tasks, and enhances coping strategies, which together tend to reduce depressive symptoms and contribute to aging well. Both models underline the importance of wisdom in old age.

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Paper number 834 | Oral

Influences of aging acceptance: Middle-aged women's perspectives

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Women in the middle age start to notice and pay increasingly more attention to their aging. For some, it can create strong negative emotional reactions while others accept it more positively or at least neutrally. There is a lack of qualitative studies exploring middle-aged women's perspectives on what are the influences affecting their aging acceptance. This qualitative study aimed to explore the middle-aged women's perspective on aging acceptance influences. Semi-structured qualitative interviews with 26 women aged 30 – 57 in Lithuania were conducted. Thematic analysis resulted in four main themes and eleven subthemes women would mention when discussing influences on their aging acceptance. The theme "Examples of older figures in the environment" illustrated participants discussing the importance of older adults' examples in creating an image of old age and aging. "Personal attitudes and traits" theme reflected how personal qualities influence one's relationship to aging. The theme "(No)pressure in the environment" represented the participants' reflections on how the views on aging in the society and personal social circle can create or relieve pressure over aging. Finally, the theme "Tension over control of aging" revealed the complexity of balancing control and acceptance in the aging process. Study findings highlight women's experiences of aging acceptance and perspectives of what helps or hinders their aging acceptance and new insights into the aging acceptance research field. This study was financed by the Research Council of Lithuania (LMTLT), agreement No. S-PD-24-58.

Paper number 1087 | Oral

Early findings on retirement-age adults' views of m-health tools: opportunities and barriers for healthy aging

Paula Collazo-Castiñeira[1, 2], Rocío Rodríguez-Rey[1], Alfonso Cruz-Jentoft[2], Macarena Sánchez-Izquierdo[1]

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Introduction. Despite the increasing availability of m-health technologies, their adoption among retirement-age adults remains limited, especially when compared to younger populations. Understanding the factors influencing this gap is essential, as m-health tools have the potential to promote healthier lifestyles, prevent age-related health risks, and support independent living during a critical life transition. This study explored the perspectives of Spanish retirement-age adults, focusing on attitudes, barriers, and preferences related to m-health interventions.

Methods. Nineteen retirement-age adults (50–70 years old) from urban community settings in Madrid participated in focus groups. These were conducted by two psychologists and the discussions centered on their perceptions of m-health tools, including preferences and barriers to their use. Data were analyzed using thematic analysis.

Findings. Despite some expressed reservations, participants generally showed openness to engage with m-health tools, particularly if designed to be easy-to-use, intuitive, culturally appropriate, and tailored to their needs. Key barriers included low digital literacy (low perceived competence and fear of using it) and concerns about technology dependence. Participants emphasized the value of features that foster social connectivity, such as the organization

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of group-based activities and peer interaction through the app. They also highlighted the importance of minimizing complexity, avoiding intrusive notifications, and providing resources that reflect their cultural and linguistic preferences.

Conclusions. The findings highlight the importance of user-centered designs for m-health tools targeting retirement-age adults. Addressing barriers such as digital literacy and promoting social engagement through culturally sensitive and intuitive designs can enhance adoption and adherence. Tailored interventions represent a significant opportunity to support healthy aging, reduce health disparities, and bridge the digital divide in this growing demographic.

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Paper number 1210 | Oral

The 6-month longitudinal effect of connectivity to future self on retirement planning activities

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With a growing number of baby boomers soon retire from their full-time employment, motivating them to plan for their late adulthood becomes increasingly important. This paper aims to examine the 6-month effects of connectivity to future self and the activated emotional responses in the experimental manipulation on retirement planning activities. A total of 203 Hong Kong Chinese working adults (mean age=41 years, SD=11.34; 59.5% female) were randomly allocated to one of the two experimental conditions: viewing a future-self (FS) photo (n=104) and viewing a current-self (CS) photo (n=99). The experiment was followed by a 5-day diary study, in which FS and CS participants wrote about their plans to improve the well-being of their future selves in old age or three months, respectively. Connectivity to the future self and emotional reactions were assessed immediately after the experiment (T1), closeness to the future self was assessed during the 5-day diary study (T2), and retirement planning in financial, health, social, and psychological domains were assessed 6 months after the experiment (T3).

Results of the sequential mediation analysis showed that the indirect effects of condition through emotional reactions to the photo at T1 and subsequently through perceived closeness to the future self at T2 were significant on financial [B= -0.02, SE=0.01 (-0.04, -0.00)], health [B= -0.02, SE=0.01 (-0.05, -0.00)], social [B= -0.02, SE= 0.01 (-0.05, -0.00)], and psychological (B= –0.02, SE=0.01 (-0.04, -0.00)] retirement planning activities at the 6-month follow-up (T3). These results reveal that compared to CS participants, FS participants who viewed a photo of their aged future selves activated more negative emotions and subsequently had lower closeness to their future selves over the next 5 days, and consequently performed fewer retirement planning activities over the next 6 months. The presentation will also discuss how to design retirement planning promotion materials.

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Papers session 69

Paper number 1250 | Oral

Personality dimensions and self-efficacy in university students: A predictive relationship

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This study investigated the relationship between personality dimensions and self-efficacy, with the aim of predicting university students' behavior based on these dimensions. It was grounded in Costa and McCrae's Big Five Factors theory and Bandura's social learning model. The research, with a quantitative approach and descriptive-correlational design, used simple random sampling with 241 first-cycle students from a Peruvian university. Variables were assessed using the Big Five Questionnaire and the General Self-Efficacy Scale. Analysis was conducted using Spearman's Rho coefficient and multiple linear regression.

The results showed a significant relationship ($p<.05$) between personality dimensions and self-efficacy, with moderate intensity for Energy (rs=.438), Conscientiousness (rs=.376), Emotional Stability (rs=.234), and Openness (rs=.376), and a weak relationship for Agreeableness (rs=.201). The dimensions of Energy and Emotional Stability emerged as the main predictors, explaining 23% of the variance in self-efficacy. These findings highlight how beliefs in personal capabilities are influenced by personality traits, which is relevant for addressing issues such as poor performance, lack of motivation, and university dropout rates. It is suggested to implement intervention programs focused on academic and personal well-being.

As a limitation, sociodemographic variables that could influence student behavior were not considered. It is concluded that the five personality dimensions and their indicators are significantly related to self-efficacy, providing valuable insights for the design of preventive strategies in the university setting.

Paper number 423 | Oral

Predictors of dropout intentions and academic adjustment in first-year university students: A longitudinal Study

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The relationship between academic adjustment and students' decisions to persist in university is multifaceted. Despite extensive research, dropout rates have continued to rise, particularly in the aftermath of the COVID-19 pandemic, highlighting the need for further investigation. This study aims to explore changes in academic adjustment throughout the first academic year and identify predictors of dropout intentions among first-year university students. The sample comprised 150 students from various Romanian universities, assessed through a three-stage repeated-measures design at the beginning, middle, and end of the academic year.

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The findings indicate that academic adjustment remains relatively stable during the first year, with notable individual differences. Learning engagement emerged as the strongest predictor of low dropout intentions, outweighing the influence of personality traits. Other significant predictors included academic maladjustment and concrete processing learning strategies. Surprisingly, academic performance was not associated with academic maladjustment, and some unexpected patterns emerged, such as a weak but positive correlation between admission grades and dropout intentions. These results suggest that factors beyond traditional academic indicators, such as student engagement and adjustment strategies, are pivotal in dropout decisions.

This study offers a longitudinal perspective on dropout intentions, an area less explored in existing research. Identifying first-year-specific predictors has significant practical implications, providing a foundation for designing targeted intervention programs. Such programs could enhance student persistence, promote academic adjustment, and ultimately mitigate dropout rates in higher education institutions.

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Paper number 243 | Oral

Tracking shifts in anxiety, depression, and stress among ukrainian university students from the COVID-19 pandemic to three years of war

Lyudmyla Kolisnyk[1, 2]

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This study provides insights into the mental health of Ukrainian university students amid the COVID-19 pandemic and the ongoing war. The research aims to track changes in anxiety, depression, and stress among students from 2020 to 2025, offering comparative analyses of four time points.

The pandemic had a profound negative impact on mental health, particularly on young people. However, unlike in other countries, Ukrainian youth faced a greater challenge—Russia's war of aggression—resulting in additional psychological strain. The literature shows war increases the risk of anxiety, stress, depression, and PTSD, making it crucial to monitor these effects on Ukrainian students.

The study uses a repeated cross-sectional design, with data collected in 2020 (757 students), 2023 (2,592 students), and 2024 (838 students) and planned for 2025. Anonymous surveys included demographic and educational variables, as well as the Hospital Anxiety and Depression Scale, Beck's Depression Inventory, Perceived Stress Scale. Descriptive statistics, ANOVA, and General Linear Model analyses were conducted.

Results showed a significant rise in anxiety, depression, and stress between 2020 and 2023, coinciding with the war. Women and younger students (15-25 years) reported worse mental health than older students (26-55 years). Interaction analysis revealed that while distress increased across fields of study in 2023, students in technical disciplines experienced a decrease in 2024.

Limitations include a narrow demographic scope, gender imbalance, and the focus only on university students.

These findings stress the need for targeted mental health interventions for Ukrainian youth, who have been living under a high level of distress for more than five years, with almost no tendency to decrease over time.

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Paper number 641 | Oral

Prevalence and risk factors for mental health problems and addictions in university students: Cross-sectional survey study

Maria C. Quattropani[1], Alberto Sardella[1], Pasquale Caponnetto[1], Vittorio Lenzo[1], Concetta Pirrone[1], Sabrina Castellano[1], Tiziana Ramaci[1], Elena Commodari[1], Santo Di Nuovo[1]

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Research aims and objectives: The UNIST-HEALTH Project (PRO-BEN), funded by the Italian Ministry of University and Research, aims to promote the psychophysical well-being of university students and address psychological distress, with a particular focus on addiction behaviors.

Theoretical background: Early academic challenges, such as stress, self-efficacy concerns, and workload, can lead to emotional difficulties like anxiety, irritability, and perceived lack of control. Promoting well-being and addressing psychological distress are key priorities for universities. However, little is known about the connection between psychological distress and the risk of pathological addictions in this population.

Research design/methodology/approach: This observational study involves students aged 18 and above from the University of Catania. An online survey on Qualtrics will assess psychological well-being, psychopathological symptoms (including addiction-related issues), and academic performance. The survey includes: a) socio-demographic questions; b) the Kessler Scale; c) the Difficulties in Emotion Regulation Scale – Short Form; d) the University Performance Questionnaire; e) the Italian Multidimensional Psychological Flexibility Inventory; f) the Screener for Substance and Behavioral Addictions; and g) an ad hoc questionnaire about omitting or lying regarding academic paths. Based on the survey results, high-intensity psychological interventions, integrated with physical activity and mindfulness (both group and individual), will be implemented to enhance emotional regulation and address addictions, via a pilot Psychological Clinical Center.

Expected Results: Expected outcomes include insights into factors affecting student well-being and risk factors for distress and psychopathology, which will guide intervention design. Results can be compared with those from other Italian universities using the same instruments.

Limitations: A limitation of the study is the potential bias from online assessments.

Implications for research, practice and/or policy: Achieving the project's goals, in collaboration with other Italian universities, will be vital for planning national and local resources to promote well-being and psychological services.

Papers session 70

Paper number 1083 | Oral

Linking mental health, social media habits, and fear of missing out

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Social media use is widespread across age groups, yet those aged 18 to 25 remain its most avid users. This transitional stage into adulthood is often marked by heightened online activity as individuals explore their identities,

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seek peer feedback, and maintain social connections. Within this context, Fear of Missing Out (FoMO) has emerged as a potential factor influencing online behaviors. Defined as the anxiety that others might be enjoying rewarding experiences in one's absence, FoMO can both stem from and contribute to intensified social media engagement, shaping emotional states and self-perceptions through social comparison.

This study investigates the relationship between FoMO, mental health, and social media use among 264 college students in Slovenia. Participants completed measures of FoMO, mental health, and social media engagement—including the number of sites/apps used, time spent online, and the extent of active versus passive use. Correlational and regression analyses showed that although all variables were significantly correlated, lower mental health did not predict higher FoMO. Conversely, FoMO was a significant predictor of increased social media activity, particularly in active behaviors such as messaging and commenting.

These findings suggest that FoMO can drive individuals to be more frequent, prolonged, and interactive users of social networking platforms. Recognizing FoMO's role in online behavior can inform strategies and guidelines for safer, more balanced social media use. The cross-sectional design of this study limits causal inferences, and reliance on self-reported data may introduce response bias. Future research employing longitudinal or experimental methods is recommended to further clarify the dynamics of FoMO, mental health, and social media engagement.

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Paper number 704 | oral

the effects of personal relevance of information and social media metrics on third-person effect: An eye-tracking study

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Third-person effect (TPE) refers to the tendency to presume a greater impact of information on others than on themselves and thus to take actions to counteract the impact, consisting of third-person perception (TPP) and subsequent behaviors. As social media has changed the way people obtain and spread information, third-person effect in social media environments has received much attention. However, influence of both personal and interpersonal factors on TPE remains under-explored and previous research has primarily been conducted with self-reported questionnaires which, to some extent, lack objectivity. The present study uses the eye-tracking approach to examine the effects of personal relevance of information (personal factor) and social media metrics (interpersonal factor) on TPE and online information processing mechanisms underlying it. In a 2 (relevance: high vs. low) x 4 (metrics: 10, 100, 1000, 10000) within-subjects eye-tracking experiment (N = 94), participants were exposed to Weibo posts about public health. The results indicate that (a) high personal relevance of information, compared to low, results in increased attention to information and decreased TPP, and then induces stronger compliant behavior intentions and online social engagement intentions; (b) as the level of social media metrics increases, attention to information and TPP both increase, and further lead to decreased two behavioral intentions; (c) personal relevance of information and social media metrics have an interaction effect on attention to information but not on TPP and subsequent behavioral intentions. This study provides theoretical implications for examining both personal and interpersonal factors of TPE and the information processing mechanisms underlying it. However, this study fails to distinguish the role of different social media metrics and analyzes a simple eye movement indicator, which provides direction for future research.

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Paper number 157 | Oral

Moderating role of gender in the link between social media use and mental health awareness amongst university students

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In recent times, the mental health challenge of university students typically in their adolescent stage in Nigeria has reached a worrying state with the rising number of cases. Despite a significant increase in the literature on mental health, there is a dearth of studies that focused on mental health awareness. Therefore, this study aimed to investigate the role of social media use on mental health awareness as well as the moderating role in the association. The study adopted a cross-sectional research design and a two-stage (simple random and convenient) sampling technique was used to recruit 294 respondents (mean age = 22.97, σ = 2.75) who responded to a validated questionnaire namely social media use and mental health awareness. Data analysis (descriptive and inferential) was performed using SPSS version 24 and Hayes Process Macro plugin (model 1, version 4.2). The result revealed that there was significant positive prediction of social media use on mental health awareness. The result also found that gender did not moderate the relationship between social media use and mental health awarenes. The study concluded that social media use predicted mental health awareness amongst undergraduates. The study recommended that interventional programmes that can encourage positive use of social media as a form of motivation should be designed among undergraduates in a bid to strengthen their mental health awareness on and off campus.

Papers session 71

Paper number 1238 | Oral

What is in my power to determine others to like me?A quasi-experimental study on self-disclosure and likeability in social anxiety

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Background and objective: One of the most common anxiety disorders in early youth is Social Anxiety Disorder (SAD), characterized by a constant fear of social and/or performance situations in which the individual might be negatively evaluated by others. SAD cognitive models suggest that people with such diagnostic are prone to biases regarding the way others evaluate them. Actual problems of likeability are thought to be critical in the persistence of SAD. This quasi-experimental study explores whether self-disclosure can enhance peer likability among socially anxious adolescents.

Method: Participants included 105 peer raters (ages 12–15) and a smaller group of peer speakers pre-screened for social anxiety. The likability of (non)socially anxious adolescent (speakers) was assessed across four stages: (T1) photo, (T2) general information, (T3) positive self-disclosure, and (T4) negative self-disclosure.

Results: Taken together, our findings showed that although socially anxious adolescents do tend to receive low likeability ratings from their peers, self-disclosure can influence these ratings in their favour. Furthermore, the anxiety of the respondents have a word to say in eliciting these evaluations.

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Limitations: Our study had limited control over speakers' self-disclosure. A larger sample would benefit both raters and speakers, while unexamined factors like perceived similarity or attractiveness could influence likability. Gender effects could not be deeper analyzed due to sample size constraints, and the narrow age range limited insights into social anxiety's adolescent onset.

Implications: Our implications are consistent with cognitive theories. Incouraging self-disclosure of shared school experiences—rather than deeply personal issues—may foster peer bonding and social confidence.

Paper number 1239 | Oral

Is likeability in the eye of the beholder? A quasi-experimental study on personality, social anxiety and the need for affiliation in assessing the likability of socially anxious adults

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[1]University of Bucharest, Romania

Most people desire acceptance and approval from their peers. However, research suggests that individuals with social anxiety often find that others are less willing to engage with them after the first interaction. To gain a deeper understanding of the factors influencing how socially anxious individuals are perceived in terms of likability, we conducted two studies. Using a zero-acquaintance paradigm and a quasi-experimental design, in our first study we investigated whether the likability of (non)socially anxious individuals is primarily influenced by first impressions or the extent of their self-disclosure. The second study examined how the characteristics of evaluators—personality traits, social anxiety, and need for affiliation—influence their likability ratings. To our knowledge, this is the first research to simultaneously explore the characteristics of both the evaluated individual (e.g., the speaker) and the evaluator. Results indicate that self-disclosure enhances perceived likability and increases the desire for future interactions, regardless of social anxiety levels. These findings suggest that self-disclosure could help socially anxious individuals improve their likability. Furthermore, reframing rejection as subjective—shaped by the evaluator's perspective rather than solely the "target"—may offer a more constructive way to understand social dynamics. On the other hand, our limitations include the potential influence of the halo effect on participant perceptions, a limited sample size restricting generalizability, the lack of self-disclosure manipulation, and the need for future research to consider factors like attractiveness, socioeconomic status, and diverse reference groups. All in all, these results have significant implications for clinical interventions aimed at addressing social anxiety.

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Paper number 542 | Oral

The distinct antecedents of social anxiety and PTSD in a clinical sample

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People with anxiety and depression are at heightened risk of developing social anxiety and PTSD symptoms. However, there is a notable gap in understanding the distinct antecedents that contribute specifically to social anxiety versus PTSD within clinical populations. While both conditions share common risk factors, such as early-life trauma, attachment insecurities, and maladaptive coping mechanisms, the pathways through which these factors manifest in either social anxiety or PTSD remain underexplored.

In this study, we aimed to explore the effect of attachment insecurities, economic constraints, and empathy dimensions towards a close and stranger on the social anxiety and PTSD. 53 Turkish participants diagnosed with depression and anxiety (Women = 38, Age Median = 30, SD = 10.8) completed scales measuring attachment insecurities, economic constraints, social anxiety and PTSD symptoms, and empathy dimensions (personal distress, empathic concern, and perspective taking) towards a close person and a stranger. Multiple linear regression analysis revealed that attachment anxiety ($\beta = .41$, $p < .001$), economic constraints ($\beta = .38$, $p = .002$), and empathic concern towards a close person ($\beta = .41$, $p = .008$) positively predicted social anxiety disorder. However, personal distress and perspective-taking towards both close persons and strangers did not predict social anxiety disorder. Moreover, only attachment anxiety ($\beta = .26$, $p = .052$) predicted PTSD. Additionally, moderation analysis showed that a higher level of perspective-taking towards a close person serves as a protective factor against social anxiety disorder for individuals with higher attachment avoidance. Finally, Independent T-Test indicated that men had higher level of economic constraints and attachment avoidance than women, while women had higher level of empathic concern towards a close person than men.

Our results highlight the importance of both psychological and economic factors in understanding social anxiety and PTSD within clinical populations.

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Papers session 72

Paper number 823 | Oral

Healthcare ecosystem perceptions, epistemically suspect beliefs, and adherence to endocrine therapy in breast cancer: Protocol for a multicenter cohort study

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Background and Aims:

Adjuvant endocrine therapy (AET) is often recommended for breast cancer survivors to reduce recurrence risk. However, different profiles of non-adherence to AET can be identified among patients (Lambert-Côté et al., 2020). Low adherence to AET may be explained by negative perceptions of the healthcare system, exposure to health disinformation, and epistemically suspect beliefs (e.g., Lin et al., 2017; Varet et al., 2024). However, the causal mechanisms and relative effects of these factors remain underexplored. This presentation details the protocol for a forthcoming multicenter cohort study.

Methods:

This study will recruit female breast cancer survivors recommended for AET from four centers in France (target N = 500). Participants will complete the same questionnaire at four time points (T1: 3-6 months after AET initiation; T2: 12 months; T3: 24 months; T4: 36 months). A combined longitudinal and cross-sectional design will be used to increase statistical power and control for retest effects. The questionnaire will assess: (a) attitudes towards the healthcare ecosystem (e.g., perceived side effects and effectiveness of AET, oncologist empathy and autonomy support); (b) epistemically suspect beliefs (e.g., conspiracy mentality, conspiracy beliefs related to cancer treatments, attitudes towards alternative medicines); (c) cancer-related information-seeking behaviors (i.e., the frequency of use of different quality information sources). The primary outcome will be self-reported AET adherence. Secondary outcomes will include recurrence risk, self-reported use of alternative and complementary medicines, quality of life, and symptoms of anxiety and depression. Sociodemographic and medical data will be extracted from medical records.

Expected results and discussion:

Causal relationships and within- and between-person differences will be estimated using cross-lagged panel models (e.g., Albath et al., 2024). Findings should help to identify and prioritize psychosocial levers to promote AET adherence. Implications for patient-centered interventions and systemic improvements in the healthcare ecosystem will be discussed, along with methodological limitations.

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Paper number 974 | Oral

Virtual reality as lifeline: Transforming psychological support for adolescents, young adults and their caregivers in cancer care – systematic review

Nikolina Dodlek[1, 2], Andreas Charalambous[1, 3], Angelos Kassianos[4, 5], Marios Avraamides[6], Josipa Flam[7], Štefica Mikšić[8]

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Introduction:

Adolescents and young adults (AYAs) diagnosed with cancer, along with their informal caregivers, face significant psychological challenges, including anxiety, depression, and emotional distress. These psychological burdens can negatively affect their quality of life, necessitating innovative solutions for their management. Virtual reality (VR) has emerged as a promising tool to address these psychological needs through immersive therapeutic experiences. This study explores the psychological impact of VR interventions on AYAs and their caregivers, focusing on emotional well-being, social connectivity, and stress management.

Methods:

Two systematic literature reviews evaluated VR interventions targeting psychological outcomes for AYAs and caregivers. A comprehensive search of MEDLINE, PubMed, PsycINFO, Scopus, and Web of Science identified studies from 2019 to 2024. Inclusion criteria prioritized studies assessing outcomes like anxiety, depression, and resilience using validated tools. Data from randomized controlled trials, cohort studies, and mixed-methods research were synthesized.

Results:

The review included 13 studies with diverse VR interventions, such as immersive nature-based experiences and virtual support groups. For AYAs, VR reduced anxiety and depression by 15–30% and enhanced resilience by 20–35%. Caregivers reported a 25–40% reduction in stress levels and improved coping. Both groups valued VR's ability to decrease feelings of isolation, with over 70% reporting improved social connectivity. Participants appreciated the safe and engaging environments, which provided significant therapeutic benefits.

Conclusion:

VR interventions demonstrate substantial psychological benefits for AYAs and caregivers, alleviating distress and fostering resilience. While promising, further research is needed to evaluate long-term efficacy and address barriers to accessibility. This study highlights VR's potential as a scalable tool for enhancing emotional support and social connection in cancer care.

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Paper number 1192 | Oral

Heart rate variability and negative psychological symptoms in non-metastatic female breast cancer patients planning to receive chemotherapy and/or radiotherapy

Ioanna Kazalaki[1, 2], Georgia Panayiotou[1]

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Psychological state has been identified as a potential predictor of cardiac autonomic function in breast cancer. However, it remains unclear whether negative psychological symptoms experienced by patients are related to reduced HRV and low emotion regulation ability, which are identified as parameters that contribute to the deterioration of their mental and physical health. It is also unclear, whether poor cardiac function, anxiety and depression are more common in patients planning to receive chemotherapy, due to more uncertainty and following side effects, compared to those planning to receive radiotherapy, as well as which is the mechanism that moderates the possible association. To investigate this clinical issue, we conducted a research study, in which 101 women with non-metastatic Her2-, Er+ breast cancer, planning to receive chemotherapy or radiotherapy, participated. Data was obtained through questionnaires and ECG. MANOVA, ANOVA, T-test, Regression, Moderation, and Covariate analyses were performed. It was expected that patients in the chemotherapy group would have more negative psychological symptoms and lower HRV and emotion regulation ability, compared to patients in the radiotherapy group, and that there would be differences in their medical and demographic characteristics, based on their treatment. It was also expected that HRV and emotion regulation ability would be negatively correlated with negative psychological symptoms, as well as that the treatment group would moderate this relationship. Finally, it was expected that some patients' medical characteristics would act as covariates. A future study with longer HRV recording, including male participants, with different type and stage of breast cancer and treatment, and control group, would expand our knowledge in this clinical field. To our knowledge, this is the first research study that examines and compares HRV and specific psychological symptoms, considering the treatment provided. Preventive psychophysiological interventions, specifically in patients planning to receive chemotherapy, may improve wellbeing in breast cancer.

Papers session 73

Paper number 520 | Oral

Development and evaluation of CognCAT: A computerized adaptive testing system for abstract reasoning

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This study describes the development and evaluation of CognCAT, a Computerized Adaptive Testing (CAT) system designed to assess abstract reasoning. For this purpose, an item bank was developed consisting of 160 items equated and calibrated using the two-parameter logistic model (2PLM). Item difficulties range from -4.3 to 2.7 and discriminations parameters span from 0.51 up to 3.29. The algorithmic combination that constitutes CognCAT integrates maximum likelihood estimation with fences (MLEF) for θ estimation, progressive restricted standard error (PRSE) for item selection and exposure control, and standard error of estimation as the termination criterion. The

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CAT system was evaluated through a Monte Carlo simulation involving 5,000 simulated participants. Results indicated that CognCAT efficiently assessed abstract reasoning, administering an average of 29 items while maintaining low item exposure. Additionally, CognCAT demonstrated high accuracy in ability estimation, supported by statistical indices such as the Bias statistic, Mean Absolute Error (MAE), and Root Mean Square Error (RMSE). Finally, a validity study with actual examinees was conducted to assess the system's concurrent, convergent, and divergent validity. Findings confirmed CognCAT's robust psychometric properties and its efficiency in assessing abstract reasoning.

Paper number 1102 | Oral

Construction of a situational judgment test for the recruitment of management candidates wishing to join the prison service

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The aim of this paper is to present the construction stages and initial results of a Situational Judgment Test (SJT) designed to assess the decision-making abilities of managerial staff in the French prison service.

The principle behind SJT items is to propose a "problem situation" and several response scenarios. These tests have the dual advantage of being closer to the behaviors chosen in contextualized situations, enabling a better assessment of skills than is possible with self-reported questionnaires (Lievens & al., 2008), while also enabling psychometric standardization (Lothe & al., 2012). However, the construction of these tools requires a precise analysis of the activity, as well as a modeling of the processes involved in order to be able to assess professional performance (McDaniel & al. 2001, 2007).

This study was carried out in the context of the recruitment of candidates for the post of prison officers or directors.

In order to identify the criteria inherent in the construction of the model, we carried out observations and drew up semi-structured interview guides (17 individual interviews and 5 group interviews with prison officers (directors and officers)). Content and lexicometric analyses resulted in a model of managerial decision-making style criteria.

This model was used to construct 6 items, each consisting of a "problem situation" scenario and a choice of 4 possible responses corresponding to the behavioral scenarios predicted by the model. The model was tested with 105 students trained in prison management. The results were used to validate managerial decision-making styles. Personality tests were also carried out on the same sample to study the origin of preferred managerial styles. Preferences for participative or directive styles are significantly correlated with agreeableness (BIG 5) and cooperation (Cloninger Model). Learning managerial mastery involves overcoming these preferences to adopt the managerial behavior best suited to the situation.

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Paper number 787 | Oral

Selecting cut-offs in tests: lessons learnt from the Lithuanian Addenbrooke's Cognitive Examination – III (ACE-III) adaptation study

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ACE-III is a popular dementia screening instrument, translated into many languages. However, each adaptation uses a different threshold value that ranges from 62 to 89 (out of 100) for dementia and 71-89 for MCI, meaning similar performances can be classified as healthy in one country and dementia in another. The single-threshold approach ignores the effects of cognitive reserve on performance, highlighting the need for individualized cut-offs.

Our study aimed to create Lithuanian ACE-III's population-level norms based on age and education that could be used as individualized cut-offs for clinical decisions. We collected data from 319 healthy controls aged 45+ and produced performance percentiles, stratified through 5 age groups by decades and 3 education levels (school/undergraduate/ graduate or higher). We then used data from 61 patients for ROC analysis to identify cut-offs for MCI and dementia.

We found that ACE-III performance scores of healthy controls were affected by their age and education levels. These relationships increased with participants' age, highlighting the need for a more scaled approach when calculating clinical cut-offs for ACE-III. The ROC analysis yielded cut-offs of 75 points for dementia and 84 for MCI.

When compared to 23 other ACE-III adaptation studies, our control sample was one of the largest and most representative, allowing us to create individualized norms for each age and education group. However, it was limited to literate Lithuanians, fluent in the national language. Additional research is needed to identify individual test and task-specific cut-offs for non-native speakers and socially deprived individuals.

Nowadays, increasing emphasis is placed on quantitative test scores in dementia screening, using cut-off values to determine health benefits and service availability. This approach doesn't consider an individual's cognitive reserve, leading to type I and type II errors in clinical decisions. We propose researchers to replicate our method in future test adaptations.

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Papers session 74

Paper number 341 | Oral

Capitalising social networks in midlife: social support and sense of control as key resources for navigating challenges and maintaining well-being

Marianne Simons[1], Jennifer Reijnders[1], Annelie Beijer[1], trijntje Vollink[2], Nele Jacobs[1, 3]

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Aims and Objectives: Middle-agers face demanding social roles and responsibilities regarding preceding and succeeding generations, while often at the peak of their careers. Simultaneously, aging affects health, fitness and some cognitive abilities. Personal bonding social capital (BSC) is hypothesised to provide two essential resources - social support and a sense of control - that are particularly helpful in maintaining well-being during this pivotal life stage.

Method: 214 Dutch adults (40-60 years, 73,8% female) completed three online surveys at six-month intervals, measuring BSC (PSCSE, Simons et al. 2019) at T1, perceived social support (MSPSS, Pederson et al., 2009) and sense of control (PMS, Pearlin & Schooler, 1978) at T2 and overall mental well-being, including subdimensions psychological, social and emotional well-being (MHF-SF, Lamers et al. 2011) at both T1 and T3.

Results: Parallel mediation analysis, controlling for relevant covariates and initial level of well-being, showed that BSC was positively associated with overall mental well-being one year later. This prospective association was fully mediated by sense of control and social support. Additionally, associations between BSC and subdimensions psychological and social well-being were mediated by sense of control, while both social support and sense of control mediated the association between BSC and emotional well-being.

Limitations: Two-thirds of the sample were working, high-educated women, which should be considered when interpreting the results. Although the longitudinal design is a strength, it does not allow for firm conclusions about causality.

Conclusion: BSC - providing resources that foster positive emotions, social functioning and personal growth – equips middle-agers to preserve mental well-being. These insights are valuable for healthcare professionals and policymakers to identify vulnerable groups and implement targeted measures. Coaching on individual level could focus on optimizing the use of social networks. Future research should consider gender differences, as women face the additional challenge of menopause during midlife.

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Paper number 548 | Oral

Overcoming quarterlife crisis: The role of grit and tolerance to ambiguity among emerging Filipino adults taking the Psychology Licensure Examination

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Emerging adulthood is a time of ambiguity and uncertainties. This period is also when grit, or persistence to achieve their goal, is salient in achieving their career goals such as successfully passing their licensure examination. As such, the researchers formulated a model of grit leading towards tolerance to ambiguity and intolerance to uncertainties to uncover the role of these constructs among emerging adults a month prior to licensure examination for psychology in the Philippines. There were 1180 examinees aged 22-24 years old who took the scales on grit, tolerance to ambiguity, and intolerance to uncertainty a month before their licensure examination as psychometricians. Using survey method of gathering data and path model of analyzing data, the results showed that licensure examinees' grit predicted a modest but significant increase tolerance to ambiguity. The more that they persist in achieving their goal, the better they were able to tolerate ambiguities. Moreover, tolerance to ambiguity decreased the two factors of intolerance to uncertainty: inhibitory and prospective anxiety. The more that they can tolerate ambiguities, the less cognitively anticipated and behaviorally inhibited they become. This concludes that grit and tolerating ambiguities had important roles in two different types of anxiety that is relevant among emerging adults.

Paper number 651 | Oral

Education and generativity in older adults: A Systematic review of its impact and benefits

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Generativity, understood as the interest in contributing to the well-being of future generations, constitutes a central axis of the seventh stage of Erikson's psychosocial development. This concept connects personal development with the ability to make meaningful contributions within familial, community, and social contexts. Education plays a fundamental role in this process, particularly in older adulthood, through lifelong learning programs that promote well-being, social inclusion, and active aging.

Method: A systematic review was conducted following the PRISMA methodology. The search included the databases Scopus, PsycINFO, and Web of Science, utilizing keywords related to generativity and adult education. A total of 545 articles published between 2020 and 2024 in Spanish and English were identified. Inclusion criteria were limited to academic articles addressing the selected keywords.

Expected results: Based on existing literature, it is anticipated that educational programs targeting older adults not only enhance their well-being and cognitive function but also strengthen their ability to participate in generative activities, such as social and community contributions. The selected studies are expected to provide evidence on

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how education fosters social interaction and a sense of purpose, particularly among individuals with lower initial educational levels.

Conclusions: This review aims to confirm that education is a crucial mechanism for fostering generativity in older adulthood, facilitating the connection between personal development and its impact on the well-being of future generations. Additionally, key areas for designing more inclusive and effective educational programs are expected to be identified, maximizing these benefits across diverse populations.

Workshop - Practical ways to teach psychology inclusively & decolonise the curriculum

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Paper number 400 | Workshop

Practical ways to teach psychology inclusively & decolonise the curriculum

Zayba Ghazali-Mohammeed[1]

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This workshop will showcase novel initiatives to diversify research approaches and psychology teaching in higher education. This workshop fits within Theme 4, under equality, diversity and inclusion (EDI), and will showcase research evidence (e.g. Ghazali-Mohammed et al., 2024; Hagenaars, 2023; Wilson, 2022) to explore and prepare participants with the knowledge and next steps they need to make their research and teaching more inclusive, updating the psychological field, ensuring best practice, and championing EDI in higher education and beyond.

Objectives:

This workshop aims to showcase & discuss inclusive teaching and research approaches that promote decolonising the curriculum. Participants will be asked to rethink one of their own courses or research projects throughout the workshop and -

- Reflect on their own identity and power in shaping curricula and research

- Critically examine the foundations of psychology & explore case studies

- Explore and develop ways to begin decolonising their current teaching or planned research projects

- Leave the session with three clear action steps to implement in their research/teaching

Planned Activities:

- Positionality reflection exercises to review our worldviews and biases. Develop strategies to decentre these using research-informed approaches

- Case study audit: Explore & discuss case studies of research or curricula content and work to rethink these approaches with a decolonial lens.

- Share examples of best practice across the sector via short exercises encouraging participants to share experiences and inspire action.

- Create a research-informed action plan ensuring participants leave with a set of concrete outcomes to facilitate in their research/teaching.

Target audience:

This workshop is targeted at individuals who conduct psychological research and/or teach psychology at Higher Education. It will equip attendees with the confidence, toolkit, and knowledge to be more purposeful with research practice, and more innovative in teaching.

Components:

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Conceptual analysis, didactic presentation, and case discussion.

Keywords:

Decolonising Education; Curriculum design; Inclusive research

Papers session 75

Paper number 204 | Oral

A daily event-level survey approach to investigating condom use resistance and alcohol consumption in young adult men

Kelly Davis[1], Julia Hammett[1]

[1]Arizona State University, United States

Background: Condom use resistance (CUR) involves attempts to avoid using a condom with a partner who wants to use one. Extant research indicates that CUR is common, is most frequently committed by men, involves coercive and noncoercive tactics, and often co-occurs with alcohol consumption. Much of what we know about CUR is from cross-sectional surveys which are flawed in their measurement of alcohol use and sexual behavior during past events. Thus, we investigated the co-occurrence of alcohol consumption and CUR through daily, event-level assessments. Method: Young adult men (N = 420) living in the southwestern United States who reported having sex with women, being nonproblem drinkers, and using condoms inconsistently completed a baseline survey in the lab, followed by 32 days of online daily assessments of their alcohol use and sexual activity, including CUR. Results: For the follow-up period, 416 participants provided data for a total of 8,790 days. Across these days, 43.8% (n = 3,854 days) involved the use of alcohol and 18.6% (n = 1,636 days) involved sexual activity. Of the 1,425 days on which participants had vaginal sex, 205 (14.4%) involved CUR. Across the assessment period, 120 men (28.8%) reported engaging in CUR. On a given day that involved drinking alcohol and having sex, the more drinks men consumed, the more they engaged in greater severity CUR tactics during vaginal sex, r = .056, p = .044. Conclusions: In the first study to use daily assessments of alcohol and CUR, we found that CUR behavior within a 32-day period was reported by a notable minority of men. Our novel findings suggest that prevention efforts targeting CUR could benefit from a focus on lowering alcohol consumption in order to reduce the severity of CUR behavior.

Paper number 887 | Oral

Effectiveness of an integrative therapy for youth with cannabis use disorder: Targeting attachment insecurity and emotion dysregulation

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This study evaluates the efficacy of an Integrative Therapy for Adolescent Cannabis Misuse (ITACM) compared to Treatment as Usual (TAU) in reducing cannabis use, psychiatric symptoms, and improving psychological processes in adolescents with cannabis use disorder. Regular cannabis use during adolescence is linked to cognitive, psychological, and social consequences, leading to significant distress. Although psychological

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interventions are the primary treatment for cannabis use disorder, their efficacy in adolescents remains limited. ITACM was designed to address emotion dysregulation and interpersonal difficulties—factors empirically linked to cannabis use disorder—by integrating motivational interviewing, cognitive-behavioral therapy, and attachment-based therapy. ITACM is a structured 10-session program combining individual therapy with complementary family sessions. This randomized, non-inferiority controlled trial includes 30 adolescents receiving either ITACM or TAU. Cannabis use, psychiatric symptoms, and psychological processes are assessed at baseline, mid-treatment, post-treatment, and at a 1-month follow-up. ITACM is hypothesized to be non-inferior to TAU in reducing cannabis use, anxiety, and depression while improving interpersonal relationships and emotion regulation strategies. The small sample size may limit generalizability, and the short follow-up period might not capture long-term outcomes. ITACM's brevity facilitates its implementation in clinical settings and improves engagement with adolescents and parents. It offers a cost-effective, practical alternative to traditional family therapies.

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Paper number 329 | Oral

The effects of insecure experiences in close relationships on college adjustment: The moderated mediation effect of exhaustion through relationship addiction

Sujin Choi[1], Jeong-ho Uhm[2], Minyoung Lee[1]

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The current study aimed to examine the moderated mediation effect of Emotional Exhaustion (EE) through Relationship Addiction (RA) on the relationship between Insecure Experiences in Close Relationships (IECR) and College Adjustment (CA). This study presents a research model designed based on the Vulnerability-Stress Model (VSM), a psychological framework that explains how mental disorders (i.e, RA) develop through the interaction of individual vulnerabilities (i.e., IECR) and environmental stressors (i.e., EE). In this study, participants were 300 undergraduate students in South Korea, and the collected data were analyzed using SPSS Process Macro Model 58. The results of this study were as follows: First, the relationship between IECR and CA was partially mediated by RA. Second, the moderation effect of EE was significant only in the relationship between IECR and RA, whereas the moderating effect was not significant in the relationship between RA and CA. Third, EE had a direct effect on both RA and CA. Lastly, the full moderated mediation effect between variables was significant regardless of whether the level of EE was high or low. This study demonstrated that IECR, RA and EE can effect CA based on the VSM. Concretely, this study suggests a psychological mechanism through which IECR would lead to RA via interaction with EE which is the core sub-dimension of academic burnout. It also cautions that worsened RA would sequentially effect CA in university students. Furthermore, it emphasizes the importance of mitigating levels of emotional exhaustion caused by academic stress, along with promoting stable psychological experiences with people in close relationships for students. Based on these research findings, novel suggestions on IECR, RA and EE in the field of university counseling are presented.

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Papers session 76

Paper number 1125 | Oral

Computerised cognitive training for community-dwelling older adults

Evangelia Romanopoulou[1, 2], Annita Varella[1], Vasiliki Zilidou[1], Ioanna Dratsiou[1], Afroditi Anastasiou[3], Elena Chrysostomou[3], Veronica Hadjipanayi[3], Ersi Papayianni[3], Panagiotis Bamidis[1]

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Ageing is a major factor contributing to cognitive decline, increased rates of disability, and neurodegeneration, all of which significantly impact the quality of life of older adults. Addressing these challenges necessitates targeted interventions to delay cognitive decline and enhance well-being. This study aimed to evaluate the impact of a computerized cognitive training program on cognitive functions, specifically working memory, inhibition, processing speed, and cognitive flexibility, over three consecutive years.

This longitudinal study employed a within-subjects design, with all participants (N=15) assigned to the same condition measuring their performance across different time points. Participants were community-dwelling older adults residing in the "Archangelos Michael" nursing home in Nicosia, Cyprus. The cohort presented with various multimorbidities, including cognitive impairments, mobility challenges, and neuropsychiatric disorders. The intervention utilized the cognitive training component of the Long Lasting Memories Care (LLM Care) system, BrainHQ, an interactive, web-based platform designed to enhance cognitive functions through evidence-based exercises. Participants engaged in the training 2–3 times per week, with each cycle lasting 8–10 weeks, followed by a pre- and post-intervention evaluation. This process was repeated every 2–3 months for a total duration of three years.

A comprehensive neuropsychological battery was administered at pre- and post-intervention time points, including the Mini-Mental State Examination (MMSE), Montreal Cognitive Assessment (MoCA), Trail Making Tests A and B, Verbal Memory tests, Digit Span tasks, and the Geriatric Depression Scale (GDS). Preliminary results indicate notable improvements in cognitive performance and emotional well-being, highlighting the potential of computerized interventions to delay cognitive decline and promote greater independence among older adults.

This study underscores the importance of integrating cognitive training into health and social care systems, offering a scalable approach to enhance the quality of life and functional independence in ageing populations. Further research with larger cohorts is warranted to validate these findings.

Paper number 842 | Oral

Let's talk about elder abuse: A systematic literature review

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Introduction: With global population rapidly aging, elder abuse has become an increasingly important topic to address. In order to know how to efficiently address this problem, the present study was conducted with the aim to review what is already known in terms of prevalence, risk factors and outcomes.

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Method: A systematic review was conducted in accordance with the PRISMA guidelines using two different databases. From the 985 hits, 53 peer reviewed empirical articles were included into the final analysis, which was carried out in accordance to the three thematic areas of interest.

Results: The studies explored elder abuse in both institutional and community context, indicating high prevalence. The most commonly reported type of abuse was psychological abuse, while sexual abuse was the least common. Perpetrators were most often reported to be family members or other close relations. Female gender, lack of social network, widowed or divorced marital status, decrees in cognitive functioning or dementia were some of the most commonly identified risk factors. Depression, suicidal ideations, anxiety, PTSD and lower psychological resilience were the most common mental health outcomes among victims of elder abuse. In terms of physical health consequences studies identified high mortality rates among victims, as well as injuries to upper extremities and head injuries. However, as there was high heterogeneity in study methodology (e.g. quality, assessment tools used), the results show be interpreted with caution.

Discussion: Despite methodological discrepancies among analyzed studies, the present results highlight the need for immediate actions for preventing elder abuse and offering support to the victims. Future research should focus on developing standardized methodologies to enhance comparability and on evaluating the effectiveness of interventions aimed at mitigating the impact of elder abuse globally.

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Paper number 288 | Oral

Beyond time: Bridging past and present in elderly patients - the impact of virtual reality on reminiscence therapy

Davide Maria Marchioro[1], Maria Lucia Caniglia[2]

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Reminiscence therapy, extensively utilized in geriatric care, benefits dementia patients by stimulating autobiographical memory crucial for self-identity maintenance (Butler, 1963). This therapy promotes internal and social dialogues, thereby enhancing identity reprocessing through memory sharing. Integrating virtual reality (VR) into this therapy offers an immersive experience with potential to enhance cognitive functions and emotional well-being, as evidenced by VR interventions that improve mobility, prevent falls, and train cognitive abilities in dementia patients (Appel et al., 2021; Huang & Yang, 2022).

Our year-long study with 54 elderly participants in Padova, Italy, evaluates VR-assisted reminiscence therapy's efficacy in enhancing the quality of life among non-autonomous elderly individuals, comparing it to traditional non-VR approaches.

Participants, homogeneously aged between 75 and 87, were divided into three groups: an experimental group undergoing VR-based reminiscence therapy (17 participants), an active control group receiving standard reminiscence therapy without VR (21 participants), and a passive control group (16 participants). Using Meta Quest 3 VR headsets, we delivered an immersive experience with 360-degree environmental reconstructions resonant with participants' past experiences. Outcome measures included the SF-36, Trail Making Test, Clock Drawing Test, MMSE, Geriatric Depression Scale, and Neuropsychiatric Inventory.

Findings indicate that the VR group experienced significant improvements in quality of life ($p<.001$), cognitive decline for patients with mild or no dementia ($p<.05$), and mood enhancement compared to the passive control group ($p<.01$). The VR group showed significant mood improvement compared to the active control group ($p<.01$), with no significant differences in cognitive deterioration. However, limitations such as small sample size and lack of long-term follow-up might affect these results' generalizability.

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Anyway, this study underscores the potential of VR in enhancing the efficacy of reminiscence therapy, suggesting that further research with larger, longer-term studies could substantiate these findings and influence practice in dementia care.

Papers session 77

Paper number 1130 | Oral

Development and psychometric evaluation of the Personality assessment Scales for Adolescents

Linda Nauzere[1], Viktorija Perepjolkina[2], Jelena Kolesnikova[3], Ilona Krone[3], Nikita Bezborodovs[3], Ainars Stepens[1]

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A robust assessment tool is essential for identifying adolescent emotional and behavioral difficulties (WHO, 2020). This study is part of the National Research Program project "Development of a new computer-based assessment method for measuring and monitoring adolescent mental health outcomes in post-COVID conditions" (No. 1-PB-2/8/2024) and focuses on the development of personality scales.

The process began with the identification of 33 theoretically distinct scales designed to measure specific personality traits based on ICD-11 criteria, including oppositional defiant (6C90) and conduct-dissocial disorder (6C91). Each scale contained 4–9 items developed to reflect ICD-11 symptoms and signs. Content validity was ensured through expert review, with six experts evaluating item relevance and clarity on a 4-point Likert scale. Items with a Content Validity Index (CVI) above .78 were retained, while others were revised or excluded.

The preliminary 218-item version was tested on 267 adolescents aged 13–19 through supervised online surveys. Feedback was gathered to ensure item clarity and appropriateness for the target age group. Ethical guidelines were strictly followed, with informed consent obtained from participants and their parents, as approved by the Riga Stradiņš University Ethics Committee.

Exploratory Factor Analysis (EFA) using Principal Axis Factoring (PAF) with Promax rotation yielded 25 distinct personality scales comprising 121 items, with satisfactory to very good psychometric properties. A subsequent EFA identified a five-factor structure explaining 55.1% of the variance. These factors were labelled as Impaired Self-Regulation, Emotional Dysregulation, Anxious Insecurity, Reactive Extraversion, and Pursuit of Superiority and Flawlessness.

The developed scales offer a comprehensive tool for assessing adolescent difficulties in behavior, emotion, and self-regulation. They provide valuable insights for research and clinical practice, supporting early identification and tailored interventions to address mental health challenges in adolescents.

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Paper number 440 | Oral

Psychometric properties and suitability of the Gambling Disorder criteria proposed by World Health Organization in the ICD-11

Halley M. Pontes[1]

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Background: Gambling Disorder (GD) is a recognized mental health condition, though its understanding and diagnostic criteria have evolved significantly over time. The evolving nature of GD led to recent updates to its diagnostic framework in the eleventh revision of the International Statistical Classification of Diseases and Related Health Problems (ICD-11) though no current psychometric assessment tool captures the current conceptualization of GD in its present form. Research aims and objectives: This study investigates the suitability of the diagnostic criteria for GD proposed by the World Health Organization to develop a new psychometric approach aimed to reflect the current diagnostic criteria for GD in the ICD-11. Methodology: To achieve this goal, a nationally representative sample of British adults was recruited (N = 1,028, meanage = 46.54 years, SDage = 15.71). Results: The results obtained supported a one-factor solution and the scale's initial factorial validity, population-cross validity, criterion validity, concurrent validity, and reliability. Further gender-based measurement invariance was conducted, with the results showing full scalar invariance for the new psychometric assessment fool. Additionally, latent mean comparisons showed that males displayed significantly higher GD latent means compared to females (latent mean difference = -0.156; z = -3.844, p < .001, d = -.249). The prevalence rate of GD found in the sample measured with the new psychometric assessment tool was 0.49%. Limitations: The findings obtained must be replicated within clinical samples to ensure the psychometric soundness of the new psychometric assessment tool beyond epidemiological research. Implications: The newly developed psychometric assessment approach for GD is promising, robust, and offers a way for evaluating GD symptoms based on the latest conceptualization and diagnostic criteria for GD that can be employed by clinicians and researchers alike.

Paper number 1221 | Oral

Psychometric properties of the Persian version of the Developmental Assets Scale

Ali torkashvand[1], Amir Ghamarani[1]

[1]University of Isfahan, Iran

Aim: The present research was conducted to examine the psychometric properties of the Persian version of the Developmental Assets Scale. Method: The statistical population included all students with emotional and behavioral problems enrolled in schools in Isfahan during the academic year 2023-2024. From this population, 200 individuals (126 boys and 73 girls) were selected using purposive sampling. The research tool consisted of a 58-item Developmental Assets Scale. The validity of the scale was assessed using exploratory and confirmatory factor analysis, as well as the correlation of dimensions with the total score. The reliability of the scale was evaluated using internal consistency methods and split-half reliability. Findings: Data analysis was performed using SPSS and AMOS version 26. The findings identified eight dimensions. The results of the data fit confirm that the data support an 8-factor model, and exploratory analysis indicated that the eigenvalues related to the principal component analysis were above 1 for 8 factors, which explained 96/54% of the variance of the scale. The correlations of the subscales of positive values, expectations and limitations, social competencies, commitment to learning, support, positive identity, and empowerment with the total scale were 0.816, 0.804, 0.821, 0.837, 0.802, 0.880, and 0.769, respectively. Additionally, the split-half reliability coefficient for the first half of the data was 0.772, for the second half was0.816,and the correlation between the two halves was 0.672. These findings indicate a

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desirable internal consistency coefficient for the scale. the Cronbach's alpha results for the entire test were 0.904, the subscale of positive values 0.893, expectations and limitations 0.899, social competencies 0.827, commitment to learning 0.882, support 0.818, positive identity 0.819, and empowerment 0.891. Conclusion: The results indicate that the Developmental Assets Scale can be used as a suitable tool for assessing Developmental assets among students with emotional and behavioral problems.

Paper number 244 | Oral

The Hungarian validation of the modified Yale Food Addiction Scale 2.0 in the theoretical framework of the reward deficit syndrome

Virág Scheller[1], Eszter Vaszkunné Kótyuk[2]

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Virág Scheller – PhD Student, Eötvös Loránd University

Introduction: Obesity has become a worldwide problem, and this phenomenon is often associated with food addiction. The most suitable tool for measuring this is the Yale Food Addiction Scale. A newer, shortened version of this is the modified Yale Food Addiction Scale 2.0 (mYFAS 2.0). Research has also confirmed that there may be a link between excessive eating and Reward Deficiency Syndrome (RDS). The aim of this research is to explore the Hungarian mYFAS 2.0 and examine the relationship between food addiction and RDS in a non-clinical sample.

Method: 445 participants took part in a cross-sectional research, we reached them through an online questionnaire, where they filled out the Hungarian version of mYFAS 2.0, the Barratt Impulsiveness Scale (BIS-8), and the Reward Deficiency Syndrome Questionnaire (RDSQ-29). Confirmatory factor analysis was used to check the structure of the Hungarian version of the mYFAS.

Results: A good fit for the single-factor model was supported by the confirmatory factor analysis. Cronbach's Alpha was adequate for the entire scale. The mYFAS 2.0-H symptom count scores were significantly correlated with BMI (0.194) , RDSQ-29 (0.256) and the BIS-R-21 subscales (range 0.193 to 0.332.)

Conclusion: T The Hungarian version of mYFAS 2.0 was properly validated in the non-clinical sample and it is a reliable scale measuring food addiction.

Limitation: The research was mainly conducted on women, in the future it is worthwhile to include more men in the study. Also, it is definitely important to assess the questionnaire on a clinical sample as well.

Practical use: The questionnaire allows us to use it in practice to detect food addiction, for interventions and in therapy. and contributes to the creation of further Hungarian-language research.

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Papers session 78

Paper number 41 | Oral

Cognitive biases under COVID-19 Pandemic: A case of managers' decision-making on work subdivision in Taiwan

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Facing an elevated alert to the third degree announced by CDC in Taiwan duringCOVID-19 pandemic on May 15th 2021, corporate managers pondered on an unprecedented decision of whether to divert work (a so-called "subdivision strategy") across various parts of the companies. Such decisions involved complex considerations of how to maintain business operations on the one hand, and to secure a safe work environment for organizational members on the other. The researchers conducted interviews with five high-level corporate managers during September to November 2021 to uncover decision processes of their companies; each interview was assured of anonymity and recorded under their consent. Interview transcripts were analyzed based on a four-section codebook: #100 Extent of severity; #200 Cognitive evaluation; #300 Affective evaluation; #400 Actions taken. Each section was further coded into subcategories, and then with sub-subcategories. For example, #200 was sub-categorized into #210 Targets of evaluation, #220 Probability of infection, and #230 Cost considerations. #210 was further sub-categorized into #211 Family members; #212 Self; #213 Colleagues, etc. And #211 was sub-categorized as #2111 "Had thought of" versus "Did not think about". Following principles of grounded theory, the researchers analyzed the resulting codes and relationships among the codes. Six propositions regarding cognitive biases were derived. Among the six, two are as follows: Managers' decisions on "subdivisions" are affected by their assessments on the health conditions of themselves and the probability of their own risk of infection; When managers are worried about potential invisible transmits of infection, their estimation of the risk of getting infected would be much higher, and, in result, a higher tendency of making a "subdivision" decision. The data showed multiple examples of self-serving bias, availability bias, representative bias, and the framing effects in the decision-making processes. The researchers discussed theoretical and practical implications on managerial decision-making at the end.

Paper number 1122 | Oral

Skills for tomorrow: A foresight approach to workforce adaptation in the digital era

Marco De Angelis[1], Alena Mezentseva[1], Marco Giovanni Mariani[1], Salvatore Zappalà[1], Luca Pietrantoni[1], Rita Chiesa[1]

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Digital transformation and technological advancements are reshaping industries across Central Europe, creating significant challenges and opportunities for people, organisations and society. This study, conducted within the Digi-B-Well INTERREG project, which aims to enhance the digital capacities of SMEs, public authorities, and academia by developing tools and strategies to support digital transformation and well-being, explores foresight scenarios to anticipate how these sectors may evolve and the skills required to support this transition.

The initial phase of the study involved a comprehensive horizon scanning of global and European reports to identify key trends such as artificial intelligence adoption, hybrid work models, and sustainability-driven innovations. The study assesses 72 emerging trends and their potential impact on the world of work and organisations over short

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(1-2 years), medium (3-5 years), and long-term (up to 10 years) horizons. These trends were evaluated based on their impact and potential evolution, leading to the development of four distinct future scenarios: a continuation of the current trajectory, a scenario with incremental changes, one with contrasting trends, and another depicting a fully transformed future. Each scenario outlines different trajectories for organisational and workforce transformation, offering strategic insights into potential changes and challenges.

To further refine these scenarios, semi-structured interviews were conducted with employees and managers from various Central European industries. The interviews focused on identifying the necessary upskilling and reskilling strategies, as well as the challenges and needs faced by different organisations in maintaining employee well-being (both digital and non-digital) and ensuring long-term organisational sustainability.

The expected outcomes of this study highlight the critical role of forward-looking strategies in preparing stakeholders for the future of work. The developed scenarios will serve as a valuable tool for decision-makers, providing actionable insights to foster workforce adaptability, support mental well-being, and drive sustainable organisational development in the digital age.

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Paper number 740 | Oral

Impact of a dietitian-led workplace intervention on mental health and quality of life: Evidence from factory workers

Orit Afumado-Yona[1], Vered Kaufman-Shriqui[2], Mona Boaz[3], Shir Ben-Yaish[4]

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This study evaluated a dietitian-led, healthy lifestyle intervention among factory workers, focusing on outcomes measured using the SF-36 model and other metrics. The intervention resulted in significant improvements in mental health, vitality, and general health perceptions after 12 months, as assessed by the SF-36, with participants reporting enhanced emotional well-being and reduced role limitations due to emotional problems.

This study evaluated a dietitian-led intervention among factory workers, focusing on physical and mental health outcomes. Using the SF-36 questionnaire, significant improvements were observed in vitality (64.0 ± 19.3 vs. 57.6 ± 19.5, $p = 0.037$) and general mental health (78.3 ± 14.7 vs. 70.9 ± 17.5, $p = 0.008$) after 12 months. The overall mental health score increased significantly by 4.43 points ($p = 0.05$), consistent across all participants, regardless of age and sex. These findings align with broader research demonstrating a link between weight reduction and improved quality of life, with significant enhancements in physical function, general health, vitality, and mental health. Additional workplace interventions, such as in Boston, have similarly shown improvements in general health ($p = 0.014$), mental health ($p = 0.027$), and social functioning ($p = 0.007$). Although no significant changes were seen in weight or physical activity, the intervention improved workers' mental well-being and was associated with reduced disease burden and higher productivity. These results suggest that psychological and physical health interventions can enhance workplace outcomes and employee quality of life.

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Paper number 441 | Oral

Tolerance of uncertainty in psychological practice: The Interplay of cognitive uncertainty, rejection sensitivity, and in shared decision making

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A psychologist's low tolerance for uncertainty can lead to various challenges, such as poor decision-making, anxiety, and burnout. A lack of clarity about one's thoughts, perceptions, or decisions (cognitive uncertainty) may further compromise clinical work and client care. It is expected that uncertainty and rejection sensitivity affect a person's emotional experience and behavior, particularly in the context of relationships and decision-making. For a psychologist, building a good professional relationship with their client is crucial for ongoing client care. The aim of this study was to investigate the relationship between cognitive uncertainty, rejection sensitivity and shared decision-making in psychological practice. The sample consisted of N = 123 registered psychologists in Australia. The majority of psychologists were early career. The data was analyzed using the PROCESS macros in SPSS to determine direct and indirect effects. The results revealed that cognitive uncertainty had a direct positive relationship with rejection sensitivity, while cognitive uncertainty had an indirect negative effect on shared decision making through rejection sensitivity. This means that psychologists are less likely to participate in shared decision making with their client due to increased uncertainty. Further analysis revealed that this process between cognitive uncertainty, rejection sensitivity and shared decision was moderated in the second stage by age, revealing significant difference between younger and older psychologists. It is known that including clients in decisions around their mental health in therapy can have great benefits for clients. Thus, this research emphasizes the need to address how psychologists understand and manage tolerance of uncertainty, specifically cognitive uncertainty in relation to rejection sensitivity. Overall, being able to tolerate and reflect on uncertainty is crucial for maintaining the well-being of both the psychologist and the client.

Papers session 79

Paper number 1180 | Oral

Navigating the storm: Understanding loss and grief in the modern world through the lens of psycho-oncology

Stephanie Christodoulidou[1]

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Grief and loss are complex, universal human experiences that are often heightened when compounded by illness and impending loss, yet the modern world presents unique challenges and opportunities in understanding and processing these emotions. This workshop offers a deep dive into the psychological dimensions of grief and loss, specifically within the context of psycho-oncology. Psycho-oncology bridges the emotional, psychological, and physical aspects of cancer care, providing vital insights into how individuals and families cope with terminal illness, impending death, and bereavement. In a world increasingly shaped by technological advancements, shifting societal norms, and changing healthcare models, understanding the modern grieving process has never been more critical.

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Through a psycho-oncological framework, this session will explore aspects of anticipatory grief and post-death grief, focusing on the specific emotional challenges faced by patients, their families, and caregivers during a cancer journey (including case studies). Special attention will be given to how grief is influenced by modern dynamics, including the role of social media. Additionally, the workshop will address the unique needs of healthcare professionals who are often the primary source of emotional support during cancer treatment and end-of-life care.

This workshop aims to enhance the ability of healthcare providers to navigate the emotional landscape of loss with compassion, cultural sensitivity, and psychological insight, fostering resilience in both patients and practitioners. The workshop is designed for professionals with an interest in psycho-oncology, healthcare professionals working with grieving individuals, particularly in oncology and palliative care contexts, and aims to promote a compassionate, humanistic approach to grief and bereavement.

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Paper number 123 | Oral

"It was as if a part of me had been buried along with her": Parental representations of perinatal loss

Samuel Lins[1], Cynthia de Freitas Melo Lins[2], Luis Felipe Ribeiro Vieira[2], Gabriel Huet Borges de Arruda[2]

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Pregnancy, labor, and birth are generally moments of great expectation for both mothers and fathers. However, clinical complications and unexpected events can lead to perinatal loss, which refers to the death of the baby between 22 weeks of gestation and the first 28 days after birth. This can trigger a grieving process and intense psychological suffering, which must be understood in order to support strategies for prevention and care for the parents. In response to this demand, this study aimed to understand the representations and experiences of individuals who have experienced perinatal loss in Brazil. A qualitative study was conducted, involving 40 participants who responded to a semi-structured interview guide, and the data were analyzed using IRaMuTeQ software. The data were categorized into four classes: 1 - "Risks, Exams, and Pregnancy," which addresses representations of pregnancy complications, medical exams, high-risk diagnoses, and the emotions involved in these processes; 2 - "Hospital Memories: Life, Struggle, and Farewell," which includes representations of births, losses, emergencies, and interactions with healthcare professionals; 3 - "From Dream to Longing," which addresses expectations of motherhood as well as the challenges and reflections surrounding the loss; 4 - "Challenges of Motherhood in Grief," which discusses the emotions and challenges faced by grieving mothers, including isolation, the impact on motherhood, and the search for help and coping strategies. It is concluded that perinatal grief is a procedural, individual, and subjective experience characterized by profound pain, ambiguous feelings, and a loss of meanings and expectations. This necessitates a collaborative effort to help bereaved parents navigate their loss and find new meanings. The present study has limitations, particularly regarding the predominant participation of women. The data presented can guide healthcare professionals in understanding the care and protection needs related to mental health during the grieving process.

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Paper number 699 | Oral

Ambiguous loss: A case of missing persons in Cyprus

E. Biran Mertan[1], Buse Keskindag[2], Çağay Dürü[3], Despina Cochliou[4]

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[4]University of Nicosia, Cyprus

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Research aims and objectives: People of Cyprus have reported missing family members to the authorities for more than half a century.

Theoretical background: Not knowing about the fate of a beloved one who disappeared in ethnic clashes, lead family members to an ambiguous loss situation which is known to be very stressful. This study explores what happens to the missing persons' relatives psychologically after the beloved ones are identified and buried.

Research design: Using a cross-sectional design, the study utilized two samples coming from Turkish Cypriots and Greek Cypriots.

Results: Negative coping style, social support and feelings of being to an inequity/injustice along with being women predicted symptoms of depression, anxiety and stress for both Cypriot samples. Relational status to the missed person, governmental support and positive coping showed no association with symptoms of depression, anxiety and stress. Contrary to these similarities for both samples, resilience, satisfaction with identification and funeral processes showed mixed findings for each sample which indicates cultural and political aspects should also be considered.

Limitations: The cross-sectional design restricts the ability to establish causal relationships between variables.

Implications: Longitudinal and mixed design studies could provide a more comprehensive understanding of the evolving nature of psychological distress over time. These findings indicated that prolonged painful experiences endured for both Turkish Cypriots and Greek Cypriots family members of identified missing persons and need to be recognized nationally and internationally. It is important to support relatives psychosocially even after the identification process by taking into account adequate cultural, political, religious and ethnic aspects.

Paper number 1105 | Oral

Psychometric validation of the Will to Hasten Death Evaluation Scale (WHDES) for incurable patients

Helena Pereira[1, 2], Mário Simões[3], Sílvia Marina[1], Octávio Moura[3], Miguel Ricou[2, 4]

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[2]Ordem dos Psicólogos Portugueses, Portugal
[3]University of Coimbra, Faculty of Psychology and Educational Sciences, Portugal
[4]Faculty Medicine Porto University, Portugal

The Will to Hasten Death Evaluation Scale (WHDES) was developed to assess the Will to Hasten Death (WHD) in individuals with serious and incurable illnesses, addressing the motivators behind requests for hastened death, through euthanasia or assisted suicide. This study aims to present results on the reliability and validity of the WHDES, including internal consistency, factor analysis and convergent validity.

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The WHDES was validated through a cross-sectional study with 297 elderly participants (M = 73.37; SD = 7.79; 59.9% women), divided into three groups: palliative care patients, integrated continued care patients and a control group consisting of active, healthy people. Preliminary analyses (exploratory factor analysis and exploratory structural equation analysis) identified a structure with 14 items and two factors. Confirmatory factor analysis validated a bifactor structure with a good fit (CFI = .99; SRMR = .07; RMSEA = .09), consisting of a general factor “Will to Hasten Death” and two specific factors: “Death Ideation due to Suffering” (DIS) and “Decision about the Moment of Death” (DMD). The scale showed excellent internal consistency for the general factor (α and ω = .92) and for the DIS and DMD factors (α and ω = .90; α and ω = .89, respectively), as well as a good test-retest stability (ICC = .85). Evidence of convergent validity and discriminant validity was identified.

The conclusion is that the WHDES is an assessment tool with adequate psychometric characteristics and relevant implications for: (1) research, which will allow further study of WHD and its variation over time; (2) clinical practice, as it will help healthcare professionals to understand patients' motivations and support interventions geared to their needs; (3) politics, as this scale could allow more evidence to be acquired, for example, to adjust public policies to the needs of terminally ill patients compared to non-terminally ill patients.

Keynote Speech - Prof. Eirini Flouri

Paper number 1265 | Keynote

The role of the context in child development

Eirini Flouri[1]

[1]University College London, United Kingdom

Much of the research in child development exploring the role of the context focuses on children’s very proximal social environments, typically family and peers. We know much less about the role of the physical context in child development, especially in socioemotional and cognitive functioning. In this talk I will discuss the research I have carried out exploring the role of the physical environment in the home and in the neighbourhood on these aspects of child functioning. This research showed that while the impact of the home’s physical environment is reduced after accounting for socioeconomic disadvantage it is still important. The findings of the role of physical characteristics of the neighbourhood (or ‘the built environment’) on these child outcomes are more nuanced. The impact appears to be outcome-specific and dependent on how the built environment was measured. Even after controlling for both neighbourhood and family socioeconomic disadvantage however, the built environment, especially when holistically measured (e.g., by neighbourhood disorder, greenspace, air pollution and urbanicity), can still shape child outcomes. This research suggests that tackling place-based inequalities may have long-lasting benefits for individuals and societies.

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Papers session 80

Paper number 727 | Oral

Does attachment style moderate the crossover of feelings among mothers and daughters?

Lior Oren[1], Chen Cohen[1]

[1]Ariel University, Israel

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Theorists in the field of family systems view the family as an organized collection of relationships and behaviors, where each individual or subsystem is influenced by others through various processes (White & Klein, 2002). One of the central processes through which family members affect one another is the crossover of emotions. The crossover process is a psychological mechanism in which the emotions and feelings of one individual are crossed to another significant person.

While numerous studies have examined emotional crossover among romantic partners, relatively few have explored this phenomenon within other familial relationships. The literature suggests that the mother-daughter dyad exhibits a powerful tendency for emotional crossover, attributed to gender similarity and the substantial time spent together. In the current study, the crossover of stress, relationship satisfaction, and sleep quality were investigated employing attachment styles as a moderating variable.

Questionnaires measuring stress, relationship satisfaction, and sleep quality were distributed to 116 mother-daughter dyads at two time points: the first before a significant interaction between the mother and daughter, and the second two days after the interaction. The research model was tested using a moderate Actor-Partner Interdependence Model (APIM) analysis and path analysis via the AMOS software.

Actor-partner effects were significant for stress and relationship satisfaction. Positive associations were found between the mother's stress at T1 and the daughter's stress at T2. In addition, positive associations were found between the daughter's relationship satisfaction at T1 and the mother's relationship satisfaction at T2 were found. No moderating effects of attachment styles were found.

This study emphasizes the importance of understanding emotional crossover processes in diverse populations and sheds light on the dynamic and complex relationships between mothers and daughters.

Paper number 970 | Oral

Exploring secure base priming and its effects on prosocial behavior in uncertain environments

Abira Reizer[1], Ronli Kochavi[2]

[1]Ariel University, Israel
[2]MA student, Ariel University, Israel

Purpose:

We aim to examine the effect of secure base priming on prosocial behaviors and the moderating role of uncertainty. Study 1 will investigate the moderating role of dispositional intolerance of uncertainty (IU). Study 2 aims to expand upon Study 1 by experimentally examining how the interplay of secure base and occupational uncertainty jointly affects prosocial behaviors. These studies integrate Attachment theory with uncertainty mechanisms. We hypothesize that exposure to occupational uncertainty will decrease willingness to help others.

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Methodology:

The first study will include 220 undergraduate students. Students will first undergo secure base priming. Their willingness to help others will then be assessed. The commonly used security-priming condition involves recalling a secure interaction with supportive individuals during times of distress, followed by writing a brief description of the situation (Gillath & Katantzas, 2019). The second study will include 400 American participants, recruited through Amazon Mechanical Turk, aged 18-40, who work at least part-time. Initially, they will be exposed to occupational uncertainty manipulation related to AI. Following this, they will undergo secure base priming, and afterward, their willingness to help others will be measured.

Findings:

The research has received IRB approval. We are conducting two experiments to test our hypothesis, and the data will be presented at the conference.

Value:

Uncertainty is an integral part of daily life and frequently a feature of helping situations. This research is being conducted in the context of rapid technological changes in the 21st century within both psychological science and the occupational world. Understanding the interaction between secure base priming and uncertainty is crucial for developing effective interventions for individuals navigating these changes.

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Paper number 986 | Oral

Parental emotional socialization and callous-unemotional traits as predictors of filio-parental violence in high-conflict divorce contexts

Susana Cormenzana[1], Laura Merino Ramos[1], Ana Martínez Pampliega[1]

[1]University of Deusto, Spain

In some families, the negative consequences of divorce persist, significantly impacting children's psychological and behavioral well-being. Parental emotional socialization (PES)—parents' reactions to their children's emotional expressions—plays a critical role in shaping emotional regulation, yet it remains understudied in high-conflict divorces.

This study examines how specific dimensions of emotional socialization— active support, passive responses, approval, and disapproval of emotions—impact children's callous-unemotional traits (CUT), particularly in dimensions such as apathy and emotional care. These traits, in turn, are examined for their contribution to the emergence of aggressive behaviors toward parents, including physical, psychological, and emotional violence. The study aims to uncover pathways that may lead to escalations in adverse parent-child interactions, ultimately contributing to the development of aggressive behaviors within the family dynamic.

A cross-sectional study was conducted with 170 divorced parents (M = 40.42, SD = 6.91) using family meeting points in Spain. A structural equation model (SEM) was employed to analyze these relationships. Additionally, 4 focus groups with 24 professionals from these centers enriched the quantitative findings by exploring the psychological and emotional issues in parent-child interactions.

The SEM demonstrated good fit indices (χ^2/d.f. = 1.79; CFI = .95; NNFI = .91; GFI = .96; SRMR = .067; RMSEA = .068). CUT significantly mediated the relationship between PES and Filio-parental violence (FPV). Specifically, active PES reduced both CAU and FPV, while passive and emotionally disapproving PES increased these outcomes. Significant indirect effects were found for overall FPV and all its forms.

Although the study employs a mixed-methods approach, integrating both qualitative and quantitative data, the cross-sectional nature of the data prevents the testing of causal relationships between the study variables.

The findings highlight the protective role of active PES in mitigating FPV by reducing CUT, emphasizing the need for interventions targeting emotional socialization in high-conflict divorce contexts.

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Paper number 968 | Oral

Crossover dynamics of resilience between husbands and wives

Abira Reizer[1]

[1]Ariel University, Israel

Research Aims and Objectives:

The study examines the reciprocal dynamics of resilience between husbands and wives, focusing on the mediating roles of work-family conflict (WFC) for both spouses.

Theoretical Background:

The study builds on the theoretical frameworks of Conservation of Resources (COR; Hobfoll et al., 2018), crossover mechanisms (Westman, 2001), and the Spillover-Crossover Model (SCM; Bakker & Demerouti, 2013). It addresses the need to expand current knowledge on the crossover dynamics of resources.

Research Design/Methodology/Approach:

sample of 302 couples in relationships for at least six months and employed for a minimum of six months was analyzed using PROCESS model 6 for data analysis. The mean age of males was 32.78 years, while the mean age of females was 31.23 years, and all participants were married or cohabiting.

Results (Obtained or Expected):

Wives' resilience increases their husbands' resilience through the husband's work-family conflict mechanism. Thus, the study supports the crossover mechanism of wife resilience resources and provides additional support for the husband's spillover relationships (from WFC to resilience). The proposed model suggesting that husbands' resilience enhances wives' resilience via wives' WFC was found to be non-significant.

Limitations:

The study primarily focuses on heterosexual couples, and its findings may not be generalizable across different cultural contexts. Additionally, the cross-sectional nature of the study limits the ability to establish causality.

Implications for Research, Practice, and/or Policy (Including Originality and Value):

The findings underscore the importance of resource crossover pathways in resilience research and highlight the necessity of addressing couples' spillover and crossover dynamics in work and family settings. This research adds uniqueness by examining the unidirectional influence of wives' resilience on husbands.

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Workshop - Research and practice on improving the interviewing of suspects

Paper number 1268 | Workshop

Research and practice on improving the interviewing of suspects

Ray Bull[1]

[1]University of Leicester, United Kingdom

The interviewing/interrogating of suspects is a topic on which the amount of research has progressively increased over the last 40 years. The first published studies analysing what actually takes place during such interviews were here in England, largely due to the mandatory audio/video recording of them that innovatively commenced in 1986. These studies found the interviewing usually to be of poor quality. An impact of such a finding was that new, comprehensive training/guidance was introduced in 1992 (called the 'PEACE method, that was extensively based on psychology). Subsequent research (e.g., by Walsh & Bull, 2012 onwards) found that interviews conducted largely in line with that training resulted in greater amounts of investigation relevant information being provided by actual suspects (whereas those not in line did not). Such research had an impact on a United Nations 'Special Rapporteur', who in 2016 recommended that this 'PEACE method' could form the basis of an extensive 'Universal Document' for adoption by as many countries as possible. This extensive document (to which Professor Bull and others contributed and which is based on published research) was disseminated in 2021. Its recommendations are in line with more recent research on jail inmates' opinions and the likelihood of their providing relevant information/confessing, the impact of which strengthens even further those recommendations.

Roundtable discussion 21 - Evolutions on the IPCP: New work done

Paper number 225 | Roundtable discussion

Evolutions on the IPCP: New work done

Alex Siegel[1], Rachel Phillips[2], Nicola Gale[3], Gladys Mwiti[4], Christine Roland-Levy[5]

[1]ASPPB, United States
[2]AHPRA, Australia
[3]EFPA, United Kingdom
[4]Oasis Africa, Kenya
[5]IAAP, France

When the Declaration was endorsed by the IAAP and IUPsyS, the volunteers serving on the Work Group thought that this was the end of the IPCP project. However, Work Group members continued to receive requests for information about the Declaration, suggestions on how the Declaration could be used in various countries to establish a credentialing or recognition system, and requests to present at various regional psychology conferences. In 2023 at the European Congress of Psychology in Brighton, the Work Group of the IPCP has received a 3-year mandate to expand and, if needed, to revise the Declaration, based on a transparent and consultative project. This panel will present the progress achieved in the past 2 years by the Work Group.

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Roundtable discussion 22 - Decent Work, Decent Lives, and Healthy Lives for Sustainable Development

Paper number 810 | Roundtable discussion

Decent work, decent lives, and healthy lives for sustainable development

Annamaria Di Fabio[1], Christoph Steinebach[2], Lori Foster[3], Germán Gutiérrez[4], José María Peiró[5], Santo Di Nuovo[6], Giuseppe Carrus[7]

[1]University of Florence, Italy
[2]Zurich University of Applied Sciences, Switzerland
[3]North Carolina State University, United States
[4]National University of Colombia, Colombia
[5]University of Valencia, Spain
[6]University of Catania, Italy
[7]Roma Tre University, Italy

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Moderator: Annamaria Di Fabio

Member-at-large of the BoD of the International Association of Applied Psychology (IAAP); Responsible, Special International IAAP Project “Promoting Decent Work for All”; Editor of the Section “Psychology of Sustainability and Sustainable Development” for the journal Sustainability Science (Springer Publisher)

Discussants/speakers:

1) Christoph Steinebach, President of the European Federation of Psychologists’ Associations (EFPA)

2) Lori Foster, President of the International Association of Applied Psychology (IAAP)

3) Germán Gutiérrez, President of the International Union of Psychological Science (IUPsyS)

4) José Maria Peiró, Past President of the International Association of Applied Psychology (IAAP)

5) Santo Di Nuovo, Past President of the Italian Association of Psychology (AIP); President of the Italian Network of Psychological Associations (INPA), affiliated with the European Federation of Psychologists’ Associations (EFPA)

6) Giuseppe Carrus, Chief Editor of the Section “Environmental Psychology” for the journal Frontiers in Psychology (Frontiers Publisher).

The proposed topic is relevant to the conference theme, contributing towards transforming psychological science according to the 2030 agenda, supporting sustainable development. The focus will be on the need of expanding decent work, considering decent lives and healthy work/lives, also following the broader inclusive perspective of sustainable development as the fourth paradigm for 21st careers and decent work. The fourth paradigm calls for a broader inclusive perspective, linked to social responsibility, inclusiveness, and social justice, also considering nature, the planet, and future generations. Regarding the expertise of discussants/speakers: all the discussant/speakers have great sensibility, expertise, and vision for this topic, offering to the audience precious reflections on the theme of this roundtable discussion. Implications for research, practice and/or policy will be offered for addressing the current challenges, promoting decent work, decent lives, and healthy lives for sustainable development, also in a preventive perspective.

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Roundtable discussion 23 - Psychologists cannot leave the world to autocrats

Paper number 1272 | Roundtable discussion

Psychologists cannot leave the world to autocrats

Polli Hagenaars[1], Saths Cooper[2], Ava Thompson[3], Niels Peter Rygaard[4]

[1]Centrum voor Counseling, Netherlands
[2]Pan-African Psychology Union, South Africa
[3]International Union of Psychological Science, Bahamas
[4]The Fairstart Foundation, Denmark

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The world is changing in ways few could have imagined just ten years ago. Dehumanizing rhetoric increasingly targets groups such as women (especially regarding reproductive rights), transgender individuals, journalists, and academics. Across the globe, attacks on democratic institutions are escalating: the free press is being undermined, education budgets are shrinking, and basic civil liberties are under threat. Migrants are seen as the ultimate' OTHER', blamed for almost everything that goes wrong in society.

This is happening globally—from Sudan to Kashmir to the United States—and within Europe itself. Today, European government leaders are questioning the legitimacy of the European Court of Human Rights—an alarming development that raises profound ethical concerns for all who value human dignity.

After WWII, the world committed to Never Again. The United Nations, the Four Freedoms, and the Universal Declaration of Human Rights formed a universal system of ethical rules. These were foundational steps in building a global consensus on dignity, equality, and justice and slowly paved the way for the dismantling of colonial structures and the recognition of universal human rights.

Psychologists cannot remain on the sidelines as these foundations are shaken. In that spirit, Robert Roe, during his EFPA presidency, established the Task Force on Human Rights and Psychology. Its founding document stated clearly: 'Human rights are of crucial importance to everyone in the world, psychologists included.'

This presentation is a call for renewed engagement, to follow psychologists' mission for the benefit of humanity, for a human rights based-and-oriented science and profession.

Our work cannot be confined to the consulting room. As Robert Roe reminded us, 'For the psychologist today the world does not stop at the door of the consulting room, like in Freud's time.'

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Paper number 1174 | Symposium

Environmental and psychological insights for urban and educational well-being

Simone Di Plinio[1, 2], Lorena Rocca[3], Sjoerd Ebisch[1], Anna Chiesura[4], Camilla Marossi[5]

[1]University of Chieti-Pescara, Italy
[2]Institute for Advanced Biomedical Technologies (ITAB), Italy
[3]University of Applied Sciences and Arts of Southern Switzerland (SUPSI), Switzerland
[4]Institute for Environmental Protection and Research (ISPRA), Italy
[5]University of Verona, Italy

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This symposium explores the multifaceted relationship between environmental and psychological factors in promoting mental well-being, performance, and social equity in urban and learning contexts. Drawing on perspectives from environmental psychology, urban planning, and biophilic design, the contributions reveal how green infrastructure and restorative environments can address pressing contemporary challenges such as stress, technostress, and educational engagement.

The first contribution investigates the psychological mechanisms linking near-home greenery, technostress, and mental well-being in a longitudinal study of over 900 participants. Findings emphasize the mediating role of restorativeness and the sense of self, highlighting how psychological stability can buffer the adverse impacts of urbanization and limited greenery on mental health.

The second contribution delves into workplace interventions, focusing on the restorative potential of the RestPod—a biophilic micro-environment designed to alleviate stress and boost emotional well-being. Preliminary findings demonstrate the efficacy of short restorative breaks in reducing burnout and enhancing employees' cognitive and emotional resources.

The third contribution examines the interplay between personality traits, achievement emotions, and perceived restorativeness in learning contexts. An experimental study reveals how classrooms enriched with natural elements foster (and can mediate) higher perceived restorativeness, enjoyment, and engagement while reducing anxiety and boredom.

The fourth contribution presents an overview of urban greening policies in Italy, highlighting initiatives that integrate green and blue spaces to enhance ecosystem health and human well-being. Insights from the VeBS national research project showcase how accessible and multifunctional natural spaces can reduce environmental and social disparities, fostering inclusion and resilience in urban communities.

Together, these contributions emphasize the transformative potential of combining green infrastructure, biophilic design, and psychological resilience to create healthier, more equitable, and sustainable environments. This symposium provides actionable insights for policymakers, educators, and organizations seeking to leverage environmental and psychological interventions to support well-being in diverse contexts.

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Paper number 1382 | Symposium Paper

The psychological impact of environmental greenery and technostress on mental well-being: A longitudinal study

Sjoerd Ebisch[1]

[1]University of Chieti-Pescara, Italy

Emerging evidence highlights the critical role of physical and psychological characteristics of one's immediate environment in shaping well-being. With increasing urbanization and the pervasive presence of technology, the phenomenon of technostress has gained prominence. This longitudinal study investigates the psychological mechanisms linking near-home greenery and gray infrastructure, perceived restorativeness, technostress, and mental well-being, emphasizing the mediating role of the sense of self (encompassing identity and agency).

We conducted a longitudinal survey with over 900 Italian participants, exploring the interplay between environmental and psychological factors over time. Grounded in environmental psychology frameworks, we hypothesized that reduced vegetation coverage around one's residence is associated with lower perceived restorativeness (perceived restorativeness scale), heightened technostress, and poorer mental health outcomes (general health). Conversely, a stronger sense of self (assessed using the state-trait Sense of Self Inventory) was expected to buffer these negative effects, enhancing perceived restorativeness even in predominantly gray environments.

Our findings confirm a significant mediating role of restorativeness and the sense of self in the relationship between geo-environmental factors, technostress, and mental health. Participants with a stronger sense of self demonstrated greater resilience to limited greenery, suggesting that psychological traits can mitigate some adverse impacts of suboptimal environments.

By integrating longitudinal data with advanced statistical modeling, this study shows an intricate interplay between physical surroundings and psychological resources in shaping mental health trajectories. These insights have practical implications for researchers as well as for policymakers, urban planners, and mental health professionals, emphasizing the importance of green infrastructure and interventions aimed at fostering a robust sense of self to promote well-being.

Paper number 1383 | Symposium Paper

The Restpod: A biophilic micro-environment for workplace restoration and well-being

Camilla Marossi[1]

[1]University of Verona, Italy

This study examines the restorative potential of the RestPod, a biophilic micro-environment designed to alleviate cognitive fatigue and stress while enhancing emotional well-being in workplace settings. It focuses on perceived restorativeness, restorative outcomes, emotional shifts, and reducing employee burnout.

Rooted in environmental psychology, restorative environments utilize natural stimuli to counter stress and boost cognitive and emotional resources. The RestPod applies biophilic design principles, such as refuge, natural connection, and environmental control, to create a restorative experience.

Participants used the RestPod for 15-minute daily breaks over one week. Initially, 25 employees from a private company participated, later expanded to 43 additional employees and 22 staff members from the University of Verona. Collaboration with a corporation aims to increase the sample size to 105 participants.

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Preliminary findings reveal significant emotional benefits and stress reduction after RestPod sessions. Participants reported high perceived restorativeness (PRS mean = 4.25, SD = 1.65) and improved cognitive and emotional resources (ROS mean = 4.57, SD = 0.97). Burnout levels decreased by 5% during the experimental week but reverted to baseline afterward, suggesting the need for consistent practice. A daily 15-minute RestPod session appears effective in boosting mood but requires sustained use for long-term impact.

Further analysis of the full sample will validate these findings and explore variations in effectiveness across different worker groups. This study underscores the importance of biophilic design in workplace interventions, showcasing its ability to enhance well-being and productivity. It provides practical insights for integrating restorative spaces into organizational environments to support employee mental health and performance.

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Paper number 1384 | Symposium Paper

From personality to emotions: The moderating role of restorative environments in learning contexts

Lorena Rocca[1]

[1]University of Applied Sciences and Arts of Southern Switzerland (SUPSI), Switzerland

Theories in Environmental Psychology based on the Biophilia Hypothesis posit that, for humans, spending time in built environments enriched with natural elements (e.g., plants, water) enhances perceived restorativeness (PR; i.e., the sensation that cognitive and emotional resources are being regenerated) and PR, in turn, positively affects emotional states.

In learning contexts, the Control-Value Theory has demonstrated the importance of emotions in determining students' well-being and performance and introduced the concept of achievement emotions (AEs). AEs are partially influenced by students' personality traits, but environmental factors may also play a role in affecting AEs.

We conducted a study to examine the relationship between personality traits and AEs and to test whether physical environments with high and low levels of PR influence AEs. In a within-subjects experimental design, 4 classes from a bachelor's degree program in Primary Education (78 participants in total) attended 6 hours of lessons in a classroom enriched with live plants (GREEN_C, high PR level) and 6 hours of lessons in a traditional classroom (GREY_C, low PR level).

The order of classroom exposure was counterbalanced across groups and controlled for the teacher and the type of lesson delivered. Measurement instruments included: Rest@University (restorativeness) Scale for PR; Achievement Emotions Adjective List (AEAL) for AEs; and the Italian version of the Big Five Inventory for personality traits.

Paired-sample T-tests revealed significant differences between GREEN_C and GREY_C in students' levels of PR ($p<.001$), Enjoyment ($p=.002$), Anxiety ($p=.041$), and Boredom ($p=.013$). Further moderation analyses aimed to test a models in which personality traits predict different AEs, and PR moderates the relationship between personality traits and AEs.

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Paper number 1385 | Symposium Paper

Urban green and blue infrastructures for the health of people and nature

Anna Chiesura[1]

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In the last decade, a growing number of Italian cities have made promising efforts towards urban greening and nature-based initiatives, to tackle both environmental (biodiversity loss, climate change, air pollution, ecc.) and human health (recreation, mental and physical health, ecc) challenges and promote healthy and resilient communities. Various financing programs from the central government have been implemented in recent years to promote investments in urban green & blue infrastructures, but only in few cases actions were planned to address both ecosystem and human health needs.

The contribution will bring – among other - a state-of-the-art of major urban policies and instruments existing in Italy which are deemed to strengthen the implementation of nature-based planning for more healthy, inclusive and resilient cities. First results from the national applied research project VeBS “The good use of green and blue spaces for the promotion of health and well-being” (https://vebs.it/en/) will be presented.

The project has been funded following a call of the Italian Ministry of Health open to applied research projects on the nexus «health – environment – biodiversity – climate» - fostering multidisciplinary approaches with the aim to increase the capability of the National Health Service in evaluating the impact on health of new emerging challenges, such as those linked to migration, technological development, loss of biodiversity, ecosystem degradation.

In detail, the project aims to promote the use of green and blue spaces in urban and periurban areas in order to tackle environmental and social inequalities and guarantee equal access to all citizens for more sustainable cities. Concrete examples will be presented about local policies and nature-based design of public and private spaces, to promote accessibility to green spaces and increase the multifunctional use of nature in an increasingly urbanized world.

Paper number 1182 | Symposium

Separating the wheat from the chaff: A critical appraisal of the risks and rewards of mental health interventions

David Gosar[1, 2], Claire Hayes[3], Vita Poštuvan[4], Frank Doyle[5], Rikke Nørgaard Elster[6], John Francis Leader[7]

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[6]licensed psychologist, Denmark
[7]EFPA, Ireland

Scaling up mental health promotion and prevention to the order of magnitude required by the current prevalence of mental health issues in European populations will require the engagement of a diverse group of stakeholders including policymakers, community and nonprofit leaders, concerned citizens, community care workers, employers,

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educators and others. To mobilize such social action psychologists need put forth compelling arguments and foster mental health promotion at the individual, community and social levels. At the individual level this means promoting mental health literacy and skills, encouraging individuals to promote and protect their mental health as well as avoid mental health interventions that lead to harm. Action also needs to be taken at the community level, creating safe and supportive living and online environments that strengthen individuals' ability to deal with everyday life challenges. Finally, psychologists need to take it upon themselves to tackle structural and systemic issues that impact on mental health, bringing policymakers, community and nonprofit leaders onboard by providing relevant economic and political arguments. By critically appraising the issues surrounding current mental health promotion and prevention efforts using a whole systems approach and the lenses of safety, economics and digitalization we hope to provide psychologists with well-founded arguments for their advocacy efforts and a framework for the strategic planning of intervention efforts.

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Paper number 1378 | Symposium Paper

The EFPA Mental Health Toolkit: Scaling and speeding up mental health promotion and prevention using a whole systems approach

Claire Hayes[1]

[1]Consultant Clinical Psychologist, Ireland

Increases in mental health difficulties in people of all ages continues to rise. While resources continue to be put into developing effective treatments, the areas of prevention and promotion continue to be under resourced, underfunded and undervalued. This is difficult to understand given that prevention and promotion are proven to increase well-being and to reduce psychological difficulties, e.g. to reduce the rate of suicide, depression, anxiety, eating disorders, obesity and a wide range of other conditions.

The aim of the talk will be to highlight and prioritize the areas of promotion and prevention as a matter of urgency. The talk will also strive towards the following objectives: 1) to define clearly the areas of prevention and prevention in mental health; 2) to determine the current status of prevention and promotion internationally; 3) to demonstrate the benefits of both prevention and promotion; 4) to provide a clear, comprehensive tool-kit on prevention and promotion for policy makers, clinicians and others to use in the area of mental health.

During the development of the EFPA Mental Health Toolkit research was carried out to determine what prevention and promotion in the area of mental health means in theory and in practice, to highlight the benefits along with areas of caution, to explore how to increase funding and to develop a tool kit which will be used and valued by policy makers, clinicians and/or others to make a real difference in helping people cope with and/or prevent mental health difficulties.

It is clear that priorities and resources are predominantly focused on treatment rather than prevention and promotion. The work involved in developing this EFPA Mental Health Toolkit highlights the necessity of policy makers, clinicians and others deliberately prioritizing the areas of prevention and promotion for the benefits of all.

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Paper number 1379 | Symposium Paper

First, do no harm: When mental health interventions go wrong

Vita Poštuvan[1]

[1]University of Primorska, Slovenia

Professional psychological interventions deal with a wide range of issues and aim to improve people's lives. In most cases, these interventions have a solid scientific basis. However, there are also examples where prevention efforts have not led to positive results. The aim of this talk is to present cases where psychosocial interventions have had an undesirable or even harmful effect. We will evaluate the selected cases using a thematic analysis and present the common problems that these cases reflect. Many of the examples we have found so far relate to the vulnerable population of youth and there are examples where programs continue to be implemented despite their adverse effects. In addition, some interventions addressing very serious psychosocial issues, such as suicide, tend to address the problem with awareness training, which in turn leads to a copycat effect and increased trends of suicidality. Our findings point towards the need for more research on the topic potential adverse effects of mental health interventions to be translated into daily psychological practice. In addition, policy makers need to ensure that sustainable resources are available for high-quality programs to meet the increasing need for public mental health prevention, intervention and promotion.

Paper number 1380 | Symposium Paper

What psychologists should need to know about mental health economics

Frank Doyle[1]

[1]RCSI University of Medicine and Health Sciences, Ireland

The talk will summarize the literature on cost-effectiveness of psychological interventions for mental health. The World Health Organization has recently endorsed a resolution on the Economics of Health for All, with equality, sustainability, health and wellbeing as key future foci and health spending seen as a long-term investment. Poor mental health has an enormous social, economic and wellbeing burden, yet is not always a priority in health systems. Therefore, psychologists must think about health and wellbeing from a population and cost perspective to better inform policymakers.

A narrative review of the literature was conducted. Articles were included if they addressed cost-effectiveness of any of following broad areas: 1) Prevention/promotion for mental health, 2) Digital mental health interventions, 3) Physical activity or exercise interventions for mental health, 4) Psychotherapies for mental health.

While effectiveness of interventions has been established, cost-effectiveness literature is relatively scarce. Studies consistently report that mental health prevention and promotion activities are cost-effective or cost-saving. Digital interventions emerge as a very promising tool to significantly reduce costs. Despite their potential, more research is needed on physical activity and exercise interventions to establish their cost-effectiveness for mental health. The largest literature base has firmly established the cost-effectiveness of psychotherapies, including longer-term therapies for severe cases or shorter-term interventions for mild-moderate issues. Adding psychotherapies to people with behavioral risk factors and addictions, and chronic disease management and prevention programs is also cost-effective and should be seen as a health investment.

Our review indicates that scarce literature and costs cannot always be generalized across systems. It also shows cost-effectiveness of interventions for mental health has overall been established, albeit with varying levels of

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evidence according to the level of prevention or treatment of interest. It is likely that short-term therapies, group formats and digital delivery will be best for population approaches

Paper number 1381 | Symposium Paper

Lessons from putting digital mental health into private practice settings

Rikke Nørgaard Elster[1]

[1]Licensed Psychologist, Denmark

The talk will draw Rikke Nørgaard Elster's six plus years of experience as Chief Product Officer (CPO) and Chief Clinician at We.Care. She'll share insights into the integration of digital mental health solutions into clinical practice supporting 500+ new clients per month. With a focus on the synergies between technology, research, and clinical practice, she will discuss the critical role of evidence-based treatment protocols in earning the trust and engagement of clinicians and psychologists. She will reflect on the challenges and successes encountered in aligning clinical needs with technological innovations, offering practical examples from her work in refining both the therapeutic protocols and the digital platforms that support them. She will also highlight the importance of looking to other industries for inspiration, pointing out how enhancing the user experience of digital platforms can drive higher client engagement and adherence to treatment. Finally, she will underscore that the process of implementation is not linear but requires continuous iteration - refining treatment models, optimizing clinical workflows, and improving the technology that powers these solutions. This talk offers real-world lessons for mental health professionals and tech developers committed to improving the integration of digital solutions into clinical practice for better mental health outcomes.

Paper number 1054 | Symposium

Cultural connections of the Tell Me A Story Test. Current adaptations and future utilization around the globe

Elsa Cardalda[1, 2], Nikolay Nikolov[3], Gabriela Marc[4], Erminia Costantino[5, 6], Maryse Costantino[7], Elena Otilia Vladislav[4]

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[6]TEMAS test publishing, United States
[7]TEMAS Test Publishing, United States

Societal crises have changed the cultural landscape of the world. Children's mental health (the most vulnerable demographic) is at stake. Most countries are ill prepared for the deluge, of resettling cultures. Immigrant children/adolescents experience greater traumatic stress than their non-immigrant counterparts due to socioeconomic status, acculturation stress and traumatic events in their countries of origin, placing these children at a higher risk for mental illness.

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In 2022 alone, according to the European Commission, 5.1 million people immigrated to the European Union (EU). Currently 1 out of 8 children between the ages of 5-9 are non-national residents.

This symposium aims to show the multicultural validity of Tell me a story (TEMAS) test. TEMAS is the only multicultural test developed for both children and adolescents, providing culturally competent and congruent support globally for nearly half a century. The TEMAS test was first defined as a projective/ apperception test which has naturally evolved into a narrative test.

TEMAS has been designed and validated for assessment of cognitive, affective, and behavioral functioning. The chromatic TEMAS picture cards have diminished ambiguity. Scenes portray antithetical events/ psychological problem-solving situations, which require a solution; and are scored in an objective manner. The cards depict either or non-minority (White) characters interacting in familiar settings, school, outdoors, or at home in intra-familial scenes, and peer relationships, across genders.

TEMAS is the first and only narrative test to be standardized, and validated in the US for Puerto Rican, Other Hispanic, Black and White children age, 5 to 13. TEMAS's culturally informed research was recognized by the US Surgeon General (2001) and by the American Psychological Association, APA (2003, 2008).

Immigrant children's mental health needs are largely unmet and evolving. TEMAS can seamlessly reach across cultures. It's flexible and adaptable to meet the requirements of a growing global population.

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Paper number 1406 | Symposium Paper

More than 40years of TEMAS multicultural narrative test across different countries and cultures in the USA, Europe and Latin America

Elsa Cardalda[1]

[1]American Multicultural Institute, Puerto Rico

TEMAS demonstrates clinical utility in assessing culturally and linguistically diverse children and adolescents.

TEMAS is a narrative multicultural test that has been validated in several European countries, Latin America and in the United States.

In the United States, TEMAS was first standardized on 650 youngsters aged 5 to 13 and is the sole multicultural narrative test normed on four culturally diverse groups: Black, Puerto Rican, Other Hispanic, and Whites children and adolescents.

Over the last decade TEMAS was normed in Italy: on 300 Italian, Latin-American and Arabic children aged 6 to 10, to validly assess their cognitive, affective, and personality functions.

Latin-America work with the TEMAS has been performed in Argentina, El Salvador, Peru, and Puerto Rico). Other multicultural research with the TEMAS has been conducted with children living in Bulgaria, Romania, France, China and with youth of Jewish ethnicity and Middle Eastern ethnicity.

Historically, all these research efforts, have meant significant contributions in TEMAS clinical assessment of personality (ego functioning), social problem and interpersonal dynamics (social problem solving) and questions of identity (racial and ethnic). Multicultural nations such as the United States and the European Union require nonbiased psychological assessment and models of treatment that can help support refugee and immigrant groups.

In conclusion, we will show the historical routes (or roots) of the development of the family of TEMAS techniques and how numerous studies across the continents, of US, Latin American, China and Europe support the multicultural and cross-cultural validity of the TEMAS. This knowledge can be helpful for the multicultural populations living as immigrants or refugees in our societies.

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Paper number 1407 | Symposium Paper

Bulgarian adaptation of The Tell me a story (TEMAS) Test

Nikolay Nikolov[1]

[1]Prometriks, Bulgaria

The adaptation of TEMAS for the southern European population. TEMAS test stimuli were culturally adapted for Bulgaria. The faces, buildings, household objects, and situations had to easily recognizable as typical for Bulgarian culture while still evoking the same emotions and thoughts as the original images. The non-minority version of the original test was the basis for the new adaptation. This version proved to be a very good starting point for Bulgaria and likely for other countries in Southeast Europe, as it did not require changing the faces of the characters, which could pose a significant risk to validity. The pictures and situations were changed to be culturally relevant; buildings, professional attire (e.g., doctor, police officer, etc.), household objects and furniture (doors, rooms, sinks, etc.), games, electrical appliances, and electronics were also changed.

The collection of normative and validation data began with the training of seven experienced school psychologists. Special attention was given to quality control in data collection. The first 30 test sessions were conducted by pairs of researchers who then independently assessed the children's responses. The Kappa agreement coefficients for the different scales ranged from 0.82 to 0.95, indicating very good consistency between expert assessments.

After collecting the first 100 protocols, the mean scores and standard deviations for the scales of the Bulgarian adaptation were compared with the corresponding values established for the original test. The differences between the Bulgarian and American data were very small for most of the scales. In fact, three test scales only showed statistically significant deviations from the American norms. The internal consistency coefficients of the scales were also very close to those reported for the original test. In this situation, TEMAS was published in Bulgarian with the original test norms.

Paper number 1408 | Symposium Paper

Research and case studies on the use of the TEMAS test in clinical assessment of children with a history of abuse

Gabriela Marc[1], Elena Otilia Vladislav[1]

[1]University of Bucharest, Romania

The study aimed to establish the reliability of the TEMAS test in assessing specific symptoms of physically, emotionally, and sexually abused children in Romania. The study will present the results of a research investigation and two case studies involving abused children who were assessed using the TEMAS test alongside other instruments.

The TEMAS technique evaluates cognitive, affective, and personality functions through responses to culturally relevant pictures. While validated for diverse populations, it has not yet been standardized for Romanian subjects. The theoretical framework includes Bandura and Walters' sociocultural system theory and Sullivan's interpersonal theory. 75 children aged 7–14 divided into three groups. Children were individually tested using TEMAS, and responses were recorded, transcribed, and scored based on the methodology of Costantino and Malgady (1988). One-way ANOVA and post-hoc tests (Bonferroni, Tamhane) were conducted to compare the groups across various cognitive, affective, and personality functions.

Abused children had significantly lower scores in cognitive, affective, and personality functions compared to the control group. Children from classical protection systems and foster care displayed similar deficits. Abused children

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exhibited anxiety, passivity, and maladaptive behavior, with common themes of aggression, punishment, and fear in their stories.

The study used a relatively small sample size. Further longitudinal studies are needed. Demonstrates the potential for TEMAS to be included in a multi-method assessment battery. Provides clinicians with a deeper understanding of abused children's psychological states and coping mechanisms.

Paper number 1409 | Symposium Paper

The "story" within "story of the tell me a story (TEMAS) test

erminia costantino[1]

[1]American Multicultural instute, United States

The "Tell-Me-A-Story" TEMAS Test was conceptualized by Dr. Giuseppe Costantino from a concern that immigrant children were not responding well to traditional projective instruments. TEMAS is a color assessment and treatment instrument, which depicts ambiguous adaptive and maladaptive " problem solving" situations.

Over our lifetimes, we develop a sense of ourselves through our narrative identity and build schemas, TEMAS is an exercise in story repair. Between the pictures and stories, a relationship is derived from the concreteness of the images and the abstraction of the story told of the images; with emphasis given to what is seen and unseen and what is said and not said. The first TEMAS card, 1B was drawn in 1977. The test's title " tell me a story", came from his child requesting bedtime stories. In 1978 the first set was completed and consisted of 100 "minority" only cards which were color and black and white. For two years across NYC children, teachers, parents, researchers', principals, artists, mental health practitioners, publishers provided their critiques and opinions. The second version was created in 1980 and was condensed to of 47 cards. In 1983 the third version of TEMAS was condensed to 23 cards: 12 for both genders, and 11 gender specific, and included a "non-minority' counterpart.

In 1988 TEMAS was published by Western Psychological Services (WPS). 20 years later the stimulus cards were updated to reflect difference in architecture, interior design and household items in 2008, when preparations began to publish for the Italian version of TEMAS published by Giunti OS. This was a seminal moment for Dr. Costantino when his life went full circle back to the origins from which he came from.

Papers session 81

Paper number 1269 | Oral

Children's eyewitness memory: Experts in intrafamilial cases

Gail Goodman[1]

[1]University of California, Davis, United States

Objectives: Research on children's eyewitness memory is routinely presented by clinical and scientific psychological experts in court involving intrafamilial child victimization. Clinicians discuss attachment relations; scientists discuss issues such as exposure time. Both focus on age differences. The objective here is to further forensic/developmental application and present new research relevant to intrafamilial child abuse cases.

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Theoretical Background: One clinical-scientific debate in intrafamilial cases is the role that “relationship” plays, which herein involves both attachment and exposure. The clinician’s theoretical claim is that attachment and denial factors play important roles in children’s reports. Scientists focus on exposure time and memory error.

Research Design. In an age [3-7 years-old, continuous] x familiarity [father vs. stranger] between-subject factorial design, with parental attachment as an individual-difference factor, children (N = 99) were randomly assigned to interact with their own father or a stranger. After 3 weeks, children experienced an eyewitness memory interview. Regression analyses revealed that increases in child age were related to increased memory performance. Also, male children in the familiar condition made a greater proportion of denials in response to abuse-related open-ended questions. A significant familiarity x gender interaction also predicted correct responses to abuse-related open-ended questions, $p < .05$. Females in the familiar condition made a higher proportion of correct responses to abuse-related open-ended questions than males did in the familiar condition, $ps < .05$. Parental security of attachment also played a significant role.

Limitations: This study involved lab-based, relatively brief interactions.

Implications. Male children tended to protect their fathers. That age, familiarity, and attachment affected these forensically valuable results, clinical (e.g., attachment, denial) and scientific (e.g., exposure, memory error) experts should both provide expert testimony in intrafamilial cases.

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Paper number 544 | Oral

The long shadow of temperament: predicting psychopathology symptoms at age 17 from patterns of negative emotions since early childhood

Ariel Knafo-Noam[1], dana Katsoty[1], Nitzan Shoham[1]

[1]Hebrew University of Jerusalem, Israel

Temperament, a system of dispositions that emerge early in life, encompassing activity level, emotionality, attention, and self-regulation, results from complex interactions between genetic, biological, and environmental influences over time, and is characterized by stable and consistent behavioral patterns that appear early in development. The stability of temperament, and its links to social relationships suggest its’ importance as an early transdiagnostic risk factor for later psychopathology development.

Specifically, the temperament dimension of negative emotionality (NE) may be a risk factor. We investigate the connection between early high NE levels and the development of psychopathology through a longitudinal twin research project following children from early childhood to adolescence (N (individuals)=939, age 3, N=331, age 17. NE was measured with parent reports from age 3 to age 17 at seven time points (EAS, Buss & Plomin, 1984), along with the level of anxiety and depression (Kroenke et al., 2009) and additional parameters (including psychosis risk, Howie et al., 2023) at age 17, using self-report.

Early (age 3) high (top 20%) NE, predicted high NE throughout middle childhood. Moreover, despite the long time that has passed (and the use of different raters), children that were high at age 3 in NE became higher at age 17 on both anxiety and depression.

Having established the phenotypic developmental associations, we will explore the roles of genetic and environmental factors. In preliminary genetic analyses, for both temperament and the distress analyses, identical twins were substantially more similar than fraternal twins; no evidence was found for the role of the environment shared by twins. Follow-up longitudinal genetic analyses will investigate genetic and environmental contributions to the association between early temperament and later psychopathology. Our research demonstrates that studying the patterns of negative emotions over time in relation to anxiety and depression may help identify the origins of psychopathology.

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Paper number 231 | Oral

Ritual increases family consumption: Evidence from China

Yaqi Gao[1, 2], Le Gong[1], Zhi-Xue Zhang[1]

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Rituals are an essential aspect of human communal life. Although anthropological and psychological accounts of work have progressively acknowledged the role of ritual in either primitive tribes or controlled experiments, it is surprising and scholarly problematic that we still lack the knowledge of the dynamics of naturally occurring rituals in real settings, in specific consideration of economic and institutional environments. Leveraging a three-period panel data of the China Family Panel Studies, which encompassed 24,750 family-level observations, this research aims to thrust into the relationship between family ritual and family consumption and the underlaying mechanisms. Panel regression with time and family fixed effects and lagged independent variable was conducted and revealed that family rituals significantly contribute to family consumption. A series of robustness checks, including Propensity Score Matching (PSM) and dynamic panel regression, validated such positive impact. Not limited to this, further heterogeneity analysis uncovers distinct effects of family rituals on various categories of consumption: in rural households, rituals are associated with increased hedonic consumption, while in urban households, they are linked to enhanced survival consumption. Notably, the positive relationship between family ritual and family survival consumption is particularly pronounced in urban families that perceive higher family satisfaction. In light of these results, we provide novel insights into the socioeconomic effects of family rituals, highlighting their adaptive and transmissive roles in different contexts – that is, when resources are scarce, rituals promote order and safety; when resources are abundant, rituals foster cohesion and affiliation.

Paper number 357 | Oral

Familism and sibling interpersonal relationships as predictors of young adults' mental health

Katarzyna Walęcka-Matyja[1]

[1]University of Lodz, Institute of Psychology, Poland

The aim of the study was to predict the importance of familism and the quality of siblings' interpersonal relationships for the mental health of young adults.

Theoretical considerations were based on the assumptions of systemic theory (Bowen, 1978) and ecological theory (Bronfenbrenner, 1981). These theories allow for the most complete description and explanation of interdependencies occurring in family systems.

Research design/methodology/approach: The participants were 200 people in early adulthood, including 109 women (54.5%). Three research tools were used: the Familism Scale, the Adult Sibling Relationship Questionnaire, the 4DSQ Questionnaire and a survey.

The obtained results indicate a significant role of familism dimensions, both traditional (respect, religion) and individualistic (material success and achievements, individualism) for the mental health of young adults. For all sibling relationship factors, they were found to be associated with dimensions of young adults' health.

Limitations of the study: purposeful selection of the study sample, cross-sectional and self-report nature of the study, CAWI.

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Familism and dimensions of siblings' interpersonal relationships are related to the mental health of young adults. Awareness that relationships with siblings can positively and negatively affect an individual's mental health in adulthood may encourage parents to be more concerned about maintaining supportive relationships with their children. Workshops and educational training for parents developed and conducted by psychologists aim to promote knowledge about proper relationship patterns among children who are siblings.

Papers session 82

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Paper number 976 | Oral

Understanding psychiatric pathology in patients who suffer from headaches, restrictive eating disorders (REDs), or non-suicidal self-injuries (NSSIs)

Marika Orlandi[1, 2], Diletta Pratile[1], Adriana Carpani[2], Martina Mensi[1, 2]

[1]University of Pavia, Italy
[2]IRCCS Mondino Foundation Pavia, Italy

Research aims and objectives:

The study aimed to explore the functioning and features of adolescents with headaches, restrictive eating disorders (REDs), and non-suicidal self-injury (NSSI). It also sought to identify differences between these groups and determine the most effective assessments for predicting these conditions.

Theoretical background:

Adolescence is a critical developmental stage marked by significant physical and psychological changes. These transformations often lead to vulnerabilities, including body dissatisfaction, identity challenges, and maladaptive coping strategies. Such vulnerabilities can contribute to body-related psychopathologies like headaches, REDs, and NSSI. Understanding these conditions is essential for tailoring interventions and improving outcomes for adolescents.

Research design/methodology/approach:

The study involved 60 adolescent patients divided into three groups: headaches, REDs, and NSSI. A multimethod assessment was used, incorporating semi-structured interviews, clinician-based scales, and performance-based tests like the Rorschach inkblot test using the Rorschach Performance Assessment System (R-PAS). We assessed symptoms, cognitive performance, personality traits, functioning, and illness severity.

Results:

Adolescents with headaches displayed more internalizing symptoms, average IQ, preserved functionality in some areas, and distorted self-other relationships. Those with REDs showed high depressive symptoms, above-average IQ, negative symptoms, obsessive-compulsive traits, disorganized thinking, and subjective interpretations. NSSI patients had the highest depressive and social anxiety symptoms, along with psychotic symptoms, perceptual distortions, and borderline traits. Predictive factors included negative symptoms, borderline traits, and psychosis symptoms.

Limitations:

We excluded patients with more than one type of self-directed physical harm to reduce potential biases, which reduced the sample size. The samples were predominantly female, reducing generalizability.

Implications for research and practice:

The findings offer clinicians valuable insights into the distinctive features of headaches, REDs, and NSSI in adolescents. They highlight effective assessment strategies and suggest the need for tailored interventions to

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improve outcomes in these vulnerable populations. The study emphasizes the value of performance-based tools like R-PAS in clinical practice.

Paper number 561 | Oral

Emotional identification in binge drinking, tobacco use disorder and their comorbidity: a multimodal approach

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Context and Aims: Binge drinking (BD) and Tobacco use disorder (TUD) are highly prevalent, especially in youths. Their psychological and cognitive consequences are well established, but research on emotional impairments in this population is scarce. We thus explored emotional identification deficits in BD, TUD, and their comorbidity, aiming to disentangle their isolated versus combined effects.

Methods: Four groups (BD, TUD, comorbid BD/TUD, controls) performed five emotional identification tasks divided into two blocks. The first block assessed emotion identification across modalities (faces, body postures, and voices). The second block examined unimodal versus cross-modal contexts, including “congruent” and “incongruent” conditions. Stimuli from validated databases featured seven emotions (anger, disgust, fear, happiness, neutral, sadness, surprise). Accuracy and response times were recorded.

Results: Regarding emotion identification across modalities, no group differences were found on accuracy, while TUD and comorbid participants responded significantly quicker than BD and controls. Regarding the unimodal/cross-modal block, significant group differences appeared for response times in unimodal conditions, with comorbid participants being the quickest. Importantly, in the cross-modal task, comorbid participants presented a specific deficit for the processing of incongruent cross-modal stimuli.

Implications and limitations: While BD and TUD are not related to emotional identification deficits when isolated, their comorbidity is associated with emotion identification deficits during complex and ambiguous interpersonal situations (i.e., for incongruent cross-modal stimuli). Further data collection is required to confirm findings and better understand comorbidity effects on emotional identification, but our results indicate that sub-clinical populations with addictive disorders already present emotional deficits, potentially favouring the persistence and development of addiction.

Paper number 625 | Oral

Parental history with eating difficulties: Associations with eating disorder symptomatology, psychological distress, expressed emotion, and accommodating and enabling behaviors

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Eating disorders (EDs) are severe illnesses with significant medical risks and negative repercussions in family life. Parents of patients with ED report high levels of depression, anxiety, and expressed emotion toward patients, such as criticism and emotional overinvolvement. Moreover, they engage in accommodating and enabling behaviors,

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which may initially provide reassurance to patients but eventually contribute to the maintenance of ED symptoms. When parents have personal history with eating difficulties, family interactions may be more challenging. Previous research indicates that mothers with eating disorders tend to be more preoccupied with their child's weight, or may restrict child's intake. Also, mealtimes include more negative comments and more parent-child conflict. Young children and adolescents of mothers with eating disorders seem to be at increased risk for feeding and eating problems. Fathers are less investigated but there is evidence of a unique effect of paternal weight concerns on daughters' weight concerns. The present study investigated associations between parental history with eating difficulties and (a) ED symptomatology and psychological distress in patients with ED, and (b) parental psychological distress, expressed emotion, and accommodating and enabling behaviors. The sample comprised 51 patients (mean age 19.25, SD= 5.29, range 11-36) with EDs, 52 mothers, and 34 fathers who sought professional help in the Hellenic Centre for Eating Disorders. Mothers with eating difficulties history reported higher depression, anxiety, stress, criticism toward patients, and tendency to 'turn a blind eye' to patients' ED symptomatology. Fathers with eating difficulties history perceived more ED as controlling family life. In addition, fathers' history with eating difficulties was associated with mothers' higher accommodating and enabling behaviors. Results indicate the diverse involvement of mothers and fathers in the maintenance of EDs and pinpoint the importance of inquiring into parental history with eating difficulties to adjust therapeutic procedures.

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Paper number 738 | Oral

'You are an Oddity': A qualitative investigation of how men experience and understand binge eating disorder

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[3]Private Practice, United Kingdom

Despite evidence suggesting that binge eating disorder (BED) is the most prevalent eating disorder, and one with the least sex disparity in measures of prevalence, research specifically focusing on men with BED is limited. In this qualitative study we explored men's experiences and understanding of BED. Six men who had received a diagnosis of BED and experienced psychological treatment were interviewed and the data analysed using interpretative phenomenological analysis. Three master themes emerged. The first theme highlighted the men's experiences with binge eating and how they struggled to make sense of the functionality of BED. The second theme revealed how having BED prevented these men from adhering to a number of masculine stereotypes which impacted their sense of masculinity. The third theme focused on the men's experiences and challenges they faced with seeking and receiving treatment. Some themes appear to be unique experiences for men with BED, for example, a compounded feeling of flawed masculinity due to not being able to attain a 'macho' physique, perceiving binge eating as an acceptable male behaviour and a unique insight into their treatment needs. The potential implications of the findings for clinical practice are discussed where a gender sensitive focus is recommended.

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Papers session 83

Paper number 1228 | Oral

Nominal group technique workshops to refine, using co-production, a mobile app for people living with Post-Traumatic Stress Disorder (PTSD Hub)

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Background: Improving diagnosis and treatment of PTSD symptoms in primary care requires enhanced patient knowledge and empowerment to discuss their symptoms and engage in shared decision-making with their GPs. Mobile technologies, including apps, offer a promising means to provide accessible peer support, coping strategies, and resources. This study aimed to refine a mobile application, PTSD Hub, using co-production to enhance patient activation, peer support, and shared decision-making in primary care.

Methods: Two sequential Nominal Group Technique (NGT) workshops were conducted. Eligible participants included individuals with lived experience of PTSD, informal carers, primary care professionals, and mental health professionals. Workshops followed four structured stages: problem identification, solution generation, clarification, and ranking. Participants were prompted to address challenges faced by individuals with PTSD, barriers to app use, and potential obstacles for clinician engagement with the PTSD Hub app.

Results: Participants identified several challenges faced by people with PTSD, including long waiting times for services, feelings of isolation, lack of clinician understanding, and geographical barriers. Barriers to app use included limited internet access, low motivation, a preference for in-person therapy, and difficulty navigating technology. Clinician-specific barriers included time constraints, lack of expertise, and unawareness of the app. Co-designed solutions included incorporating evidence indicators (e.g., peer-suggested vs. evidence-based strategies), adding gamification and video features, enabling journaling components, and developing a guide for primary care practitioners to promote app use.

Conclusions and Relevance: Stakeholders view mobile apps as a relevant and useful tool for supporting individuals with PTSD. However, concerns remain regarding clinicians' willingness to engage with non-evidence-based apps and their time constraints. Addressing these issues by integrating evidence indicators and creating practical guides for practitioners could enhance adoption and effectiveness. These findings underscore the potential of co-produced digital interventions in improving care for people with PTSD in primary care.

Paper number 1225 | Oral

Cerina- Cognitive Behavioural Therapy based mobile application for managing GAD symptoms among university students: A pilot feasibility randomised controlled trial

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Background: Generalised Anxiety Disorder (GAD) is common among university students. Despite the need, the receipt of available psychological services is often low. The present study investigates the feasibility of a digital unguided Cognitive Behavioural Therapy (CBT)-based mobile application-Cerina, and it examines the likely effects of this intervention in reducing GAD symptoms compared to the wait-list control group.

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Methods: Eligible students (N=158) with mild to moderate GAD symptoms were randomly allocated to the intervention group (N=79) or to the wait-list control group (N=79) following their informed consent. The intervention group had direct access to Cerina for 6 weeks and the wait-list control group participants were given access to Cerina 6 weeks after their randomisation. Participants in both conditions completed baseline, mid-assessment and post-test online questionnaires on usability, generalised anxiety, depression, worry and functional impairment. Additionally, upon completing the intervention, participants in both conditions were invited to an online interview to understand the implementation of the intervention.

Results: On average (N=10/79, 13%) intervention group participants dropped out and (N=36/69, 61 %) completed the core clinical content (2 sessions) and (N=7/69, 12%) completed desired number of sessions (6 and/or 7 sessions). The completers analyses revealed significant group differences in generalised anxiety (p=0.03) (d=-0.7) and worry symptoms (p=0.02) (d=-0.8) as well as functional impairment (p=0.04) (d=-0.6) in favour of the intervention group at post-test with medium to large effect sizes. The intention-to-treat analyses confirmed significant group differences in generalised anxiety symptoms (p=0.03) (d=-0.4), and there were marginally non-significant group differences in worry symptoms (p=0.05) (d=-0.3) in favour of the intervention group at post-test with medium effect sizes.

Conclusions: The Cerina app showed promising results in reducing GAD symptoms among students. The usability issues highlight the importance of refining the intervention iteratively with feedback and testing the long-term effects of engagement features.

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Paper number 1227 | Oral

Digital peer support interventions for people with mental health conditions in outpatient settings: A systematic review and meta-analysis

Maria Panagioti[1]

[1]University of Manchester, United Kingdom

Background: Digital peer support interventions offer enhanced support. A comprehensive evaluation of their effectiveness remains necessary. The objective of the present study is to evaluate the effectiveness of digital peer support interventions in improving clinical symptoms, functioning and treatment engagement for people with mental health conditions in outpatient settings.

Methods: Electronic searches were conducted across—Medline, Central, Embase, PsycINFO, and Cochrane Library with no date or language restrictions. Additional studies were identified through reference list checking and expert consultation. Two investigators independently screened records to identify controlled interventional studies evaluating digital peer support interventions for individuals aged 16 and older with mental health conditions. The intervention had to primarily or substantially involve digital peer support. Data from eligible studies were extracted and synthesized using random-effects meta-analysis. Sensitivity analyses were performed based on follow-up duration and risk of bias. The overall evidence quality was assessed using the GRADE approach.

Results: A total of 29 studies were included. Peer support interventions demonstrated small to moderate benefits across clinical symptoms and functioning outcomes. Specifically, they significantly reduced depression symptoms (SMD = -0.28, 95% CI: -0.42 to -0.14) and anxiety levels (SMD = -0.47, 95% CI: -0.67 to -0.27). Positive effects were also observed in social functioning (SMD = 0.18, 95% CI: 0.08 to 0.28) and empowerment (SMD = 0.39, 95% CI: 0.23 to 0.55), with improvements in perceived recovery (SMD = 0.24, 95% CI: 0.12 to 0.35). Long-term effects on depression and social functioning were less consistent. However, no significant effects were found for treatment engagement or satisfaction with services, indicating variability in these outcomes across studies.

Conclusions: Digital peer support interventions offer modest improvements in clinical symptoms, particularly depression and anxiety, as well as in aspects of functioning like social integration and empowerment. However, long-term impacts and treatment engagement outcomes were less consistent.

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Papers session 84

Paper number 895 | Oral

Contact with nature and wellbeing: The role of connectedness with nature and emotion regulation.

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Contact with nature has been consistently shown to improve wellbeing. Exposure to nature is related to better coping with stress and life's challenges, better emotion regulation, and lower symptoms of anxiety and depression. However, the mechanisms of this relationship are still largely unknown. We propose a theoretical model including two mediators in the nature-wellbeing link: nature connectedness and emotion regulation.

Nature connectedness, defined as a subjective sense of oneness with nature, has been associated with increased life satisfaction and eudaimonic wellbeing. Emotion regulation, the ability to influence and manage emotional experiences and expressions, is a well-established factor in reducing anxiety and depression. In our approach, based on positive psychology, wellbeing is defined broadly and includes symptoms of anxiety and depression, as well as levels of stress, life satisfaction, sleep quality, psychological wellbeing, and physical health.

In this talk, I will present the results of two large-scale studies that tested the hypothesized mediational role of nature connectedness and emotion regulation in the relationship between nature exposure and wellbeing. Both studies were conducted with Polish national representative samples (Study 1: N=1038; Study 2: N=1500) and employed online questionnaires to assess the frequency of nature contact, levels of nature connectedness, emotion regulation, and wellbeing indicators. Initial results support the hypothesized relationships. The mediational role of nature connectedness and emotion regulation will be shown in context of various aspects of wellbeing. This research explores the mechanisms involved in the nature-wellbeing relationship, and advances our understanding of the human-nature interactions. The results provide insights for further development of evidence-based interventions aimed at improving health and wellbeing.

Paper number 1113 | Oral

Developing socioemotional skills in Higher Education: Insights from the MASH-UP 'n' HEI program on the usefulness of multimodal delivery approaches.

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[3]Frederick University, Cyprus

Research Aims and Objectives: The presentation describes an ERASMUS+ funded project, with the acronym MASH-UP 'n' HEI, which aims to develop a novel classroom-based psychoeducational program for socio-emotional learning in Higher Education. It's approach and training content integrate principles from cognitive-behavioral transdiagnostic protocols and music-based methods. The aim was to foster inclusive socioemotional skills development, by addressing the needs of typical students and those facing learning or academic difficulties, who

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may not easily learn using traditional teaching methods. Socio-emotional skills are critical as an employment qualification, and as mental health prevention for emerging adults, transitioning to the labor market and adulthood.

Method: Program development was iterative, and included consultations, co-creation, and adaptation. Training materials, included a trainer's manual and participant workbook as well as classroom curriculum, scientific content, and experiential activities. Music-based modifications to standard socioemotional training (e.g. stress management, communication, perspective taking, emotion regulation, values clarification) included group singing, song analysis, and guided music listening. In Cyprus, the program was applied to 3 college Psychology classrooms (N=95), using a pre-post single-arm design. Quantitative measures included the Emotion Beliefs Questionnaire and Depression Anxiety Stress Scale-21. Acceptability was assessed through surveys and qualitative feedback from students and instructors.

Results: High acceptability was achieved. Participants especially valued the integration of music in enhancing engagement and emotional exploration. Preliminary effectiveness data showed significant improvements in beliefs about the usefulness of negative emotions, but no significant changes in stress or anxiety. Instructors reported improved student engagement and noted their need for further training in delivering music-based interventions.

Conclusion: Socioemotional skills can be effectively trained in higher education, and the inclusion of music in traditional CBT approaches facilitates engagement and learning. Results stress the importance of multimodal and art-based methodologies in improving the socio-emotional skills of diverse learners, promoting mental health and personal development.

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Paper number 1121 | Oral

Stress reactivity and emotion regulation difficulties as predictors of nicotine relapse vulnerability

Markos Apostolakis[1, 2], Andrea Georgiou[1, 2], Stylianos Valiantis[1, 2], Georgia Panayiotou[2, 3], Panos Zanos[2, 3]

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Nicotine addiction is marked by frequent relapse, often driven by stress-related factors that hinder cessation efforts. During withdrawal, stress reactivity intensifies, and individual variations in stress management and smoking urges contribute to divergent cessation outcomes. This study seeks to identify physiological and psychological predictors of relapse, emphasizing the roles of stress reactivity and emotion regulation. A community sample of adults aged 18–65 years, motivated to quit smoking, participates in the study. A two-day experimental design is employed, featuring the Paced Auditory Serial Addition Task (PASAT) administered on day 1 and again after 24 hours of nicotine abstinence (day 2). Brain activity is recorded via EEG to evaluate neural stress reactivity markers during smoking satiety and after abstinence. Emotion regulation capabilities are measured using the Difficulties in Emotion Regulation Scale (DERS). Follow-up assessments at three and six months evaluate cessation outcomes. It is hypothesized that 24-hour abstinence will result in reduced alpha power and increased beta power in prefrontal regions compared to satiety, reflecting heightened stress reactivity. Furthermore, the magnitude of these changes is anticipated to correlate with emotion regulation difficulties, where greater challenges predict stronger stress reactivity and elevated relapse risk. This research aims to deepen insights into the mechanisms underlying relapse and inform the development of targeted interventions for nicotine dependence.

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Paper number 132 | Oral

Randomized clinical trial of a prevention program for the enhancement of emotion regulation in adolescents

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Emotional dysregulation can involve reduced awareness, understanding and acceptance of emotions. This prevention program had as a main purpose to enhance young people's personal skills, focusing especially on those who were more vulnerable in developing addictions and/or psychopathology due to their family history. In this randomized clinical trial (RCT), the intervention was improved based on the pilot study's findings. Before and after the application of the RCT, all participants (N=215) completed the same questionnaires. The findings of this RCT study support that participants developed ER skills after the program, such as acceptance, clarity of emotions, positive refocusing and reappraisal and confidence in finding multiple ways to manage emotions and reduced self-blame, impulsivity and catastrophizing thoughts. This RCT study found that affective problems, anxiety problems, ADHD, conduct disorder and oppositional defiant problems and substance use (such as consuming alcohol or nicotine dependence) were decreased significantly. Across the sessions, acceptance skill, behavioral activation and DBT skills were improved across all of the sessions. The main limitation of the RCT study was that a follow-up was not performed in order to evaluate the long-term effects of intervention. The increase of ER skills and decreased of mental health problems, as assessed by this RCT study should be re-evaluated via follow-ups to assess whether the significant findings continue or other important results are noted. To conclude, the prevention program contributed in the enhancement of using functional ways for managing negative and difficult emotions.

Papers session 85

Paper number 822 | Oral

The role of psychological distance in belief in conspiracy theories

Vytautas Jurkuvenas[1], Antanas Kairys[1], Vita Mikuličiūtė[1], Aldona Radzevičienė[1]

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Belief in conspiracy theories can erode trust in institutions and spread misinformation. Research indicates these beliefs emerge across cultures and eras whenever uncertainty or mistrust surrounds significant events. They stem from fundamental cognitive biases that, though adaptive in some contexts, leave individuals susceptible to conspiratorial thinking. One of these factors might be psychological distance, the perceived cognitive separation between oneself and external objects. In this study, we examined whether psychological distance influences belief in conspiracy theories. In total 162 young adults participated in the research (76.5% were females). A between-subjects design was used. Belief in conspiracy theories was measured using a five-point Likert scale across twelve items. Exploratory factor analysis showed that a two-factor structure might better fit the data. Consequently, a general measure of belief in conspiracy theories was calculated, along with separate submeasures for COVID-19/post-COVID-19 conspiracies and pre-COVID-19/unrelated conspiracies. ANOVA and ANCOVA were conducted to examine differences in belief in conspiracy theories among groups with varying levels of psychological distance. Psychological distance was manipulated by varying the country where the conspiracy was described as occurring. The results indicated no differences between groups with varying psychological distances on the general

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measure of belief in conspiracy theories or the measure of pre-COVID-19/unrelated conspiracies. However, a significant difference was observed between these groups on the measure of belief in COVID-19/post-COVID-19 conspiracies. This finding remained significant even after controlling for gender, age, ethnicity, and place of residence. Participants were most likely to believe in COVID-19/post-COVID-19 conspiracy theories in the group with the greatest psychological distance, where the conspiracies were described as taking place in New Zealand. In contrast, they were least likely to believe in conspiracies described as occurring locally. While further research is needed, these preliminary findings suggest that psychological distance may influence belief in specific types of conspiracies.

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Paper number 1115 | Oral

That's all I need to know: exploring the relationship between conspiracy beliefs and information sampling in an expanded foraging task

Michael Hattersley[1], Wenjia Joyce Zhao[2], Elliot Ludvig[2], Gordon Brown[2]

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Previous studies have demonstrated that conspiracy beliefs are robustly associated with reduced information sampling during foraging tasks, such as the classic Jumping-to-Conclusions Task (JTC; Phillips & Edwards, 1966). In a typical JTC task, participants are shown two information pools (e.g., two lakes) and their contents (e.g., mostly red vs yellow fish or vice versa). On each trial of the task, participants sample units of information until they are confident enough to decide which pool they are sampling from.

Across two studies, we investigated the negative relationship between conspiracy beliefs and information sampling. Firstly, whereas previous studies use a constrained JTC task with a small number of trials and preset sequences of information, Study 1 uses an expanded, 30-trial JTC task with genuinely probabilistic sequences of fish. We successfully replicated the established negative correlation between belief in conspiracy theories and information sampling.

Secondly, in Study 2 we directly manipulated the normative quality of the data. In half of the trials, each unit of data sampled by participants was reported by an avatar described as reliable. In the other half, data was reported by an "unreliable" avatar who misremembered 25% of the time. Data collection is ongoing, with the hypothesis that people with strong conspiracy beliefs will be insensitive to source reliability, sampling small regardless. These studies shed further light on the way that people with conspiracy beliefs interact with their wider information environment.

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Paper number 236 | Oral

(In)congruence between justice beliefs and justice experiences predicts adolescents' prosocial behaviors: Response surface analysis

Ruoxuan Chen[1], Ningning Feng[1], Shuang Li[1], Wenjie Zhai[2], Lijuan Cui[1]

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Literature has revealed a positive association between justice beliefs and prosociality, as well as a negative link between unjust experiences (e.g., peer victimization) and prosociality. However, there remains a knowledge gap in how adolescents react to the (in)congruence between their justice beliefs and justice experiences in peer environments. We utilized response surface analysis to take a nuanced view of how the belief-experience justice (in)congruence affects adolescents' prosocial behaviors, with gender comparisons. Study 1 with a cross-sectional design (N = 2,963, Mage = 15.86 ± 0.72, 40.0% girls) showed that, generally, adolescents who had stronger justice beliefs and more justice experiences were more likely to engage in global prosocial behaviors, which increased with the belief-experience justice fit; when adolescents encountered belief-experience justice conflicts, their beliefs played a more crucial role than experiences in driving prosocial actions. Study 2 with both cross-sectional and longitudinal data (N = 3,038, Mage = 16.83±0.79, 53.6% girls) essentially replicated the cross-sectional pattern in Study 1, and further found that adolescents' beliefs no longer dominantly promoted prosociality seven months later in the face of belief-experience conflicts. Moreover, boys and girls behave differently depending on prosocial contexts, especially according to situational visibility. These findings demonstrate that even in an unfair peer environment, adolescents' justice beliefs are resilient enough to guide them toward current prosocial actions, which yet would fade over time.

Roundtable discussion 24 - Bridging Generations: Speaking Up and Listening on Building the Future of Psychology

Paper number 1145 | Roundtable discussion

Bridging generations: Speaking up and listening on building the future of psychology

Alvaro Rovira[1], Jaime Martín[2], Ana Kraljevic[3]

[1]European Federation of Psychology Students' Associations, Spain
[2]Universitat Jaume I, Spain
[3]European Federation of Psychology Students' Associations, Croatia

As the next generation of psychology professionals, students bring a unique and vital perspective to the field, offering fresh insights and an openness to innovation. This roundtable session, led by representatives of the European Federation of Psychology Students' Associations (EFPSA), aims to explore the future of psychology through the lens of its youth.

Psychology is evolving rapidly, with advancements in technology, shifting societal needs, and growing recognition of the importance of mental health. Students and early-career professionals are uniquely positioned to shape this transformation. This session will discuss three critical themes:

Innovation: How can emerging technologies, such as artificial intelligence and virtual reality, enhance psychological practice and research?

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Inclusion: What steps can the profession take to ensure diversity, equity, and accessibility for underrepresented populations?

Impact: How can psychology students contribute to addressing global challenges, from climate change to the mental health crisis?

Through an interactive format, this session will encourage dialogue between psychology students and established professionals, fostering collaboration across generations. Attendees will gain insight into the aspirations and concerns of psychology students, including the need for flexible career pathways, interdisciplinary approaches, and the integration of digital competencies in education and training.

By amplifying the voices of psychology's future leaders, this session will highlight the dynamic potential of the field and inspire strategies to ensure its continued growth and relevance. With this roundtable, we would like to open a dialogue between the older and younger generations to open ground for the exchange of ideas on the future of Psychology and the consolidation of structures to foster systematic communication.

Join us in envisioning a psychology that is innovative, inclusive, and impactful—designed by all of us for the future generations.

Roundtable discussion 25 - Clinical Supervision: Taking the Guidelines into the Practice.

Paper number 1200 | Roundtable discussion

Clinical supervision: Taking the guidelines into the practice

Carol Falender[1], Alexandra Antunes[2]

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[2]Ordem dos Psicólogos Portugueses, Portugal

Increasingly, focus has been turning to clinical supervision. Although it has been referred to as the "missing ingredient" (Falender, 2018), increasingly countries are addressing clinical supervision and recognizing its power and importance for supervisees. In this roundtable, discussion will center on clinical supervision guidelines, importance for practice, ethical aspects, global differences and similarities, and what we can learn through international cooperation to enhance supervision practice. Both the Portugal and the United States have guidelines for supervision practice. Both sets of guidelines are anchored in competencies, respectful practice, creation of a shared, trusting collaborative relationship with clear ethical boundaries, and use of a contract. In this Roundtable, we will lead discussion of current practices, foci of the guidelines, adherence to guidelines and to standards of practice, and supervisee perceptions of supervisory guidelines, whether they are impactful in clinical supervision practice, and ethical and legal adherence. For example, in the U.S., the past few years multiple groups of supervisees have authored journal articles about inadequate and harmful supervision practices they encountered during their training trajectory. Focus will be on effective supervision practices in the two countries, and specific points of information and practice to engage in collaboration, learning from each other

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Paper number 1195 | Symposium

The EFPA Test Review Model – a revised tool for associations, providers, and users of tests & assessments

Nigel Evans[1, 2], Mark Schittekatte[3], Ana Hernández[4], Urszula Brzezińska[5], Ian Florance[6]

[1]NEC Advisory, United Kingdom
[2]EFPA Board of Assessment, Belgium
[3]University of Gent, Belgium
[4]University of Valencia, Spain
[5]Pracownia Test Psychologicznych Polskiego Towarzystwa Psychologicznego, Poland
[6]European Test Publishers Group, United Kingdom

The European Federation of Psychologists (EFPA) Board of Assessment (BoA) has updated its Test Review Model (TRM). This model has been used extensively as a standard across Europe in evaluating tests (with many translations around the world). Along with the utilisation of technology in assessment, new topics have arisen since the inception of the previous 2013 version, so a revision was very necessary to remain up to date.

This symposium looks at the challenge and output of revising the TRM, with a review of the work of the BoA working group with its major stakeholders. Most necessary changes appear as additions reflecting advances in testing and psychometrics, including: continuous norming and random sampling; new views on reliability and validity issues; local vs global norming; the use of hidden algorithms; variations of online/digital testing, gamification, and the introduction of Artificial Intelligence at various stages of test development.

This symposium will outline these revisions, highlight their implications for test developers and practitioners, and emphasise their role in advancing ethical and effective assessment practices.

Paper number 1312 | Symposium Paper

The Revision of the EFPA Board of Assessment (BoA) Test Review Model: delivering a necessary and thorough update

Mark Schittekatte[1], Nigel Evans[2]

[1]Ghent University, Belgium
[2]NEC, United Kingdom

"The EFPA Test Review Model (TRM) is part of the strategy of EFPA, which aims to provide all necessary information about tests and assessments in order to enhance their use. The latest EFPA TRM aims to further support and encourage the process of harmonising the quality standards and the reviewing of tests across Europe and beyond.

This paper will show the attention and process given to key topics deemed the most urgent to update (e.g. online testing, gamification, AI algorithms) and how the TRM can be implemented by local test associations, test providers, and test users. The hurdles in this process for different European countries will be highlighted (e.g. reviewed by who, whether or not an overall final score is given, need for financial resources, and consider the impact of negative reviews).

With major stakeholders, the EFPA TRM is shown to provide a description with a detailed and rigorous assessment of the tests, scales and questionnaires mainly used in the field of psychological and educational assessment. By offering a tool for assessing the quality of tests, information is practically made available to test users and professionals in order to improve tests and testing, and help them to make the right assessment decisions."

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Paper number 1313 | Symposium Paper

Updates to the EFPA Test Review Model: A Focus on Reliability and Validity

Ana Hernández[1] ,Francisco J. Abad[2], Paula Elosua[3], José Muñiz[4]

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"Research Aims and Objectives: The primary aim of this work is to present the updates made to the EFPA Test Review Model (TRM), particularly focusing on reliability (precision) and validity. The objective is to align the model with contemporary psychometric standards, address recent advancements in digital assessments, and respond to emerging concerns such as data privacy, inclusivity, and diversity.

Theoretical Background: The EFPA TRM was developed as a framework to ensure high-quality testing practices across Europe emphasizing reliability and validity. With the growing complexity of psychometric assessments and evolving societal needs, there is a need to refine the framework to reflect these changes.

Research Design/Methodology/Approach: The model was revised based on a comprehensive review of existing literature, expert meetings and alignment with international standards. A consultation process was conducted, gathering input from psychometricians and test developers. Recommendations from the consultation were analyzed and incorporated into the final version.

Results (Obtained or Expected): The updated TRM includes enhanced guidelines for assessing reliability in adaptive testing contexts, Detailed considerations for test validation in diverse populations and recommendations for ensuring transparency and accountability in algorithm-based assessments.

Limitations: The consultation process, while extensive, may not have captured the perspectives of all stakeholders, and challenges in the model implementation are expected.

Implications for Research, Practice, and/or Policy: The revised TRM provides an updated framework for test developers and test users to foster high-quality and ethical testing practices. The alignment with evolving professional standards supports informed decision-making and enhances the credibility of assessment practices across Europe."

Paper number 1314 | Symposium Paper

Advancing Test Evaluation Practices: A Comprehensive Review Process Guided by the EFPA Test Review Model

Urszula Brzezińska[1]

[1]Pracownia Testow Psychologicznych Polskiego Towarzystwa Psychologicznego, Poland

"The EFPA Test Review Model offers a systematic approach to evaluating psychological and educational tests. This presentation highlights the practicalities of possible ways of crafting a final review, focusing on rating gradations. Standards for test reviews, when implemented in individual countries, typically require certain adaptations, including rules for developing, funding, and providing access to reviews. However, the EFPA Test Review Model provides the fundamental framework for these activities.

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By examining the review process, the session addresses key questions such as ""What is the purpose of the review?"" and ""What can test users expect as the final deliverable?"" Attendees will gain an understanding of the steps and resources needed to produce a thorough evaluation, to uphold transparency.

To illustrate the challenges of implementing the EFPA Test Review Model, examples from a country with an emerging testing culture (lacking an established review system) will be discussed.

This presentation underscores the importance of the international assessment community's collective commitment to creating high-quality, purpose-driven testing tools that serve as a beneficial product for the public good."

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Paper number 1315 | Symposium Paper

Strategic issues and stakeholder positioning for the EFPA Test Review Model

Ian Florance[1]

[1]European Test Publishers Group, United Kingdom

"Given the previous revision of the test review model was undertaken in 2013, the Board of Assessment working group recognised the need to reflect recent changes in testing and society.

Broad shifts in research and practice have directly affected test development, processes, and applications. Continuing technological revolutions facilitate distant test delivery over the web, whilst AI interpretation may diminish human involvement in the testing process even further. New data tools have affected tests' development and their resulting technical qualities – the in the use of continuous norming is a striking example. Certain countries encourage non-psychologists to use tests resulting in specific test training markets with changes in the complexity and purpose of some tests. Other European countries encompass very different arrangements for testing, withholding access to only qualified psychologists. Advances in psychology and related areas, particularly the neurosciences, affect what can and should be measured.

Wider changes in society affect testing. Understanding of and attention to neurodiversity is increasing as is respect for gender-based, ethnic, and other identities. These affect the language of the model that the tests themselves use.

Psychological testing encompasses research, training, professional standards, and commercial activity. The working group reflected this make up and sought to ensure their work resulted in high technical standards. It also aimed to balance change with the fact that the test model has been used throughout Europe (and beyond) to improve the test process: informing decisions about which tests to use and the technical qualities of published titles. Change is needed to be balanced with conservation, which this paper will discuss in detail."

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Paper number 1251 | Symposium

Psychology goes politics! What strategies are successful - what works?

Beate Wimmer-Puchinger[1], Anton Laireiter[1], Christina Beran[1], Fredi Lang[2], Thordis Bethlehem[2], Christoph Steinebach[3]

[1]Professional Association of Austrian Psychologists, Austria
[2]Association of German Professional Psychologists (BDP), Germany
[3]ZHAW School of Applied Psychology, Switzerland

The experience of how psychology is positioned, what status it enjoys, what challenges it has to contend with, how the legal anchoring works and how the services of our profession are secured? Is there a contract with the social security system?

These are all questions that we at the EFPA are repeatedly addressing in various committees.

I would like to take this opportunity to mention the relevant research by Ole Tunold and thank him for the first major step. However, his research has also shown that many questions remain unanswered and that there is still a lot to do. In this symposium, we want to bring the three neighboring countries of Austria, Switzerland and Germany into dialogue with each other.

What are the important successful projects that will take psychology further and enable it to provide important social services so that it enjoys the trust of the population, the media and politicians?

What are our visions for the future in these difficult times of upheaval? How can we find an answer together from a psychology perspective?

Paper number 1286 | Symposium Paper

Psychology matters! Achievements of mental health policy in Austria - Succesful projects funded by the Austrian Ministry of health

Beate Wimmer-Puchinger[1]

[1]Professional Association of Austrian Psychologists, Austria, Austria

The pandemic has put an extreme strain on the mental health of children and adolescents. International and national studies as well as professional experiences showed alarming results.

To address this emergency the Austrian federal government reacted promptly and invested € 56 million to commission the professional association of psychologists together with the professional association of psychotherapists to develop and implement a project for the mental treatment of children and adolescents aged 0-21 years. In two years, the project “Healthy out of the crisis” treated 35,000 children free of charge with significant success.

One of the greatest achievements of the project is a referral time of maximum 10 days from the time of application. This was possible by creating an extensive database of child & youth psychologists and psychotherapists. Which means “Healthy out of crisis” could successfully implement important public health aspects like low-threshold access and inclusion by offering treatment in 30 languages.

The project serves internationally as an example of a lighthouse project of managed mental health care.

Due to its success the Austrian government commissioned further projects for mental health support of apprentices and school dropouts which are funded with around € 15 million.

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The projects are nationally acclaimed and still receive a lot of media coverage. This contributed further to our efforts to raise awareness in politics for the need for psychological services and policy makers as well as the public gained more respect for and trust in our profession.

Paper number 1287 | Symposium Paper

How clinical psychological treatment became part of health care in Austria – a story of success

Anton Laireiter[1]

[1]Professional Association of Austrian Psychologists, Austria, Austria

In Austria, psychotherapy does not form part of the professional profile of clinical psychologists. However, clinical psychologists are able to offer their patients clinical-psychological treatment methods (CPT), which are based on empirical psychology and treatment strategies developed in clinical psychology. For a considerable period, CPT did not qualify for coverage by health insurance. However, this changed on 1 January 2024, when CPT became a service covered by social security, with the health insurance companies now co-financing it.

The process by which CPT became integrated into the Austrian healthcare system is noteworthy for its success and can be attributed to a combination of systematic efforts initiated in 2018, a favorable political climate with effective political connections, and the strategic fortune of those who pursued this outcome. The following factors were instrumental in this achievement:

• A petition from the professional association of psychologists to politics with 30,000 signatures to improve mental health.

• The second is the impact of the pandemic itself, which has resulted in a significant increase in mental health issues across all sections of the population.

• The project "Healthy from Crisis", which demonstrated the efficacy of clinical psychologists in treating children and adolescents with mental disorders.

• The professional association's ongoing efforts to emphasize the significance of clinical psychology for mental healthcare, in conjunction with extensive developmental initiatives aimed at enhancing the visibility of CPT to the external community, have also contributed to this progress.

• A health minister recognizing the significance of clinical psychology for mental health care,

• along with other pertinent factors that will be elaborated upon during the course of the talk.

Concluding, we advocate for the enhancement of CPT's visibility and familiarity throughout Europe, emphasizing its position as a genuine alternative to conventional school-oriented psychotherapy.

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Paper number 1288 | Symposium Paper

How to get a Seat at the Table

Christina Beran[1]

[1]Professional Association of Austrian Psychologists, Austria, Austria

Unfortunately, the findings of psychology are not enough to convince decision-makers and the public of the positive effects of psychology. The Austrian Professional Association of Psychologists is aware of this fact and therefore relies on lobbying, networking and targeted communication, not least to bring about legal changes and to make helpful psychological insights accessible to the general public. By engaging key stakeholders within the political, academic, and professional spheres, the association aims to secure a meaningful role in shaping policies that directly affect the practice and status of psychology in Austria. Lobbying, as a systematic approach to influencing policymakers, involves not only the dissemination of evidence-based research but also the cultivation of personal relationships that enhance the trust and credibility of the association. Networking, both inside and outside established professional circuits, serves as a catalyst for expanding these relationships, ensuring that the voices of psychologists are heard across diverse platforms.

The association leverages its expertise and the collective experiences of its members to advocate for reforms and improvements in legal frameworks. This approach is grounded in the belief that direct engagement with policymakers and media outlets can help shift public opinion and encourage legislative bodies to prioritize mental health issues, scientific research, and ethical practices within psychology. By hosting forums, organizing conferences, and collaborating with related organizations, the Association of Austrian Psychologists creates opportunities for dialogue and cooperation that lead to tangible policy outcomes.

Modern lobbying transcends traditional methods by incorporating digital communication strategies, social media engagement, and public relations initiatives. A holistic and proactive approach is essential for ensuring that the association not only informs but also influences discussions at the national level. Ultimately, securing a “seat at the table” becomes synonymous with empowering the psychological community, fostering a sense of collective responsibility, and ensuring that changes in law and public perception align with best practices and the evolving needs of society. The knowledge of psychology is, incidentally, very helpful in this regard. In a very practical way.

Paper number 1289 | Symposium Paper

The diversity of psychology: tasks for professional associations

Fredi Lang[1], Thordis Bethlehem[1]

[1]Association of German Professional Psychologists (BDP), Germany, Germany

For decades, psychology in Germany has been divided into the clinical-psychotherapeutic field on the one hand and all other fields on the other. The most recent legal regulations have resulted in a division of the discipline and mean that psychology students have to align their Bachelor's degree accordingly in order to secure the opportunity to work as a psychotherapist. A Master's degree with a license to practice and subsequent further training is also required.

The amendment to the law goes hand in hand with efforts to employ psychotherapists as experts in prevention, providing expert opinions and in the school sector.

The resulting tasks for professional associations are manifold, in the presentation the BDP presents its most important starting points. In addition to promoting a high-quality profile of psychology and the associated fields of activity, it is important to develop specialist profiles for current and future relevant tasks and at the same time to

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differentiate them from dubious offers. The increasing relevance of mental health invites us to place psychologists as a professional group alongside other, already established professional groups. The special qualifications of association members, which result from membership, can also be promoted.

Last but not least, professional associations alone are the place where all psychological disciplines come together. These bridges must be strengthened - a strengthening of the discipline can only happen from within the discipline itself.

Paper number 1290 | Symposium Paper

Challenges facing psychology and psychological psychotherapy in Europe and Switzerland

Christoph Steinebach[1]

[1]ZHAW School of Applied Psychology, Switzerland

Psychology and psychological psychotherapy in Europe in general, and in Switzerland in particular, face a wide range of challenges: mental illness affects a significant proportion of the Swiss population and causes both personal suffering and high economic costs. Ensuring high-quality care is therefore a key challenge:

Better data on mental health and psychological care is needed to better assess needs and evaluate the quality of care. Like other European countries, there is also a shortage of qualified professionals in psychological care in Switzerland. The new regulation, which allows psychological psychotherapists to bill independently through compulsory health insurance, represents an important change. It will be important to monitor the effects of this and optimize its implementation. A large proportion of the population experiences mental health problems. Prevention and early detection measures are therefore becoming increasingly important. The transitions between different areas of care (e.g., outpatient, inpatient) are crucial for integrated care and require attention. Mental illness continues to be associated with stigma, which can make it difficult to seek help. Awareness-raising and destigmatization work is therefore important.

The European Federation of Psychologists' Associations (EFPA) plays an important role in promoting psychology as a science and profession in Europe. Switzerland can benefit from developments and solutions in other European countries regarding care models, training standards, and professional policy issues. EFPA is working to develop and promote common European standards for the training and professional practice of psychologists (e.g., through the EuroPsy certificate). The EFPA's ethical meta-code serves as a framework for ethical behavior by psychologists. The joint commitment to improving psychological care in the countries of the European Council strengthens the profile of psychology as a practice-oriented science and evidence-based practice.

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Paper number 1216 | Symposium

ASP-Belong: a novel intervention to reduce social anxiety and promote class belonging using Augmented Social Play

Vitor Alexandre Coelho[1], Marta Marchante[2], Ana Cláudia Primor[1]

[1]Académico de Torres Vedras, Portugal
[2]Académico Torres Vedras, Portugal

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This Symposium presents the first steps in the development Augmented Social Play (ASP), a digital mental health intervention format and its implementation in Portugal, one of three countries where ASP will be tested. ASP will use smartphones to deliver real-world group psychotherapeutic interventions and create supportive communities by combining immersive storytelling, contemporary technology, and evidence-based psychology, delivering augmented reality-facilitated, face-to-face collaborative experiences which boost mental health by fostering a greater sense of belonging and connectedness. Ultimately, it is being designed to be to tackle head-on the dramatic increases in mental health problems experienced by young people in a fast-changing, post-pandemic Europe, in which social isolation plays a primary role.

In the current symposium, will feature a general presentation of the project—which will describe how the project will span multiple academic disciplines and both technology and creative industries, and how it will employ a stakeholder-collaborative approach, to develop ASP interventions with adolescents and adult stakeholders—we will have other three presentations.

The two other presentation two will focus on the current solutions for addressing the aforementioned mental health issues such as social anxiety and social isolation. Therefore, one of the presentations focuses upon a scoping review of the use of augmented reality to improve social skills, with a focus on what has been the development of work in this area in Portugal, whereas the third presentation reflects upon the results of LINA—a prototype of the current ASP application—which has been piloted and evaluated in schools in Austria and the United Kingdom and reflect upon the action needed to adapt it to the Portuguese context.

Paper number 1298 | Symposium Paper

The ASP-Belong project: Background, rationale and development

Vitor Alexandre Coelho[1]

[1]Académico de Torres Vedras, Portugal

The goal of the ASP-Belong project is to develop a digital mental health intervention format, Augmented Social Play (ASP). ASP is a serious game for smartphones based on augmented reality. It is meant to be Used for group psychotherapeutic interventions in educational settings, with the aim of creating supportive communities for adolescents. Additionally, the ASP app can be used as a digital high quality solution for prevention and promotion in the field of Mental Health.

The current presentation will detail the rationale that supports the evolution from LINA (a previous version of the concept) into the still unnamed new intervention, as well as the model of change employed. It will also reflect upon the rationale employed to assemble the current consortium.

Furthermore, an additional focus of the presentation is the prevention of undesirable cognitive or emotional effect, because immersive Mental Health experiences can be associated with stress and stigma for vulnerable youth if not adequately managed. Therefore, the presentation will reflect upon the creative process employed to create the new intervention and focus upon identifying risks, and developing strategies to mitigate risks.

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Paper number 1299 | Symposium Paper

Lesson learned regarding the use of Augmented Reality to enhance social and emotional competencies

Marta Isabel Marchante[1]

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Although Augmented Reality (AR) has emerged as a promising technology in educational settings due to its engaging nature, AR's potential in social and emotional learning had received little attention, apart from applications aimed at the autism spectrum disorder (ASD) population. The current presentation will critically analyze the results of a systematic scoping review aimed at mapping the range of AR applications that improve social and emotional competencies, and map characteristics of such applications (Mittmann et al., 2023) and reflect on the Portuguese context regarding the development of such interventions.

The scoping review analyzed screened 2748 records derived from three databases—

PubMed, IEEE Explore and ACM Guide to Computing Literature in December 2021— and included records that had developed a prototype with the main outcome of improving social and emotional competencies. Then, the Included records were narratively described for their content regarding AR and social and emotional competencies, their target populations and their outcomes. Furthermore, Evaluation studies were assessed for methodological quality.

In this scoping review only seventeen records met the inclusion criteria, and ten of them described applications for autistic children. None of these records detailed interventions implemented in Portugal. Furthermore, the methodological quality of evaluation studies

was found to be weak. Therefore, the development of AR applications for social and emotional competencies is still in an embryonic state. To be successful, future AR applications should endorse social and emotional learning in a general education population and in more complex group settings.

This presentation will also reflect upon the key features of the Portuguese Law and Educational System that may affect the development of AR applications to enhance social and emotional competencies.

Paper number 1301 | Symposium Paper

Reflecting on the lessons learned from LINA to guide the adaptation to Portugal

Ana Claudia Primor[1]

[1]Académico de Torres Vedras, Portugal, Portugal

Early adolescence is a time of major social change; a strong sense of belonging and peer connectedness is an essential protective factor in mental health during that period. LINA was a social Augmented Reality (AR) smartphone-based serious game—developed through an interdisciplinary collaboration involving a playwrighter, software developers, psychologists and artists, via an iterative co-development process with young people—that was designed to facilitate and improve peer interaction, sense of belonging and class climate.

LINA was supposed to be played in school by an entire class (age 10+) together with their teacher, thus creating a safe space to reflect on mental health and external stressors related to family circumstances. A prototype has been evaluated quantitatively for usability and qualitatively for efficacy in a study with 91 early adolescents and data from qualitative focus groups showed high acceptability of the game. However, effectiveness studies that detail the impact of the game on the target variables are still missing and, therefore, it is not possible to conclude

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if the use of a shared immersive narrative and collaborative gameplay in a shared physical space offers an opportunity to harness adolescent affinity for digital technology is really improving real-world social connection and sense of belonging.

Therefore, the current presentation will analyze the evidence gathered and reflect upon the changes required to make LINA ready for implementation in Portugal.

Papers session 86

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Paper number 431 | Oral

A meta-analysis on COVID-19 learning losses

Andrea Wisenöcker[1], Christoph Helm[1], Cornelia Susanne Große[1], Nicolas Hübner[2], Steffen Zitzmann[3]

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Theoretical Background. The COVID-19 pandemic disrupted education worldwide. The sudden shift from face-to-face learning to distance learning, as well as restrictions when schools reopened, presented a challenge for teachers, students and education systems all over the world. This raises the question of whether school students experienced significant learning loses during these challenging times.

Aims and Objectives. This meta-analysis aimed to (1) quantify overall learning losses in school students during the pandemic, (2) examine moderators such as learning domain, school level, countries' Human Development Index (HDI), and publication type, and (3) analyse changes in learning losses over the pandemic timeline.

Methodology. A meta-analysis including 103 studies, yielding 763 effect sizes, was conducted. Data were gathered through comprehensive, systematic searches across databases, PrePrint servers, and Google Scholar. Studies focusing on COVID-19, primary/secondary students, and quantitative analyses with clear statistical reporting were included. Effect sizes were converted to Cohen's d, and meta-analyses were conducted using the "metafor" package in R.

Results. The analysis revealed average learning losses of Cohen's d = -0.20 (SE = 0.04, $p < .001$). Losses were most pronounced in mathematics, but other moderators were not significant. Learning losses peaked shortly after the pandemic began but persisted across time points for more than two years after the onset of the pandemic.

Limitations. While the meta-analysis covered a large dataset, potential publication bias and variability in study methodologies could influence findings. Long-term effects beyond two years remain uncertain.

Implications. Persistent learning losses underscore the urgency for targeted remedial measures and the development of more resilient education systems. Understanding how crises impact learning can inform future strategies, ensuring students gain new knowledge through memorable, effective educational experiences. This research aligns with the conference theme by addressing how insights from educational psychology can help education systems become more resilient to future challenges.

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Paper number 681 | Oral

Life changes due to the COVID-19 pandemic and their impact on adolescents: A qualitative analysis of a nationally representative sample

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Research aims and objectives: The study aims to qualitatively explore the experienced life changes due to the COVID-19 pandemic and their impact on adolescents.

Theoretical background: The COVID-19 pandemic has been a major stressor with a multifaceted impact on adolescents' health and well-being.

Research design/methodology/approach: A qualitative module of four open-ended questions in a nationally representative school-based self-report survey conducted during the COVID-19 pandemic in Bulgaria. The sample analyzed in this study included 3001 adolescents aged 11-17 years (49,9% girls).

Results: Life changes experienced by adolescents comprised ten domains: general impact (no /significant/ changes; lots of changes), public health and social measures (staying at home/quarantine, wearing masks, personal hygiene/disinfection, social distancing, travel restrictions, tests at school), COVID-19 exposure (COVID-19 illness or death), fear and protection (fear of COVID-19/illnesses, cautious/responsible for own and others' health), social impact (poor socialization, not meeting friends/classmates/extended family, changed relationships with friends/family, more withdrawn/deteriorated social skills, alienated people), online education and educational outcomes (studying online, difficulties/worse school performance), lifestyle changes (increased screen time, reduced physical activity/no sports, changed routine, changed/too much eating, became lazier, slept more, time for oneself), health outcomes (increased/decreased weight, changed appearance, vision deterioration, decreased immunity/frequent illnesses), financial difficulties of the family, and personal development and post-traumatic growth (new way of thinking, valuing more your loved ones, life, and freedom, personal change/growth). The changes' impact was perceived as negative, positive, weak-neutral, adaptation, deterioration, both positive and negative, and causing psychosomatic symptoms.

Limitations: School-based data collection excluded adolescents not attending school.

Implications for research, practice and/or policy: Combining the strengths of qualitative and quantitative research, a comprehensive picture of the COVID-19-related changes experienced across multiple adolescents' life domains and diverse patterns of impact were identified. The findings can inform interventions and future preparedness to protect adolescents' health and well-being during pandemics or other crises.

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Paper number 1013 | Oral

COVID-19 VACCINE DECISION-MAKING AMONG SEVERE DISEASE SURVIVORS IN EASTERN Europe

Aissa Suciu[1], Adriana Baban[1], Anna Alexandrova-Karamanova[2], Peter Halama[3], Agnieszka Kruczek[4], Monika Wróblewska[5], Emanuela Paunova-Markova[2], Velina Hristova[2], Jana Tencerová[3], Branislav Uhrecký[3]

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[5]Ludwik Rydygier Collegium Medicum in Bydgoszcz, Nicolaus Copernicus University in Toruń, Poland

Vaccination has played a pivotal role in lowering mortality rates, preventing severe illness, and mitigating long-term health risks. Despite these benefits, vaccine hesitancy against COVID-19 remains a significant challenge. Examining the perspectives of survivors, who have firsthand experience with the virus and face heightened risks, is essential. This study investigates COVID-19 vaccine decision-making among adult survivors of severe COVID-19 from Romania, Bulgaria, Poland, and Slovakia to better understand factors shaping vaccine acceptance and hesitancy within these societal contexts. Semi-structured interviews were conducted (August 2022-April 2023) with 121 former COVID-19 patients across four countries: Romania (n=30), Bulgaria (n=33), Slovakia (n=30), and Poland (n=28). Thematic analysis of transcribed interviews revealed three main themes: (1) Personal COVID-19 Experience and Vaccination, showing varying impacts of severe illness on vaccine acceptance across countries, with Romania demonstrating increased willingness while Slovakia remained skeptical; (2) Information Sources and Trust, highlighting the crucial role of physicians in Romania versus widespread medical misinformation in Bulgaria; and (3) Vaccination Barriers and Motivators, revealing motivations ranging from health protection in Romania to practical necessities in Slovakia and Poland, while sharing common concerns about vaccine safety across all countries. Limitations include potential recall bias due to interview timing and inability to capture nonverbal cues in telephone interviews. Findings suggest strengthening doctor-patient relationships through empathetic communication and long-term follow-up can address survivors' challenges while fostering trust in healthcare systems.

Paper number 206 | Oral

Restoring satisfaction of basic needs among excluded individuals through disease threat and perceived social acceptance

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This study delves into the interplay of perceived disease threat and perceived social acceptance in mitigating the negative consequences of social exclusion. Across two experimental studies, we investigated how individuals' perceptions of disease threat influence their sense of social acceptability and contribute to regaining the loss of basic needs resulting from social exclusion. Using manipulation paradigms and self-report measures, we observed excluded participants' responses to varying levels of disease threat (high versus low in study 1) and different types of disease priming (infectious versus non-infectious in study 2). When individuals perceived a heightened disease threat or were exposed to infectious disease settings, they exhibited increased basic needs satisfaction following

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social exclusion, which could be attributed to a rise in social acceptance. Our findings support an evolutionary view, suggesting that the presence of perceived disease threat during social exclusion triggers intensified and rapid activation of this mechanism, leading individuals to become more accepting of others in an effort to prevent potential contagion. This adaptive response helps protect fundamental basic needs amidst the challenges of social exclusion.

Papers session 87

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Paper number 916 | Oral

A systematic review of third-wave psychotherapies to reduce distress, improve wellbeing and quality of life in people with Parkinson's disease

Demetra Christodoulou[1, 2], Suzanne Reeves[1], Naashoma P. Carvalho[1], Judith Stellman[1], Rebecca L. Gould[1]

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Research aims and Objectives: This systematic review assessed third-wave psychotherapies for reducing psychological distress and improving psychological wellbeing and quality of life in people with Parkinson's disease (PD) and critically evaluated intervention adaptations.

Theoretical background: PD is characterised by motor symptoms such as bradykinesia. Non-motor symptoms, including depression and anxiety, affect over 90% of people across the disease course and significantly impact psychological wellbeing and quality of life. Interest in third-wave psychotherapies for people with PD is rising.

Methods: A literature search included five databases (PsycINFO, PubMed, CINAHL, Embase, Web of Science).

Results: Ten randomised controlled trials were identified (six pilot/feasibility, four effectiveness) of which nine evaluated mindfulness-based interventions, and one acceptance and commitment therapy (ACT). Methodological quality ranged from moderate to high, but sample sizes were small, and only one trial was adequately powered. Four reported on Parkinson's disease specific adaptations. The trial with the largest sample size (n=71) reported a significant effect of Mindfulness Yoga (mindfulness-based exercise intervention) on depression and anxiety, psychological wellbeing and quality of life in comparison to an active control group/ stretching and resistance training exercise (n=67). Other findings were mixed across all outcomes.

Conclusions: Evidence showed an effect of Mindfulness Yoga on pre-defined outcomes. Pilot trials indicated mindfulness-based interventions were well received, providing feedback on adaptations. However, data was insufficient to conclude on non-mindfulness-based therapies.

Limitations: The included studies evaluated outcomes solely using self-report measures, which may induce biases. Homogeneous samples and small sample sizes (n = 30 to 138) may have rendered trials underpowered, making the results difficult to generalise. Some papers lacked detail on adaptations, hindering replication and implementation.

Clinical implications: Larger trials of mindfulness-based interventions are required to establish the clinical meaningfulness of observed treatment effects. Further research is needed to adapt and explore other third-wave psychotherapies such as ACT.

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Paper number 1188 | Oral

Components of an integrative job analysis and well-being across adults' life in the post-digital era

Teresa Maria Sgaramella[1], Lea Ferrari[1], Grazia Barbara Conti[1]

[1]University of Padova, Italy

Designing a future where environmental, social, and economic considerations are considered in pursuing improved work-life experience, requires innovation in perspective and tools in research and applied studies.

Following the suggestions of the 2030 Agenda, the analysis of work experience should go beyond the traditional analysis focused on tasks and activities, skills, abilities, and work requirements and consider dimensions such as improved decent work, new sensibilities, ethical and inclusive choices, and attention to the environment.

An online New Integrated Job Analysis survey was proposed, based on Sgaramella and Ferrari's previous work (2019). It includes an activity-oriented job analysis with associated skills; the analysis of psychological resources in the work experience; the conditions and choices experienced in the work context (for example, Environmental conditions, Work-family balance, and Ethical choices).

The Satisfaction with Life Scale (Diener, 2009) was also added to explore the relationship between well-being and the dimensions addressed in the analysis.

The study involved ninety-five workers, aged 19-55, in their early, middle, and mature careers working in the northeast of Italy.

The main results come from the regression analysis, in addition to age-specific patterns. The degree of satisfaction with the context's characteristics has a meaningful and strong impact on overall well-being, followed by psychological resources activated by the work activities and a moderate effect of knowledge about activities and skills.

Further studies should open to other cultural and socio-economic areas in and outside the country.

Combining the three perspectives considered in a systemic and integrative analysis of the work experience may reveal a resource to develop personal awareness and reflexivity, helping individuals identify opportunities, threats and changes thus potentially improving the well-being of both the individual and the community

Paper number 941 | Oral

Social networks and well-being in a forced migration context – the role of inclusion practices in the receiving society

Elke Murdock[1], Lisa Rousseau[1]

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Social relationships are central to human functioning and well-being. In the case of forced migration, family and friendship structures are disrupted and need to be (re)built with the home country and receiving society. The present qualitative study focuses on the family and network structures of Ukrainian refugees in Luxembourg following the Russian invasion of Ukraine.

A special focus lies on the role of specific support structures at the societal level. A commune organised host families providing practical and emotional support and set up the Ukrainian House as a central point for joint activities. Within this community, seven adult healthy Ukrainian refugees, aged between 45 and 78, five women

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and two men, were recruited. Central to our research was the question of how the forced migration impacted network structures and well-being. Following the convoy method (Kahn & Antonucci, 1980), the participants completed egocentric network charts, which were explored deeply in narrative interviews.

Not surprisingly, the network charts highlighted the importance of family members, but the migration context also produced changes in family dynamics. Many also included their host families in central positions on the network chart. Social bonds were thus formed, acting as social bridges. The activities offered by the Ukrainian House facilitated contacts, the development of social relationships and promoted activity-based coping. These and the organisation of collective remittances, helping and providing support to Ukrainians in Ukraine, had an important effect on well-being.

The study shows the importance of social bonds, both within the home country and receiving society and the efficacy of the convoy method in bringing network structures to the surface. The efforts of the receiving society and, here, in particular volunteers in a commune show how inclusion processes can be facilitated – with beneficial outcomes for all stakeholders. The processes and implications will be discussed.

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Papers session 88

Paper number 268 | Oral

Teachers' beliefs on child participation through nature-based activities in early childhood

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Research aim. This study aimed to explore teachers' beliefs about child participation through nature-based activities in early childhood.

Theoretical background. Recognized as a fundamental right, child participation involves children's engagement in decisions and matters that affect them from an early age across various domains. Teachers' beliefs play a significant role in shaping the level of child participation within early childhood settings, often influencing how and where children are encouraged for participation. While levels of participation may vary across daily activities, research suggests that nature-based activities offer a unique platform for genuine child participation.

This cross-sectional study utilized semi-structured interviews to explore teachers' beliefs and attitudes toward child participation, both generally and specifically within nature-based activities in early childhood settings. An interview guide with 15 core questions was developed. Teachers (N = 24) from municipal early childhood settings participated in online interviews. Data was analysed through thematic analysis using the framework provided by Braun and Clark (2006).

Results. Teachers reported both observing and fostering moments of child participation, which ranged from listening to children's views and encouraging children to express their opinions to enabling them to make independent decisions and assume responsibility for those choices. Most teachers recognized that nature settings offer unique opportunities for children to explore autonomy, spark creativity, and, when purposefully guided by the teacher, develop a sense of responsibility toward the environment and motivation for child participation.

Limitations. The study did not include teachers from rural areas or ecologically focused educational institutions, where beliefs and practices regarding child participation may differ significantly. Additionally, participants were primarily mid- to long-career professionals.

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Implications. Future research should aim to capture a broader range of teachers by surveying and examining beliefs about child participation in nature and the practices employed to foster it across diverse settings.

Paper number 927 | Oral

Self-persuasion through role-playing in children: The moderating role of theory of mind

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The present study aims to: (1) examine the role of children's Theory of Mind (ToM) in moderating the effectiveness of their persuasive arguments, and (2) explore how ToM development impacts self-persuasion, particularly whether children's attitudes towards broccoli change after attempting to persuade others. Children's persuasive success has been shown to relate to their cognitive abilities, with greater cognitive capacity linked to more effective persuasion. In this sense, ToM, the ability to attribute distinct mental states to others, is crucial in the generation of persuasive arguments. Previous studies have shown that children with more developed ToM skills produce more persuasive arguments, but the role of ToM in self-persuasion—whether persuasive attempts lead to changes in the persuader's own attitudes—has not been explored. A total of 164 children, aged 3 to 9, participated in a role-playing task where they were asked to persuade a puppet to eat broccoli. Children's attitudes were assessed before and after the task. ToM was evaluated using the Sally-Anne false belief test. The number and persuasiveness of the arguments generated were also evaluated. Children who passed the ToM test produced more persuasive arguments and showed a greater positive change in their attitudes towards broccoli compared to those who did not pass. These results suggest that ToM development enhances both the persuasiveness of children's arguments and the effectiveness of self-persuasion. Due to the correlational design, causal inferences are limited. Future studies could compare self-persuasion with control or passive argument reception conditions to establish causal relationships. To the best of our knowledge, this study is the first to examine self-persuasion in children, revealing that Theory of Mind (ToM) development enhances attitude change. These findings offer new insights into cognitive development and practical applications in education and behavior modification.

Paper number 1061 | Oral

From jumbled sounds and sights to higher order processes: Audio-visual sensitivity to intersensory synchrony in typical preschool development

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Time proximity serves as a fundamental amodal cue, segmenting the array overlapping stimuli into distinct, multimodal Gestalts, thereby enabling accurate perception of both the inner and outer world. The ability to detect temporal alignment between sensory inputs, known as Sensitivity to Intersensory Synchrony (SIS), is hypothesized to underpin a developmental hierarchy. By enabling multisensory redundancy, SIS is thought to enhance perception, memory, learning, and motor functions. These, in turn, support higher-order processes such as Inhibitory Control and Self-Regulation, which are essential for shaping lifelong outcomes and well-being.

Despite its significance, knowledge about the typical developmental trajectory of SIS remains limited, particularly as regards preschool years - a critical period for the development of SIS, Inhibitory Control, and Self-Regulation.

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This study addresses this gap by comparing SIS across three age groups in 305 neurotypical preschoolers (ages 3-6 years, mean age: 53.92 months; 152 females; 78.29% Italian) and exploring whether it supports Inhibitory Control and Self-Regulation.

SIS was assessed using a preferential looking task with complex speech audio-visual stimuli. Inhibitory Control was measured through standardized tasks (NEPSY Visual Selective Attention, Flanker, Peg Tapping, and Go/No-go), while Self-Regulation was indirectly evaluated through the Strengths and Difficulties Questionnaire completed by teachers.

Findings reveal higher SIS performance in preschoolers than previously reported, with age-related shifts in synchrony preferences based on modality order. SIS emerged as an embodied foundation of Self-Regulation, mediated by Inhibitory Control, particularly its Response Inhibition component - the ability to suppress automatic responses for goal-directed actions.

The findings suggest links between SIS dysfunction and cognitive or behavioral outcomes and highlight the potential of bottom-up interventions targeting SIS to enhance broader developmental trajectories.

Future studies should extend investigations to toddlerhood and early primary school years, employing longitudinal designs and eye-tracking tasks that dynamically adapt to participants' SIS to better capture individual variability.

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Paper number 677 | Oral

Children's perceptions of group differences and their impact on intergroup attitudes and prosocial behavior

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This study explores how children's perceptions of social group dissimilarities influence their attitudes and behavior towards real-world outgroups. Focusing on Arab-Christian children in Israel (N = 231, 52% female, M age = 9.8 years), we investigated their categorization of social groups based on multiple dimensions of social identity. Participants were randomly assigned to evaluate either Arab-Muslim or Jewish outgroup targets through tasks assessing perceptions, attitudes, and prosocial behavior.

The findings reveal that Arab-Christian children perceive the Jewish outgroup as more dissimilar to their ingroup compared to the Arab-Muslim outgroup. This perception influenced their evaluations, as they rated the Arab-Muslim outgroup more positively and displayed greater generosity in resource allocation tasks towards them. Importantly, the degree of bias varied depending on the number of social identity dimensions considered and the specific identity of the outgroup target.

These results provide insights into the categorization strategies used by children and the nuanced ways in which social identity impacts intergroup attitudes and behavior in middle childhood. The findings have implications for promoting positive intergroup relations and reducing biases among children by addressing perceptions of dissimilarity.

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Papers session 89

Paper number 764 | Oral

The nexus of creativity, autonomy, digital literacy, and self-determination: An exploratory study with portuguese neurodivergent adults

Carla Sousa[1], Afonso Rocha[2], Cátia Casimiro[1], Filipe Luz[2]

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Empowering neurodivergent individuals – as autistic individuals, people with Intellectual Disabilities and others – for fuller societal participation is essential. However, insights into how creativity, autonomy, and self-determination, and digital literacy literacy interact are limited, yet vital in contemporary societies. This study aims to explore the interrelationships between various levels of autonomy, literacy, self-determination and creativity-related constructs among neurodivergent individuals. To this extent, three hypotheses were tested, including the existence of significant differences in creativity constructs between individuals with differing levels of community autonomy and the role of digital literacy and self-determination in the measured domains of autonomy. The sample includes 30 neurodivergent adults (M = 30.70; SD = 9.94) from two Lisbon-based institutions with daily capacitation workshops. The transversal research design included a demographic autonomy-driven data gathering, and a questionnaire including the Self-Rated Creativity Scale, the Short Scale of Creative Self and the Self Determination Scale, each adapted to a three-point Likert scale with visual aids for cognitive accessibility. The obtained results indicated that individuals with above-average community autonomy rated their creative ideas as more useful (Mdn = 3.00 vs. 2.17; U = 17.50; p = .03). Reading (U = 37.00; p = .02), money management skills (U = 50.50; p = .02), writing (t(16.050) = -3.769, p = .02), and numeracy skills (t(14.185) = -4.282, p < .01) were significantly higher in those with above-average digital literacy. Additionally, individuals with higher self-determination had significantly better self-care autonomy (M = 3.68 vs. 3.00; t(27) = -2.423; p = .02). The findings suggest that interventions aimed at improving digital literacy and self-determination may enhance practical skills, creativity, and autonomy, thereby improving the quality of life for neurodivergent individuals. Therefore, they intend to open a path for broader research with larger samples regarding functional autonomy indicators as multifactorial and complex constructs.

Paper number 864 | Oral

Navigating digital risks: Insights into preadolescents' strategies and parental support

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The aim of this study, conducted as part of the ERASMUS+ ASAP project, is to gain in-depth insights into how preadolescents cope with online challenges and threats and to examine the role of parents in this context. The study has two primary objectives: (1) to explore preadolescents' coping strategies when faced with online issues, and (2) to investigate the dynamics of communication between preadolescents and their parents regarding online experiences.

Existing data indicate a rise in cyberbullying, online violence, and other digital threats. Addressing these issues effectively requires equipping preadolescents with the skills to use the internet and mobile devices safely and responsibly, placing significant responsibility on parents and educators.

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This study employs a qualitative research approach, utilizing six focus group discussions (FGDs) with a total of 60 participants. A convenience sample of 30 preadolescents (three FGDs with 10 participants each) and 30 parents (three FGDs with 10 participants each) was selected from two primary schools in Slovenia. The FGDs were conducted in March and April 2024, with each session lasting 1.5 hours. Discussions were facilitated by a trained psychologist and an assistant, audio recorded, transcribed, and analysed using thematic analysis.

The findings reveal that while preadolescents employ various coping strategies for online challenges, they seldom discuss these issues with their parents. This reluctance stems from perceptions that parents lack understanding, exhibit distrust, exaggerate problems, or respond with judgmental criticism. The results underscore the need for a safe and supportive environment where preadolescents can openly share their online experiences with trusted adults, particularly parents.

The key insights from this research will inform the development of the ASAP Educational Program for educators and parents, aimed at promoting safe online behaviour among preadolescents. One module of the program will focus specifically on enhancing communication and dialogue between preadolescents and their parents.

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Paper number 448 | Oral

Instagram, body image concerns, and the moderating role of mindfulness

Kriti Kelkar[1], André Melzer[1]

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The study examined the moderating role of mindfulness in the link between Instagram use (IU) and body image (BI) concerns among young people. Research has shown Instagram, a highly visual media platform, to be negatively associated with body satisfaction in women and men. Conversely, trait mindfulness has been positively associated with body satisfaction. However, the relationships between IU, the different facets of mindfulness and BI concerns (i.e., body shape preoccupations [BSP] and drive for muscularity [DM]) have not yet been explored. To assess the potentially protective role of mindfulness against BI concerns in the context of IU, participants (N=550; aged 18-34; 68.5% female) completed an online survey measuring their IU (i.e., time spent and scope of viewing content relating to appearance, familiarity with Instagram content), trait mindfulness, BSP, and DM. We found significant positive relationships between IU (e.g., time and viewing appearance-based content) and BI concerns (BSP and/or DM). Mindfulness in general and most of its facets showed a significant negative correlation with IU and BI concerns, except for the “observing” facet, which was positively related. Interestingly, mindfulness moderated the link between IU (familiarity) and DM, indicating that mindfulness may be problematic for DM. Furthermore, some facets of mindfulness (e.g., "non-judge", "describing") moderated the link between IU and BI concerns in the form of either protective or facilitating factors. Taken together, it appears that trait mindfulness is not generally helpful in protecting BI when combating the potentially negative influence of IU. Although other indicators of BI concerns that have already been shown to be influential (e.g., BI investment) have not been included here, the current findings provide healthcare professionals with insights into specific positive mindfulness processes (e.g., “act-aware”) to support young people in protecting their body image, while other mindfulness-related processes (e.g., “observing”) may have the opposite effect.

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Paper number 249 | Oral

"Can we text?": Attachment insecurity, negative emotions, and perceived text-based conflict resolution in young adult couples

Sarafina Métellus[1, 2], Marie-Pier Vaillancourt-Morel[2, 3], Kayla Patterson-Beaumont[2, 4], Florence Léonard[1, 2], Marie-Ève Daspe[1, 2]

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With the proliferation of digital technologies, young adult couples often use text-based communication to manage disagreements. However, factors related to perception of conflict resolution during texting remain understudied. Based on the attachment framework, this study examined the links between attachment insecurity (i.e., high anxiety over abandonment and high avoidance of intimacy), negative emotions, and perceived conflict resolution during text-based communication. Using a dyadic in-lab design, couples (n = 84) aged 18 to 29 engaged in a 15-minute text-based conflictual discussion. Participants completed online questionnaires about their attachment and, immediately after engaging in the conflictual discussion, assessed their negative emotions and their perception of conflict resolution. Findings indicated that one's attachment anxiety was negatively associated with their own perception of conflict resolution through both their own, b = -.26, 95% CI [-.462, -.126], and their partner's, b = -.09, 95% CI [-.245, -.007], negative emotions. One's attachment anxiety was also negatively associated with their partner's perception of conflict resolution through both their own, b = -.12, 95% CI [-.286, -.010], and their partner's, b = -.18, 95% CI [-.384, -.050], negative emotions. As well, one's higher attachment avoidance was associated with (1) their own poorer perception of conflict resolution through their own higher negative emotions, b = -.47, 95% CI [-.841, -.255], and (2) to their partner's poorer perception of conflict resolution through their partner's higher negative emotions, b = -.25, 95% CI [-.584, -.053]. Taken together, negative emotions act as a significant factor through which attachment insecurity is linked to poorer conflict resolution through text. Perhaps, characteristics specific to texting (i.e., non-verbal cues, reduced synchronicity, absence of tone) heighten the experience of negative emotions in insecurely attached individuals, thus hindering text-based romantic conflict resolution. Findings highlight the importance of digital literacy for young adult couples, especially for conflict management.

Papers session 90

Paper number 709 | Oral

Brain-behaviour associations underlying object engagement during caregiver-infant interactions.

Sobanawartiny Wijeakumar[1], Aimee Theyer[1]

[1]University of Nottingham, United Kingdom

Previous research has shown that infants' abilities to sustain attention is aligned with and influenced by caregivers' attentional behaviours. Here, we inquired whether caregiver-infant behaviours and brain function differ across types of object engagement and, joint attention and sustained attention periods. We also examined whether caregiver-infant behaviour-brain associations predicted infant visual cognition. Caregivers and infants were recorded for 7-

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minutes as they naturalistically played with toys. Brain function was also recorded from both partners using functional near-infrared spectroscopy. To assess visual cognition, we presented infants with a preferential looking task. Video recordings were split into 5-second epochs and coded for unimodal (look only), bimodal (look and touch) and multimodal (look, touch, and vocalisation/verbalisation) engagement, and categorized into joint attention and sustained attention periods. Both caregivers and infants showed greater proportion of bimodal compared to unimodal and multimodal engagement. However, only infants showed modality-specific changes in right-lateralized fronto-parietal cortex suggesting a role in actively shifting between attentional demands. In line with previous findings, greater proportion of caregiver-infant joint attention was associated with greater proportion of infant sustained attention. Both caregivers and infants differentially engaged left superior temporal gyrus (lSTG), a region implicated in social cognition. Critically, our findings revealed that greater proportion of sustained attention in infants might be associated with greater lSTG activation in infants, and greater lSTG suppression in caregivers and infants during joint attention. Relatedly, this 'see-saw' effect in caregiver and infant lSTG was important for infant visual cognition i.e., infants who showed greater lSTG activation during sustained attention and whose caregivers showed greater lSTG suppression during joint attention, had better visual working memory. Our findings provide first evidence of task-based brain function of types of object engagement and relation to visual cognition in caregivers and young infants.

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Paper number 706 | Oral

Developmental changes in neurocognitive function in a large low-to-middle-income cohort.

Sobanawartiny Wijeakumar[1], Samuel Forbes[2], Vincent Magnotta[3], Vinay Singh[4], Madhuri Tiwari[4], John Spencer[5]

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Each year, 250 million children in low-to-middle-income-countries fail to reach their developmental potential. Despite this, the nature of developmental changes in neurocognitive function in the first 1000 days of life remains under-explored. The current study examined developmental changes in visual neurocognition from infancy to toddlerhood, and whether these changes varied as a function socioeconomic status (SES) and age.

Visual cognition and brain function was assessed in 223 high and low SES, 6- and 9-month-old infants from rural Uttar Pradesh, India during infancy and toddlerhood (at 6/9 months and 18/21 months). Visual cognition was assessed using a preferential looking task and functional near-infrared spectroscopy was used to record brain function while infants engaged with the task. In this task, two side-by-side blinking displays of colored squares are presented, with one side showing a change in colors, while the colors on the other side stayed constant. A change preference (CP) score was calculated by dividing the total time spent looking at the changing side divided by TLT.

A positive association was observed between CP scores during infancy and toddlerhood; however, this association was stronger for high SES compared to low SES children. There were developmental and SES-related effects in left-lateralized anterior intraparietal sulcus (laIPS), a region in the dorsal attention network associated with maintaining working memory representations and impacted by stunting status as demonstrated by our previous work. Specifically, 9-month-olds showed greater laIPS activation from infancy to toddlerhood, compared to 6-month-olds. There were behavioural associations with this region - children with better CP scores showed an increase in laIPS activation from infancy to toddlerhood compared to children with lower CP scores.

Our findings show that neurodevelopmental changes in the first 1000 days of life are

affected by SES and cohort effects, thus, uniquely contributing to the growing literature on global health research.

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Paper number 1140 | Oral

Emotion regulation, physiological activation and context: An experimental lab study

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[1]Tilburg University, Netherlands

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Effectively regulating one's emotions depends not only on which emotion regulation (ER) strategy one uses, but on the fit between ER strategy and context. Characteristics of a given situation, such as the perceived controllability or intensity of the emotions experienced, may interact with the effect that a given ER strategy may have on self-reported emotions and physiological activation.

The goal of this study was to investigate the effectiveness of two emotion regulation strategies (suppression and reappraisal), in terms of emotional and physiological reactivity and recovery, in conjunction with the manipulation of two situational factors (controllability and intensity).

A total of 220 students filled out questionnaires and completed psychoeducational modules on ER before participating in a between-subjects experiment. Participants were randomly assigned to conditions varying by ER strategy, controllability, and intensity. The experiment involved two stress-inducing tasks (a presentation task followed by negative feedback), each with baseline, preparation, task, and recovery phases. Self-reported emotions were collected between phases, and physiological measures (heart rate and skin conductance) were recorded continuously. Data were analyzed using multilevel modeling.

We expect that the assigned ER strategy, controllability and intensity result in different physiological and emotional responses. Specifically, we expect reappraisal use to show lower stress reactivity, more efficient recovery, and lower emotional response compared to suppression use. Additionally, it is expected that intensity and controllability moderate these relationships.

Limitations of the study include convenience sampling, a restricted applicability to naturalistic settings, and the focus on short-term effects.

This study followed a novel approach to experimentally manipulate context factors while investigating the effectiveness of two ER strategies in the lab. This highlights the need to further investigate the relationship between the physiological stress response, ER strategies, and contextual factors.

Keynote Speech - Prof. Maria Karekla

Paper number 1260 | Keynote

Can we achieve alleviation of suffering? Digitally moving towards the future of healthcare

Maria Karekla[1]

[1]University of Cyprus, Cyprus

Approximately half of the world's population owns a smart phone and utilizes the internet. Digitized means present with great opportunities to harness health behavior change in individuals. The digitalization of societies, coupled with increasing demands for self-management, cost-effectiveness, time-limited, widely accessible and quality services, present with an ideal arena for innovative approaches in the provision of services. Digital technologies

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offer opportunities for research and practice to encapsulate recent recommendations for field changes and for a science “more adequate to the challenge of the human condition” (Hayes et al. 2021).

These emphasize a multilevel, process-based, multidimensional, prosocial, and pragmatic focus for research and practice in health and mental healthcare and digital means can springboard research and practice to the next level. Acceptance and Commitment Therapy (ACT) informed digitized interventions are gaining ground in their ability to effectively achieve health behavior change and lead to improvements in vitality and well being among individuals who suffer from a variety of health and mental health problems. This presentation examines the opportunities and challenges for utilizing digitized ACT interventions. Findings and lessons learned from ACThealthy laboratory’s recent studies will be presented, utilizing a variety of digitized innovations in the prevention and treatment of human suffering

Workshop - Navigating Inner Compass: Steering life through inner guidance and spiritual well-being

Paper number 105 | Workshop

Navigating Inner Compass: Steering life through inner guidance and spiritual well-being

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A self-leadership workshop that integrates lessons from literature and spirituality is invaluable for personal and professional growth. The workshop is apt as it gels with the theme of conference- ‘Psychology and human functioning’ and hopes to empower participants to lead with purpose, connect with their higher calling, and foster holistic wellbeing through an innovative framework.

Objectives:

This workshop aims to explore the intersection of one’s life purpose and holistic wellbeing, through a structured approach and mindfulness strategies. The participants will be able to:

- Discover leadership lessons through some characters from literature like Don Quixote and Saint Joan, highlighting the roles of vision, courage, and resilience.

- Identify participant’s purpose using a structured framework developed by the researchers.

- Develop a personalized leadership approach/model for multidimensional wellbeing with purpose-driven action points.

Activities:

The workshop will incorporate stories from literature to provide valuable lessons on leadership. A dedicated session on meditation will introduce mindfulness, allowing participants to experience its benefits firsthand. Participants will apply the researcher’s framework to create an empathetic roadmap with daily action steps. This process will support connection to a higher purpose and promote a balanced sense of holistic wellness in their personal and professional lives.

Target Audience:

The target audience for the workshop are all professionals, researchers and students.

Components:

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The components of the workshop will include conceptual analysis for understanding the meaning of self-leadership and its linkage to happiness. The workshop will also include experiential learning in the form of different human centred activities like didactic presentation, stories, self-reflection and meditation.

Keywords:

Self-Leadership, Holistic wellbeing, Mindfullness

Workshop - R beyond data analysis

Paper number 142 | Workshop

R beyond data analysis – using R and RStudio to create web applications and websites

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R is a programming language typically used in data analysis. However, there are further benefits to using R—one can integrate data analysis with results dissemination. This approach is holistic in that is adheres to open science practices as well as it promotes perspective taking (of those with whom one seeks communication). This workshop first introduces the R universe and then proceeds to train skills by providing hands-on knowledge on developing web applications and websites directly in RStudio. Workshop participants will learn basics of R programming in the first hour, followed by an introduction into web applications and website creation using R and RStudio in the second hour, with the last hour planned for supervised work in implementing own ideas. This workshop does not address data analysis nor data visualization. This workshop is intended for researchers, early career colleagues, students as well as trainees with basic and intermediary R skills. Didactic presentation will be combined with experiential learning and case discussion in empowering workshop participants to leverage the Internet in creating a digital visit card of their CV, work, and research, in form of web applications and websites.

Keywords: programming language R, online self-promotion, open science

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Papers session 91

Paper number 1040 | Oral

Regulatory issues in cyberpsychology: the example of France with the French Federation of Psychologists and Psychology FFPP

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The development and widespread use of telepsychology and cyberpsychology has been particularly strong since the COVID-19 pandemic. But the widespread use of these new practices is accompanied by several practical and ethical issues, which underline the importance of regulation. The aim of our approach is to describe, based on the situation in France, developments in cyberpsychology regulations over the last ten years and the work carried out within the French Federation of Psychologists and Psychology (FFPP) to support this evolution.

Telepsychology is an offshoot of teleconsultation in psychology. But it is also one of the subjects covered in the broader field of cyberpsychology. Within the FFPP, Cyberpsychology project managers have been working since 2017 to set up a reflection disseminated in scientific works and guidelines.

As with medical teleconsultations, the COVID-19 pandemic has led to a sharp increase in telepsychology practices worldwide. In addition, there are significant variations between European countries. In France, psychology professionals have only gradually become involved.

At the heart of the health crisis, professional organizations have also seen the emergence of ethical issues relating to the circulation and protection of data, the confidentiality of exchanges, access to care and adaptation to specific audiences. Frameworks relating to current regulations and recommendations such as GDPR were essential but often unfamiliar to mental health professionals.

The importance attached to mental health during the pandemic has become a public health issue in France. Beyond the health crisis, this has led to the introduction of schemes such as Monsoutienpsy, which has been reimbursing psychologist sessions since 2022. The FFPP has been involved in regulating the terms and conditions of this service, that include the possibility for psychologists to carry out remote follow-ups.

These developments have given rise to new practices and regulations, demonstrating the gradual acceptance of telepsychology and cyberpsychology.

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Paper number 1214 | Oral

Expert perceptions and psychological factors in AI Integration: A human-centered approach

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[1]Università di Bologna, Italy

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Research aims: This study investigates industry experts' perceptions of AI integration in manufacturing environments, examining psychological readiness, organizational adaptation, and implementation preferences.

Theoretical background: Industry 5.0 focuses on human-technology collaboration in organizational environments, requiring a deeper understanding of cognitive ergonomics and socio-technical systems adaptation. This approach aligns with work psychology principles that highlight the importance of user involvement and workforce empowerment in technological transitions.

An online questionnaire was administered to 15 industry experts on edge computing and AI in a manufacturing company, representing diverse roles including innovation directors, engineers, and developers. Participants were mostly men aged 25-54 years.

Results: Key findings include multiple 6 of AI integration: (1) System design preferences strongly highlighted user-friendly interfaces (M=4.73/5, SD=0.45) and system reliability (M=4.53/5, SD=0.64); (2) Organizational impact showed moderate readiness for AI introduction (M=3.14/5, SD=0.66) and positive expectations for workplace safety enhancement (M=3.47/5, SD=0.83); (3) Process transformation revealed high expectations for production processes (M=3.50/5, SD=0.76) and product quality improvement (M=4.07/5, SD=0.79); (4) Human-system interaction showed 60% preference for multi-interface methods and 47% prioritizing continuous learning capabilities; (5) Training needs indicated strong support for a multifaceted approach, combining on-the-job training (20%), online courses (13%), and in-person workshops (13%); (6) Implementation concerns highlighted excessive technology dependence (47%), workforce requalification needs (40%), and data privacy concerns (27%).

Limitations: The study's sample size was small and gender-imbalanced, potentially limiting generalizability. The single-company focus may not represent broader industry perspectives.

Implications: Results emphasize the role of psychological and organizational factors in AI implementation. Findings suggest successful integration requires a balanced approach that prioritizes human-centered design while addressing workforce concerns. This study provides valuable insights for developing comprehensive AI implementation strategies that enhance technological benefits while promoting employee well-being and organizational effectiveness.

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Paper number 905 | Oral

Generative AI-assisted clinical interviewing of mental health

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The standard assessment of mental health typically involves clinical interviews conducted by highly trained clinicians. While effective in many cases, this approach faces significant challenges, including high costs, overburdened clinical workloads, variability in clinician expertise, and a lack of standardization. Recent progress in large language models presents an opportunity to address these limitations by simulating clinician-led interviews through AI-powered systems. However, the validation of such AI-driven clinical interviews remains sparse. In this study, we developed and evaluated an AI assistant designed to conduct clinical interviews. Participants (N = 303) included individuals with self-reported clinician-diagnosed mental health disorders (i.e., MDD, GAD, OCD, PTSD, ADHD, ASD, ED, SUD, and BD) and healthy controls. The AI assistant conducted interviews to identify the most likely disorders and verify the fulfillment of diagnostic criteria. Another AI assistant task was analyzing the interview transcripts to generate diagnostic insights based on DSM-5 criteria and to provide comprehensive justifications for its assessments. The results showed that the general AI-powered clinical interview correlated with self-reported, clinician-diagnosed mental disorders that were non-significantly different, and had significantly lower co-dependencies, compared to state-of-the-art rating scales specifically designed to assess the screened disorders. The majority of the participants rated the interview experience as very or extremely empathic, understanding, supportive, and that it posed relevant questions. These findings suggest that AI-powered clinical interviews can offer an accurate, cost-effective, and standardized approach to diagnosing common mental disorders, with a user-friendly experience for patients, providing scalable mental health assessments accessible in a timely and efficient manner.

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Papers session 92

Paper number 725 | Oral

User perspectives on AI explainability in aerospace manufacturing: A card-sorting study

Sofia Morandini[1], Federico Fraboni[1], Mark Hall[2], Santiago Quintana-Amate[2], Luca Pietrantoni[1]

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The integration of Artificial Intelligence (AI) in aerospace manufacturing holds the potential to bring consistent improvements to operational processes. Human authority should be retained, highlighting the critical need for developing AI-based Decision Support Systems (DSSs) that are explainable. Explainability allows professionals to understand and trust AI outputs, bridging transparency, usability, and user confidence.

This study investigates the factors influencing explainability in DSSs and their implications for human-centered AI design in high-stakes manufacturing environments. Grounded in Human-Computer Interaction principles, a Closed Card Sorting method was used with 15 aerospace manufacturing professionals. Participants categorized 15 DSS features into groups that enhance, are neutral to, or hinder explainability, providing qualitative feedback to justify their choices.

Key findings identify transparency of algorithms, real-time feedback, and intuitive interface design as essential for enhancing explainability by reducing cognitive load and supporting efficient decision-making. In contrast, technical jargon emerged as a significant barrier, reinforcing the need for clear, user-friendly communication tailored to non-technical professionals.

The study highlights the interplay between explainability, cognitive load, and user trust, emphasizing the importance of designing AI systems that align with user needs and operational contexts. Actionable recommendations include prioritizing intuitive interfaces, providing detailed decision rationale documentation, and implementing real-time feedback mechanisms to foster AI adoption and user confidence.

This research, part of the TUPLES project funded under the Horizon Europe framework programme, demonstrates the value of integrating user feedback into AI design. While limited by sample size and potential language biases, the study contributes to a practical framework for improving transparency, usability, and trustworthiness. These insights guide the development of explainable AI technologies in aerospace manufacturing and other high-stakes industrial sectors, where reliable human-AI collaboration is essential.

Paper number 296 | Oral

Combining competencies: Understanding the demand for technical and personality skills in today's job market

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Objectives. Companies are placing greater emphasis on combining technical skills with personality traits to meet the demands of today's complex and evolving work environment. While technical skills remain crucial, there is a growing recognition that personality traits—such as adaptability, creativity, and resilience—play an equally

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essential role in employee success, particularly in non-routine roles. This study analyzes current trends in both hard and personality-driven skills, aiming to identify the qualities increasingly prioritized across various professional sectors.

Method. We examined employer demands from two perspectives: technical skills and personality traits. For technical skills, we analyzed a publicly available dataset of 1.3 million job postings. For personality traits, we used data from a SaaS application enabling companies to craft personality-based job descriptions, covering 13,529 jobs in total. We mapped key technical and personality traits for each position within the ESCO job classification system.

Results. The most sought-after technical skills included customer service, time management, project management, patient care, training, and data analysis. Key personality traits identified were methodical organization, adaptability, openness to new ideas, teamwork, helpfulness, and perseverance when facing challenges.

Conclusion. These findings reveal a paradigm shift in employer expectations, with collaborative and adaptable traits gaining prominence as the new standards in a dynamic work environment. However, this trend also raises questions about the social desirability of these traits and the potential risk of undervaluing individuals whose skills and strengths may not align with this collaborative ideal. Understanding these trends is crucial for anticipating future skill demands without enforcing uniformity in the criteria for professional excellence.

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Paper number 745 | Oral

Work engagement among pedagogical employees in rural childcare centers: Perspectives and influencing factors

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Mental health in the workplace is increasingly recognized as a critical factor, particularly in environments such as childcare centers that form the beginning of the educational chain. While there is considerable research on child behavior development, there remains a significant gap in the understanding of work engagement of pedagogical employees. Especially in rural areas, these centers and employees are under substantial pressure due to the potential loss of financial governmental aid and work engagement is also influenced by lack of (qualified) staff. The study's aim is to explore influencing factors of work engagement with the objective to improve pedagogical employees' job satisfaction.

Survey data were collected among 350 pedagogical employees working at childcare centers in a Dutch rural area (N = 117, M_age = 40,4 years, SD = 12.37). The Utrecht Work Engagement Scale (UBES-9; Schaufeli & Bakker, 2001) was applied to assess work engagement dimensions: Vigor (M = 4,11, SD = .98), Dedication (M = 4.74, SD = 1.07), and Absorption (M = 3.90, SD = 1.08). Data analyses was conducted by regression analysis with SPSS 27 and thematic analysis using Atlas-ti.

The first findings indicate that numerous employees reported deriving energy and job satisfaction from interactions with children, collaboration with colleagues, and the diversity of tasks, which were linked to increased vigor. High workload was frequently identified as a negative influence. Regarding dedication, many employees characterised their work as meaningful and expressed a sense of pride. Concerning absorption, most employees indicated they find enjoyment and become deeply engaged in their work. Work-related stress and administrative duties were occasionally cited as barriers that hindered full engagement.

The study's insights support the importance of investigating work engagement that will be helpful for practitioners focusing on work engagement incentives, and for educational practitioners who will be preparing students for the job.

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Papers session 93

Paper number 417 | Oral

What's on their mind? Clinician's metaperception of patients and dehumanization

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The perception of others as individuals with hopes, desires, and needs is a fundamental component of recognizing their humanity. In clinical settings, the ability to attribute minds to others becomes even more critical, as it shapes therapeutic relationships and outcomes. Patient dehumanization, a widespread phenomenon in psychiatric and psychotherapeutic contexts, is often rooted in impaired mind attribution, where clinicians perceive patients as lacking agency or personhood. This study investigates how clinical psychologists perceive the minds of individuals diagnosed with cluster B disorders according to DSM-VR: antisocial personality disorder, borderline personality disorder, histrionic personality disorder, and narcissistic personality disorder. Twenty clinical psychologists from three countries (Italy and Bulgaria) participated in individual semi-structured interviews. The interviews were analyzed using thematic analysis to identify common patterns and themes.

Our findings reveal that clinicians tend to attribute less mind, and therefore less personhood, to individuals with more severe psychiatric disorders. This diminished mind attribution is often accompanied by dehumanizing narratives, which were more prevalent for patients perceived as having severe conditions compared to those with less severe diagnoses. Furthermore, consistent with previous research, organizational trust emerged as a protective factor against patient dehumanization, promoting healthier clinician-patient interactions. This study underscores the significant impact of dehumanization on clinical practice and highlights its reciprocal relationship with clinicians' perceptions of mental illnesses. Building organizational trust and fostering awareness of these biases are crucial steps toward mitigating dehumanization, thereby protecting both patients and clinicians and improving therapeutic outcomes.

Paper number 578 | Oral

Understanding the role of therapeutic alliance in musculoskeletal chronic pain treatment. A systematic review

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Aims

To summarise and assess the existing qualitative and quantitative evidence for the effectiveness of therapeutic alliance (TA) in promoting positive health outcomes in musculoskeletal chronic pain (MCP) treatment.

Theoretical background

The fear-avoidance model of chronic pain provides a theoretical basis for understanding how TA may influence outcomes. According to this model, chronic pain is perpetuated by cycles of avoidance behaviours, largely driven by fear, anxiety, and catastrophizing. These psychological factors are suggested to amplify pain symptoms and reduce the patient's ability to correctly engage with treatment. A strong TA has been shown to mitigate anxiety and

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catastrophising, and can thus be suggested to be able to disrupt the fear-avoidance cycle, allowing patients to be more able to confront their pain, and in turn heal effectively.

Methodology

The PubMed and PsycINFO (APA) databases were searched for relevant, peer-reviewed, research papers. In a preliminary search, 41 papers were identified for inclusion.

Results

This review will synthesise evidence from studies that evaluate the relationship between TA and changes in MCP symptoms post treatment. The symptoms include pain intensity, pain sensitivity, functional disability and distress. A negative relationship between TA and MCP symptoms is expected to be found.

Limitations

The variety and heterogeneity of definitions and operationalizations of TA that exist in the literature, along with the lack of universally used measurement tools, will be important limitations to consider.

Implications

MCP has long been stigmatized as a purely physiological or even imagined condition, leading to incomplete care approaches. Through examining the role of TA in MCP treatment, this review can not only inform future treatment modalities but can also contribute to broader theoretical frameworks for understanding and researching chronic pain. It can encourage a paradigm shift through providing evidence that bridges the physiological and psychological domains of the condition.

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Paper number 985 | Oral

The fear of saying personal names

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Alexinomia – i.e., the fear of saying names – is characterized by an inability to say other people's names and to use names actively in communication. Affected individuals experience anxiety when attempting to address others as the act of saying a name feels too intimate. The behaviour can affect all relationships and occurs in all forms of communication but is strongest in close (i.e. romantic) relationships and in direct verbal communication. Our research shows that alexinomia drastically impacts social interactions and relationships and is linked to increased levels of social anxiety, attachment-related anxiety, and a diffuse sense of identity. The impairment is likely to be widespread and to occur across cultures and languages. I will be giving an introduction on this rarely discussed phenomenon and present findings from qualitative and quantitative psychological research on the topic, discussing the main attributes, current research, and future directions of this new field of study across various disciplines. Focus will be given on latest findings on the interplay of social anxiety and attachment-related anxiety and avoidance in individuals affected by alexinomia (n = 279). The talk will also include first results from an experimental study using EEG to look at the neurophysiological mechanisms underlying this newly described psychological phenomenon.

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Papers session 94

Paper number 459 | Oral

Understanding the incidence and recurrence of depression and associated risk factors in 9 years of follow-up: A population-based study

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Incident cases of depression have increased almost 50% over the past 30 years. Among depressed people, the recurrence rate over time has been reported to be between 75-90%, with higher probability in those suffering from a greater number of episodes. However, a subset of depressed people will never experience a recurrent episode. Understanding the incidence and recurrent rates of depression and analysing its main risk factors are crucial for designing targeted interventions and improving mental health outcomes in at-risk populations. Moreover, investigating the risk factors associated with depression according to depression status at baseline can help identify and characterize different subset of individuals. This paper aims to analyse depression incidence and recurrence rates in a Spanish adult cohort, while also investigating associated risk factors based on depression status at baseline.

Longitudinal, prospective study data of the Edad con Salud cohort was used, which comprises a sample representative of the non-institutionalized adult population at the national level with a final sample size of 2655 Spanish adults. Competing risk regression models were estimated to determine the main risk factors for incident and recurrent depression.

The study found depression incidence at 6.11 per 1,000 person years, with recurrence rates up to 47.8 and 21.3 per 1,000 person years in those with depression at baseline and only history of depression, respectively, with higher rates found among women. Sociodemographic factors were found to primarily predict incident depression, while health and mental health indicators were significant predictors for recurrent depression.

Our results confirm the augmented risk of experiencing a new episode among individuals with proximal depression, where different risk factors seemed to play a role depending on episode type and depression proximity. These findings provide valuable insights for developing preventive strategies for depression in both the general population and those at risk.

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Paper number 490 | Oral

Eco-Anxiety and Orthorexia: Mental health issues that warn of the challenges facing our societies

Camille Ribadeau Dumas[1], Arnaud Sapin[1], Delphine Rommel[1], Anne Congard[1]

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Eco-anxiety is a set of emotional reactions to the damage caused by climate change (Pihkala, 2020). Some of the scientific literature associates eco-anxiety with psychopathological symptoms; whereas other authors highlight its positive effects on pro-environmental behaviours (Boluda-Verdú et al., 2022), particularly through the moral aspect of eco-anxiety (Pihkala, 2022). A recent study failed to show any relationship between eco-anxiety and the adoption of sustainable eating (Kabasakal-Cetin, 2023). However, several authors suggest that climate change and eco-anxiety may have a singular impact on the risk of developing eating disorders (Rodgers et al., 2023), as orthorexia (Tecuta et al., 2024).

The aim of this study is to confirm the links between eco-anxiety and orthorexia following the results of an exploratory qualitative study. 854 adults (78.6 % female, mean age 28 years) completed an online survey including the EMEA eco-anxiety scale (Jalin et al., 2023), questions about food pleasure related to health and ideological motives (Grégoire et al., 2022), and the Teruel Orthorexia Scale (Barrada & Roncero, 2018).

Structural equation modelling was used to test the effect of eco-anxiety, mediated by food pleasure related to health and ideological motives, on healthy orthorexia and orthorexia nervosa. The analyses reveal that, for healthy orthorexia, the positive effect of eco-anxiety is mainly mediated by food pleasure, whereas for orthorexia nervosa, the positive direct effect is much greater.

To our knowledge, these results are the first to highlight the risk that eco-anxiety may lead to symptoms of orthorexia nervosa; despite limitations such as convenience sampling and self-reported online responses. It is also likely that eco-anxiety will lead to a strong interest in healthy eating, promoting sustainable eating habits. Eco-anxiety and orthorexia are emerging public health issues for Western countries. Further studies could help identify ways of developing pro-environmental behaviour while protecting the population from mental health issues.

Paper number 991 | Oral

The layers within: advancing global assessment of personality functioning. validation of the Latvian LPFS-SR in clinical and non-clinical samples

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Culturally adaptable tools are essential for accurately assessing personality dysfunction across diverse populations. This study introduces the first adaptation of the Level of Personality Functioning Scale-Self-Report (LPFS-SR) into Latvian, validated using both clinical and non-clinical samples to enhance its applicability as a clinical instrument as well as extending its global utility and advancing cross-cultural psychological research.

The research aimed to validate the Latvian LPFS-SR by examining its psychometric properties and alignment with the Alternative DSM-5 Model for Personality Disorders (AMPD). Using a mixed sample (clinical: n = 142, non-clinical: n = 306), we analyzed internal consistency, criterion validity, and associations with pathological personality

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traits (PID-5). Confirmatory factor analysis (CFA) was conducted to evaluate five theoretical models of Criterion A structure, including one-factor, two-factor, four-factor, higher-order, and bifactor models.

Results demonstrated strong internal consistency (α ≥ .70), with the bifactor model offering the best fit, capturing both global personality dysfunction and domain-specific nuances (Identity, Self-Direction, Empathy, Intimacy). The Latvian LPFS-SR effectively distinguished between clinical and non-clinical samples ($p < .001$), with medium-to-large effect sizes, highlighting the LPFS-SR's ability to measure varying severity of dysfunction. Strong associations between Criteria A and B (mean adjusted $R^2 = .66$) highlight the scale's capacity to comprehensively assess personality impairment.

Limitations include potential sampling biases and the cross-sectional design, restricting predictive analyses. Future research should prioritize longitudinal studies and broader demographic representation.

This study establishes the Latvian LPFS-SR as a psychometrically robust tool for clinical and non-clinical populations, contributing to global efforts in mental health assessment and providing valuable insights for clinical intervention and research applications.

Papers session 95

Paper number 201 | Oral

A scoping review on the relationship between chronotype and sexual health

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Chronotype is a behavioral expression of a circadian rhythm that influences individuals' preferences regarding the best time of the day to perform physical or mental activities. While some individuals perform better in the mornings (MType), others perform better in the evenings (EType), and some do not reveal a clear tendency (NType). Chronotype is known to be associated with psychological variables such as depression, anxiety, sleep disorders, or quality of life, being predictors of health-related outcomes. Yet, evidence on the relationship between chronotypes and sexual health is scarce and not yet systematized. Accordingly, this scoping review was aimed at mapping the evidence on the relationship between individuals' chronotypes, i.e., M, N, and E Type, and dimensions of sexual health, including sexual dysfunction, satisfaction or pleasure, sexual development, or mating behavior. The Preferred Reporting Items for Systematic Reviews and Meta-Analyses Extension for Scoping Reviews was implemented. The search done in PubMed, Web of Science, SCOPUS, and EBSCO retrieved 1.769 articles; 25 studies were selected after inclusion/exclusion criteria were applied. Findings were organized according to the following dimensions: 1) chronotype, sexual behavior, attitudes, and mating (n=15); 2) chronotype and sexual dysfunction (n=2); and 3) chronotype, marital adjustment, and dyadic studies (n=8). Findings suggested that the different chronotypes were associated with sexual health outlets, such as the lifetime number of sexual partners, attitudes toward sex, preferred time for sexual intercourse, risky sex, or male and female sexual dysfunction. Furthermore, couples' chronotype similarity seemed to be associated with sexual satisfaction, frequency of sexual intercourse, or marital satisfaction. Despite studies' limitations (e.g., non-generalized data or poor sample characterization), findings point to the role of chronotype in the sexual health domain, feeding the literature on male and female sexual response, as well as informing the therapeutic approaches for sexual difficulties, such as sex or couples' therapy.

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Paper number 794 | Oral

Classification of generalized prejudice against minorities in Türkiye: A stereotype content model approach in two samples

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Previous research demonstrated that a context-specific (i.e., Türkiye) measure of generalized prejudice toward social minorities exhibits a factor structure consistent with the Dual Process Motivational Model of ideology (DPM). Building on this, the present study explored how the groups identified in this measure are classified within the framework of Stereotype Content Model (SCM). A student sample (N=291) and a general community sample (N=287) evaluated 29 target groups of prejudice in Turkey on warmth and competence dimensions according to the view of society. For each sample, we conducted an agglomerative hierarchical cluster analysis with Ward's linkage method to determine the optimal number of clusters, followed by a k-means cluster analysis to view which groups are classified together. For the student sample, the final clusters mostly overlapped with the DPM structure with a few exceptions. Post-hoc tests indicated the three-cluster groups were significantly different from each other on both dimensions, supporting the prevalence of mixed combinations of stereotypes hypothesis put forward by the SCM (i.e., low on warmth, high on competence, and vice versa). On the other hand, hierarchical cluster analysis for the general community sample suggested a two-cluster solution as a better fit. Even though the clustering of groups differed compared to the student sample, warmth and competence rates indicated differences within and between clusters again where both clusters embodied ambivalent stereotypes. Paired t-tests further supported the ambivalent stereotypes hypothesis, showing that 29 groups in the student sample and 25 groups in the general community sample exhibited ambivalence at the group level. Differences in religiosity, conservatism, and political orientation between samples were discussed as potential explanations for the variation in cluster solutions. The results raise a methodological question suggesting that responses to the SCM's traditional question about society's view of groups may vary depending on the sample.

Paper number 279 | Oral

Latent transition of posttraumatic reactions' co-existent patterns in adolescents following a devastating flood: A longitudinal study

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Extant studies assessed the co-existent patterns of posttraumatic reactions in adolescents following natural disasters, and examined these patterns' changes over time. However, many of them focused exclusively on specific or non-specific reactions, or only on positive or negative reactions, which presented limitations in terms of comprehensive understanding on posttraumatic reactions. To fill this gap, the aim of this study was to examine the latent patterns of PTSD, PTG, depression, and life satisfaction in adolescents experienced flood, and then assessed these patterns' changes. Following a devastating flood in Henan province, China, five hundred and fifty-one adolescents (Mage-baseline = 13.34, SD = 0.98) was selected to participate two-wave assessments. The latent profile analysis and latent transition analysis were used in this study. The results identified four co-existent patterns: Moderate Distress Growth Group, Positive Growth Group, Struggling Group, and Resilient Group. The

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majority of survivors remained within their original group over a two-year period, while some transitioned between different groups over time. Four primary pathways of transition were found: from Resilient to Positive Growth, from Positive Growth to Moderate Distress Growth, from Positive Growth to Resilient, and from Moderate Distress Growth to Positive Growth. Emotion-focused coping style was identified as a predictor of positive changes in psychological reactions, whereas trauma exposure and problem-focused coping style were associated with negative changes. However, this study focused exclusively on a flood disaster and did not compare it with other types of disasters, which presented certain limitations. These findings suggested that adolescents' co-existent patterns of posttraumatic reactions and its transition were heterogeneous, and thus it was necessary to distinguish different patterns and transition characteristics, develop targeted intervention measures, in order to alleviate the negative symptoms and promote the positive changes in adolescents following natural disasters.

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Papers session 96

Paper number 428 | Oral

Prevalence and sociodemographic and social support predictors of depression, anxiety, and stress in representative youth samples from Croatia and Slovenia

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In recent years, concerns about the mental health of younger generations have increased due to evidence of declining psychological well-being among youth worldwide. Factors such as societal changes, academic pressures, and shifting social dynamics are often linked to this trend. This study aimed to examine the prevalence and severity of self-reported symptoms of depression, anxiety, and stress among young people in Croatia and Slovenia, and to identify sociodemographic and perceived social support predictors of these mental health outcomes.

The Depression, Anxiety, and Stress Scale (DASS-9; Yussof, 2013) was used to assess mental health symptoms. For the first time, this scale was applied to nationally representative samples of individuals aged 16 to 29 years from Croatia (N = 1,216; 49% female; Mage = 22.8, SDage = 3.89) and Slovenia (N = 1,287; 47.1% female; Mage = 22.9, SDage = 4.0). Participants also provided information on their sociodemographic characteristics and perceived support within family and community contexts. Additionally, the study explored factors predicting the use of professional mental health services.

The results indicated that approximately 15–22% of youth in both neighboring countries reported elevated symptoms of depression, anxiety, and stress. Depression and stress, but not anxiety, were significantly higher in Croatia than in Slovenia. Girls reported more severe symptoms across all categories than boys. Sociodemographic factors and perceived social support were significant predictors of mental health outcomes, while symptom severity, sociodemographic factors, and lower familial support were associated with the use of professional mental health services. Only 10% of youth reported using such services.

These findings underscore the importance of addressing mental health challenges among youth, with nuanced consideration of sociodemographic and cultural differences between countries. Beyond these primary findings, minor differences between the two countries were also identified and will be discussed in greater detail.

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Paper number 382 | Oral

Comparing psychological models to predict sustainable eating behaviors in the general population: mind the gap between intention and action

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Background: In line with the 2030 Agenda for Sustainable Development, the promotion of more sustainable diets has become a key focus in research. While awareness of the environmental and health risks posed by unsustainable diets is growing, translating personal intentions into actions remains a challenge, often hindered by psychological barriers. The present study is aimed at testing an extended version of the Theory of Planned Behavior (E-TPB) in predicting such intentions and the role of psychological well-being and dysfunctional eating styles as possible psychological moderators in filling the gap between intention and behavior.

Methods: 223 participants (mean age 29.49 years, standard deviation 9.30; 68.6% females) from the general population completed an online survey including a questionnaire on TPB and E-TPB predictors of the intentions (TPBQ), the Sustainable and Healthy Dietary Behaviors (SHDB) questionnaire, the Psychological Well-Being Scales (PWBs) and the Dutch Eating Behavior Questionnaire (DEBQ).

Results: The E-TPB model explained more variance in the intention (R^2=0.45, F(4,215)=27.27), compared to the TPB (R^2=0.18, F(3,219)=17.04), with a significant increase in its predictive power ($p<0.001$). The most important predictors were TPBQ-social norms ($\beta=0.14$, $p=0.03$), obligation ($\beta=0.23$, $p<0.001$) and affect ($\beta=0.48$, $p<0.001$). DEBQ-external eating and PWB-autonomy moderated the intention-behavior relation, which was stronger in individuals with lower external eating and autonomy.

Conclusions: This study supports the E-TPB model in predicting sustainable eating intentions, highlighting the central role of socio-emotional determinants. Psychological factors including the tendency to eat in front of food-related stimuli regardless of the internal state of hunger and being concerned about others' judgment seem to play a key role in implementing sustainable eating behaviors. Despite the small sample size and the cross-sectional design limiting generalizability and hindering analyses of long-term sustainable eating behavior trends, these results might inform future interventions to promote healthier food choices in the general population.

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Paper number 603 | Oral

Exploring the role of empathy in the attachment insecurity-social anxiety link: A distinction between close persons and strangers

Emrullah Ecer[1], Cemre Naz Tomruk[2], Ekin Özalp[3], Jasmina Kochanowicz[4], Karolina Zielińska[5], Muazzez Deniz Barut[6], Safira Matos[7], Samantha Hellenbrand[8], Vera Badillo Sarabia[9]

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In this study, we aim to address the gap in the existing literature by examining the distinct roles of empathy towards close individuals versus strangers in the relationship between attachment insecurities (anxiety and avoidance) and social anxiety. Previous research has not clearly distinguished between these two types of empathy, and the underlying mechanisms linking attachment insecurities to social anxiety remain unclear. The sample consisted of 253 Turkish participants (187 women, 65 men; median age = 28) without any diagnosed mental disorders. We found that that attachment anxiety was positively associated with social anxiety through higher personal distress towards both close people and strangers. Additionally, attachment anxiety was related to social anxiety through higher levels of empathic concern towards strangers but not towards close people. In contrast, attachment avoidance was linked to social anxiety through lower personal distress towards close people, higher personal distress towards strangers, and lower empathic concern towards close people. A moderation analysis showed that at low and medium levels of perspective-taking towards strangers, attachment avoidance was positively related to social anxiety, but this relationship was not significant at high levels of perspective-taking. For attachment anxiety, higher perspective-taking towards strangers strengthened the relationship between attachment anxiety and social anxiety. Our results reveal the underlying mechanisms in the attachment-social anxiety link by highlighting the differential roles of empathy towards close people and strangers. Specifically, we suggest that attachment anxiety exacerbates social anxiety through heightened emotional sensitivity in both close and unfamiliar social contexts, while attachment avoidance reflects selective emotional responses based on the proximity of the person and the level of perspective-taking.

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Main Stage Forum - European Year of Mental Health

Paper number 1419 | Psychology Fora

European year of mental health

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European Years are EU-wide initiatives designed to spotlight critical issues and drive change at both EU and national levels. These campaigns mobilize governments, policymakers, and stakeholders across Europe to collectively focus on pressing challenges.

In recent years, the pressing need for broader awareness and understanding of mental health, along with effective action to combat mental ill health, has gained significant recognition.

The COVID-19 pandemic underscored the urgency of addressing mental health issues, making it a critical priority for both individuals and societies. The current global crises further exacerbate the mental health challenges faced by many. Prevalence of mental health issues is increased, and healthcare systems are strained, by the adverse impacts of these crises and longer-term shifts on different sectors of the population. Financial insecurities can contribute to widespread stress, anxiety, and depression. International conflicts and geopolitical tensions result in trauma, displacement, and instability, severely affecting mental well-being. Climate change is increasingly a cause of distress and conflict and adversely impacts on the social determinants of mental wellbeing.

A European Year dedicated to Mental Health would serve as a coordinated effort to elevate mental health on the public agenda. This initiative would not only raise awareness about the importance of mental well-being but also provide a platform for stakeholders to share experiences, best practices, and foster collaborative discussions aimed at improving mental health outcomes across Europe.

To drive this initiative forward, key organizations supporting the European Parliament Intergroup for Mental Health, including Global Alliance of Mental Illness Advocacy Networks (GAMIAN), European Federation of Associations of Families of People with Mental Illness (EUFAMI), European Psychiatric Association (EPA), and European Federation of Psychologists' Associations (EFPA), will be invited to debate about the benefits to support the European Year for Mental Health

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Paper number 321 | Symposium

The European Research Council and its funding opportunities

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The ERC funding schemes are open to top researchers of any nationality or age who wish to carry out their research in a public or private research organisation located in one of the 27 EU Member States or in associated countries. There are four core funding schemes:

-Starting Grants: for researchers with 2-7 years of experience since completion of PhD, with a scientific track record showing great promise (grants up to €1,5 million for 5 years);

-Consolidator Grants: for researchers with over 7 and up to 12 years of experience since completion of PhD, with an excellent mid-career scientific track record (grants up to €2 million for 5 years);

-Advanced Grants: for established and scientifically independent researchers with a recent research track-record and profile which identifies them as leaders in their respective fields of research (grants up to €2.5 million for 5 years); and

- Synergy grants – 2-4 researchers working together to address a major scientific challenge which would require them working in synergy to tackle. €10 million for up to 6 years)

In all cases, the sole evaluation criterion is the scientific excellence of the research proposal and of the track record of the individual applicant. Proposals are evaluated by selected international peer reviewers.

The ERC uses a typical panel-based system, and each call (apart from the synergy call) has panels grouped into three disciplinary domains that cover the entire spectrum of science, engineering and scholarship: Social Sciences and Humanities (SH), Life Sciences (LS), and Physical and Engineering Sciences (PE). Each panel is composed of 12-18 high-level scientists and scholars selected by the ERC Scientific Council on the basis of their scientific reputation, who make the recommendations for funding. In addition, the evaluations rely on input from remote referees external to the panel.

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Paper number 1186 | Symposium

Digital Empowerment of Psychologist to Address Increasing Mental Health Needs Across Europe

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[7]University of Cyprus, Cyprus

Health and the Ad Hoc Working Group Digitalization the European Federation of Psychological Associations (EFPA) has been striving to bring technological innovation into the field of mental health at a time of increasing mental health needs and stagnant numbers of mental health professionals across Europe. The symposium will provide an overview of the significant changes in digital mental health interventions that the COVID-19 pandemic and recent technological innovations have brought about, as well as provide information on how digital interventions can be a force multiplier and provide a stepping stone towards an improved stepped care approach towards mental health. It will also offer insight into the educational foundations that future psychologist taking on the role of the Digital Navigator will need to have in order to integrate digital tools competently into their own and/or their teams' workflow. In addition, it will highlight the benefits and challenges of strengthening interdisciplinary training and emphasize interdisciplinary cooperation as a cornerstone for the successful implementation of digital mental health interventions. Given this knowledge and tools psychologist will be in a better position to drive the digital transformation of mental health care in Europe.

Paper number 1375 | Symposium Paper

Digital interventions in systematically differentiating psychological care: Current insights and implications for practice

David Dias Neto[1]

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The systemalc differenlalon of psychological intervenlons based on cilzens' diverse needs is the basis for oplmizing care delivery within health systems. This approach underlines a ralonal provision of care, aligning treatment intensity and modality with individual palent profiles. Within this framework, digital intervenlons - such as internet- and mobile-based psychological tools - offer significant potenlal to improve assessment, tailoring, and implementalon processes. This paper reflects on the role of digital intervenlons in differenlated care, drawing on the EFPA's updated narralve review, "Current State of the Art and Implicalons for Clinical Praclce of Internet- and Mobile-Based Psychological Intervenlons." Our review synthesizes evidence on the use of digital intervenlons across the prevenlon, treatment, and relapse prevenlon conlnuum for various health condilons. These intervenlons provide accessible, costeffec lve, and flexible solulons that can expand tradilonal care models. Notably, they assist assessment and dynamic tailoring of care, with the possibility of incorporalng real-lme feedback and data-driven

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insights into decision-making. Their integraIon into stepped care and matched care models demonstrate promise, as they can efficiently triage paIents, allocate resources, and enhance personalized treatment pathways. The findings underscore the transformaIve potenIal of digital tools in creaIng adapIve care systems that respond to individual and popuIaIon-level mental health needs. However, challenges remain in ensuring equitable access, sustaining engagement, and integraIng these tools into exisIng health responses. We conclude by emphasizing the need for researching implementaIon strategies and interdisciplinary collaboraIon to fully realize the benefits of digital intervenIons in differenIated psychological care.

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Paper number 1376 | Symposium Paper

Interdisciplinary training as a key factor in e-mental health

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The development and generalizaIon of e-mental health services, parIcularly since the COVID-19 pandemic, has been accompanied by certain pracIcal and ethical difficulIes in the use of these services by professionals and paIents. The aim of our approach is to strengthen the interdisciplinary training of e-mental health stakeholders to facilitate the use of e-mental health.

E-mental health is one of the many terms used to describe the use of digital tools in mental health. The digital tools used in mental health are numerous and vary according to the rapid evoluIon of technologies. For example, the current challenges posed by the use of arIficial intelligence in mental health underscore the importance of data circuit reliability. Among the issues relaIng to the use of digital tools in mental health, ethical queslons are therefore at the heart of concerns, and they are illustrated in different ways. Frameworks relaIng to current regulaIons and recommendaIons such as the GDPR and the AI act are essenIal for envisaging a secure data circuit, but they are oken unfamiliar to mental health professionals. This unfamiliarity can foster difficulIes in the acceptance of technological devices by professionals and paIents alike. In this context, the training of those involved seems to be an essenIal factor in the introducIon of innovaIve, supervised praclces in e-mental health. The example of the Master Erasmus Mundus Cyberspace, Behavior and E-theRapy will be presented, along with its experience since 2022, in terms of implicaIons for research and praclce.

Paper number 1377 | Symposium Paper

The Digital Navigator: GeCng digital mental health in routine care right

Tom Van Daele[1]

[1]Thomas More University of Applied Sciences, Belgium

The integraIon of technology into mental health services - referred to as digital mental health - has a robust research foundaIon and is increasingly adopted worldwide. However, its implementaIon in rouIne care oken proves challenging, if not even unsuccessful.

A promising strategy to enhance the adopIon and impact of digital tools in mental healthcare is the digital navigator. This professional or role within a mental health team aims to supports both paIents and clinicians to beGer integrate technology into rouIne care. Digital navigators can pick up a wide range of tasks, for example improve digital literacy, recommend tailored tools, troubleshoot technical issues, and help interpret data from digital services and devices. This contribuIon synthesizes the exisIng literature on the digital navigator, offering a narraIve review of its

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funclons and the evidence to date. Key studies exploring the implementaIon of digital navigators in rouIne care are highlighted, alongside findings from a (forthcoming) survey of psychologists across Europe. This survey invesIgates current digital mental health pracIces, perceived gaps in training, and the need for digital navigator roles to advance adopIon.

The aim is to provide a comprehensive overview of the digital navigator's potenIal benefits and challenges, offering insights into its value for enhancing mental health services through technology, as well as the road ahead.

Paper number 1191 | Symposium

Evolution, Regularisation and Perspectives of Psychology in Spain, Croatia and Portugal

Jaime Martín[1], Alvaro Rovira[2], Daniel Martín[3], Carolina Garraio[4], Ana Kraljevic[5]

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[3]University of Cordoba, Spain
[4]University of Porto, Portugal
[5]European Federation of Psychology Students' Associations, Croatia

This symposium offers a comparative overview of the historical evolution, professional regulation, educational systems, career opportunities and future prospects of psychology in three countries: Spain, Croatia and Portugal. Based on the recently published book The Handbook of International Psychology by Danny Wedding (2023), with some of the authors publishing chapters in their respective countries or with knowledge of the field. From an international perspective, the speakers will analyze significant advances in the consolidation of the discipline in each context, achievements in research and professional practice, and key areas for future development. This approach will identify synergies and opportunities for collaboration, highlighting how psychology is adapting to the social and scientific demands of the 21st century.

Paper number 1316 | Symposium Paper

Psychology in Spain

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[2]Universitat Jaume I, Spain
[3]University of Cordoba, Spain

Psychology in Spain has followed a path of continuous development since the mid- 20th century, becoming a consolidated and growing discipline. Since the creation of the first university programmes in the 1950s and 1960s, Spanish psychology has advanced significantly, achieving a robust regulatory framework that guarantees ethical standards and professional quality.

Spain's integration into the European Higher Education Area (EHEA) has made it possible to align educational programmes with international best practices. This has facilitated the training of highly qualified professionals in key areas such as clinical, educational, social and organisational psychology. In addition, psychological research

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in Spain has gained a prominent place globally, with important contributions in neuroscience, social intervention and mental health.

Although there are still challenges such as the need for more research funding and the improvement of job stability for psychologists, the outlook is optimistic. Recent initiatives focused on internationalisation, the use of digital technologies and interdisciplinary collaboration are positioning Spanish psychology as a benchmark in Europe

Paper number 1317 | Symposium Paper

Psychology in Croatia

Ana Kraljevic[1]

[1]European Federation of Psychology Students' Associations, Croatia

"Psychology in Croatia boasts a rich heritage, with its earliest known reference dating back to the 16th century. The Croatian Renaissance humanist Marko Marulic is credited with coining the term psychology in his work Psichiologia de ratione animae humanae, written between 1510 and 1517. The formal establishment of psychology as a scientific discipline began in the early 20th century. In 1920, Ramiro Bujas founded the first psychological laboratory in Zagreb, marking a regional milestone. By 1929, psychology had achieved departmental status at the University of Zagreb, positioning Croatia as a leader in institutionalizing the field in Southeast Europe. In the second half of the 20th century, psychology expanded across applied fields such as education, health, and industry. Following Croatia's independence in the 1990s, the discipline underwent a period of rapid professionalisation. The founding of the Croatian Psychological Chamber in 2003 established a formal licensing and ethical regulation system. Alongside university departments, several scientific and applied institutes contribute to psychological research and interdisciplinary work. Today, Croatian psychology continues to grow through higher education programmes, EU-funded research, and participation in international networks. Psychologists play key roles in clinical, educational, and humanitarian contexts. However, several challenges remain. Access to mental health and community-based interventions, especially in rural and underserved areas, still requires significant development. Moreover, there is a need for more structured and systematic postgraduate education and specialization pathways for psychologists after completing their master's degrees.

Strengthening the role of psychologists in public health policy and prevention strategies is another essential area for growth. Recent efforts to integrate mental health into broader health agendas and expand intersectoral collaboration signal a promising future for the discipline's impact on Croatian society."

Paper number 1318 | Symposium Paper

The Case of Portugal

Carolina Garraio[1]

[1]University of Porto, Portugal

"Psychology in Portugal has undergone remarkable development since the April Revolution of 1974, which set the stage for creating higher education courses in psychology in 1977. Subsequent decades saw rapid growth in education, research, and professional practice, including establishing the Ordem dos Psicólogos Portugueses (OPP) in 2008 as the regulatory body for the profession. OPP has been pivotal in securing professional recognition, creating ethical standards, and fostering international collaborations. Today, OPP represents over 27,000 members and has played a critical role in addressing public health challenges, including contributions during the COVID-19

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pandemic through initiatives like the National Health Service's psychological support line and the Behavioral Sciences Task Force. Education in psychology aligns with the Bologna model, offering robust training through bachelor's and master's programs, followed by a one-year mandatory supervised practice.

Despite chronic underfunding and precarious academic careers, Portuguese psychology research centers are internationally recognized for their quality, with many receiving top ratings. Challenges remain, including the underrepresentation of psychology in public funding and the need for a national strategy to promote collaboration among research centers.

Psychology in Portugal faces future challenges such as improving access to mental health care, combating pseudoscience, and adapting to rapid technological advances. Psychologists are increasingly contributing to public policy and addressing global societal issues, such as migration, climate change, and equity. By fostering collaboration and innovation, the discipline continues to expand its relevance and impact, offering evidence-based interventions and advocating for the integration of psychology into all aspects of societal development. The story of Portuguese psychology exemplifies resilience and the pursuit of excellence, showcasing its vital role in building a healthier and more inclusive society."

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Paper number 1247 | Symposium

EuroPsy and Specialist EuroPsy - recent developments

Conny H. Antoni[1], Nady Van Broeck[2], Marios Constantinou[3], Per Straumsheim[4], Chris Harwood[5, 6]

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EuroPsy as a common European education and training standard for psychologists is one of the most important achievements of EFPA in the last decades. Since its introduction, it has had important impacts on different areas of society. In many countries EuroPsy has been used to optimise academic and professional training programs, to create and adapt legal and professional regulations for the application of psychology by EFPA's full members, and to assess the quality of a psychologist as a professional.

With the Specialist EuroPsy standards and certificates in different areas of practice, an important layer of standards for the training of psychologists has been added to the EuroPsy framework. At the moment different full members offer Specialist EuroPsy certificates for psychologists specialising in psychotherapy and work and organisational psychology. There is a Specialist EuroPsy Certificate in Sport Psychology, which is being implemented, and a provisional Specialist EuroPsy Certificate in Clinical NeuroPsychology, which is in the process of being finalised.

In recent years, the European Awarding Committee has been working on the development of the conceptual frameworks underlying the EuroPsy and Specialist EuroPsy standards and certificates. In this symposium the conceptual frameworks underlying the different certificates will be presented and discussed. After an introduction in the EuroPsy competence framework, education and training standards, and the definition of the different EuroPsy fields of practice and specialisations by the chair of the symposium, the competence profile and training standards of the Specialist EuroPsy in Psychotherapy, Clinical NeuroPsychology, Work and Organisational Psychology and in the new field of practice of Sport Psychology will be presented and discussed.

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Paper number 1291 | Symposium Paper

The EFPA Specialist EuroPsy Certificate for psychologists specialized in psychotherapy

Nady Van Broeck[1]

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A large proportion of academically trained psychologists active in the field of practice of Health and Clinical Psychology have a specialized training to deliver psychotherapy. Within the EuroPsy framework, EFPA created and delivers a EuroPsy specialist certificate for psychologists specialized in psychotherapy. In this contribution we present the conceptual framework underlying this specialization certificate proposed by the S-EAC- Psychotherapy who is the EFPA body overseeing this certificate.

Psychotherapy delivered by specialized psychologists is considered to be a specialized type of psychological interventions offered to various client systems such as individuals, couples, families and groups, according to a rich diversity of practice models, developed on the basis a scientifically and clinically validated body of psychological knowledge and skills, in order to be able to respond in the most appropriate way to the diversity of needs / patients/ settings. This specialised type of psychological interventions is indicated based on various characteristics such as the complexity, chronicity and severity of the problem and the needs/ demands/resources of the patient and his context. This type of psychological interventions requires specialized competences acquired by means of a post-EuroPsy specialisation training. It is delivered in the context of a specific type of helping relationship creating the necessary conditions for psychological change such as common factors, a specific therapeutic context and specific relational attitudes.

The EFPA competency profile of the EuroPsy psychologist servers as the bases to describe the advanced level of competencies required of psychologists specialized in psychotherapy.

A proposal for update of the EFPA -training standards for psychologists specialized in advanced psychotherapy will also be presented.

Paper number 1292 | Symposium Paper

The European specialist certificate in clinical neuropsychology

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In 2023 EFPA nominated a Provisional European Specialist Awarding Committee (P-S-EAC) to develop a EuroPsy specialist certificate in Clinical Neuropsychology. The proposal and justification had been prepared by the EFPA's Standing Committee on the field. The pilot project runs until July 2025. During the project, the implementation on the national level was tested in five piloting countries: Austria, Finland, Cyprus, Portugal, and Spain.

Following the general framework of EuroPsy specialist certificates, the requirements include 90 ECTS of advanced study, three years of clinical practice, and 150 hours of supervision, all acquired post eligibility for the basic certificate. The details of each of these elements for the purposes of Clinical Neuropsychology were refined by the P-S-EAC.

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The required education and training should ensure the development of professional competencies for both knowledge-based and skill-based content on the core areas of professional Neuropsychology, namely assessment, rehabilitation/intervention, and consultation. The competence framework will be presented and discussed.

In each piloting country, a specialist national awarding committee was established in 2024 to test the feasibility of the criteria and to review applications. By January 2025, a total of 99 applications were processed and 83 accepted in the five piloting countries. All countries were able to accept applications either for the regular route, or the transitional route, or both.

The pilot was successful in implementing the proposed EuroPsy specialist certificate. As is the case in all EuroPsy certificates, it will not override national regulations or jeopardize any existing high standards. Nor is the certificate a license to practice in a particular country. For countries that are still developing the training pathway in Clinical Neuropsychology, the Specialist Certificate, the training model leading to it, and the advanced competencies, provide a benchmark which will help ensure a similar level of quality of Clinical Neuropsychology practice across Europe.

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Paper number 1293 | Symposium Paper

The Specialist EuroPsy certificate in work and organisational psychology (W&O)

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The specialist certificate in Work and Organisational Psychology (WOP), available since 2015, have now been revised describing a) functional competences, what a specialist in WOP work with, and b) foundational competences, how a specialist in WOP work to get results. Examples on how competences have been contextualized for the specialist certificate in WOP and operationalized as learning outcomes will be provided. What constitutes specialist expertise, and what differs in competence by a practitioner awarded with the specialist certificate from other psychologists or other providers of WOP services?

How does practitioners achieve the specialist competence in WOP? Surely, academic training is not enough, and the tradition for supervised practice in this field of practice is not strong. Professional athletes, musicians or chess players use deliberately practice (DP) to develop their expertise. We argue that supervised practice, including DP, needs to be developed as a training arena for specialist expertise in WOP.

Paper number 1294 | Symposium Paper

EFPA's development of sport psychology in europe: Scoring the winner or missing an open goal?

Chris Harwood[1]

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In 2023, EFPA approved sport psychology as a designated 'field of practice' within the EuroPsy framework. This formal recognition of the unique competencies and expertise required for practitioners in this field offered an opportunity for EFPA to help National Associations promote quality assurance in sport psychological services to the amateur and professional Sport Industry. Better informing sport governing bodies and clubs to distance themselves from 'charlatan' psychologists and life coaches without appropriate education and training is economically important to those authentic practitioners who have followed the academic and supervised practice

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standards across Phases 1, 2 and 3 of EuroPsy in sport psychology. Inclusion of this field of practice underscores the importance of culturally and ethically sensitive services to meet the diverse needs of clients and stakeholders in sport settings. Simultaneously, EFPA also approved a Specialist Certificate in Sport Psychology, following a challenging 'Pilot' project where only a few nations demonstrated interest and belief that their practitioners would meet the required education and experiential criteria. With this contextual background, this presentation will share the challenges faced by the incoming Chair of the Specialist Certificate in Sport Psychology Committee counterbalanced by the exceptional opportunities present for the 'field of practice' at EuroPsy (basic) level. It aims to illustrate the current problem created for the legitimate development of the Specialist Certificate set against the standards of education and supervised experience necessary to meet EuroPsy certification in the new field of practice. With the EAC's appropriate focus on competency development for Specialist certificates, the Chair will share the need for time to explore perspectives within European Sport Psychology around 'who is a 'specialist' sport psychologist as differentiated from a EuroPsy registered psychologist in the field of sport psychology?'. Importantly, this presentation seeks to help EFPA score the winning goal, not miss an open goal!

Papers session 97

Paper number 1055 | Oral

Promoting mental health for optimal educational outcomes in places of learning and development in South Africa

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Research shows that mental health problems often start during early childhood and adolescence affecting prospects including educational outcomes. This is more pronounced in low- and middle-income countries (LMICs) such as South Africa. There is a need for contextually relevant interventions to address this problem. In this paper we introduce an innovative research and intervention programme, Promoting mental health in places of learning and development (the PrehPare initiative). The programme seeks to improve educational outcomes through mental health promotion in early childhood development centres, schools, and tertiary institutions in selected provinces in South Africa. The three key objectives of the initiative are to: a). conduct implementation research focusing on mental health promotion in places of learning and development: b). train and mentor early career researchers (ECRs); and, c). develop and offer short learning programmes on mental health focusing on places of learning and development. We report on the successes, challenges and opportunities thus far in delivering this initiative. The implications of the PrehPare initiative on human capacity building, and mental health delivery in South Africa as one of the LMICs are highlighted. The paper is concluded by calling for closer collaboration and partnerships between national and international stakeholders to promote mental health research and intervention to improve educational outcomes in places of learning and development.

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Paper number 930 | Oral

Interventions for developing selective and sustained attention in adolescent athletes.

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According to several studies, Selective and sustained attention are among the most important aspects of a young athlete's path to success. Attention, including selective and sustained attention, is a key influencing factor for better performance, which can be developed at different ages, including adolescents. This scoping review aims to identify interventions used to develop sustained and selective attention in adolescent athletes. Studies were selected in April 2024 using 6 scientific databases: Science Direct, Pro Quest, PubMed, Scopus, Cochran and EBSCO host. The study was conducted using the PRISMA-ScR guidelines. Studies were included if they met the inclusion criteria. The method of data analysis was narrative synthesis. Data were extracted using MS Excel spreadsheets 7 studies met the inclusion criteria and were included in the scoping review (n=878, age 11-20 years, participants n=573, 48% girls). Overall N=8 interventions were identified, n=6 interventions were for developing selective attention and n=2 interventions were for developing sustained attention. N=28 different instruments to measure the development of selective and sustained attention, of which n=25 were cognitive tests and n=3 were tests of motor function. All studies showed a positive effect of the intervention on the development of selective and sustained attention. The results reveal that the forms of interventions chosen in the studies can improve the development of selective and sustained attention in adolescents in sport.

Paper number 1218 | Oral

Supporting students during the “silent” transition: Preliminary results of the Transition3 school adjustment program

Marta Marchante[1, 2], Vitor Alexandre Coelho[3]

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[2]Centro de Investigação em Ciência Psicológica, Portugal
[3]Académico de Torres Vedras, Portugal

In Portugal, little attention is paid to the transition from lower to upper middle school, because students usually remain in the same schools. Unlike the transition from elementary to lower middle school, interventions designed to support this transition are very rare, probably because this is a specific feature of the Portuguese Educational System. This study presents the development and preliminary results of Transition3, a program to support the transition from lower to upper middle school in Portugal. Five-hundred-eighty-nine middle school students (6th grade at Time1) participated in the study, of which 51.8% were boys. Growth curve analysis showed that, by the end the of their first year in upper middle school, students who participated in the program displayed more positive trajectories in self-esteem and self-control that control group students. The results also showed students who participated in the program displayed more positive perceptions of teacher-student relationships and fairness of rules (two dimensions of school climate) than control group students girls. Therefore, the results support the effectiveness of the Transition3 school adjustment program. Lessons for the field and further developments will also be discussed.

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Paper number 1148 | Oral

Correlated changes in health behavior and mental health

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Correlated changes in mental health (MH) and health behavior (HB) were studied in a cohort of 3277 participants of the Estonian National Mental Health Study (3 waves of data collection in 2021-2022) who had provided responses in at least two consecutive waves. It was found that cross-temporal increases in well-being were associated with increases in sleep duration as well as moderate-to-vigorous physical activity (MVPA). Increases in depression and anxiety were associated with decreases in sleep duration, but generally unrelated to changes in MVPA. Finally, participants who changed from time 1 to time 2 in any of the variables, tended change in the opposite direction from time 2 to time 3 (a „bounce-back effect“). Residual changes as well as latent change score modelling yielded very similar results. These results are likely to be causally heterogenous but should be considered when one attempts to induce a change in either MH or HB. For example, changes in health behaviour possibly caused by psychological difficulties, may serve to maintain these same difficulties.

Papers session 98

Paper number 861 | Oral

Equality, diversity and inclusion in psychology research

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Importance of topic and relevance to conference theme

There is a growing recognition of the critical role that equality, diversity and inclusion (EDI) considerations play in shaping robust, meaningful research outcomes. The Equality, Diversity and Inclusion inTo Research and Innovation (EDIT) Guidance provides a comprehensive framework to support the effective implementation of EDI strategies in psychology research and research practices. A mixed-methods approach was taken to establish best practice and barriers and facilitators to EDI implementation. The EDIT Guidance can be used to implement and operationalise EDI within psychology research and research culture and provide a clear pathway to improve considerations of EDI that benefit all. The workshop will present an overview of the guidance demonstrating multiple opportunities for the creation of inclusive environments and the integration of intersectionality into psychology research practices.

Objectives of workshop

Participants will

-gain an increased understanding about EDI in psychology research and research culture.

-gain insight into identifying and addressing biases in their own research and recognise the potential impact of their work on diverse populations.

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-have opportunities to critically consider barriers and facilitators to including EDI considerations their own research and funding bids.

- develop skills and knowledge to implement EDI considerations into their research and funding applications.

Activities planned during the workshop

A series of group-based activities along with presentations and discussion and networking opportunities creating an interactive immersive workshop for participants to engage deeply with the topic. Content will include EDI concepts and understanding, barriers and facilitators to EDI inclusion in research and an opportunity to generate actionable steps for future work. Workshop impact will include ongoing learning and implementation for attendees.

Target audience:

Professional, Researcher, Early Career, Trainee, Student

Components: Experiential Learning, Didactic Presentation, Original Data

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Paper number 293 | Oral

Optimizing hiring: The impact of personality-based algorithms on efficiency, performance, and diversity

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Objectives. Algorithms are positioned to reshape hiring by forecasting candidate performance and optimizing recruiter workflows. Yet, recruiters may still rely on expert opinion or intuition, necessitating the validation of algorithmic predictions. Emerging research on personality-based hiring algorithms has shown potential to increase fairness and effectiveness in decision-making. This study explores these algorithms' predictive accuracy for performance, time saved per hire, and changes in gender balance among final-stage candidates.

Method. In collaboration with a UK-based renewable energy provider hiring for customer care roles, we analyzed over 15,000 applications to fill 300 positions. Notably, in the energy sector, women represented only 23% of the workforce, making it particularly interesting to examine impact on gender balance. Recruiters were introduced to a personality-based hiring algorithm integrated into a SaaS application. This algorithm analyzed candidates' personality facets and suitability for the role, producing a "fit score" (0–100%) based on job requirements. Recruiters were instructed to use the algorithm's recommendations as a complementary tool, alongside their standard processes. Data were gathered for two recruitment cycles: one prior to algorithm implementation and one year post-implementation. We assessed the impact by comparing several key metrics: gender distribution among candidates reaching the final hiring stage, total time invested per hire, and average performance score in customer care.

Results. The comparison of pre- and post-implementation data revealed marked improvements. Gender representation became more balanced, with final-stage candidates shifting from 69% male and 31% female to 48% male, 50% female, and 2% identifying as other. Average time per hire dropped by 54%, from 20 hours to 9.4 hours, totaling 3,366 hours saved across 300 hires. Job performance ratings improved from 3.3/5 to 4.4/5—a 33% increase—highlighting a notable gain in candidate quality.

Conclusion. These results demonstrate that personality-based algorithms can drive recruitment efficiency, enhance diversity, and increase the quality of hires.

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Paper number 405 | Oral

Who are more (or less) responsive to servant leadership? examining a three-way interaction effect by individual differences

Chih Hsiung Hsu[1], Shu-Cheng Chi[1], Ming-Jie Tsai[1]

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Servant leadership refers to a philosophy that leaders put subordinates first and help fulfill their needs. This study examined whether subordinates' self-evaluations and "putting oneself in other people's shoes" would make them more (or less) responsive to servant leadership. Specifically, we proposed, generalized self-efficacy (GSE) and perspective taking (simplified as PT) of subordinates moderate effects of servant leadership on employee voice. We collected a sample of first-line employees in Taiwan, with a total of 167 questionnaires. The sample included 63 male (37.7%) and 104 female (62.3%), and the average age equaled to 40.33 (SD=9.00). The Cronbach's α of GSE, PT, servant leadership, and voice behavior ranged from 0.64 to 0.90, showing acceptable levels of reliability. After controlling for respondents' gender, age, and education, regression results showed that (1) Servant leadership exerted a positive effect on voice behavior (β= 0.13, $p < 0.01$) and (2) A negative three-way interaction effect by PT and GSE on leadership-voice relationship (β= -0.225, $p < 0.05$). The three-way interaction graph and the slope analyses showed that, for both the high-GSE with low-PT group and the low-GSE with high-PT group, servant leadership exerted a positive effect on employee voice (β= .18 and .21, ps < 0.05 respectively). However, for high-GSE with high-PT group and for low-GSE with low-PT group, the effect of servant leadership on employee voice was non-significant ($p > 0.05$). We borrowed path-goal theory of leadership to interpret our results. The existence of high-GSE with high-PT makes servant leadership ineffective due to subordinates' matureness and proactivity. Additionally, acts of servant leadership may not be appealing to low-GSE with low-PT subordinates. We recommend that companies should encourage managers to perform servant leadership with cautions that subordinates may not be equally responsive to such styles. Trainings and coaching are needed to make servant leadership more effective.

Paper number 446 | Oral

Predicting vocational training success in Germany: Which predictors are important beyond cognitive ability?

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Background: Many meta-analyses have confirmed that cognitive ability (g) is a good predictor of success in school, training and work, with predictive validity around .30, according to a recent meta-analysis.

Objectives: Meta-analyses are limited to examining one or at most two predictors. For career decisions, however, we need reliable information on how well larger sets of predictors can predict success, including predictors such as personality traits, vocational interests, knowledge and socio-demographic characteristics.

Design: Data from a recent longitudinal study by the German Federal Employment Agency are used to analyse the combined effect of multiple predictors. Approximately 35,000 individuals who took the Agency's Vocational Choice Test (BWT) when they were 14-17 years old reported on their vocational training success about 8 years later. The BWT provides information on g, personality traits and socio-demographic characteristics.

Results: Multilevel analyses with vocational training as grouping variable confirm the leading role of g. g explains more variance in final grades than all other predictors combined. Among these, conscientiousness and the level of

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school education are particularly significant. The level of school education serves as a proxy for relevant knowledge and skills acquired at school.

Limitations: Most of the variance in grades remains unexplained, although some of the best predictors of educational success have been included. More assessment points between the BWT and the end of the vocational training could help to gain a better insight into the process of career choice.

Implications: Even when combined with other relevant predictors, g remains the strongest predictor and should be an integral part of career guidance and personnel selection. In addition, the level of school education should be included. This information is often neglected in practice, although it is much easier to collect than the relevant knowledge and skills acquired at school.

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Papers session 99

Paper number 30 | Oral

Career cushioning: The development and validation of a scale

Chin Tung Stewart Ng[1], Pei-Jung Ho[2, 3], Hsien-Chun Chen[4], Szu-Yin Lin[5], I-Heng Chen[3], Chun Ming Louis Kwok[1], Faye Tse[1]

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Research suggests that career cushioning is an emerging aspect of career literature. In this research, we identified a new form of career stage (i.e., career cushioning) in career literature. This research also aims to develop and validate a measure of career cushioning. We conducted four studies (total N = 1112) using qualitative and quantitative methodologies to examine career cushioning. In Study 1 (N = 121), we asked open-ended questions with deductive and inductive approaches to develop the scale items. Subject-matter experts were used to examine the validity of the measure's content. In Study 2, two separate samples (N = 206 (Study 2a); N = 206 (Study 2b)) were employed to assess the psychometric properties (i.e., factor structure, reliability, convergent and discriminant validity) and nomological network of a 13-item, self-reported career cushioning scale. To ensure methodological flexibility, Study 3 (N = 322) was conducted to provide additional evidence for the validity and reliability of the career cushioning scale. In addition, we conducted Study 4 (N = 257) with a two-wave procedure with a two-week gap to examine the relationship between grit, career cushioning, and training climate to test the self-reported career-cushioning scale with a hypothesized model. We found that career cushioning mediates between grit and training climate. Our research presents and develops career cushioning items and tests with the hypothesized model. The implications of developing the career cushioning scale for the study are discussed, and suggestions for future research using the new scale are offered.

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Paper number 426 | Oral

What types of small talk foster trust between leaders and members?

RIna Tanaka[1], Hiroyuki Yamaguchi[2], Hiroshi Ikeda[1]

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Research aims and objectives/Theoretical background: Previous research has highlighted the challenges of fostering trust between leaders and members due to distance in their interactions (e.g., Yagil, 1998). The rise of online meetings during the COVID-19 pandemic has further widened this gap, complicating trust-building processes. However, studies suggest that leaders who express their emotions openly may effectively bridge this distance (e.g., Antonakis et al., 2017; Buzás, 2023). This study investigates whether leaders' honest and authentic small talk reduces psychological distance and enhances members' psychological safety in online meetings.

Research design/methodology/approach: An online survey was conducted with 300 employed participants (50% male, 50% female; mean age = 44.72 years; age range: 20–69 years) who had engaged in online meetings for work in the past three months. Data were analyzed using factor analysis to evaluate the validity and reliability of constructs, including participants' virtuality, psychological safety, and psychological distance.

Results/Limitations/Implications: The findings indicate leaders can reduce psychological distance and promote psychological safety by discussing hobbies and work-related issues. Small talk that subtly reveals a leader's values but not to go far appears particularly effective. However, as the data were collected via self-reported surveys from participants with online work experience, further research is needed to confirm these findings in experimental or real-world work settings.

Nevertheless, this study underscores the value of open and authentic communication in virtual environments, offering practical strategies for leaders to foster trust in online settings.

Paper number 814 | Oral

Utilising a strengths-based approach to develop middle leaders in psychology in HE

Emma Tarpey[1], Jo Ashby[1]

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Academics in psychology tend to be subject specialists appointed based on the strength of their research achievements. They will have spent many years developing their subject expertise through research activities, with these research skills and subject expertise being fundamental to the advancement of the discipline. However, this focus can mean that psychology academics in HE may be less well-equipped to undertake essential School/Department leaderships roles, as they have not had the opportunity to develop their leadership skills, particularly in areas such as strategic vision, visibility, influence, and performance. To address this, we developed and implemented a bespoke leadership development programme within the school of psychology, utilising a strengths-based approach, to develop leadership skills and competencies; develop awareness of the school and university objectives; create a cohesive network of leadership across the school; and to recognise and reward those in leadership positions. Since the implementation of the leadership programme, we have seen improvements in student and staff satisfaction, and league table position, and have now recruited the next cohort of future leaders. Within this presentation we will share our approach to leadership development within the school of psychology, identifying the challenges and the successes, and provide an outline for how this can be adopted in other HE institutions.

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Paper number 1144 | Oral

An organimetric approach to organisational transformation and growth

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Aim and Objective: This paper presents the innovative development of an Organimetric Index that measures and describes energy for impact through proclivity, rather than personality. The language and concept of the Organimetric approach is shown to be practical, as it applies at the individual, team and organisational level.

Theoretical background: Organisational growth requires effective transformation, particularly identifying people who 'think differently'. Responding to a funded corporate client request, researchers were able to scientifically investigate what makes a ‘game changer’ from organisational field study.

Methodology: Research followed 3 main phases over three years: Phase 1 was an initial exploration of the characteristics of ‘Game Changers’ using Repertory Grid interviews which yielded 180 distinct observations. Phase 2 built on phase 1, with pilot item analysis suggesting defining characteristics for Game Changers under two broad constructs - Imagination and Obsession. Phase 3 expanded the Game Changer self-perception data. Factor analysis of confirmed item constructs was completed on a working population sample (n=7,880) to explore the meaning of different responses to the questionnaire.

Results: The research yielded reliable and valid measures of ‘Game Changers’ alongside four additional distinct proclivities when it came to making an impact at work. These were identified behaviourally as Strategist, Implementer, Polisher, and Play Maker. These differences are now represented as an Organimetric Index identifying both the individual and collective impact of how people contribute to achieving transformational change.

Limitations: International sampling has found very few differences in the proclivity scores, however more data is being gathered to confirm.

Implications for research and practice: The results and application case studies show the Index provides a clear framework that can be used to inform key business decisions in transformational organisational change. This is conducted in an inclusive way by acknowledging the diversity of thought and action that come from different proclivities.

Papers session 100

Paper number 393 | Oral

Triggering breach: Event-based psychological contract breaches and their spillover effects

Zulayati Abuliezi[1]

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Psychological contracts, the unwritten expectations between employees and employers, are crucial in shaping workplace behaviors and outcomes. A breach in this contract (Psychological Contract Breach, PCB) can disrupt an employee’s mental well-being, job satisfaction, and interpersonal relationships. Prior research has emphasized employees' perceptions of PCB but has overlooked the specific workplace events that trigger these breaches. This

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study leverages Event System Theory (EST) and Conservation of Resources (COR) Theory to explore how discrete workplace events initiate PCBs and their impact on both professional and personal domains. The research comprises three studies using a mixed-methods design. Study 1 involved semi-structured interviews with 24 employees, identifying 47 distinct workplace events that trigger PCB, such as leadership changes, role ambiguities, and unmet career advancement promises. These insights informed the development of the Psychological Contract Breach Triggering Events Questionnaire (PCBTEQ). Study 2 validated the PCBTEQ with 416 employees, confirming its reliability and construct validity through factor analysis and correlation tests. Study 3 examined the spillover effects of event-based PCB on 164 dual-earner couples, revealing that PCB significantly depletes psychological resources, resulting in reduced supportive behaviors and increased deviant behaviors towards coworkers (i.e., helping,interpersonal deviance) and partners (i.e., spousal support, spousal undermining). Findings demonstrate that the PCBTEQ effectively identifies and quantifies workplace events that trigger PCB. Event-based PCBs impair workplace relationships and performance and extend their negative impact to employees' personal lives. The study underscores the need for effective psychological contract management within organizations. By identifying specific breach-triggering events, organizations can develop targeted interventions to maintain contract integrity, enhance employee well-being, and mitigate adverse outcomes both at work and home. This research advances theoretical understanding of PCBs and provides practical insights for fostering healthier organizational dynamics and personal relationships.

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Paper number 1019 | Oral

Shaping minds through words: How discourse valence drives group dynamics and individual performance

Mohanth Tejas[1], Rishikesh M[1], Aditya M S[1], Sparsh Bhardwaj[1], Joe Jayaprakash[1]

[1]Christ University, India

Discourse valence—the emotional tone of communication (positive, neutral, or negative)—significantly influences social interactions, cognition, and behaviour. Positive discourse fosters motivation and cooperation; negative discourse can provoke conflict or introspection; and neutral discourse relies on implicit cues to guide interactions. In group settings, these dynamics are further shaped by constructs such as social identity, attribution, deindividuation, and social facilitation. Social identity reflects individuals' sense of belonging within a group; attribution involves how individuals interpret causes of group behaviour; deindividuation explains the loss of self-awareness within a group; and social facilitation highlights how individual performance changes in the presence of others. Understanding these variables is crucial for applied psychology, particularly in organizational and educational contexts.

The current research investigates the effects of discourse valence on cognition and behaviour within group settings, emphasizing mechanisms of group affiliation and dynamics. Employing a mixed-methods experimental design, groups consisted of three actors with predefined responses—excelling under positive discourse and faltering under negative discourse—alongside one true participant. Quantitative measures, including error rates and reaction times, will be combined with qualitative insights on emotional responses and subjective experiences to analyse the interplay between discourse and group dynamics.

Hypothesized findings suggest that positive discourse enhances task performance by fostering shared purpose and activating social facilitation. Negative discourse magnifies attributional biases, prompting either conformity to group underperformance or counter-conformity to assert individuality. Neutral discourse underscores the role of implicit cues in guiding social navigation. These results highlight how discourse valence shapes group cohesion, decision-making, and self-perception, offering a framework to optimize collective performance in high-stakes environments.

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By addressing gaps in understanding the psychological interplay between communication and group behaviour, this research contributes to optimizing collective performance in organizational, educational, and therapeutic contexts.

Paper number 462 | Oral

Sharing gains and losses: how expectations affect fairness perception

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Fairness plays a pivotal role in shaping the emergence and evolution of social relationships. The equitable distribution of resources holds significant importance. In addition to resource allocation, the distribution of losses frequently arises within business or personal partnerships. In this study, we used the Ultimatum Game to investigate comparatively how people respond to fair and unfair divisions of gains and losses. In addition, we aimed to expand current knowledge on how expectations regarding monetary divisions interact with the decisional domain. A total sample of 117 undergraduate students was divided into 3 experimental conditions after an expectation induction manipulation (high vs low vs no expectations) regarding the fairness level of the monetary divisions. All participants were presented with 30 gain and 30 loss allocation offers. The decisional domain had a significant effect on expected offers, showing that Responders anticipated receiving a fairer allocation for losses than for gains. When looking at the effect of the expectation manipulation and offer type on acceptance rates separately for the gains and loss domains, two different behavioral patterns seemed to emerge. For the gain domain, Responders expecting fair offers had lower tolerance for unfairness, manifested through lower acceptance rates of more unequal divisions. In the loss domain, the effect of the expectation induction procedure on acceptance rates of unfair offers did not generate a significant effect. Our study is the first one to directly investigate expectations in conjunction with decisional domains. A possible cumulative effect of exposure to unfairness, loss aversion and anticipation of unfair treatment leads to a higher intolerance of unfairness, as manifested through decreased acceptance rates of unfair offers in loss versus gain domain. New studies are invited to dig deeper and to uncover the factors that contribute to decision-making behaviour.

Paper number 500 | Oral

Confronting standards for a traffic safety rule: fairness and perceived legitimacy

Anthony Piermattéo[1], Frédéric Martinez[2], Marie-Axelle Granié[2], Laurent Carnis[2], Florent Varet[1], Marie Pelé[1], Chloé Eyssartier[3], Anita Bec Gerion[3], Pierre Dias[2], Chloé Thévenet[1]

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[3]Cerema, France

While correlational studies have shown that perceived legitimacy is positively associated with greater internalization of traffic rules and stronger intentions to respect them (Carnis et al., 2023), a more experimental approach is needed to understand the dynamics of this relationship. This research aims to investigate the role of fairness—one of the key dimensions of perceived legitimacy (i.e., the perception that a rule applies equally to all, without distinction; Varet et al., 2021)—in shaping individuals' relationship with traffic regulations. We hypothesize that em-

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phasizing the exceptions to the application or the enforcement of certain rules for certain types of road users will have a negative impact on their perceived legitimacy, internalization, and inten-tion to comply. This effect is expected to be more pronounced for road user groups disadvan-taged by the rule.

These hypotheses were tested in two experimental studies with car drivers and cyclists (Study 1, N = 216; Study 2, N = 220), focusing on the stop-at-red-light rule. In Study 1, participants were presented with a scenario highlighting that, in France, cyclists are allowed to cross red lights under certain conditions, whereas car drivers are not. In Study 2, participants were reminded that red-light cameras are primarily calibrated to monitor car drivers, but not cyclists. Both stud-ies included a no-induction control condition.

Results indicate that perceptions of fairness significantly influence the perceived legitimacy of traffic rules, with effects varying based on participants' group membership. Specifically, high-lighting unfairness (in the rule itself, Study 1, or its enforcement, Study 2) reduced drivers' per-ceptions of legitimacy. These findings have important implications for road safety policies, sug-gesting that perceived fairness is a crucial factor in fostering rule acceptance and compliance among road users.

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Papers session 101

Paper number 840 | Oral

The impact of gender on the therapeutic relationship: A systematic review

Alba M. Zabalza-Martínez[1], Diego Fernández-Regueras[2], Ana Calero-Elvira[2]

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Background: Therapeutic Relationship has been found to be one of the common factors that explains the efficacy and effectiveness of Psychotherapeutic interventions. Its importance has been widely demonstrated. Gender, in turn, is one of the variables of greatest current interest due to its technical and social implications. However, thus far, information concerning the impact of gender on the relationships which therapists and clients create remains unclear. Method: A Systematic Review has been conducted in order to investigate the impact of the therapist's gender, the client's gender and the gender combinations of both of them on the Therapeutic Relationship. Systematic searches ending in November 2024 were performed in WebOfScience, PubMed and PyscINFO and yielded 5,248 results. 9 studies met eligibility criteria and were selected to review their quality and findings. Results: Highest quality evidence suggests that female clients create stronger therapeutic alliances, as reported by therapists and observers. Evidence related to the therapist's gender and gender combinations remains inconclusive. Conclusions: The presence of these two variables in any therapeutic process implies that further research is needed to elucidate whether and to what extent gender impacts on Therapeutic Relationships. Bearing in mind the preliminary nature of the existing research, implications of the findings with respect to practice, research and education are discussed.

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Paper number 316 | Oral

Exploring the sense of agency in individuals with high and low schizotypal traits: Differences in simple and complex action-outcome relationships

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The current study addresses the underexplored area of sense of agency in individuals from the general population with varying levels of schizotypal traits. Investigating whether these individuals exhibit altered self-attribution of external events can enhance our understanding of the cognitive impairments associated with schizotypal traits. Such insights are crucial for developing low-cost, non-pharmacological interventions that could mitigate symptoms and reduce the risk of progression to severe disorders. We compared individuals with high versus low schizotypal traits using two tasks: a judgment of agency task, assessing simple action-outcome relationships, and a metacognition of agency task, evaluating more complex relationships. Based on prior research on schizophrenia spectrum disorders, we hypothesized that individuals with higher schizotypal traits would demonstrate an increased tendency to self-attribute external events. Our findings supported this hypothesis in simple action-outcome scenarios, where individuals with higher schizotypal traits exhibited exaggerated self-attribution. However, no differences were observed in complex action-outcome scenarios, suggesting that while temporal sensitivity (a key factor in simple action-outcome relationships) may be impaired in those with high schizotypal traits other cognitive processes involved in complex scenarios, such as action selection fluency and outcome prediction, remain intact. These results underscore the importance of temporal sensitivity in the distorted sense of agency among individuals with high schizotypal traits and highlight the need for targeted interventions to enhance this cognitive function. Future research should focus on these findings within clinically diagnosed populations, such as those with schizotypal personality disorder, to better tailor interventions aimed at reducing the risk of progression to psychosis.

Paper number 136 | Oral

Infliction v. affection: The mislabeling of hate as “love” in intimate relationships

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Background: Admitting “hate” (conceptualized here as the desire to harm another) can be stigmatizing, so people may try to disown it by focusing on a benign ultimate goal or redefining hate in purely emotional terms. Aims: This was tested in the context of tethering – a type of hate germane to intimate relationships wherein harm’s ultimate goal is to “keep the partner close.” We expected “partners” (versus “outsiders”) to be less likely to see tethering as “hate” or to frame it in terms of adverse consequences for the target. Method: Canadian psychology undergraduates (N = 189) – randomly assigned to the perspective of sending partner, target partner, or target partner’s close friend – used sliding scales (totaling 100%) to rate whether each of 11 tethering-congruent items (e.g., “If my partner ever threatened to leave me, I’d ask them whether they’re crazy or just stupid”) reflected, love, hate, or something else. They also rated whether love and hate are emotions, motives, or behaviors. Results: Controlling for participants’ actual love/hate beliefs, “sending partners” labeled tethering as “love” when they conceptualized love as emotion and not as behavior. For “target partners,” tethering was “love” when they viewed love as about what the sender wants versus what the sender does. The target’s “close friends” also labeled tethering “love” when love was about motivation, but they saw it as “hate” if they conceptualized hate in motivational terms. Limitations: These results

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are based on age-traditional undergraduates who adopted a pretend role; we controlled for participants' own love/hate beliefs but did not assess the history/quality of their actual intimate relationships. Implications: Self-protective motives and vested interests in relationship maintenance may lead to (the sometimes willful) failure to recognize hate and its harmful consequences, thereby squelching impetus for bona fide relationship repair.

Spotlight presentations 9

Paper number 1047 | Spotlight Talk

Promoting mental health and preventing cognitive decline: screening and modifiable risk factors in aging populations

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Research Aims and Objectives

This study examines the predictive role of sociodemographic factors, nutritional status, mental health, resilience, and COVID-19 history on cognitive health in aging populations. It highlights the importance of screening for modifiable risk factors to prevent cognitive decline.

Theoretical Background

Cognitive aging is influenced by an interplay of physiological, psychological, and social factors. Early detection of modifiable risk factors through screening is essential for mitigating age-related cognitive challenges, especially given the exacerbating impact of COVID-19 on mental and physical health.

Research Design/Methodology/Approach

The NEUROAGE study, the first longitudinal research initiative on aging in Cyprus, investigates both modifiable and unmodifiable risk factors affecting cognitive health. The study enrolled 741 older adults, ranging in age from 55 to 94 years. Cognitive health was measured using the Mini-Mental State Examination (MMSE), while mental health, nutritional status, and sensory impairments were evaluated using validated standardized tools. Additionally, participants COVID-19 history and associated symptoms were analyzed. Logistic regression models were employed to identify key predictors of cognitive decline, providing valuable insights into the interplay of various factors influencing cognitive aging.

Results

The analyses revealed that higher levels of anxiety, lower educational attainment, and nutritional deficiencies significantly predicted cognitive difficulties, particularly among participants with a history of COVID-19.

Limitations

The study's cross-sectional design and reliance on self-reported COVID-19 history limit the generalizability of the findings. Further research with longitudinal and diverse datasets is needed.

Implications for Research and/or Practice

Routine screening for cognitive health is vital for early intervention. Addressing mental health, sensory impairments, and nutritional deficiencies can significantly reduce the risk of cognitive decline. These strategies are particularly valuable in addressing vulnerabilities amplified by the COVID-19 pandemic.

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Paper number 812 | Spotlight Talk

Mental Health First Aid trainings – opening doors for addiction prevention in workplaces

Anna-Marie Herdtle[1], Sacha Bachim[1]

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This practice-based presentation aims to discuss how Mental Health First Aid (MHFA) trainings can make an important contribution to destigmatizing alcohol and substance use disorders in the workplace and enabling further addiction prevention measures. Current figures from a representative survey in the Grand Duchy of Luxembourg point out that excessive drinking is widespread among employees, whilst they lack access to addiction prevention offers. Due to the stigma and the associated fears, but also the lack of expertise among key persons such as managers, health and safety officers and HR managers, dealing with mental illnesses and alcohol and substance use disorders remain a major challenge within companies. Overall, there is a lack of evidence-based addiction prevention projects in the workplace, both in Luxembourg and in Europe.

As the national Centre for addiction prevention in the Grand Duchy of Luxembourg, the Cnapa assumes that MHFA trainings are a suitable way of raising awareness of addiction among key persons in companies, being widely recognized for enhancing mental health literacy and self-efficacy in crisis situations. We argue that MHFA trainings for key persons in workplaces can help shift organizational norms and encourage open conversations about mental health, alcohol consumption, and addiction. At the same time, participants feel more confident in dealing with affected employees.

However, MHFA trainings must be seen as one part of a broader strategy embedding mental health into existing OSH management systems. Integration should extend across every component of the management system: policy, organization, planning and implementation, evaluation and action for improvement.

Regarding further research, it would be desirable to gain a deeper insight into the potential of MHFA trainings to drive broader cultural change within companies and into the effectiveness of additional structural measures in terms of sustainable implementation of addiction prevention at the workplace.

Paper number 458 | Spotlight Talk

Life expectancy associated with specific mental disorders and the contribution of causes of death: a population-based study in Catalonia.

maria victoria moneta[1, 2], Josep Maria Haro[1, 3], Oleguer Plana-Ripoll[4, 5], Beatriz Olaya[1, 6]

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Background: There is strong evidence that people with mental disorders have premature mortality, with physical diseases, besides suicide, accounting for the majority of it. However, there is a lack of studies based on common mental disorders from Southern Europe.

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Aim: To calculate the reduction in life expectancy for different mental disorders according to all-cause mortality and for specific causes of death using national registers from Catalonia (Spain).

Methods: We analyzed data from adults who had been treated by the Catalan health service from January 1st 2005, to December 31st, 2016 and who had at least one of the specific ICD-9 diagnosis codes in the registers of general hospitals, outpatient mental health care, psychiatric hospitals, and outpatient care. Eleven categories of mental disorders were created, and for the reference population, we used data from the entire population of Catalonia in 2005. For each disorder, excess LYLs were obtained for all-cause mortality and for each specific cause of death in males and females separately.

Results: The study comprised 355,540 females and 182,529 males with mental disorders. The disorders associated with the most excess LYLs were alcohol and drug dependence and abuse, and schizophrenia. Natural causes and, to a lesser extent, suicide, were the predominant contributors to excess mortality for all types of mental disorders.

Discussion: Our findings confirm that people with mental disorders die earlier than the general Catalan population, and natural causes are the primary contributors, indicating the need for a better management of comorbid medical conditions in this population.

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Paper number 124 | Spotlight Talk

Beyond words: Social cognition in hearing loss

Jamila Hattouti[1]

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Understanding and managing emotions, getting along with others and exercising good judgment are essential keys to educational and professional inclusion. All of the neuropsychological processes that underlie interpersonal relationships fall under social cognition (Frith, 2008). Hearing loss is considered a risk factor that can impact on the psychosocial skills. In this field, most research was conducted in older people with associated cognitive impairment (Dhanda, Hall, & Martin, 2024), but have been little evaluated in young deaf people (Luckner & Movahedazarhouligh, 2019).

The objective of this study was to identify different social cognition skills in deaf adolescents and their functional repercussions in daily life by proposing a social cognitive remediation program adapted in language French signs. Recent research on all school children have shown that social cognition programs had a significant impact on the enhancement of prosocial behaviour and academic learning (Taylor, Oberle, Durlak, & Weissberg, 2017). In our study, thirty adolescents with hearing loss were randomly assigned to either an intervention group who underwent social cognition program, or a control group who underwent their normal supportive language reeducation. We used the Promoting Alternative Thinking Strategies program (PATHS ; Kusché & Greenberg, I994) which is one of the most successful social and emotional program for school children (Taylor et al., 2017). All participants underwent comprehensive pre-post neuropsychological assessment including cognitive and audiometric measurments. After remediation, the intervention group showed significant improvements in emotion recognition, collaborative dialogue and social problem-solving. Moreover, resutls suggested that several cognitive domains were associated with social cognition tasks. Finally, social cognitive remediation for the enhancement of deficits in key domains of social cognition is necessary in an early stage of development in young deaf people. Its implementation in clinical practice will serve as a meaningful addition to the existing language approaches in hearing loss.

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Paper number 390 | Spotlight Talk

Life after leaving alternative care

Laura Vallejo-Slocker[1, 2], Celia García-deLeón[3]

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Background: Transitioning out of alternative care poses significant challenges for youth and adults who have grown up in residential settings under the Spanish welfare system. This study investigates how their living conditions are influenced by their early separation from their families and the extent to which social and psychological support facilitates their development and integration into society.

Methods: National data were analyzed from a sample of youth and adults who experienced residential care during childhood. Key indicators of living conditions were examined, including education, employment, housing stability, and social relationships. The study also assessed the role of support systems in fostering personal development and helping individuals achieve outcomes comparable to the general population.

Results: The findings highlight a clear link between the quality of post-care support and the ability of individuals to navigate adulthood successfully. Those who received consistent social and psychological support reported higher rates of educational attainment, employment stability, and stronger social networks. Conversely, individuals without adequate support often faced difficulties in achieving self-sufficiency and stable living conditions. The emotional and psychological impact of family separation was found to have lasting effects, underscoring the importance of tailored interventions during and after residential care.

Conclusions: The study underscores the critical role of social and psychological support in improving outcomes for individuals transitioning from alternative care. While some former residents achieve parity with the general population, others face significant barriers, highlighting the need for robust, ongoing support systems.

Implications and limitations: These findings advocate for policy reforms to enhance transitional and post-care support services, ensuring that individuals leaving residential care have access to the resources and guidance necessary for successful integration and personal development. This is crucial for breaking cycles of disadvantage and promoting equality of opportunity.

Paper number 1175 | Spotlight Talk

Following the traces of critical memories: A meta-analysis on the diagnostic accuracy of the Reaction Time - Concealed Information Test

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The Reaction Time - Concealed information Test (RT-CIT) is a memory detection technique that uses the measurement of reaction times to identify the "guilty" or "hidden" knowledge of certain critical details knowable only to a person involved in the crime under investigation.

A marked difference in reaction times to relevant (crime-related) and irrelevant stimuli, known as the “RT-CIT effect”, will reveal the recognition of critical information by the examinee.

RT-CIT has potential in terms of the few resources required (technological, economic, temporal) and admissibility within Italian criminal proceedings. We conducted a meta-analysis on the diagnostic accuracy of the RT-CIT

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quantified by the global accuracy index "Area Under the Curve" (AUC). As far as we are aware, this is a novel analysis.

Following the PRISMA guidelines, we proceeded to construct the research question through the PICOS criteria. These criteria guided the bibliographical research, carried out on PubMed and Google Scholar. After identifying 235 articles, 30 relevant studies were selected and information required to quantify the AUC and for conducting the subgroup analyses were extracted.

Statistical analysis showed that the RT-CIT can be considered a memory detection technique with moderately high diagnostic accuracy. However, the unexplained heterogeneity that remained even after the previously planned subgroup analyses did not allow to exclude the possibility that the RT-CIT may prove to be an uninformative test or, on the contrary, highly accurate.

Despite the limitations of this meta-analysis, related to the source of information used and the moderators investigated, as well as the uncertainty in being able to extend the results obtained through laboratory experiments to real-life situations, these preliminary indications, together with the potentials outlined above, suggest that we should continue to investigate the potentials of the RT-CIT.

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Spotlight presentations 10

Paper number 149 | Spotlight Talk

Alterations in functional connectivity among individuals with and without self-reported post-Covid-19 fatigue

Manuel Leitner[1], Peter Opriessnig[1], Stefan Ropele[1], Reinhold Schmidt[1], Manuel Leal-Garcia[2], Maria Fellner[3], Marisa Koini[1]

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Background: Functional brain alterations in post-Covid-19 condition have been minimally explored to date. Therefore, we investigate differences in resting-state thalamic functional connectivity among post-Covid patients with and without fatigue, alongside structural brain changes and cognition.

Methods: Thirty-nine post-Covid patients (n=15 fatigued, n=24 non-fatigued) participated in our study, undergoing comprehensive cognitive assessments, as well as functional and structural neuroimaging. We conducted a seed-based functional connectivity analysis using the thalamus as a seed region, exploring its connectivity with the entire brain. To further elucidate our findings, correlation analyses were performed using the functional coupling between the thalamus and regions showing different connectivity between the two patient groups.

Results: Our results reveal that patients experiencing fatigue exhibit anti-correlated functional coupling between the thalamus and motor-associated regions, including the motor cortex (M1), supplementary motor area (SMA), and anterior cingulate cortex (ACC), compared to non-fatigued patients, who are showing positive functional coupling. Furthermore, this observed coupling was found to correlate with both the fatigue scores obtained from a fatigue questionnaire and performance on the Trail Making Test, Part A, which represents a measure of processing speed.

Conclusions: Our study highlights significant differences in resting-state functional connectivity between post-Covid patients with and without fatigue, particularly within motor-associated brain regions. These findings suggest a potential neural mechanism underlying post-Covid fatigue and underscore the importance of considering both functional and structural brain changes in understanding the symptomatic sequelae of post-Covid-19 condition. Further research is warranted to provide insight into the longitudinal trajectories of these neural alterations.

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Paper number 1046 | Spotlight Talk

Integrating cognitive rehabilitation with tDCS: A feasibility study in the context of long COVID

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[1]University of Cyprus, Cyprus

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Research Aims and Objectives:

This study investigates the integration of the evidence-based CAT-BRAIN cognitive rehabilitation program with transcranial direct current stimulation (tDCS) as a novel, combined approach for improving cognitive deficits in individuals with long COVID. Conducted as part of the BRAINN project, this feasibility study aims to evaluate the practicality, safety, and preliminary efficacy of this integrative approach.

Theoretical Background:

Cognitive rehabilitation and non-invasive brain stimulation techniques have independently shown promise in mitigating cognitive impairments. Combining these methodologies may leverage their synergistic effects, potentially enhancing neuroplasticity and cognitive recovery, particularly in populations with persistent cognitive symptoms, such as those associated with long COVID.

Research Design/Methodology/Approach:

This feasibility study involves a small cohort of participants diagnosed with long COVID experiencing cognitive dysfunction. Participants undergo sessions combining CAT-BRAIN-guided cognitive exercises with tDCS applied to targeted frontal brain regions. Feasibility is assessed through adherence rates, participant feedback, and safety monitoring, while cognitive outcomes are preliminarily evaluated using standardized neuropsychological assessments.

Results:

Results are expected to demonstrate the feasibility and tolerability of the combined intervention. Early trends may indicate enhanced cognitive performance, supporting the hypothesis of synergistic effects between cognitive training and tDCS.

Limitations:

The study's small sample size and preliminary nature may limit the generalizability of findings. Further research is necessary to validate efficacy in larger, more diverse cohorts.

Implications for Research and Practice:

This study highlights the potential of integrative approaches to cognitive rehabilitation, paving the way for innovative treatment protocols in clinical practice. The findings will inform future large-scale trials and contribute to the growing body of evidence on addressing long COVID-related cognitive deficits.

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Paper number 418 | Spotlight Talk

Propaganda and trust: A socio-psychological review of the mechanisms guiding public opinion.

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Propaganda is a tangible expression of ideology in communication, the purpose of which is to impose ideological goals, manage opinion and consolidate loyalty. It is based on psychological processes and involves the propagandist's management of collective attitudes through the manipulation of significant symbols. Interpersonal trust, at the heart of social relations, is the main mechanism for establishing a link between the propagandist and the person he is to influence. The literature review highlights the significant role that interpersonal trust plays in accepting propaganda messages and in changing the attitudes of those exposed to propaganda. The influence supported by trust is proportional to the degree of congruence between the characteristics of the message (social content, prescriptive content, descriptive content, framing) and the characteristics of the recipients (group identity, attitudes, knowledge, cognitive profile). The paper examines how interpersonal trust facilitates the spread of propaganda by summarizing the literature on the topic and highlighting the role of trust in accepting the propaganda message and changing attitudes. A model of trust formation between propagandist and audience is proposed.

Paper number 963 | Spotlight Talk

“At some point you have to be submissive as a team player”. Shared beliefs on obedience among (non-)uniformed employees

Katharina Kärgel[1]

[1]SRH University, Germany

A growing body of literature challenges Milgram's blind obedience thesis by offering a social identity explanation of obedient behaviour. This perspective suggests that authoritarian obedience is predicted on people’s identification with the authority figure or with (obedience) norms of a group to which one’s belonging feels situationally salient. The present study extends this view by addressing the call for 'real world studies' to complement existing laboratory studies. Using the example of German and Swiss police authorities, military institutions and university hospitals, this paper examines uniformed (e.g., policemen, soldiers, uniformed doctors and nurses) and non-uniformed employees’ (e.g., CID officers, non-uniformed doctors and nurses) attitudes towards obedience in professional practice. Drawing on the Social Identity Model of Deindividuation Effects (Reicher, 1987), the analysis of N = 42 semi-structured interviews (Nuniformed = 25, Nnon-uniformed = 17) using Grounded Theory (Glaser & Strauss, 1967) reveals that reveals that obedience is anchored in the norms and value system of both groups. The command-obedience principle inherent in hierarchical structures is consensually a) seen as essential for organizational functioning and b) legitimized by formal hierarchy and expertise. Three beliefs about obedience as a guiding principle emerged among the interviewees: (1) obedience ensures the ability to act - especially in critical situations; (2) obedience leads to joint success; and (3) obedience defines responsibility for actions and their consequences. Of particular importance here is the lack of difference between uniformed and non-uniformed employees in a real-world setting. Although this finding is consistent with a social identity perspective, it calls into question the effect of wearing a uniform, which has been experimentally demonstrated many times. The findings contribute to the discourse on the psychosocial mechanisms of (destructive) authoritarian obedience and have implications for future research on organizational culture and leadership.

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Paper number 954 | Spotlight Talk

Brain under pressure: the Neuropsychology of high-stress personalities

Ioanna Stavraki[1]

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Individuals with high-stress personality traits, such as those with heightened emotional reactivity and difficulty managing stress, present unique neuropsychological profiles that influence their stress responses and coping mechanisms. This systematic review synthesises current findings on the neural mechanisms underlying these traits, highlighting the interplay between brain structure, function, and stress sensitivity.

The review focuses on key neural regions implicated in stress regulation, including the prefrontal cortex, amygdala, and hippocampus, as well as their connectivity and role in emotional processing and cognitive control. Additionally, the hypothalamic-pituitary-adrenal (HPA) axis, central to physiological stress responses, is examined for its modulation in relation to key personality characteristics such as neuroticism, low emotional stability, and heightened anxiety sensitivity.

Findings indicate that high-stress individuals exhibit increased amygdala activation, reduced regulatory input from the prefrontal cortex, and impaired functional connectivity between these regions. This directly contributes to heightened stress perception and a reduced adaptive capacity. Dysregulation of the HPA axis further amplifies stress reactivity in this population. However, emerging evidence suggests that targeted interventions leveraging neural plasticity, such as cognitive-behavioural strategies and mindfulness-based approaches, can mitigate these vulnerabilities and improve resilience.

This review underscores the importance of integrating neuropsychological insights into the study of personality and stress, offering a framework for personalised approaches to mental health interventions. It also stresses the importance of identifying the neural correlates and mechanisms associated with high-stress traits. Concurrently, this work aims to inform the development of evidence-based strategies that enhance stress regulation and emotional well-being in affected individuals.

Paper number 811 | Spotlight Talk

The role of mental health first aid courses in transforming alcohol culture within communities

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The European Health Examination Survey highlights a significant disease burden in Luxembourg for depression and alcohol use disorders, with adult binge drinking rates among the highest in the EU. Stigma and cultural norms often prevent individuals from seeking help, as mental illness and addiction are perceived as immutable or signs of weakness. Alcohol's cultural acceptance normalizes excessive drinking, downplaying its risks and reinforcing harmful behaviours.

Mental Health First Aid (MHFA) courses are widely recognized for enhancing mental health literacy and self-efficacy in crisis situations. However, their potential to drive broader cultural change within communities remains underexplored. The National Centre for Addiction Prevention in Luxembourg has found that holding regular MHFA courses in community settings can help shift societal norms and encourage open conversations about mental health, alcohol consumption, and addiction.

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Drawing on the Diffusion of Innovations Theory, we argue that these courses not only educate participants but empower them to become change agents within their social networks. By fostering a sense of shared responsibility, MHFA courses help reduce stigma, promote empathy, and normalize discussions surrounding mental health and addiction, while laying a foundation for both cultural and structural change.

However, MHFA training primarily focuses on crisis intervention without addressing systemic barriers, such as access to care or socioeconomic disparities. Cultural shifts require time and complementary strategies, such as policy reforms, to achieve lasting impact. Further research should explore the long-term effectiveness of these courses in fostering cultural change, their adaptability to diverse communities, and their integration with broader interventions like improved healthcare access and policy initiatives.

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Paper number 1202 | Symposium

Sustainable and collective interventions to answer climate changes

Fortuna Procentese[1], Isabel M. Herrera Sánchez[2], Telma Miranda[3], Tiago Pereira[4], Flora Gatti[1], Minou Ella Mebane[5], Donata Francescato[6]

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Considering interventions related to environmental emergencies mainly means recognizing the role of human action in climate change (Intergovernmental Panel on Climate Change, (IPCC), 2022) and the interconnection between climate, ecosystems, biodiversity, and human societies. It also involves recognizing the value of different forms of knowledge and the close links between climate change adaptation, itigation, ecosystem health, human well-being, and sustainable development. These complex interconnections require a holistic view of the phenomena and necessary actions, actively involving actors with different backgrounds in pursuing action to combat the climate crisis (IPCC, 2022). Several aspects converge in fostering conscious and participatory pathways for developing practices that promote the energy transition. The symposium aims to be a moment of discussion on the different dimensions, with attention to the psychological factors in a collective vision to be referred to make possible pathways sustainable.

Paper number 1308 | Symposium Paper

An agenda for psychological interventions in the face of the climate emergency: objectives and pathways for collective action.

Isabel María Herrera-Sánchez[1]

[1]University of Seville, Spain

The climate emergency is one of the most urgent challenges of our time, requiring innovative and sustainable responses that address its psychological, social, and structural dimensions. Community psychology plays a role in tackling these interconnected challenges by offering frameworks that support collective action.

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A climate action agenda begins with education and raising awareness. Programs designed to improve public understanding of climate science, and its implications are essential. Educational workshops and community discussions serve as platforms to foster sustainable behaviors and encourage individuals to see themselves as active participants in environmental solutions.

Also, it is vital to address the emotional toll of climate change. Communities affected by climate disasters often experience stress, anxiety, and trauma. Psychological support systems, such as counseling and resilience training, equip individuals to manage these challenges while strengthening their collective capacity to adapt and recover from adversity. These interventions mitigate emotional distress and provide a foundation for proactive and sustained engagement with climate-related issues.

Participation is another cornerstone of this agenda. Communities thrive when they are actively involved in planning and decision-making. Supporting initiatives such as renewable energy projects, urban gardening, and sustainable transportation systems enables communities to align their

environmental actions with local needs and aspirations. Empowering individuals to lead these initiatives fosters a sense of ownership and amplifies their impact.

Advocacy and policy influence are also critical. Providing communities with tools to advocate for climate justice ensures that their voices are included in the design of equitable policies. Public campaigns and collaborative events raise awareness and mobilize collective action toward systemic change.

Research and collaboration underpin these efforts. Understanding the psychological and social factors that influence attitudes and behaviors toward climate change is essential for refining interventions. Alliances across disciplines and sectors facilitate the design of comprehensive strategies that integrate local knowledge with global objectives.

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Paper number 1309 | Symposium Paper

The role of psychologists associations addressing climate crisis: The Portuguese Psychologists Association contribution."

Telma Miranda[1], Tiago Pereira[2]

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Portugal's experience has been marked by a progressive effort to integrate psychology as a key pillar in addressing the climate crisis. This commitment is reflected in various initiatives led by the Portuguese Psychologists' Association (OPP), which recognizes not only the psychological impact of climate change but also the fundamental role of psychological science in formulating effective responses to combat this societal challenge.

OPP has sought to promote evidence-based discussions in the development of strategies and public policies. Among its main contributions is its participation in the European Federation of Psychologists' Associations (EFPA) working group dedicated to bring awareness to sustainability and climate change, reinforcing Portugal's presence in the European debate on psychology and climate. OPP is also a member of the Global Psychology Alliance (GPA; a global alliance that was established in 2019, after the international summitt on climate crisis co-orgabized by OPP and APA in 2019 in Lisbon), where it has been intergenerationally represented in reflective forums aimed at aligning global efforts on this topic.

At national level, since 2023, OPP has introduced a "Green Column" in its magazine, PSIS21, which regularly shares practical insights into psychology's role in the environmental context. For 2025, OPP has committed to developing continuous training for psychologists and publishing a book which will address topics such as climate psychology, phenomena like migration, eco-anxiety, disasters and psychological first aid, and the arts.

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Additionally, OPP has produced various literacy documents to disseminate knowledge about risk perception and communication, behavioral interventions, action recommendations, investigation and advocacy, promoting psychological literacy among the general population, psychologists' communities and policy decision makers.These initiatives highlight how Portugal's experience, driven by the OPP's work, is combining national and international efforts to build an action model that unites science, policy, and communities to tackle one of today's greatest challenges.

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Paper number 1310 | Symposium Paper

Promote the resilience of communities facing climate change

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"Traditionally, psychology research on climate change has focused mostly on individual behavior and its impact on climate change; it is crucial to go beyond the consumeristic paradigm and understand factors that encourage the individual to initiate or join community groups involved in the promotion of pro-environmental behaviors (Nielsen et al., 2020). Though individual action matters, the role of communities in addressing climate change is crucial. Implementing community-based approaches to increase the resilience of communities is essential to fight global warming. To collectively craft climate solutions and encourage civic engagement, it's crucial to pursue interdisciplinary collaborations with other practitioners, policymakers, civil society groups, and stakeholders. (Freschi et al. 2023). Community psychology can have a significant role in encouraging environmentally responsible behaviors and pursuing a planetary sense of community (Francescato 2020, 2025).

Community Psychologists have an ecological and multidisciplinary vision and consider the individual psychological level inscribed in the organizational, cultural, and legal variables that shape the planet's existence (Arcidiacono et al. 2021, 2024). Different C.P. approaches offer a variety of techniques to recognize the needs of the communities related to environmental issues and to promote community empowerment, green policies that recognize the various necessities and weaknesses of the different members of the communities, collective efforts to respond to global warming, the formation of networks and the enhancement of social bonds. Our study attempts to identify innovative projects based on C.P. that can increase climate change awareness and motivate people to adopt pro-environmental attitudes and behaviors. By analyzing the literature, we will illustrate innovative interventions and methods developed by community psychologists to address individual and collective local and global climate change challenges."

Paper number 1311 | Symposium Paper

A community-based vision for the promotion of pro-environmental care

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"In the complex scenario of the climate crisis, where environmental conflicts and inequalities are a daily issue, the territorial community emerges as a vital space for understanding and addressing the power dynamics characterizing them. This social scenario offers an opportunity to move beyond an individualistic perspective,

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allowing to deepen the interconnections and interactions between individual and collective levels, that influence decisions and behavior.

In the area of studies and research in community psychology, the Community Psychology Lab, through extensive research work, and research and projects has developed tools to better understand the impact of processes on decisions to adopt pro-environmental behaviors, both individually and collectively. Based on the studies developed and their results, this contribution aims at deepening community and collective dimensions promoting collective care for the environment based on a cross-case analysis of different research interventions and projects. Results suggest that promoting the feeling of responsibility towards one's community may represent a more effective resource than enhancing individuals' affective bond to it, when it comes to addressing climate and environmental crises. Indeed, Sense of Responsible Togetherness (SoRT) brings individuals towards an active engagement in pro-environmental collective actions, in turn fostering their assumption of environmental-careful behaviors in their private life.

Therefore, focusing on community processes becomes crucial not only for understanding environmental challenges, but also for outlining effective solutions. Indeed, according to environmental transition theorists, communities have to be empowered so that they can pursue their own goals and develop strategies aimed at reducing their environmental impacts, such as carbon emissions and oil consumption. On the long run, this approach could help not only promoting environmental sustainability but also building more resilient communities that are aware of their own needs and resources to face old and new stressors."

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Paper number 1209 | Symposium

Emotional, operational and intellectual aspects of potential and performance

Rainer Kurz[1], Michele Guarini[2], Reuven Bar-On[3], Carina Fiedeldey-Van Dijk[3, 4], Nigel Evans[5, 6]

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Overview: This symposium is concerned with the evolution of our understanding of Emotional Intelligence (EI), potential and performance in the light of personality (DeYoung, 2015), ability (Kurz, 2000) and competency (Kurz & Bartram, 2002) theory.

Paper 1: This paper provides a historical account of how research on social and emotional competencies lead to the development of measures of Emotional intelligence such as EQi, ESCI and MSCEIT. Furthermore, it outlines his learnings that directly assessing current behavior facilitates a better understanding of performance rather than trying to predict it with EI assessments.

Paper 2: This study (N=101) explores scale positions on the Periodic Table of Personality (Woods & Anderson, 2016) for Personality Factors, a new measure that was designed to fully integrate EI, and for EQI 2.0, as well as their convergence. The model covers six EMOTIONAL and OPERATIONAL ASPECTS each which are aggregated into agility constructs.

Paper 3: This study looks at intellectual agility (GMA) as measured through the Ability Factors test applying the SPACES model of test taking style (Kurz, 2000). 73 managers completed the 24-minutes assessment and had at least one external reviewer rating. Observed validities exceeded .20 for TOTAL and PRECISION scores but not for SPEED and CAUTION.

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Conclusion: This The three papers illuminate progress at the interface of personality, ability and competency assessment over the last three decades. They highlight how confusion in the field can be overcome and validity harnessed.

Paper number 1305 | Symposium Paper

Intellectual aspects of agility

Rainer Kurz[1], Rainer Kurz[2]

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Sacket et al. (2022) found ability tests to have high observed validity (.24) and the highest operational validity (.31) of all psychometric measures. This paper explores the validity of test taking style scores (Kurz, 2000) for Ability Factors (consisting of Diagrammatic Matrices, Number Series and Spatial Reasoning components - each features 20 questions to be completed in 8 minutes) against a criterion model of emotional and operational competencies.

TOTAL, SPEED, PRECISION and CAUTION (PRECISION minus SPEED) were calculated for 73 managers who completed Ability Factors. They had at least one external reviewer rating on 48 items in Competency Factors (CF48). Competency ratings were averaged and aggregated into higher-order scores based on the Aspects model of Emotional and Operational Agilities with six compound scales each.

The observed validity between Reviewer Competency Total and Ability Factors were .21 for TOTAL, .05 for SPEED, .18 for PRECISION and .08 for CAUTION. The highest TOTAL validity was for Spatial Reasoning (.22) followed by Diagrammatic Matrices (.17) and Number Series (.10).

For Emotional Aspects, the highest validities for were found for NAVIGATING where correlations were .24 for TOTAL, .09 for SPEED, .17 PRECISION and .05 Caution. Ability Factors Total also had positive correlations with EXPRESSING (.21), STRIVING (.15), REGULATING (.14), REFLECTING (.14) and CARING (.13).

For Operational Aspects, the highest validities for were found for INNOVATING where correlations were .24 for TOTAL, .02 for SPEED, .24 PRECISION and .02 Caution. Ability Factors Total also had positive correlations with INSPIRING (.19), DIRECTING (.17), ENTERPRISING (.13), THINKING (.11) and DELIVERING (.06).

The observed validities suggest that PRECISION scores show sound validity that at times matches TOTAL validities whereas SPEED and CAUTION validities were low.

PRECISION scores were added to Ability Factors reporting to increase fairness for individuals who worked with high accuracy and were reluctant to ‘guess’.

Paper number 1306 | Symposium Paper

Emotional and operational aspects of agility on the PF16 periodic table of personality

Rainer Kurz[1], Rainer Kurz[2]

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Sacket et al. (2022) found for ‘Personality-based EI’ observed validity of .23 and operational validity of .30). Given Van der Linden et al. (2017) found a median correlation of .34 between Big 5 factors and the General Factor of Personality (GFP) which in turn correlated .86 with Emotional Intelligence, this paper explores the positions of EQi 2.0 scales and Personality Factors (PF48) TOTAL, EMOTIONAL and OPERATIONAL ASPECTS as well as six subdomain scores each on the PF16 Periodic Table of Personality developed by Woods & Anderson (2016).

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101 professionals and managers completed EQi 2.0 and Personality Factors (PF48). Five Varimax rotated components were extracted PF16 (the first module of PF48) that Desson & Kurz (2024) found to be a sound set of marker scales of the Big 5.

EQi2.0 Total had its primary correlation with Agreeableness (.49) and secondary Openness (,35) followed by Extraversion (.30), Emotional Stability (.28) and Conscientiousness (.13). Self-Perception, Self-Expression and Interpersonal had Agreeableness as their primary correlations whereas Decision-making and Stress Management had Emotional Stability.

Personality Factors (PF48) Total had its primary correlation with Extraversion (.54) and secondary Openness (.51) followed by Conscientiousness (.37), Emotional Stability (.35) and Agreeableness (.30). Within EMOTIONAL ASPECTS, Extraversion was the primary for EXPRESSING (.57) and REFLECTING (.46), Agreeableness for CARING (.86), Conscientiousness for STRIVING (.63), Emotional Stability for REGULATING (.79) and Openness for NAVIGATING (.56).

Within OPERATIONAL ASPECTS, Extraversion was the primary for ENTERPRISING (.72), DIRECTING (.51) and INSPIRING (.50), Conscientiousness for DELIVERING (.63), and Openness for INNOVATING (.78) and THINKING (.60).

An a priori mapping with 4 facets per compound was refined in the light of the data resulting in an average and median convergence with higher-order EQi2.0 compound groupings of .70.

Personality Factors (PF48) broadly covers EQI.2.0 themes while transparently covering Big 5 and Great 8 Cybernetic Theory.

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Paper number 1307 | Symposium Paper

Going beyond emotional intelligence to focus more directly and comprehensively on human performance

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In this presentation, I will share reflections on why it was important for Dr. Bar-On to progress beyond emotional intelligence (EI) to focus more on human performance. I will show how this occurred by reviewing the nature of his extensive research associated with EI, as well as that of others, and what has been learned from applying that knowledge.I will begin with a brief description of the field of emotional intelligence starting with Gardner's theory of multiple intelligences (1983) followed by his doctoral research on the emotional and social competencies contributing to well-being (1983–1988) – in which he also contemplated the development of an "Emotional Quotient" ("EQ") to measure this construct. The Emotional Quotient Inventory (EQ-i) emerged from this in 1997 as the first commercially available test of EI. The name of this new concept – "emotional intelligence" – was first created by Salovey and Mayer in 1990 who developed the first ability-based measure of EI, the MSCEIT, in 2002. Boyatzis and Goleman then developed the first multi-rater assessment of EI the same year (ESCI). A number of additional EI assessments emerged since then, and the conceptualization of this construct has continued.Based on reviewing what we have learned about EI and how it has been applied, it has focused primarily on attempting to predict the following: physical and emotional well-being; cognitive functioning; personal functioning and occupational effectiveness; social functioning and teamwork; and organizational efficiency, productivity, and profitability.This presentation concludes by explaining that he has learned it is more efficient and accurate to directly assess current behavior to better understand performance rather than trying to predict it with EI tests. This led to the development of the Multifactor Measure of Performance (MMP) to assess 18 key contributors to performance. These factors will be described in detail during the presentation.

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Papers session 102

Paper number 1206 | Oral

Does psychology keep up with current complexities? Insights and questions from a study on civic agency

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Aside from technologically sophisticated, cutting-edge research in certain branches of psychology, mainstream psychology largely remains reliant on same procedures and orientations it has followed for decades. In the increasingly complex context of, on the one hand, technological advancements (including but not limited to AI) and, on the other hand, permanent disruptions and uncertainties brought by global shifts and man-made and natural disasters and wars, the current positioning and habitual inertia of psychology seem insufficient for addressing the various individual-system relationships. Radical revisions in the conventions of production and exchange of psychological knowledge and not merely theoretical alterations seem necessary.

Drawing on our study of the sense of agency as manifested in civic (dis)engagement and political (non)participation in Armenia, and importantly, on the critical self-reflection of the difficulties experienced while doing the research, we will discuss potential pathways of meaningfully improving psychological knowledge production and exchange that will also respond to the needs of psychologically understudied and underrepresented societies. Among these lived difficulties are the challenges to timely research (in terms of publishing by the time it is still relevant), difficulty to stick to the initial research plan at the backdrop of ever-shifting realities, difficulty to conduct the research on the realities while also being affected, inhibited, traumatized by them, and last not least - under all these pressures - difficulty to stay in line with the very spirit of the research theme – remain agentic.

Blending our research insights with the existing debate in critical psychology and complexity theory, the paper will argue for a psychology that will embrace these "temporal" and "spatial" complexities, and for the need to shift from heavily proceduralized studies to more in-depth inquiries and theoretical elaborations, whereby research is seen as a voice from people embedded in places rather than just data from places.

Paper number 130 | Oral

A review on methodological complexities in activism

GONCA NEBİOĞLU[1]

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Crenshaw, argued that black women in America were subjected to different oppression practices than white women and tried to explain the intersection of race and gender (Crenshaw, 1991). Intersectionality enables the examination of multiple discriminations that are formed by subjective experiences and the presence of other identities, rather than being too generalized. The aim of this study is to investigate whether intersectionality contrasts with an integrated freedom movement from an activism perspective. It is argued that intersectionality may have methodological limitations and that these limitations may negatively affect rights claims (McCall, 2005). In Turkey, it is observed that some social movements have adopted the intersectionality approach while others have adopted the integrated freedom model. In this context, intersectionality emphasizes the interactions between social identities

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and power relations, while integrated freedom advocates for all forms of oppression to be addressed in a common space of struggle (Güzel, 2017). Within the scope of the study, policy documents, slogans, announcements, news and calls on the websites of LGBTI+ organizations in Turkey (KAOS-GL, Genç LGBTİ+, LISTAG and LambdaİstanbuI LGBTI+ Associations) and Portugal (ILGA Portugal, LGBTI Viseu, AMPLOS and Rede ex aequo Associations) will be examined through discourse analysis (text analysis method). The reason for choosing Portugal and Turkey as the sample is to have an idea about LGBTI+ organizations in these cultures. In this direction, “Is there a specific method used by the organizations as a type of activism? Is there a time when intersectionality or an integrated freedom movement is strategically more visible?Does this vary across countries and cultures? Are intersectionality and the integrated freedom movement contradictory concepts or can they be used together?” The findings will be discussed on the basis of rights claims, the culture in which one lives and what Spivak called “strategic essentialism” in 1985.

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Paper number 1117 | Oral

Ecological analysis of acculturation processes in the Neapolitan context

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The study of relational processes enabling generative exchanges between people of different nationalities is crucial considering migration trends. While acculturation processes help understand relationships from migrants’ perspectives, cohesion within local communities often remains overlooked. This paper explores factors influencing migration and acculturation in Naples, drawing on 18 semi-structured interviews with professionals, migrants, and local residents in the social sector. Grounded in the ecological approach of community psychology, it examines complex interplay of individual, relational and systemic factors. Data were analyzed using the coding and categorization processes of Grounded Theory. 158 codes, 12 categories and four macro-categories were identified from the data analysis: The Role of Justice and Social Planning, Social Work for Reception and Inclusion, Strategies for Acculturation and Intercultural Contact within Services, and Intercultural Coexistence. Government and legislative changes in immigration policies have created scenarios of injustice impacting migrants, successive generations, and social workers. Social workers question integration policies, as acculturation strategies reflect assimilationist or separatist models, limiting cultural exchange between local communities. However, social services serve as crucial spaces of cultural interaction, helping social workers understand the social fabric and equipping migrants with essential skills. The concept of “togetherness” emerged as the core category: a pivotal element in fostering migrants’ well-being, highlighting the necessity of cultivating a shared sense of responsibility and solidarity among all members of the community. This emphasizes active collaboration among migrants, residents, and social workers to create inclusive, cohesive environments. The study's limitations involve a small sample, context specificity, and qualitative focus, affecting broader generalizability. The findings suggest pathways for improving service governance, particularly through promoting strategies for intercultural dialogue and engaging stakeholders in co-design processes. This approach could strengthen intercommunity connections, foster skill exchange, and enhance synergies between the Third Sector and public institutions for better social planning and program delivery.

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Papers session 103

Paper number 209 | Oral

Me as a Tool: The effect of subjective social status on self-instrumentality

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Instrumentality refers to taking on an instrumental perspective on people and regarding others as a tool toward completion of one's goal. Previous research cumulated to investigate what factors might facilitate the instrumentalization of others, leaving an important question remains unanswered that is will people see themselves as a tool, if yes, what factors might contribute to the process of self-instrumentality? To answer this question, we proposed high subjective social status will facilitate self-instrumentality through the endorsement of fair market ideology. Seven studies converged to support our proposition. We found that subjective social status was positively associated with taking on an instrumental perspective on self (Studies 1 and 2). Using a correlational design in Study 3A and empirically manipulating fair market ideology in Study 3B, we demonstrated that the endorsement of fair market ideology mediated the effect of subjective social status on self-instrumentality. More importantly, in a goal pursuit context, people with high subjective social status tended to regard the self attributes that are instrumental for achieving a focal goal as more important than the un-instrumental attributes (Studies 4A and 4B). Finally, Study 5 further test one downstream consequence of self-instrumentality: the interest in work at a company that instrumentalizes its employees and the results demonstrated that people with high subjective social status were more willingly to work at an instrumentalizing environment. Our findings suggest that high subjective social status leads to an instrumentality orientation in self-perception and presentation.

Paper number 23 | Oral

Ideological Influences on Moral Disengagement from the Treatment of People Seeking Refuge and Erosion of Civic Engagement

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Objectives: Examined was the role of political-economic ideology of neoliberalism in processes of moral disengagement from inhumane treatment of people seeking refuge and erosion of civic engagement for human rights of displaced persons in Austria and Germany.

Background: The European "refugee crisis" comprises growing numbers of people fleeing from human rights violations and poverty, combined with social tensions towards displaced people. Migration issues bolster political right-wing populism. The competitive, individualistic, instrumental logic of neoliberal capitalism appears to feed into collective moral disengagement from the suffering of asylum seekers.

Methods: An online survey (N=276) among students and employed persons (mean age 29 years) was analyzed using multiple regression, including mediation and moderation bootstrapping. Neoliberal ideology was measured with a validated scale (24 items; subdimensions: individualism, competition, instrumentality). A 16-item scale developed in Australia was adapted for moral disengagement from the treatment of people seeking refuge (e.g., "Forcing refugees back across the border ("push-backs") is justified to ensure Europe's security"; "If refugees die

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in the Mediterranean Sea, Europe bears no responsibility"). Civic engagement was measured with 9 dichotomous items adapted from a feminist activism checklist, including influencing others, circulating petitions, attending protests, donating money, political volunteering. Control variables were age, gender, education, income, social status.

Results: Moral disengagement from the treatment of people seeking refuge fully mediated the negative relationship between neoliberal ideology and civic engagement for human rights of migrants. Their significant (positive) interaction suggests an unexpected compensatory relationship of neoliberal ideology and moral disengagement.

Limitations: Analyzed was a non-representative convenience sample; self-report measures raise issues from social desirability to common method bias.

Implications: Roots of politically lamented moral disengagement and lacking civic engagement for human rights of refugees are found in the socially corrosive ideology of neoliberalism, emphasizing complete self-reliance, competition for resources, and instrumentality of humans for economic ends.

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Paper number 660 | Oral

Assessment of irritability in adults using the Affective Reactive Index

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The Affective Reactive Index (ARI) is a brief questionnaire that measures irritability. Irritability is defined as a low threshold for experiencing anger in response to frustration and an underlying negative affective mood. This trait is present in several disorders and is associated with a greater impairment and poorer psychosocial outcomes beyond these disorders. Its assessment is essential in clinical practice, and the ARI is a well-established tool. However, few studies have examined its psychometric properties in adults. Furthermore, the French version of the instrument has not been validated.

The aims of this study were (1) to determine the psychometric validity of the French version of the ARI in adults from the general population and (2) to assess its association with several symptoms/disorders including emotional features, such as anxiety, depression, emotional lability, histrionic, narcissistic, borderline and antisocial personalities, and substance use.

A sample of 263 adults (M age=38.1, SD age=14.2 ; 82% women) completed the protocol including the ARI, five other questionnaires in order to assess other symptoms/disorders and some items about their sociodemographic characteristics.

The structure of the ARI showed some psychometric weaknesses due to two problematic items. These two items seemed to represent the phasic dimension of irritability. This could lead to a dual model of irritability with a tonic and a phasic dimension.In addition, the irritability score showed low to moderate associations with other mood and emotional symptom scores, but did not correlate with substance use scores. Irritability may represent a transdiagnostic feature or a nonspecific marker for these psychopathologies

The ARI appears to be a valid tool for screening for irritability in adults. However, a more comprehensive assessment of irritability is needed in psychological practice in order to distinguish dimensions of irritability and their proper implications in terms of comorbidity and prognosis.

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Papers session 104

Paper number 1179 | Oral

Comparing constrained factor mixture modeling and instructed response items in detecting careless respondents: an example with the core self-evaluation scale

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Research Aims and Objectives: This study aims to compare the effectiveness of the constrained factor mixture model (CFMM) proposed by Kam and Cheung (2023) with the traditional use of instructed response items (IRIs) in identifying careless respondents. The objective is to compare one of the simple-to-implement models with the use of IRIs. Specifically, we focus on the Core Self-Evaluation Scale (CSES) proposed by Judge et al. (2006).

Theoretical Background: Careless responding is a significant threat to the validity of survey-based research. Traditional methods like IRIs are widely used but may suffer from reduced effectiveness as participants become familiar with these checks. Kam and Cheung's CFMM offers an alternative by accounting for both random and longstring response patterns. This model is particularly suited for datasets with reversed items.

Research Design/Methodology/Approach: A sample of 1000 university students will complete the CSES alongside three IRIs embedded in a longer survey. The CSES is particularly suitable because 6 out of the 12 items of the scale are reversed. The analysis will be carried out by means of Mplus 8.

Results (Obtained or Expected): Classifications derived from IRIs will be compared with those from the CFMM to evaluate consistency across methods. The consequences of dealing with careless respondents identified through the two methods regarding CSES reliability and factor structure will be assessed.

Limitations: The study is limited by its reliance on a single survey instrument (CSES) and a homogeneous sample of university students. Future research should explore diverse populations and instruments to generalize findings.

Implications: This study underscores the need for reliable and easy-to-apply methods to detect careless responding in survey data, especially in online research contexts, more prone to this phenomenon.

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Paper number 878 | Oral

"CompassionDiary": Effects of compassion flows training on body appreciation and interest in cosmetic surgery

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Research aims and objectives. Using an experimental design, this research investigates whether the three flows of compassion can enhance positive body image and reduce interest in cosmetic surgery.

Theoretical background. Literature highlights the link between compassion and well-being, showing that even brief training can improve compassion skills, body image, and related health outcomes. Nevertheless, most studies focus on self-compassion, overlooking other flows (compassion from and to others). Preliminary evidence suggests that compassion and positive body image may act as protective factors against cosmetic surgery - an unnecessary but increasingly common practice that carries inherent risks. To date, however, no study has investigated whether compassion-based training could effectively reduce interest in cosmetic procedures.

Research design. Young men and women (N = 1020) joined a 7-day online study on "compassiondiary." Participants were randomly assigned to self-compassion (SC), compassion from others (FO), compassion to others (TO), or control (C) conditions, completing daily writing tasks on compassion related to body aspects. Controls described places visited. Pre- and post-tests measured compassion flows (CEAS), body image (BAS), and interest in cosmetic surgery (ACSS). After evaluating task adherence, the final sample included 346 participants (M age = 21.14).

Results. ANOVAs by condition, gender, and time revealed no significant effects on compassion flows. However, all compassion conditions showed greater body appreciation than the control. Women in the TO condition showed reduced interest in cosmetic surgery, while men in the FO condition reported increased interest. TO participants also showed a significant decrease in interest in cosmetic surgical procedures for social motivations.

Limitations. Results about cosmetic surgery are conflicting, suggesting the need for further studies.

Implication. This study is the first to experimentally examine the effects of compassion training across its three flows, demonstrating its effectiveness in enhancing positive body image.

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Paper number 959 | Oral

The boundaries of the Self: Investigating the source monitoring ability in healthy individuals

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Source monitoring (SM) is the ability to identify the origin of a stimulus or experience. This ability has been widely studied in the literature as a possible mechanism underlying the development of psychosis, however little is known about how SM works in the general population, especially for what concerns its association with verbal and overall cognitive functioning.

The aim of this observational study is to investigate how SM performance is associated with intelligence quotient (IQ) and verbal memory.

80 healthy controls (HCs) aged between 18-60 years, with an IQ≥80 as measured by the WASI-II test and without an history of psychiatric disorder or pharmacotherapy (excluding benzodiazepines) have been enrolled. Participants underwent an experimental reality monitoring task, a subtype of SM regarding the ability to distinguish whether a stimulus comes from the self or the external environment. Participants were required to listen, repeat or generate a word. During the recalling phase, they needed to indicate whether a word was listened, repeated, self-generated or new. We collected accuracy and error data as outcomes. Verbal memory was measured by the Rey test (AVLT). Data were analysed using SPSS 29. Pearson's correlations were performed to quantify associations between SM and cognitive measures.

Although we expected a low correlation, the correlation between SM and cognitive measures was moderate. Moreover, SM is typically tested on individuals within the schizophrenia spectrum, whose cognitive functioning differs from that of HCs, suggesting that at least one cognitive measure should always be included in studies of SM to control for its effect. Future studies should employ broader cognitive measures to better disentangle the relationship between SM and cognition. This task may help clinicians in assessing potential vulnerabilities in reality monitoring, which can be involved in the onset of psychiatric disorders characterized by an altered relationship with reality, such as psychosis.

Papers session 105

Paper number 93 | Oral

Psychosocial support for released offenders who are face with multi-causation challenges that contributes to recidivism.

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Approximately 11 million individuals are presently incarcerated worldwide, a number that is perpetually increasing. The Department of Correctional Services in South Africa continues to prioritize the provision of needs-based Psychological, Social Work, and Spiritual Care Services to inmates and people under correctional supervision to

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improve their mental health and emotional well-being and assist them in reintegration into the community. Psychosocial support for newly released offenders is essential for promoting successful reintegration into society and decreasing recidivism. This support includes emotional, psychological, and social services aimed at addressing the multifaceted obstacles ex-offenders encounter post-release, such as stigmatization, social isolation, mental health disorders, gangsterism and substance abuse. In order to promote the effectiveness and sustainability of social integration, the need to create an integrated support system with active involvement of psychosocial support for ex-offenders.

The research comprises an exploratory study of the challenges that offenders face upon release and which contribute to recidivism in the Department of Correctional Services (DCS). The qualitative methodology used for this research included semi-structured interviews in order to gather information on the challenges that contribute to recidivism. Offenders, parolees, family members, the Head of Social Reintegration, a social worker, a representative of NICRO, the Chairperson of the Atlantis Community Police Forum, and a spokesperson for SAPS Atlantis were interviewed in order to gather the relevant information. Although offenders attend various rehabilitation programmes inside the prison, it has become apparent that upon their release this rehabilitation is not sustained. The general findings of the research demonstrate that a lack of psycho-social support and the adverse socio-economic conditions confronting the offenders after their release from prison are the main barriers to their successful rehabilitation and reintegration into society. Psychosocial support initiatives, encompassing counselling, mentorship, skills development, and community networks, foster resilience, self-worth and social inclusion.

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Paper number 182 | Oral

Derailing into Detailing: Fear of Shame as a Push toward Low-level Thinking

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Background: The prospect of salient self-conscious emotions such as shame and guilt has been posited to prompt cognitive deconstruction – that is, shifting from the (default) framing of one's behavior in wholistic, future-oriented, "high-level" terms toward a "low-level" frame that is more detail-oriented and present-focused. Aims: We tested whether this hypothesized dynamic would most likely manifest when the aversiveness of shame –given its link to global negative self-evaluation – is salient. Method: Canadian psychology undergraduates (N = 270) completed measures tapping fear of shame (FoS), guilt- and shame-proneness or orientation (GASP), and low- v. high-level thinking (BIF) in one of four orders: BIF/FoS/GASP; BIF/GASP/FoS; GASP/BIF/FoS; and FoS/GASP/BIF. Results: Congruent with the hypothesis, BIF scores were significantly lower – suggestive of low-level thinking – when BIF was completed after (versus before) FoS; controlling for guilt or shame orientation did not eliminate this 1-versus-3 effect. At the same time, when BIF was completed after (but not before) GASP, higher guilt orientation predicted high-level thinking. Limitations: The observed effects are based on a subtle manipulation (i.e., questionnaire order) within an age-traditional undergraduate sample and did not appear to be moderated by individual differences in fear of shame. Implications: To our knowledge, the hypothesized link between self-conscious emotions and cognitive deconstruction has never been tested experimentally. The results suggest that shame and guilt dynamics – however nuanced and interwoven – differentially impact how people frame their behavior: Whereas the aversiveness of shame may push people toward cognitive deconstruction when salient, a focus on interpersonally reparative actions prompted by guilt – even if hypothetical – may sustain or even enhance high-level thinking.

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Paper number 406 | Oral

Mental health, loneliness, and physical environment: A network analysis

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Despite increased exposure to mental health risk factors from urban, social, or physical environments, the relationship between urban living and mental health remains unclear.

The study, which was conducted among a nationally representative sample of 2,701 inhabitants of Poland (51% of women), aims to explore environmental and social risk factors for mental health issues using network analysis.

The measurements used were PHQ-9, UCLA, Neighbourhood Cohesion (Neighbourhood Belonging and Social Cohesion), REAT 2.0 (Quality of architecture conditions in neighbourhood area), distance and frequency use of blue, green, and urban public areas, Self-Rated Health, Physical Activity, urbanicity, size of place of residence per person and sociodemographic survey (age, education, income).

We used a sparse Gaussian graphical model (GGM) with a graphical lasso with an EBICglasso estimator.

It showed that urbanicity and physical environment were linked to mental health issues via neighbourhood cohesion and loneliness in the estimated network. Urbanicity, distance to urban public spaces, and green and blue areas have been shown to constitute protective factors in the network.

This interdisciplinary research enhances our understanding of mental health risks and protective factors.

This study is a part of the "Urbanization and Health"(NdS-II/SN/0391/2024/012) project financed by state budget funds granted by the Minister of Education and Science within the framework of the Science for Society II Program in Poland.

Paper number 239 | Oral

The best possible self task has direct effects on expectancies and mood, and an indirect effect on anxiety symptom severity

Robert Booth[1]

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The Best Possible Self task (BPS) is one of the best-studied positive psychology interventions, and robustly improves optimism (expectancies) and mood. However, few studies have examined whether the task primarily affects expectancies, which then improve mood; or whether it primarily improves mood, which then affects expectancies. From 2023-2024, we conducted a well-powered, preregistered RCT with 240 unselected students. Mediation analyses showed that, at posttest, the BPS had large direct effects on positive expectancies, negative expectancies, and positive mood; and a small indirect effect on negative mood via negative expectancies. At 1-week follow-up (N = 202), the BPS had a small-to-medium effect on positive expectancies, which mediated a similar-sized effect on anxious symptom severity. These results indicate that the BPS affects both expectancies and mood, but its effects on expectancies are longer-lasting, and can lead to improvements in anxiety symptoms. More research is needed into the mechanisms of the BPS's effects in other populations, and especially into its possible benefits for people with anxiety.

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Papers session 106

Paper number 897 | Oral

The effectiveness of cognitive neurorehabilitation tasks based on the different frame of references in stroke patients

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Theoretical background. Cognitive rehabilitation for stroke patients lacks effectiveness, highlighting the need to explore factors as the frames of reference, which remain understudied. The objective of the research is to assess the effectiveness of cognitive rehabilitation tasks based on the different frames of reference in improving selective visual attention and short-term visual memory in stroke patients.

Methods. A randomized controlled trial (trial number: ISRCTN14922230) was conducted at Abromiskes Rehabilitation Hospital, involving 132 stroke patients (mean age=62.27, SD=10.52). Participants were randomly assigned to control (N=46), allocentric (N=40) and egocentric perspective (N=46) groups. The control group received conventional rehabilitation, while the intervention groups completed 10 sessions (30 minutes each) of cognitive tasks targeting selective visual attention and short-term visual memory, based on their respective frames of reference. Selective visual attention was assessed via Trail Making Test Part A. Short-term visual memory was assessed via The Medical College of Georgia Complex Figure. Attention-orientation was assessed by Addenbrooke's Cognitive Examination-III subscale.

The results revealed that there was not a statistically significant group effect on the improvement of selective visual attention ($F(2,118) = 0.306$, $p > .05$, partial $\eta 2 = .005$). Improvement of attention-orientation differs between groups ($F(2,118) = 7.333$, $p = .001$, partial $\eta 2 = .111$), while the bigger improvement was obtained in the egocentric group. Improvement of short-term visual memory differs between groups ($F(2,108) = 5.300$, $p = .01$, partial $\eta 2 = .089$), bigger improvement was obtained in the allocentric group.

Limitations. The study lacked a follow-up of 3 months or longer, which could offer more accurate insights into effectiveness.

Implications. The study highlights the significance of considering frames of reference when designing cognitive rehabilitation tasks. Tailored approaches based on these implications can optimize rehabilitation outcomes for stroke patients. This work was supported by the Research Council of Lithuania under Grant [number S-MIP-23-137].

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Paper number 674 | Oral

Association between Psychological Factors and Migraine Frequency and Severity: A Systematic Review and Meta-Analysis

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Despite the widespread prevalence of migraine, its treatment remains inadequate for many people. Studies have suggested that psychological factors may play a significant role in migraine. The aim of this review was to analyze the relationships of psychological factors with the frequency and severity of migraines. A systematic search of PsycArticles, MEDLINE, PubMed, and Scopus from database inception to 18 November 2024 was performed. Peer-reviewed articles, published in English were included. For each study the risk of bias, the strength of the evidence, corresponding score points, and the degree of association with migraine were evaluated. For the selected variables, separate meta-analyses were performed. Pearson's r coefficients were used as indicators of effect size. Fifty articles were included in a systematic-review, 14 studies in meta-analysis. The systematic review showed that depressive symptoms, anxiety, stress, and weak sleep quality were associated with migraine frequency. The results of meta-analyses indicated that higher perceived stress, depressive symptoms and anxiety were linked with higher migraine frequency, and that lower pain willingness and activity engagement, higher anxiety and fear of pain were linked with higher migraine severity. Our findings underscore the significant psychological burden of migraine, suggesting it is often a pain of sadness and emotional overload. The results suggest that psychological assessments—particularly measures of depression, anxiety, stress, sleep quality, and pain acceptance —should be inserted into routine migraine diagnosis.

Paper number 1176 | Oral

Post-awakening cortisol and resilience: Unravelling their Impact on cognitive decline

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Age-associated cognitive decline is a growing social problem and a major concern for older adults, highlighting the need to identify modifiable factors to mitigate it. The basal functioning of the hypothalamic-pituitary-adrenal (HPA) axis, and specially, the post-awakening cortisol levels, seem to play a key role in cognitive performance related to functions dependent on the prefrontal cortex and hippocampus. Regulating these cortisol levels is crucial in this context, and resilience has been recognized as vital for successful aging and cognitive functioning. This study was designed to examine how post-awakening cortisol levels (both the cortisol awakening response, CAR (AUCi) and total post-awakening cortisol secretion, AUCg) could affect cognitive decline across different domains, and explore the role of resilience in this relationship. To investigate this, a follow-up study conducted between 2018 (Wave 1) and 2022 (Wave 2) involved 53 healthy adults who provided saliva samples to assess post-awakening cortisol and completed tasks measuring verbal fluency, executive function, declarative memory, and resilience in both waves. Results showed a positive association between the CAR and semantic fluency in Wave 2, when controlling for Wave 1, but no relationship was found with other cognitive domains. In addition, a positive mediating role of

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resilience was found in the relationship between the CAR and semantic fluency performance. These results suggest that the relationship between post-awakening cortisol and cognitive function varies by index and cognitive domain. They emphasize the importance of the CAR and resilience in semantic fluency (prefrontal cortex-dependent) over hippocampal-dependent domains.

Workshop - Training future career guidance counselors: Integrating the CGC Roundabout Method for multi-actor digital competence development

Paper number 247 | Workshop

Training future career guidance counselors: Integrating the CGC roundabout method for multi-actor digital competence development

Lea Ferrari[1], Martin Stark[2], Peter Weber[3], Teresa Maria Sgaramella[1], Jan Woldendorp[4]

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Digital transformation is rapidly reshaping the job market, introducing new roles requiring advanced digital skills while rendering others obsolete. For instance, traditional manufacturing jobs are increasingly automated, necessitating workers to operate complex machinery and understand robotics. Similarly, administrative roles now demand proficiency in digital tools like cloud computing and data analytics. This shift highlights the critical need for enhanced digital competences among all workers, especially those vulnerable to digital exclusion. Without targeted support, these groups risk getting behind in the transition. Yet, tailored career guidance and digital skills training are often lacking. The EU project 'CGC Digitrans' addresses this challenge through the innovative Roundabout method, which integrates Multi-Actor Career Guidance to develop digital competencies across diverse workforce segments.

This workshop about the CGC Roundabout Method targets career counselors, HR specialists, and psychologists working closely with employees and trainees as well as researchers and students. It introduces participants to the method's core principles, emphasizing multi-actor collaboration to meet evolving digital skills needs and the curriculum developed to teach this approach. Following a brief introduction, participants engage in hands-on exercises based on real cases, gaining practical experience with key tasks and developing competences necessary for implementing the method. While the workshop builds essential skills, its main aim is to provide a preview of the method and curriculum, encouraging participants to explore its application in their own professional practices.

Throughout the session, participants engage in exercises reflecting tasks from the curriculum, including analyzing case studies to understand digital competences in multi-actor guidance scenarios. These exercises foster collaborative thinking and practical application, encouraging solutions from both learner and counselor perspectives. The workshop concludes with a reflective discussion on the method's adaptability, offering insights into how the approach can be optimized for future career guidance challenges.

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Spotlight presentations 11

Paper number 614 | Spotlight Talk

Smartphone attachment and mental health among Canadian adolescents: a three-wave longitudinal study

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Research aims: This study aims to investigate the longitudinal association between smartphone attachment and mental health among adolescents.

Theoretical background: Existing evidence suggests that excessive smartphone use is associated with various mental health problems. Grounded in attachment theory, this study conceptualizes “smartphone attachment” as engagement characterized by attachment-related behaviours: using smartphones as a secure base, seeking comfort through them, and experiencing anxiety when separated. Understanding how smartphone attachment impacts mental health may offer valuable insights for addressing the mental health challenges faced by adolescents.

Methodology: The study included 2164 Canadian high school students who completed an online questionnaire in 2021 (Grades 8-12; Mage=15.02 years, SD=1.41 years; 49.3% girls). A latent profile analysis was first employed to determine profiles of smartphone attachment. Following this, a multivariate linear mixed effects model was fit to assess the longitudinal association between smartphone attachment and mental health, controlling for age, sex, and baseline mental health.

Results: Three profiles of smartphone attachment were identified: low, medium, and high. Adolescents with higher smartphone attachment at baseline tend to be older, female, Asian, have poorer family attachment and self-regulation, have higher levels of fear of missing out, experience more mental health issues, and have lower self-esteem. The multivariate model indicated that adolescents with high smartphone attachment tend to have a steeper reduction in depression and stress relative to those with low attachment. No difference was observed for anxiety.

Limitations: Self-report measures may introduce response bias, as adolescents may underreport or overreport their attachment and mental health.

Implications: The findings offer insights that targeted intervention for educators and practitioners should prioritize strengthening interpersonal attachment to mitigate unhealthy smartphone attachment. Future research should further explore to whom and under what circumstances smartphone attachment can be beneficial or detrimental to adolescents’ wellbeing.

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Paper number 1151 | Spotlight Talk

Psychological assessment prior to therapeutic sessions using open-ended questions and machine learning

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Initial sessions of a therapeutic process demand significant attention and effort to collect and analyse information, crucial for understanding the patient and determining the therapeutic direction. A better comprehension of the patient's psychological characteristics may help match patients with compatible therapists and prepare them for the initial conversation. This study aims to develop AI models for psychological screening before therapy, identifying key psychological characteristics and factors.

Regarding the methodology, firstly, it will focus on defining core psychological characteristics through focus groups and online questionnaires with mental health professionals.

After, an app will be developed to conduct open-ended interviews. It will feature 2D avatars with synthesized voices and will ask a series of questions to elicit detailed and nuanced responses. The questions will target the identified psychological variables, with the responses being voice-recorded and securely stored in the cloud.

With this data, deep learning models will be created to assess individuals' psychological characteristics, employing two strategies for response embeddings: (1) Use LLMs to convert textual responses into embeddings; (2) Use pre-trained architectures like Hubert and Unispeech to create embeddings from voice recordings.

In the end, an online report will be produced for each patient, including an overview of the study, key psychological characteristics and factors, methodology, results, and interpretations. This report will be refined with clinician feedback and delivered to the therapist before the first session.

This research introduces new dimension to pre-session preparation, enabling therapists to optimize therapy sessions by having detailed psychological profiles beforehand, and leading to more focused and effective treatments from the start. Additionally, AI-driven assessments have the potential to standardize the evaluation process, minimize variability, and promote consistent and reliable treatment planning.

Paper number 668 | Spotlight Talk

The Online Power of Values: Adolescents' Online Bystanders' Behavior and their Personal Values

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The 21st century emerged as the digital century and is marked with a wide range of technological advancements, followed by potential changes in human behavior and communication skills. Along with many opportunities, these changes confront children and adolescents with new challenges, including exposure to online harmful content, shaming and cyberbullying. This study focuses on the role of values in adolescents' online bystanders' behavior, while witnessing cyberbullying. Since values are cognitive, abstract representations of desirable goals that motivate behavior, we hypothesized finding significant associations between specific values and differential online bystanders' emotions and behavior. Participants were 308 adolescents (mean age 15.2; SD = 1.63), and the data was collected through self-reported online questionnaires. Values were measured by the Portrait Values Questionnaire (Schwartz, 1992), and the participants' online emotions and behavior were examined using a

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questionnaire that also addressed reactions to situations of cyberbullying. We specifically assessed positive emotions and pro-social behavior (such as more supportive reactions) toward the victims, as opposed to different offensive behavioral reactions (such as being amused or ignoring the situation). Self-transcendence values (universalism and benevolence) correlated positively with pro-social emotions and behavior. Conservation values (conformity, tradition, and security) correlated positively with pro-social emotions, but no correlations were found with behavior. On the opposite side of the values scale, the value of power was negatively associated with the participants' pro-social behavior, and positively associated with offensive emotions and behavioral reactions. These findings stress the importance of understanding the role of values in directing adolescents' online emotions and behavior.

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Paper number 602 | Spotlight Talk

Shopping by looks: How streamer appearance, product preference, and impulsive buying affect cue reactivity, craving, and purchases

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Live streaming commerce (LSC) is currently one of the emerging marketing strategies, particularly post-COVID-19. During live streams, streamers showcase products in ways that resonate with consumers. Prior research has concentrated on customer-related antecedents (e.g., hedonic and utilitarian motivation, perceived financial benefits, uncertainty or personality traits) (Qu et al., 2023), platform-customer interaction (Xie et al., 2022), or Streamer-customer interaction (Garima Malik & Pratibha Singh, 2024). This study aims to determine how streamers' appearance and product preferences elicit consumer cue-reactivity and craving, ultimately influencing their purchase decisions and post-purchase behavior.

Two pretests and one experimental study were conducted to examine the research questions. The pretests manipulated two experimental stimuli: streamers' appearance (favorite/unfavorite) and product preference (high/low). Then, a factorial experiment was conducted to test our analytical model.

370 valid participants were collected from the internet platform. The findings indicate that cue reactivities and cravings are significant drivers of purchasing behavior. Notably, female consumers place more emphasis on product preference; when product preference is low, the impact of the streamer's appearance is minimal. Conversely, the faces of unfavorite streamers elicit high cue reactivities when paired with highly preferred products (M female, unfavorite/high = 2.56, M female, favorite/high = 2.39, $p = .007$; M male, unfavorite/high = 2.42, M male, favorite/high = 2.24, $p = .002$). This pattern also varies by gender. Additionally, impulsive buying tendencies significantly correlate with purchasing behavior and moderate the effects of various stimulus combinations (p female, cue $< .001$; p male, cue $= .012$; p male, crave $< .001$). These results suggest that the effectiveness of stimuli depends on the combination of appearance and preference. Tailoring stimuli based on gender and these specific combinations could enhance the efficacy of live-streaming commerce (LSC).

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Paper number 752 | Spotlight Talk

Why we feel guilty about digital leisure – A European perspective

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Research aims and objectives

To explore why digital free time activities might cause feelings of guilt among individuals across Europe and what exactly is commonly regretted.

Theoretical background

Adults across different countries consistently report a sense of regret in retrospective evaluations of digital leisure, such as social media consumption or audio-visual entertainment. This is in line with media portrayals of digital technology as unhealthy or harmful but contrasts with evidence of relaxation, flow states or enhanced mood during digital free time. Given the negative wellbeing effects of guilt about media use it is essential to investigate the perceived causes of such feelings from the perspective of users.

Research methodology

As part of the TIMED project (www.timed-europe.net), we conducted semi-structured interviews with 150 adults residing in the UK, Germany, Czechia, Poland, Switzerland and Spain. The interviews explored lived experience of digital leisure and were analysed using inductive thematic analysis.

Results obtained

Passive digital leisure was appraised as an inferior form of free time consisting of the mindless and meaningless pursuit of short bursts of pleasure, which was in conflict with the ideal of a regulated and conscious self that seeks productivity and self-enhancement instead of short-term rewards. Regret of digital free time centred around the idea that it replaced “higher-value” and often non-digital pastimes.

Limitations

Although substantial, the number of interviews conducted in each country (n = 25) does not allow for cross-cultural comparisons of technology-induced guilt.

Implications for research and practice

Relying on an exceptionally large and culturally diverse participant sample, our study provides insight into beliefs and values underlying the devaluation of digital leisure. Rethinking these could help to improve our relationship with digital free time.

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Paper number 267 | Spotlight Talk

Differences in reporting side effects and illness perceptions related to hormone therapy -between ethnic groups and white population of women

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Differences In Reporting Side Effects And Illness Perceptions Related To Hormone Therapy -Between Ethnic Groups And White Population Of Women

Sheena Sood

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Abstract

Hormone therapy is prescribed to women suffering from oestrogen receptor positive breast cancer to reduce recurrence of cancer. It has various side -effects. This study aims to compare the white population of women to the ethnic population of women sufferers of breast cancer and find whether there are differences in impact of side effects of hormone therapy in each of these groups and differences in illness perceptions related to hormone therapy in each of these groups.

Women from both groups(N=805) who were diagnosed with primary oestrogen receptor positive breast cancer and were prescribed hormone therapy filled Breast Cancer Prevention Trial Symptom Checklist (BCPT) and Illness perception based questionnaires (IPQ-BCS). The comparison of significant difference in impact of side effects of hormone therapy between white and ethnic groups were tested through parametric statistical analysis using T-TEST as the inferential statistic allowing testing of assumption among these two groups. The association between factors impacting perception of illness and consequences related to side effects of hormone therapy were found by using correlation and hierarchical regression as appropriate statistical analysis. The study had a quantitative cross-sectional design.

The results did not show a significant difference in reporting side effects of hormone therapy according to breast cancer prevention trial scale(BCPT) between white and ethnic group of patients.

The regression model revealed that illness perception tamoxifen consequences was the only illness perception sub-scale that contributed to the BCPT scores.

The study is helpful in highlighting the differences- It helps in highlighting significant differences of clinical benefit among these two groups. The limitation is that the study gives only an insight into short term trends.

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Spotlight presentations 12

Paper number 377 | Spotlight Talk

Living with parental multiple sclerosis: Adolescent's emotional experiences, coping and clinical recommendations

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Evidence suggests that parental illness affects the whole family, including children. Within South Africa (SA) little is known about the impact of parental Multiple Sclerosis (MS) on the adolescent child. There are few SA studies published on MS, however those have focused on patient or caregiver experiences, and not on the subjective experiences of the adolescent child with an ill parent. This research forms part of a larger study exploring the experiences of South African adolescents who have a parent diagnosed with MS, using a multi-method approach.

The broader qualitative study utilized semi-structured interviews and a follow up photo elicitation interview with 10 adolescent participants aged 12-25. This was followed by an individual semi-structured interview with the diagnosed parents. Participants were recruited via purposive sampling from an online SA Facebook group for individuals diagnosed with MS. Participants were included based on a list of inclusion and exclusion criteria and verbal data was analyzed using thematic analysis.

This presentation will offer findings from the adolescent semi-structured interviews, with specific focus on the emotional experiences related to having an ill parent which dominated the narrative. Ways of coping will be explored, and clinical recommendations will be provided as a basis from which health professionals can assess the support and intervention needs of these adolescents.

The study is in line with global efforts toward early intervention and health promotion amongst vulnerable and at-risk groups. It further aims to contribute to the body of knowledge on MS within South Africa.

Paper number 849 | Spotlight Talk

Training stress as an indicator of overtraining syndrome: Gender and sport type differences

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Training stress is a key precursor and indicator of overtraining syndrome (OTS), a condition that significantly affects the physical and psychological health of athletes and leads to decline in performance. While previous research has extensively examined gender differences in general coping with stress, the specific context of training stress as an indicator of OTS remains understudied. This study focuses on differences in training stress levels between men and women and between athletes in individual and team sports and provides insight into potential vulnerability to OTS.

This cross-sectional study involves 306 Czech performance athletes aged 18 to 30, representing both individual and team sports. The Training Distress Scale was utilized to assess levels of training stress. The study aims to

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identify patterns of training stress across genders and sport types, providing valuable insights into their role as indicators of overtraining and its associated risks.

Preliminary findings reveal significant differences in training stress, with females showing higher levels than males. Athletes in individual sports consistently report greater training stress compared to athletes in team sports. In addition, the results suggest that women in individual sports are particularly vulnerable, with higher levels of training stress being associated with OST symptoms.

These results emphasize the need for tailored monitoring and intervention strategies to mitigate training stress and its associated risks, promoting both physical and psychological well-being in athletes.

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Paper number 1008 | Spotlight Talk

Relationship between the gifted with discordant feelings tendency and adjustment to the workplace and the mental health of working adults

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Objectives: Gifted with discordant feelings (GDF) is a term that describes gifted individuals with a maladaptive functioning of overexcitability (sensitivity to stimuli, intensity of response, and behavior) in addition to experiencing difficulties in school and daily life. This study aims to determine the association between GDF tendencies and adjustments, mental health using this checklist.

Method: The GDF checklist, Adjustment Scale for Working Adults, and Japanese version of the Patient Health Questionnaire-9 (J-PHQ-9) were administered to 300 working adults. The adjustment scale was used with some wording changes, such as substituting the word “university” with “workplace” in the Adjustment Scale for University Students developed by Watanabe (2014).

Results: Factor analysis was conducted at the GDF checklist, and 36 items with four factors were selected. The factors were named: “rapid and active to stimuli,” “emotional fluctuation ,” “deep inquisitiveness,” and “sensory sensitivity.” Correlation analysis was then undertaken with the GDF checklist and the college life adjustment scale, revealing a significant negative correlation between “emotional fluctuation” and adjustment ($r = -.337$, $p < .001$). Moreover , correlation analysis between the GDF checklist and the J-PHQ-9 revealed significant positive correlations for all factors, and, particularly, moderate correlation was observed with “emotional fluctuation” ($r = .590$, $p < .001$).

Discussion: The results of the correlation analysis revealed an association between high GDF tendency and mental health. Furthermore, “rapid and active to stimuli,” “deep inquisitiveness,” and “sensory sensitivity” were associated with mental health but not with adjustment, suggesting that some people who appear adaptive in the workplace may also have discordant feelings and low mental health. From the results of the correlation analysis between “emotional fluctuation” and adjustment, GDF individuals with high emotional fluctuation might be more prone to maladjustment in the workplace.

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Paper number 489 | Spotlight Talk

Development and validation of a process-based resilience at work scale: the Employee Resilience Assessment (ERA)

Despina Djama[1], Jon May[1], Jackie Andrade[1]

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Research aims and objectives: We describe a new psychometric tool, the Employee Resilience Assessment (ERA), to measure resilience to chronic and ongoing stress in the workplace.

Theoretical background: Existing scales address resilience to isolated and more severe workplace events. In line with recommendations to clearly conceptualise resilience and consider definitions which apply to the context being investigated, we defined and measured employee resilience as a set of processes rather than an outcome following adversity.

Methodology: We used qualitative methods to develop an initial pool of scale items by asking people in paid work about experiences and views of psychological resilience at work, a method which can help accurately capture the individual experiences of the construct of interest. We then distributed this initial pool of items to collect data to validate the scale.

Results: Confirmatory factor analysis on responses from 332 participants showed a two-factor structure comprising of Managing Challenges and Emotional Coping dimensions. Further analysis indicated evidence of convergent validity (correlation with Cognitive Flexibility and Control Questionnaire: r = .71) and discriminant validity (correlation with Health and Safety Executive Indicator Tool which measures organisational conditions that contribute to work-related stress: r = .57), as well as good-to-excellent reliability (α = .94, ω hierarchical = .74). We found evidence of test-retest reliability at four weeks (r = .86, ICC = .86).

Limitations: The convenience sampling used increases the risk of bias as we may have under-represented specific participant groups. Future research can recruit a more representative sample and investigate whether the scale can measure changes in resilience following interventions.

Implications: This new resilience scale measures the processes involved in resilience for everyday stress at work, as opposed to outcomes following isolated adversity in the workplace. The scale could inform the development of interventions to increase resilience.

Paper number 871 | Spotlight Talk

Organisational support for staff involved in injurious incidents within mental health settings: A systematic review

Li-Fen Brandl-Cheng[1], Shihning Chou[1], Elizabeth Orton[1]

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Background: Organisational support is critical in mental health settings due to the high risk of exposure to injurious incidents. The organisation's role is to ensure that its policies, procedures, and prevailing cultures provide a sense of safety and security for staff.

Objective: To explore organisational support for injurious incidents in mental health settings from staff's perspectives.

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Methods: A mixed-methods systematic review following the Joanna Briggs Institute methodology was conducted. Seven electronic databases were searched on 31 July 2024. Qualitative and quantitative studies were included. Mixed-methods studies were included if qualitative and quantitative data could be extracted separately. Study quality was assessed with the Mixed-Methods Appraisal Tool. Quantitative and qualitative evidence were integrated using a convergent segregated approach. A meta-aggregation was carried out to synthesise qualitative findings. Quantitative data were synthesised narratively.

Inclusion criteria: Staff across mental health settings with experience in organisational support following an injurious incident

Results: Thirteen studies (six qualitative, five quantitative, and two mixed-methods) were included. The quality of 69% of the studies scored above 60%. Both qualitative and quantitative findings highlighted concerns regarding systemic issues, gaps in available support, and training quality. Qualitative findings additionally identified barriers to seeking support. The integrated findings highlighted the importance of workplace safety practices, structured workplace support for violent incidents, and improvements in training.

Limitations: The findings may not be representative for all staff in different mental health settings due to the relatively small number of studies found, only one of which covers community settings.

Conclusions: It is vital for organisations to recognise the insufficient support for staff involved in injurious incidents in mental health settings. The findings support a more proactive approach.

Implications: Further research is needed to evaluate organisational support post-incident for more robust results, while organisations are advised to review and enhance guidelines for managing injurious incidents.

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Paper number 994 | Spotlight Talk

What is it like to be a Ukrainian combat-wounded veteran? Men's sexual intimacy reintegration: IPA study

Dariia Hak[1], Yehor Butsykin[2]

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What is it like to be a Ukrainian combat-wounded veteran? Men's sexual intimacy reintegration: IPA study.

Kyiv School of Economics

Research aims and objectives

The research focuses on the experience of combat-wounded veterans reintegrating into sexual relationships and displays key aspects of this process.

Theoretical background

During the Russian-Ukrainian war, Ukraine mobilized approximately 1 million people to the Armed Forces of Ukraine; from them, 370,000 people got injured and needed reintegration into civilian life. Quantitative studies prevail over qualitative ones on this theme and emphasize the types of impairments of sexual experience (erectile dysfunction, inhibition of sexual desire, lack of sexual pleasure) but do not reveal underlined aspects of the injured person's sexual experience. They are conducted using different types of questionnaires and highlight the negative effect of military experience on veterans' sexual lives.

Research design/methodology/approach

This research examines the experience of sexual intimacy reintegration of six Ukrainian heterosexual male veterans (aged 25-40) demobilized after being injured during the 2022 Russian invasion of Ukraine. We collected the data via semi-structured interviews and analyzed it using Interpretative Phenomenological Analysis.

Expected results

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Persons who have relationships full of trust and acceptance with their partner adapt to changes in sex. Those lacking such support try to avoid sexual intimacy interactions, fearing rejection.

Limitations

The research is focused only on men`s experience. Future studies should include interviewing both male and female veterans and their partners and describing the experiences and features of LGBTQI+ people.

Implications for research

Findings will enhance the understanding of male combat-wounded veterans` challenges in sexual life and guide psychotherapists, psychologists, and policymakers to improve the current reintegration system.

Keywords

Veterans, sexual intimacy reintegration, Interpretative Phenomenological Analysis.

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Papers session 107

Paper number 1212 | Oral

United in care: Unveiling the unique stressors across veterinary specialties

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Theoretical Background: Veterinarians experience a unique set of stressors that can be grouped into a bio-psycho-social model of the veterinary job reality and several severe mental health consequences, such as depression and suicidal risk (Stetina & Krouzecky, 2022). However, there are still not a lot of findings, how veterinarians in different fields of veterinary experience their specific stressors.

Research Aim and Objectives: The study aims to systematically examine coping strategies and stressors across the veterinary profession in Austria analyzing different fields of veterinary medicine; to develop specific treatment approaches for better support.

Methodology: Using a cross-sectional design in cooperation with the Austrian Veterinary Chamber online questionnaires are sent out yearly to Austrian veterinarians on a voluntary basis. The presented analysis includes demographic data, work-related details, a coping strategy inventory (SVF-120) and open-ended questions with regards to subjective stressors. Data from March 2019 (n=339), September 2021 (n=332), March 2022 (n=191), and June 2023 (n=230), were used.

Main Results: The presented analysis focused on small and large animal practice and official veterinarians. In general, all veterinary fields differ significantly in all coping scales from the general population. However, the differences between the fields are significant as well and show that small animal veterinarians reported the highest use of maladaptive coping strategies (eg Avoidance: $F(2,549)=5.086, p=.06, \eta 2=.18$)) and official veterinarians report the lowest use of positive strategies (eg Minimization: $F(2,549)=8.337, p<.001, \eta 2=.30$)).

Discussion: The results highlight the need to address the well-being crisis in the veterinary profession and that the fields differ significantly, yet closer similarities to each other than to the general population

Limitations: Cross-sectional analysis does not allow any observation of change in individual participants

Implications: The findings indicate that veterinarians not only require professional support to improve their adaptive coping skills but also highlight the necessity for tailored interventions specific to each veterinary field.

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Paper number 756 | Oral

Validation of an instrument to assess the Centers for Psychosocial Care (CAPS), version for professionals: Assess-CAPS-P

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The Assess-CAPS-P instrument aims to assess how the main attributes of psychosocial care are shaped in daily practices in Brazil's Centers for Psychosocial Care (CAPS), with different versions for users, healthcare professionals, and family members. This study analyzed the psychometric characteristics of Assess-CAPS for professionals, drawing on the participation of 195 professionals from CAPS. Confirmatory factor analysis (CFA) was performed for Assess-CAPS-P, testing two factorial structure models - single-factored and eight-factored -, beside convergence analysis with the instrument SATIS-BR (Patients' Satisfaction with Mental Health Services Scale). CFA indicated the models' satisfactory results, with the eight-factor theoretical model used for the subsequent analyses and discussions, presenting the following goodness-of-fit parameters: $\chi 2 = 765.51$, $\chi^2/gl = 1.20$, $p = 0.001$, CFI = 0.93, TLI = 0.92, RMSEA = 0.03 (0.02-0.04), and factor loads of the items with values ranging between 0.76 and 0.33. Correlations between factors were mostly moderate (varying between rho = 0.38 and rho = 0.71), and convergent validity showed that the dimensions of Assess-CAPS-P correlate significantly and moderately with the global assessment and with all the SATIS-BR dimensions. Assess-CAPS-P presents adequate reliability and validity and highlights the importance of an instrument that proposes to assess the quality of CAPS, establishing indicators and parameters that allow systematic assessments via different social actors, complementing the assessment of satisfaction with the instruments already proposed.

Paper number 1133 | Oral

Vocational interest profile of Psychology students and graduates

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Vocational Interests in Psychology Students and Graduates

Vocational interests reflect stable preferences for activities, contexts, and outcomes (Rounds & Su, 2014). They drive motivation, effort, and persistence in behavior and task performance (Su & Nye, 2017). Evidence shows interest enhances attention, engagement, and time devoted to tasks (Hidi, 1990; Schiefele, 1991; Silvia, 2008).

Day and Rounds' (1997) hierarchy organizes interests from general to specific levels, with Basic Interest Markers (BIMs) (Liao et al., 2008) evaluating 31 scales of intermediate-level dimensions. BIMs have shown validity in differentiating fields of education, offering a flexible tool for vocational research.

Objective and Method

This study describes predominant interests in Psychology students and graduates, using the BIMs (translated into Spanish) to analyze responses from 526 participants (86.7% women, mean age = 31). Profiles were built based on scores of 4 or higher, and differences by academic progress were analyzed using a T-test.

Results

Key dimensions were Social Sciences (M = 4.2), Family Activities (M = 3.9), Social Service (M = 3.8), Human Relations Management (M = 3.6), Teaching (M = 3.6), and Career Counseling (M = 3.5). No significant differences were found between first-year and advanced students.

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Discussion

Psychology students' interests align with human-centered skills like communication, empathy, and understanding, essential for the profession. Similar to Tracey et al. (2011), results showed no differences by academic progress, possibly due to sample size, methodology, or curricular variations between countries. Findings reinforce the relevance of BIMs for vocational guidance and research.

Papers session 108

Paper number 27 | Oral

Don't say "It depends"! The challenges of communicating psychology to decision-makers.

Nicky Hayes[1]

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In the opening ceremony of the last EFPA Congress, ECP23, the President Christoph Steinebach pointed out that the one phrase decision--makers don't want to hear when they ask psychologists for advice is "it depends". For psychologists, however, this is a dominant tendency and often perceived as necessary. Psychologists are aware of the complexities of issues concerning human beings and society, and therefore reluctant to make absolute statements. Yet this does not trouble our medical colleagues or professionals in other disciplines, and an inability to communicate effectively with decision-makers inevitably results in the discipline being sidelined. This paper explores the demands involved in communicating psychology to audiences with differing levels of psychological awareness, and the issues and compromises raised by those demands.

Keywords: communication, decision-makers, psychological influence

Paper number 1234 | Oral

Leveraging neurodiversity for organisational innovation and growth

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This study explores the untapped potential of neurodiverse individuals—those with autism, ADHD, dyslexia, and other cognitive variations—in contributing to organisational innovation. Recognising the unique problem-solving abilities, creativity, and adaptive thinking these individuals bring to the workplace, the research examines how these cognitive differences can drive innovation and enhance team dynamics in complex organisational settings.

A mixed-methods approach was employed, involving 22 participants from the manufacturing sector, including neurodiverse employees, their managers, and team members. Data were collected through semi-structured interviews, focus groups, and surveys to explore the influence of neurodiverse perspectives on workplace creativity and innovation.

Qualitative analysis revealed key patterns in how neurodiverse individuals contribute to team problem-solving and creativity. Quantitative data were gathered using the Team Climate for Innovation Scale (TCIS) and organisational

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innovation metrics such as patent filings, product development rates, and idea generation. Triangulation of these data provides a comprehensive view of the impact of neurodiversity on innovation outcomes, with ethical considerations ensuring participant confidentiality and informed consent.

The findings highlight organisations that have embraced neurodiverse talent, demonstrating significant improvements in innovation, productivity, and team resilience. These organisations reported enhanced team cohesion, faster problem resolution, and greater adaptability, positioning neurodiversity as a critical asset for organisational growth and competitiveness.

However, the study has limitations. The self-reported nature of the data and the focus on the manufacturing sector may introduce biases. Future research could use randomised selection, explore long-term impacts, and examine cross-cultural differences in neurodiverse integration. Additionally, studies could explore how organisational policies and technological support mechanisms influence neurodiverse contributions to innovation.

In conclusion, this study positions neurodiversity as a strategic advantage, advocating for inclusive work environments that leverage the strengths of neurodiverse individuals to foster innovation and organisational growth.

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Paper number 1159 | Oral

The Portuguese adaptation of the HLS19-Q47: Insights into health literacy levels and public health implications

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Background: Health literacy (HL) relates to the knowledge, motivation and skills necessary to make informed decisions on health care, disease prevention and health promotion. It is an important social determinant of health-related behaviours and health outcomes, being considered as a modifiable risk factor in public health. Levels of HL vary greatly across Europe, which raises the need for a systematic assessment to guide interventions and policies.

Method: This study aimed to adapt the Health Literacy Survey (HLS19-Q47), developed by the M-POHL - WHO Action Network on Measuring Population and Organizational Health Literacy, to the Portuguese context. A representative sample comprising 1,027 valid cases was collected following CATI methodology. The survey included the HLS19-Q47 and the optional packages on Communicative HL and Costs and Health Economics.

Results: Results supported the adequacy of this measure. Reliability assessment based on Cronbach's alpha showed satisfactory internal consistency across HL dimensions ($\alpha = 0.85–0.89$), and general HL score $\alpha = 0.94$. Construct validity was evidenced through associations between HL and known predictors of HL (education, socioeconomic status), and positive correlations with Communicative HL. General HL was scored as M = 59 (SD = 10) while Communicative HL scored M = 65 (SD = 14) indicating higher scores on Communicative HL than with General HL in the Portuguese population. Results related to health economics suggested a significant economic burden due to health-related issues.

Conclusions: The present study supported the reliability and validity of the adapted version HLS19-Q47 in Portugal, while laying the ground for monitoring of HL levels and development of strategies to tackle HL disparities. Increased HL can contribute to the sustainability of the national health system by promoting positive health behaviours, leading to better public health outcomes.

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Papers session 109

Paper number 1034 | Oral

How reinforcement learning can transform technology and build bridges with psychology

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Research Aims and Objectives: This framework explores how the psychological principle of operant conditioning could evolve into a new programming language for AI systems. By focusing on how Reinforcement Learning (RL) adapts conditioning principles to guide intelligent behavior, it highlights the potential for psychology to redefine programming paradigms in a world of increasingly intelligent machines.

Theoretical Background: RL is inspired by operant conditioning, a concept developed by B. F. Skinner to describe how behavior is shaped by consequences. In a world of increasingly intelligent machines, these principles become more relevant as they offer a structured way to guide AI behavior through rewards and feedback. Recent advancements in Large Language Models (LLMs) further enhance this vision, positioning natural language as a potential programming interface. This integration of RL and LLMs creates opportunities for dynamic, human-centered systems.

Research Design/Methodology/Approach: This conceptual framework proposes leveraging principles of psychology, particularly operant conditioning and RL, as foundational methods for programming AI. It emphasizes the possibility of redefining programming as a process grounded in behavior shaping rather than static code. By exploring how these psychological concepts can inform adaptive and dynamic systems, this framework highlights a novel approach for creating AI systems aligned with human needs.

Results: The expected outcome is a deeper understanding of RL's ability to translate high-level objectives into actionable policies, enabling psychologists to contribute directly to designing adaptive systems, fostering interdisciplinary innovation.

Limitations: Challenges include reward misalignment, resource-intensive training processes, and ethical concerns. Addressing these requires robust methodologies and ethical oversight.

Implications: The integration of RL and LLMs offers a new avenue for psychology to influence technology development. By leveraging conditioning principles, psychologists can help design systems that are more adaptive and intuitive, redefining the relationship between humans and AI while enhancing human-computer interaction.

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Paper number 98 | Oral

Investigating the effect of top-down and bottom-up modulations of attention on the temporal percept of a scene

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Scene grammar consists of syntactic and semantic rules defining the spatial and contextual relations of objects within scenes, respectively. Tachmatzidou and Vatakis (2023) demonstrated how scene grammar violations affect temporal perception through attentional mechanisms. Syntactic violations, due to their strong attentional capture, lead to time overestimation, whereas semantic violations divert attention away from the timing task, resulting in time underestimation. To investigate how violation location and exposure times contribute to these effects, we employed a temporal oddball paradigm in two experiments with real-world scenes containing syntactic or semantic violations at various locations (centre, left, right). In each trial, participants were presented with repeated presentations of a standard scene and one more with the syntactic or the semantic violation (i.e., oddball) and were asked to compare the duration of the oddball to the standard. In Experiment 1 (N=22; mean age = 23.7), a repeated-measures 2x3 ANOVA revealed significant main effects of Violation Type [$F(1, 21) = 30.106$, $p < .001$, $\eta p^2 = .589$] and Location [$F(2, 42) = 7.912$, $p = .001$, $\eta p^2 = .274$] and a significant interaction [$F(2, 42) = 9.828$, $p < .001$, $\eta p^2 = .319$]. Central syntactic violations elicited pronounced time overestimation, suggesting eccentricity-based attentional capture, while semantic violations consistently led to time underestimation. In Experiment 2 (N=17; mean age = 24.2), we extended participants' exposure time to the violations in the same set-up. Only a significant main effect of Violation Type [$F(1, 16) = 8.918$, $p = .009$, $\eta p^2 = .358$] was observed. Time underestimation for semantic violations disappeared, suggesting improved attentional allocation, while syntactic violations were overestimated without location-based effects. Overall, our study reveals that temporal distortions induced by oddballs are dynamically modulated by attention and processing difficulty, with the latter emerging as a key factor influencing the observed effects of violations on temporal perception.

Paper number 675 | Oral

How does the content of perspective-giving affect collective action intentions among the disadvantaged?

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Previous research has underscored the importance of perspective-giving (sharing your personal experiences and viewpoints for someone else to then accurately reflect on) in improving intergroup attitudes, particularly among disadvantaged groups. In this study, we expand on this literature by examining how the content of perspective giving—focused on either inequality or harmony between groups—affects disadvantaged group members' motivations for collective action towards social change. The study was conducted within the Cypriot context, focusing on the Turkish-speaking Cypriot minority (N = 161), prompting them to focus on their experiences in comparison to Greek-speaking Cypriots, using a vignette-based experimental approach through an online survey on Qualtrics. Results showed that participants exposed to inequality-focused content expressed greater support

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for social change, higher intentions for collective action, and stronger motivation for change than those exposed to harmony-focused content. However, contrary to our expectations, whether participants gave their perspective to a member of the advantaged outgroup or not, did not significantly influence these outcomes. We then continued with a follow-up study with adjustments designed to strengthen the manipulations and broaden the context of inequality. This ongoing study targets a different disadvantaged group, Black Americans, with a larger sample size (N = 400) to improve the detection of interaction effects. We refined the perspective-giving manipulation by incorporating deception techniques and adjusted the study's context to examine interactions with a White American outgroup member. Potential findings of these studies can contribute to a deeper understanding of intergroup dynamics when power differences are at play and can highlight the nuanced effects of perspective-giving on collective action intentions among disadvantaged groups.

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Papers session 110

Paper number 624 | Oral

Haptic-based canonical perspective in drawings of people with congenital blindness

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Research aims and objectives: The study investigated whether the canonical perspective in drawings produced by people with congenital blindness is haptic-based – driven by how objects are perceived through haptic exploration.

Theoretical background: Drawing activity may be considered an indicator of the mental imagery of people with congenital blindness. At the same time, some researchers have suggested that an imagery mechanism among congenitally blind individuals is haptic-based, and that's why we should metaphorically link this mechanism to the "mind's hand" rather than the "mind's eye". The "mind's hand" generates an inner representation sequentially, adopts an egocentric frame of reference, and has a relatively low resolution. Summing up, a qualitative difference in the mechanisms underlying imagery may exist between people with different visual experiences. Such a difference may be observed in drawings.

Research design/methodology/approach: The review of the literature in the field and a case study – the drawing task of depicting common objects by an adult totally blind from birth, accompanied by an interview about drawing experience and approach to producing drawings and representing objects from the particular point of view. The special foils for producing embossed drawings were used as a material in the case study.

Results: When depicting everyday objects, congenitally blind people use a perspective different from the canonical visual perspective typically used by people with visual experience. A perspective typical for congenitally blind individuals is based on their haptic exploration experience with given objects. Hence, it seems fair to conclude that the canonical perspective in drawings is haptic-based among people with congenital blindness.

Limitations: Only one congenitally blind participant was tested.

Implications for research and/or practice: Tactile graphics used to educate congenitally blind participants should consider using perspectives other than canonical visual ones. Alternatively, congenitally blind students may be taught to understand the visual canonical perspective.

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Paper number 474 | Oral

Investigating the antecedents of natural hazards risk perception: A meta-analysis

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Research aims and objectives: This study seeks to: 1) estimate meta-analytically the strength of the effects of various potential antecedents on risk perception across different hazards and 2) examine the role of potential moderators influencing these relationships.

Theoretical background: Engaging the public is crucial to enhancing resilience to natural hazards, as it promotes self-protection. Risk perception is one of the main predictors of motivation for self-protective behavior (van Valkengoed & Steg, 2019). While extensive research has been conducted on risk perception, no quantitative synthesis of the existing literature is currently available.

Research design/methodology/approach: A systematic review using a search string across databases (Scopus, Web of Science, PsycINFO) identified 121 bibliographic records (127 studies). The review adhered to PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines.

Results: Findings related to the first objective indicate that nineteen antecedents significantly impact natural hazard risk perception. These antecedents are categorized into three groups (Bonaiuto & Ariccio, 2020): 1) factors concerning the individual-risk relationship, 2) factors linked to the individual-community relationship, and 3) individual characteristics (e.g., sociodemographic and dispositional). Among these, the first category is the most frequent and includes the strongest effects ($r \geq .30$). For moderators, the type of natural hazard and the risk level of the studied area were significant in some cases.

Limitations: The study's limitations include its focus on specific conceptualizations of risk perception, the limited representation of certain natural hazards (e.g., droughts, landslides), and insufficient research on some variables, emphasizing the need for broader and more diverse studies.

Implications for research, practice and/or policy: Risk management strategies should prioritize the three categories of antecedents and account for relevant moderators to maximize public engagement and improve resilience across all phases of hazard management, including preparedness, response, and recovery.

Paper number 672 | Oral

Using the Forgetfulness Assessment Inventory (FAI) as an embedded measure for memory over-reporting – First results

Michael Bayrhammer-Savel[1], Johann Lehrner[1]

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Courts rely on neuropsychological experts to evaluate early retirement claims based on memory loss. Given the potential incentive for applicants to exaggerate their memory symptoms, symptom validity assessment plays a crucial role in this regard.

This study aims to identify a cut-off value for the FAI to differentiate between symptom overreporting and genuine memory reporting in, firstly, patients with mental disorders undergoing forensic neuropsychological evaluation in private office (PO) and, secondly, individuals undergoing medical examination in an university-based memory clinic (UBMC) subdivided into healthy controls (HC) and patients with subjective cognitive decline (SCD) and mild cognitive impairment (MCI).

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Analyses are based on n=351 protocols in PO and n=503 protocols in UBMC. In addition to FAI, participants were subjected to SIMS, SRSI and BDI-II with symptom exaggeration being assumed, if two or more of these measures' respective cutoffs for overreporting were exceeded. Subsequently, ROC analysis and binary logistic modelling were performed.

Within PO patients, overreporting testees (35.7%) show a significantly higher FAI-score exhibiting a large effect (d=0.94). ROC suggests that a cutoff of 3.91 achieves a specificity of 0.91 and a sensitivity of 0.38. Within UBMC, overreporting testees (2.3%) show a significantly higher FAI-score exhibiting a large effect (d=1.23). The cutoff of 3.91 demonstrates a specificity of 0.93 and a sensitivity of 0.36.

The FAI was capable of distinguishing between testees who overreport their symptoms and those who state authentic symptoms. Thus, the FAI might be used as an embedded measure for memory overreporting. However, further research is needed to support these results.

Acknowledgments

The FAI is available from www.psimistri.com. J. Lehrner is CEO of psimistri GmbH, which is a Spin-off of the Medical University of Vienna and is the owner of the website www.psimistri.com. No other conflict of interest is reported.

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Papers session 111

Paper number 692 | Oral

Revolutionizing mental health screening with webcam-based eye-tracking technology

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Despite advancements in medical technology, mental health (MH) diagnostics continue to rely heavily on millennia-old techniques, such as clinical interviews, which have been shown to have low diagnostic power. The objective of this study is to develop and validate a novel, objective method for MH assessment by utilizing webcam-based eye-tracking technology to measure attention bias (AB) as a key indicator of MH disorders.

AB plays a crucial role in the onset and maintenance of anxiety and depression. Cognitive theories suggest that individuals suffering from these disorders demonstrate a heightened tendency to focus on disorder-relevant stimuli, such as negative information, which exacerbates their symptoms. By perpetuating a biased perception of reality, attention bias sustains the cycle of mental illness.

We have developed an Anima – a tool that combines conventional psychometric tests with eye-tracker diagnostics to quantify AB and use it as a potential diagnostic criterion. The currently developed metrics encompass hypervigilance (prolonged fixation on threat-related stimuli), avoidance (reduced fixation on such stimuli), dysphoric bias (increased focus on stimuli with negative valence), and anhedonic bias (reduced attention to gratifying stimuli).

Preliminary studies have demonstrated that Anima reliably mirrors the severity of anxiety and depression symptoms by quantifying these key metrics. Data are collected through an online platform requiring only a laptop and an internet connection, ensuring accessibility for both end-users and clinicians. Further research directed toward rigorous clinical validation and the extension of its applicability to other psychiatric conditions.

The primary limitation of the current study is the lack of large-scale clinical validation. Additionally, while webcam-based eye-tracking offers convenience, it may lack the precision of dedicated hardware systems. Further research is needed to address these limitations and improve the robustness of the technology.

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Paper number 679 | Oral

Enhancing Telepsychology in the Philippines: Addressing challenges and maximizing benefits

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The shift to full online psychological consultations in the Philippines of some psychologists has been found to improve their well-being by enhancing flexibility, reducing commuting stress, and lowering operational costs. Logistical challenges, such as scheduling and client accessibility, have also been streamlined, boosting service efficiency. However, psychologists face difficulties in maintaining physical and emotional boundaries at home. Additionally, the cultural practice of pakikiramdam—sensitivity to others' feelings and non-verbal cues—poses a dilemma in the context of technology's limitations. Training in virtual non-verbal communication, along with emotional boundary management, and conducting regular audits, can further improve telepsychology effectiveness. This study highlights the benefits and challenges of telepsychology, offering insights into its growing role in mental health service delivery while navigating cultural and technological constraints.

Paper number 1052 | Oral

Impact of social withdrawal on life satisfaction and self-esteem in Italian adolescents

Adriana Lis[1], Giulia Bassi[2], Elisa Mancinelli[2], Vinay Jagdish Sukhija[2, 3], Silvia Salcuni[2]

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The purpose of this study was to identify the level of "extreme social isolation" in a sample of Italian adolescents and the possible relationships with life satisfaction and self-esteem. The sample included 339 high school students, aged between 13 and 19 years, from northern and central Italy. The associated symptoms were examined through the Hikikomori Questionnaire (HQ), used to assess the trend of our sample, and make comparisons between groups divided according to the sex assigned at birth and the study cycle attended.

Subsequently, through the Satisfaction With Life Scale and the Rosenberg Self-Esteem Scale, the relationship between HQ levels, life satisfaction and self-esteem was examined. The main objective was to determine whether social withdrawal impacted the two dimensions of individual well-being and through which mechanisms.

The statistical analysis, conducted with SPSS, showed a low prevalence of symptoms of social withdrawal in our sample, although the scores were higher than in previous studies. Unlike the existing literature, the results did not show significant differences either for the sex assigned at birth or for the study cycle attended. However, negative correlations between HQ, life satisfaction and self-esteem were found; confirming that as discomfort increases, the two protective variables decrease. Furthermore, the mediation models revealed that isolation, among the three dimensions of the HQ, is the most incisive factor, reducing life satisfaction to a greater extent than socialization and emotional support. In particular, a significant negative influence of the severity of symptoms due to prolonged social withdrawal on life satisfaction was found, regardless of the level of self-esteem. However, a positive self-perception can reduce the negative effect of social withdrawal on life satisfaction.

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Paper number 1058 | Oral

Leaking out or being pushed: Is the problem of women's under representation in STEM academia men?

Leda Blackwood[1], Julie Barnett[1], Estelle Corbett[1], Konstantina Vasileiou[1]

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The notion of a 'leaky pipeline' to explain women (and other minority groups') failure to pursue science, technology, engineering, and mathematics (STEM) academia is pervasive. But are women simply slipping out of the system or are they being pushed? We conducted interviews (N=52) and a national survey (N=732) with early career and established STEM academics, from 40 UK universities. Our interviews focussed on participants' sense making of their own and others' STEM academic careers and how they attributed successes and failures. Our survey examined the factors associated with participants' expectations of being in STEM academia in 5 years-time. Reflexive thematic analysis of the interview data and logistic regression analysis of the survey data, both showed that the nature of early career researchers' employment on multiple short-term contracts and the perception of poor work-life balance were a particular deterrent to women. Yet, in the interviews, much of the discourse from academics centred on notions of aptitude and confidence attributed to individuals or groups (e.g., women aren't socialised to be confident); and the need therefore to address deficits (e.g., skills and confidence training for women). Within the interview data, these explanations sat alongside rich accounts of the role of relationships with senior academics in supporting and promoting careers as well as negative experiences such as bullying and harassment. Our survey data shed additional light on these findings. Specifically, we found that whilst opportunities were important to both men and women's decisions to stay in STEM academia, women experienced more bullying and harassment than men, and this explained their higher intentions to leave via their perceptions of an unsupportive workplace climate and reduced job-related self-efficacy. We will discuss our findings in relation to the implications for increasing diversity in workplaces and the theoretical importance of attending to dynamic and contextualised intergroup processes.

Paper number 1060 | Oral

Food aid to food justice: The case for strategies that de-atomise and de-stigmatise older recipients

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Background: Many older people live in poverty; they may be isolated and either unable or reluctant to access food support services in the community. This research conducted in the UK sought to understand policy makers, service providers, and older adults' sense making of food poverty and the factors affecting older adults' decision-making regarding accessing support. The research was informed by a social psychological understanding of processes of social inclusion and exclusion and the role of authorities in shaping the experience of disadvantaged and stigmatised communities.

Methods: We conducted semi-structured interviews and focus groups with policy makers and service providers (n=21) and older adults (n=31). Our research partners, a Council in the Southwest of England and an alliance of community organisations working with older adults, assisted recruitment within a mix of urban and rural communities. We conducted an inductive, reflective thematic analysis of the data; this was informed by a critical realist approach.

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Findings: Our analysis highlighted the links between social isolation, loneliness, and food insecurity among older adults. We identified three themes which spoke to processes of social exclusion associated with transitions (e.g., retirement, ill-health, loss of spouse); the reification of thriftiness and self-sacrifice for a generation who had experienced economic depressions and war; and the role of power dynamics in shaping perceptions and (meta)perceptions of older adults' experience.

Discussion: Our research emphasizes the imperative of de-atomising and de-stigmatising the experience of food insecurity. We recommend initiatives that foster connections within communities through food; while simultaneously challenging policies and discourses that shame poverty and dependence and champion resilience and sacrifice.

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Psychological science, historical and conceptual issues in psychology

Paper number 686 | Electronic Poster

Predicting attitudes toward ambiguity using natural language processing on free descriptions

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This study explores the feasibility of using natural language processing (NLP) to predict individual attitudes toward ambiguity from open-ended responses. By integrating advances in NLP with psychological measurement, it aims to develop an alternative to traditional rating scales.

Attitudes toward ambiguity, a key psychological construct, have traditionally been assessed using numerical scales such as the Multidimensional Attitude Toward Ambiguity Scale (MAAS). However, such scales may fail to capture the complexity of mental states. Recent developments in language models (e.g., BERT) provide new opportunities to assess psychological traits through free-text responses, potentially providing more ecologically valid measures.

Data were collected from 591 participants who provided open-ended responses to three scenarios based on the MAAS subscales (Discomfort with Ambiguity, Absolutism, Need for Complexity and Novelty). Participants were asked how they typically react when they are uncertain about the responsibilities of a job (Discomfort with Ambiguity), when ambiguous words like 'probably,' 'approximately,' or 'perhaps' are used (Absolutism), and when they are in situations which can be interpreted in more than one way (Need for Complexity and Novelty). Responses were analyzed using a fine-tuned BERT model, and correlation analyses were conducted between predicted and actual scores from both MAAS and the Multiple Stimulus Types Ambiguity Tolerance Scale-II (MSTAT-II).

BERT-derived predictions moderately correlated with MSTAT-II scores ($r = 0.41$, $p < 0.001$). Subscale-level correlations were weaker but significant (e.g., Need for Complexity: $r = 0.19$, $p = 0.04$). These results demonstrate the potential of NLP to predict attitudes toward ambiguity from naturalistic data.

The study was limited to English-language data using self-reported measures. Future work should validate findings across languages and investigate behavioral outcomes.

This approach can enhance psychological assessments by minimizing respondent burden and improving ecological validity. It holds promise for applications in education, clinical psychology, and cross-cultural research.

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Paper number 1254 | Electronic Poster

The disruptive influence of hunger on students' psychological well-being and learning in higher education-Social media as a narrative space

Bongani Mtshweni[1]

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Attending tertiary education requires students' basic needs to be met to succeed academically. Among the needs is the constant availability of food, a basic human need. Despite food being the most important source of energy and survival, students in South African institutions of higher learning are prone to experiencing hunger due to financial problems. Hunger interrupts learning, contributes to psychological stressors and dropout among students. This study aimed to investigate the influence of hunger on students' learning using X (formerly Twitter) as a medium through which students narrate and express their stories of food deprivation during their studies. The data collection comprised gathering X posts by students between 2019 and 2024. Content analysis was used as the method of inquiry for examining texts and themes. The findings of the study show that funding problems and inconsistent provision of financial aid to students contribute to hunger. Additionally, the findings of the study reveal that hunger is a widespread problem in South African institutions of higher learning, with potential adverse consequences on students' learning and mental health. This suggests a need for improved funding efforts to cater to students' necessities as a mechanism for preventing severe mental health outcomes.

Paper number 1100 | Electronic Poster

A bibliometric analysis of mental health research in places of higher learning in sub-Saharan Africa

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In this paper, we present the results of a comprehensive bibliometric analysis of mental health research within higher learning institutions across sub-Saharan Africa. The examination spans from 1974 to the present using a sample of 655 articles published in more than 255 journals. The study findings reveal notable trends in the field's evolution and identify promising scientific patterns that enhance our comprehension of the mental health landscape among tertiary students in this region. A significant surge in interest is observed, particularly within the last decade, signalling ongoing development and suggesting that the field has yet to reach its maturity, with a pronounced growth coinciding with the onset of the COVID-19 pandemic. Interdisciplinary collaboration characterizes the research in this domain, drawing insights from various disciplines within the behavioural and biomedical sciences. Moreover, heightened collaborations are observed within the sub-Saharan African region at the author, institution, and country levels. Notably, a substantial portion of the research is funded through regional resources (with the South Africa Medical Research Council being the most productive funder of 24 articles), reflecting a significant contribution from funders within the region. The study advocates for increased international collaborations to facilitate knowledge transfer. Furthermore, it recommends expanding research from the social sciences and humanities, particularly in sociology, anthropology, business, and education, to provide a more comprehensive understanding of how social, cultural, economic, and educational factors influence mental health and well-being.

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Paper number 1249 | Electronic Poster

Grouping unrequited and imagined romantic experiences: A mixed-methods study of online self-identified limerence populations

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Contributors of Distress in Maladaptive Love Setups: A Quantitative Analysis of Unrequited Romantic Experiences

Author: Marios Georgiou, Organisation: City St George's, University of London

Background

Limerence, an intense state of romantic infatuation, is often associated with significant emotional turmoil, yet the precise factors driving this distress are not well understood. Introduced by Tennov (1979), limerence describes an involuntary romantic desire, often with obsessive thoughts about a "limerent object" (LO). Despite growing public interest, particularly in online communities where individuals report high levels of suffering, there is limited academic research and a lack of evidence-based clinical guidance for those experiencing distressing limerence. This study aims to address part of this gap.

Aims

The primary research question is: Which specific elements of the limerent experience are the strongest predictors of psychological distress? The study hypothesises that specific elements of infatuation or limerence cause higher levels of distress than others. It is predicted that factors such as the degree of preoccupation and fantasy, and the perceived lack of reciprocation, will be more significantly correlated with higher distress levels.

Methods

This study will employ a quantitative, cross-sectional design. A target sample of at least 300 participants, aged 18 and older who self-identify as currently or previously experiencing limerence, will be recruited from online forums and communities. Data will be collected via a single online questionnaire incorporating demographic questions, the General Health Questionnaire-12 (GHQ-12) to assess psychological distress, the RQ-4 for adult attachment style, and a Novel Limerence Elements Scale. This novel scale, based on elements from previous scales, will measure facets such as level of contact with the person of interest, recognition and disclosure, reciprocation, fantasy content, relationship status and history, alignment with sexual orientation, and distraction and functioning. Data will be analysed using multiple linear regression to determine the extent to which different limerence elements predict psychological distress. If higher levels of participation are achieved, multiple linear regression and/or latent class analysis will also be used.

Expected Contributions

This research is expected to provide a more nuanced understanding of the specific components of limerence that contribute most to distress. The findings will inform a more targeted framework for clinicians, enabling them to appreciate the impact of these experiences better and tailor interventions more effectively (e.g., focusing on mindfulness for preoccupation or acceptance for lack of reciprocation). Ultimately, this study aims to bridge the gap between the lived experiences reported in online limerence communities and evidence-based clinical practice.

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Paper number 857 | Electronic Poster

Advancing equality, diversity, and inclusion considerations in psychology research methods

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Research aims and objectives

The Equality, Diversity and Inclusion inTo Research and Innovation (EDIT) Guidance provides a comprehensive framework to support the effective implementation of EDI strategies in psychology research methods. A mixed-methods approach was taken to establish best practice and barriers and facilitators to EDI implementation.

Theoretical background

There is a growing recognition of the critical role that equality, diversity, and inclusion (EDI) considerations play in shaping robust, meaningful research outcomes. As the field of psychology continues to evolve, inequalities and biases persist in research practices hindering the advancement of knowledge. Moreover, with increased consideration of EDI within funding applications, there is an urgent need to address EDI considerations in psychology research methods and practice.

Research design/methodology/approach

A comprehensive scoping review was carried out to establish existing best practice in EDI and research methodology. Furthermore, a survey, workshops and semi-structured interviews were carried out to establish levels of knowledge, barriers and facilitators to EDI inclusion in research design. Findings were synthesised and drawn together to develop an EDI Research Toolkit.

Results

Researchers understand the importance of EDI matters when designing and conducting research but lack the skills and knowledge to execute those considerations meaningfully and usefully. Moreover, EDI was most often seen as a ‘tick-box' exercise, leading to tokenistic inclusion, e.g. ‘telling funders what they want to hear’.

Limitations

The scoping review was limited to papers published in the UK, and semi-structured interviews were conducted with researchers from UK institutions.

Implications for research, practice and/or policy

The EDIT Guidance is a framework facilitating reflection on current practices, identification of training and development needs, and identifying steps towards greater inclusive research methodologies. The guidance can be used to implement and operationalise EDI within psychology research and provide a clear pathway to improve considerations of EDI that benefit all.

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Paper number 1178 | Electronic Poster

The dark tetrad of personality among men and women in Poland

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Aim: In this study, the focus was on analyzing gender differences in the intensity of four socially aversive personality traits, collectively referred to as the Dark Tetrad: subclinical narcissism, psychopathy, sadism, and Machiavellianism.

Material and method: The study was conducted using an online questionnaire. The new, Polish version of The Short Dark Tetrad questionnaire was used (SD 4 PI) to measure psychopathy, narcissism, sadism, and Machiavellianism. The analyzed sample consisted of 972 Polish participants (Mage = 34,39, SD = 11,09), including 730 women (75.1%), 238 men (24.5%), and 4 individuals who did not identify with either gender (0.4%). The statistical analysis included determining the normality of distributions using the Shapiro-Wilk test and assessing the significance of differences using the Mann-Whitney U test.

Results: Statistically significant differences were observed between men and women in the intensity of subclinical narcissism (U = 73461.5; p < .001; Mrang: Male = 540.84 vs. Female = 466.13; rg = .15); psychopathy (U = 69307; p < .001; Mrang: Male = 558.29 vs. Female = 460.44; rg = .2); sadism (U = 47057.5; p < .001; Mrang: Male = 651.78 vs. Female = 429.96; rg = .46); Machiavellianism (U = 69825.5; p < .001; Mrang: Male = 556.12 vs. Female = 461.15; rg = .2), and the overall Dark Tetrad score (U = 53100.5; p < .001; Mrang: Male = 626.39 vs. Female = 438.24; rg = .39).

Conclusions: significant differences were found in the intensity of the Dark Tetrad traits between men and women. In all cases, men scored significantly higher than women. For narcissism and psychopathy, a weak effect size was observed. For the overall Dark Tetrad score, a moderate effect size was found, while the strongest effect, categorized as moderately strong, was observed for sadism.

Paper number 342 | Electronic Poster

Emotional intelligence, job satisfaction, and burnout among teachers

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Teachers perform a demanding profession which can cause them significant stress. Stress can lead to burnout and job dissatisfaction. Teachers' emotional characteristics, such as emotional intelligence, can play a protective role in experiencing occupational stress. The purpose of this paper was to study the relationship between Emotional Intelligence, Job Satisfaction and Job Burnout of Primary and Secondary Education Teachers in Cyprus. 300 teachers participated in the research. Data were collected using the WLEIS Self-report questionnaire to measure emotional intelligence, the General Index of Job Satisfaction to measure job satisfaction, and the Maslach Burnout Inventory (MBI) – Education Survey Questionnaire to measure Burnout. The results of the research showed that there is a high level of emotional intelligence, a moderate level of job satisfaction and a moderate level of burnout in teachers. Also, significant correlations were observed between the three factors. The conclusion of the research is that the emotional intelligence of teachers is a factor that affects the satisfaction and burnout they experience in their work.

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Paper number 1220 | Electronic Poster

Worldwide census of school and educational psychologists: The project

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There is a lack of studies that compare internationally both the profession of psychologists and it sub-areas. In first devadde of this century several studies where conducted in one or several countries at the time using the International School Psychology Survey (ISPS) developed by the International School Psychology Association's (ISPA) Research Commitee. These studies yielded some relevant data, but were mostly conducted with reduced samples.

Therefore, there is a need effort to provide the school and educational professionals and their representative associations with an important tool for political discussion regarding the conditions of practice in different countries. The development of a worldwide census of school and educational psychologists would be groundbreaking in many countries because it would provide a benchmarking tool in several countries. Currently, there are 12 countries in four continents committed to participate in the Census and more are joining before the 6-month census-long starts.

This presentation describes the steps taken in the implementation of the first worldwide Census of School and Educational Psychologists, a joint initiative between the Division 5 (School and Educational Psycology) of the International Association of Applied Psychology (IAAP) and the International School Psychology Association (ISPA).

Human development and education

Paper number 381 | Electronic Poster

Cross-Cultural validation of the Individuation Test for Emerging Adults-Short Form (ITEA-S) in Portugal, Slovenia, and Spain

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The study presents the psychometric validation of the Individuation Test for Emerging Adults - Short Form (ITEA-S) in three European countries: Portugal, Slovenia and Spain. The ITEA-S was developed to assess individuation in relation to mother and father and measures five dimensions: Connectedness, Support Seeking, Self-Reliance, Intrusiveness and Fear of Disappointing the Parent. Psychometric assessment focused on confirming internal structure, reliability, and measurement invariance across the three cultural contexts. Emerging adults from each country participated in the study, resulting in sample sizes of 313 (Slovenia), 351 (Portugal) and 373 (Spain) for mothers' responses, while the corresponding samples for fathers' responses were slightly smaller.

Confirmatory factor analyses supported a five-factor model for the ITEA-S in each country, with fit indices indicating good to acceptable fit in all samples (CFI > .90, RMSEA < .08, SRMR < .08). Reliability was consistently high, with Cronbach's alpha values between .75 and .92 across all dimensions and countries, supporting the internal

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consistency of the instrument. Measurement invariance testing revealed configural and partial metric invariance between countries. Metric invariance of the mother form was achieved with minor adjustments, but scalar invariance was not supported, indicating limitations in direct comparisons of means between countries.

Results showed high connectedness with both parents in all countries, considerable self-reliance, low perceived parental intrusiveness, and notable fear of disappointing parents, especially in Portuguese and Spanish participants. In addition, moderate to strong correlations were found between the mother and father scales in all samples, supporting the construct validity of the scale.

These results confirm that the ITEA-S is a reliable and valid instrument for assessing individuation in emerging adults in different European contexts. However, cultural nuances suggest that while the ITEA-S is useful for cross-national assessments, caution should be exercised when interpreting mean differences in cross-national comparisons due to unsupported scalar invariance.

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Paper number 570 | Electronic Poster

The role of humour in the relationship between emotional intelligence and psychological well-being among university students: A mixed methods study

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Psychological well-being extends beyond the absence of disease or disorder; it involves both feeling good and functioning effectively, and is an integral part of academic success. Numerous studies demonstrate the relationship between emotional intelligence (EI) and psychological well-being, however, the underlying mechanisms remain unclear. Humour is a potential mediator in this relationship. This mixed methods study explored the role of humour styles in the relationship between trait EI and psychological well-being (hedonic well-being, eudaimonic well-being, and distress) among university students (emerging adults) and their perceptions regarding the role of humour in psychological well-being in a multicultural context at a UK university. Structural equation modelling (N=536) found self-enhancing humour mediated the relationship between trait EI and positive affect; self-defeating humour mediated the relationship between trait EI and negative affect, anxiety, and depression, separately; and affiliative humour mediated the relationship between trait EI and anxiety. International students reported comparable levels of well-being, depression, and anxiety to their home counterparts. Semi-structured interviews (N=16) and thematic analysis identified three themes: meaning of psychological well-being – a holistic approach, functions of humour, and self-managing psychological well-being. Personal development and cultural adaptation emerged as significant components of well-being within this population. Self-management strategies ranged from avoidant to constructive approaches, with high EI and lower distress linked to more adaptive methods. Humour was often used unconsciously rather than as an intentional self-management strategy. Multiple-group analysis was not conducted due to the uneven sample size of the two subgroups (i.e., gender, and students' origins). Findings highlight the need for higher education to recognise diverse perspectives on psychological well-being among target student population and to develop culturally sensitive interventions.

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Paper number 899 | Electronic Poster

Developmental trajectory of self-efficacy in early adolescence: The impacts of family environment and learning pressure

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Background: Self-efficacy is shaped by family and school environments. However, its developmental course in early adolescence has not been fully explored. Prior studies typically treat family cohesion and conflict as separate dimensions, overlooking their coexistence and even the family heterogeneity in balancing the cohesive and conflictual interactions. Additionally, transitioning to a performance-oriented educational stage brings unique challenges, including increased learning pressure, which may further influence self-efficacy. This study examines the developmental trajectories of adolescent self-efficacy and its associations with gender, distinct family environment patterns, and school learning pressure.

Methods: Data were collected from 830 adolescents (438 boys) across three waves from 7th to 9th grade, including self-reported self-efficacy (General Self-Efficacy Scale), family cohesion and conflict (Family Environment Scale), and learning pressure (Mental Health Inventory of Middle-school Students). Latent Class Analysis (LCA) identified family environment patterns, and Latent Class Growth Models (LCGMs) identified self-efficacy trajectories and examined the effects of family patterns and learning pressure.

Results: LCA revealed four classes of family environments at all waves: (a) low cohesion and high conflict, (b) high cohesion and moderate conflict, (c) high cohesion and low conflict, and (d) moderate cohesion and conflict. LCGMs identified three self-efficacy trajectories: poor-increasing (high initial levels, increasing trend), moderate-stable (moderate levels across waves), and superior-decreasing (low initial levels, decreasing trend). Interestingly, adolescents from families with high cohesion and low conflict, along with lower learning pressure, were more likely to follow the superior-decreasing trajectory in self-efficacy.

Implications: These findings suggest that a supportive family environment and low learning pressure alone may not foster sustained self-efficacy development, particularly in early adolescence. As autonomy continues to develop, excessively comfortable and protective environments may hinder adolescent growth. Future research should explore how a balanced combination of support, challenge, and autonomy can optimize self-efficacy development in this critical period.

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Paper number 827 | Electronic Poster

A longitudinal comparison of extremely and very preterm twins and singletons on intelligence test performance

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Introduction: Children born very and extremely preterm, with low birth weight (<32 gestational age, <1500g), are at increased risk for neurodevelopmental delays. Preterm twins face a higher risk compared to preterm singletons. Limited studies and inconclusive findings leave unanswered questions about potential differences in cognitive development between preterm twins and singletons. Most studies focus on preterm singletons, leaving families, educators, and policymakers without a comprehensive understanding of the cognitive outcomes of preterm twins. Comparative research on preterm singletons and twins can fuel pathways for targeted interventions and enhance families' support systems.

Aim: To compare WPPSI-IV indexes between extremely and very preterm singletons and twins, and to explore the effect of perinatal characteristics on WPPSI-IV performances in preterm infants.

Methods: A longitudinal study was conducted on 108 preterm children born in Hungary. Divided into two groups: extremely preterm (<28 weeks) and very preterm (28-32 weeks) with a birth weight <1500g. Cognitive outcomes were assessed at 3 and 5 years of age using subscales from the WPPSI-IV, including all the indexes. Statistical comparisons were conducted between twins and singletons, and extremely preterm and very preterm groups. Perinatal characteristics, such as gestational age, birth weight, SGA, gender, maternal education, and complications, were included in the analysis.

Findings: No significant differences were observed in scores of the WPPSI-IV between extremely and very preterm groups or between singleton and twin groups. Within singletons, a significant difference was observed in WMI3. Within twins, a significant difference was observed in FRI5. The findings indicate an improvement in VCI and FSIQ performances from 3 to 5 years of age for the very preterm and WMI scores for the extremely preterm. Perinatal factors including maternal education, SGA, and gender significantly influenced performance. Our results suggest that VLBW preterm infants can reach similar cognitive outcomes as non-preterm infants.

Paper number 631 | Electronic Poster

Exploring the Trajectories of Problematic Smartphone Use in Adolescence: Insights From A Longitudinal Study

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Research aims: This study investigated the trajectories of problematic smartphone use (PSU) among Canadian adolescents and identified predictors, including self-regulation, fear of missing out (FoMO), depression, and anxiety. The research objective was to understand how these factors influence the development and persistence of PSU.

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Theoretical background: This research is grounded in ecological systems theory, which emphasize the interconnected influences of individual characteristics (e.g., self-regulation), social dynamics (e.g., FoMO), and broader environmental contexts on adolescent behavior. By addressing gaps in existing literature, the study provided a longitudinal perspective on how these interactions contribute to mental health outcomes, such as depression and anxiety, across developmental stages.

Methodology: A longitudinal design was used, collecting self-reported PSU data annually over four years from 2,549 adolescents (Mage = 14.10 years, SD = 0.96). At Time 1, measures of self-regulation, FoMO, depression, and anxiety were also collected. Growth Mixture Modeling identified distinct PSU trajectories, and multinomial logistic regression analyzed predictors of trajectory membership.

Results: The results revealed three distinct trajectories: low-increasing-decreasing (35.5%), moderate-increasing (60.9%), and high-stable (3.6%). Multinomial logistic regression revealed that higher FoMO and depression were significant predictors of membership in the high-stable problematic smartphone use group, while better self-regulation predicted lower problematic smartphone use.

Limitations: The study relied on self-reported data, which may introduce bias. The findings may not generalize beyond the cultural and geographical context of Southern British Columbia.

Implications: The findings emphasized the need to address mental health challenges, particularly depression and anxiety, while fostering self-regulation skills to mitigate PSU among adolescents. The identification of FoMO as a significant predictor of persistent PSU highlights the pervasive influence of social pressures in the digital world. Targeted interventions, such as digital literacy initiatives, emotional resilience training, and mindfulness-based practices, may effectively reduce PSU and its associated risks.

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Paper number 653 | Electronic Poster

The Grief Maze Game: A psychotherapeutic tool for grief processing

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Objectives and Purpose:

The Grief Maze Game is a paper-based therapeutic tool designed to support individuals in processing grief within a psychotherapeutic context. Its primary aim is to help participants confront emotional pain by fostering self-reflection, emotional regulation, and the expression of feelings related to loss. The ultimate goal is to enhance emotional awareness and understanding, while developing healthy coping strategies for dealing with grief.

Theoretical Background:

The game is based on key psychological theories of grief, including Elisabeth Kübler-Ross's model of the five stages of grief (1969), Neimeyer's (2001) concept of meaning-making, and narrative therapy (White & Epston, 1990). These theories emphasize the importance of finding meaning in loss and re-framing one's grief narrative. The game offers a less intimidating and more engaging way to process emotions

Methodology/Approach:

The game is structured as a symbolic maze, each choice and path represent an aspect of grief such as loss, pain, anger, fear, and acceptance. Participants move through the maze by answering introspective questions, engaging in reflective activities, and confronting emotional challenges. A therapist accompanies the participant, guiding them through the process of reflection and analysis, helping to interpret emotional experiences.

Expected Results include improved emotional awareness, reduced anxiety, and better stress management related to grief. Participants often report a greater understanding of their grief, increased emotional empowerment, and a gradual acceptance of their loss. However, the game may not be suitable for complex grief or trauma that requires more intensive therapeutic interventions.

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Limitations: As a paper-based, self-guided tool, it may not be sufficient for addressing particularly complex grief or severe trauma that requires more intensive or structured psychotherapeutic interventions.

Implications for Research: The game can be integrated into therapeutic programs for adults, adolescents, or support groups, serving as a valuable complement to traditional grief therapy.

Keywords: Grief, Psychotherapy, Therapeutic Game

Paper number 962 | Electronic Poster

The motivational self-regulation and risk of internet addiction in secondary education students

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The review of the scientific literature indicates that the acquisition of self-regulation skills contributes to reducing the risk of problematic internet use in adolescence. There is currently evidence on the incidence of cognitive, behavioural and emotional self-regulation on the risk of disorders related to the use of information and communication technologies. Surprisingly, the effect of motivational regulation remains unexplored. We selected a sample of 1816 adolescents (52,8% girls) with a mean age of 13.86 (age range between 12 and 16 years), enrolled in secondary school academic courses (18.1% in 7th grade, 27.3% in 8th grade, 26.9% in 9th grade, and 27.8% in 10th grade to explore the relationships of different motivational self-regulation strategies and the risk of internet addiction. The motivational self-regulation strategies were measured with several subscales of the Spanish version of the Motivational Regulation Survey and the Escalas de Estrategias Motivacionales del Aprendizaje-Versión Secundaria. The risk of internet addiction was measured with the addiction-symptoms subscale of Scale of risk of addiction to social media and the internet for adolescents. The results of the regression analysis, in which sex and academic course were controlled, showed significant positive predictive effects of the strategies of work-avoidance self-talk (β= .390 , p < .001), self-defeating self-talk (β= .101 , p < .001), self-enhancing self-talk (β= .068 , p < .01) and self-consequating (β= .074, p < .01) on internet addiction, while mastery self-talk (β= -.113 , p < .001) and enhancement of situational interest (β= -.076, p < .01) were negative predictors. The model explained 33 % of the variance (F (8, 1564) = 97.889, p < .001). Overall, our results suggest that the motivational self-regulation could play an essential role in preventing the risk of addiction to internet in adolescents, providing insights for developing targeted interventions.

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Paper number 340 | Electronic Poster

Development of emotion recognition in children: The role of visual and auditory cues

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Background:

The ability to perceive and understand emotions is fundamental for effective interpersonal interactions and navigating social environments. Although emotions in real-world settings are typically processed multimodally, most research focuses on the ability to recognize emotions from a single isolated modality. This study explored the developmental trajectory of emotion recognition, focusing on the impact of congruent and incongruent combinations of visual (facial expressions) and auditory (vocal cues) stimuli.

Method:

The study included 60 participants across three age groups: younger children (4–7 years), older children (8–11 years), and adults. They were asked to identify emotions of joy and fear from videos, audio recordings, and multimodal combinations. Stimuli were presented in congruent and incongruent pairings. Responses were analyzed using mixed ANOVA to assess the effects of age, modality, emotion, and stimulus congruence on recognition accuracy.

Results:

A significant interaction between age and modality was found for the unimodal stimuli ($F(2, 55) = 17.94$, $p<0.001$, $\eta 2p = 0.40$). Younger children showed lower accuracy when recognizing emotions from auditory stimuli, but the same accuracy with visual stimuli. For the multimodal stimuli, all groups were equally successful at recognizing emotions from the visual stimuli while ignoring the auditory stimuli ($F(1, 57) = 0.34$, $p = 0.711$, $\eta 2p = 0.01$). However, both younger and older children showed lower accuracy when recognizing incongruent emotions from the auditory stimuli while ignoring the visual stimuli ($F(2, 57) = 27.87$, $p<0.001$, $\eta 2p = 0.49$). Younger children's success rate was below chance level, suggesting systematic defaulting to visual information in incongruent conditions.

Conclusions:

The findings suggest that the ability to integrate multimodal emotional cues improves with age, with younger children exhibiting visual dominance in incongruent scenarios. These results challenge prior claims of auditory dominance in children and emphasize the importance of task design and stimulus selection in emotion recognition research.

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Paper number 1033 | Electronic Poster

Personal values and personality traits integration in adolescence: Developmental patterns and well-being implications

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Adolescence is a critical period for personality development, marked by significant social, physiological, and brain changes(Blakemore et al.,2010;Crone&Dahl, 2012).While personality-traits describe consistent patterns of behavior (McCrae&Costa,1990), values reflect the motivational reasons behind these behaviors(Schwartz,1992).Despite some work on the Value-Trait Association(VTA), the connection between Schwartz's values and the Big-5-traits in adolescence has received limited attention.

Values differ in their underlying motivations(e.g., social vs. self-focus, deficiency vs. growth needs).Based on these characteristics of values, the emotional and behavioral patterns of each trait, and previous findings(Parks-Leduc,2015),understanding how different traits relate to each value in adolescence is crucial for deepening our understanding of this key developmental stage, as well as for illuminating how personality and values develop and dynamically interact during a significant life period.

We hypothesized that (1)adolescents' traits would correlate with their values according to specific patterns(e.g., Openness with universalism, hedonism, stimulation, self-direction; Agreeableness positively with conformity and benevolence, negatively with power), (2)from early to late adolescence, VTA would increase, and (3)higher VTA would correlate positively with subjective well-being.

Method: Israeli adolescents aged 13–18, participated in two samples(N=900 and N=582, respectively).An individual level VTA index was calculated based on meta-analytic correlations and theoretical significance.

Results: Of 23 hypothesized correlations, 21 were supported in both samples. Age correlated significantly with the VTA index, indicating value-trait associations strengthen with increasing age. Higher VTA scores in conscientiousness were linked to greater life satisfaction, suggesting that VTA contributes to subjective well-being.

Conclusions: The robust replication of most predicted value-trait correlations underscores the importance of the value-trait interplay in adolescence. Moreover, the positive link between age and VTA suggests that, as adolescents progress through this developmental stage, the coordination between their motivational priorities and behavioral tendencies intensifies. This growing alignment may reflect ongoing identity consolidation, wherein a clearer integration of values and traits might contribute to well-being.

Paper number 1007 | Electronic Poster

Parenting styles resilience and delinquency perceived by Institutionalized vs. non-Institutionalized youth

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Background: Previous research has associated negligent parenting, defined as a lack of parental control and responsiveness, to a child's lower self-regulation, resilience, and increased risk of deviant behaviour in adolescence. While authoritative and supportive parenting styles have been identified as protective factors fostering social adjustment in adolescents. It is paramount to understand these variables among institutionalized teenagers who frequently exhibit deviant behaviour to better identify the risk and protective factors associated with

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delinquency. Aims: This quantitative comparative study aims to understand the association between parenting styles, resilience, and delinquency in a forensic and a community sample. Methodology: After ethical approval, institutional, legal guardian, and adolescent informed consent authorization, 175 Portuguese adolescents (90 girls; 85 boys) between the ages of 13 and 17 completed the Portuguese versions of Parental Authority Questionnaire (PAQ), Measuring State Resilience (MSR), Adapted Self-Report Delinquency Scale (ASRDS) and a demographic questionnaire. Results: No differences were found between groups regarding parenting styles and resilience. Institutionalized adolescents presented significantly higher scores of delinquent behaviors. For the non-institutionalized group, parents' higher educational level was significantly associated with authoritativeness, and mothers' educational level with higher adolescents' resilience. Institutionalized adolescents exhibit more criminal and overall delinquent behavior. For the Institutionalized group, only fathers' education level is relevant to authoritativeness. We couldn't confirm the mediator role of resilience. Discussion: Although the study's cross-sectional nature precludes extrapolation, the results are noteworthy as they deviate earlier research. They underpin the need to implement more parenting programs in low-income multi-challenged families. Specifically given the importance that mothers education and, fathers' involvement and parenting style have in psychosocial adjustment. These results may help in the design of effective interventions focused on building resilience and preventing the implications of delinquent recidivism in both community and juvenile institutional settings. More research on resilience and parenting styles is needed.

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Paper number 432 | Electronic Poster

The impact of subject-specific norms on word problem solving in mathematics

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Theoretical background. Social norms are a widely discussed topic in psychological research. However, subject-specific norms of school students are not researched as broadly, even though they might influence their problem-solving behaviour. This has been suggested specifically in the context of mathematics, where socio-mathematical norms may lead students to provide meaningless solutions to various problem types.

Aims and objectives. We aimed to investigate the causal impact of socio-mathematical norms in the context of word problem solving, where it has been shown that students tend to provide meaningless solutions. Specifically, we asked students to solve word problems within different scenarios, where socio-mathematical norms are present to varying degrees. Furthermore, we investigated the impact of specific phrasings of the question statement.

Methodology. A 2("scenario": maths test vs. school trip) x 2 ("behavioural consequence": with vs. without) experiment was conducted. We assumed that a school trip scenario and question statements aiming at an imminent action would foster realistic solutions. N = 127 7th graders participated and solved three word problems that required realistic considerations.

Results. An ANOVA revealed that both a realistic school trip scenario and questions aiming at an imminent action fostered realistic solutions (main effect "scenario": $F(1, 123) = 7.53$, $p = .007$, $\eta p^2 = 0.06$; main effect "behavioural consequence": $F(1, 123) = 8.79$, $p = .004$, $\eta p^2 = 0.07$; interaction effect: $F(1, 123) = 0.25$, $p = .618$, $\eta p^2 = 0.00$).

Limitations. While results suggest an impact of socio-mathematical norms, the exact mechanisms of influence remain unclear. Additionally, it remains unclear what aspect(s) made rephrasing the question statement beneficial.

Implications. Our findings showed that subject-specific norms can influence student's problem-solving behaviour. This suggests that teachers should take great care to convey meaningful subject-related norms to their students. Regarding word problems specifically, teachers should discuss connections between mathematics and the real world.

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Paper number 531 | Electronic Poster

Implementing programs to promote mental health and academic success in polytechnic university of portalegre: strategies and outcomes

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This study presents the objectives, methodologies, and preliminary outcomes of two programs implemented in higher education: the Program for the Promotion of Mental Health in Higher Education (2ProSMES) and the Academic Boost Program. Both initiatives were developed as strategic efforts to support students, reduce dropout rates, and enhance well-being and academic success.

The 2ProSMES aims to raise awareness, prevent mental health issues, and empower students with self-care strategies using the Stepped-Care model. This model offers interventions tailored to the severity of mental health conditions, including individual and group psychotherapy sessions, yoga and mindfulness workshops, training for tutors and mentors, and strengthened collaboration with local mental health services.

The Academic Boost Program focuses on facilitating student integration and adaptation, preventing dropout, and boosting academic performance. It involves the implementation of digital tools for monitoring and early warning systems, as well as initiatives to modernize teaching practices and foster pedagogical innovation.

Methodologically, both programs were monitored using quantitative and qualitative indicators, including metrics on access to support services, the number of consultations provided, and retention and success rates. Preliminary results show a reduction in anxiety and depressive symptoms among 2ProSMES participants and improved retention and academic success rates in the Academic Boost Program.

These projects highlight the importance of an integrated approach to supporting mental health and academic success, contributing to a more inclusive and resilient higher education environment.

Paper number 634 | Electronic Poster

Comparing learning strategies in popular mobile-assisted language learning apps

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Mobile-assisted language learning (MALL) applications (apps) have transformed language learning by offering accessible and engaging tools for vocabulary acquisition. This study explores how specific features of MALL apps influence novel word learning, focusing on the roles of situational pictures (as used in Falou) and dynamic videos of people speaking (as used in Busuu). We hypothesize that learning will be more effective when participants learn novel words using pictures aligning with other research that has demonstrated the usefulness of pictures in word learning (Morett, 2019). Furthermore, situated learning theory proposes that learning is enhanced when it includes the context in which the word may be used (Catalano, 2014). We also investigate how linguistic backgrounds (monolingual vs. bilingual/multilingual) influence learning outcomes. Previous research has shown an advantage for bilinguals in novel word learning (Kaushanskaya & Marian, 2009). Using a within-subjects design, adult participants engage with stimuli replicating unique app features in a controlled environment and are tested on their

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word learning. A two-way mixed ANOVA of preliminary data demonstrated a significant main effect of learning context, $F(1, 22) = 6.94$, $p = .01$. In contrast, no difference in performance was found between mono- and multilinguals, $F(1, 22) = 0.07$, $p = .801$, nor was there an interaction between lingualism and learning context, $F(1, 22) = 1.59$, $p = .221$. Although participants performed above chance in both the picture ($t(23) = 13.29$, $p < .001$) and video ($t(23) = 9.94$, $p < .001$) conditions, they recalled more novel words using pictures ($M = 5.79$, $SD = 2.04$) than videos ($M = 4.83$, $SD = 2.26$). This indicates that situational pictures are more effective in word learning than dynamic videos. While these results may be informative for advancing MALL, this experiment uses isolated learning contexts instead of multiple contexts as seen in many MALL apps.

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Paper number 992 | Electronic Poster

Stress, exercise, and cardiac activity during baseline and their relationship in university students

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Autonomic cardiac activity can tell us a great deal about university students' physical and mental health status. The current study examined the relationship between heart rate, interbeat interval (IBI), vagal heart parameters (root mean square of successive differences, high-frequency power (HF), normalized high-frequency power (HFnu), natural logarithm of HF (LnHF), respiratory sinus arrythmia (RSA)), respiration rate and physical activity (International Physical Activity Questionnaire and exercise questions), as well as perceived stress (Perceived Stress Questionnaire). Heart indices were recorded during two baseline conditions following a novel measurement protocol developed in-house and validated in recent studies, which included an eyes-closed condition and an eyes-open condition, each lasting five minutes. In this contribution, we will present first preliminary data. Participants were N = 111 German university students (age range: 18-35 years, nfemale = 90). Vagal measures HF, HFnu, LnHF and RSA were significantly higher in the eyes-closed than in the eyes-open condition. A significantly lower respiration rate was measured in the eyes-closed condition. Gender differences emerged only in the eyes-open condition, with women having shown significantly higher HR, HFnu, and lower IBI than men. Perceived stress was significantly associated with HFnu, indicating its influence on vagal modulation. A significant interaction between the amount of exercise and perceived stress predicted respiration rate: Individuals with both higher stress and amount of exercise exhibited lower respiration rates, whereas those with lower stress showed higher respiration rates. The findings emphasize the importance of considering different baseline measurement modalities for the assessment and analysis of (vagal) heart parameters in students during autonomic regulation research. They also highlight the role of stress in modulating HFnu and the interplay between stress and exercise concerning respiration rate in a student sample.

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Paper number 1187 | Electronic Poster

Theory of mind development in language disorders: Challenges, insights and a systematic literature review

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Research aims and objectives: To critically examine the growing body of literature proposing Theory of Mind (ToM) difficulties among children and adolescents with Developmental Language Disorder (DLD) compared to other groups. Additionally, we explored the methodology used for ToM in included studies.

Theoretical Background: Theory of mind, the ability to predict and explain others' behavior in terms of their beliefs, thoughts, emotions or knowledge has been a longstanding focus in the realms of psychology. Developmental Language Disorder, a prevalent yet underexplored neurodevelopmental condition has been linked with ToM difficulties. Nevertheless, the link between ToM and language disorders is not well-understood. Do children with DLD show a delay, deficit or neither?

Research design: The systematic literature review was conducted according to PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines. A database search in PsychInfo, PubMED, reference lists and other reviews identified 18 eligible studies published between 2000 and 2022, the majority (n=6) from the United Kingdom. The studies comprised of 1521 participants.

Results: A narrative synthesis revealed mixed evidence that ToM abilities are impaired in children and adolescents with DLD compared to typically developing controls. Tasks assessing ToM were heterogeneous in nature, but the most widely used measure was first-order false belief paradigm.

Limitations: The included studies had an underrepresentation of females and adolescents and few studies controlled for language or cognitive function. Additionally, no formal risk of bias was conducted in the review.

Implications for research, practice and/ or policy (including originality and value): This is the first study to systematically review the role of ToM in children and adolescents with DLD. The review highlights how psychological difficulties like ToM are affected in children and adolescents beyond their language difficulties. This can provide new avenues for addressing and treating these individuals.

Paper number 1231 | Electronic Poster

Life-course timing of regret and depressive symptoms in older adults

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Introduction: Intense life regrets in old age are related to many psychological difficulties. It is not yet known, however, whether life-course timing of regrets could qualify this association. Regretted behaviours dating to early adulthood are frequently related to important developmental tasks. Though regrets tend to decrease in intensity, if a regret from earlier life phases is not resolved, it might jeopardize older adults' emotional well-being. Here, we examine the possibility that timing matters. We hypothesized that intensity of regret would predict older adults' depressive symptoms, and that this effect would become paramount among those whose regrets date back to earlier phases.

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Aims and Objectives: The aim of this project was to examine the factors of regret experiences that may contribute to the adverse emotional effects of life regrets in older adults. Our objective was to examine how life-course timing and intensity of regret may influence depressive symptoms.

Methodology: To assess the association between timing of life regrets, regret intensity, and depressive symptoms, this longitudinal study involved a heterogeneous sample of 150 older adults aged 59-93 who answered questionnaires at baseline and again two years later. The results were obtained through hierarchical regression analysis.

Results: Intensity of regrets significantly predicted depressive symptoms among participants whose regrets dated to earlier phases of their lives (around 24 years of age), but not among their counterparts whose biggest regretted event occurred later in life (around 61 years).

Limitations: Limitations include some modest attrition and the inability to prove causality.

Implications: This research is original because no study previously examined how life-course timing of life regret relates to well-being. These results illustrate the risk of more intense life regrets originating from earlier periods of adult development. They suggest that older adults may benefit from interventions designed to assist them cope effectively with their life regrets.

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Paper number 575 | Electronic Poster

Evaluation of a game-based app for teaching Colombian children about gratitude

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Recent literature highlights the importance of fostering social and emotional skills for children and adolescents' well-being and mental health. In Colombia, socio-emotional education has gained relevance in public policy (i.e., Law 2383, 2024, to incorporate socio-emotional education in the school context), though program development remains nascent. Integrating digital technology in gratitude interventions represents a new frontier in educational practices. The present study aimed to evaluate a game-based app's effectiveness in promoting gratitude in Colombian children. The videogame focused on teaching children the essential elements of gratitude and different ways to express gratitude. Two specific research questions were evaluated: Is the game usable for 4th graders, and what do they learn about gratitude from it? The study involved 191 students with 105 from private and 86 from public schools. A mixed-method approach following a Solomon design was employed that involved quantitative measures and open-ended questions. Post-intervention interviews were also included to explore participants' perceptions of the game and the specific gratitude-related aspects they learned. Results indicated that, after playing the educational game, children enhanced their understanding of gratitude, increasing the number of gratitude elements identified in their experiences. The game also broadened their repertoire of expressing gratitude, from simple verbal expressions to more complex, connective expressions. Results from the interviews showed that participants found the app enjoyable and effective in teaching gratitude concepts and expressions of gratitude toward close people. We are developing an online teachers' course accompanying the app to enhance the impact of gratitude education, leveraging technology as a tool for socio-emotional learning.

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Paper number 722 | Electronic Poster

Impact of perceived parenting styles and career-related discussion on career decision-making: A study on South Korean high school students

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This study examines the influence of perceived parenting styles on the career decision-making level (CDML) of South Korean adolescents transitioning to early adulthood. Utilising data from the 2018 Korean Children's and Youth Panel Survey, the study followed participants from the second grade of middle school in 2018 to the third grade of high school in 2023—a critical period for university applications or vocational education. The first study included 2,243 participants (aged 18 years, the third grade of high school students). We applied social cognitive career theory to explore the relationships between perceived parenting styles (positive and negative) and CDML. The mediating role of career-related discussions between adolescents and their parents was assessed through a career self-management model, which demonstrated an acceptable fit for the entire sample: CFI = .952, TLI = .910, RMSEA = .126, (90% CI= .113, .139), and SRMR = .061. While perceived positive and negative parenting styles were significantly correlated to CDML among third-grade high school students, the mediating effect of parent–adolescent discussions was not statistically significant. The second study employed longitudinal analyses from 2018 to 2023 (1,773 participants aged 14–18 years), revealing a nonlinear decrease in positive parenting styles over time and a linear increase in CDML. These findings emphasise the critical role of perceived parenting styles and the complex interactions between adolescents and their parents in shaping career decision-making during the transition to early adulthood.

Paper number 148 | Electronic Poster

Not transition paths but retirement conceptualization affects retirement satisfaction directly and through retirement adjustment

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The research aims and objectives.

This study aims to investigate how various conceptualizations of retirement and different retirement transition paths predict retirement satisfaction. Additionally, it examines the mediating role of retirement adjustment in these relationships.

Theoretical background.

The research is grounded in Shultz and Wang's (2011) temporal process model, which serves as a framework for understanding the retirement experience. Retirement concepts often develop long before the actual retirement, acting as distal factors that shape one's experience. These influences interact with more immediate factors, such as the specific situational circumstances during the retirement transition.

Methodology.

The study employs a cross-sectional design with a regression-based statistical approach. The sample comprises 297 retirees (127 men, 170 women), aged between 60 and 75 years (M = 67.04, SD = 2.14). Participants completed

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the Retirement Lifestyles Questionnaire, Retirement Adaptation Scale, Retirement Satisfaction Scale, and provided information on their retirement paths, characterized as either voluntary/involuntary or on-time/behind-time.

Results.

The analysis revealed that the "New Start" retirement concept directly predicted retirement satisfaction, while the "Continuation" and "Imposed Disruption" concepts influenced retirement satisfaction indirectly through retirement adjustment. No significant effects were found for on-time/behind-time or voluntary/involuntary retirement on retirement satisfaction.

Limitations.

The primary limitations of this study include its cross-sectional design, which restricts causal interpretations, and the recruitment of participants via online panels, potentially underrepresenting individuals with limited internet access.

Implications.

The findings emphasize the significance of retirement concepts in achieving successful adjustment and satisfaction in retirement. These insights can guide strategies for employees and employers to facilitate a smoother transition from employment to retirement.

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Paper number 162 | Electronic Poster

Research findings on teachers' attitudes and value orientations

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This study investigates the generational and gender-based differences in the attitudes and value orientations of teachers in Mongolia's general education schools, emphasizing their implications for student development and educational policy. Using a mixed-methods approach, data were collected from 433 teachers through Potemkina's (1993) "Methodology for Diagnosing Socio-Psychological Attitudes" and Rokeach's (1971) "Value Orientation Study Methodology." The study reveals distinct generational variations in teachers' professional priorities and pedagogical philosophies. Generation Z teachers (≤26 years) exhibit a strong inclination toward generosity (r = 0.93) and authority (r = 0.82), with financial incentives playing a crucial role in their professional motivation (r = 0.95). Generation Y teachers (27–40 years) demonstrate a results-driven (r = 0.90), individualistic (r = 0.87), and power-oriented (r = 0.91) approach, focusing on measurable student performance and leadership roles. In contrast, Generation X teachers (≥41 years) prioritize process-oriented (r = 0.98), work-driven (r = 0.89), and discipline-focused values, emphasizing long-term student development over immediate academic outcomes. Gender disparities were also evident, with female teachers exhibiting stronger authority-driven attitudes, while male teachers placed a higher emphasis on autonomy and independence.

Unlike prior studies conducted in Western and other Asian educational contexts, this research provides a culturally specific perspective on Mongolian teachers' value orientations, offering critical insights into how sociocultural influences shape educational attitudes. The findings underscore the necessity of tailoring teacher training and professional development programs to accommodate generational and gender-based differences, ensuring alignment with contemporary educational needs. Moreover, the study highlights the broader implications of these value orientations on curriculum design, instructional methodologies, and student-teacher interactions. By contextualizing these findings within the evolving landscape of Mongolian education, this study contributes to the ongoing discourse on value-based pedagogy and the adaptation of educational policies to enhance teaching effectiveness and student engagement.

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Paper number 908 | Electronic Poster

Cramming Behavior Inventory (CBI): Development and preliminary validation of a tool to assess procrastination and superficial memorization strategies

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The Cramming Behavior Inventory (CBI) was developed to assess behaviors associated with cramming, including procrastination under time pressure and superficial memorization strategies. The tool comprises two scales: Procrastination/Time Pressure (Sommer, 2010; Theobald, Bellhäuser & Imhof, 2021; Cho & Lee, 2022; Daroedono et al., 2024) and Superficial Memorization (Ferrari, 2001; Siangian, 2022). This study presents a preliminary step in validating the structure of the instrument through a Principal Component Analysis (PCA) and evaluating its reliability.

The PCA was conducted on a sample of 230 participants (94 males, 136 females; mean age = 21.7 years, SD = 3.07) using a polychoric correlation matrix, given the 5-point Likert scale nature of the items. The Kaiser-Meyer-Olkin (KMO) measure of sampling adequacy was 0.712, and Bartlett's Test of Sphericity was significant ($\chi^2 = 784.6$, $p < .001$), confirming the suitability of the data for analysis. The Scree Plot and eigenvalues supported a two-component solution. The first component, Procrastination/Time Pressure, explained 31.7% of the variance. The second component, Superficial Memorization, explained 26.0% of the variance. Together, the two components accounted for 57.7% of the total variance.

Reliability analysis indicated good internal consistency for both scales. The Procrastination/Time Pressure scale demonstrated a Cronbach's alpha of 0.769 and McDonald's omega of 0.783. The Superficial Memorization scale showed a Cronbach's alpha of 0.724 and McDonald's omega of 0.736.

The results confirm the theoretical distinction between the two dimensions of cramming. Future studies should conduct Confirmatory Factor Analysis (CFA) to further validate the structure and explore the instrument's validity by examining its relationships with related constructs, such as intrinsic motivation and conscientiousness. The CBI represents a valuable tool for understanding cramming-related behaviors and designing targeted interventions to promote more effective study strategies.

Paper number 961 | Electronic Poster

Perceived social support and risk of addiction to internet in adolescents

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Problematic use of internet in adolescence has been generating growing interest among researchers over the last decades. Some studies point to perceived social support as a marker of vulnerability/protection for this type of risk behaviours, although more research is needed in this area. The objective of the present study was to analyse the relationship between perceived social support and the risk of addiction to social networks and internet in adolescents. We selected 1816 students (52.8% girls) aged between 12 to 16 years (M = 13.86; SD = 1.17), enrolled in secondary school academic courses (18.1% in 7th grade, 27.3% in 8th grade, 26.9% in 9th grade, and 27.8% in 10th grade). We applied several subscales of the Spanish version of the Relational Support Inventory – Adolescence and the Scale of risk of addiction to social media and the internet for adolescents to the participants. We conducted a lineal regression analysis to test the effect of different provisions of perceived social support

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(emotional support, guidance and reassurance of worth) from teachers, family and peers on internet addiction symptoms of secondary students. Sex and academic courses were included in the first step as control variables. The result of regression analysis was significant. The model accounted for 20.05% of the variance ($F (5, 1646) = 86.353$, $p < .001$) of internet addiction symptoms. The emotional support from teachers and the guidance and reassurance of worth from family had a statistically significant standardized beta weight ($\beta = -.217$, $p < .001$, $\beta = -.109$, $p < .001$, and $\beta = -.089$, $p < .01$, respectively). These findings confirm the protective role that perceived social support can play against risk behaviours and invite to take into account this dimension when developing effective intervention strategies and programs to prevent addiction to internet.

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Paper number 496 | Electronic Poster

Lock them up - smartphone-free classrooms can improve students' attention

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The omnipresence of smartphones is a well-documented phenomenon. Especially in schools, smartphones are highly used. At the same time, it is possible that smartphones may act as a significant source of distraction (Mendoza et al., 2018). According to the Cognitive Load Theory (Sweller, et al., 2011), smartphones could represent an additional cognitive load, consequently consuming limited cognitive resources and resulting in lower attentional performance. Even the mere presence of a smartphone has been shown to impair attention (Skowronek et al., 2023; Ward et al., 2017). Therefore, it is essential to investigate where the smartphone can be placed in an educational setting so that it does not negatively affect pupils' attention. In this context, the effect of using so-called smartphone garages can be particularly relevant for schools.

The aim of this study is to determine whether placing a smartphone in a smartphone garage within the classroom has a negative effect on pupils' attention. Around 180 pupils in the age of 16-20 complete a standardized attention test. During this period, the smartphone is either on the table, in a smartphone garage within the classroom, or in a smartphone garage outside the classroom. The study is conducted in a natural setting at a school, which leads to many advantages, however, it also leads to external disruptive factors, such as noise, which might be a limitation to the given results.

The initial analysis shows significantly lower attentional levels while the smartphone is present in the classroom (in smartphone garage, on the table). However, putting the smartphone outside the classroom in a smartphone garage is an effective solution to counteract the negative effect of smartphones on attention. In conclusion, this study can provide a way for schools to manage smartphones while creating a conducive learning environment for students.

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Paper number 696 | Electronic Poster

The religiosity as social value hypothesis: A cross-cultural examination of religiosity and well-being in children and adolescents

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Research shows that the typically positive religiosity-wellbeing association may vary by cultural context. The Religiosity as Social Value (RASV) hypothesis proposes that individuals derive more psychological benefit from religiosity the more religion is valued by society. This is because: (a) religious individuals are valued in religious societies, and (b) people evaluate themselves based on living up to culturally sanctioned values.

Three studies investigated the RASV hypothesis, with three main objectives: (1) testing the hypothesis across childhood and adolescence, (2) examining the relevance of various cultural units of analysis to the RASV hypothesis—country and religion (sub)cultures, and (3) assessing religiosity as a value (i.e., endorsement of religion as an important, motivational, guiding influence) via a novel measure, rather than rely on mean culture-religiosity levels.

Study 1 comprised representative child samples across 29 countries (Children's Worlds project 2016-2019). Study 2 compared Israeli children of Jewish, Muslim, Christian, and Druze religions, while Study 3 compared secular, traditional, religious, and ultra-Orthodox Jewish-Israeli adolescents. We expected a more positive religiosity-wellbeing association in more religious contexts (all Studies) and that this interaction would be mediated by viewing religion as a social value (Study 3).

Across all studies, the religiosity-wellbeing link was moderated by cultural religiosity. In Study 1, religiosity was negatively related to wellbeing in less religious countries. In Studies 2 and 3, religiosity-wellbeing associations were positive and stronger in more religious groups (e.g., Muslims, ultra-Orthodox). However, the interaction was not mediated by the endorsement of religion as a social value (Study 3).

Despite the limitations (cross-sectional, limited religion data in Study 1), these studies are the first to extend the RASV framework to children and adolescents, and to religion-related (sub)cultures, demonstrating the relevance of cultural context to the religiosity-wellbeing link from a young age. However, the mechanism of these effects remains an open question.

Paper number 1030 | Electronic Poster

Addressing teacher resistance: strategies for introducing solution-focused team meeting method in Japanese school settings

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This study aimed to explore appropriate policies for educational counseling based on factors preventing the introduction of the "Solution-Focused Team Meeting Method (SFTMM)."

Japanese children are facing a significant mental health crisis, with persistently high suicide rates and rapidly increasing truancy. Overworked teachers, who play a critical role in supporting students' mental health, require urgent support themselves. Setsuko Sato's SFTMM draws on solution-focused counseling and business-facilitation techniques. It enables problem-solving in educational counseling within 30 minutes. Despite its potential, the

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SFTMM has not been widely adopted in Japanese school settings. This study investigates the barriers to its introduction and proposes strategies to overcome them.

Two experienced individuals, who had implemented the SFTMM in multiple schools for more than two years were interviewed for approximately 60 minutes each. Data on cases of unsuccessful introduction were analyzed using Kawakita's KJ method.

The interview findings indicate that psychological factors among teachers often hinder SFTMM introduction, thereby delaying problem resolution. Specifically, two key barriers emerged: (1) exclusiveness, where teachers resist accepting opinions from newcomers, and (2) burden avoidance, where teachers avoid solving problems to prevent an increase in responsibilities.

Based on these results, this study emphasizes the importance of disseminating SFTMM-related information to teachers and providing customized support to those who wish to implement it. Furthermore, establishing a school-wide system to address these psychological barriers may pave the way for the effective implementation of innovative counseling methods such as the SFTMM. Such measures could benefit both children and teachers and foster a healthier educational environment. A limitation of this study is that it is based on interview data with two participants. Therefore, further investigation and research is required to consider better ways of introducing SFTMM in Japanese educational settings.

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Paper number 241 | Electronic Poster

Discovering different conceptualizations of epistemic beliefs across the school context – A systematic literature review

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Theoretical background. Epistemic beliefs – beliefs about knowledge and knowing – are pivotal for reflecting on one's assumptions about a discipline. They guide one's approach to disciplines and may predict responses to new developments and paradigm-shifts. For example, a psychology teacher, who views psychological findings as rigid and unchangeable, might teach the subject accordingly to their students.

Aims and objectives. Despite the keen interest and extensive research on epistemic beliefs, the construct itself is often described as messy and hard to conceptualize. Hence, the aim of the current study is to give an extensive overview on available instruments for measuring epistemic beliefs and to describe emerging patterns across studies in order to better understand the construct.

Methodology. A systematic review of existing instruments via seven databases was conducted. A total of N = 3981 articles were screened based on their titles, abstracts and keywords. Articles that presented original instruments, but also validations, modifications and translations were included into the results. Out of N = 892 eligible studies, N = 95 fit the inclusion criteria.

Results. Preliminary results indicate a great variety of measurement of the construct. Validation studies of both original instruments and translations of established instruments showed a lack of validity and reliability. However, there seem to be reoccurring patterns in factor structures across different conceptualizations and cultural contexts.

Limitations. While the study presented aimed at developing an overview of available psychometric measurements, it is only possible to a limited extent to identify best-practice approaches to measure epistemic beliefs or even to make recommendations.

Implications. Beyond the need for psychometric validation, the findings indicate that questionnaire-based methods are reaching their limits in this field, which is why newer, rather integrated, that is, multi-method approaches, are considered more promising (aka robust) for the assessment of epistemic beliefs.

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Paper number 366 | Electronic Poster

Identifying psychological capital profiles of educational counselors and their associations to occupational well-being

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Educational counselors face significant burnout risks due to heavy workloads, insufficient guidance, and exposure to stressful events (Kim & Lambie, 2018; Roznau & Gilat, 2017). In light of these challenges, examining the resources and strengths that support optimal coping of educational counselors becomes critical. This study explores Psychological Capital (PsyCap; Luthans & Youssef-Morgan, 2017) —a positive psychology construct encompassing hope, self-efficacy, optimism, and resilience—as a resource for enhancing counselors' well-being. A meta-analysis supports the ability of PsyCap components to predict job performance and desirable outcomes (e.g., job satisfaction, organizational commitment, and psychological well-being) (Avey et al., 2011). While prior research often examined PsyCap components independently using a variable-centered approach, this study adopts a person-centered approach to identify PsyCap profiles among counselors and their associations with two indicators of work-related well-being: burnout and job functioning.

Participants included 637 Israeli educational counselors (93% women). Five distinct PsyCap profiles were identified: (1) "focus on belief in goodness with reduced resilience and self-efficacy" (34%), (2) "focus on functionality and belief in goodness with reduced resilience" (34%), (3) "focus on self-efficacy with reduced belief in goodness" (12%), (4) "focus on the present with reduced optimism" (11%), and (5) "focus on resilience with reduced self-efficacy" (9%). Profiles differed significantly in burnout levels but not in perceived job functioning. Counselors in the resilience-focused profile reported lower burnout, highlighting resilience as a key protective factor.

These findings emphasize the importance of fostering resilience to support educational counselors in managing professional demands and reducing burnout. Resilience-building programs may serve as proactive strategies to enhance counselors' well-being, aligning with perspectives that prioritize resilience promotion over burnout prevention. By offering a nuanced understanding of PsyCap profiles, this study contributes to the broader discourse on psychological resources and work-related well-being in the counseling profession.

Paper number 374 | Electronic Poster

The design of a management skills feedback questionnaire

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Research aims and objectives: This research aims to develop a management skills questionnaire that is fit for evaluating skill levels and changes in these skills over time and making it freely available to researchers and practitioners.

Theoretical background: Fayol's (1949) seminal management theory, which emphasizes planning, organising, commanding/leading, coordinating, and controlling, was combined with contemporary soft skill typologies to develop the content of the questionnaire, whilst the formulation of the questions was based on theories related to feedback, and particularly well formulated feedback.

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Research methodology: The development of the questionnaire (and user manual) was based on an extensive literature review of management, management development and workplace feedback. The process involved the development of an originally long questionnaire, which was followed by refinements through multiple rounds of engagement with specialists and colleagues to evaluate and enhance the quality of the tool.

Results: A 30-item questionnaire covering 15 separate management skills was designed. The questions exhibit high content and face validity, corroborated by specialists and colleagues not involved in the original development of the questionnaire. A manual for using the questionnaire for work related feedback was also developed.

Limitations: The developed questionnaire is limited to content and face validity. Reliability and other validity information is presently not available. However, these details will be available by the time the conference proceeds.

Implications for research: This questionnaire provides an easy way to assess a broad range of management skills and contributes to management development interventions by offering valuable feedback to managers supporting skill enhancement and professional growth. The development of this free, literature-based questionnaire, endorsed by specialists, represents a significant advancement in assessing and developing managerial skills.

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Paper number 497 | Electronic Poster

Switched off, but always there - how smartphones affect students' attention

Jeanette Skowronek[1], Nina Schneider[1], Andreas Seifert[1], Sven Lindberg[1]

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Smartphones are nowadays a constantly present device in our lives, however they carry a significant risk of negative impacts, such as lower levels of attention. This can be a major problem, particularly in schools, where smartphones are increasingly present in the course of digitalization. This has sparked a heated debate on whether smartphones should even be allowed in schools, or if they should be banned altogether. Research has shown that even having a smartphone nearby leads to lower attentional levels in adults (Skowronek et al., 2023, Ward et al., 2017). However, this result is highly debated, and other studies show contrary results (Hartanto et al., 2024). Therefore, further research should be conducted to investigate the influence of smartphones on the attention of children and adolescents.

The aim of the study is to investigate how the mere presence of a switched-off smartphone affects the attention of students aged 13 to 17. To investigate this hypothesis, around 230 participants carry out a standardized attention test in the absence or presence of a smartphone.

First analyses of the results show that the presence of the smartphone leads to lower attentional performance. This has many implications for school practice, as it shows that smartphones should only be present when necessary. Placing the smartphone outside the room counteracts the effect of smartphones on attention, thus showing an easily implementable approach. Based on the Cognitive Load Theory (Sweller, 2011), smartphone presence might use up limited cognitive resources and thus lead to lower levels of attention. Limitations arise from conducting the experiment on site at a school, which leads to external, uncontrollable influencing factors (such as noise) to some extent. The findings of this study may help to improve students' attention in class and promote a focused learning environment.

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Paper number 1203 | Electronic Poster

You can love to death but can you die for love?

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Based on research conducted by Brewer/Grant/Potenza (2008) which confirmed a certain similarity, on a neurobiological level, between substance addiction and behavioral addictions: gratification activates circuits similar to those related to psychoactive substances. Love addiction induces subjects to increase their behavioral pattern to achieve the desired emotional effects as happens with substance addiction. In this work we will deal with "love addiction" in which the dependent partner annihilates himself, misunderstands his own evolutionary needs and justifies the behavior, moods and indifference of the partner towards him, influencing his own existence in relation to the other. Emancipation has been achieved but when a woman returns home from work she is often submissive. These women confuse love with the fear of loneliness, they do not consider themselves worthy of love because of their low self-esteem. In certain cultural contexts, love is considered the only thing necessary to conquer and change a man, even at the cost of sacrificing women's personal lives and destroying themselves for love. The news reports daily domestic violence that ends in tragedies. Respect for women and their dignity should be recognized as a human right to be placed before jurisdictional rights. In this sense, the role of prevention implemented by schools, towards students aged 10 to 14, is fundamental, since schools can be a powerful means of change, awareness, information and training and give students the necessary independence and ability to ask for help. The project is developed in two phases: one dedicated to boys, regarding the concept of respect and one aimed at girls, on the idea of love. The methodology used will be an evaluation through questionnaires preceded by meetings with discussions on topics such as patriarchy and gender equality demonstrated with daily gestures. Objective: to increase awareness on the topic and analyze the above.

Paper number 825 | Electronic Poster

Cradled by complexity: Exploring developmental vulnerabilities in premature infants

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Research Aims and Objectives:

This study examines the effects of perinatal complications—including IRDS, PVL, IVH, NEC, BPD, and ROP—on cognitive, motor, and language development of preterm infants, aiming to identify predictors of developmental outcomes and vulnerabilities associated with prematurity.

Theoretical Background:

Early adverse conditions can disrupt neurodevelopment, emphasizing the importance of identifying modifiable predictors within the preterm population.

Research Design/Methodology/Approach:

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A longitudinal cohort including 83 preterm infants (<35 weeks gestational age, birthweight ≤2800g), was divided into two groups: infants with complications (n = 32) and without complications (n = 51). Cognitive, motor, and language development were assessed using the Bayley Scales of Infant and Toddler Development, Third Edition (Bayley-III) at one and at two years of age. Hierarchical regression and general linear model analyses evaluated the contributions of gestational age, birthweight, small for gestational age (SGA), gender, maternal education, and complications.

Results:

We were unable to show significant differences between the two cohorts. Birthweight significantly affected cognitive development (p=.004), while SGA predicted motor development at one year old (p=. 014). Maternal education significantly affected cognitive (F=4.936, p=0.032), language (F=4.660, p=.037), and motor scores (F=4.551, p=.039) at two years.

Preterm infants with less than 1500 g birthweight were 4.7 times more likely to experience complications (OR = 4.71, 95% CI [1.72, 12.86]), while preterm males were 1.13 times more likely to experience complications (OR = 1.13, 95% CI [0.99, 1.29]). However, we acknowledge that the correlation coefficient for the gender variable is relatively small, indicating a significant but weak relationship.

Conclusion: Low-risk preterm infants who develop a complication perinatally can perform as well as preterm infants without complications. Biological factors influence performance in the first year of life, while at two years of age maternal education has a significant impact on the preterm's performance.

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Paper number 1079 | Electronic Poster

The impact of childhood emotional abuse on social-cognitive functioning in women and its connection to depression in adulthood

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Childhood maltreatment (CM), including sexual, physical, emotional abuse (EA) and neglect, is widespread and may have specific, lasting effects into adulthood, depending on the type of maltreatment experienced. This study aims to examine the specific social-cognitive profile of individuals with a history of EA, a frequently overlooked but highly prevalent subtype of CM that is strongly linked to depression in adulthood. Previous research and theories suggest that EA may impair social-cognitive functioning, but these factors and the impact of co-occurring maltreatment have not been comprehensively examined.

Women with a history of EA and a control group without exposure to EA matched for age, education, IQ and socioeconomic status were assessed using a comprehensive battery of clinical, behavioral, and cognitive measures, with a focus on social-cognitive mechanisms. Preliminary findings suggest the presence of a unique socio-cognitive profile in women with EA, which also mediates the link between EA and depression. While controlling for various confounders, our cross-sectional study may have limitations in establishing definitive cause-and-effect relationships and could be influenced by recall biases.

By incorporating for the first time a broad range of cognitive-behavioral measures of social cognition, this study is advancing an explanatory model of how EA may affect social functioning into adulthood.

This could play a role in the development of mental health symptoms, including affective disorders, and underscores the potential of modular precision psychotherapy to specifically target these mechanisms, improving social functioning and mitigating the long-term impact of early adversity.

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Paper number 163 | Electronic Poster

A study on certain aspects of teacher-student communication: research findings based on teacher-student interactions

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Effective teacher-student communication is fundamental to fostering a productive learning environment. This study investigates communication challenges between instructors and students at the Mongolian State University of Education, emphasizing the cognitive and social-psychological factors that influence interpersonal interactions. Using a structured, quantitative approach, the research employs the "Social-Psychological Characteristics of Communicators" questionnaire developed by Labunskaya (2003) to examine key communicative dimensions: verbal characteristics, psychological traits, attitudinal orientation, mutual influence, and communicator attributes. A total of 300 fourth-year students and 50 teachers participated, selected through stratified random sampling to ensure representativeness. Data were collected via self-administered surveys and analyzed using statistical methods, including Cronbach's Alpha reliability testing and multivariate regression analysis.

Findings indicate that teachers frequently experience unclear communication (86%), struggle to interpret students' emotions (80%), and tend to dominate interactions (78%), leading to decreased student engagement. Meanwhile, students report significant challenges in verbal and non-verbal communication (77%), misinterpretation of emotions (75.3%), and self-centered communication patterns (84.3%). Notably, discrepancies in speech, gestures, and attitudes contribute to misunderstandings and hinder effective dialogue. While previous studies have explored teacher-student communication barriers, this research contributes novel insights by quantifying the extent of these challenges, identifying their psychological underpinnings, and linking them to specific pedagogical consequences.

The study highlights the need for targeted interventions, such as communication training programs, active listening exercises, and enhanced non-verbal communication strategies for both teachers and students. Additionally, it suggests that educational institutions implement systematic monitoring, professional development initiatives, and psychological support services to foster more effective teacher-student interactions. These findings have direct implications for educational policy and pedagogical practice, reinforcing the importance of interpersonal communication skills in academic settings.

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Paper number 682 | Electronic Poster

Adolescent academic motivation and achievement in online education during the COVID-19 pandemic

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Research aims and objectives: The aim of the study is to examine adolescent academic motivation and achievement in online education during the COVID-19 pandemic and their determinants.

Theoretical background: School closures and online education during the COVID-19 pandemic have impacted adolescent students' learning process and educational outcomes.

Research design/methodology/approach: A nationally representative school-based self-report survey including 3326 adolescents aged 11-17 years (49,2% girls) was conducted during the COVID-19 pandemic in Bulgaria. The methods included authors-designed questions and scales regarding online education.

Results: Most adolescents (N=2985) participated in online education during the pandemic. Academic motivation (desire to learn, interest, understanding, and overall liking of the learning process) was higher in 9,9% and lower in 33,7% of adolescents in online education compared to in-person school education, and academic achievement (tests/examinations, homework/projects, and grades) was higher in 33,4% and lower in 13,4% of adolescents. Stepwise linear regression identified the following main predictors of academic motivation in online education (R2=0,35): more relaxed studying from home, lower perceived difficulty of online education, greater parental help with educational tasks, less total screen time, and positive COVID-19 impact on future expectations. Main predictors of academic achievement (R2=0,40) were: more relaxed studying from home, higher academic motivation in online education, higher age, lower perceived difficulty of online education, and greater total screen time.

Limitations: Limitations include the cross-sectional design of the study and the use of self-report questionnaires.

Implications for research, practice and/or policy: The prevalence and main determinants of high/low academic motivation and achievement in online education during the COVID-19 pandemic were identified in a representative sample of early to middle adolescents. Understanding the characteristics and determinants of academic motivation and achievement during the pandemic could be useful for improving the distance learning process and online teaching practices both in regular online educational programs and during crises.

Paper number 207 | Electronic Poster

Different patterns of retirement conceptualization: A Q-Methodological study of the retirement understanding

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Research aims

This study aims to explore diverse perspectives on retirement and identify the most valued and least favored dimensions among more educated retirees.

Theoretical background

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Numerous studies have examined retirement-related attitudes, self-efficacy, perceived gains and losses, and other factors in isolation, and this has shown that most retirees report a generally positive view of retirement. However, it remains unknown whether distinct subgroups of retirees can be identified when examining retirement from a more holistic perspective.

Methodology

We employed Q methodology with 56 retirees (10 men, 46 women) aged 62-73, all with secondary and university education, comprising working and non-working persons from various professions. The 36-item Q-set addressed retirement lifestyle concepts, attitudes toward work in retirement, perceived losses/gains, and concerns or self-efficacy regarding retirement.

Results

Analysis of Q-sort data using principal components analysis and varimax rotation revealed a five-factor structure that best aligned with theoretical and statistical considerations and accounted for 67.2% of the variance. Participants across all factors highlighted retirement as a life phase with new opportunities while valuing paid work in retirement. Beyond these shared aspects, participants differed in their emphasis on various other dimensions, resulting in subgroups labeled as "Super-Optimists," "Slower Pace," "Freedom," "Retention of Skills/Abilities," and "Financial Decline."

Limitations

The sample was gender-biased, with a higher proportion of women.

Implications

The findings suggest that the retirement experience is multifaceted, and existing questionnaires may not fully capture its complexity. Understanding how retirees conceptualize retirement can deepen insights into the psychological factors influencing employment decisions beyond retirement. The findings can support the need to approach retirement in a more complex way and to consider different retirement conceptualizations when providing counseling for retirees.

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Paper number 553 | Electronic Poster

Using moral theory to inform policy for people with Intellectual and Developmental Disorder

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Concepts such as normalization, person-centeredness, and self-determination are foundational principles in the treatment and support of individuals with Intellectual and Developmental Disorder (I/DD). In practice, these concepts have led to an emphasis on protecting the rights of people with I/DD to ensure that individuals in this population are treated, “just like everyone else”, with the same opportunities and control over their own lives as neurotypical individuals are afforded. While this focus on rights has succeeded in protecting people with I/DD from many of the most insidious abuses of the past, it leads to some interesting questions: Do neurotypical people truly have the freedoms that current rights-based regulations afford to people with Intellectual and Developmental Disorder? Do purely rights-based policies truly reflect the challenges of living with I/DD, or, in some cases, even the definition of the more disabling aspects of this diagnosis? Using the Social Interactional Theory of moral development (aka Domain Theory) as its foundation, this presentation argues that many of the current rights-based regulations regarding individuals with I/DD fail to distinguish between different domains of social knowledge that developmental science has identified, specifically the domains of personal decisions and social conventions. By bringing the language of Domain Theory into the discussion of normalization in the area of I/DD and using this

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language to inform policy, it is believed that developmental and psychological science can and should have a stronger influence on the formation of policy impacting this population. Furthermore, it is argued that, by doing so, the lives of individuals with Intellectual and Developmental Disorder will be enhanced and their truly person-centered aspirations realized.

Paper number 629 | Electronic Poster

An educational model of psychological work with psychosis in childhood and adolescence

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The contemporary school offers extensive but still underutilized resources and opportunities for insight into psychotic disorders in children and adolescents. The effective participation of the school psychologist in identifying the problem and consulting the pedagogical specialists, providing appropriate guidance and support for the families, as well as the successful inclusion of the suffering adolescents, is the emphasis of the current text. A conglomerate of various authors` opinions, scientific fields, interpretations and theoretical postulates will be presented, combined with specific descriptions of practical cases. The authors` main idea is to refer to two main academic directions – the biological and the psychodynamic, with the aim of extracting the most valuable patterns from each approach. In this way, the experience of clinical and school workers would be enriched and a unified practical approach would be formulated for a structured presentation of individual symptoms and syndromes, prognostic markers and consultative models of work in the office of the school psychologist.

Paper number 720 | Electronic Poster

Enhancing training outcomes of conscripts through autonomy support

Clara Cheang[1], Shi Min Toh[1]

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Through an autonomy-supportive intervention programme, the present study examined the role of autonomy support and its relationships with basic psychological need satisfaction, motivation, and training outcomes within the context of national conscription. Results from a group of instructors (n = 53) and trainees (n = 179) from the basic training phase and vocational training phase in a national fire service indicated that autonomy-supportive practices positively influence psychological need satisfaction and autonomous motivation among trainees. However, the effects of autonomy support on immediate performance outcomes were inconsistent, with different patterns of results during basic training and vocational training. The results also revealed cultural and structural barriers to instructors' adoption of autonomy-supportive practices. Overall, this research contributes to the growing body of literature on self-determination theory and provides insights for enhancing training outcomes and psychological well-being in the context of conscription.

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Paper number 907 | Electronic Poster

The mediating role of surface learning in the relationship between conscientiousness and math anxiety

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This study examines the relationship between conscientiousness (Ashton & Lee, 2009, 2018), surface learning (Polácek, 2005), math anxiety (Primi et al., 2014), and math performance (Galli et al., 2008) in a sample of 73 psychology students (13 males, 60 females; 20-23 age range) enrolled in a psychometrics course. Mastery of quantitative skills is crucial for their academic and professional development (Osborne, 2008, 2010), yet many students report high levels of anxiety towards mathematical disciplines (Zeidner, 1991; Macher et al., 2015; Khasawneh et al., 2021).

The analysis, conducted using structural equation modeling with bootstrap estimation (5000 samples), revealed excellent model fit indices (CFI = 0.996; TLI = 0.990; RMSEA = 0.042; SRMR = 0.028).

The results showed a significant indirect effect of conscientiousness on math anxiety, mediated by surface learning strategies (β = -0.154, p = 0.011). Students with higher levels of conscientiousness reported lower use of surface learning strategies (β = -0.394, p < 0.001), which, in turn, was associated with lower levels of math anxiety (β = 0.391, p < 0.001). The direct relationship between conscientiousness and math anxiety was not significant (β = -0.104, p = 0.364), confirming the central role of surface learning as a mediator.

Regarding math performance, learning-related anxiety was negatively associated with math scores (β = -0.573, p = 0.004), while testing-related anxiety showed no significant effect (β = 0.349, p = 0.073). The model explained 19.6% of the variance in math anxiety and 10.3% in math performance.

These findings suggest that promoting deep learning strategies could reduce math anxiety and improve psychology students' preparedness to engage successfully with quantitative disciplines, ultimately enhancing their academic and professional success.

Paper number 844 | Electronic Poster

DSA and emotional and behavioral difficulties: Prevalence of externalizing and internalizing disorders and gender differences

Tiziana Finocchiaro[1], Rosa Celentano[1]

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During the XI National Congress of AID, it was revealed that over 50% of individuals with Specific Learning Disorders (SLD), including both children and adults, develop emotional, relational, and behavioral issues. Consequently, focusing solely on academic aspects, strategies, and learning tools while neglecting the psychological effects of the diagnosis may result in negative consequences that impact the future lives of individuals with SLD.

Psychopathological disorders that may arise are varied and are categorized as either internalizing or externalizing disorders. Scientific research has demonstrated a comorbidity rate of 25-50% between specific learning disorders and internalizing or externalizing disorders. The most commonly observed diagnostic categories include Attention Deficit Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder, Conduct Disorders, Depression, and Anxiety Disorders.

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This research aims to explore, in detail, the specific prevalence of externalizing and internalizing disorders in relation to gender differences in a sample of young individuals aged 8 to 18 diagnosed with SLD. The study will use the Strengths and Difficulties Questionnaire (SDQ) as the assessment tool.

The initial hypothesis suggests a higher prevalence of externalizing disorders in males and internalizing disorders in females, considering the baseline male-to-female ratio in SLD diagnoses of 2-3:1 (APA, 2013).

The findings would not only confirm the necessity of giving maximum attention to the psychological and emotional aspects of individuals with SLD but also highlight the importance of specific, targeted interventions that, while not deterministic, take into account general gender differences.

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Paper number 8 | Electronic Poster

The effects of organized virtual collaborative study sessions among students with limited class engagement

Felisse Marianne San Juan[1, 2], Marivic Caacbay[2]

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This research examined the effectiveness of implementing organized virtual collaborative study sessions for students who exhibited limited class engagement. The aim was to determine whether their participation in class recitation improved following this intervention. The study analyzed the frequency of participation both before and after the collaborative sessions, with the overall goal of establishing a statistically significant effect. Conducted among Psychology students in Bulacan, Philippines, the study included both AB and BS and male and female participants, ensuring diversity. The outcomes indicated that the virtual collaborative study sessions served as a catalyst for motivating both educators and students to actively engage in these sessions. These findings suggest the potential for fostering a more dynamic and participatory learning environment within the academic setting, thereby promoting a culture of engagement and interaction among teachers and students alike.

Paper number 337 | Electronic Poster

Exploring mothers' sensitivity, child-teacher relationship, and children's temperament as significant determinants of children's attachment during transition from home to nursery

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It is of utmost importance to explore the determinants of the emotional development of children at an early age in institutional care and education, especially in attachment. Moreover, this topic seems to be even more important when children experience challenging situations, such as transitioning from home to nursery. The transition from home to nurseries is a new situation in which children's attachment is tested. This raises a key question: which variables are more significant in predicting children's attachment behaviour during the transition from home to nursery: the sensitivity of mothers, child-teacher relationship or the temperament of the children? To answer this question, the consent of a kindergarten in Primorje-Gorski Kotar County was obtained and 18 kindergarten teachers (all female, M=35.5, SD=9.28 years) gave the ratings of N=153 (75 girls) children aged M=3.05 (SD=.64) years.

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The children's attachment behaviour was assessed with the Attachment Scale (avoidance, support, mother-child closeness, rejection), the mothers' sensitivity with the Mothers' Sensitivity Scale (too high, optimal and too low sensitivity), the children's temperament with the EAS Scale (emotionality, activity, sociability) and the relationship between child- teacher relationship by STRS (closeness and conflict). Correlation analyses showed that children's high emotionality and activity, high and low sensitivity and conflict were significantly correlated with negative attachment types. In addition, regression analyses revealed that significant predictors for high avoidance were high emotionality, high mother sensitivity and low closeness to the teacher; for high support, high optimal sensitivity and closeness; for high closeness between mother and child, high optimal sensitivity and lower low sensitivity; for high rejection, high conflict in the relationship with the teacher, high sensitivity and high activity. As hypothesised, mothers' sensitivity and the child-teacher relationship proved to be more significant predictors of children's attachment behaviour than their temperament.

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Paper number 609 | Electronic Poster

Long-term effectiveness of an intervention aiming to enhance students' math self-concept by comparison processes

Hella Hörsch[1], Jennifer Schumacher[1], Fabian Wolff[1]

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Academic self-concepts are one of the most important constructs in educational psychology, as they predict key educational outcomes such as achievement, motivation, and course selection. These self-concepts are shaped by dimensional and temporal comparison processes and related beliefs, such as the belief about math and verbal abilities not being mutually exclusive (dimensional comparison-related belief) or about the changeability of abilities (temporal comparison-related belief). Despite their importance, these comparison processes and comparison-related beliefs have not yet been systematically utilized in interventions to strengthen students' academic self-concepts. Therefore, several self-concept intervention modules targeting comparison processes and comparison-related beliefs were developed and successfully tested in a prior study. However, neither explicit comparison processes (by measuring students' comparative achievement judgments) nor the long-term effectiveness of these modules were tested. To address this gap, this study integrated the modules into a comprehensive intervention, implemented it with N = 446 students (grades 9–11) from secondary schools of the academic track and tested its long-term effectiveness with a longitudinal design (four measurement points). Latent change score models demonstrated increases in students' math self-concept, achievement judgments regarding dimensional comparisons, and comparison-related beliefs. Changes in math self-concept were significantly correlated with changes in both achievement judgments and comparison-related beliefs. While short-term improvements were observed in nearly all constructs, only achievement judgments related to dimensional comparisons showed sustained changes over time, with no significant decline at follow-up. These findings suggest that the intervention effectively promotes short-term improvements in students' math self-concept and associated cognitive processes, but its long-term impact on self-concept remains limited. The study underscores the importance of addressing comparison processes to foster academic self-concept and provides insights into the mechanisms underlying these changes. Furthermore, the study highlights the practical relevance for teachers by providing actionable strategies to strengthen students' academic self-concepts and support their educational development effectively.

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Paper number 572 | Electronic Poster

How do young adults with depressive symptoms experience the support received during their school path?

Arto Lehtola[1], Tanja Vehkakoski[1], Miia Sainio[1], Kati Vasalampi[1]

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In decision-making related to mental health work in schools, it is crucial to take into account young people's own experiences of receiving support into account. However, to date, young people's experiences have been studied and considered in decision-making only to a very limited extent. This study aims to address this research gap, by asking: Through what types of narratives do young adults with depressive symptoms during their secondary education describe the support they received during their school path? The research data consists of interviews with nineteen young adults aged 22–23, focusing on their school experiences. The interview data were analyzed narratively, one story at a time, resulting in five narrative types: (1) Those overshadowed by their academic performance, (2) Those who found their career path, (3) Survivors who developed compensatory strategies, (4) Those disappointed with support and left alone, and (5) Drifters. A recurring theme in all narrative types was the perceived inadequacy of the support received by schools. Despite this, the young adults' sense of agency, current life situation, and the meanings attributed to support from various sources varied across the narrative types. The research findings are discussed in relation to James Marcia's (1966) identity theory as well as Deci and Ryan's (1985) self-determination theory. The results highlight the need for developing more individually tailored support measures which would be based on young people's own experiences and effective interprofessional collaboration at schools. This might prevent the prolongation and escalation of problems from basic education to secondary education and into working life.

Paper number 1118 | Electronic Poster

Psychological education for sustainable pedagogy

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The research aims to conduct research at the intersection of psychotherapy and pedagogy and develop a concept of psychology and pedagogy preparation of future teachers based on a trauma-oriented approach as a fundamental basis of work with children affected by war, providing the educational process's sustainability.

Objectives: to characterize the influence of war factors on the educational process in Ukrainian schools; to investigate teachers' requests; to identify modern psychotherapeutic approaches and tools for solving psychoemotional and traumatic problems in the educational process.

Theoretical background. The study presents work results on integrating psychotherapeutic approaches and techniques into future teachers' psychological and pedagogical training. According to the results of our research, by the beginning of 2023, 78% of student-future teachers did not know the psychological features of traumatic consequences, PTSD, and other consequences of military actions and were not ready to work with children who have encountered trauma. Age-related, pedagogical, and inclusive psychology is integrated into the professional pedagogical training of future Ukrainian teachers. At the same time, the recovery of the psyche after a traumatic experience and the integration of this experience, the transcoding of the content of the situationally accessible

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memory system into the verbally accessible memory system, is the subject of psychotherapy and does not have solutions in psychology courses for teachers.

The research design includes theoretical and empirical stages. Statistical methods were used to process data.

Expected results: the concept of trauma pedagogy.

This research project has certain limitations, as an online survey conducted in wartime conditions.

The development of the concept of trauma pedagogy is urgent for the Ukrainian educational system in wartime conditions and will be important for the post-war period. The study's results will be valuable for the educational process of schools and pedagogical universities in other countries since the stress level tends to increase.

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Paper number 662 | Electronic Poster

Measuring school readiness in four peruvian regions: Cultural adaptation and reliabilities of the School Readiness - Child Development Inventory (INDI).

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[1]Universidad de la República, Uruguay
[2]PUCP, Peru

Measuring school readiness has become a key issue for societies and educational institutions. Timely identification of delays is crucial for efficient interventions, as the development of foundational skills is strongly related to later educational outcomes. Latin America is a region where the proportion of children growing at risk of not meeting their full potential is high. Nonetheless, governments and academics have only started considering systematic assessment and intervention policies for school readiness. This work aims to describe the adaptation of a multidimensional measure of school readiness, the Child Development - School Readiness Inventory (INDI) to Perú. We also aim to provide initial psychometric evidence of INDI scores' internal consistency.

INDI is a teacher-reported measure developed and used extensively in Uruguay since 2017; thus, a cultural-educative adaptation was needed. We proceeded to provide 16 teachers with INDI training. We interviewed them during training and after INDI administration to gather feedback concerning their experience. Also, four experts were asked about the adequacy of items for the Peruvian educative context, In 2024, fieldwork was conducted. Participants were 3495 children from Lima, Piura, Loreto, and Cusco. Preschool teachers (Age 3 to 5 classrooms) completed the INDI - Peruvian version across four developmental dimensions: cognitive, socioemotional, motor, and attitudes toward learning.

Concerning cultural adequacy, both experts and teachers considered that INDI items showed adequate content to be administered in diverse Peruvian regions. Some linguistic adaptations were needed due to variants of the Spanish language. Also, an item related to putting clothes on was geographically sensitive and was slightly modified. The omega reliabilities of this first study were good to excellent (range: .71 - 93). The pattern of correlations among subscales was expected.

After adaptation, INDI can be considered a very good measure of school readiness for Perú both in terms of content and reliability.

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Paper number 427 | Electronic Poster

The anatomy of great teaching in higher education: A mixed-methods approach

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Despite the recognized importance of teaching effectiveness in higher education (HE) for improving student outcomes, satisfaction, and institutional reputation, limited research has examined student perceptions on the topic. Grounded in Self-Determination Theory (SDT), this study aims to explore the key characteristics of an effective instructor from the student perspective, using a mixed-methods approach that integrates quantitative and qualitative data. Undergraduate students at a private institution in Greece will participate in an online survey by completing instructor-related questions from the institution's Course Evaluation Questionnaire and an open-ended question designed to explore their perceptions of instructor qualities that resonate with effective teaching practices. The findings will provide insights into the core qualities students associate with effective teaching and how these qualities relate to student-, instructor-, and course-related variables. Limitations include the use of cross-sectional data, which does not allow the examination of changes in perceptions over time. The study will address gaps in the literature, and the findings can directly inform teaching practices, professional development programs, and institutional policies, to improve student satisfaction and learning outcomes.

Paper number 1051 | Electronic Poster

Student well-being monitoring and development support

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University students suffering from anxiety, depression, and deviations (Browning et al, 2021, Bubnovskaia, et al., 2023) in the context of securitization (Bubnovskaia et al., 2019) are characterized by the lack of sense of safety, engagement in deviant behavior, and health-related problems with financial burdens (Hess, Copeland, 2001; Chapman 2005; Fedushko et al., 2013; Morizot 2015; Marijana et al. 2020; Chamberlain 2021; Rivard et al., 2022). It harms the quality of life and mental health of young people, affecting personal development, fueling unrest and stifling economic opportunity (Sukhova, Selezneva, Mikhailova 2011; Bezverbny 2017; Rivard G. et al, 2022).

For treatment and development support the purpose of this study is to design the monitoring of student well-being and to examine its perceptions with safety, deviations, and coping measurement, personality variables control (n=1279, students at Purdue University). We explored the results of “Safety Box” (a cross-sectional survey using FDC, 1997, MacArthur SSS Scale, 2000, TIPI, 2003, BIT, 2014, GRiPS, 2018). The application of the Cronbach's alpha criterion and the analysis of intercorrelations showed a high consistency of these techniques. For data processing and analysis descriptive statistics, methods of content analysis (Atlas.ti), correlation, comparative, factor, and regression analyses (Python, R Studio, SPSS) were employed.

According to our factor and predictive model it is necessary to monitor the development and deviations indicators and safety resources in the context of youth well-being, to take into account psychological factors that enhance or mitigate the potential impact of an unfavorable environment (Pabayo et al., 2014; Fursova, Maslova, 2021; Bubnovskaia, Yakubenko, 2024).

The work was carried out as part of the project How to make the world safer: assessment of human safety resources in the face of new challenges and risks (Fulbright Visiting Scholar Program).

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Paper number 1207 | Electronic Poster

Parent satisfaction and understanding with regard to psychological reports

Esther Stavrou[1], Joshua Friedman[1]

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Psychological reports are important in translating test and other data into a description of a child's strengths and weaknesses that can inform meaningful recommendations. However, a common criticism of psychological reports is that they often use language that is too difficult for most consumers to understand. Since parents are generally recipients of these reports, writing clear and easy to understand reports is important to encourage their informed participation in decision making for their child. Writing clear reports is also an ethical issue as various ethical codes for psychologists require practitioners to guard against misinterpretation of test data and to present test results and interpretations in clear, understandable terms. This presentation will discuss the findings of a study comparing three different reports 1) a traditional psychoeducational report, 2) a reader-friendly version written at a lower reading level and with reduced jargon, and 3) a report generated using AI (ChatGPT). While previous studies have compared consumer preference and satisfaction with regard to various types of reports, the present study also examines parent comprehension of results across the three types of reports. The results of this study will be discussed as well as suggestions for making psychological reports more understandable and useful to parents. The benefits and risks of using artificial intelligence platforms to assist in report writing will also be discussed

Psychology and the social world

Paper number 958 | Electronic Poster

Understanding psychological stress in return migration: case of Latvia

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[1]University of Latvia, Latvia

Return migrants often encounter various psychological challenges during their transition back to their home country. However, fragmented research on these experiences has limited comprehensive understanding and hindered the development of unified conclusions. This presentation explores the psychological stress factors experienced by return migrants across three critical phases: before, during, and after their return to Latvia. Using a Grounded Theory approach, in-depth interviews were conducted with 21 participants, uncovering five core themes: the pre-return context, identity dynamics, perceived social support, psychological well-being, and elements that either facilitate or hinder re-adjustment. The findings reveal that stress levels before return are often more intense than those encountered post-return, underscoring the importance of the underexplored pre-return phase. Key stressors include unmet expectations, a sense of alienation, identity conflicts, and insufficient institutional assistance. By shedding light on these challenges, the presentation contributes to the psychological understanding of return migration and advocates for an integrated approach combining psychological support and practical resources to assist return migrants in their transition.

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Paper number 464 | Electronic Poster

Face recognition is influenced by socially relevant information - an EEG study

Ferenc Kocsor[1], Anna Takáts[1], Katalin Burghardt[1], Nabiha Chowdhury[1], Julie Jansson[1], Tas Ferencz[1]

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N400 is a cortical potential measured on lateral-occipital and central-parietal electrodes typically in tasks when a word does not fit into an otherwise meaningful sentence. Matching semantic content, however, is also a crucial process during face recognition, when visual features have to be paired with consciously accessible semantic information. Previous research has shown that mismatched stimuli impose a cognitive load on face recognition, and therefore increase response time. In addition, the amplitude of the N400 component increases proportionally with semantic mismatch, regardless of stimulus modality. Generally, N400 can also be measured in stereotype-inconsistent situations. The question is whether this effect can be detected in a face recognition task and whether the magnitude of semantic mismatch affects reaction times and the amplitude of N400.

We pre-measured the semantic distance between occupational labels. Participants learned to recognize faces that were stereotypically matched to these. In the recognition task the faces were preceded by different types of priming stimuli: either with the original label (congruent condition) or with an incorrectly paired label (incongruent conditions). The task was to press different response buttons depending on whether they have seen the face before or not.

We found that in the presence of a mismatched stimulus, both N400 amplitude and RT increased. The larger the representational distance between the learned and the presented labels, the larger was the amplitude of the N400. This implies that semantic matching is a decisive process in face recognition, and evoked cortical potentials reflect a general underlying mechanism of information recollection.

Paper number 155 | Electronic Poster

Are normal and pathological traits predictors of gender conspiracy beliefs?

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Introduction: Conspiracy belief is defined as the belief in the existence of various actors acting in secret to achieve hidden, illicit, or malicious goals. It is considered a form of unfounded or speculative belief that is universal across times, cultures, and social settings. Gender conspiracy beliefs (GCB), which target the LGBTQ community, represent a specific subset of conspiracy thinking, often suggesting that gender minorities are part of secretive agendas, such as the belief that Gender [ideology] seeks to gradually restrict the heterosexual majority. Conspiracy beliefs are a multifactorial phenomenon, resulting from interactions between personality, cognitive, and social factors. The aim of this study was to examine how normal personality traits (Big Five) and pathological traits (Personality Inventory for DSM-5) predict GCB.

Methods: A sample of 925 participants from Slovakia (50.6% women, mean age 50.9 years) was recruited through an online panel from a research agency in April-May 2023. Participants completed the Gender Conspiracy Beliefs scale, Big Five Inventory Short (BFI-S), and Personality Inventory for DSM-5 Brief Form (PID-5-BF). Data were analysed using linear hierarchical regression, with Gender Conspiracy Beliefs as the dependent variable, and Big Five traits, PID-5 traits, and demographic variables (gender, age, education, religion, subjective socioeconomic status, and conservatism/liberalism) as control variables.

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Results: After controlling for demographic variables, belief in GCB was not predicted by any normal or pathological personality traits. However, socio-demographic variables were significant predictors, explaining up to 31% of the variability in GCB, out of a total of 32%. Conservatism, religion, and education level were the most significant factors.

Discussion: The findings suggest that socio-demographic factors, rather than personal variables, play a key role in explaining why individuals believe in GCB. One limitation of the study is its correlational design, as well as the absence of longitudinal data to explore causality.

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Paper number 75 | Electronic Poster

The interplay of physical appearance comparison, self-esteem, and emotional control in the relationship between social media addiction and masculine depression

Maya Kagan[1], Uzi Ben-Shalom[1], Michal Mahat-Shamir[1]

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Research aims and objectives: This study explores the pathways through which social media addiction contributes to masculine depression, specifically examining the roles of physical appearance comparison, self-esteem, and emotional control among men. It aims to provide insights into the psychological consequences of social media addiction for men. Theoretical background: This study presents a psycho-social model that postulates maladaptive behaviors, such as addiction to social media, can result in detrimental psychological outcomes, such as masculine depression, which operate via psychosocial factors and may be exacerbated by dominant manifestations of conformity to masculine social norms. Research methodology: Structured questionnaires were administered to 849 Israeli men aged 18 and older. Employing a moderated sequential mediation model with social media addiction as the independent variable, physical appearance comparison and self-esteem as mediators, and masculine depression as the dependent variable, this study also investigates emotional control as a moderator in the associations between social media addiction, physical appearance comparison, self-esteem, and masculine depression. Results: The analysis, conducted using model 89 PROCESS v4.2 macro, revealed that conforming to the masculine norm of emotional control intensifies men's vulnerability to distress resulting from maladaptive behaviors such as social media addiction, exacerbating masculine depression. Furthermore, addiction to social media can trigger masculine depression via psychosocial factors such as physical appearance comparison and low self-esteem, which have yet to be explored in the context of masculine depression. Limitations: The data were collected online from a convenience sample, conducted in a specific cultural context, and focused on a limited number of research variables. Implications: The current findings underscore the importance of targeted interventions that address the societal pressures of masculinity and the psychological repercussions of excessive social media use among men. Furthermore, they emphasize the necessity of raising awareness about these issues among both the public and therapists.

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Paper number 1161 | Electronic Poster

Stereotypes, emotions, and behavioral intentions of the majority towards Moroccan immigrants' rights-claiming initiatives

Andreea Alexandra Constantin[1, 2], Isabel Cuadrado[2], Lucía López-Rodríguez[2], Beatriz González Martín[2]

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Research has shown that rights-claiming initiatives by disadvantaged groups can elicit negative (reactionary) responses from the advantaged. This work is part of the project PID2019-105114GB-I00, funded by MCIN/ AEI /10.13039/501100011033, and aims to examine, across two experimental studies whether and how rights-claiming initiatives by a disadvantaged minority group (Moroccan immigrants) affect the stereotypes, emotions, and behavioural intentions of the advantaged majority group (Spaniards) toward them. Study 1 (N = 683, Mage = 45.38, SD = 11.86) compared the effect of Moroccans' rights initiatives and their upward social mobility strategy on Spaniards' stereotypes, emotions and behavioural tendencies toward them. Study 2 (N = 402, Mage = 42.02, SD = 12.39) examined whether and how the group membership of the rights-claiming group (Spaniards vs. Moroccans) and its vindication level (high vs. low) affected Spaniards' stereotypes, emotions, and behavioural tendencies toward the rights-claiming group.

Study 1 showed that perceiving Moroccans as an active minority vs. perceiving their upward social mobility led to less positive affective reactions and behavioural intentions due to perceiving Moroccans as more immoral and less sociable. Study 2 revealed that only when both Spaniards and Moroccans were presented as active (filing a high percentage of labour rights complaints), Spanish participants perceived Moroccans compared to Spaniards as more immoral and, in turn, manifested less positive affective reactions and behavioural intentions towards the target group.

These findings suggest that rights initiatives have the potential to affect attitudes to some extent as rights initiatives had a more negative impact than other social change strategies and the potential to induce intergroup bias. Thus, future studies should further investigate the nuanced implications of the efforts by the disadvantaged to change their circumstances for majority-minority dynamics.

Paper number 948 | Electronic Poster

exploring non-work digital detox strategies: A scoping review

Ema Štánerová[1], Eva Rošková[1], Milica Schraggeová[1], Nina Urukovičová[1], Jozef Smoroň[1]

[1]Comenius University in Bratislava, Slovakia

Research aims and objectives:

To systematically review and classify non-work digital detox strategies, focusing on methods (practices enabling disconnection) and activities (alternative engagements during detox) to provide a structured framework for targeted interventions.

Theoretical background:

The pervasive use of information and communication technologies (ICTs) has blurred the boundaries between work and personal life. Digital detox, defined as intentional disconnection from ICTs, offers a potential solution. Despite its relevance, non-work digital detox strategies remain underexplored in current literature, necessitating a comprehensive review.

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Research design/methodology/approach:

A scoping review following PRISMA-ScR guidelines was conducted. Systematic searches were performed in PubMed, Scopus, and Web of Science up to August 12, 2024, targeting studies on digital detox methods and activities applicable to adult working populations outside the workplace. Two independent researchers screened abstracts, reviewed full texts, extracted data, and assessed the methodological quality.

Results (obtained):

The review included 12 studies with 3040 participants published between 2019 and 2024. Six categories of digital detox methods (e.g., device restriction and app control) and seven categories of digital detox activities (e.g., physical and social activities) were identified. The heterogeneity of study designs and outcomes prevented conclusive assessments of strategy effectiveness.

Limitations:

The review is limited by the heterogeneity of study designs, outcomes, and contexts. Additionally, the lack of standardized measures across studies restricts the comparability and generalizability of findings.

Implications for research, practice and/or policy (including originality and value):

The study offers a structured framework for individualized digital detox programs, addressing diverse preferences and needs. It highlights the need for future research to use standardized designs and outcomes to evaluate the effectiveness of these strategies, providing a stronger evidence base for intervention development.

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Paper number 999 | Electronic Poster

Perceived environmental future and fertility intentions: an experimental study

Anna Cardelli[1], Martina Chiesi[1], Sara Dragoni[1], Amanda Nerini[1], Camilla Matera[1]

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Research aims and objectives: Using an experimental design, this research aimed to investigate the effects of perceived environmental future on individuals' fertility intentions.

Theoretical background: The Theory of Planned Behavior (TPB) has been widely used to study fertility intentions. According to this theory, having a child is directly influenced by intentions. Previous research shows that perceptions of the planet's future are linked to reproductive plans. Indeed, climate change is increasingly influencing not only political debate, but also individuals' personal choices. However, no study has yet explored this relationship using an experimental design.

Research design: A between-subject vignette-based experimental design was adopted. Participants were randomly assigned to two experimental conditions (positive and negative future environmental scenarios) and a control group (no scenario). Participants were 134 women (M age =28; DS=4.75) and 101 men (M age =29; DS=4.90). After reading the vignette, participants completed scales assessing the TPB variables. ANCOVAs were performed with age, number of children, and eco-anxiety as covariates, and the environmental future scenario condition as the independent variable. The dependent variables included fertility intentions, attitudes, subjective norms, and perceived behavioral control.

Results: Women reported increased fertility intentions in both positive and negative scenarios compared to the control group. No differences emerged for men. The negative scenario also heightened women's perception that significant others - especially the father - expected them to have children.

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Limitations: Participants perceived the negative environmental scenario more realistic than the positive one, suggesting that the two scenarios were not perfectly balanced. Moreover, sample size and type do not allow for the generalizability of the results.

Implications: Besides providing an innovative preliminary contribution to research in this field, these findings can help understand the role that media narratives and institutions play in shaping women's fertility intentions.

Paper number 1135 | Electronic Poster

The restorative potential of virtual natural environments for emotional recovery

Silvia Marocco[1], Valeria Vitale[2], Elena Grossi[1], Fabio Presaghi[1], Marino Bonaiuto[1, 3], Alessandra Talamo[1]

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The literature in the field of Environmental Psychology has increasingly focused on the environmental influence on individual and societal emotional well-being. In particular, a specific research trend has concentrated on the restorative properties of natural environments, which are widely recognized for their benefits. Virtual Reality (VR) has emerged as a powerful tool to investigate environmental effects on emotional responses.

This study explores the restorative potential of Virtual Natural Environments (VNEs) by assessing their impact on emotional recovery in terms of valence and arousal, using both self-report (i.e. explicit) and physiological (i.e. implicit) measures. The study involved three experimental groups, each exposed to a preferred VNE, and a Control group exposed to a neutral scenario. The main hypothesis proposed that participants exposed to natural environments after arousing scenarios would report increased positive emotions and reduced activation compared to those in the neutral scenario. The sample included 52 participants, equally distributed across the groups. Results from self-report data confirmed that VNEs restored positive emotions in terms of valence. Regarding arousal, the analysis from explicit and implicit measures revealed the effectiveness of both neutral and natural scenarios. Moreover, implicit measures indicated that participants in the experimental groups exhibited higher levels of physiological activation compared to the Control group. However, upon examining both explicit and implicit measures, it becomes evident that this activation was positively appraised in terms of valence, supporting the maintenance of positive affect. In conclusion, this study supports the restorative potential of VNEs in enhancing emotional valence, while highlighting more complex effects on the arousal component.

Despite limitations in sample size and the lack of randomization in selecting the VNE, this approach enhances the study's ecological validity by allowing participants to choose their preferred recovery scenario. This methodological development holds significant potential for supporting stress recovery in various applied contexts.

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Paper number 55 | Electronic Poster

Exploring the relationship between perceived overqualification, basic need satisfaction, and work performance: the moderating effect of proactive personality

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Recently, management scholars have begun to focus on the potential positive outcomes of perceived overqualification. This study aims to explore the mechanisms through which perceived overqualification leads to positive work performance ("how") and to identify the types of employees who may develop positive attitudes toward perceived overqualification ("who"). Grounded in self-determination theory, this study examines the impact of employees' perceived overqualification on their basic need satisfaction, which subsequently influences their work performance. Additionally, the study tests the mediating role of basic need satisfaction and the moderating role of proactive personality.

The research adopts a three-wave survey design, with one-month intervals between each wave, collecting data from 260 supervisor-subordinate pairs working in military units in Taiwan. The results indicate that subordinates' perceived overqualification is positively related to their basic need satisfaction, particularly among individuals with a high proactive personality. When subordinates have a high level of proactive personality, perceived overqualification positively influences their work performance through the satisfaction of basic needs. Finally, the study discusses its contributions and limitations, offering both theoretical insights and practical recommendations.

Paper number 200 | Electronic Poster

Vulnerable narcissism and emotional connection among adolescents: the role of self-esteem and excessive use of social media

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This study investigated the relationship between vulnerable narcissism, passive social network use (SNS), self-esteem, and sense of community among adolescents. Based on a sample of 381 students (200 males and 181 females) students attending the 3rd and 4th year of high school (54.9% and 45.1%, respectively), with a mean age of 15–22 years (M=16.81; SD = .81). This study explores whether vulnerable narcissism, exacerbated by the passive use of SNSs and low self-esteem, contributes to difficulties in establishing community relationships in real life. Hypotheses were tested to examine the associations between narcissism, sense of community, and self-esteem, with the passive use of SNSs as a moderating factor. The results indicated a negative relationship between narcissism and sense of community, with self-esteem mediating this relationship. Furthermore, the passive use of SNSs moderates the negative relationship between narcissism and both sense of community and self-esteem. These findings suggest that vulnerable narcissism, particularly when reinforced by passive SNS use and low self-esteem, may hinder adolescents' ability to connect with their communities. This study highlights the importance of addressing vulnerable narcissism and the passive use of SNSs in interventions aimed at promoting community involvement and well-being among adolescents.

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Securing status and sexts: A longitudinal study examining the predictors of sexting behaviours

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Previous cross-sectional research indicated that adolescents seeking popularity had an increased likelihood to engage in sexting behaviours, though a temporal relationship remains unexplored. This study examines predictors of sexting behaviours longitudinally among Canadian adolescents.

This study builds on Interpersonal Theory, which highlights adolescents' developmental need for close friendships and the desire for peer affection. By addressing gaps in the current literature, the present study offers a longitudinal perspective on how the need to be popular may influence risk-taking behaviours, like sexting, across developmental stages.

Data were collected from 1162 Canadian adolescents (Mage= 14.50 years, SD = 1.16 years; 43.9% girls) via an online survey at Wave 1 (October and December 2021) and Wave 2 (October and December 2022). Participants self-reported their gender, ethnicity, age, sexuality, sexting behaviours such as sending and receiving explicit images, and social goals at Wave 1. Sexting behaviours were assessed again at Wave 2.

Two multivariable regression analyses examined predictors of receiving and sending sexts at Wave 2. For receiving sexts, prior receiving behaviour ($\beta = 0.340$, $p < .001$) and popularity-related social goals at Wave 1 ($\beta = 0.088$, $p = .005$) were significant predictors. For sending sexts, prior sending ($\beta = 0.270$, $p < .001$) and receiving sexts at Wave 1 ($\beta = 0.104$, $p = .004$) were significant; social goals were not. Gender, age, sexuality and ethnicity were non-significant in both models.

The focus on social goals may overlook other motivations for sexting, such as romantic or sexual exploration. Future research should explore these motives for a more comprehensive understanding.

These results suggest that sexting behaviours and popularity goals extend beyond a single time point, as previous research has indicated. The need for popularity predicts future sexting behaviours, underscoring the importance of addressing social goals in prevention efforts.

Paper number 558 | Electronic Poster

The inverted U-shaped effect of task variety on safety behaviors: Moderating effect of leader-member exchange

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This study examined the effect of task variety on safety behaviors and injuries of employees using linear and quadratic regression analyses.

Companies are faced with a task variety problem since they are required to develop new businesses and respond to diverse customer needs. Previous research (Marinova et al., 2015) has reported that job complexity and variety

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increase motivation and lead to desirable organizational outcomes in a linear relationship (Tao, 1984; Vila-Vázquez et al., 2020). Therefore, it is expected that safety behaviors are enhanced and injuries are inhibited as job variety increases.

Considering the theory of resource conservation, if job variety is large, it will increase the psychological load on employees and may have a negative impact on safety activities.

Therefore, we predict that the effect of task variety on safety behavior will be an inverted U-shaped relationship, and that for injuries, it will be a U-shaped relationship. Additionally, this tendency may be more pronounced for employees with low-quality leader-member exchange (LMX), because they have relatively few support resources from their superiors.

The analysis was conducted on 142 employees working in a Japanese company specializing in contract manufacturing of petrochemical products.

Consistent with the hypothesis, our empirical results show that the effects of task variety on safety behaviors and frequency of injuries demonstrate an inverse U-shaped and a U-shaped relationship, respectively. However, these results were confirmed only for employees with medium- and high-quality LMX, whereas nearly linear relationships were observed for employees with low-quality LMX. The latter results should be explored for the future.

Practically, if the quality of LMX is high, employees tend to be assigned various tasks. However, the study results suggest that if tasks become extremely diverse, safety behaviors tend to be inhibited. This study suggests a work design that balances task characteristics with LMX.

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Paper number 868 | Electronic Poster

Detection of GBV cases by health professionals. Role of attitudes and training

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Gender-based violence (GBV) is a public health issue with serious consequences for women. Despite its high prevalence, GBV often goes undetected or is identified at late stages. The health system is one of the key institutions to which women affected by GBV turn for support. However, barriers to detecting these cases include resource limitations, systemic challenges, and healthcare professionals' attitudes and practices.

Research in Anglo countries has shown that training healthcare professionals is crucial for the effective detection and comprehensive management of GBV cases. Furthermore, studies suggest that healthcare professionals' attitudes are closely associated with their ability to detect GBV cases. This study examines the attitudes, beliefs, and behaviors of healthcare professionals towards GBV and their relationship with training and case detection. The study employed a descriptive, cross-sectional, and correlational design. A convenience of N = 167 healthcare professionals from the public and private sectors in Chile participated, all with at least one year of work experience. Participants ranged in age from 22 to 65 years (M = 36, SD = 8.48).

The results showed that Women detect more cases of GBV than men, and professionals with 5-15 years of experience reported higher detection than those with less experience. Additionally, higher detection rates were associated with greater training, lower fear of offending patients, and higher perceived self-efficacy. Mediation analysis revealed that training in GBV not only had a direct effect on case detection but also an indirect effect mediated by reduced fear of offending female patients.

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(B = .1709, SE = 0.0754, IC 95%: 0.0431/.33332) (F= 5.6255, p= .0193; 4% explained variance). These findings underscore the critical role of comprehensive training in detecting GBV case detection, particularly by addressing personal fears and barriers faced by healthcare professionals.

Paper number 158 | Electronic Poster

Gender segregation in specialised medical training

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The aim of this study is to investigate gender differences in educational pathways and access to the medical profession, identifying the psychological, cultural, and social factors that contribute to gender imbalances. Strong gender segregation within medical specialties emerges, often linked to inequalities in wages, career expectations, and social prestige. After analyzing the entire Italian territory, the study focuses on a local context: the Piedmont region which, with more than 4,000 students in the various medical courses of the Universities of Torino and Piemonte Orientale, represents an important point of observation. Data collection is ongoing and involves more than 400 students in their final year of medical school, who are going to choose whether to continue their studies within a medical specialisation school or to conclude their education after graduation. The questionnaire includes scales to measure: adherence to gender stereotypes (assessed with the Italian version of the Personal Attributes Questionnaire, designed to evaluate self-image characterized by masculine - or instrumental- or feminine - or expressive- traits); general self-efficacy; career expectations (exploring areas such as competition, autonomy, management, and work-life balance); and family background and other sociodemographic variables. Two main hypotheses, consistent with existing literature, will be tested: i) Gender stereotypes are largely reproduced within the family environment. If this is the case, we should observe that students' future specialization preferences align more closely with gender stereotypes in families with lower cultural capital and in families where parents' roles conform more to traditional models. ii) Stereotyped educational paths tend to accumulate over time in a standardized pattern. If this is the case, we should find that male and female students who made educational choices based on gender stereotypes during secondary school are more likely to prefer medical specialization courses that are imbalanced in terms of gender.

Paper number 685 | Electronic Poster

Investigating the Content of stereotypes of men subgroups in Turkey and their link to ambivalent sexism toward men

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The Stereotype Content Model (SCM) argues that groups are often have ambivalent stereotypes, combining high competence with low warmth or vice versa. While men are generally seen as more competent but less warm, deviations from these broad stereotypes may emerge at the subgroup level. Similarly, Ambivalent Sexism Theory posits that attitudes toward men are ambivalent, encompassing both hostile and benevolent dimensions. Despite this alignment, the relationship between sexism toward men and stereotype content remains unexplored. This study

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aimed to investigate stereotypes of men subgroups from societal perspective, an area not yet explored in the Turkish context, and to examine how personal perceptions of these subgroups relate to ambivalent sexism toward men. A pilot study (N= 41) identified thirty-three subgroups (e.g., macho, mama's boy, homosexual, divorced). In the main study (N=304), participants evaluated these subgroups on warmth and competence from societal and personal perspectives and completed Ambivalence toward Men Inventory. From a societal perspective, six clusters were identified; however, ambivalent stereotypes were observed only at the subgroup level, with 27 subgroups showing significant differences in warmth and competence. From a personal perspective, higher hostility toward men was linked to lower warmth ratings for subgroups conforming traditional gender norms (e.g., aggressive, protective) and higher competence ratings for subgroups challenging those norms (e.g., feminist, egalitarian). As benevolence toward men increased, subgroups challenging traditional gender norms were perceived as less competent and warm, while those conforming were perceived as more competent and warmer. Our findings partially supported the SCM's ambivalent stereotypes hypothesis, as ambivalence was not evident at the cluster level, raising questions about the criteria for identifying ambivalent stereotypes in SCM research. The relationship between sexism toward men and perceptions of warmth and competence suggests that ambivalence toward men is not uniform but varies across men subgroups.

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Paper number 294 | Electronic Poster

Enhancing Diversity in the Workplace: Developing Fair Predictive Hiring Models from Gender-Biased Data Using a Bayesian Machine Learning (BML) Approach

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Objective. Machine learning models for hiring decisions often rely on data linking personality traits and other candidate features to job performance. In a Bayesian framework, these relationships are encoded as priors, which can be fine-tuned with small, organization-specific datasets to develop predictive models tailored to an organization's unique hiring requirements. This study examines the extent to which gender bias is propagated through these priors and assesses the effect of applying Bayesian bias mitigation strategies during both prior calibration and model fine-tuning on the fairness of hiring decisions.

Method. Priors are calibrated on three versions of a real dataset (N=1,416), representing no, low, and high gender bias in performance ratings of male employees. For each prior set, predictive hiring models are created based on 1000 simulated samples (N=45), derived from real-world organizational distributions. Four conditions are tested: with/without bias correction during prior calibration, and with/without bias correction during model fine-tuning.

Results. Without bias correction, 70.4% (99.7%) of hiring models violated gender fairness thresholds when priors were trained on low (high) bias data. Applying bias correction during prior calibration reduced violations to 21.4% (24.6%). Correcting bias both during calibration and fine-tuning reduced violations to 0%, while decreasing F1 scores by 2.5% (11.4%) compared to the biased models.

Conclusion. This study highlights the potential of BML to enhance diversity in the workplace by mitigating gender bias in predictive hiring models. Bias correction during both prior calibration and model fine-tuning effectively eliminates fairness violations, with a modest reduction in model performance.

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Paper number 402 | Electronic Poster

Perceived Deepfake Trustworthiness Questionnaire (PDTQ): Development and validation

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Exposure to misleading information is increasingly common in daily life, particularly with advancements in artificial intelligence that facilitate the creation of sophisticated multimedia content like deepfakes. These technologies complicate the detection of false information, posing significant risks of individuals being misled by fabricated narratives, which can negatively impact their attitudes and behaviors. To address this challenge, understanding how people assess deepfakes and the factors affecting their perceived trustworthiness is crucial. In the present study, we developed and validated the Perceived Deepfake Trustworthiness Questionnaire (PDTQ) in three languages—English, Italian, and Slovene—through three phases: first, we created an initial pool of questionnaire items via a thorough review of existing literature, interviews, surveys, and AI tools; second, based on expert feedback on content validity, we refined and shortened the questionnaire and translated it into Italian and Slovene; third, we conducted a cross-sectional study with 733 participants across the three languages to assess the PDTQ's psychometric properties. Exploratory factor analysis revealed a two-factor structure: one factor related to the perceived trustworthiness of the content and another concerning its presentation, which was confirmed through confirmatory factor analyses. Our findings support the PDTQ's reliability, measurement invariance across languages, and construct as well as incremental validity, making it a robust tool for examining perceptions of deepfake videos. Limitations include the exclusive use of public figure deepfakes and reliance on a single political video for psychometric evaluation, which may affect generalizability. Future research should explore diverse deepfake contexts and develop a shorter, multilingual version of the PDTQ. Despite these limitations, the PDTQ provides valuable insights into deepfake perception and can inform educational interventions aimed at enhancing detection skills among media consumers.

Paper number 712 | Electronic Poster

Cherished words: The effects of siblings' positive appearance-related comments and relationship quality on young women's positive body image

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Objective. This study explored if and how appearance-related positive comments from siblings, sibling relationship quality and body acceptance by significant others contributed to positive body image in young women (i.e., body appreciation, body functionality appreciation, and body compassion), focusing on the mediating role of thin-ideal internalization.

Theoretical background. Previous research indicates that siblings influence each other's body image development through factors like appearance-related comments, body acceptance and relationship quality. However, limited evidence exists on how these factors contribute to positive body image.

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Method. 204 young women living in Italy (mean age of 25,12 years) filled a questionnaire assessing the variables of interest. Path analysis was performed to test three models with body appreciation, body functionality appreciation, and body compassion respectively as the outcome variable.

Results. Path analysis revealed that body acceptance by important others significantly predicted body appreciation and body compassion both directly and indirectly, via thin-ideals internalization. Only a direct link emerged between body acceptance by significant others and body functionality appreciation. Sibling relationship quality positively and strongly predicted body appreciation. Siblings' positive appearance-related comments showed an ambivalent role: siblings' positive comments about body and weight were positively associated with body appreciation; however, these comments were positively related to thin-ideal internalization, which in turn was negatively linked with body appreciation and body compassion. Siblings' positive general comments negatively predicted body appreciation.

Limitations. The sample was relatively small and consisted solely of women in early adulthood, without considering whether participants lived with their siblings. Siblings' gender was not considered in our analyses.

Implications. From a theoretical point of view, our findings contribute to the wider field of positive body image research by highlighting the role played by siblings and significant others. Our findings could provide insights about how to promote the development of a healthy body image among young women.

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Paper number 721 | Electronic Poster

Effects of group size and communicability on interindividual-intergroup discontinuity in the "defense budget dilemma".

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Decision-making in groups tends to be more competitive compared to individual decision-making, a phenomenon known as interindividual-intergroup discontinuity (IID). IID becomes stronger when communication among group members is possible or when a group representative makes decisions on behalf of the group. Desirable outcomes in intergroup competition may involve not only maximizing gains but also achieving relative superiority. This study aimed to investigate whether IID arises from either of these outcomes using the "Defense Budget Dilemma" task. Additionally, it was hypothesized and tested that increasing the number of group members would further amplify this effect. A total of 251 undergraduate students participated in the experiment. Participants completed the "Defense Budget Dilemma" task under one of three conditions: individual, two-person group, or three-person group. In this task, each participant was given 1,000 yen and asked to decide how much to allocate to a "defense budget." The defense budget was then compared with that of other individuals or groups, with victory awarded to the party that allocated more. Participants received the remaining money as a participation fee if they won, but received nothing if they lost. In the individual condition, participants decided their own budgets. In the two-person and three-person group conditions, a randomly selected representative decided the total defense budget for the group. Communication was also manipulated: in the communication condition, group members were allowed to discuss for two minutes, while in the non-communication condition, no such discussion was permitted. The results showed participants in the communication condition—both group representatives and members—allocated higher defense budgets compared to individuals. However, in the three-person group condition, the defense budget was lower than that of individuals when communication was allowed. This suggests that IID does not always result in extreme outcomes but may instead lead to a "middle-ground strategy" influenced by uncertainty.

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Paper number 815 | Electronic Poster

How to reconcile operational excellence with transformational leadership?

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Transformation lies at the core of modern businesses and their environments. In response, we aim to design and validate an innovative training program to assist managers in adopting a transformational leadership approach. This initiative leverages the Horizon tool, which evaluates transformational leadership, and integrates personalized pedagogical strategies tailored to the development of specific skills.

In a VUCA context, our model is inspired by the transformational leadership theories of Burns, Bass, complemented by Sarasvathy's effectuation principle. Building on these foundations, we developed the Horizon model structured around four key axes: embracing uncertainty, articulating a vision, fostering benevolence, and building trust.

To activate this model and support individual development, we explore the neurological mechanisms underpinning these leadership axes. Drawing on WHO criteria, we analysehow individuals neurologically process pressure, complexity,... enabling targeted skill enhancement.

Our pedagogical approach aligns with the nature of each axis. For instance, for "embracing uncertainty," we use flipped classrooms, enabling participants to experience uncertainty in both content and structure, thus enhancing agility. For "fostering benevolence," participants adopt meta-observer roles during exercises. Each activity is followed by debriefings to solidify learning outcomes.

The program begins with an initial skill assessment via the Horizon serious game. Training modules address the four axes in two phases: cultivating benevolence and uncertainty first, followed by developing trust and vision. We hypothesize that fostering benevolence will enhance uncertainty management, while building trust will promote vision adoption. Participants will then undergo a post-training assessment and peer evaluation, with anticipated improvements in their General Transformation Index. Implementation is scheduled from March to June 2025.

Although transformational leadership often clashes with existing corporate values and soft skills, its integration is critical. Leadership must transcend charisma and public speaking to embrace a dynamic, evolving approach that converts uncertainty into vision and empowers employees to actively participate in the process.

Paper number 870 | Electronic Poster

Recognition accuracy of Latvian affective speech prosody units in different cultures

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This study investigates cross-cultural recognition of affective prosody in Latvian, addressing a significant gap in understanding how emotions expressed in Latvian language are perceived by individuals from diverse linguistic and cultural backgrounds. Previous research highlights the impact of universal and culture-specific aspects of emotion perception. In this study, we investigate how the length of linguistic units and cultural proximity influence the recognition of affective prosody.

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Vocal stimuli from the Latvian Emotional Voice Database (https://voice.liepu.lv/emotional-voice-database/) will include words, syllables, and phonemes spoken in angry, happy, and neutral prosody. Participants from Latvia, Lithuania, Belgium, and Spain will take part in emotion recognition task via an online application (https://klausies.liepu.lv/). Participants will listen to each sample and assign an emotional label (angry, happy, sad, surprised, neutral). The inclusion of additional emotional categories (sad and surprised) aims to explore whether other emotional dimensions emerge and how their recognition varies across cultures. Data collection will take place during online sessions scheduled for February 2025, ensuring that all data will be gathered and analyzed in time to present the results at the conference.

We hypothesize that recognition accuracy will be higher among culturally and linguistically similar participants (Latvian and Lithuanian) compared to those from more distant groups (Belgian and Spanish), particularly for words and syllables. At the phoneme level, no significant in-group advantage is expected due to their universal nature. Recognition accuracy is also anticipated to improve with increasing length of the linguistic unit, reflecting the influence of shared cultural and linguistic elements on emotional perception.

The study's limitations include its focus on a limited number of cultural groups. Nonetheless, findings are expected to contribute to cross-cultural emotion research and advance understanding of intercultural communication. The study's originality lies in its focus on Latvian affective prosody, offering novel insights into an underrepresented area of emotion recognition research.

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Paper number 997 | Electronic Poster

The birds, the bees, and the awkward silences: How professionals navigate adolescent sexual behavior

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This study investigates how professionals assess and respond to sexual behaviors in children and adolescents, focusing on their beliefs, decision-making strategies, and the influence of personal and cultural factors through the lens of the Integrated Behavior Change Model. Using the think-aloud method, 15 participants evaluated scenarios depicting everyday sexual behaviors among children and adolescents. Findings revealed three primary response strategies: non-interference, prohibition, and educational discussion, shaped by professionals' self-efficacy, perceived control, and normative beliefs.

Gender norms significantly influenced evaluations, with male behaviors often normalized as typical, while female behaviors were scrutinized more critically and linked to identity struggles. Professionals frequently cited discomfort, uncertainty, and obstacles, such as teenagers' reluctance to engage or their own lack of skills, as barriers to effective responses. Despite these challenges, participants expressed readiness to engage in educational conversations, viewing such discussions as critical for promoting sexual integrity, boundary awareness, and autonomy in adolescents.

The study underscores the importance of targeted training that addresses biases, enhances self-efficacy, and equips professionals with the skills to foster constructive dialogues about sexuality. By applying the Integrated Behavior Change Model, the research emphasizes how beliefs, attitudes, and perceived social norms could impact response strategies, highlighting pathways for improving professional practices in adolescent sexual education and reducing risks of misjudgment and stigmatization.

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Paper number 687 | Electronic Poster

A conceptual framework of cultural influence on goal orientation: The mediating role of self

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Goal orientation guides human behavior and provides direction in life. Although goal orientation is considered an individual process, research highlights the role of socio-cultural factors in goal setting and pursuit. However, theoretical work linking culture to goal orientation remains limited. In this paper, we propose that the cultural system influences goal orientation through the self-system, specifically, self-construal and self-efficacy. We suggest that when individuals internalize cultural values as they develop a self-construal, they may pursue internal goals that reflect an alignment between one's goals and their personal and cultural values.

For conceptualizing cultural effects, we adopt Schwartz's framework of values. Culture encompasses values situated in the continuum between autonomy and embeddedness, egalitarianism and hierarchy, uniqueness and harmony. Goal orientation may be construed as a motivational system with subsystems that must function in harmony for goal orientation to be a positive force of development. Those subsystems may include goal hierarchy, goal generation, goal content, temporal range of goals, and goal process appraisals. Cultural values shape the self-system; they influence how individuals define themselves in relation to others (i.e., self-construal) and their beliefs in their personal or communal capacity to achieve their goals (i.e., self-efficacy). The self-system internalizes and interprets cultural values and translates them into specific goal-related attitudes and behaviors. Drawing on the self-determination theory (SDT; Deci & Ryan, 2000) and social-cognitive theory (SCT; Bandura, 2001), we propose that satisfaction of basic psychological needs and experience of agency are key mechanisms through which the self-system influences goal orientation.

The proposed framework enhances our understanding of goal orientation as a dynamic process as it proposes the mechanisms through which the broader self and cultural systems shape goals. The focus on internal goals offers insights into how individuals can reinterpret and adapt their goals in response to life transitions, crises, or traumatic experiences.

Paper number 697 | Electronic Poster

Widespread religious and spiritual change due to war: A terror management perspective

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This unique wartime study investigates the impact of protracted stress during war on personal religiosity and spirituality (R/S). While R/S may help individuals cope with stress, some may turn away from R/S if disillusioned with, or pained by, their beliefs or social context. From a terror management perspective, mortality awareness during war might lead individuals to seek existential security not only by endorsing R/S, but also by adhering to cultural norms.

We relied on longitudinal data from a student sample of Jewish-Israelis (n at T1 = 1,278; n at T2 = 285) collected during the 2023-2025 Israel-Gaza war. Participants completed measures of R/S, war exposure, and R/S change.

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Results showed widespread R/S changes, with approximately half of the sample (50.9%) reporting some change. R/S increases were more than twice as prevalent as decreases. Among those who reported change, half showed congruent changes (e.g., both religiosity and spirituality increasing), while the other half showed incongruent changes (e.g., religiosity increased while spirituality decreased).

Notably, greater war exposure was associated concurrently with increases, but not decreases, in R/S, and longitudinally with religious increases. Additionally, religious group affiliation predicted R/S change patterns. For example, in a more secular group, more participants displayed a preference for spiritual increases (39.7%) compared to religious increases (2.5%). Conversely, in a more religious group, more participants displayed a preference for religious increases (43.9%) compared to spiritual increases (12.9%).

Despite the limitations (student sample, high attrition, self-report), these findings suggest that: (a) protracted stressors such as war may drive widespread R/S change, especially increases, (b) religious and spiritual changes are often dissociated and follow independent paths, and (c) group affiliation is important for understanding such processes. This may indicate that groups vary in the meaning of R/S and individuals may turn to culturally relevant beliefs to cope with mortality threats.

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Paper number 836 | Electronic Poster

Supporting basic psychological needs in the remote work environment and employee well-being: initial results of LITAS experiment

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Supporting basic psychological needs is a well-known necessity for employee well-being. However, as the world of work changes and remote work becomes more prevalent, managers must find new ways to communicate in a need-supportive way while in a remote environment. Unfortunately, self-report designs dominate the research field, creating a suboptimal situation for addressing practical questions about the causal effect of specific communication forms. In our 2x2 experimental design study Leader's input in telework arrangement (abbrev. LITAS), we will test how the communication of the manager, who supports (or does not) the autonomy and relatedness needs of the newly formed virtual team members, will affect their subjective well-being.

The experiment will involve 16 newly assembled virtual teams, each of 4-6 members, who will perform logical and creative tasks during an online meeting. Teams will be assigned to one of four experimental conditions (autonomy support vs. non-support x relatedness support vs. non-support). Team members will receive emails from their supervisor presenting tasks in a need-supportive or non-supportive manner (or a combination of both), depending on the experimental condition. As a manipulation check, subjects will be asked to complete the Need support at work scale immediately after receiving the emails. State-level subjective vitality, task engagement, and satisfaction with tasks, as well as with the team and supervisor, will be measured after completing all the tasks.

Initial results from 10 groups revealed that participants in the autonomy-support groups were more satisfied with the tasks and the supervisor, more engaged in tasks, and experienced greater vitality. In the relatedness-support groups, participants were more satisfied with the supervisor but experienced less vitality. The experiment is ongoing; its final results will be presented during the conference.

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Paper number 960 | Electronic Poster

Resilience will bloom with proper support

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The research aim is to investigate the outcomes of personal traits and social support in a company with professional expertise for resilience development.

Theoretical background. Well-developed resilience refers to the ability to maintain or regain mental and physical health after experiencing adversity. Resilience greatly depends on how adapted the child is, therefore, the environment in which a child grows up significantly influences further personal traits and the ability to have posttraumatic growth. In addition, social support and acceptance give trust in society and the feeling that a person is not alone with a traumatic experience.

Research design. A review-based design for theoretical research was applied.

Results. Personal traits such as optimism, cognitive flexibility and self-acceptance help maintain mental stability and provide constant support during a human's lifespan. Parental and social assistance is enough to create the right environment for resilience development. But in some situations, people are in great need of specific support, so healthcare professionals can help by providing individually modified interventions, which results in saving people most at risk of trauma.

Limitations. Research is based on a limited number of articles. There is no clear consensus on resilience definition, concept, and measurement.

Implications. Expanding our understanding of resilience helps people, who experienced or are experiencing traumatic events. Therefore, to achieve the goal of a mentally healthier world it is essential to create special policies on how to help people with adaptation by conducting interventions designed to enhance resilience. Providing rigorous educational courses on how to interact with society and help yourself after stress will reduce the risk of anxiety and stress-related psychiatric disorders.

Paper number 1158 | Electronic Poster

Does migration influence gender activism? cross-group differences among Romanian immigrants, natives in spain, and natives in Romania

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This study explored whether Romanian immigrants' gender-related views acculturate in Spain, a more gender-egalitarian country compared to Romania, and the factors influencing this process. Specifically, we examined perceptions of gender inequality and intentions to support collective actions for gender equality. Evidence suggests that perceived differences between men and women in different life spheres (e.g., family) influence the subjective perception of gender inequality and how people respond to the perceived inequality (e.g., support for collective actions). We expect intergroup differences in the perceived non-traditionalism of gender roles in public and private settings would influence perceptions of gender inequality and intentions to support collective actions towards gender equality. Furthermore, we sought to determine whether intergroup differences in support for collective

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actions toward gender equality were contingent on the level of perceived gender inequality. Participants (202 Romanian immigrants in Spain, 187 Spaniards, and 183 Romanians autochthonous) filled in an online questionnaire assessing among other measures, the perceived agentic and communal non-traditionalism in private and public spheres, the perceived gender inequality in the residence country, and support for collective actions toward gender equality. The results indicated that differences in perceived gender roles non-traditionalism only influenced the level of perceived inequality. Furthermore, the perceived level of gender inequality modulated cross-group differences in support for collective actions towards gender equality. When perceived gender inequality was low, immigrants expressed greater support for collective actions compared to natives from their country of origin. The findings suggest that migration has the potential to influence gender activism and support previous work on the role of migration as a facilitator of activism.

1This work was supported by Ministerio de Universidades (Spain) and European Union-Next Generation EU (Grant Reference: RR_A_2022_01)

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Paper number 330 | Electronic Poster

Digital job crafting to improve low-usability automation work environments

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The research aim is to explore digital job crafting with digital peer-tutoring to improve the usability of workers' automation work environments. The objective was to design a conceptual framework for further research in the topic.

The theoretical background was human work interaction design, which is an established approach to combine empirical work analysis with interaction design for psychological wellbeing and growth. The design goal in this study was to ideate digital peer-tutoring as a tool for digital job crafting with a focus on the usability of the automation environment.

The research approach was design research in which digital job crafting with digital peer-tutoring was co-designed and evaluated in two cases of small and medium sized manufacturing companies in a Nordic country. By the iterative use of exploratory field studies combined and data collection with established scales for job crafting and system usability, we tested before and after the intervention.

The results showed that the digital peer-tutoring enabled conversations among the workers about recurrent work problems and their solutions, and that they experienced low usability of the automation environment (their machines). The workers focused on their enjoyable tasks and invested in their relationships with their favorite colleagues but did not put effort into seeing their tasks as important and meaningful. We encountered a tension between job crafting and management's view of the peer-tutoring program as a means of supporting standardization. Overall, this supported the use of a socio-technical approach such as human work interaction design, though it was inconclusive on the relation between job crafting and work environment usability.

The limitations included that the study was done in a ideation mode and need conceptual development before testing hypotheses.

The implication for research is that digital job crafting can be seen as peer-tutoring, and related to the automation work environment.

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Paper number 536 | Electronic Poster

Effects of low- and high-quality deepfake exposure on attitudes toward climate change and immigration

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While deepfake technology is advancing rapidly, producing increasingly convincing messages, relatively little is known about their effects on individuals' attitudes regarding political issues and the moderating factors that amplify or diminish these effects. To address this gap, the present study investigates the effects of deepfakes on explicit and implicit attitudes in two highly polarized contexts with significant public policy implications: climate change and immigration. Furthermore, we explore boundary conditions under which attitude change may or may not occur, focusing on deepfake quality, perceived trustworthiness, alignment with political orientation, and whether the video promotes positive or negative attitudes. Prior to the study, we developed and pilot tested twelve video stimuli (two topics: climate change and immigration; six videos per topic: real video + positive, high-quality deepfake + positive, low-quality deepfake + positive, real video + negative, high-quality deepfake + negative, low-quality deepfake + negative). Using a mixed repeated-measures design, 909 participants from three countries (Slovenia, Italy, United Kingdom) will complete demographic questions and baseline attitude measures. Participants will then view one of six videos on the first topic, complete a perception measure, and view a randomly assigned video on the second topic followed by another perception measure. Afterward, participants will complete post-exposure attitude measures and control variable questions. We expect that one-time deepfake exposure will influence explicit and implicit attitudes, particularly in cases involving high-quality deepfakes, high perceived trustworthiness, and alignment with pre-existing beliefs. By investigating the attitudinal effects and boundary conditions under which deepfakes influence attitudes, this study offers insights for policymakers, media regulators, and educators to develop strategies that mitigate misinformation risks, enhance public resilience against deceptive media content, as well as leverage deepfakes' potential for positive applications.

Paper number 718 | Electronic Poster

Hentai pornography in psychological and cultural discourse: A narrative review focusing on sexual violence tendencies

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Introduction: Hentai is a growing genre of pornography with undefeated popularity on the most visited porn streaming websites. Despite this, there remains a gap in the scientific literature regarding the effects of its fantastical and boundary-defying themes on an individual’s thoughts, emotions, and actions.

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Objectives: This narrative review sought to examine existing literature on hentai pornography, exploring its potential psychological and cultural impact and attempting to differentiate its consumers from those who prefer live-action pornography when it comes to themes such as sexual violence and sexist attitudes.

Methods: The papers included in the review were identified through databases such as Google Scholar, PubMed, and Embase, using the keywords “hentai,” “adult animation,” and “erotic animation,” as well as through citation chaining. Relevance to the review’s scope was the main inclusion criterion.

Results: The review highlights the lack of research differentiating hentai from other types of pornography, with many works simply exploring its history. The empirical studies found focused on the presence of taboo and violent themes in hentai and its possible association with the endorsement of rape myths and sexual aggression.

Conclusions: The works analyzed suggest that hentai pornography ought to be differentiated from live-action pornography since hentai users show unique psychological and behavioral patterns that may motivate the consumption. Further research on the specificities of hentai that warrant this distinctive influence is encouraged.

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Paper number 737 | Electronic Poster

Japanese may not distinguish between warmth and competence.

Yuiko Sakuta[1]

[1]Jissen Women's University, Japan

In recent years, research on automatic perception of first impressions from faces has gained significant attention, revealing both the universality and cultural differences in impression evaluations. This study focused on Japanese adults and examined impression evaluations of facial images based on dimensions widely regarded as primary axes of social cognition in Western cultures: trustworthiness, dominance, competence, and warmth. The study aimed to identify the principal dimensions of social judgments among Japanese individuals. A total of 200 participants were recruited via a crowdsourcing platform. Facial stimuli were generated using FaceGen Modeller, producing 300 facial images (150 male and 150 female) at random. All faces depicted Asian individuals in their twenties with neutral expressions. Images that appeared non-Japanese or conveyed clear expressions were excluded. To ensure the focus on internal facial features, the upper and lower parts of the images were cropped at the brow and jawline, respectively. The facial images were divided into four sets (two for each gender), with each set containing 50 images. Participants rated the faces on five items: strong, competent, trustworthy, warm, and nice, using a seven-point Likert scale (1 = not at all, 7 = very much). The results showed a strong correlation between the ratings for trustworthy and the items warm and nice, for both male and female faces. Additionally, a significant positive correlation was observed between warmth and competence. However, previous studies in social cognition have treated warmth and competence as distinct dimensions. Further investigation is necessary to determine whether this discrepancy arises from the specific characteristics of the stimuli used in the study or reflects cultural differences in evaluative criteria.

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Paper number 134 | Electronic Poster

Beyond the praise: What makes recognition at work truly valued by Gen Z

Pragya Sonawane[1]

[1]SOIL School of Business Design, India

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Title:

Beyond the Praise: What Makes Recognition at work truly Valued by Gen Z

Presenter: Dr Pragya Sonawane, Assistant Professor, Soil School of Business Design

Research aims and objectives

The study had the objective to assess the significance of individual and organizational factors in enhancing the value of non-monetary recognition for Gen Z employees; it proposed to delineate the ways in which non-monetary recognition could be made more meaningful for Zoomers.

Theoretical Design:

The research establishes itself in the paradigm of reinforcement theories and motivational framework. The research is based on the premise that when recognition practices are implemented effectively, they can be highly valued by Gen Z employees.

Research Design:

The study was placed in the quantitative paradigm with the ontological assumption of recognition as an objective process that could be studied independent of subjective responses. Following the positivist tradition, as suited to organizational research, the study sought a nomothetic explanation to identify the various factors (individual and organizational) which impact the value of recognition for GenZ employees.

Results:

The results of the study indicated insignificant role of individual demographical and functional factors in determining the value of recognition for employees. The results however presented the important role of individual psycho-social variables in determining the value of recognition for employees. The most significant organizational factors that impacted how GenZ employees values recognition in an organization were top management's belief, relations with senior and the organization recognition practices. The study concluded with the basic framework for effective recognition practices for GenZ employees.

Limitations:

The study is limited in the sense that it did not control for other confounding variables like engagement initiatives and job satisfaction.

Implications for practice:

The study provides a framework for setting the Dos and Donts of effective recognition practices at work.

Keywords: Employee Recognition, GenZ, Motivation

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Paper number 482 | Electronic Poster

Does increasing perceived intergroup similarity between trans and cis people improve attitudes towards trans people?

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Research aims: To examine the effect of an intervention promoting intergroup similarity on attitudes towards trans people, a persistently discriminated collective.

Theoretical background: Categorization leads to evaluative differentiation, ingroup favouritism, and, consequently, intergroup bias. The existing literature indicates that increasing perceived intergroup similarity will decrease prejudicial attitudes towards the outgroup.

Methodology: A total of 345 cisgender participants (Mage = 33.46, SDage = 13.96; 182 women) were randomly assigned to one of two conditions. In the experimental condition (n = 172), participants were required to identify five characteristics shared by cis and trans people. Participants in the control condition (n = 173) were asked to identify five characteristics shared by cats and tigers. Next, perceived intergroup similarity, general attitudes, stereotypes, policy support, behavioural intentions, and feelings towards trans people were measured.

Results: The multivariate analysis of variance showed that there were significant univariate main effects of the condition on perceived intergroup similarity, $F(1, 341) = 12.851$, $p < .001$, $\eta p2 = .036$. According to the Bonferroni post hoc tests the manipulation significantly increased the perception of similarity between cis and trans people, compared to the control ($p < .01$). However, there were no significant effects of the condition on attitudinal measures ($p > .14$).

Limitations: The efficacy of the manipulation may have been constrained by the influence of confounding variables, which require further investigation.

It is unclear whether strategies based on promoting intergroup similarity could prove effective in long-term, broader interventions. Moreover, the findings of this study are not generalizable to other socio-cultural contexts.

Implications: Brief strategies which increase the perception of intergroup similarity between cis and trans individuals may not be effective improving attitudes of cis people towards trans people.

Paper number 691 | Electronic Poster

Leveraging LLMs for predictive modeling: forecasting depression and anxiety outcomes in adults using behavioral data

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[2]Laboratory of Neuropsychology and Human Neuroscience, The University of Hong Kong, Hong Kong

Research aims and objectives:

This study aimed to evaluate the effectiveness of LLM-based predictive modeling in forecasting depression and anxiety outcomes using behavioral questionnaire data in adults.

Theoretical background:

Depression and anxiety represent significant challenges globally, necessitating accurate predictive models for early intervention and treatment. While traditional statistical approaches have shown limited success in predicting mental

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health outcomes, Large Language Models (LLMs) offer promising capabilities in understanding complex patterns in behavioral data.

Methods:

The study utilized LLM-based text prompting for prediction modeling. Behavioral factors of 804 adult participants from Hong Kong and Guangzhou, such as perceived stress and loneliness, were processed through carefully designed prompts, enabling the LLM to identify relevant predictive features and patterns. To protect participants' privacy, we assessed the performance of locally deployed LLMs such as DeepSeek and GLM-4. The model's performance was evaluated using standard metrics including F1-score, precision and recall.

Results:

LLMs demonstrated acceptable predictive performance, with GLM-4 showing superior performance overall. For depression prediction, GLM-4 achieved an F1-score of 0.45, with notably high recall (0.63), while DeepSeek reached an F1-score of 0.39. In anxiety prediction, GLM-4 demonstrated stronger performance with an F1-score of 0.54 and a high recall (0.92), compared to DeepSeek's F1-score of 0.48. GLM-4's higher recall rates suggest particular effectiveness in identifying potential cases of both conditions.

Limitations:

This study relies on a retrospective self-report questionnaire, which may introduce recall bias.

Research/Practical Implications:

This study provides evidence for the potential of LLM-based approaches in mental health outcome prediction, offering a new methodology for processing and analyzing behavioral questionnaire data. It suggests that LLM-driven prediction modeling could help forecast depression and anxiety outcomes, potentially improving early intervention strategies and treatment planning.

Originality/Value:

According to the authors' knowledge, this is the first study to use Chinese LLMs to predict emotional disorders with behavioral data.

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Paper number 1 | Electronic Poster

A study of knowledge sharing behavior: moderating roles of Guanxi and sharing pressure climate

Chin Tung Stewart Ng[1], Hsien-Chun Chen[2], Szu-Yin Lin[3], I-Heng Chen[4], Shih-Chi Su[4], Chun Ming Louis Kwok[1], Faye Tse[1]

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In this research, we examined (a) the main effects of the two dimensions (i.e., general and unique) of individual professional knowledge that impact the individual knowledge-sharing behavior in the workplace and (b) the interaction effects of guanxi and the organizational knowledge-sharing pressure climate between individual professional knowledge and individual knowledge-sharing behavior. We conducted a pre-test to validate our survey items of the two dimensions of the individual professional knowledge scale. We then conducted a three-wave study with a two-week gap. In the three-wave study, we collected 295 employees across different industries in Taiwan. The results revealed a significant positive association between general professional knowledge and individual sharing behavior and a significant negative association between unique professional knowledge and individual sharing behavior. In addition, our results revealed that guanxi could weaken the negative relationship between

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unique professional knowledge and individual sharing behavior, and the organizational knowledge-sharing pressure can weaken the positive relationship between general professional knowledge and individual sharing behavior. Importantly, our results drew several important theoretical and managerial implications in the individual professional knowledge and individual sharing behavior. Our study provides insights into employees' choices regarding knowledge-sharing types. Moreover, our study suggested promoting individual knowledge-sharing within organizations, offering strategies such as facilitating general professional knowledge exchange, recognizing individual expertise, strengthening interpersonal connections, and addressing organizational knowledge-sharing climates. We also recommend that the practitioners respect employees' autonomy, implement incentives, and foster a positive sharing environment to enhance knowledge-sharing efficacy.

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Paper number 457 | Electronic Poster

Associations between attitudes, trust in privacy, and privacy-preserving practices in online privacy. Is there a link?

Ivan Annicchiarico Iseda[1], Cornelia Herbert[1]

[1]Ulm University, Applied Emotion and Motivation Psychology, Germany

The purpose of this poster is to present preliminary results from an online study that explored the association between attitudes towards privacy (the user's beliefs and expectations in privacy), trust in privacy (the extent to which an individual expresses confidence in the ability of organizations, platforms, and regulatory systems to protect their digital privacy) and privacy-preserving practices (the extent to which individual express commitment to certain actions and behaviors to protect their privacy in a virtual context). Based on the previous scientific literature individuals express concerns for their privacy but still show high levels of online self-disclosure. This phenomenon has been described as privacy paradox. Several factors such as perceived benefits and risks appear to affect online privacy behavior. In this study, we explore the role of privacy attitudes, trust in privacy, and privacy-preserving practices to determine their relationship.

We conducted an online study using Prolific to collect data from 300 participants. Through an Exploratory Factor Analysis with a good level of classification (KMO= .89), we obtained three factors with high reliability (α >.73). A mediational analysis revealed that Trust in Privacy has a strong positive direct effect on Privacy-Preserving Practices, while a moderate negative effect of Privacy Attitudes mediated this relationship.

Our results suggest that promoting positive attitudes through transparency and accountability of privacy might affect how individuals protect their online privacy. The complex relationship we found and the gap between privacy concerns and privacy-preserving actions calls for adopting new privacy tools. Building on these results we plan to apply this model in cross-cultural contexts to validate the role of privacy attitudes and how these might affect trust and privacy-preserving practices across several user groups.

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Paper number 929 | Electronic Poster

Translating Desire: A proof-of-concept for a low-cost, portable microcontroller system for real-life psychophysiological data collection.

Rudolf Arnold[1], Cornelia Herbert[2]

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Sexual health can be a staircase to heaven, but it can also become a vicious cycle of depression, sexual dysfunction and fear of failure. Psychophysiological experiments on sexuality are helpful in both research and therapy. Masters and Johnson's work remains a milestone in the study of human sexual response. However, a major criticism was that most experiments were conducted in a laboratory with bulky equipment. It compromised validity due to temporal and spatial limitations, participant recruitment, and motivation.

Measuring devices have now become smaller and cheaper, which makes mobile use possible.

Translating Desire is a proof-of-concept project that aims to develop a cost-effective system for collecting psychophysiological data in real-world settings. We show how to assemble simple devices into a modular structure that is cost-effective, user-friendly, reliable, and data-secure. It is based on Arduino-compatible Adafruit Feather components. The core elements include a microcontroller, an OLED display for signal quality tests, and an SD card logger. The analog inputs are connected to a pulse sensor, a galvanic skin response sensor, and a pneumatic anal sensor for measuring pelvic muscle tension - all important for assessing sexual arousal.

Volunteers receive basic training and operate the system at any time or in specific situations in their private environment. We include diagrams of our initial experiments and discuss validity.

The low price allows multiple units to be rented simultaneously for several weeks, resulting in a significant amount of data, including intrapersonal impacts over time. This is important for the development of corresponding AI applications.

Our approach offers several advantages: more realistic conditions, higher acceptance and trust, and more cost-effective data collection. Finally, the system can be easily modified or expanded for other applications such as therapy, art, and music, as well as other research areas such as pain.

Paper number 1073 | Electronic Poster

Implications of the prevailing media climate for the sense of agency and civic (dis)engagement: Evidence from Armenia

Sona Manusyan[1], Ani Poghosyan[1], Tiruhi Grigoryan[1], Nare Paremuzyan[1], Ani Grigoryan[1]

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Today’s individual seems to be torn between contradicting messages about their influence both on own life and on the social world around. The prevailing discourses – in film, media, everyday psychology –still equip individuals with the sense of agentic choice, social change optimism, authorship over life, rights and freedoms. Yet people navigate their daily lives within the overwhelming negativity of everyday news. News at all scales - local, regional, worldwide – are by and large disempowering, bringing forward mass destruction, political cynicism, immense political and economic uncertainty, increased technological control over individual life, etc. These discrepancies make the question of human agency relevant afresh.

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Drawing on our ongoing multi-method study of civic (dis)engagement as tied to the sense of agency and identity in post-revolutionary and (post-)war Armenia, we will present some results from the qualitatively-oriented media content analysis to discuss the likely implications of the media climate – the perceived psychological characteristics, including the prevailing emotional tone of media narratives –in Armenia for the sense of agency and citizenship, and for the underlying (dis)engaging emotions. In particular, 3 Armenian Telegram news channels were thematized during select periods while employing participatory research principles, that is, researchers observing and coding their own emotional reactions while coding the news pieces. Preliminary results point to prevalence of language and tone making for both emotional and cognitive disengagement, sense of uncertainty, and conscious avoidance of news.

One potential limitation of the study is the restricted selection of the media platform itself and its channels. A more general limitation is the ongoing unstable nature of the political landscape and the media reality. However, the media analysis is only one component of our larger project, and its results will be collated with and contextualized within other qualitative data from our research, namely dynamic desk-review and focus-group interviews.

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Paper number 42 | Electronic Poster

Employee motivation in matured industries: A case of a tv shopping channel in Taiwan

Yi-Hsuan Chen[1], Shu-Cheng Chi[2], Yukan Liu[3]

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A matured industry faces increased challenges in hiring and retention of quality workers since it may become a “sunset” industry soon. The researchers conducted a qualitative study in a TV Shopping Channel in Taiwan. The company was facing a steady decrease of customers due to a rapid growth of online shopping and drop of TV viewers in recent years. The research scheme included: First, six anonymous employees across different tenures provided their views on various aspects of jobs and company’s HRM policies; Secondly, two high-level managers were interviewed with a summary of the first phase results presented; Finally, two HRM experts provided suggestions on related issues. Codebooks were created to analyze the interview results. Dimensions of codebook for employees included: industry familiarity, prospects of virtual shopping, prospects of TV industry (0 to10 points), job satisfaction, preferred management style, needs for trainings, turnover intention, amount of bonus, job performance (0 to10 points), etc. We analyzed responses of informants, high-level managers and the HRM experts. For work motivation, we found, informants with high “prospect of TV industry” and “job performance” were the ones with highest work motivation. As expectancy theory predicted, those who see a future in the TV industry with a high job performance were the ones having highest expectancy (consequently, a high job satisfaction and low turnover intention). Additionally, we found, those with tenures less than five years expected a stable salary and received necessary trainings; those with tenures between five to fifteen years wished to have a more flexible work-schedule for a better work-life balance and to receive in-depth trainings; and senior workers with tenures more than fifteen years preferred to explore cross-disciplinary knowledge and skills. Both the intrinsic-extrinsic dichotomy and Ryan and Deci’s (2000) self-determination theory are used to interpret employees’ needs satisfaction in companies of matured industries.

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Paper number 832 | Electronic Poster

Study on emotional intimacy levels in couples

Gina Avelyn[1], Stefi Sunil[1]

[1]Christ University Bangalore, India

This research aims to study how distance can affect the emotional intimacy and quality of communication couples share in long-distance and geographically close marriages. This study explores the impact of distance on emotional intimacy and communication dynamics among female spouses to provide better information on the relationship's behavior and well-being. The existing literature highlights that different relationships and factors, including communication, intimacy, and conflict resolution, affect relationship satisfaction, emotional welfare, and stress management. Findings emphasize that long-distance and geographically close relationships have unique challenges and benefits that affect relational dynamics and general well-being. The data will be collected quantitatively from females in a marital relationship for over 3 years. The participants must fill out a questionnaire presented as Google Forms or hardcopies, using snowball sampling. The Relational Communication scale will be utilized for assessment.

The findings will offer insights into how emotional intimacy and the quality of communication differ for couples who are geographically separated and those who are close together. Findings can be applied to develop effective strategies and support systems to help couples maintain healthy emotional bonds. The information from this study will also be helpful to programs of counseling relationships and education to assist couples in different situations better.

Paper number 965 | Electronic Poster

The impact of social identification on employees' obedience: A field application of the Social Identity Model of Deindividuation Effects (SIDE)

Katharina Kärgel[1]

[1]SRH University, Germany

A growing body of literature challenges Milgram’s obedience experiments by offer-ing a novel explanation. Recent studies show that authoritarian obedience is influ-enced by identifying with the authority. Thus, obedience to authority is understood as a form of followership. The present study expanded on this approach by applying the social identity model of deindividuation effects (SIDE). We suggested that obe-dient behavior at the workplace can be explained by social identification processes promoted by deindividuation manipulations. We developed an online-survey meas-uring employee’s willingness to obey, as well as their professional identity. The study was conducted in three German organizations employing both deindividuated and non-deindividuated employees (German Armed Forces, N = 461; Correctional Facilities, N = 192; Hospital, N = 227). Within the German armed forces and the correctional facilities, deindividuated employees reported a significantly higher will-ingness to obey than non-deindividuated employees. This also proved to be true for destructive orders. Within the hospital, the expected effect of deindividuation ma-nipulations on obedience could not be observed. Moreover, a strong professional identity significantly promoted employee’s willingness to obey in all organizations. Summing up, we uncovered an interdependence of deindividuation manipulations and obedience at the workplace. Key issues and controversies are discussed.

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Paper number 1015 | Electronic Poster

The voice and the shape of emotions

Agata Romeo[1], Martina Pagano Rantone[1], Elettra Cultrera[1], Rosario Pavone[1]

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BACKGROUND: The DSM-5 identifies among the significant symptoms of the schizophrenia spectrum disorder and other distinct psychotic disorders of emotional expression or apathy.

OBJECTIVES: The focus of the study was the recognition of emotions and a gradual re-appropriation of them. The purpose was to improve and enhance the recognition of emotions, thoughts and bodily sensations associated with them, increase awareness of Self and the relationship with the Other.

METHOD: The study involved 17 patients (10M and 7 F) aged between 24 to 54, with chronic illness diagnosed with schizophrenia spectrum disorders. They were organized into two groups, at the Day Center of Lentini (SR). The project consisted of 12 meetings, with weekly cadence.

Primary emotions have been addressed (joy, anger, fear, surprise, sadness, disgust, burn, trust) separately, each following the same pattern: brain storming, personal expression with reference to real life episodes, graphical representation on the topic covered, acquisition of useful strategies for the emotions management, group discussion. The working groups were led by two psychologists.

RESULTS: There were numerous difficulties in interpreting and evaluating the effects of feelings in the

relationships and lifestyle choices. Poor was the ability to know how to explain the feeling experienced in a particular lived moment.

The imaginative processes were largely limitated. Often the subjects tended to concentrate on the concrete episode failing to perform an abstraction. The use of color and graphic representation has facilitated the therapeutic process since it has become a mediator of emotional elements and unexpressed words.

CONCLUSIONS: At the end of the study a significant decrease of tendency to isolation has been achieved,

as well as a greater awareness of the dependence on third parties (that is often triggered in some subjects).

The group participants verbalized a more functional interpretation of the feelings and the

reduction of minor discomforts.

Paper number 443 | Electronic Poster

A learning organization model: The sales journey for talent agents

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The professional world is filled with books and articles offering sales techniques, best practices, and advices, but these are often not applicable across all industries. This is particularly true when sales is a secondary function rather than the primary role of employees. Here, we focus on talent agents. Their main role is to coach and support their talent, but they must first discover talents and secure contracts, where sales skills can be invaluable. Our team was approached by an HR sourcing firm to design a training program aimed at developing the agents' sales skills while ensuring their well-being in this activity.

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To foster experiential learning, we employed David Cooperrider's appreciative inquiry approach, leveraging field professionals' expertise to identify replicable practices. We also drew inspiration from Robert Dilts and Gregory Bateson's models and Neil Rackham's SPIN Selling method.

We began by interviewing high-performing and underperforming agents identified by the organization to understand their field practices and highlight behavioral differences. Next, we conducted modeling interviews to help agents identify their unique strengths, which were then targeted for development. In the third step, these insights were consolidated to create a learning organization model.

A pretest is underway: nine agents have completed a self-assessment and a sales skills questionnaire, which they will retake after training sessions. At the program's conclusion, they will present their newly developed sales singularities, validated through a final oral assessment. KPIs will also be analyzed.

The emerging model is currently specific to the company and its local branch. Adapting it culturally for international subsidiaries and transferring it to other industries will require further study.

This approach is unique in centering beneficiaries within the modeling process while respecting individual and organizational specificities.

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Paper number 744 | Electronic Poster

From repulsion to propaganda: Harnessing disgust in psychological warfare

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Disgust is a deeply rooted and influential emotion that shapes human behaviour and social judgments, often serving as a powerful driver in decision-making processes. This study explores the role of disgust in disinformation, drawing on survey data from 1,280 participants selected through a representative sample. Respondents identified what they found most disgusting, and their answers were categorized into 10 groups and subsequently refined into five key segments. The findings highlight the segments most frequently mentioned and reveal the potential for exploiting disgust as a psychological tool in disinformation strategies.

Disgust-inducing narratives provoke immediate visceral reactions while reinforcing lasting negative perceptions of targeted groups, policies, or institutions. This dual effect makes such narratives highly effective in fostering distrust and societal division. Moreover, these narratives enhance the resilience of propaganda by embedding hostile associations deeply in the public consciousness, rendering debunking efforts less effective.

By analyzing the intersection of emotional psychology and disinformation, the study underscores the urgent need to understand the emotional mechanisms that underpin manipulative campaigns. The findings have significant implications, particularly in contexts marked by geopolitical instability, such as the ongoing war initiated by Putin, Russia. Recognizing and addressing the psychological drivers of disinformation, especially disgust, is crucial to developing effective counter-strategies and safeguarding public discourse.

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Paper number 945 | Electronic Poster

Dark tourism and morbid curiosity

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Introduction: Dark tourism is the act of visiting places associated with death or tragic events. It may trivialize suffering, but also help understand tragic events. Morbid curiosity, the attraction to unpleasant stimuli or death, may help learn and understand these situations. This study will measure dark tourism attraction, its relation to morbid curiosity and reasons for engaging in this activity.

Materials: An ad hoc questionnaire with sociodemographic data, the Morbid Curiosity Scale (Scrivner, 2021), and questions regarding knowledge of dark tourism, and reasons, consequences and problems of such visits will be used.

Sample: 103 participants (mean age=41.19 years, sd=1,70), 31 men and 72 women took part.

Results: Morbid curiosity scores were medium low; younger participants scored higher than older ones. Most people had not heard about dark tourism, although over 80% had visited at least one site, with no differences between low and high morbid curiosity participants, age or gender. Reasons for visiting reflected what we are capable of doing as human beings, or knowing better what happened in that location. The least mentioned reasons were pleasure, or telling some another person. Younger participants stress the enjoyment and new sensations reasons more than older participants. High morbid curiosity participants score higher in all types of reasons for visiting. Most participants believe dark tourism is a valid way of learning and reflecting on history. The main risk is commercializing tragedy, although most do not see it is a lack of respect towards victims, or feel uncomfortable or guilty.

Discussion: Dark tourism is not necessarily disrespectful although it could lead to commercializing tragedies. It seems a way to reflect on history and learn from these events more than just thrill seeking or telling other people. Younger and high morbid curiosity participants favor more these thrill and social media related reasons for visiting

Paper number 76 | Electronic Poster

The Overview Effect; Increasing the value of the human social identity by investigating attitudes toward UK migrants.

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The overview effect is a social phenomenon that explains the experiences and reflections reported by astronauts after viewing Earth from space. The overview effect is associated with feelings of awe, appreciation of the beauty as well as concern for Earth, and a feeling of oneness with humanity. This online study investigated whether the overview effect has a significant impact on attitudes toward migration in UK nationals and their willingness to be contacted by charities that work with migrants after viewing the Earth on photo or video conditions using phone or tablet/laptop devices. This is the first study to attempt to activate the overview effect using these means. Using questionnaires, attitudes toward migration and a holistic overview effect activation were measured, but potentially due to limitations of the current sample population, no significant interactions were found between the overview effect and migration attitudes or willingness to be contacted by charities. Moreover, the overview effect was weakly activated, suggesting that although photos and videos on phone and tablet/laptop devices can be used for

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activation, their strength in doing so is limited. Additionally, for the first time it was shown how the overview effect can potentially elicit a human level of social identity. The findings are consistent with previous evidence regarding the overview effect and can be used to support future investigations regarding its relation to migration prejudice, researching the effect holistically and using it to activate the human social identity.

Paper number 265 | Electronic Poster

The individualization of mHealth interventions for occupational stress: An exploration of the preference for an AI-driven selection of interventions

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mHealth offers the potential to deliver individualized interventions for occupational stress in a cost-effective and accessible manner. Previous developments have not fully exploited the possibilities for individualization, with most interventions being offered according to a one-size-fits-all approach. However, advances in technology, particularly AI, have made it possible to maximize the individualization of mHealth experiences.

The objective of the study was to explore the user's preferences of individualization features of an AI mHealth app for occupational stress.

46 participants used an mHealth app for occupational stress management over a period of two 3-week intervals. The app offered a range of 179 micro-interventions, drawn from key domains of cognitive behavioral therapy. Following the automatic detection of a stress event using sensor data and subjective inputs, users could access a decision tree algorithm, through which they could select the intervention most aligned with their situational needs. Alternatively, they could opt to allow the app's AI to make the selection, based on the user's previous interactions and preferences.

The results showed that for a significant proportion of the triggered intervention algorithms, users showed a preference for allowing the app's AI to determine the most suitable intervention, thereby neglecting to use the self-directed individualization to its full extent. This tendency increased over the course of the study periods.

The study results were limited by app usability issues.

It has been demonstrated that users tend to accept an AI-driven approach to intervention selection as an alternative to a self-determined approach. The study provides a unique insight into user behavior in the context of mHealth individualization tendencies on a previously unexplored scale.

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Paper number 322 | Electronic Poster

Making the invisible, visible: The role of contact on the social invisibility of queer people of color

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Can contact with different social groups decrease feelings of invisibility for queer people of color (QPOC)? When a person's face is remembered less than others, their words are attributed to someone else,

or they are ignored by potential romantic partners, they are experiencing social invisibility (Brown-

Iannuzzi et al., 2014; Sesko & Biernat, 2010). In this project, we investigate social invisibility from the target perspective as a phenomenon where someone reports general feelings of being ignored, overlooked, or dismissed by others. According to the intersectional invisibility hypothesis (Purdie-Vaughns & Eibach, 2008), individuals who are non-prototypical for their constituent identities (e.g., Black women), rather than prototypical (e.g., Black men), are more likely to experience social invisibility. QPOC are one social group that are at heightened risk for experiencing social invisibility due to holding multiple marginalized identities. Little research has explored the experience of feeling invisible to others or how to decrease experiences of invisibility. To examine both, we surveyed a QPOC sample (N = 350) on Prolific about their feelings of invisibility and contact with different social groups. A cross-classified multilevel model revealed that contact quality (β = -0.64, SE = 0.06, $p < 0.01$) and contact quantity (β = -0.08, SE = 0.03, $p < 0.01$) decreased invisibility, with a stronger effect of contact quality ($R^2 = 0.15$) compared to quantity ($R^2 = 0.01$). Additionally, contact with intersectional ingroup members (i.e., intragroup contact) was more predictive of invisibility than contact with outgroup members. Our findings underscore the importance of fostering high quality contact between ingroup members, especially for QPOC, when it comes to social invisibility. Future work can test the relationship between invisibility and contact longitudinally to examine how invisibility and contact relate over time.

Paper number 187 | Electronic Poster

The effects of psychological games on communication skills of young people in Japan

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This study examined the effects of continuous psychological games on communication skills of young people in Japan. Werewolf-Game was used as a psychological game. Werewolf game has about 10 participants and they were divided into 2 teams, werewolf team and citizen team. Werewolf tells a lie and attacks the citizens, citizens try to find the wolf by conversation and expel it. As for this game, games advance by the discussion of all the participants, so communication of the participants becomes very important to win.

Survey participants were 39 university students (who have experienced few werewolf-games before, 19 males and 20 females, Average age is 20.92.). Half participants were divided into an experimental group, and the others were into the control group randomly. The experimental group members played werewolf-games 9 times over a three-week period, and control group members did not. Their communication skills (6 factors) were measured. The questionnaire was carried out before the games and 2 weeks after the games.

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According to ANOVA (2×2), interaction effect was significant. There was no significant difference in the means of all scales of communication skills between experimental and control group before the game. Two weeks after the games, expressivity skill and other acceptance skill in experimental group became higher than before, and those two skills were higher than those of control group. There was no significant difference in other skills. These results indicate the possibility that some of communication skills are promoted by the training using the continuous psychological games. However, it is necessary to check whether the effects are temporary or permanent.

Paper number 1014 | Electronic Poster

The weight of prejudice: Stigma as a social barrier

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BACKGROUND:

Stigma represents one of the leading causes of division in today's society. It refers to the use of stereotypes, prejudices, and discriminatory attitudes towards individuals or groups labelled as "different" due to disabilities, health conditions, or personal characteristics.

OBJECTIVES:

The project aims to increase awareness of stigma and self-stigma by improving the ability to recognize discrimination and providing strategies to address it.

METHOD:

The sample consists of 14 individuals (11 males; 3 females) aged 25–55 years from the Day Clinic Mental health of Lentini (Syracuse) diagnosed with schizophrenia spectrum disorders. They were divided into two closed groups of 7 participants, led by three psychologists in two separate editions. Participants underwent a psycho-educational program with a cognitive-behavioral approach, consisting of 10 weekly sessions.

Patients were assessed through interviews, semi-structured questionnaires, and tests both at the program's beginning (T0) and end (T1). The tools used included:

• DISC-12 (Discrimination and Stigma Scale) to evaluate perceived stigma in private, work, and public contexts.

• Rosenberg Self-Esteem Scale to measure self-esteem levels.

• COPE (Coping Orientation to Problems Experienced) to investigate coping styles.

The intervention included videos, readings, images, narratives, role-playing, brainstorming, and active participation, focusing on the storytelling of personal experiences.

RESULTS:

The project is still ongoing and will be concluded shortly, however first data gathered are already providing relevant insights for this project. The results will be compared with a control group consisting of residents of the group home within the Day Clinic Mental Health of Lentini.

CONCLUSIONS:

Through this project, we aim to enhance our patient's ability to recognize discriminatory and stigmatizing situations, as well as the emotions associated with these experiences. Thanks to the project's outcomes, we intend to foster a more inclusive and supportive society.

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Paper number 813 | Electronic Poster

Evidence-based addiction prevention in the workplace

Anna-Marie Herdtle[1], Sacha Bachim[1]

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This presentation aims to introduce practice-based interventions in the field of workplace addiction prevention and to demonstrate the potential of systematic scientific monitoring.

Since 2021, the national Centre of addiction prevention Cnapa in the Grand Duchy of Luxembourg has been setting up a department for occupational health promotion and addiction prevention. In doing so, Cnapa is focusing on practice-based concepts rooted in occupational health psychology that emphasise a systemic approach to workplace addiction prevention that is not (or no longer) limited to only raising employee awareness. Companies are advised to develop internal guidelines based on the legal framework, enabling structured early intervention, aiming to refer affected employees to support services at an early stage, while also offering all parties involved (managers, HR managers, colleagues) confidence in dealing with the situation. Along with these internal guidelines, the managers must be trained accordingly, and awareness-raising measures must be offered to employees.

Unfortunately, this approach combining universal, selective and indicated prevention as well as individual and structural measures, still remains scientifically underexposed. Only programmes for individual alcohol and nicotine reduction, have been evaluated for their effectiveness so far. Cnapa assumes that a systemic approach as described above has great potential to contribute to a de-stigmatisation of affected persons and a de-tabooing of the topic of substance use within organisations and to make early intervention in the workplace more accessible.

These projects have so far lacked systematic scientific monitoring and evaluation – it would be desirable to close this research gap in the field of workplace addiction prevention – not least to provide companies with solid arguments why workplace prevention is effective and profitable.

Paper number 1183 | Electronic Poster

Enhancing road safety through driver perspective-taking: introducing the Driver Situational Reflection Scale (DSRS)

Ivars Austers[1, 2], Kristīne Jaunzeme[1], Girts Dimdins[1], Inese Muzikante[1], Elīna Poļanska[1]

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To better understand car drivers' behavior, it is essential to go beyond analyzing individual actions and consider how drivers perceive and interact with others on the road. This study highlights the importance of cognitive representations, including how drivers imagine other road users' perspectives and mental representations of a traffic situation, in mitigating risky driving behaviors. In this context, the authors introduce the Driver Situational Reflection Scale (DSRS), a novel tool designed to measure the extent to which drivers reflect on traffic scenarios and adopt others' perspectives within a traffic flow. The DSRS comprises two dimensions: Caution and Perspective-taking. These factors demonstrated strong predictive validity across multiple studies, effectively forecasting both positive and risky driving behaviors (Studies 1A and 1B) as well as driving skills (Study 2).

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Paper number 648 | Electronic Poster

Psychological factors that explain problematic social media use in university students

Pamela Acosta-Rodas[1]

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The need to stay connected all the time and be informed about everything that is happening through social media posts, may lead to problematic social media use. It is associated with emotional and psycho-social conflicts such as mood disturbances, social isolation, deterioration in face-to-face relationships, emotional instability, depression, anxiety, irritability, emotional impoverishment, decreased judgment capacity, and difficulties in coping with everyday problems (Cabero-Almenara y otros, 2020; Álvarez-Menéndez & De la Villa Moral-Jiménez, 2020).

Aim: to provide relevant information about the psychological factors influencing the problematic social media use, including executive functions, personality traits, self-esteem and high levels of perceived stress, in university students.

Objectives: To determine the alterations in executive functions that lead to problematic social media use.

To describe the personality traits that influence problematic social media use.

To define how self-esteem levels promote problematic social media use.

To estimate quantitatively the moderation of stress levels in the relationship between the independent and dependent variables.

Results expected: To obtain information from at least 300 Ecuadorian university students, that allow us to prove if the alterations in the executive functions of university students lead to problematic social media use, if there are personality traits that predispose individuals to problematic social media use, if lower self-esteem is associated with greater problematic social media use .And, if the stress level of university students influence in the problematic social media use.

The design of this research is quantitative, non-experimental, cross-sectional, with a descriptive, correlational and explanatory approach.

Limitations: we don't have all the scales validated to Ecuadorian population specifically. Psychological research in Ecuador is developing, so, we don't have a culture of answering questionnaires.

The original value of this research lies on understanding how to work with Latin university students who are facing a problematic social media use.

Paper number 38 | Electronic Poster

Trust in succession in family business: Its correlates and the critical role of psychological safety

TSO-YUN WEI[1], Shu-Cheng Chi[1], Chen-Chang Huang[1]

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Senior managers of family businesses play a crucial role in the succession process and their trust in succession and with the successor(s) are consequential to employees' job attitudes and behavior. We hypothesized that the employees' perceived psychological safety in the company serves as the mediating role of the above effects. Drawing upon the uncertainty reduction theory, we argue, when seeing a high trust in succession, employees would feel psychologically safe, thereby are more satisfied with jobs and willing to voice opinions, and less likely to leave

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the company. Our study context is in Taiwan. The authors developed a five-item scale to measure trust-in-succession, with a five-point Likert scale (from “high trust” to “no trust at all”). Sample item is: “To what extent you feel that the senior managers trust the ability of the successor(s)?” We obtained a total of 240 anonymous respondents from 29 family businesses with succession in process through the consent of each company. The sample contained 102 male (42.5%) and 138 female (57.5%). For the trust-in-succession scales, Cronbach’s α equals to .94 (with CR being .89 and AVE being .67), showing an acceptable level of reliability and validity. We followed the suggestion from Hayes (2013) to conduct a bootstrapping analysis with 1000 repetitions on our mediating prediction. The results showed that perceived psychological safety played a positive mediating role on the relationship of trust-in-succession with job satisfaction (B = .16, SE = .02, 95% CI [.11, .21], not including zero, and with voice behavior (B = .08, SE = .07, 95% CI [.03, .14], not including zero, and a negative mediating role with turnover intention (B = -.20, SE = .12, 95% CI [-.29, -.13], not including zero. The authors discussed theoretical and practical implications of this study on succession and power maneuvering in family business.

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Paper number 1156 | Electronic Poster

Community psychologists dealing with ubiquitous communities: A cross-case analysis of experiences intertwining online and offline social environments and processes

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Theoretical background. Modern communities have become ubiquitous – that is, citizens are able to experience them in person and online simultaneously – due to the increasing intertwinement of online and offline environments, processes, and social dynamics. These pervasive changes require Community Psychologists to become aware of their theoretical and – most importantly – practical implications, so as to properly adapt their methodologies, approaches, and tools to such complexities, also detecting new ones when available or needed.

Aims and Methods. This contribution aims at deepening Community Psychologists’ work within ubiquitous communities based on a cross-case analysis of different research-interventions and projects. The selection was based on the following criteria: they (a) addressed the peculiarities of modern communities by paying attention to (b) traditional Community Psychology pillars and topics, along with (c) opportunities related to new technologies and the stemming ubiquitous social dynamics and environments. The four selected case studies were analyzed paying attention to: (a) methodologies and tools; (b) unfolded social processes and dynamics; (c) strengths and weaknesses of their implementation.

Results and Implications. The results unpack: (a) main addressed topics; (b) new and renewed methodologies and tools; (c) process-related issues, strengths, and weaknesses. After discussing the results of this analysis, the main lessons learned will be shared. Altogether, this can promote a shared understanding of the value of Community Psychology interventions addressing the ubiquity of modern communities, as well as of the difficulties that may arise when dealing with these new environments and processes, and how to overcome them.

Limitations and Future Directions. The main limitation refers to the small number of considered cases; however, as interventions addressing modern communities as ubiquitous social ecosystems still represent a relatively new and expanding field, these results can represent a meaningful starting point for future Community Psychology research and interventions in this field.

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Paper number 103 | Electronic Poster

Effects of loss aversion on marketing

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Loss aversion, a vital concept utilized most in behavioral economics, describes how the pain associated with loss affects individuals more intensely than the pleasure associated with gain. Amos Tversky and Daniel Kahneman in 1979 described this concept as a crucial part of the substructure of the prospect theory, which describes how people make decisions under conditions of risk and uncertainty. Many factors affect loss aversion, including health, race, age, gender, location, emotions, education level, and more. Loss aversion is utilized in various aspects of marketing to make a profit. Odd-even pricing, pre-purchase, freemium, and free trials are all methods used by companies for profit-making. However, there are ways to mitigate the effects of loss aversion, such as exercise and cognitive reappraisal skills, a form of cognitive behavioral therapy. Cognitive reappraisal skills are used to reframe a situation and threat, thereby changing the emotional effect of the perceived threat or situation.

Psychology and the governance of society

Paper number 873 | Electronic Poster

'Where are my people?': a thematic synthesis of CAMHS accessibility for Black, Arab, and Asian youth in East Midlands.

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This study explores the experiences of racialised children and young people (CYP) within Child and Adolescent Mental Health Services (CAMHS) to address systemic barriers, improve accessibility and reimagine care models that deconstruct power imbalances. Racialised CYP face significant challenges accessing CAMHS, including systemic racism, deprivation, and Eurocentric service models that fail to meet their needs.

A thematic synthesis was conducted using three co-produced semi-structured interviews with 17-year-old participants from Black and Asian backgrounds. Reflexive Thematic Analysis identified five core themes: a preference for community-based support over CAMHS; mistrust of CAMHS services; a desire for culturally attuned care and representation; frustration with long waiting times; and stigma perpetuated by societal attitudes and a lack of family member inclusion in care. These findings highlight the urgent need to shift away from Western-centric service models towards approaches that prioritise cultural inclusivity, relational care, and accessibility.

While the small sample size limits generalisability and theme depth, the co-produced design amplifies CYP voices and provides a foundation for broader research. Expanding this approach globally could uncover similar systemic barriers faced by racialised youth in other regions, contributing to the development of international frameworks for equitable mental health care. The findings underscore the importance of integrating culturally informed care, family collaboration, and partnerships with third-sector organisations into CAMHS. Recommendations include co-producing local research, referrer training in diverse cultural perspectives, and feedback-driven service improvements. Future studies should include larger and more diverse samples, incorporate staff perspectives, and explore the scalability of co-produced methodologies to transform care systems at a structural level.

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Paper number 36 | Electronic Poster

World leaders' personality traits: an inside look to the global political hierarchy

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Research aims and objectives: Our study aims to shed light on the world leaders' profiling.

Theoretical background: Political leaders' personality traits play a major role in shaping governments' policies; this is why political psychology is focused on the role of personality from the side of electors and the side of politicians.

Research design/methodology/approach: Review of 36 articles -from 2014 to 2024- on PubMed and Google Scholar regarding the world leaders' profiling.

Results:

- World leaders' personality traits: perseverance, integrity, ability to motivate, emotional quotient, adaptability, modesty.

- Key attitudes for world leadership: empowerment, devotion, visionary mindset, originality.

- World leaders' skills: communication, conflict resolution, self-discipline, staff-management, social consciousness.

Trump's primary personality patterns were identified as: ambitious, authoritative, extrovert, along secondary traits of the Dauntless pattern. During his presidential term, distrusting and erratic inclinations were revealed, while his leadership style has been daring, combative, stiff, demanding, unpredictable and anti-conformist.

Xi's primary personality pattern was identified as Dominant, accompanied by determined, daring and concurrently introverted inclinations. The elevated Dominant and Conscientious pattern in his personality profiling demonstrates an individual who believes that he is ethically obliged to maintain the social norms, while perceiving the globe in terms of moral good vs. evil.

Putin's primary personality characteristics were identified as: controlling, ambitious, conscientious, along introverted, adventurous and distrusting traits. Masculinity appears to be his personality's core. Politically, his main personality qualities include his imposed ability and self-confidence, while his main personality flaws include his diplomatic inflexibility and his stony expression.

Limitations: Our study includes only 3 global leaders' personality profiles, offering a limited insight in the politicians' character decoding.

Implications for research, practice and/or policy: Our study reveales the different personality profiles of the 3 most imposing contemporary political leaders. Future research must be focused on the mental health status of political leaders.

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Paper number 741 | Electronic Poster

Diet quality and anxiety in Israeli adults during armed conflict

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Background: Armed conflict can produce acute psychological stress that can be accompanied by diet quality deterioration. The present study was designed to determine whether an association exists between diet quality/dietary behaviors and anxiety in Israeli adults during the Israel-Gaza war.

Methods: The present study was conducted in a representative random sample of Israeli adults aged 18 years or older, on an online platform. Demographic, lifestyle and psychological stress measures were assessed. Diet behaviors were queried with direct questions. Diet quality was assessed using the Israel Mediterranean Diet Scale (I-MEDAS). Anxiety was measured using the General Anxiety Disorder (GAD)-7. Data were analyzed and a model of moderate-severe anxiety (GAD-7 score ≥ 10) was generated.

Results: The study population included n=534 individuals, median age 39 (IQR=24) years, 52.2% female. Compared to pre-war lifestyle habits, habits during the war were characterized by less physical activity and deteriorated diet quality, with 21.9% of participants reporting a mean weight gain of 3 kg. The median GAD-7 score was 8 (9), indicating moderate to severe anxiety. The following variables predicted elevated anxiety in univariate analyses: weight gain, deteriorating diet quality, food insecurity, female sex and non-majority religion. In a multivariable logistic regression of elevated anxiety risk, deteriorated diet, food insecurity, weight gain, alcohol intake and female sex increased odds of this outcome, while increasing age decreased odds of elevated anxiety.

Conclusions: Diet-associated behaviors including weight gain, food insecurity, deteriorated diet and alcohol intake were associated with increased anxiety in a representative sample of Israeli adults during a period of armed conflict. While it is not possible to determine causality, the association nevertheless suggests an opportunity to provide nutrition and mental health support information to prevent longer-term health consequences during periods of war.

Paper number 416 | Electronic Poster

Measuring sexism: Data from 13 European countries

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Objective. Although sexism has been researched in different disciplines for decades, it remains a highly relevant topic up to this day. In a fast-paced, globalized world, contemporary attitudes about sexism should be examined. Therefore, innovative, reliable and cross-culturally relevant measures are necessary. This study aimed to test the factorial validity of a sexism measurement using data from 13 European countries. Methods. Data were obtained from the European Social Survey (ESS), Round 11 (2023–2024, v1.0), involving participants from 13 European countries (N = 19,741). The sample consisted of 9,149 males and 10,592 females, with a mean age of 51.48 years (SD = 18.53). To measure sexism, two items for hostile sexism, two items for sexism at work, and two items for benevolent sexism were used. A multi-group confirmatory factor analysis (MGCFA) was conducted to examine the one-factor structure of the measurement model across male and female participants. Results. The MGCFA was carried out in three steps: configural invariance (no constraints), metric invariance (constraining factor loadings), and scalar invariance (constraining factor loadings and intercepts). During the metric and scalar invariance analysis, one item revealed to be non-significant. Chi-squared difference test between three models showed statistically significant differences, suggesting that configural invariance revealed the best fit. However, further analysis indicated that ΔCFI between configural and metric invariance suggested no model deterioration, while

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ΔCFI between metric and scalar invariance suggested a substantial deterioration in model fit when moving from a metric invariance model. Conclusion. The ESS provided a short and quick measure of sexism using items for hostile sexism, sexism at work, and benevolent sexism. However, the failure to establish scalar invariance suggests that gender differences, if analyzed, may exist because of how items are interpreted or responded to. Further investigation of these differences and analysis of the problematic item are needed.

Paper number 527 | Electronic Poster

A meta-analysis and systematic review of communication channels, risk perception and psychological effects in natural hazards

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Research aims and objectives: This study combines a meta-analysis of the impact of communication strategies on adaptive behaviour towards natural hazards with a systematic review of the psychological impact of such hazards.

The meta-analysis focuses on identifying the most effective communication channels (traditional and digital) during the prevention, response and recovery phases. Meanwhile, the systematic review examines the emotional and behavioural consequences of exposure to natural hazards, with the aim of identifying resilience factors that support psychological coping.

Theoretical background: Natural disaster management requires an integrated approach that considers both the effectiveness of risk communication and the psychological impact on exposed communities. Understanding these aspects is essential for promoting adaptive behaviour and enhancing community resilience to natural hazards.

Methodology: Both the meta-analysis and the systematic review follow the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. The meta-analysis is restricted to quantitative studies. Searches were conducted in the Scopus, Web of Science and PsycINFO databases for both studies.

Results: Preliminary findings from the meta-analysis suggest that different communication strategies influence risk perception and resilience, thereby promoting adaptive behaviour. The systematic review highlights the primary psychological effects, including affective and cognitive responses, in populations exposed to natural hazards.

Limitations: The study has several limitations. For the meta-analysis, the dynamic and evolving nature of communication technologies may make some results less applicable to future scenarios. Instead, for the systematic review, the generalizability of the results may be limited by the heterogeneity of the included studies in terms of geographical, cultural and specific contexts of the hazard.

Implications for research: The findings highlight the need for multimodal communication strategies tailored to different contexts and the adoption of multidisciplinary approaches to enhance psychological support and resilience in communities affected by natural disasters.

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Paper number 980 | Electronic Poster

Attitudes of practitioners towards individuals with sexual interest in children

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Child sexual abuse (CSA) is a significant issue that requires attention on multiple levels, as it constitutes a critical public health concern (Glina 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

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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

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before writing them down. This task was completed concurrently with EEG and HRV measurement. This task was then completed again but sitting in a green space.

Participants were then put into one of two groups: the experimental group asked them to spend a minimum of three 30-minute sessions in a green space over the course of a week. Green spaces were specified as any parks, forests, or botanical gardens accessible to participants. The control group were asked to go about their week as usual.

Afterwards, participants completed the baseline HRV and GQ-6 again.

Conclusion:

Participants who had spent more time in nature had significantly improved HRV. Additionally, gratitude scores increased in the experimental group. This could indicate that spending time in nature improves gratitude and physiological wellbeing.

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Paper number 743 | Electronic Poster

The psychology of fear, disgust, and anger: Emotional amplifiers of disinformation and narrative security in the Czech Republic

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This digital poster explores how disinformation spread in the Czech Republic using fear, disgust and anger to get attention, especially focusing on images made by artificial intelligence. The Russian Federation invaded Ukraine in 2022. After this, influential disinformation groups on Facebook and Telegram quickly shifted from spreading COVID-19 misinformation to promoting pro-Russian propaganda. Emotions are effectively manipulated by these groups to deeply erode trust in democracy and substantially destabilize narrative security—the shared values and beliefs that support social cohesion.

This study uses a mixed-methods approach. It investigates how emotional triggers and AI-generated visuals work together to spread disinformation. Researchers used several social media monitoring tools. Analyses of qualitative content as well as discourse show that AI-generated imagery, coupled with powerfully emotionally charged language, is employed to exploit deeply deep-seated fears, intense feelings of disgust, along with outrage within target audiences. This manipulation attacks core values and instincts. It changes how people see things and creates distrust in democratic institutions.

It is shown by key findings that these narratives center on attacks against the Czech government, the European Union, NATO and other Western structures. Disinformation actors use AI to create highly evocative content; this allows them to craft persuasive messages that strengthen emotional responses, thus consequent in greater dissemination as well as deeper audience engagement. This study shows how these emotionally charged methods damage the basic trust people have in democracy. They do this by changing important values and creating different beliefs.

The poster highlights the importance of tackling the psychological mechanisms, along with the technical mechanisms, that propel disinformation. The development of strategies highlights the urgent requirement for cross-disciplinary approaches that combine psychology, technology, as well as policy to lessen the long-term dangers presented by emotionally increased disinformation.

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Paper number 506 | Electronic Poster

Trust, democracy, and climate change

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Climate change, widely regarded as an "existential threat," profoundly affects our health, livelihoods, and ways of life. Its destabilizing effects are particularly evident in fragile regions, where it exacerbates food and water insecurity, fuels resentment toward central governments, and in some cases, drives communities to seek sustenance and protection from non-state actor groups. The political and societal impacts of climate change in the Global South have been extensively studied, but the destabilizing effects are often underestimated in more developed and democratic nations. Yet, extreme weather events are becoming increasingly common in Europe and North America, disrupting lives and causing significant economic losses. While public opinion on taking action to address the root causes of climate change has been varied, a major climate shock would undoubtedly lead citizens to demand decisive government intervention to aid in recovery. However, the increasing magnitude, frequency, and duration of extreme weather events can overwhelm the ability of governments and first responders to act effectively. In severe cases, difficult decisions may need to be made about prioritizing aid between regions and populations in need. Such situations can lead to a breakdown in public trust, as recently witnessed in Greece and Spain, where communities affected by storms, wildfires, and devastating floods felt abandoned and betrayed by their institutions. Trust is a cornerstone of democratic political systems, granting governments the legitimacy to lead, maintain stability, and uphold the rule of law. But could the rising frequency of climate shocks trigger trust "tipping points"? What might unfold if these crises are compounded by disinformation and populist rhetoric? How disruptive could this be to social cohesion? What would it mean for the essential collaboration required during times of crisis? And how might it affect Western aid to vulnerable nations? These critical questions form the focus of this presentation.

Paper number 37 | Electronic Poster

Male rape: the psychology of “stolen masculinity”

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Research aims: Our study aims to provide information on the psychology of male rape survivors.

Theoretical background: In the US, 24.8% of males are sexually assaulted, with 1 in 4 experiencing it between 11 and 17 years old. In prison settings, 1 in 4 males (under 25) are raped, with 90-95% never reporting it due to stigma and shame.

Research design: Review of 46 articles -from 2014 to 2024- on PubMed and Google Scholar regarding male rape victims.

Results:

The perception of men being always in position to stop a rape, bypasses the reality of physical danger -even death- present under such circumstances, which overpowers the need to defend oneself. Men abused as kids, tend to “freeze-up” during a sexual assault, due to past traumas memories. Heterosexual male survivors perceive rape as the most destructive attack on their masculinity, feeling they definitively lost their gender, struggling to be sexually

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active again. They proceed by questioning if they somehow deserved or wanted to be sexually assaulted. They punish themselves with auto-destructive habits like alcohol and drug abuse, social isolation, even suicidality. Erection and ejaculation during rape additionally confuses them, highlighting the importance of clarifying that these are physiological automatic responses resulting from sexual contact whether it is enjoyable, desired or consensual.

Counselling's key directions for male rape survivors:

-Talk to someone trusted.

-Blame the perpetrator -not yourself-.

-Remember that you did your best to survive - there is nothing unmasculine about that.

-Emphasize on your survival.

Limitations: Since male rape is an under-researched topic, studies clarifying how they had been conducted, analysed and presented were limited, while certain studies were exclusively focused on the American culture.

Implications for research: Our study sheds light on a heavily stigmatized phenomenon; the male rape. Future research must be focused on the victims' sexual rehabilitation.

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Paper number 1028 | Electronic Poster

The (combined) effects of wooden interior design and mindfulness practice on affect, cognitive performance, and physiological arousal

Natalija Volovlek[1], Jelena Pilipović[1], Nuša Šijanec[1], Katarina Marjanović[1], Sara Klavžar[1], Dean Lipovac[1, 2]

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Drawing on previous research that highlights the positive effects of both exposure to natural elements and mindfulness interventions, we sought to investigate potential individual and interactive influences of these approaches on people. Specifically, we examined whether incorporating wood in an indoor setting, engaging in a mindfulness exercise, or combining both would lead to improved affect and cognitive functioning as well as reduced physiological arousal.

The study was a 2 x 2 experiment with the type of indoor setting (wooden versus white) and mindfulness practice (mindfulness versus rest) serving as factors. A total of 50 participants were recruited. Each participant took part in all four conditions in random order. They rested or performed a guided mindfulness exercise for 15 minutes in two office-like interior environments—one featuring wooden furniture and the other featuring white furniture. After each condition, participants completed self-report measures of affect (reporting on feelings of pleasure and activation) and completed a cognitive task (Jack and Jill). The task also served as a mild stressor prior to each experimental condition. Physiological arousal of participants was tracked throughout the entire session through heart rate, heart rate variability, and electrodermal activity, obtained through a chest strap and finger electrodes. The entire session lasted approximately two hours.

The analysis revealed that participants reported higher levels of pleasure in the experimental conditions with mindfulness (compared to rest) and interior space furnished with wood (compared to the white space). The highest levels of pleasure were reported in the condition with both mindfulness practice and wooden space. No significant differences emerged for reported feelings of activation or cognitive performance across conditions.

The findings suggest that both mindfulness exercises and wood-based interior design contribute to better outcomes, especially in combination, highlighting the potential for combining natural elements and mindfulness practices to improve well-being in indoor environments.

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Paper number 851 | Electronic Poster

Adapting to the ecological crisis: emotional and behavioral dimensions of renewable energy acceptance and eco-anxiety

Anya Bouguermouh[1], Antonio Hidalgo-Muñoz[2], Adolphe J. Béquet[1]

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This study investigates factors influencing eco-anxiety and acceptance of renewable energies (RE). It aims to clarify the relationship between eco-anxiety and RE acceptance, assessing whether the latter serves as an adaptive emotional regulation strategy.

Eco-anxiety, the distress linked to climate change awareness, is prevalent yet poorly understood, particularly among young adults. Similarly, acceptance of RE is crucial for sustainable transitions but faces individual and societal barriers.

This study aims to identify individual factors influencing eco-anxiety, examine determinants of RE acceptance and explore the link between RE acceptance and eco-anxiety, hypothesizing that greater acceptance of RE reduces climate-related distress through emotional regulation.

By addressing these objectives, this research advances understanding of the psychological and behavioral dimensions of the ecological crisis.

This study employs computerized Implicit Association Tests (IATs) to investigate the levels of RE acceptance and eco-anxiety. Validated questionnaires, including the Climate Change Anxiety Scale and the Multi-Motives toward Environmental Protection Scale are also employed. A sample of 45 French young adults will be recruited. Quantitative data will be analyzed using multivariate models to explore correlations between RE acceptance, eco-anxiety, and individual socio-demographic factors. Data collection will take place between February and March 2025. This study was approved by the ethics committee of Toulouse (CER n°2024_962).

It is hypothesized that higher acceptance of RE correlates with lower eco-anxiety levels, moderated by demographic and cognitive factors (e.g., pro-environmental tendencies). Preliminary data from similar research in Spain (project ENERGSOCONFLICT) indicate significant implicit associations between RE and positive environmental perceptions.

Findings may be constrained by sample size and cultural context. Further research across diverse populations is necessary to generalize results.

This study offers insights into adaptive strategies to climate-related distress and informs policies promoting public acceptance of RE. Its originality lies in integrating emotional and cognitive frameworks to address environmental challenges.

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Paper number 56 | Electronic Poster

Universal mental health training for frontline professionals: lessons learned from the nationwide implementation in Ukraine

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[2]University of Luxembourg, Luxembourg

Universal Mental Health Training for Frontline Professionals (UNMHT) is an educational programme developed and implemented in Ukraine in 2021-2024 to bridge the mental health gap between Ukrainians' needs in support and the answers from the health system. The UMHT trains frontline professionals to interact with, support, and refer individuals with mental health conditions for professional help. The UMHT offers a universal frame of interaction with people with mental health conditions for frontline professionals.

Assessment of the UMHT feasibility and effectiveness shows the programme's potential for further development and implementation in other low- and middle-income countries. Programme trainers as its deliverers and frontline professionals as its recipients report high satisfaction with training content and delivery as well as preparedness to apply gained knowledge and skills in practice. Also, research results show an increased knowledge of frontline professionals in mental health, growth in mental health awareness, and readiness to interact with people with mental health conditions.

Paper number 1199 | Electronic Poster

Religion and culture as antecedents of gender inequality and oppression

Dr. Constance Ntombifuthi Mkhize[1]

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The aim of this article is to explore how the controversial issues of culture and religion remain sources of gender inequality and oppression for most women in South Africa. Generally, the roles given to men and women can be presented as if they are "fixed", "immutable" and "irrefutable". Culture, Religion and Gender are problematic terminologies that merit analysis within the context of how these are used in some communities to justify the oppression and abuse of women. In this pursuit, the article focus on how factors such as biblical notions of the creation of man, polygamy, education, sex, sexuality, gender roles, violence, marriage, cultural beliefs and practices that have informed cultural and religious decisions to justify the oppression of women in modern South Africa. Social constructionism as a framework was deemed relevant to this study because it parallels the aim of the study and the research methodology. It aimed to identify, describe and understand how group of communities in a particular social context construct discourses about the phenomena under investigation.

The primary argument of this article is that since culture and religion are socially constructed, equally to the way they define gender roles in South Africa that means it can be challenged. The idea is to interrogate, dismantle and deflate gender stereotypes that are devised by culture and religion.

This article highlights that the stereotypes that are based on the roles that women play in society and culture are purely social and religious constructs that can be opposed on account of their untruthfulness. Furthermore, cultural stereotypes cultivate the social conditions of women and through that preserve gender inequalities between men and women.

It was argued that culture and religion are incriminated in building damaging stereotypes that afford to social, political and economic inequalities between men and women in South Africa.

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Paper number 380 | Electronic Poster

Development of Munchausen Syndrome and its association with child maltreatment: case study

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This work focuses on the topic of Munchausen Syndrome by investigating the relationship with different types of maltreatment during childhood and adolescence. The primary aim of this thesis is to contribute to scientific research using a method that involves examining these topics from a theoretical perspective, applying them to a case study analysis, and proposing a practical methodological approach.

The research was conducted based on an extensive literature review, which allowed the study of important scientific sources on Munchausen Syndrome and maltreatment. Subsequently, in order to formulate the case study, specific information was gathered from the specialists who accompanied Matilde, the girl who is the subject of the case study throughout the treatment process.

The chosen methodology was a great source of help, but also a limit for the work, as it was very difficult to gather information related to the case. Furthermore, since the epidemiology, treatment and outcomes are largely unknown this study aims to clarify these aspects while still motivating research.

Regarding the structure of the scientific research presentation, the methodology adopted facilitated the division of work into three sections. The first section deals with the study of Munchausen Syndrome from a theoretical standpoint, the second with the study of maltreatment in particular in childhood and adolescence, and the third section concludes with the presentation of the case study and proposes a methodological approach for patients exhibiting similar symptomatology.

By following this approach, the thesis contributed to the understanding and practical application of knowledge related to Munchausen Syndrome and the impact of maltreatment.

Paper number 563 | Electronic Poster

“I cook to feel good”: Psychological well-being with Dr. Roccaro's Cooking Therapy protocol.

Sebastiana Roccaro[1], Sebastiana Roccaro[1]

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The objective of the Cooking Therapy protocol is to use the daily action of cooking as a tool for well-being. Since 2017 it has been tested with children, adolescents, adults and the elderly even without specific discomfort. Integrated with specific psychological techniques it can be used by psychologists as a complementary therapy.

The protocol is developed following studies and research on the effects that the preparation of a dish can develop and from what emerges from the psychological reading of the various preparation phases. All combined with the skills of a psychologist-psychotherapist and the theoretical and practical assumptions of Mindfulness. The assumption from which Cooking Therapy was born is to replace "I feel bad so I cook" with "I feel bad so I eat", Dr. Roccaro's Cooking Therapy protocol he further modified “I feel bad so I cook” with “I cook to feel good”.

Each session involves the participation of a small group, lasts 90 minutes and takes place bi-weekly; One of the 5 ad hoc basic recipes is prepared for each meeting. Through 7 main preparation phases: tying the apron, reading

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the recipe, weighing the ingredients, kneading, seasoning, decorating, sharing, Cooking Therapy acts on four dimensions of the person: physical, cognitive, social, intra-personal.

The participation of children, adolescents, adults and elderly people in the workshops; the attention of professionals to protocol and training; the use of the tool remotely during the pandemic for managing anxiety and stress; these are positive indicators of the likely effectiveness of the tool. Pandemic and lockdown have changed the way of conducting and participating, allowing the protocol to be known and used throughout Italy and other nations.

The reduced attention of scientific studies to the protocol, to validate its objective effectiveness, is currently the greatest limitation.

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Paper number 803 | Electronic Poster

Gender equality at school: does it exist? Objective 5 survey

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The survey on gender equality was made possible thanks to the project named "Dismantle the stereotype", conceived and promoted by ACLI Sicily in collaboration with ACLI Catania. The aim was to verify and spread gender equality in school contexts. The topics relating to prejudice and stereotypes, gender equality and the principles of equality were addressed.

The project has involved the students of two middle schools in Catania. A total of 90 young people (39 males, 51 females) participated and were presented with Goal n° 5 of the 2030 Agenda. Activities were carried out on recognition and criticism with respect to the stereotypes consolidated in their daily lives. Work was carried out on the difference between facts and opinions with the aim of dismantling any stereotype starting from everyone's thoughts and emotions. The use of the Role-Playing technique has helped their openness and their involvement in the proposed activities.

From the activities carried out and from the questionnaires specially created and administered anonymously, the results emerged were different from those expected.

The initial hypothesis of widespread knowledge and awareness of gender equality has been disconfirmed. On the other hand, the stereotype of the man who does not collaborate in housework has been found to be quite common and deep-rooted, gender discrimination is very present as it is seen or experienced and little or no knowledge of legislative protection has been verified.

The results obtained showed the need for information, awareness and a path to activate changes in thought processes with respect to the contents covered.

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Paper number 1082 | Electronic Poster

Mapping parental concerns about early childhood development: Cultural and social disparities in access to services in Israel

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Parental concerns predict developmental difficulties and future diagnoses, yet cultural differences in expressing and acting upon these concerns remain poorly understood. This study examined disparities in parental concerns and help-seeking behaviors across cultural groups in Israel and their relationship with developmental difficulties.

Drawing on Andersen's health services utilization model, this study considers how parental concerns and help-seeking behaviors are embedded within broader familial, social, and cultural contexts that influence parents' recognition and response to developmental concerns.

An internet survey was distributed via Clalit, Israel's largest HMO, yielding 9,559 responses from parents of children under age six (M = 3.54, SD=1.53; 52.6% boys) from diverse cultural and ethnic backgrounds (80% Jewish, 14% Muslim Arab, and 6% other minority populations). Data collection included parent's evaluation of their child developmental status and functioning.

Muslim Arab and Bedouin Arab parents reported significantly higher levels of developmental concerns compared to Jewish parents (M= 5.5 +/- 0.21 and M=7.2 +/- 0.85 vs M=3.92 +/- 0.05, $p < .001$), even after controlling for child age and gender, parental education, and income. Higher levels of parental concerns were strongly associated with developmental difficulties (OR = 1.361, 95% CI: 1.322-1.402). However, Muslim and Bedouin minority groups were significantly less likely to seek professional help (OR = 0.486, 95% CI: 0.334-0.707 and OR = 0.080, 95% CI: 0.015-0.432) or receive developmental center services (OR = 0.193, 95% CI: 0.119-0.313 and OR = 0.161, 95% CI: 0.026-0.992) compared to Jewish parents.

Study limitations include its cross-sectional design, reliance on self-report measures, and self-selected online participation, which may have led to sampling and response biases.

Cultural groups reporting the highest developmental concerns were least likely to access professional services. This novel finding underscores the urgent need for culturally-sensitive interventions to reduce disparities in early identification and service utilization among minority communities.

Paper number 133 | Electronic Poster

The experiences and challenges of university counselors in college student crisis intervention in china: A phenomenological perspective

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This study aims to explore the experiences and perceptions of university counselors in the intervention of psychological crises among college students. Through phenomenological analysis, the research delves into the counselors' unique perspectives and practical experiences in crisis intervention. The study's participants are psychological counselors from various universities in China, and semi-structured interviews were conducted. The content covers the counselors' actual work in handling student crises, strategies and challenges in crisis

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management, successful cases and experiences, ethical dilemmas and role conflicts, handling confidentiality breaches, the impact of crisis intervention on personal life, and future training needs. The interview results reveal the complex challenges university counselors face in crisis intervention and their coping strategies, highlighting factors that significantly influence their work. Furthermore, the findings emphasize that trusting relationship is a key factor in successful interventions. This study provides valuable empirical insights into the role of counselors in psychological crises among college students and offers practical suggestions for improving the effectiveness of crisis intervention in universities.

Psychology and human functioning

Paper number 451 | Electronic Poster

Associations between individual schizotypal traits and their interactions with cognition

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Research aims and objectives: To examine the association of individual schizotypal dimensions - as examined with the four-factor model of schizotypy - and their interactions with core cognitive functions in healthy individuals.

Theoretical background: Schizotypy is a complex latent personality construct indicating liability to schizophrenia-spectrum disorders. According to the widely employed three-factor model, schizotypal traits are organized into positive, negative and disorganized dimensions while the newer four-factor model details the positive factor into cognitive-perceptual and paranoid. Although there is ample evidence indicating variant associations between the schizotypal dimensions with cognitive functions, there are no studies examining associations between the interacting effects of the schizotypal dimensions with cognition.

Research methodology: Employing a cross-sectional design, 578 community participants were assessed with the Schizotypal Personality Questionnaire and neuropsychological tasks examining problem solving, response inhibition, inhibitory control and emotional decision making. The raw data of each task were transformed into z scores and the average was calculated, so that each cognitive domain was represented by one variable. Associations between the schizotypal dimensions and their interactions with the cognitive domains were examined with stepwise regressions.

Results: Negative associations were revealed between problem solving and paranoid schizotypy, response inhibition and negative schizotypy, inhibitory control and disorganized schizotypy (all p values <0.001). Emotional decision making was negatively associated with paranoid schizotypy ($p<0.001$) while a negative association with paranoid x negative schizotypy interaction ($p<0.05$) also emerged. The latter indicated that higher paranoid schizotypy was associated with poorer emotional decision making as negative schizotypy decreased.

Limitations: The effects of genetic or environmental risk-factors that have been associated with schizotypy were not examined.

Implications: This is the first study examining associations between cognition and the interactions of the different schizotypal dimensions. The findings add further knowledge to the development/supplementation of cognitive remediation programs for populations at risk for schizophrenia-spectrum disorders.

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Paper number 892 | Electronic Poster

Visual exploration and activation in people sensitive to social rejection

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Rejection sensitivity (RS) is defined as the tendency to anxiously anticipate, swiftly detect and disproportionately respond to rejection. This construct is associated with elevated levels of emotional distress, attentional biases and misinterpretation of social cues. The present study examines the interplay of these underlying mechanisms in individuals with high and low RS by recording visual exploration strategies (eye-tracking) and indicators of neurovegetative activation (pupillary response and electrodermal response) in visual tasks presenting images of rejection, or of positive, neutral or negative emotional valence. In addition, participants rated each picture regarding its relevance to rejection, as well as its valence and arousal, using Likert scales. Complete data were obtained from 113 individuals selected from 855 initial participants: 63 with high rejection sensitivity and 52 with low rejection sensitivity.

Participants with high RS exhibited a vigilance-avoidance attentional pattern, characterised by an initial period of heightened vigilance towards rejection threats (e.g. rejected individuals), followed by the avoidance of rejection cues (rejected person and rejected people). Physiological responses, including increased skin conductance and pupil dilation, indicated heightened emotional arousal in response to rejection images, compared with negative and neutral stimuli. Moreover, high RS participants demonstrated a greater propensity to misinterpret neutral and negative cues as more pertinent, negative and arousing than low RS participants. Importantly, significant associations were identified between heightened emotional arousal, misinterpretation of rejection cues and vigilance-avoidance attentional patterns in high RS individuals.

Paper number 439 | Electronic Poster

Fast identification of phylogenetically fear-relevant stimuli using a new picture morphing viewing paradigm: Evidence from frequentist and Bayesian approaches

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Previous studies using various experimental paradigms have found that reaction times are significantly faster for detecting and identifying snakes as phylogenetically fear-relevant stimuli than non-phylogenetically fear-relevant and neutral stimuli, supporting the snake detection hypothesis. Furthermore, individuals with high snake fear are more likely to have an automatic, heightened perception of the snake as dangerous, which leads to a quicker detection and identification and amplifies the emotional response, even when the snake is non-threatening. Yet, experimental studies examining the snake detection hypothesis and the moderating role of fear of snakes using picture morphing techniques are scarce. Therefore, we examined behavioral responses using a novel picture morphing viewing paradigm in 69 participants who also completed measures of fatigue (Pichot's Fatigue Scale) and fear of snakes (SNAQ). IAPS pictures were used to generate 40 morphs that range from a blank screen to a fully formed picture, and they were classified into four categories: snakes, other threatening animals, positive animals, and neutral. Participants were instructed to identify the morphs as quickly as possible and then describe it. Our frequentist analysis showed that snakes were identified faster than other stimuli, after controlling for fatigue. Fear of snakes was not found to have a significant moderating effect. Using Bayesian analysis, we also found

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strong evidence that snakes are identified faster than all other stimulus categories. Only weak evidence was found for the moderating effect of fear of snakes. The findings provide support for the snake detection hypothesis. As our study only concerned a non-clinical sample, the evidence for the moderating effect of fear of snakes is still inconclusive, requiring further investigation in clinical samples. Nevertheless, the picture morphing viewing paradigm is a promising method for studying perceptual biases in anxiety disorders.

Paper number 433 | Electronic Poster

The role of health indicators in explaining perceived driving competence in older drivers

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Objective. Older drivers have an increased risk of accidents and lower fitness to drive due to functional age-related decline. Still, driving is important for their quality of life; therefore, to some extent they ignore changes in their medical health and limited abilities to drive safely. Even if some seniors use self-restriction to decrease driving risks, many tend to overestimate their driving ability and misjudge the seriousness of their health symptoms. Although health issues among older drivers are researched quite extensively, authors agree that evidence on how diverse health indicators predict self-reported driving competence is lacking. This study aims to explore the role of health symptoms in explaining self-rated driving competency in the group of older Lithuanian drivers.

Method. Two hundred sixty senior drivers (144 male, 116 female, age range 60 - 97 years) participated in the study. They were provided with the list of 18 disorders and were asked if they were diagnosed by medical professional. Driving competency was assessed by 12 item Lithuanian hazard prediction test (Endriulaitienė et al., 2022), Driver Behavior Questionnaire (Reason et al., 1990), and Near-miss traffic incidents questionnaire (Kurita et al., 2023).

Results. Better hazard prediction skills were related to less sleep, cardiovascular and kidney disorders; nearmiss incidents were related to visual impairment, poorer self-rated health and general number of symptoms. No statistically significant relation was found between driving errors, lapses and health indicators. General number of symptoms and self-rated health were significant predictors of nearmisses, but not of hazard prediction skills or driving errors.

Conclusion. Specific health indicators might help to explain driving competency among elderly; however, the measure of self-reported driving errors might be not informative in this sample due to tendency towards social desirability and overestimation of driving competence.

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Paper number 387 | Electronic Poster

Is this what your brain looks like while shopping? The differences between shopaholics and normal shoppers

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Compulsive buying is characterized by uncontrollable urges to make purchases, temporarily relieving psychological needs such as tension and low self-esteem. The relationship between cue reactivity, craving, and inhibitory control influences this behavior. Compulsive shoppers experience heightened cravings when exposed to intense cues, which leads to increased hedonic shopping value. From a neuroscience perspective, this study examines whether brain activation patterns differ between compulsive buyers and general shoppers.

Method: The study involved two tasks and four main stages: (1) participant recruitment, (2) fMRI scanning, (3) participant interviews, and (4) data analysis. Of the 692 participants, 52 had compulsive buying tendencies. However, 27 were excluded due to safety concerns with fMRI, leaving 25 compulsive buyers. The control group consisted of 22 general shoppers, totaling 47 participants. Following the MRI protocol and data quality checks, six participants were excluded from Task 1 (22 CB, 19 NCB), and four were excluded from Task 2 (21 CB, 22 NCB).

Results: fMRI revealed distinct neural activation patterns between compulsive buyers and general shoppers. In Task 1 (craving), differences were found in the superior frontal gyrus (SFG) and ventromedial prefrontal cortex (vmPFC). In Task 2, compulsive buyers exhibited opposite activation patterns to controls in regions such as the nucleus accumbens (NAcc), medial prefrontal cortex (MPFC), and anterior insula (aINS). Additionally, the dorsolateral prefrontal cortex (dlPFC) showed differential activity between the two groups. These findings contribute to the neurobiology of compulsive buying and may inform treatments, including neurofeedback training.

Paper number 1071 | Electronic Poster

Personality and neural processing of emotional facial expressions: An EEG Study exploring bright and dark dimensions

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While the neural correlates of emotional processing are well documented, the field of personality neuroscience, i.e. examining the neural basis of personality, has only gained traction recently. Accordingly, how personality traits interrelate with neural correlates involved in emotion processing, particularly in response to social emotional stimuli, is less well understood. In the present study, we investigated these interrelations in a large sample EEG study (N = 100) consisting of two phases. In the first phase, participants completed an online questionnaire assessing personality dimensions from bright personality traits (e.g. the Big Five) to the Dark Tetrad (Narcissism, Machiavellianism, Psychopathy, and Sadism). In the second phase, participants performed an emotion categorization task while the EEG was recorded. Facial expressions varied in emotion (happy, angry, fearful, and neutral), intensity (60% versus 100%), and dynamic versus static presentation. Event-related potential (ERP) components such as N170, EPN, and LPC revealed robust emotion effects across early and late stages of processing. Mixed-effects models were applied to explore the influence of personality traits on emotion-related neural responses. Dark Tetrad traits showed more pronounced and specific associations with the neural processing of emotional facial expressions compared to bright personality traits. These findings suggest that dark personality

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dimensions are more tightly linked to variations in emotion processing. The results are discussed within the framework of current neural models of personality and emotion.

Paper number 197 | Electronic Poster

Effects of delay time and intensity difference on intelligibility of speech from multiple loudspeakers

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Speech from multiple loudspeakers can quickly transmit announcements to all listeners in a target area, even if they do not have receiving equipment such as a smartphone. Therefore, speech from multiple loudspeakers is suitable for transmitting emergent evacuation information of disasters. However, speech from multiple loudspeakers can sometimes be hard to recognize because speech waveforms from more than two loudspeakers may reach a listener with different delay times, causing self-overlapped speech. Delay time and intensity difference between the original and delayed speech are assumed to cause this recognition difficulty, but the extent of their effects and interaction has not been clarified. A listening experiment was conducted with 84 Japanese adults to examine the effects of a delay time and an intensity difference on the intelligibility of self-overlapped speech, using 105 Japanese spoken words in a carrier sentence with delay times ranging from 0ms to 250ms in 50-ms step and intensity differences from 0dB to –9dB in 3dB steps. The experiment revealed that intelligibility at the 0dB intensity difference was lower than at other intensity differences, and that within the 0dB intensity difference, intelligibility at 100-ms delay time was significantly lower than at other delay times, indicating the strong interference from self-overlap occurred in this condition. These results suggest that speech from multiple loudspeakers is difficult to recognize in areas where the distance difference from two loudspeakers is about 34m (corresponding to 100-ms delay time) and the intensity difference is 0dB (i.e., the same intensity). Although not all delay times and intensity differences were investigated in this study, these findings provide parameters for a future multiple-loudspeaker system that controls each loudspeaker's transmitting timing and intensity to reduce self-overlap interference.

Paper number 729 | Electronic Poster

Shyness, self-esteem and contingencies of self-worth in shy and bold women

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Background:

Shyness can be an important source of many problems in social relationships. Contemporary knowledge about shyness and self-esteem allows us to assume that shy people have lower self-esteem than bold people. However, shyness may be positively assessed by women and men as a stereotypically feminine trait.

The aim of the study was to examine the relationships between shyness, self-esteem and its dimensions, and determinants of self-esteem in women. It also compared the self-esteem and contingencies of self-worth in shy and bold women.

Participants and procedure:

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The study was conducted in a sample of 1020 Polish women, aged 18-73 (Mage = 34.05). The Revised Cheek and Buss Shyness Scale (RCBS; Hopko, et.al. 2005), The Multidimensional Self-Esteem Inventory (MSEI; O'Brien & Epstein, 1988), The Contingencies of Self-Worth Scale (CSW; Crocker et al., 2003) were used.

Results:

The results of linear multiple regression showed that predictors of shyness were dimensions of self-esteem related to likeability, personal power, lovability, body functioning, academic/professional competences, and self-worth conditioned by others' approval and God's love. Shy women had significantly lower global self-esteem in comparison to bold women. Shy women evaluated themselves lower than bold women did, in all the dimensions of self-esteem. Both shy and bold women find family support and academic/professional competencies the main contingencies of self-worth, and God's love was indicated the least.

Conclusions:

The results illustrated the importance of shyness for women's self-esteem, and also have implications for understanding how shy and bold women may express themselves in social life.

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Paper number 1154 | Electronic Poster

Fear responses in relation to the COVID-19 in Japan: What coping strategies were considered effective?

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The aim of this research was to examine the relationship between COVID-19 fear levels and contents of coping strategies. The study participants were adult men and women living in the capital of Japan (Tokyo) and a rural area (Nagano), and the survey was conducted from December 2021 to January 2022. The Japanese version of the Fear of COVID-19 Scale (FCV-19-J) was used to investigate fear of COVID-19 disaster. This scale had seven items, three of which were related to physical fear and the remaining four to psychological fear, and the physical and psychological fears were aggregated separately to obtain representative values. About the content of their coping strategies, the participants were asked for the COVID-19 disaster and their effectiveness in "the last month" and "around August 2021" respectively. In this presentation, we presented the results of a multiple regression analysis for the "last month" with the presence or absence of 25 items related to coping strategies in the coronary disaster as the independent variable and the indices of FCV-19-J as the dependent variables. In the results, three coping behaviors showed negative coefficients for physical fear: "getting enough sleep," "drinking alcohol at home," and "talking with family (parents, siblings, children, etc.). These coping behaviors may have reduced the physical reaction to fear. The coefficient was positive for the coping behavior of "trying not to think about the new coronavirus," which may have increased the physical fear response. Meanwhile, negative coefficients were shown for "drinking alcohol at home" with respect to psychological fear. This may have reduced the psychological fear response. "Avoid going out as much as possible" showed a positive coefficient, which may have exacerbated the psychological fear response. Future work is needed to obtain a larger sample size from within Japan. This work was supported by the Japanese Psychological Association.

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Paper number 896 | Electronic Poster

Allocentric and egocentric VR-based cognitive neurorehabilitation tasks: understanding the role of sense of presence

Liuda Šinkariova[1], Raimonda Petrolienė[1, 2], Loreta Zajančkauskaitė-Staskevičienė[1], Jovita Janavičiūtė-Pužauskė[1]

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Theoretical background. The sense of presence, a key factor in VR-based cognitive rehabilitation, is influenced by the task perspective—allocentric or egocentric. The objective of this study is to determine whether the effectiveness of allocentric and egocentric tasks is related to the sense of presence experienced by stroke patients.

Research methodology. The study (trial number: ISRCTN14922230) was conducted in the Abromiskes Rehabilitation Hospital, where 79 stroke patients (mean age=61.96, SD=11.72) were randomly assigned to egocentric (N=39) and allocentric perspective (N=40) groups. Participants performed selective visual attention and short-term visual memory training tasks (10 sessions of 30 min) respectively based on egocentric (immersive VR) or allocentric (non-immersive VR) perspectives. Pre and post-assessments were implemented: Selective visual attention via Trail Making Test Part A; Short-term visual memory via The Medical College of Georgia Complex Figure; Sense of Presence via The Igroup Presence Questionnaire.

Results. The mediation analysis revealed that group predicts the sense of presence while egocentric group experienced a greater sense of presence (R2=.541, F(1,67)=78.985, p<.001). However, sense of presence and group significantly does not predict improvement of selective visual attention (R^2=.011, F(2,66)=0.367, p=.694). The model of short-term visual memory improvement predicted by the group and sense of presence demonstrates the tendencies of significance (R2=.087, F(2,66)=3.129, p=.05), but the indirect effect of short-term visual memory improvement through sense of presence is not significant (effect=1.228, 95% CI[-0.632, 2.856]).

Limitations. Consideration could be given to the suitability of the questionnaire used to measure the sense of presence in relation to the characteristics of the sample.

Implications. Patients in the egocentric group reported a stronger sense of presence, but this did not translate into greater cognitive improvements, suggesting that the sense of presence does not significantly influence cognitive rehabilitation outcomes.

This work was supported by the Research Council of Lithuania under Grant [number S-MIP-23-137].

Paper number 767 | Electronic Poster

Effectiveness of computerised cognitive control training with CCRacer in patients with brain injury

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Studies on the effectiveness of cognitive training of executive functions show only small effects. We have developed a new computerised CCRacer training in which participants perform different tasks while driving on the screen: (i) in the inhibition training they drive through or avoid an obstacle, (ii) in the updating training they honk the horn when the letter on a sign matches the letter on the sign n-positions back, (iii) in the shifting training they turn left or right

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at the intersection depending on the solution of the changing rule, (iv) and in the planning training they adjust the path for a car to get to the house of the same colour. The aim of the present study was to test the effectiveness of CCRacer training on a group of patients with brain injuries (average age 44 years). An active control group (n = 10) underwent the regular cognitive rehabilitation programme, while an experimental group (n = 13) received 12 additional adaptive 20–30 minute CCRacer training sessions. We investigated whether the improvements in the abilities measured with the Wisconsin Card Sorting Test, the Tower of London Test, the Digit Span Backward and the Go/No-go task from the TAP battery were greater in the experimental group than in the control group. The results of ANCOVAs comparing the post-test scores of the two groups, controlling for pre-test cognitive ability scores, showed a statistically significant difference between the groups in post-test scores on the Tower of London test, while post-test scores on the other cognitive tests were similar in both groups. Therefore, we concluded that CCRacer training improved planning and problem-solving abilities beyond the effects of the usual rehabilitation programme. [The authors acknowledge financial support from the Slovenian Research Agency (research core funding No. P5-0110).]

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Paper number 937 | Electronic Poster

Examining attachment style specific patterns of cognition and emotion based on the cognitive appraisal theory of emotion

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Background: When attachment research tries to explain differences in cognition and control strategies, they have focused on “cold” variables. However, attachment theory is at its core concerned with emotion. Therefore, “hot” variables, such as specific emotional experience should be examined with “cold” variables at the same time.

Aims: This study aimed to examine the patterns of cognitive appraisal and emotional experiences of each attachment style based on the cognitive appraisal theory of emotion (Scherer, 2001). In addition, we considered the differences in situations (rejection, violation, and supportive behavior).

Method: The participants were 275 Japanese adults (M=32.55, SD=4.93) who had experienced a partner relationship within the past five years. First, they responded to the Experiences in Close Relationships-Revised. Second, they read six hypothetical scenarios describing interactions between a partner and them, and answered their appraisals of the partner's behavior and their emotional experiences in each scenario.

Results: Differences were found in situation-specific cognitive appraisal and emotion by attachment style. For brevity, we only show the results of the rejection situation. The results of a two-way ANOVA showed that preoccupied had scored significantly higher on many appraisal dimensions and showed the highest sadness. On the other hand, dismissing-avoidant scored significantly lower on many appraisal dimensions and showed the highest indifference.

Limitations: Generalization should be cautioned because the results are based on a Japanese sample and hypothetical situations might be culturally specific.

Implications for research: This study unified the “cold” process and the “hot” process, which will be the foundation for examining emotion-laden processes in attachment. In addition, this study revealed that the same insecure attachment styles showed different maladjustments, which should be considered in further research.

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Paper number 179 | Electronic Poster

Maternal Depression in Single and Married Mothers: Examining the Interactive Effects of Autism Spectrum Disorder and Guilt

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The purpose of this study was to investigate the complex interplay between Autism Spectrum Disorder (ASD), maternal depression, and guilt in intimate relationships between married and single mothers. While previous research has indicated a higher rate of depression among mothers of children with ASD, the role of marital status and relationship-related guilt remains unclear. The purpose of the study was to examine how perceived guilt in intimate relationships and marital status affect maternal depression in mothers of children with ASD in comparison to mothers of children with typically developing (TD) children.

In this study, 85 Israeli mothers (54 married and 31 single) completed measures of depression (DASS-21) and relationship-related loneliness (LIRS). A significant difference was found between mothers of children with ASD and mothers of children with TD in terms of depressive symptoms. Nevertheless, this relationship was moderated by both marital status and perceived guilt in close relationships. For married mothers only, having a child with ASD was associated with higher levels of maternal depression when guilt in close relationships was high. Interestingly, this interaction was not significant for single mothers, suggesting that marriage may only serve as a protective factor against depression when it is relatively guilt-free and blame-free.

These findings have important implications for clinical interventions aimed at mothers of children with ASD. It may be crucial for married mothers to address feelings of loneliness and guilt within their relationships to strengthen their marriage and prevent depressive symptoms from developing. Single mothers might benefit from interventions that emphasize their resilience and autonomy as sources of strength. In working with mothers of children with ASD, it is necessary to differentiate therapeutic approaches based on their marital status and the quality of their relationships.

Paper number 1169 | Electronic Poster

Gamma-Band TMS to the Precuneus improves episodic memory in Alzheimer's Disease

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Aims: This study investigated the efficacy of 40 Hz Transcranial Magnetic Stimulation (TMS) applied bilaterally to the precuneus in improving episodic memory in Alzheimer's Disease (AD) patients.

Background: Episodic memory decline is a hallmark of AD. The precuneus, a key node of the Default Mode Network, is implicated in AD-related memory deficits. Gamma entrainment therapy shows promise in mitigating AD pathology.

Methodology: A concurrent multiple baseline design across five AD patients was used. Four patients completed the 10-day TMS intervention. Primary outcome was episodic memory performance. Secondary outcomes included general cognitive function, semantic and spatial memory, attention, and executive function. Visual analysis and effect size indices evaluated changes across phases.

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Results: Three of four patients showed increased immediate word recall. Two patients demonstrated significant improvement in attention. All patients showed immediate improvement in general cognitive function (ADAS-Cog), maintained and further improved at three-month follow-up. Delayed recall, attention, verbal fluency, anxiety, and neuropsychiatric symptoms also improved at follow-up.

Limitations: Small sample size and attrition limit generalizability.

Implications: This study provides preliminary evidence for gamma-band TMS as a non-pharmacological intervention for cognitive dysfunction in AD. It highlights the potential of targeting the precuneus to modulate episodic memory and broader cognitive function.

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Paper number 552 | Electronic Poster

Long-range temporal correlations in EEG promote preference-based decision-making

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Humans learn the value of objects, such as preferences or rewards, through both personal choices and external feedback. Repeated choices, even without explicit preferences, can shape preferences, while external feedback, like monetary rewards, enables learning about reward values. These processes reflect two distinct decision-making mechanisms: internally guided decision-making (IDM), driven by personal preferences, and externally guided decision-making (EDM), driven by external rewards and information. Previous studies suggest that IDM-learned values can influence EDM, although the extent of this influence varies among individuals.

This study examines whether the consistency of spontaneous brain activity, measured by long-range temporal correlations (LRTC) in the alpha band, modulates the impact of IDM-learned values on EDM. Individuals with higher LRTC in the alpha band, reflecting greater IDM consistency, were hypothesized to better integrate IDM-learned values into EDM.

Fifty-one participants completed an IDM task involving preference judgments between two alternatives, followed by an EDM task where they chose between their most and least preferred IDM stimuli, with monetary rewards linked to specific choices. The frequency of selecting preferred IDM stimuli in the EDM task was analyzed in relation to LRTC. EEG data were recorded using 63 silver-silver chloride active wet electrodes following the extended International 10–20 System, and LRTC was subsequently analyzed in the alpha band.

Results revealed a positive correlation between LRTC and the frequency of selecting preferred IDM stimuli in EDM. This suggests that individuals with higher LRTC are more likely to reflect IDM-learned values during EDM. Although preferences in this study were formed through free choice, which may not fully represent real-life scenarios, the findings highlight that LRTC may facilitate the prioritization of self-relevant information, even in the presence of external rewards.

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Paper number 238 | Electronic Poster

The role of language experience in Mandarin tone identification and perceptual compensation effect

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Categorical perception is affected by tonal language experience, in which the boundary position, boundary width, and discrimination peak differ in listeners with tonal and non-tonal language. Coarticulation in real Mandarin-speaking contexts results in many variants of tones, especially Tone 3. However, listeners' perceptual compensation ability can recover the underlying form of a speech sound, identifying the original sound category. This study examines the differences in the recognition of Mandarin tones between native tonal language and non-tonal language speakers, as well as in the magnitude of perceiving context effect.

In the present study, we recruited 30 native Mandarin and 23 native Korean speakers and used a double block design experiment, including two identification tasks. Participants should identify tones within the monosyllabic Tone 3 to Tone 4 continua and tones of the second syllable in disyllabic continua. The results are as follows: (1) The boundary position of tonal language speakers is higher than that of non-tonal language speakers without speech context. (2) The boundary position and reaction time are significantly influenced by the main effect of speech context and the interaction effect between speech context and group, whereas the main effect of group alone is not significant. (3) The preceding syllables with Tone 2 and Tone 4 have a significant influence on the boundary position of non-tonal language speakers.

The present study provides insights into the influence of language experience on the perception of Mandarin tones. On the one hand, language experience affects the boundary position. On the other hand, language experience affects the magnitude of the perceptual compensation effect. Specifically, non-tonal language speakers show less perceptual compensation than native tone language speakers. However, the limitation of this study is that the question of whether the compensatory effect increases along with language proficiency has not been examined.

Paper number 501 | Electronic Poster

Open MIA – an open-source software to automize the measurement of interoceptive accuracy

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Aims: To develop an open-source software with a user-friendly interface that automates the measurement of interoceptive accuracy (IAcc), defined as the ability to accurately perceive internal body signals.

Background: Interoception, which refers to the sensing, processing and integration of internal bodily signals, is a key factor influencing physical, cognitive, and emotional aspects of health and well-being. Most research in this field focusses on IAcc and is commonly assessed as cardiac IAcc employing the Heartbeat Counting Task (HCT). Current studies utilize an interface based on an open-source Python code. However, the code requires a case-by-case adaptation to align with the specific necessities of each research project. Consequently, a certain degree of programming expertise is mandatory, along with the manual entry of participant data for each trial and condition. Despite the HCT's functionality, there is significant potential to improve the software by making it more accessible

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and user-friendly. To capitalize on this potential, this project will upgrade the existing Python code into an advanced software solution featuring an intuitive interface.

Methods: Collaboration with a team of leading researchers in the field to discuss and plan upgrades, and with a software developer to implement these enhancements and transfer those upgrades. During the developmental phase, a pilot study will be conducted with a group of sports students to evaluate and refine the application.

Results: A free-to-use open-source software accessible to all researchers, regardless of their technical expertise, ensuring broader usability of the HCT. The software will enhance the efficiency of data collection and extraction and improve the reproducibility of research data.

Implications: The outlined project will facilitate the advancement of digital transformation within the field of research by employing a standardized tool for the measurement of body perception via digital means.

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Paper number 471 | Electronic Poster

Materialism and financial health

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According to the definition adopted by the World Health Organization (WHO), "Health is a state of complete physical, mental and social well-being". However, this definition appears to overlook the equally important domain of financial health. The significance of financial health for an individual's overall well-being and its impact on other aspects of health has been demonstrated repeatedly, particularly during the pandemic. Therefore, it is valuable to examine the determinants of financial health more closely.

Materialism is one of the key individual factors that play a substantial role in shaping financial behaviors. According to Richins' concept, materialism comprises three components: viewing money as a symbol of success, associating it with happiness, and treating it as central to one's life.

In the current correlational study, we investigated whether materialism differentiates individuals based on their levels of financial attitudes and behaviors, which collectively contribute to financial health.

For this purpose, we conducted a study with a representative nationwide sample of Polish adults (n=1068). Participants were asked questions about materialism, alongside a range of topics related to financial health.

The findings revealed that the degree of materialism—particularly the centrality of money in life—plays a significant role in various aspects of financial health. These include how people perceive financial needs within their budget, their views on money and its role, the importance they attribute to financial health, and their perceived ability to achieve it. Additionally, materialism was linked to behaviors related to credit, savings, investments, motivations, financial control, and subjective financial well-being.

This study enhances the understanding of the role of materialism in shaping financial health. It contributes to the development of tools and strategies employed in free financial counseling services provided by EFPA to Polish citizens. The findings can also support broader educational initiatives aimed at raising awareness about financial health.

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Paper number 680 | Electronic Poster

How physical activity moderates the relationship between psychological difficulties and nonsuicidal self-injury in adolescents

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Research aims:

The aim of our study is to examine the relationship between psychological difficulties and nonsuicidal self-injury (NSSI) in a non-clinical adolescent sample, while exploring how self-reported physical activity (PA) levels moderate the prevalence and frequency of NSSI.

Theoretical background:

Research indicates that most NSSI behaviors emerge during adolescence and represent a growing health concern in this age group. Despite evidence supporting the positive impact of regular PA on various mental health issues, few studies have explored its relationship with NSSI.

Methodology:

A cross-sectional study was conducted with 562 adolescents (51.6% girls, Mage = 16.60 ys; SD = 1.64). The online and paper-based questionnaire assessed demographic variables, PA habits, emotional and behavioral difficulties, and different aspects of NSSI.

Results:

Over 28% of adolescents (n = 158) reported having engaged in NSSI at some point in their lives, while 8% of the total sample (n = 48) reported such behavior within the past month. Increased psychological difficulties were associated with higher lifetime prevalence ($H(3) = 48.20$, $p < .001$) and frequency of NSSI ($H(3) = 47.20$, $p < .001$). A significant difference in NSSI prevalence was observed between low and high PA groups ($H(2) = 8.71$, $p = .013$), although no difference in NSSI frequency was found. The moderation analysis revealed that more emotional and behavioral difficulties significantly predict the lifetime likelihood of NSSI, with a significant interaction effect between psychological problem scores and low PA levels.

Limitations:

The cross-sectional design and the relatively small sample size of individuals engaging in NSSI requires cautious interpretation of the results.

Implications:

The results suggest that PA may play a significant role in the relationship of psychological symptoms and NSSI, highlighting its potential protective effect. Future studies should explore this relationship further, using larger samples and examining different types and levels of PA.

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Paper number 869 | Electronic Poster

Emotion intensity and variability: disentangling the effects of two divergent positive emotions

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This study sought to disentangle the unique effects of discrete positive emotions, calmness and excitement, on well-being and health in older adults.

The discrete emotion theory of affective aging suggests that emotions differ in their ability to manage age-related challenges, such as life transitions and new social roles (e.g., retirement, grandparenthood). Research has examined emotion intensity, but the role of variability is unknown. Calmness, linked to acceptance and resource conservation, may help older adults effectively manage stressors and changes, whereas excitement, linked to goal engagement and implemental action, may be less adaptive. This study hypothesized that consistent, high, and higher-than-usual calmness levels would uniquely benefit older adults' well-being and health, especially for those with low perceived control.

169 older adults in Montreal, Canada participated in a 7-day daily diary study. Each day, participants rated stressor-related emotions, and levels of daily stress, satisfaction, and health symptoms. Life satisfaction, depressive and global health symptoms were also assessed, as was perceived controllability over one's life.

Hierarchical linear and regression modeling revealed that consistent and intense calmness was associated with adaptive outcomes, particularly among individuals with low control. By contrast, excitement variability was unrelated to well-being and health, and intense excitement predicted poorer outcomes among individuals with low control.

The results stem from a relatively small study spanning the course of one week. Future research should collect larger and more diverse samples over a longer period. Additionally, collecting and including demographic information (e.g., cognitive functioning) may be beneficial.

In conclusion, consistent and more intense calmness, but not excitement, appear to be adaptive for older adults' stressor management.

The novel results highlight the importance of understanding the unique effects of discrete emotion intensity and variability. Findings inform emotion research design and methodology, and clinical recommendations for successful coping in older adulthood.

Paper number 494 | Electronic Poster

The association between the content and context of mind wandering in daily life: A focus on depression

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Mind wandering (MW) is a phenomenon in which attention shifts from a current task or environment to self-generated thoughts. While MW is associated with depressive tendencies and negative mood, this relationship depends on MW's content. For individuals with high depressive tendencies, selectively reducing mood-worsening

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MW may be more effective than suppressing all MW. However, identifying and managing MW content in real-time is difficult, making content-based intervention strategies impractical. This study investigated how MW content varies by activity and environment (context) to identify situations that trigger mood-worsening MW. Using the perceived load concept—encompassing cognitive load, mental stress, and broad subjective burdens—this study addressed two questions: 1) How do depressive tendencies and perceived load influence MW content (e.g., past, future, self-related, other-related, positive, or negative)? 2) In which contexts do individuals with high and low depressive tendencies experience greater perceived load? Nineteen students completed the CES-D questionnaire to assess depressive tendencies, then an experience sampling method (ESM) survey on multiple occasions that captured MW occurrence, content, context, and perceived load (268 responses in total). Multilevel analysis revealed that individuals with higher depressive tendencies experienced less positive and more negative MW during high-load activities, suggesting that avoiding high-load tasks may mitigate mood-worsening MW in such individuals. Additionally, contexts such as “resting/sleeping,” “relaxing, nothing special,” and “eating” were reported as low-load by the low depressive tendency group (17 responses) but as medium or high-load by the high depressive tendency group (4 responses). Therefore, rest may be burdensome for individuals with high depressive tendencies, leading to mood-worsening MW and stress. The limitations include a small sample size and reliance on perceived load as the only contextual measure. However, these findings may inform novel interventions targeting the circumstances of MW. Future research should incorporate broader contextual factors for a more comprehensive analysis.

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Paper number 847 | Electronic Poster

The Relationship between orthographical depth and language similarity / dissimilarity and bilingual cognitive advantages

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The bilingual advantage hypothesis asserts that the coordination and use of a second language can foster executive control processes (i.e., inhibition, task switching, and updating of information in working memory). Yet, this topic is currently controversial and to shed light on the matter, the current study examines a less researched area of the bilingual experience that is orthographical depth (i.e., the consistency of mapping between orthography (spelling) and phonology (sound) of words). Based on bilinguals’ reading strategy; using smaller grain size for word analysis when reading sentences that have consistent than inconsistent orthography (Egan et al., 2019) we asked: how does the orthographical depth of bilinguals' first and second languages influence executive control processes? Turkish English and Korean English bilinguals, who vary in orthographic depth, are expected to outperform Turkish Korean and Korean Turkish bilinguals, as managing dissimilar languages may place greater demands on executive functions, such as switching between different lexical access strategies. To this end, Turkish Korean, Turkish English, and Turkish monolinguals from Türkiye and Korean Turkish, Korean English, and Korean monolingual participants from South Korea aged between 18 and 26 years of age are being tested. Participants complete the executive function tasks, namely the Flanker task, N-back task, digit span task, and Trail Making Test-B (randomized across participants to assess inhibition, working memory, and cognitive flexibility). For language abilities, participants complete a demographic questionnaire, the Edinburgh Handedness Inventory, the Language Experience and Proficiency Questionnaire, and the Peabody Picture Vocabulary Test-IV in Turkish or Korean. Findings in relation to whether orthographical depth is an aspect of the bilingual experience that is related to

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improved executive functions will be discussed in light of the Psycholinguist Grain Size Theory and the Inhibitory Control Theory.

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Paper number 285 | Electronic Poster

How trauma affects binge eating disorder and the role of boredom, shame and guilt.

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We aimed to investigate the relationship between trauma and binge eating disorder, focusing on the role of boredom, shame, and guilt.

Through an online platform, we recruited a convenience sample of 1025 subjects. Recruited subjects completed a psychometric protocol that included the following measurement tools: the International Trauma Questionnaire, the Binge Eating Scale, the Short Form of the State Shame and Guilt Scale, the Short Form of the Multidimensional State Boredom Scale.

The variables were all positively and significantly correlated; it was shown that the severity of Disturbances in Self-Organization (DSO) symptoms was the variable that most correlated with the severity of binge eating disorder symptoms. Multiple linear regression, in which binge eating disorder was the outcome, produced a significant model. Disturbances in self-organization, boredom and shame were significant predictors, while PTSD symptomatology and guilt were not significant. Mediation analysis, in which boredom, shame and guilt acted as mediators, revealed a significant direct effect of disturbances in self-organization symptoms on binge eating disorder symptoms, a significant indirect effect and a significant total effect. Shame and boredom result significant mediators of the relationship between disturbances of self-organization and binge eating disorder.

This study is the first, to our knowledge, to highlight the role of boredom and shame in the relation between trauma and binge eating disorder although future studies in specific clinical sample groups would be suitable for further investigation of the relationships among the considered variables.

This study shows that the way a traumatic experience can influence binge eating disorder is related more to the negative effect of a traumatic experience on emotional regulation, self-conception, and relationships rather than to the symptoms of re-expiring, avoidance and hyperarousal. Difficulties in emotional regulation are related to the emotional states of boredom and shame that could act as triggers for problematic eating behavior.

Paper number 299 | Electronic Poster

Response patterns to the Rorschach Test in musicians and non-musicians: A pilot study

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The Rorschach test, widely used to explore the unconscious, offers insights into how specific talents, like musical expertise, shape cognitive and creative processes. Despite extensive use, the intersection of musical training and Rorschach responses has not been deeply explored. Conducted in Venice, Italy, this study aims to explore

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qualitative and quantitative differences in Rorschach test responses between musicians and non-musicians and assess the test's concurrent validity with other established personality assessment tools.

The study comprised a carefully curated sample of 50 individuals, aged 20 to 30, evenly divided between musicians recruited from conservatories in Treviso and Venice, and non-musicians from the general population. Notably, none had prior exposure to the Rorschach test. All participants were administered the Rorschach test using the Roman School's multidimensional scoring system, as well as the Millon Clinical Multiaxial Inventory, Minnesota Multiphasic Personality Inventory-2, and Personality Assessment Inventory.

Analytical efforts were concentrated on discerning variations in response patterns that may be attributed to musical training. It is anticipated that musicians will exhibit distinctively diverse response patterns, potentially evidencing enhanced creativity and broader cognitive engagement compared to their non-musician counterparts. Furthermore, the study explores the correlation between the Rorschach scores and other personality assessment scores to validate the Rorschach test's concurrent utility.

Potential constraints of this study include self-selection bias within the participant sample, which might limit the generalizability of the findings across a broader demographic. This research is poised to significantly expand our understanding of the diagnostic capabilities of the Rorschach test and the impact of musical training on psychological profiles. The findings are expected to reinforce the Rorschach test's applicability in clinical and research settings, providing a deeper comprehension of the complex interplay between cognitive functions and creative skills.

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Paper number 593 | Electronic Poster

Examining the effectiveness of VR cognitive-based mindfulness training on cognition and job stress, and job performance

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Research aims and objectives

This study introduces a new cognitive-based mindfulness intervention implemented in Virtual Reality (VR) to examine its impact on attention, working memory (WM), job performance, and stress levels.

Theoretical background

Research has shown that inattention impairs workplace performance, and quality of life, often leading to long-term consequences for employee well-being. Enhancing attention and WM is crucial for occupational and mental health. However, limited evidence exists on how mindfulness interventions affect cognitive processes and in turn job outcomes. This study addresses this gap by integrating immersive VR technology, which has been shown to enhance user engagement and immersion, to improve the efficacy of the intervention. It is hypothesized that VR-based mindfulness training will enhance attention and WM, leading to enhanced job performance and reduced stress.

Research design

The research follows a controlled experimental design, measuring cognitive abilities, stress, and performance pre- and post-intervention using computerized tasks and validated questionnaires.

Results

Results are expected to show significant improvements in attention and WM in the intervention group, compared to the control group, positively influencing job performance and reducing stress.

Limitations

Limitations include variability in participant engagement with VR technology.

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Implications for research, practice and/or policy

This study advances understanding of mindfulness, cognition, stress, and job performance, offering insights into innovative VR-based interventions for improving employee well-being and performance. The findings have potential implications for designing accessible and engaging interventions aiming to improve employee well-being and productivity in diverse occupational settings.

Paper number 14 | Electronic Poster

Optimizing total compensation: longitudinal insights into diminishing intention to quit via psychological well-being

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Research aims and objectives: This longitudinal study's objective is to investigate total compensation's direct and indirect effects on psychological well-being and its subsequent impact on intention to quit.

Theoretical background: This research draws on the Job Demands-Resources model, which posits that organizational resources, such as total compensation, contribute to improved job performance, including lesser intention to quit. Furthermore, our conceptual model is informed by the integrated mutual-gains model, according to which, total compensation serves as a signal to employees that the organization values their well-being, fostering a sense of commitment and loyalty that mitigates intention to quit.

Design/Methodology/Approach/Intervention: This research utilized data collected through Leger Opinion's (LEO) online panel in the Province of Quebec, Canada. Data collection occurred during two periods: April 20 to May 2, 2022, for Time 1 (T1); and June 20 to July 3, 2022, for Time 2 (T2). The final sample comprised 536 employees who completed the questionnaire at both T1 and T2. Mediation analyses were conducted using Mplus software.

Results: Indirect compensation, seniority-based salary, salary satisfaction, and flexibility are associated with lower psychological well-being. Teleworking is linked to lower psychological well-being, and seniority-based salary and salary satisfaction predict lesser intention to quit.

Limitations: In terms of limitations, this study relied on self-reported questionnaires.

Practical Implications: This highlights the importance of organizations and HR managers prioritizing certain elements – including indirect compensation, seniority-based salary structures, flexibility, and recognition – to enhance both psychological well-being and retention among employees. Moreover, it is crucial to emphasize aspects that contribute to employees' sense of security, rather than exposing them to precarious situations.

Originality/Value: To examine the specific relationship between total compensation and intention to quit, with psychological well-being as the primary mediating factor.

The intended audience is academic and practitioner.

Keywords:

Total Compensation; Psychological Well-being; Intention to quit.

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Paper number 434 | Electronic Poster

The relationship between perceived social norms and attitudes towards risky driving: A systematic review

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Background. Risky driving behaviour is a major contributor to traffic accidents worldwide. According to literature (e.g., Kissick, 2019), a drivers' perception of others' behaviours and beliefs about risky driving approval are likely to influence their attitudes towards risky driving which is a key element of subsequent driving violations. However, while research interest into the relationship between perceived social norms and driver's attitudes is increasing, available data are dispersed and poorly integrated. The aim of the current review was to summarise research findings regarding the relationship between perceived social norms and attitudes towards risky driving.

Method. A search was limited to references published up to December, 2024. We conducted a search using the following databases: ISI WoS, Scopus, Academic Search Ultimate and ScienceDirect. The 100 first searches from Google Scholar were also included. The eligibility of the papers was determined by screening their titles, abstracts and full texts.

Results. A search generated 284 citations; our review included a total of 3 studies. At the first stance, contradictions were found as regards the significance of link between social norms and attitudes towards risky driving. When data aggregation methods were applied, a positive relationship of the variables tested was confirmed, indicating that an individual's perception of others' approval for driving violations increases the chance of favourable attitudes towards risky driving.

Conclusion This review integrated contradicting findings regarding the relationship between social norms and driver's attitudes for the first time. It revealed that more studies for robust conclusions in the field are needed. The major limitation concerns publication bias. Unpublished papers, "grey" literature and papers in other languages rather than English were excluded, which might have affected the validity of the current review.

The study was funded by a grant No. S-MIP-24-31 from the Research Council of Lithuania (LMTLT).

Paper number 845 | Electronic Poster

What factors prevent adolescents from using support programs for poverty?

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Aims and Objectives: Child poverty has become a significant social issue even in Japan. Although support programs (empowering students to thrive in their high school endeavors and attain academic success in the future) have been implemented, some adolescents cannot actively use them, despite their participation. Prior research has pointed out that the problem in this situation is the lack of self-control (Steinberg, 2014). However, although not empirically demonstrated, even if they have high self-control and are not motivated to use the program first, they will not use it. Therefore, this study explored the factors that inhibit the use of support programs from two perspectives: lack of self-control and lack of emotion as motivation. Method: Semi-structured interviews were conducted six times over a period of one and a half years to determine whether participants could graduate from high school and make better decisions about their next life course using support programs. Data were collected from 9 high school students who participated in support programs. Students were asked about their future goals, the current actions they were undertaking to attain them, and what emotional experiences they had as they

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progressed toward these goals. Results: The data collection for this study is ongoing until April 2025. However, the preliminary thematic analysis identified four themes: (a) a vague sense of despair about the whole life course, (b) concealing vital information about the family and oneself that is needed for support, (c) lack of scaffolding to make use of beneficial information, and (d) inability to describe one's situation well. These factors were considered to prevent support program staff from intervening in students' self-control and motivation. Limitations: The content provided by support programs varies depending on the organization; however, this aspect has not been thoroughly investigated, indicating a potential avenue for future research and analysis.

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Paper number 1099 | Electronic Poster

Enhancing context-dependent emotion regulation in adolescents: Preliminary results of an ecological momentary intervention

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Adaptive emotion regulation (ER) is crucial to adolescents' physical and mental wellbeing. Successful ER is linked to the concept of ER flexibility, proposing that a person benefits most from flexibly matching ER strategies to the current context. However, there is a lack of research incorporating contextual factors in ecological momentary interventions (EMI) focused on improving ER.

The aim of this EMI was to explore the effect of a mobile application providing ER strategy recommendations. It was hypothesized that adolescents receiving the context-dependent recommendations regulated their emotions better and reported higher wellbeing compared to adolescents in the control group, who received random ER strategy recommendations.

100 participants aged 13 to 17 were required for this study. Participants were randomly assigned to the intervention or the control group and completed several questionnaires before and after the ER training. During the first week of the training, participants explored the psychoeducational content in the App, which was followed by the two-week EMI where participants reported their emotions multiple times a day and received ER strategy recommendations. Mixed models were used to analyze the data.

Both groups are expected to show improved ER and psychological wellbeing, with the intervention group showing bigger improvements. Specifically, we expect participants to report fewer difficulties in emotion regulation, fewer depressive symptoms and less perceived stress after the training compared to before training.

Apart from relying on self-report data, other limitations of the study include moderate response rates and the overrepresentation of certain demographics.

This EMI is among the first to test the effectiveness of context-dependent just-in-time recommendations for ER strategy use in adolescents. While preliminary results seem promising, EMI's and specifically ER interventions should be further tailored to their target group, enhance participant engagement, and investigate the effects of context and strategy recommendations over longer periods of time.

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Paper number 245 | Electronic Poster

Navigating identity in a globalized world: the mediating role of personal freedom in the link between identity and psychological well-being

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This research project explores the complex relationship between identity commitment and psychological well-being, highlighting the mediating role of attitudes toward globalization. Using the Sociocultural Identity Model (SIM) and the Ambivalence Toward Modernity (ATM) model, this study examines how individual perceptions of globalization's threats and benefits influence the connection between identity and well-being.

The SIM posits that identity commitment is molded by sociocultural influences across dimensions like Fidelity, Activity, and Ideology, organized within key Sociocultural Areas crucial for identity formation. The ATM model, meanwhile, addresses ambivalence toward modernity, suggesting that individuals' attitudes toward globalization—perceived as both threats and benefits—are inherently ambivalent.

This study conducted two empirical investigations with a total sample of 930 participants, using specially developed questionnaires to assess identity commitment per the SIM model (SOFUT, covering areas such as Nature, Social, Family, Personal Development, Personal Space, Information, and Spirituality) and attitudes toward globalization (MAQ, measuring modernity perceptions across personal freedom, social, political, and technological scales).

Mediation analyses revealed that attitudes toward modernity partially mediate the relationship between identity commitment and psychological well-being. Notably, the sociocultural areas of spirituality, nature, and "all humanity" were fully mediated by perceptions of modernity, while personal development displayed a partial mediation effect. All significant mediation models were found to operate through the "personal freedom" aspect of attitudes toward modernity.

While this robust sample provides valuable insights, results may vary across cultural contexts, given the diversity in attitudes toward globalization and key identity areas. The study underscores the significance of incorporating sociocultural attitudes when considering well-being in a globalized world. These findings should inform policymakers and practitioners, encouraging them to address individuals' perceptions of modernity in interventions aimed at enhancing psychological well-being, especially by emphasizing the role of personal freedom over political, social, or technological factors.

Paper number 529 | Electronic Poster

Latent clusters in nonsuicidal self-injury motivations among university students

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Aims: Given the high lifetime prevalence of nonsuicidal self-injury (NSSI) among college students, our research used a person-centered approach to investigate the motivational background of NSSI.

Theoretical background: The paucity of literature to date underscores the importance of estimating individual differences in NSSI characteristics.

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Methodology: The cross-sectional study involved 1378 Hungarian university students (74.2% women, Mage=22.00ys; SD=3.48). Symptoms of stress, anxiety, depression and sleep problems were measured, as well as various indicators of NSSI.

Results: More than 40% of the undergraduates (n=558) reported at least a lifetime episode of NSSI. Utilizing latent class analysis, based on endorsement patterns for 13 motivational factors of NSSI, two distinct and interpretable classes emerged. One group showed high or medium scores for all motivations. This class, labeled Multi NSSI functions group, included 15.6% of the students who had engaged in NSSI in their life (n=84). While many more students (84.4%) were classified in the other group (n=474), where the predominant function was the regulation of emotions. The latter class labeled as Only emotion regulation group. Members of the Multi NSSI functions class are characterised by more neurotic symptoms, more sleep problems and engaged in more NSSI methods. The findings of the binary logistic regression analysis indicated that engaging in multiple NSSI methods was associated with an increased likelihood of belonging to the Multi NSSI functions group (OR=1.19 [1.06-1.33]).

Limitations: The cross-sectional design and convenience sampling did not allow causal conclusions to be drawn. A further bias could be the unbalanced gender ratio.

Implications: The motivations behind NSSI can be present in different strengths and combinations. Undergraduates who engage in NSSI for multiple functions have a poorer quality of life. As a result, screening these vulnerable young adults in university-based individual counselling can provide more differentiated and targeted psychological support and harm reduction for NSSI.

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Paper number 590 | Electronic Poster

A shared anxiety: Adolescent peers' perspectives on non-suicidal self-injury

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Background: Non-suicidal self-injury (NSSI) among adolescents is often first noticed by peers, potentially inducing significant distress and anxiety among observers. In addition, peer reactions may play a crucial role in the mental state of those who engage in NSSI.

Aims: The aim of this exploratory study was to better understand how the phenomenon of peer NSSI affects adolescents who do not engage in self-harm.

Methodology: Semi-structured interviews were conducted with six high school students (3 males, 3 females; aged 15-16 years) with no history of self-harm. Interviews were analyzed qualitatively, using thematic analysis (TA).

Results: Five main themes emerged from the interviews, each related to the anxiety felt by the participants about the NSSI performed by their peers: (1) lack of information, (2) heterogeneity of interpretations, (3) age and generational differences, (4) stigmatization, and (5) the process of recovery from NSSI.

Limitations: A homogeneous, small size sample was chosen to help deepen the understanding of the interviews during the analysis, therefore, the results are not necessarily well generalizable, but rather reveal new, relevant directions for future research.

Implications: Adolescents may feel responsible for supporting their peers with NSSI, but may also experience anxiety stemming from their limited knowledge, the perceived stigma of NSSI and their lack of trust in adults. Further exploration of these aspects might facilitate the development of future intervention strategies tailored to support both those who engage in NSSI and their social context.

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Paper number 304 | Electronic Poster

Sexual health in psychosis prevention: hypersexuality and capacity to love as possible prodromal factors

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An important concept in psychiatry, as in medicine, is that of disease prevention before it leads to disability. In the past twenty years, psychoses have been considered brain developmental disorders with polygenic heritability. Preventive strategies are essential due to the limited progress in treatments. The concept of ultra-high risk (UHR) for psychosis, which includes attenuated psychotic symptoms (APS), brief and limited psychotic symptoms (BLIPS), and genetic risk with functional decline (GRFD), has improved understanding of the pathway toward the first psychotic episode.

Psychotic spectrum disorders are often associated with medical comorbidities and problematic sexuality, especially due to long-term medications. Sexual issues negatively impact treatment outcomes and quality of life, yet are often overlooked. Recent studies suggest that sexual issues, such as hypersexuality, may be predictors of psychotic onset. Therefore, it is essential to integrate sexual assessment into research and clinical practice.

The aim of this study is thus to investigate the relationship between sexual issues, such as hypersexuality, and prodromal symptoms of psychotic onset, analyzing the capacity to love as a possible mediator. Kernberg's concept of the capacity to love, which reflects mature psychological development, appears to be inversely correlated with paranoid, narcissistic traits and problematic sexuality. To this end, a population of young adults will be recruited through social networks, who will be given questionnaires on psychotic prodromes, hypersexuality, and the capacity to love. Data analysis will help identify the possible correlation between hypersexuality and psychotic prodromes, and the role of the capacity to love as a potential protective factor against psychotic risk and sexual issues.

Paper number 748 | Electronic Poster

Does “True beauty come from within”? Effects of well-being and cosmetic use on visible health and aging in 989 women.

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Well-being has been shown to impact overall health, but what about skin health and skin aging? The study aims to investigate the effects of well-being and self-esteem on perceived age and perceived health of Japanese women's faces, as well as the effects of daily skincare and makeup use on all these variables.

Cosmetics are linked to improved self-esteem and well-being because they enhance facial appearance. They also play a role in well-being through daily sensory stimulation. We hypothesized that well-being and daily cosmetic use have a direct and indirect impact on global skin health and facial appearance.

A cross-sectional study was conducted in two phases: standardized photographing 989 Japanese women aged 34-79 and evaluating by 200 naive judges the perceived age and health of their bare faces from these photographs.

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A self-administered questionnaire assessed daily skincare and makeup usage, well-being, and self-esteem of the photographed women. Statistical analyses, including Pearson correlations and PLS-PM modeling, were conducted to examine the relationships between variables.

The findings indicate that daily use of cosmetic products is positively associated with self-esteem and well-being. Daily skincare and makeup use, as well as well-being, have direct effects on the appearance of age and health of the bare faces. Daily use of skincare and makeup also indirectly influences perceived health through self-esteem and well-being increase.

This study has some limitations. The study's focus on Japanese women may limit the generalizability of the results, and self-reported data on skincare and makeup usage could introduce bias. The cross-sectional design restricts the ability to establish causality.

Our results suggest potential indirect relationships between cosmetics, well-being, and facial appearance. This study paves the way for understanding the impact of cosmetics and self-care routines on well-being and therefore health as well as the effect of well-being on skin health and quality.

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Paper number 226 | Electronic Poster

Harm aversion of medical professionals performing invasive procedures

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People are typically averse to performing harmful actions, but medical professionals such as surgeons regularly perform harmful actions such as cutting open a body to treat patients. This conundrum parallels sacrificial dilemmas where causing harm saves lives; accepting sacrifice is said to violate deontological ethics against harm but uphold utilitarian ethics to maximize outcomes. In the current work, we employed process dissociation (PD) to clarify the degree to which this pattern reflects reduced aversion to harm (deontological responding) and increased outcome maximization (utilitarian responding)among 131 physicians depending on whether they regularly performing invasive procedures (n=89) or not (n=42), and whether their expertise is surgical (n=42) vs. non-surgical (n=89). Physicians performing invasive procedures and specializing in surgery scored lower on deontological but not utilitarian parameters, suggesting reduced aversion to harm but not increased concern for outcomes. Surgeons scored lower on a measure of personal distress and higher on resilience, suggesting a tendency to control emotions. Physicians higher in resilience scored lower in harm aversion, suggesting control over aversive emotional responses. Additionally, physicians scored higher in harm aversion when higher in outcome aversion, lower in resilience, and do not perform invasive procedures. Finally, physicians higher in outcome aversion and lower in action aversion tended to maximize outcomes. Together, these findings suggest that the psychology of harmful action in medical settings parallels the psychology of sacrificial moral dilemmas.

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Paper number 232 | Electronic Poster

Exploring the versatility of music therapy: Applications across neurological and psychological disorders

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Music therapy (MT) has emerged as a valuable therapeutic tool in addressing neurological and psychological disorders, yet its application across different conditions lacks standardization and consistent outcomes. This review investigates the effectiveness of MT across four conditions—schizophrenia, mild traumatic brain injury (mTBI), unresponsive wakefulness syndrome (UWS), and Parkinson's disease (PD)—to identify common benefits and limitations. The study aims to assess the utility of MT in alleviating symptoms, improving cognitive and motor functions, and enhancing emotional well-being across these diverse conditions.

The research involved a narrative review of peer-reviewed studies published since 2000, focusing on MT interventions such as music listening, group therapy, and instrumental training. Studies were selected based on their use of brain imaging techniques and psychological assessments to measure the impact of MT.

Results indicate that MT consistently improves emotional regulation and reduces negative symptoms in schizophrenia, enhances executive function in mTBI, and supports motor rehabilitation in PD. However, responses in UWS remain inconsistent due to the severe nature of consciousness disorders. Variability in study designs, methodologies, and sample sizes also limits the generalizability of these findings. This review concludes that while MT offers substantial benefits, particularly in social and emotional domains, more tailored interventions are required to maximize its efficacy. Further research is necessary to develop standardized protocols and assess the long-term impact of MT, with an emphasis on personalized treatments for specific conditions.

Paper number 922 | Electronic Poster

Assessing gambling pathology in Cyprus: Psychometric properties of the South Oaks Gambling Screen and the Gambling Motives Questionnaire–Financial version

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This study evaluated the psychometric properties of two widely used gambling research tools, in their Greek translations for use in Cyprus: the South Oaks Gambling Screen (SOGS), a globally recognized screening tool for pathological gambling, translated into multiple languages and the Gambling Motives Questionnaire – Financial version (GMQ-F), a well-established tool for exploring gambling behavior motivations, including financial aspects. Objectives included assessing the scales' validity and reliability, developing a Greek version and exploring their psychometric properties across cultures.

A systematic literature review revealed high internal consistency of SOGS and significant correlations with DSM-V diagnostic criteria, supporting its convergent validity. Factor analytic studies indicate varying underlying factors across populations, while recommending a cutoff score of >5. Limitations include item response variations impacting scale functionality and cross-cultural applicability. Regarding GMQ-F, exploratory and confirmatory factor analyses identified four motivational factors—enhancement, coping, financial, social. High internal consistency was demonstrated, with strong Cronbach's alpha values, confirming its reliability and significant convergent and

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construct validity. However, the limited translated versions—only four languages—restrict its cross-cultural application, necessitating further expansion.

In the local sample, exploratory factor analysis confirmed the four-factor structure of the GMQ-F. High internal consistency and strong Cronbach's alpha values were demonstrated, supporting its reliability, along with significant convergent and construct validity. Similarly, SOGS demonstrated high internal consistency and reliability, with strong Cronbach's alpha values. However, factor analysis using Principal Axis Factoring with Oblimin rotation suggested potential multidimensionality, highlighting areas for refinement.

Ultimately, both tools exhibited robust psychometric properties, providing valuable insights into addiction research, gambling behavior and complexities and motives, while highlighting areas for future refinement and broader application, such as the need for more nuanced measurement approaches.

*R. Christodoulou and L. Arapoglou contributed equally to this work.

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Paper number 866 | Electronic Poster

Enoptrone Syndrome: Integrating the dark triad and dark tetrad theories

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Introduction: The Dark Triad and Dark Tetrad theories are well-established frameworks that describe a cluster of malevolent personality traits, including narcissism, machiavellianism, psychopathy, and sadism. Enoptrone Syndrome expands upon these constructs by emphasizing the mirror personality that is innate and that could explain the factor environment and social influences on an individual's psychological development and pathology formation. This theory posits that individuals with enoptronic syndrome are significantly influencing normal healthy individuals by interactions with them.leading to a unique set of pathologycal physiological and sociological effects.

Enoptrone Syndrome incorporates and expands upon these dark personality traits by introducing significant physiological and sociological dimensions. It asserts that certain physiological traits are inherent and are, to some extent, a congenital condition, with genetic predispositions, particularly on the 6th chromosome, playing a significant role.

Sociological Characteristics: Enoptrone Syndrome introduces a sociological element by proposing that individuals with this syndrome tend to form cohesive groups and communities. These individuals often recognize similar traits in others and gravitate towards each other, creating insular communities that reinforce their behaviors and provide a sense of belonging and validation. This collective identity further entrenches their pathological tendencies, making intervention and treatment more challenging.

Conclusion: The Enoptrone Syndrome theory represents a significant advancement in the understanding of malevolent personality traits and their development. By integrating the established concepts of the Dark Triad and Dark Tetrad with new insights into environmental influences, physiological characteristics, and sociological dimensions, this theory provides a holistic perspective on the complex interplay between individual pathology and societal factors. This work aims to inspire further exploration and discussion among psychologists, fostering a deeper understanding of malevolent personality traits and their broader implications for mental health.

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Paper number 1041 | Electronic Poster

Emotional dependence of patients developed towards operators in rehabilitation contexts

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The Sicilian Rehabilitation Consortium is a private healthcare institution that has 19 centers (in Sicily) divided into home, outpatient, boarding and semi-boarding care. Over the years the team (made up of a neurologist, psychologist, social worker, therapist and health professional) has noticed how many users (patients) after years of therapy just when the latter was close to ending due to the objectives achieved, the patients showed a slight regression. Initially justified by the tiredness of the therapy which had lasted for years, but the operators noticed that this drop in performance was due to the fear of the change that they would soon have to face in view of the end of the patient-therapist relationship.

In this regard, the team took action to prepare users to process the end of the psychomedical relationship.

In addition to observation, psychologists administered various psychodiagnostic tools in order to measure the level of emotional dependence developed towards the healthcare workers (now considered as family members) of the CSR.

The tests used were:

- Test Emotional Dependence

- TMA test on self-esteem

Our sample consists of 25 males and 28 females, all patients of the boarding and semi-residential units.

Pathological Affective Dependence (PAD) was identified in 68% of the sample.

our sample is made up of 30 males and 28 females, all inpatient and semi-residential patients

the reasons for the rehabilitation regression have been identified:

1) in remaining "stuck" in confusing and dependent relational situations.

2) In fear of feeling abandoned

3) In fantasizing a love relationship with the operator

The operators, naturally, worked on the "transfer" to make the patient's emotional state clear

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Paper number 1137 | Electronic Poster

Correlational pilot study on an Italian sample between the psychometric indices of the Rorschach test, MMPI-2-RF, PAI, and MCMI-III

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This correlational study on the psychometric indices of the Rorschach Test, MMPI-2-RF, PAI, and MCMI-III builds upon a previous study that analyzed qualitative/quantitative differences in the Rorschach Test results between two groups: musicians and non-musicians. The reference sample, consisting of 50 individuals (20-30 years), was equally divided into two categories: conservatory students and psychology students.

The present study aims to expand the analysis by investigating differences between the results of the Rorschach Test, using the Roman School's multidimensional scoring system, and those of the MMPI-2-RF, PAI, and MCMI-III. Particular attention is given to the implications these differences may have in evaluative and diagnostic contexts.

The objective is to explore whether significant discrepancies exist between data collected via the projective test, which focuses on more subjective and psychodynamic aspects of personality, and data from structured objective tests, which provide assessments less prone to interpretative variability by the examiner. Such differences could reflect specific psychological and behavioral characteristics of the groups under examination, such as creativity and emotional intelligence in musicians compared to non-musicians.

Furthermore, the study seeks to examine the relationship between the scores of the administered psychological tests and their potential applications in psychological assessment. This includes implications for the evaluation of personality traits and diverse cognitive and affective styles. By analyzing the concordance of psychometric indices, the research aims to identify meaningful correlations that could contribute to a deeper understanding of individual differences in psychodiagnostic contexts. It also seeks to offer insights into the adaptation of assessment methodologies based on the specific characteristics of the individual.

Given the small sample size and the complexity of the variables involved, the limitations of this correlational study are acknowledged. Future research will aim to address these limitations by including a broader range of participants to enhance the generalizability of the findings.

Paper number 850 | Electronic Poster

Neuroergonomics and machine learning for emotional detection and regulation in driving: Insights into psychological distress and safe mobility

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This work introduces a perspective based on a doctoral thesis investigating psychological distress and its regulation in driving contexts using a neuroergonomic approach. The main goal is to illustrate the relevance of combining neurophysiological and subjective measurements as complementary approaches in applied psychology research.

Driving often induces negative emotions, with distress potentially causing driver discomfort and endangerment due to cognitive effects like attentional tunneling and automatic decision-making. Studies highlight the importance of quantifying distress and developing psychological regulation strategies for drivers, constrained by the need for unobtrusive methods that avoid distraction. Previous research suggests that integrating data for stress detection and using interoceptive-modulating technologies for regulation are particularly relevant in this context.

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This study utilized neurophysiological, behavioral, and subjective measurements (e.g., self-reported scales, driving activity, functional Near-Infrared Spectroscopy [fNIRS], ECG, and Electro-Dermal Activity) to investigate driver distress and its regulation in two applied experiments (N=29 and N=88). The experiments, which received ethical approval, involved a computer-based task and a high-fidelity driving simulation. Machine learning was employed to integrate subjective and objective data for detecting distress. Emotional regulation was evaluated using a tactile wristband that guided participants' breathing. Additionally, individual factors were analyzed to assess their influence on distress and its regulation.

Distress classification had an overall performance of 71%, with specific indicators combining behavioral and neurophysiological data proving relevant. The respiratory guidance promoted emotional regulation without disrupting driving, reducing participants' respiration rate by 35% (η^2=.770). Individual variations, including personality and driving habits, influenced these results.

The study emphasizes the importance of larger sample sizes and diverse cultural contexts to better account for individual specificities in future research.

This work provides design insights into emotional detection and regulation, emphasizing the relevance of complementary approaches in studying psychological states. It highlights the importance of addressing individual variations to ensure inclusive emotional systems.

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Paper number 1229 | Electronic Poster

Precision meets efficiency: Evaluating modern algorithms in computerized adaptive testing frameworks via a simulation study

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This study evaluates the comparative performance of different algorithmic combinations in Computerized Adaptive Testing (CAT) using a simulation protocol facilitated by SimulCAT (Han, 2012). The primary focus is on assessing the superiority of a novel algorithmic framework consisting of (a) maximum likelihood estimation with fences (MLEF) for θ estimation, (b) progressive restricted standard error (PRSE) for item selection and exposure control, and (c) standard error of estimation as the termination rule. The MLEF method addresses the limitations of traditional θ estimation techniques by efficiently handling non-mixed response patterns, while PRSE optimizes item selection, ensuring robust item bank utilization and minimal exposure rates. The standard error termination rule aims to balance test length and measurement precision. The study employs a simulation design, generating 10,000 response vectors across a range of latent traits (θ = -3 to 3) to evaluate the algorithmic combination's effectiveness. Key performance indicators include measurement accuracy (Bias, Mean Absolute Error, and Root Mean Square Error), test efficiency (average test length), and item bank security (item exposure rates). The results are benchmarked against widely used alternative CAT algorithms, including Maximum Fisher Information (MFI) for item selection and Expected a Posteriori (EAP) for θ estimation. Preliminary findings indicate that the MLEF-PRSE-SE framework outperforms competing algorithms by delivering shorter tests with superior θ estimation precision while maintaining low item exposure rates. This combination demonstrated notable advantages in mitigating floor and ceiling effects and ensuring fair test administration across the θ continuum. The results underscore the potential of integrating these algorithms into adaptive testing environments, particularly in high-stakes and large-scale assessment contexts where efficiency, accuracy, and fairness are critical. Future research could explore the generalizability of these findings across diverse testing populations and item banks.

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Paper number 1146 | Electronic Poster

Morning person or night owl: A quantitative analysis of the influence of smartphone use on chronotype

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Problematic smartphone use is defined as compulsive smartphone use to such an extent that it can have a negative impact on everyday life and physical and mental health. Smartphone use is further subdivided into usage types, which define the type of smartphone use, whereby different types of use also have different effects on the person.

A person's chronotype is described by analyzing circadian rhythms; these rhythms are largely expressed through a person's sleep-wake phases. The chronotype has a direct impact on human health and is also influenced by smartphone use. It has been established that smartphone use has a direct impact on human health. was found that smartphone use increases the affiliation to the Eveningness type.

To investigate the question of how smartphone use, and in particular the type of smartphone use, affects the chronotype, 167 subjects took part in a questionnaire study (54.2% female, 45.8%). The following questionnaires were used to record the various constructs: Morningness-Eveningness-Questionnaire (MEQ), Mobile Phone Problematic Use Scale(MPPUS-10), and the Types of use scale.

With the help of inferential statistical methods such as regressions and mediation analysis, it was possible to determine that problematic smartphone use, increased usage time and the habitual use factor of the smartphone usage types have an influence on the chronotype. In addition, a mediation analysis showed that the usage types mediate the influence of problematic smartphone usage on the chronotype. It was also confirmed that gender has an influence on chronotype.

This shows the great importance of the smartphone in relation to the chronotype and in particular to eveningness, which shows that smartphone use should be considered in relation to a balanced circadian rhythm.

Paper number 317 | Electronic Poster

Intimate Partner violence, posttraumatic stress disorder, and academic outcomes in historically black college universities

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This study investigates how Intimate Partner Violence (IPV) affects the academic performance of students of all genders at a Historically Black College or University (HBCU), specifically looking at how PTSD symptoms and resilience play a role in mediating and moderating these effects among participants gathered through campus communication channels such as emails and flyers, for a comprehensive study using online surveys in a cross-sectional manner with 144 individuals involved. Participants filled out surveys to evaluate experiences of IPV, symptoms of PTSD, ability to bounce back from challenges (resilience), and their commitment to continuing their college education while also providing personal details such as demographics. This study focuses on exploring the gap in understanding the impact of trauma, specifically from IPV, on the academic achievements and continued enrollment of Black students in an HBCU. The study used tools to measure IPV using the Revised Conflict Tactics Scale (CTS2), assesses PTSD symptoms with the PTSD Checklist for DSM5 (PCL– 5), gauge resilience through the Brief Resilience Scale (BRS), and evaluate academic outcomes, like persistence and integration using the

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College Persistence Questionnaire—Short Form (CPQ-SF), and current grade point average (GPA) from demographic information (DGI). The research will help expand the understanding of how symptoms of PTSD (Cognitive/ Personal Factors) caused by intimate partner violence (IPV; Environmental factor) affect academic performance (Behavioral Factor) and how resilience can lessen these impacts. We will use methods such as multiple linear regression and mediation models to study these connections thoroughly during the analysis process. This research adds to existing knowledge by offering an understanding of how trauma from IPV impacts academic achievements among a group that is not frequently studied in psychology research studies. The findings would guide efforts to enhance academic performance for students exposed to IPV through programs designed to foster resilience and strength.

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Paper number 562 | Electronic Poster

Links between parental attachment security and mentalization capacities in adolescents ? Differentiated effects on the Self/Other and Cognitive/Affective poles

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Mentalizing abilities develop in the early relationships between infants and their caregivers. In particular, mentalization evolves essentially through a contingent and pronounced reflection of the infant's emotional states by the caregiver. As adolescence is a critical period for the maturation of mentalizing abilities, attachment insecurity can disrupt the development of mentalizing processes and impair the ability to understand mental states and effectively use emotion regulation strategies in adolescence. This study aims to examine the influence of attachment security on the relationship between emotion regulation and mentalizing difficulties in adolescence and young adulthood.Specifically, we utilize the partial least squares method to model the different links between attachment style and mentalizing abilities concerning self or others and cognitive or affective states.

The sample consists of 200 adolescents and young adults aged 15 to 20, recruited from high schools and a university in France. Mentalizing abilities were assessed using the MASC and MENT-S, attachment security using the RSQ, and emotion regulation difficulties using the DERS.

The results showed that individuals with high levels of insecure attachment had difficulties decoding affective states, but not cognitive dimensions, and had more difficulty mentalizing themselves. Structural equation modeling revealed complex relationships between attachment security, emotion regulation difficulties, and mentalizing abilities. Specific patterns were identified: 1. Secure attachment plays a fundamental role in the development of emotion regulation and self-focused mentalization skills; 2. The ability to regulate emotions enables one to understand and analyze one's own mental states; 3. The ability to understand one's own mental states enables one to understand and analyze the emotional states of others.

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Paper number 1223 | Electronic Poster

An investigation into cry it out in adulthood

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Sleep training involves a method of helping infants to fall asleep independently and self-soothe. Among these methods, the 'Cry It Out (CIO) method, popularized by Dr. Richard Ferber in the 1980s, involves allowing infants to self-soothe before receiving comfort. The results on the CIO method are mixed. Some research indicates no adverse effects on attachment style and development at 18 months (Bilgin et al., 2020) and no negative impacts on child mental health or psychosocial functioning (Price et al., 2012). However, other research has found physiological effects, such as cortisol levels, are higher in sleep trained infants than non-sleep trained infants (Murray et al., 2014). To date, there is no research that focuses on the impact of CIO on young adult populations. This study focuses on the impact of CIO on attachment style, stress response, and dissociation. I will obtain self-reports from parents or primary caregivers of college students about whether they used CIO to soothe the students as infants. The students will then complete a three-part questionnaire, consisting of: (1) Self-reports using the Adult Attachment Questionnaire (AAQ); (2) A dissociative experiences scale; and (3) A pre-and post-measure of heart rate variability after listening to a crying infant. Independent sample t-tests will reveal whether there are differences in attachment, stress response, and dissociative experiences based on the CIO versus non-CIO group. Results from this study will provide insight into the effects of CIO in adults relative to emotional wellness, providing another layer of consideration relative to guiding best parenting practices for healthy development.

Paper number 666 | Electronic Poster

The impact of self-objectification on women's moral self

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Objectification denies individual's personhood and threatens the female moral self. Through two studies (N = 240), the present investigation aimed to contribute to the literature by testing whether and how objectification affects the female moral self, including moral identity and moral self-image. 2 experimental results provided convergent support for this prediction. Study 1 used a 2 (female self-objectification: initiation group, control group) x 2 (time: pre-test, post-test) between-subjects experimental design, in which participants took the Moral Identity Measure one week before, and then again one week after by manipulating the women's self-objectification (We manipulate objectification by asking participants to recall of past objectifying experiences). The results showed no significant difference in moral identity between the women who initiated self-objectification, and those in the control group. Study 2 used the same procedure to measure the moral self using the Moral Self-Image Scale. The results of the study indicated that women who initiated self-objectification reported a lower moral self-image than women in the control group. Both studies jointly enrolled that self-objectification affects women's moral self, but unlike relatively stable moral identity, moral self-image is more susceptible to self-objectification.These findings enrich our understanding of the consequences of objectification, while emphasizing that moral identity is a stable personality trait.

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Paper number 778 | Electronic Poster

Validity sequence effects under top-down search conditions

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Validity sequence effects refer to the facilitating influence of previous trials' cue validity on current search performance. In the context of contingent-capture studies, in which spatially uninformative cues that either match the searched-for target or not precede the search display, validity sequence effects seem to be more complex. With our study, we tested different approaches to examine the robustness of these effects.

Usually, our attention is captured by cues that match the searched-for target. We can observe faster responses in trials, in which the cue is indicative of the correct (valid) target location, however, only in matching cues. Goller and Ansorge (2015) found influences of trial n-1 validity on trial n validity effects: even the cues that do not match the searched for target features lead to a validity effect, when the cue was valid in the preceding trial. This was, however, only found under search conditions, in which the target was a singleton. Our study contains three experiments to further investigate validity sequence effects under different search conditions: Experiment 1 is a direct replication of the previous study by Goller and Ansorge (2015), Experiment 2 uses a luminance equated singleton search design and Experiment 3 implements a feature search condition. Results will be discussed and presented.

Paper number 920 | Electronic Poster

Better bullshitter does not have to be a bigger bullshitter: Cognitive and personality correlates of ability to produce convincing bullshit

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Bullshit is considered a common part of interpersonal communication. However, people differ not only in how frequently they use bullshit, but also in their ability to produce bullshit that effectively influences social impressions. In our study (N=390), we aimed to examine predictors (verbal ability and divergent thinking) and correlates (dark triad traits) of bullshit ability, and to relate the extent of this ability to its self-reported use. Additionally, we focused on the relationship between various methods of measuring bullshit (overclaiming and bullshitting frequency). Both verbal ability and divergent thinking were significant predictors of bullshit ability. Only Machiavellianism correlated positively, but weakly with bullshit ability. In contrast to our expectations, we did not find a statistically significant relationship between bullshit ability and bullshitting frequency, nor overclaiming and bullshitting frequency. Our results provide new insights into individual differences among bullshit producers and, for the first time, simultaneously link previously unexplored measures of bullshit: frequency and quality. While the results provide a foundation for understanding bullshit as a psychological construct, limitations such as potential biases in self-reported measures and a cross-sectional design suggest avenues for future research.

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Paper number 549 | Electronic Poster

The role of personality traits on the psychological states and locus of control of college students

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The post COVID-19 pandemic challenge of college students in attending classes physically posed a serious psychological threat to their well-being. After the Philippines had passed a law on mental health in 2018, schools are mandated to implement mental health program to ensure the well-being of students. Nonetheless, the COVID-19 in 2020 made teaching-learning process very difficult for students who had been used with physical contact as well as creating programs to ensure better college adjustment. This present study investigates the role of personality traits and locus of control of college students on their psychological states of depression, anxiety and stress levels. Using a linear regression analysis, 72 college students attending a course in psychology were asked to answer the questionnaire. The results pointed out that neuroticism has significant relationship with depression and stress levels while agreeableness and conscientiousness significantly relate but negatively with anxiety and stress. Further, neuroticism is considered predictor of depression, anxiety and stress of college students, while agreeableness and conscientiousness are predictors of locus of control. Hence, it can be inferred that personality traits are factors that can affect ability of college students to adjust to the changes of their school environment.

Paper number 516 | Electronic Poster

Emotional drive on sexual behaviour: dissonance as a common aspect in sexual experience

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Introduction

Previous research has differentiated emotional factors influencing sexual behavior into two key dimensions: emotional context (EC), which represents a processing state, and emotional drive (ED), which refers to motivation directed specifically toward a given stimulus. Building on this framework, the study aimed to examine ED values and profiles within a structured repertoire of sexual behaviors.

Method

A survey was conducted using a specially designed questionnaire developed based on an extensive literature review. Scores for approaching and avoiding ED were defined and summarized, and a dissonance score were calculated from them. An unsupervised variable selection process was performed to identify the most distinguishing factors using the Bayesian Information Criterion (BIC).

Results

The analysis revealed significant differences in the sample for both approaching ED (T-test = -9.86, $p < 0.01$) and avoiding ED (T-test = -9.56, $p < 0.01$), with higher ED being the most frequent outcome in both dimensions.

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Similarly, dissonance scores showed significant differences (T-test = -11.28, p < 0.01), although low dissonance was the more common result.

The variable selection process identified distinct sets of behaviors that accounted for over 99% of the variance.

Discussion

The finding of dissonance scores in almost every subject of the sample emphasize the necessity of examining both positive and negative ED within a comprehensive behavioral repertoire, as well as regarding this prior one as a common experience in sexual motivation. To achieve a thorough understanding and develop accurate behavioral profiles, these variables must be considered individually and in detail.

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Paper number 733 | Electronic Poster

Suicide prevention networks for older people: preliminary results of a cross-sectional study

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Suicide and suicidal ideation have reached worrying rates, according to the World Health Organization.
The risk variables are different in each population sector. In old age, the main factors are depression, social isolation, the greater probability of receiving serious diagnoses and the self-perception of being a burden to the environment.
Aim: To promote mental health in this population through networks of volunteers trained in combating loneliness, guilt and low self-esteem.
Method:
Participants: a team of 14 volunteers established a network with 153 people aged 66-85, making visits, providing them with library books, listening to their concerns and complaints, and connecting them with psychology and medical professionals. The people assisted completed a series of questionnaires at the beginning of the programme and once a year.
Instruments: 1) Geriatric Depression Scale, 2) Interpersonal Needs Questionnaire, 3) Rosenberg Self-Esteem Scale, 4) Loneliness Scale, 5) Suicidal Ideation Questionnaire.
Results:
Depression scores, feelings of loneliness and suicidal ideation decreased in measures taken at 6 and 12 months. The first two variables were statistically significant.
Discussion:
Bearing in mind that mental health variables are slow to show changes, and that this is a five-year longitudinal study, the results confirm a trend that the work of these volunteer networks can improve mental health in older people and reduce suicidal ideation in them.

Paper number 734 | Electronic Poster

Intervention with Refugees to Enhance Well-Being and Prevent PTSD

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The increase in forced displacement in the world poses challenges for the integration and well-being of people who are forced to migrate from their countries. This paper presents an intervention programme to promote the psychological well-being of refugees, with the aim of improving their quality of life and facilitating their adaptation in the host country. The programme was implemented with people belonging to the International Protection

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Reception System in a Red Cross centre in Spain.
Method:
Participants. 29 participants (15 in intervention group, 14 in control group). Inclusion criteria were that they were between 18 and 65 years old, understood spoken Spanish and did not have a diagnosis of mental disorder. Assignment to one of the two conditions was randomised.

Instruments:
The intervention consisted of eight sessions of two hours each, aimed at addressing post-traumatic stress disorder (PTSD)-related symptomatology, fostering emotional expression, developing adaptive coping skills and promoting social support networks.
Both groups completed the following pre- and post-test questionnaires: 1) PTSD questionnaire, 2) Suicidal ideation, stress and 3) Self-esteem questionnaire.
Results:
People in the experimental group showed improvements over the control group in the variables studied, although they only reflected statistical significance in terms of self-esteem and the PTSD avoidance and anxiety scales.
Conclusions:
Despite being a small sample, the results support the need to intervene in this type of population especially vulnerable to suffer psychological symptomatology. The programme included a waiting list so that participants in the control group could benefit from the programme at a later stage.

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Psychology in the service of health and well-being

Paper number 596 | Electronic Poster

Finding balance through dance in substance use disorder recovery

Anna Kannonier[1], Sandria Stornig[1], Karl Koschutnig[1], Human F. Unterrainer[2], Andreas Fink[1]

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Research aims and objectives: This study explores how dance can be used as a therapy adjunct in the recovery process of individuals with substance use disorders (SUDs). The primary objective was to investigate the effects of dancing on structural characteristics of the brain and related psychological symptoms in the rehabilitation of polydrug use.

Theoretical background: SUDs are characterized by a compulsive urge to consume a substance despite the detrimental impacts on physical, mental and social health. Additionally, chronic drug use can have severe impacts on the human brain and is linked to impairments in white matter integrity. It is unclear, however, to what extent such alterations are permanent. Emerging evidence suggests that dancing can improve cognitive functions and alleviate mental symptoms in patients with neurological disorders, making it a potential resource in SUD rehabilitation.

Research design/Methodology: The study involved one experimental group undergoing a 3-week dance intervention (twice per week) and a treatment-as-usual group. Pre- and post-intervention measurements included MRI scans and the assessment of psychological and physiological functions.

Results: In the experimental group, an increase in white matter integrity (QA) was found in the inferior fronto-occipital fasciculus, the corticospinal tract and the arcuate fasciculus. Psychological assessments revealed reduced depressive symptoms and an unexpected increase in anger expression.

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Limitations: A small sample size (n = 30 for diffusion data; n = 32 for behavioral data) and the absence of a non-clinical control group.

Implications for research, practice and policy: SUDs can impose significant health, social and economic burdens, making it necessary to implement effective prevention and treatment interventions. The present study provides preliminary evidence supporting the use of dance as a behavioral intervention. Integrating movement-based therapies could enhance standard treatment and recovery outcome, making it a valuable addition in clinical practice.

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Paper number 452 | Electronic Poster

Examining the effectiveness of stress management education for students with intellectual disabilities

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In Japan, the practice of stress management education for classroom groups is becoming popular, and academic societies and professional associations are collaborating to develop this practice. However, most group stress management education activities have been conducted in regular classrooms, and very few have been undertaken for students with intellectual disabilities enrolled in special needs schools. This study aims to clarify the effectiveness of group stress management education for students with intellectual disabilities.

Participants were 11 students with intellectual disabilities attending a special needs school: 2 in the second year of upper secondary school and 9 in the first year. The stress management education comprised a single 60-minute session, in which the main procedures used were relaxation and the acquisition of help-seeking behaviors. Stress management education was conducted by two university faculty members who were licensed psychologists and specialists of cognitive behavioral therapy. The effectiveness of the stress management education was evaluated by measuring the reduction in stress reactions and improvement in help-seeking skills via a questionnaire survey.

The results showed that the stress reaction scores were higher after the intervention (M=16.09, SD=11.36) than before (M=15.82, SD=10.11; Cohen's d=.025). Assistance-seeking skill scores were higher after the intervention (M=7.73, SD=2.67) than before (M=7.64, SD=2.67; Cohen's d=.033). In summary, the results of this study did not demonstrate the effectiveness of adequate stress management education in participants of this study. Notably, this study is a pioneering effort in stress management education in special needs schools, where it has not been adequately practiced until now. Based on this study, further expansion of this practice is expected in the future.

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Paper number 883 | Electronic Poster

The mediating role of cultural dimensions between environmental identity and climate change anxiety in emerging adults

Maria Mirandi[1], Claudia Mazzeschi[1], Luciana Pagano Salmi[1], Antonio Cosenza[1], Gaia Cuzzocrea[1], Gianluca Bruno[1], Carlo Garofalo[1]

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Climate change has significant psychological impacts, including emotional responses such as Climate Change Anxiety (CCA), associated with worries about the climate, and causing impairs in cognitive-emotional (CEI), and functional (FI) functioning, Extensive research highlights Environmental Identity (EI) as a key factor influencing these emotional responses. Furthermore, cultural dimensions, such as individualism and collectivism, are evidenced to shape how individuals respond to environmental challenges. This study explores the association between EI and CCA, examining whether these cultural orientations mediate this relationship.

The study involved a sample of 347 Italian emerging adults (M=22.85 ± 2.77; 70.60% female), who completed the Revised Environmental Identity Scale, Horizontal and Vertical Individualism and Collectivism Scale, and Climate Change Anxiety Scale.

Correlation analysis indicated that EI was positively correlated with both dimensions of CCA, Cognitive-Emotional Impairment (CEI; r=.22,p<.001), reflecting thoughts and emotions related to climate crisis, and Functional Impairment (FI; r=.20,p<.001), indicating the impact on daily functioning. EI also showed significant correlations with horizontal collectivism (HC; r=.35,p<.001), vertical collectivism (VC; r=.22,p<.001), and horizontal individualism (HI; r=.25,p<.001). Mediation analysis identified a significant positive direct effect of EI on FI (β=0.673,p<.001) and HI (β=1.166,p< .01), with the latter demonstrating a negative direct effect on FI (β=−0.100,p<.01). Additionally, a significant negative indirect effect of EI on FI through HI (β=−0.116,p<.01) was observed, while collectivism dimensions showed no mediating role.

Results suggest that EI strengthens emotional connections to nature, potentially amplifying sensitivity to ecological crises. Notably, horizontal individualistic values, which emphasize autonomy and equality, emerged as the only cultural dimension associated with reducing the functional impacts of CCA. Findings highlight the role of integrating cultural dimensions into EU climate policies, which may enhance resilience to climate impacts and improve mental health support. This study was context-specific; future research should explore broader populations. The University of Perugia funded this study (FRA2022).

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Paper number 230 | Electronic Poster

An online intervention study investigating the therapeutic mechanisms of mindfulness-based interventions for chronic stress reduction

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Background: This ongoing intervention study tests two hypotheses derived from the Monitor and Acceptance Theory (MAT) of the therapeutic mechanisms of mindfulness-based interventions (MBIs).

Aims: We are examining the hypotheses that MBIs can enhance attention monitoring and acceptance (i.e., an emotion-regulation strategy) skills in chronically stressed individuals (H1), and that pre-post intervention stress reductions are moderated by improvements in monitoring and acceptance (H2).

Method: Ninety-eight volunteers aged between 18 and 65 who report medium-to-high levels of chronic stress will participate in the study. Participants will be randomly assigned to receive a MBI or to a waitlist-control group. To test H1, pre- and post-intervention or waiting list, volunteers will complete self-reported and behavioural measures of monitoring and acceptance. Subsequently, the former waiting list group will complete the MBI and provide data for a third time. To test H2, data from all MBI completers will be merged.

Expected results: We expect to observe improvements in monitoring and acceptance skills in the MBI group over time (H1). Furthermore, we expect to observe an interaction effect between improvements in acceptance and monitoring skills in predicting chronic stress reductions (H2). If available, preliminary results will be presented.

Limitations: Despite our power analysis, while investigating H1, there is a chance that we may not be able to detect a significant chronic stress reduction. In this case, it may not be meaningful to investigate what drives stress reduction (as in H2).

Implications: Results will inform MAT and potentially lead to theoretical updates.

Paper number 1246 | Electronic Poster

The impact of adverse childhood experiences on chronic pain: A systematic review of psychological and pain-related outcomes

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Research Aims and Objectives:

This review sought to: (1) synthesise evidence on Adverse Childhood Experiences' (ACEs) impact on psycho-emotional state, subjective pain measures, and quality of life (QoL) within populations experiencing chronic pain (CP); (2) examine whether ACE type and frequency influence these associations; and (3) assess whether psycho-emotional variables mediate the ACE-CP relationship.

Theoretical Background:

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ACEs contribute to stress-related dysregulation, affecting pain processing and psychological adaptation in CP(1). Cumulative adversity is linked to worsens pain-related and emotional outcomes(2–4) within populations with CP, but inconsistencies in ACEs assessment limit definite conclusions.

Research Design

A systematic review was conducted following PRISMA guidelines. Studies were identified via PubMed, PsychINFO, Embase, and Web of Science (1988–April 2023). Inclusion criteria followed the PECOS framework, focusing on observational studies examining ACEs' impact on pain outcomes, psychological distress, and QoL in CP populations.

Results

Eighteen studies (N = 46,632) met the inclusion criteria showing that ACEs, particularly cumulative exposure, are strongly linked to poorer psychological well-being, worse pain-related outcomes, and diminished QoL. Only two studies explored mediation effects, identifying depression as a partial mediator.

Limitations

Findings are limited by retrospective self-reports, variability in ACE definitions, and a lack of longitudinal studies, restricting causal inferences.

Implications for Research, Practice, and/or Policy

Findings highlight the need for trauma-informed pain management, integrating psychological screening, standardised ACE assessments, and interdisciplinary interventions. Future research should adopt longitudinal approaches to strengthen causal understanding.

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Paper number 1164 | Electronic Poster

Novel insights on the association between psychological risk factors and HRV in breast cancer patients and survivors: A systematic review

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In this systematic review, our aim was to review all studies in the literature that demonstrate the clinical significance of the relationship between negative psychological symptoms, such as stress, anxiety, depression, emotion dysregulation, psychological fatigue and distress, and low HRV in breast cancer patients and survivors. We conducted a systematic review according to the PRISMA statement in Google Scholar, PubMed and Scopus databases (2000-2023). The searches focused on relevant studies that examined this clinical issue. Only studies written in English language, with human adult breast cancer patients or survivors, were selected. We included randomized control trials, quasi-experimental studies, correlational studies, and cross-sectional and longitudinal studies. Participants' and studies' characteristics were extracted and synthesized, based on specific criteria. The search terms were: HRV, Cardiac Vagal Control, Respiratory Sinus Arrhythmia, Psychological Risk Factors, Depression, Anxiety, Stress, Distress, Fatigue, Breast Cancer Patients, and Breast Cancer Survivors, combined using or/and. Thirty studies were included, most of which managed to highlight the clinical importance of the relationship between psychological risk factors and low HRV in breast cancer patients and survivors. However, the existing studies are limited and are mainly focused on patients and survivors between the age of 45-60 years old, with small sample sizes, mostly correlational in nature, characterized by medium or high risk of bias that did not investigate potential moderators of effects, such as co-existing chronic diseases, drug therapy that patients might have received, their age, and the existence or not of a supporting environment. Therefore, more research is needed. To our knowledge, this is the first systematic review that examines the clinical topic of interest. The findings suggest that developing interventions aimed at increasing HRV in breast cancer patients and survivors can

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contribute to their physical and mental health, lower risk of cardiovascular disease, and higher overall quality of life.

Paper number 45 | Electronic Poster

Mindful Voices: Youth Advisory Boards promote well-being in adolescent health services

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Integrating youth perspectives in mental health service delivery is increasingly recognized as crucial for adolescent well-being. Youth advisory boards (YABs) offer platforms for young individuals to shape their psychological support systems, yet research on their psychological impacts remains limited. This mixed-methods study evaluated the outcomes and efficacy of a YAB in a metropolitan adolescent mental health center over two years. Quantitative data were collected through psychological assessments of adolescent patients (n=481) pre- and post-YAB implementation, measuring self-efficacy, perceived social support, and psychological well-being. Mental health practitioners (n=22) were surveyed on treatment efficacy and patient engagement. Qualitative data were gathered via interviews with YAB members (n=15), mental health professionals (n=20), and focus groups with adolescent service users (n=20). Results showed significant improvements in adolescents' self-efficacy ($t(480)=5.18$, $p<0.001$, $d=0.47$), perceived social support ($t(480)=4.32$, $p<0.001$, $d=0.39$), and overall psychological well-being ($F(1,479)=19.76$, $p<0.001$, $\eta^2=0.28$). Practitioners reported enhanced treatment efficacy ($\chi^2(1)=15.87$, $p<0.001$, $\varphi=0.22$) and increased patient engagement ($t(21)=3.95$, $p<0.001$, $d=0.84$). Thematic analysis identified key themes: (1) empowerment through active participation, (2) improved therapeutic alliance, and (3) challenges in addressing diverse mental health needs. YAB members reported increased self-esteem and sense of purpose, while professionals noted improved understanding of adolescent perspectives in treatment planning. Our research underscores the psychological benefits of integrating youth voice within mental health service delivery. These findings support broader implementation of YABs in adolescent mental health settings, due to their potential role in enhancing psychological outcomes and fostering agency among young service users.

Paper number 343 | Electronic Poster

The effects of transformational leadership and abusive supervision on workplace cyberbullying via job and team level stressors: A two-wave study

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Objective:

Research on the relationship between leadership styles and workplace cyberbullying (WCB) is still scarce, specifically when it comes to diverse leadership styles. Further, most of the research is still cross-sectional. Based on the environment hypothesis and the job demands-resource model this study investigates the indirect relationship of positive and negative leadership styles on WCB through individual job- and social-relational team level stressors at two time points.

Methods:

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To capture changes over time, we used a two-wave design to collect data from 336 employees in Pakistani service organisations at two time points (T1 and T2). Our analyses included descriptive statistics, psychometric properties and multiple mediation models to examine the indirect relationship of transformational and abusive leadership on WCB via role stress, negative team climate.

Results:

The findings indicate that the relationship between role stress, negative team climate, and WCB intensified from T1 to T2, showing stronger associations over time. Abusive supervision had an increasingly strong indirect effect on WCB at T2 (compared to T1 results), mediated by heightened role stress and an increased team stress. In contrast, transformational leadership maintained a consistently negative indirect effect on WCB reducing it across both time points, demonstrating its sustained protective influence and decreasing the same stressors.

Conclusions:

These results underscore the increasing negative impact of abusive supervision on WCB, via increased job and team stressors over time, while transformational leadership consistently mitigates the risk of cyberbullying by decreasing the same stressors. The study highlights the importance of addressing both individual job and team-level stressors and suggests further multi-wave research to deepen understanding of workplace cyberbullying dynamics. This research provides valuable insights into the role of leaders in the digitalized working world and explains the factors that lead to WCB.

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Paper number 924 | Electronic Poster

The effects of self-compassion and fear of self-compassion on complex post-traumatic stress disorder symptoms in trauma survivors

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Research aims and objectives

The purpose of this study was to examine the effects of self-compassion and fear of self-compassion on complex post-traumatic stress disorder (CPTSD) symptoms in trauma survivors.

Theoretical background

Interventions aimed at improving self-compassion have been shown to be effective for CPTSD, but the role of fear of self-compassion is unclear.

Research design/methodology/approach

A cross-sectional survey was conducted using self-administered questionnaires on 201 participants (101 men, 93 women, 7 unknowns; Mage=43.40 years, SD=12.51 years) who met the diagnostic criteria for CPTSD. The scales used were the International Trauma Questionnaire (ITQ; Kim et al., 2018), the Self-Compassion Scale (SCS; Arimits, 2014), and the Fears of Compassion Scales (FCS-J; Asano, 2017). The study was conducted with the permission of the Ethics Committee (2024-14).

Results (obtained or expected)

Multiple regression analysis was performed with ITQ as the objective variable and SCS and FCS as explanatory variables, and the coefficient of determination was significant(R^2=.18, $p<.001$).The results showed that the SCS had a negative impact on CPTSD (β=-.24, $p<.001$) and the FCS had a positive impact(β=.25, $p<.001$).

Limitations

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A limitation of this study is that it is a cross-sectional study, so causal relationships between variables cannot be explicitly mentioned.

Implications for research, practice and/or policy (including originality and value)

When intervening for CPTSD, it is not only about increasing self-compassion, but some individuals have fears of self-compassion, and taking these fears into account may enhance the effectiveness of the intervention.

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Paper number 617 | Electronic Poster

Complex medical and psychological rehabilitation for injured people in wartime Ukraine: A pilot non-randomized controlled trial for mitigating PTSD symptoms

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Background. The Russian invasion of Ukraine in 2022 resulted in massive physical and mental traumatization of Ukrainians throughout the country, especially on the territories of the direct combats. Physically war-affected people, in fact, faced double trauma, which required rapid interventions for their mental condition as well. Searching for new complex models that would consider psychological rehabilitation, including focusing on family members and communities, in physical rehabilitation centers is in high demand.

Methods. This study was a pilot non-randomized controlled trial for assessing the preliminary efficacy potential of the empirically-supported model for the complex medical and psychological rehabilitation developed for physically injured people in Ukraine. Physically injured Ukrainian military (n=221) and civilians from the liberated territories previously occupied by Russian troops (n=259) were invited to participate in the trial. PTSD Checklists (PCL—5—M for military and PCL—5–C for civilians) were utilized to evaluate self-reported PTSD symptoms before and after the offered interventions.

Results. Before the trial, low levels of PTSD were observed in 18.7% of participants, while after the full course of the complex rehabilitation program, the prevalence of this cohort increased to 25% ($p<.001$). The prevalence of the medium level of PTSD decreased from 8.2% before interventions to 5.62% after, and the group with the high level of PTSD ($p<.001$) decreased from 5% to 2.5% ($p<.001$).

Conclusion. These preliminary results show the potential efficacy of the developed complex rehabilitation model, which requires additional testing using a randomized controlled trial involving more people with clinically diagnosed PTSD.

Paper number 365 | Electronic Poster

Developing a model for counteracting psychotherapy harm and managing psychotherapy quality

Pao-Ling Yeh[1]

[1]National Pingtung University, Taiwan

The negative experiences or harm encountered by patients during psychotherapy have long been overlooked, lacking systematic research and analyses. Preventing therapeutic harm is an ethical principle that must be prioritized in psychotherapy interventions. Accordingly, this study established a model for preventing and handling psychotherapy harm based on a review of existing literature and interviews with psychotherapy supervisors. The

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proposed model offered critical elements across three stages of psychotherapy: preparation before psychotherapy, the psychotherapy process, and case closure. These crucial elements aim to enhance the prevention and handling of psychotherapy harm. This qualitative research involved 40 psychotherapy supervisors as participants, 16 and 21 of whom were men and women, respectively, with an average age of 42 years. On average, the participants had 15 years of practical experience and 7 years of supervisory experience. Using the constructivist grounded theory method, this study analyzed data through open coding, axial coding, and theoretical coding . The findings resulted in a three-stage framework encompassing nine categories and 16 indicators. This framework constituted a comprehensive model for counteracting psychotherapy harm and managing psychotherapy quality, serving as a reference for practical applications, training, and future research.

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Paper number 928 | Electronic Poster

Understanding health-related quality of life in children and adolescents: A scoping review of risk and protective factors

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Health-related quality of life (HRQoL) is a crucial aspect of children's and adolescents' development, encompassing physical, mental, and social well-being. Despite its importance, there is limited understanding of the specific risk and protective factors that shape HRQoL in this population. This scoping review aimed to synthesise existing literature on HRQoL in children and adolescents, focusing on risk and protective factors influencing HRQoL. Adhering to PRISMA-ScR guidelines, eligible studies included children aged 8–18 years, addressing risk or protective factors related to HRQoL. A comprehensive search across 37 databases (e.g., Web of Science, PubMed) and search engines yielded 106 eligible studies. Inclusion criteria were limited to English-language studies without date restrictions. Authors independently extracted data, focusing on publication year, study design, participant characteristics, measures, and findings. Thematic analysis identified factors shaping adolescents' HRQoL across individual, family, and community domains. Key risk factors included increasing age, gender (girls showing lower HRQoL than boys), phenotype, physical and mental health problems, neurodevelopmental disorders, behavioural issues, parental physical and mental health problems, single-parent households, low socioeconomic status, negative parenting, ethnicity-related discrimination, migration, living in unsafe environments, and food insecurity. Protective factors included good physical and mental health, positive personality traits, healthy behaviours, positive parenting, family quality of life, high socioeconomic status, parental resilience, nuclear family structure, regular health check-ups, health education, and social programs or interventions. The findings provide insights into the need for more family and community-based HRQoL interventions, as they are underrepresented compared to individual-level.

Paper number 126 | Electronic Poster

Possibility for therapists to experience psychological harm as clients

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The issue of psychological harm in therapy has been overlooked for many years. Not only can regular clients encounter psychological harm, but even therapists, who are encouraged to undergo therapy for personal and professional development, may experience such harm. This study built upon previous research, which found that

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29.64% of therapists in Taiwan reported having been harmed during therapy. The primary types of harm included poor therapist attitudes, inadequate therapeutic techniques, and issues related to confidentiality and dual relationships (Yeh, 2021). Given that therapists themselves have experienced harm when they were clients, further investigation is warranted. In this qualitative study, in-depth interviews were conducted with 15 therapists who had encountered psychological harm during therapy. The interviews were transcribed verbatim, and data were examined through thematic analyses. The results revealed that the main incidents of harm reported by the therapists were inappropriate responses from their therapists, such as belittling, neglect, and misunderstanding, as well as differential treatment due to their professional background and issues related to dual relationships. The psychological harm led to emotions such as surprise, sadness, worry, feelings of abandonment, and disappointment. Behaviors associated with the harm included silence, avoiding issues, taking leaves, forgetting scheduled sessions, and passive compliance. Furthermore, the therapists reported developing self-deprecating attitudes, distrust, and persistent emotional wounds. However, some participants still expressed hope regarding therapy. After experiencing harm, the therapists reflected on various aspects such as the therapeutic relationship, strategies for ending therapy, coping with therapy incidents, awareness of therapy outcomes, therapist selection, attitudes toward therapy interventions, self-issues and awareness, and administrative mechanisms. The results of this study offer valuable insights to practitioners, helping them reflect on the quality of psychotherapy, prevent or mitigate psychological harm, and address harm effectively when it occurs.

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Paper number 246 | Electronic Poster

The Hungarian validation of the modified Yale Food Addiction Scale 2.0 in the theoretical framework of the reward deficit syndrome

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Introduction: Obesity has become a worldwide problem, and this phenomenon is often associated with food addiction. The most suitable tool for measuring this is the Yale Food Addiction Scale. A newer, shortened version of this is the modified Yale Food Addiction Scale 2.0 (mYFAS 2.0). Research has also confirmed that there may be a link between excessive eating and Reward Deficiency Syndrome (RDS). The aim of this research is to explore the Hungarian mYFAS 2.0 and examine the relationship between food addiction and RDS in a non-clinical sample.

Method: 445 participants took part in a cross-sectional research, we reached them through an online questionnaire, where they filled out the Hungarian version of mYFAS 2.0, the Barratt Impulsiveness Scale (BIS-8), and the Reward Deficiency Syndrome Questionnaire (RDSQ-29). Confirmatory factor analysis was used to check the structure of the Hungarian version of the mYFAS.

Results: A good fit for the single-factor model was supported by the confirmatory factor analysis. Cronbach's Alpha was adequate for the entire scale. The mYFAS 2.0-H symptom count scores were significantly correlated with BMI (0.194) , RDSQ-29 (0.256) and the BIS-R-21 subscales (range 0.193 to 0.332.)

Conclusion: T The Hungarian version of mYFAS 2.0 was properly validated in the non-clinical sample and it is a reliable scale measuring food addiction.

Limitation: The research was mainly conducted on women, in the future it is worthwhile to include more men in the study. Also, it is definitely important to assess the questionnaire on a clinical sample as well.

Practical use: The questionnaire allows us to use it in practice to detect food addiction, for interventions and in therapy. and contributes to the creation of further Hungarian-language research.

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Paper number 893 | Electronic Poster

Interactions among locus of control, health locus of control, pain, and spiritual well-being in university students

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Observations of chronic pain have revealed that chronic pain is present in 19-30% of the population worldwide. At the same time, university students present high levels of pain, which could possibly influence their everyday life. The locus of control, the health locus of control and the spiritual wellbeing, appear to play an important role in health and in the ways of dealing with difficulties which may arise during the lifetime of a person. The present quantitative research, explores the above variables and their interactions in university students in Cyprus, through online self-report questionnaires. Some of the most important results revealed by the t-tests, correlations and regressions that were conducted, are the following: a)

The identification of the existence of pain at a significant level in university students in Cyprus (81%), b) the interactions of the severity and interference of pain with the health locus of control, the locus of control and the spiritual wellbeing, c) that the internal locus of control and the health locus of control are not necessarily related with positive results and d) the possible need of developing psycho-educational and therapeutic interventions relating to pain, aiming at the improvement of the methods leading to the management, therapy and treatment of pain.

Paper number 1039 | Electronic Poster

Exploring the concept of pain and its determinants in adults: Insights from Croatian research

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Understanding pain is essential for individual health and well-being. The biopsychosocial approach highlights the need to explore personal pain perceptions to identify knowledge gaps and misconceptions. Scientifically based pain education is key to improving pain management, but success depends on targeted and current educational efforts.

Conducted as part of a scientific research project at the University of Applied Health Sciences in Zagreb (Rg. Nr: 251-379-10-22-02; Cls: 602-03/22-18/639), the present study aimed to explore the concept of pain and its determinants in Croatian adults (n = 509; age 41.76 ± 12.09 years). In addition to sociodemographic data, participants provided clinical information about chronic or recurring pain, including its location, duration, and intensity. Self-assessment of pain knowledge and data regarding formal medical/health education were also

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collected. The concept of pain was assessed with the 13-item COPI-Adult (CRO) using a 5-point scale from "Strongly disagree" to "Strongly agree."

Results revealed an average COPI-Adult (CRO) score of 35.91 ± 5.8 out of a possible 52, similar for respondents with (36.52 ± 6.01) and without (35.36 ± 5.57) formal medical/health education and indicating gaps in contemporary pain science knowledge. Higher COPI-Adult scores showed a weak correlation with younger age, lower pain intensity, higher self-assessed pain knowledge, and higher education levels. Formal medical education was moderately correlated with pain knowledge self-assessment. The one-factor COPI-Adult (CRO) model also showed strong factor loadings and good internal consistency.

These findings highlight the need for targeted pain education in education and healthcare systems, particularly for professionals and those with chronic pain. This study highlights the importance of addressing misconceptions about pain to enhance patient outcomes and is published as: Schuster, S., Lončarić Kelečić, I., Bilić, M., Begić, M., & Pate, J. W. (2024). Conceptualization of pain in Croatian adults: A cross-sectional and psychometric study. Croatian Medical Journal, 65(6), 473–482.

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Paper number 1090 | Electronic Poster

Andy's Mind: A cocreative game for psychosis. Usability Test.

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1. Research aims and objectives

The aim of this project was to co-creatively design a serious card game to conduct psychoeducation on mental disorder awareness and treatment adherence for individuals with psychotic disorders, and to evaluate its usability through a pilot test.

2. Theoretical background

Serious games are designed for educational purposes beyond entertainment, applied in various fields like education, health, and urban planning. These games promote learning, behavior change, and problem-solving (Papoutsi et al., 2022; Fitzgerald & Ratcliffe, 2020). In collaboration with a first-person experience expert, an analog serious card game was co-created, using the vulnerability-stress model to enhance understanding of the therapeutic process and motivation in participants.

3. Research design/methodology/approach

Usability testing involved 10 participants using an ad-hoc self-administered questionnaire with a 5-point Likert scale to assess dimensions such as game structure, content, utilization, visual elements, and satisfaction. The maximum possible score was 50 points.

4. Results (obtained or expected)

The average score was 47.8/50, with participants rating the game very positively across all dimensions. Feedback included suggestions for additional cards related to anxiety, somnolence, and the environment, along with graphic improvements for accessibility. These recommendations were integrated into the final game design, ensuring a user-centered development process.

5. Limitations

• The small sample of 10 participants limits generalizability.

• The ad-hoc questionnaire lacks standardized validation.

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6. Implications for research, practice and/or policy (including originality and value)

This project presents a transformative approach to mental health interventions through serious games, offering significant implications for research, clinical practice, and healthcare policy. It integrates gaming technology with therapeutic goals, challenging traditional methods and offering more engaging and accessible mental health solutions.

Paper number 277 | Electronic Poster

Disordered eating and associated psychological factors among university students: comparisons between pre- and post-pandemic cohorts.

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Aims

A cross-sectional study was conducted to understand the role of weight concerns, emotion regulation, stress, anxiety and depression in the expression of eating disorders (ED) symptoms among university students in 2019, at pre COVID-19, and in 2022, at post-pandemic.

Theoretical background

University students may be considered as a vulnerable population often presenting with high rates of mental health problems. One of the most prevalent mental health problems among young adults, and particularly university students, is ED with evidence suggesting a sharp increase in ED risk during the Coronavirus Disease 2019 (COVID-19).

Methodology

A total of 845 students completed the Depression, anxiety, and stress scale-21, the Difficulties in emotion regulation scale and the Weight concerns scale as part of a campus-wide campaign that aimed to raise awareness on psychological well-being among students, conducted at pre- and at post- pandemic. Multiple hierarchical regressions were run to test the effects of emotion regulation, stress, anxiety, depression and weight concerns on ED symptoms, controlling for participants' age and sex.

Results

Results showed significant increases in students' levels of stress, anxiety, depression as well as higher emotion regulation difficulties at post-pandemic as compared to students at pre pandemic. There was also, significant effects of anxiety and emotion regulation on ED symptoms across both years whereas students who experienced higher stress and weight concerns in 2022, towards the end of the pandemic, were more likely to report ED symptoms as compared to students at pre pandemic.

Limitations

The cross-sectional nature of the data precluding any causal inferences

Implications

Further evaluation of these psychological factors is necessary to better understand the impact of COVID-19 on ED risk among university students and to inform universities efforts to revise and adapt prevention and screening programs to the post-COVID-19 era.

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Paper number 644 | Electronic Poster

The value of a music- and art-based stress management intervention: A case study in Higher Education

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Stress management interventions (SMI) have become increasingly necessary in South Africa's Higher Education sector. Interest in alternative techniques, like music and art, has grown. Guided Imagery and Music (GIM) for example emerged as a therapy combining these elements to reduce stress. While the use of music and art is well-established in clinical and general psychology, it remains underexplored in organisational psychology, and cognitive-behavioural stress management still dominate the work context. Thus, the study explored the value of a music- and art-based Stress Management Intervention (SMI) in the Higher Education (HE) work context.

The study followed a hermeneutic phenomenological approach and single case-study design. The case involved a SMI, consisting of six sessions integrating music and art in the form of GIM, over a period of 6 months, with nine HE employees. A registered GIM counsellor facilitated the SMI sessions, while the primary researcher observed. After obtaining institutional permission and ethics clearance, the study was introduced via the HE institution's intranet. Nine employees volunteered. Data included observation notes from the facilitator and the researcher, participants' artworks, post-SMI individual interviews and a focus group. Data were analysed using collaborative and consensus thematic analysis involving two researchers.

Findings show how creative expression through music and art serve as effective tools for managing workplace stress by promoting participants' use of adaptive coping strategies, enhancing their self-esteem and facilitating resilient meaning-making.

The case study is limited by its scale and the theoretical predisposition and interest of the researchers, yet it provides evidence of the value of music and art for stress management in the work context. It demonstrates the personal transformational value of a GIM-based SMI and how such an approach not only alleviates stress but enhances participants' resilience and perspective taking in coping with and managing stressful work contexts.

Paper number 678 | Electronic Poster

Intrinsic motivation and resilience of road safety volunteers: Challenges, coping strategies, and social impact

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Road safety is a global concern, with rising mobility increasing the risks of accidents and injuries. Road safety volunteers play a crucial role in promoting safe practices, reducing traffic violations, and preventing accidents. This study explores the intrinsic motivations, challenges, and coping strategies of road safety volunteers, shedding light on how they navigate their roles and the broader social impact of their efforts.

Interviews with 28 road safety volunteers uncovered three primary themes:

Driving Forces: Volunteers emphasized intrinsic motivation, a sense of purpose, and a desire for social connection as key factors driving their engagement.

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Challenges and Coping Strategies: Participants highlighted the need for comprehensive training, emotional resilience, and peer support to address the psychological and logistical demands of their work.

Community and Personal Benefits: The volunteers reported meaningful contributions to their communities, fostering positive social impact and enhanced well-being through their efforts.

These findings underscore the importance of supporting road safety volunteers by providing targeted training, fostering resilience, and encouraging peer networks. Additionally, they highlight the potential of educational initiatives and community involvement in enhancing road safety. By understanding the motivations and experiences of road safety volunteers, policymakers and organizations can better support these critical contributors to public safety.

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Paper number 805 | Electronic Poster

Development and evaluation of a serious game for early mild cognitive impairment detection

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Mild cognitive impairment (MCI), a precursor to dementia, necessitates early detection and intervention. However, traditional neuropsychological assessments are often time-consuming, costly, and lack ecological validity. This study developed and evaluated a digital diagnostic protocol for MCI screening using a serious game based on scenarios reflecting the daily activities of older adults. Participants aged 60 to 84 were classified into MCI (n=6) and control (n=35) groups based on the Korean version of the Consortium to Establish a Registry for Alzheimer's disease Neuropsychological Battery (CERAD-K2) and clinical interviews. The serious game assessed cognitive domains such as verbal memory, visuospatial organization, executive function, attention, and visuospatial memory. Game scenarios included tasks such as recalling sale items, solving puzzles, navigating malfunctioning crosswalk traffic lights, and shopping—activities designed to reflect real-life situations. Among the 41 participants, six cases were excluded due to device errors, leaving 35 participants (MCI=6, Control=29) for analysis. Random Forest analysis showed that the game achieved 88.57% accuracy, 88.57% sensitivity, and 62.91% specificity, comparable to CERAD-K2's reported sensitivity (84.0%) and specificity (64.7%). Usability was assessed using NASA-TLX, indicating a moderate task load, which suggests that the game is feasible for older adults and can be autonomously used in home and community settings. Preliminary findings suggest that this serious game is a viable and accessible tool for early screening of MCI. Future research will focus on improving specificity, optimizing algorithms, and expanding the sample size to enhance reliability. By increasing accessibility and supporting early intervention, this tool has the potential to transform MCI screening for at-risk populations.

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Paper number 943 | Electronic Poster

Social skills and functional assertiveness on mental health in Japanese workers

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This study aims to examine the impact of functional assertiveness and social skills on the mental health of regular employees. With workplace mental health issues on the rise, human relationship conflicts have been identified as major stressors leading to mental disorders. Traditional techniques like assertiveness training (AT) and social skills training (SST) face challenges in sustaining long-term effects and adapting to complex interpersonal contexts. Functional assertiveness, a value-driven and context-sensitive communication approach based on third-generation cognitive-behavioral therapy (e.g., ACT), offers a promising alternative.

A survey was conducted among 600 Japanese regular employees (300 with and 300 without leave-of-absence history). Questionnaires measured functional assertiveness, social skills, depression, social adaptation, and subjective well-being.

Ethical approval for this study was obtained from the Hyogo University of Teacher Education Ethics Committee for Research Involving Human Subjects (Approval No. 2023-38).

Correlation analysis revealed a significant positive relationship between functional assertiveness and social skills ($r = .68$, $p < .01$). Hierarchical regression analysis showed that functional assertiveness significantly reduced interpersonal-related depressive symptoms, regardless of social skills levels ($\Delta R2 = .02$, $R2 = .178$, $p < .01$). Notably, employees with higher social skills experienced greater reductions in depressive symptoms when functional assertiveness skills were developed ($b = -0.09$, $SE = -.48$, $p < .001$).

This study has certain limitations, as the sample is restricted to Japanese employees, and generalizability to other populations requires further research. Additionally, the reliance on questionnaire data limits the ability to establish causal relationships.

The findings suggest that functional assertiveness mitigates interpersonal-related depressive symptoms, particularly in employees with higher social skills. This underscores the need for intervention programs that combine functional assertiveness and social skills to enhance workplace communication and mental health.

Paper number 993 | Electronic Poster

Minority stress, entrapment, and the risk of suicidal behavior among non heterosexual students in Lithuania

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Non-heterosexual students are at significantly higher risk of suicidal behavior compared to their heterosexual peers. Research suggests that entrapment may be a critical factor explaining this disparity. This study aimed to investigate how minority stressors are associated with entrapment and the risk of suicidal behavior among non-heterosexual students in Lithuania, a cultural context characterized by high suicide rates and deep-seated stigma against LGBTQ individuals.

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The study included 360 gay, lesbian, and bisexual participants (aged 18-29) from 17 Lithuanian higher education institutions who completed an online survey. Suicidal behavior was assessed using the Suicidal Behaviors Questionnaire-Revised, entrapment was measured with the Entrapment Scale, and minority stressors were evaluated using the Perceived Discrimination Scale and the Lesbian, Gay, and Bisexual Identity Scale.

The results revealed that bisexual students experienced significantly higher levels of entrapment and suicidal behavior risk compared to gay and lesbian students, as well as higher levels of minority stressors. Data analysis indicated that minority stressors were directly linked to entrapment and suicidal behavior risk. Moreover, entrapment functioned as a mediating factor between minority stressors and suicidal behavior.

In conclusion, this study highlights that entrapment is a significant risk factor for suicidal behavior among young non-heterosexual students in Lithuania and is strongly influenced by minority stressors related to LGBTQ stigma

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Paper number 202 | Electronic Poster

The effect of perceived peer ostracism on emotional exhaustion and turnover intention: Nurses as an example

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Research Aims and Objectives

This study examines how perceived peer ostracism affects nurses' emotional exhaustion and turnover intention (Aim 1 & Aim 2). It explores the mediating role of emotional exhaustion (Aim 3) and the moderating effect of perceived supervisor support on these relationships (Aim 4), with a focus on the moderated mediation process. (Aim 5).

Theoretical Background

This study, based on the Conservation of Resources (COR) theory, suggests that individuals aim to acquire and protect resources. Emotional exhaustion arises when resources are depleted, increasing turnover intentions. Peer ostracism threatens nurses' emotional resources, heightening exhaustion and turnover risk. Supervisor support helps buffer these negative effects, promoting well-being and retention by replenishing resources.

Research Design/Methodology/Approach

Participants: Nurses employed for at least one year in regional or higher-level hospitals. 246 valid responses were collected. A two-phase questionnaire approach was used to reduce common method variance (CMV).

Results

1. Perceived peer ostracism positively impacts both emotional exhaustion and turnover intention.

2. Emotional exhaustion partially mediates the relationship between Perceived peer ostracism and turnover intention.

3. Perceived supervisor support moderates the relationship between Perceived peer ostracism and emotional exhaustion, such that the relationship is weaker when perceived supervisor support is higher.

4. the indirect effect of Perceived peer ostracism on turnover intention via emotional exhaustion is weaker when perceived supervisor support is higher versus lower.

Limitations

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Limitations include the cross-sectional design, which may not capture long-term behavioral changes, and the limited sample scope, affecting generalizability.

Implications for Research, Practice

The findings underscore the need for hospitals to enhance supervisor support structures and reduce ostracism to improve nurse retention.

Originality and Value:

This study contributes to the application of COR theory in healthcare and provides valuable insights into managing workplace dynamics to lower turnover intentions.

Keywords

Perceived Peer Ostracism, Emotional Exhaustion, Turnover Intention

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Paper number 512 | Electronic Poster

The influence of parental bonding on the caregiving role of adult children of a parent with dementia

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Background: Previous studies, which have predominantly adopted qualitative approaches, have shown that the quality of childhood bonds with parents with dementia (PwDs) plays an important role in adult children's distress and caregiving. Quantitative studies are needed to better understand this association.

Objectives – This study aimed to investigate the predictive associations between childhood parental bonding (care and overprotection) and characteristics of the caregiving role (distress, confidence, gratification, informal support) among adult children of PwDs.

Methods – In total, 151 adult-child caregivers (ACCs) completed questionnaires. ANOVA and multiple linear regression models were conducted.

Results – The ANOVA results revealed a main effect of care on ACCs' sense of gratification and main effects of overprotection on ACCs' depression, anxiety and confidence in managing the caregiving situation, particularly with regard to their ability to control disturbing thoughts. An absence of interaction effects was observed for all variables related to the caregiving role. The regression analyses revealed that care was positively related to anxiety and depression for ACCs who did not live with PwDs and was positively related to a sense of gratification and the perception of instrumental informal support among all ACCs. Overprotection was positively related to anxiety and depression and negatively related to confidence in controlling disturbing thoughts about the caregiving role and responding to parents' disruptive behaviours for all ACCs.

Conclusions – Our findings indicate that childhood bonding with PwDs may play a key role in predicting ACCs' caregiving experience, especially when their living situation is considered.

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Paper number 599 | Electronic Poster

Patient-reported effects of the MORE (Mindfulness-Oriented Recovery Enhancement) program on fibromyalgia: A qualitative study

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Background : Fibromyalgia (FM) is a frequent form of chronic pain that has a significant impact on several functional domainsof life. The MORE group intervention has already shown positive significant effects on pain and emotional symptoms in chronic pain patients. The current study aims to assess how women with fibromyalgia experienced the MORE intervention and is part a larger multi-center clinical trial on the effect of MORE on participants with FM.

Methods : In this multicenter study, we recruited 40 patients with FM. Twenty participants were randomly assigned: half to the 8-week MORE intervention, half to a wait-list control group. The study was conducted in clinical centers in the German and French-speaking part of Switzerland. Participants were evaluated before and directly after the end of the intervention, as well as at follow-up after 12 weeks. During the follow-up measurement, participants of the MORE group were interviewed about their subjective experience of the MORE treatment using a semi-structured qualitative interview. We used a thematic analysis approach for the data analysis

Results: Only 7 participants agreed to take part in the qualitative interview. Preliminary results indicate that after 8 weeks of intervention, and continuing to practice the program alone, participants report experiencing benefits in terms of pain symptoms, quality of life and well-being. We note thematic differences between German and French-speaking participants. German-speaking participants seem to emphasize the benefits of the MORE program more than French-speaking participants.

Conclusions: These initial results suggest potential benefits of the MORE intervention in relieving pain and improving FM patients' well-being after 3 months, using qualitative data based on participants' subjective experience. These results need to be consolidated in the final analyses and put in perspective with quantitative data analyses to further assess whether MORE could be considered a promising treatment for FM.

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Paper number 880 | Electronic Poster

The Impact of digital skills on psychological and behavioral dimensions in emerging adults

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Emerging adulthood is a period during which digital skills (i.e., accessing, evaluating, and communicating digital information) shape academic, social, and psychological experiences. Their role as protective or risk factors for psychological and behavioral outcomes has been explored; however, evidence remains limited, and research on distinct skill dimensions is needed. This study aimed to fill this gap. A sample of 253 Italian emerging adults (M=23.38 ± 2.056, 60% female) completed the DigiSki-CUS scale, Strengths and Difficulties Questionnaire, and Psychological Well-Being scale. Stepwise linear regression analyses were conducted to explore the unique impact of digital skills on psychological and behavioral outcomes. Results showed that higher safety skills predicted lower externalizing symptoms ($\beta = -0.260$, $p < 0.001$), along with higher levels of positive relations with others ($\beta = 0.340$, $p < 0.001$) and environmental mastery ($\beta = 0.288$, $p < 0.001$). Higher levels of information skills positively predicted autonomy ($\beta = 0.326$, $p < 0.001$), purpose in life ($\beta = 0.272$, $p < 0.001$), and personal growth ($\beta = 0.260$, $p < 0.001$). Communication skills negatively predicted internalizing symptoms ($\beta = -0.260$, $p < 0.001$) while positively predicting purpose in life ($\beta = 0.188$, $p < 0.05$) and personal growth ($\beta = 0.204$, $p < 0.05$). Higher empathy skills were associated with lower self-acceptance scores ($\beta = -0.140$, $p < 0.05$). Our findings support that digital skills influence psychological and behavioral outcomes. Communication and safety skills mitigate internalizing and externalizing symptoms, while information skills foster autonomy and personal growth. The negative link between empathy skills and self-acceptance underscores the complexity of digital interactions. Tailored policies to enhance digital skills may reduce psychological challenges and promote inclusion. This study is based on a convenience university sample; future research should use randomized sampling for broader generalizability. The University of Perugia funded this study (FRA2021).

Paper number 884 | Electronic Poster

The association between sleep, daily stressors and health outcomes in patients with a chronic medical condition: A diary study

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The present study aimed to understand the day-to-day associations between self-reported sleep, daily stressors, physical symptoms and levels of positive and negative affect in patients with a chronic medical condition.

The bidirectional relationships between sleep, health, and well-being have been extensively examined through laboratory studies and single-time point retrospective questionnaires (between-person approach). Recognizing that sleep, health, and well-being are dynamic, recent research has shifted focus to daily diaries (within-person approach). Findings indicate that sleep quality and duration are associated with increased negative affect, pain, fatigue, as well as stressor exposure and reactivity, though the reverse association remains unclear. Additionally, no research has explored these associations in patients with a chronic medical condition, nor have they investigated

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the role of illness centrality (the extent to which the chronic medical condition is central to a patient's identity and life story).

A total of 60 adults are recruited (patients who have been diagnosed with cancer and declared cancer free, or diagnosed with chronic pain or diabetes), reporting on illness centrality and mental and physical health at baseline and subsequently completing an electronic diary (morning/end-of-day) for one week probing their sleep, daily stressors, fatigue, pain and levels of positive and negative affect.

Higher sleep quality, duration, and efficiency are hypothesized to predict reduced stressor exposure, less fatigue and pain, and higher positive and lower negative affect. In addition, it is expected that this association will be stronger for people reporting higher levels of illness centrality.

Sleep assessed via daily dairies remains susceptible to recall bias. Future research could be strengthened by using technical measures assessing sleep (actigraphy or polysomnography).

Sleep is crucial for maintaining health and well-being in daily life in chronic medical conditions. It is essential for healthcare providers to prioritize sleep health in their practice.

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Paper number 1042 | Electronic Poster

Think and Cope Positively: A Feasibility and acceptability study of a comprehensive intervention to enhance well-being in severe mental disorder

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Objective: Subjective well-being (SWB) is closely related to the recovery of people affected by a severe psychiatric condition (SPC), making it necessary to address it directly (Slade et al., 2017; Valiente et al., 2019). The current study examined the feasibility, acceptability, and effectiveness of the group intervention Think and Cope + (TC+) to improve SWB in people with SPC. TC+ is a 15-session integrative psychotherapy program that combines modules based on Positive Psychology, Cognitive-behavioural techniques, and third-generation therapies.

Method: 20 participants with long-term SPC were selected to participate in the study. Primary (hedonic and eudaimonic wellbeing) and secondary outcomes (optimism, therapeutic alliance, and psychological symptoms) were tested, as well as measures of acceptability, feasibility, and satisfaction with the program.

Results: The program was acceptable and feasible and showed high satisfaction for both participants and therapists. Additionally, both hedonic and eudaimonic well-being values increased when comparing pre-post measurements. Optimism levels and therapeutic alliance increased as well, whereas psychological symptoms decreased following the program.

Conclusion: The program TC+ was safe and effective in increasing SWB in people with SPC. This increase was accompanied by reduced associated psychological symptoms, indicating that TC+ could complement the patients' habitual treatment.

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Paper number 1044 | Electronic Poster

Think and cope Positively: A Group intervention adapted to improve subjective well-being in older adults with severe mental illness

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Introduction: In Spain, there is limited research and few specific programs addressing severe mental illness (SMI) in older adults. A major factor is that public mental health services for SMI often cease at age 65. This lack of psychosocial treatment increases risks of institutionalization, severe disability, morbidity, and premature mortality (Pratt et al., 2008), with profound effects on older adults' quality of life, as well as on their families and caregivers.

Aim: This project focuses on adapting the "Think and Cope Positively" program for older adults with SMI. The program integrates Positive Psychology, Cognitive-Behavioral Therapy, and Acceptance and Commitment Therapy into 15 structured sessions to improve subjective well-being (SWB).

Methods: The study involved 32 participants with SMI, averaging 67 years old, 55% with a diagnosis of schizophrenia, selected for detailed evaluation. Key outcomes included hedonic and eudaimonic well-being, optimism, therapeutic alliance, and psychological symptoms. Feasibility, acceptability, and satisfaction with the program were also assessed.

Procedure: Adaptations included simplifying language, providing laminated handouts, breaking activities into smaller steps, and adding personalized exercises to help participants apply abstract concepts to daily life. Real-life narratives involving older adults with SMI were incorporated, along with imagery free of ageist stereotypes.

Results: The program is currently ongoing, and the results will be presented at the Congress. However, preliminary indications show high attendance, satisfaction, and task adherence during the sessions.

Paper number 1213 | Electronic Poster

Exploring the impact of real and virtual nature exposure on body image

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Aims. This study examined the effects of three experimental conditions (Control, Virtual, and In-Vivo nature exposure) on four body image constructs. These variables were measured at two-time points, pre and post-exposure, to evaluate changes over time and differences between conditions.

Theoretical Background. Body dissatisfaction is a global concern with serious implications for well-being. Evidence suggests that exposure to natural environments—whether through interaction, presence, or viewing—can enhance body image evaluation. However, experimental research is needed to compare the effectiveness of diverse nature exposure and to explore their differential impacts on specific body image constructs.

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Research Design. A repeated-measures design with mixed-ANOVAs examined the effects of three conditions on body image constructs before and after exposure. Positive body image (Body and Functionality Appreciation) was expected to improve, while negative constructs (Body Dissatisfaction and Cosmetic Surgery Consideration) were expected to decrease after nature exposure. The study included 84 participants (58 women; 26 men; Mage = 37.31) randomly assigned to three groups.

Results. The TimexCondition interaction was significant for Body Appreciation ($F(2,80) = 4.09$, $p = 0.02$, $\eta^2 = 0.09$) and Functionality Appreciation ($F(2,80) = 8.29$, $p < 0.001$, $\eta^2 = 0.17$), with increases in both constructs in the In Vivo condition and Body Appreciation in the Virtual condition. No significant changes occurred in the Control condition, and the interaction was not significant for Body Dissatisfaction or Consideration of Cosmetic Surgery.

Limitations. The study's main limitations include its small sample size, limiting generalizability and the use of self-report measures, which may be influenced by social desirability.

Conclusion. Nature exposure improved body image, with both in-vivo and virtual settings enhancing body appreciation, while only in-vivo exposure improved functionality appreciation. These findings underscore the potential of in-vivo nature-based interventions to enhance positive body image and highlight the need for further research with larger, more diverse samples.

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Paper number 1193 | Electronic Poster

ACT on vaping: A diary study assessing an avatar-led intervention to support young adults in quitting vaping

Eleana Lamprou[1], Maria Karekla[1], Daniella A. Kim[2], Adriana M. Reedy[3], Megan M. Kelly[4], Katerina Georgiou[1], Pinelopi Konstantinou[1, 5], Edit Serfozo[3], Jaimee L. Heffner[3]

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Theoretical Background: Vaping is prevalent among young adults (YAs), however there are no evidence-based programs offering to support cessation among YAs (18-30) at various levels of quit readiness. To address this gap, a mobile health program, ACT on Vaping, was developed incorporating principles of Acceptance and Commitment Therapy (ACT), to support YAs to quit vaping. This innovative intervention employs an avatar-led, six-session program delivered through a smartphone application, supplemented with text messaging.

Aims and Objectives: This study aims to access the program’s usability and the effectiveness of its avatar and text messaging, while identifying areas for improvement.

Research Methodology: Participants (n=10) were 18-30 years old and vaped at least weekly. They were recruited nationally within the US via social media. Participants completed an onboarding session, daily diary entries over six days, a mid-point check-in, and an exit interview to collect feedback on the program’s usability, engagement and areas of improvement.

Results: Nine of the ten enrolled participants completed all six sessions of the program. Participants reported high engagement, appreciating the app's approachable design, content, interactive features and intervention techniques, which enhanced their interest in quitting. However, challenges such as limited avatar customization, technical glitches, and outdated content were mentioned by the participants. Text messaging was viewed as supportive, though occasionally redundant. Suggestions for improvement included gamification elements, post-quitting support, and diverse avatar options.

Limitations: Participants were given incentives which may have influenced their engagement in the study.

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Implications for Research/Practice: The incorporation of user feedback can improve app design to meet the diverse needs of YAs and enhance engagement. The current study highlights the significance of user-centered design and personalized mobile health interventions in increasing effectiveness and scalability for similar public health challenges.

Paper number 530 | Electronic Poster

Exploring parent-caregivers' experiences and perspectives on 'Fear of Hypoglycaemia' in Type 1 Diabetes: A mixed methods study

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Introduction

Hypoglycaemia is a common but dangerous side-effect of insulin treatment for Type 1 Diabetes (T1D), occurring when blood glucose drops below the healthy range. Fear of hypoglycaemia (FoH) is a construct that captures the psychological and behavioural impacts of hypoglycaemia threat for patients with T1D. The Hypoglycaemia Fear Scale -Parents (HFS-P) is commonly used for quantifying FoH in parent-caregivers. High FoH is characterized in the literature as an anxiety disorder that adversely effects T1D outcomes. The objective of this study was to investigate the perceived value of the construct FoH among parent-caregivers and the utility of the HFS-P tool.

Method

A patient-partner panel (n=6) informed and directed this qualitative study, where eight parent-caregivers for juveniles with T1D and one self-caring adult were purposively recruited for individual interviews. A protocol analysis methodology was employed to closely investigate the subjective experience of completing the HFS-P. Participants filled out the HFS-P questionnaire, shared their item scores, and verbalized their internal processes, including associations with each item, noted issues, questions that arose, and reflections on the construct of FoH. An interpretive phenomenological analysis (IPA) was carried out on the resulting text.

Results

Data were notably homogeneous with participant views strongly aligned. IPA identified 4 themes: Universal concerns driving hypoglycaemia distress; real-world hypoglycaemia-management and the limits of FoH and the HFS-P; HFS-P scepticism – confusion, alienation and lack of context; high-level responding to the FoH construct and its relevance.

Conclusion

The study suggests that the FoH construct and HFS-P scale are not adequately attuned to the lived experience of T1D, resulting in limited utility with potential to impact negatively on a highly burdened population. The research proposes more judicial use of the construct and highlights the value of patient consultation in the development of research tools.

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Paper number 760 | Electronic Poster

Promoting wellbeing in non-formal education through teachers' Positive Psychology training

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Positive education, combines the concepts and scholarship of positive psychology with effective educational practices, is being increasingly applied in schools to enhance students' and staff's well-being. However, much less is known about application of positive education principles and practices in non-formal education (NFE). Given its importance to children and youth and its flexible and social nature, NFE may provide a particularly suitable setting for the application of positive education. We sought to fulfill this gap, by providing and studying a positive education training to NFE teachers.

Our primary goal was to examine the perceived relevance and impact of positive education training for NFE teachers - on their well-being, and their motivation and efforts to integrate positive education into their systems. Qualitative data were collected from 21 teachers who voluntarily participated in a nine-session positive education training, using multiple methods. Main themes and subthemes were identified through inductive thematic analysis. Findings showed that positive-education training enhanced NFE teachers' well-being through heightened positivity, self-awareness, self-care, self-efficacy and a sense of professional meaning. The training motivated teachers to bring positive psychology to students and provided them with tools and practices to do so. Nonformal settings were viewed as a highly suitable context for cultivating positive education for children yet requiring adaptations. Integrating positive psychology training into NFE teacher development training can help expanding application of positive education to NFE settings, contributing to children's and educators' wellbeing. Training should focus on both teachers' well-being and on educational practices that enhance well-being in the children and identifying context-specific practices.

Paper number 1037 | Electronic Poster

Cognitive and emotional predictors of women's readiness to leave abusive relationships: A focus on attributional and affective factors

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Background: This study explored a model of women's readiness to leave an abusive relationship, examining how cognitive and emotional factors influence readiness to change. According to attributional theories this study differentiates between locus (internal vs. external), stability (stable vs. unstable), and globality (global vs. specific). It also identifies emotional factors as predictors of inhibitory, ongoing and avoidance responses against IPVAW. We predict that lower perceptions of locus of control, more stability and globality of the aggressive behavior will be related to more negative emotions and inhibitory responses (do nothing to change the situation)

Method: 233 victims of IPVAW from Spain with a mean of age of 40.40 (sd= 11.21, range 18-66). Personal interviews were conducted with each victim for 1.30-2h.

Results: Correlation analysis found that inhibition were associated with increased negative affect, reduced positive affect, a diminished sense of control, and a perception of greater globality. Conversely, the use of ongoing and avoidance coping strategies was linked to lower levels of negative affect and higher levels of positive affect.

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Avoidance strategies were associated with greater perceptions of control, reduced globality and stability. A series of moderated mediation analyses revealed that locus of control moderated the relationship between positive affect and avoidance responses. Similarly, higher levels of globality moderated the relationship between positive affect and ongoing coping strategies for addressing IPVAW. Additionally, greater stability moderated the association between positive affect, ongoing coping strategies, and inhibitory responses among women.

Conclusion: Positive affect was found to reduce the use of avoidance strategies and ongoing coping efforts when women perceived low sense of control and higher perceived stability. Conversely, inhibitory responses were increased when women perceived lower stability and elevated positive emotions. These results highlight the complex interplay between cognitive and emotional factors in determining how women navigate the process of exiting abusive relationships.

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Paper number 1063 | Electronic Poster

Exploring positive transformations among nursing home workers: The role of meaning and gratitude. preliminary results

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Research Aims and Objectives: This study investigates the presence of posttraumatic growth (PTG) among nursing home workers in Spain during the COVID-19 pandemic. It examines how meaning in life (purpose and goal orientation) and gratitude uniquely predict PTG, as well as potential differences across diverse professional roles.

Theoretical Background: Posttraumatic growth theory suggests that significant adversity may lead to positive psychological changes, influenced by deliberate cognitive and emotional processes. While gratitude and life meaning have been linked to PTG, their distinct roles in nursing home contexts remain understudied.

Methodology: A cross-sectional study was conducted with 251 nursing home workers, encompassing both direct- and indirect-care professionals. Participants completed standardized measures of PTG, gratitude, meaning, and emotional distress. Multiple regression analyses were performed to discern the relative impact of gratitude and meaning on PTG outcomes.

Results: Gratitude consistently emerged as a stronger predictor of PTG than meaning when examined jointly. Although participants reporting higher PTG also experienced elevated distress, gratitude and meaning operated through distinct pathways, indicating that adversity and growth can coexist.

Limitations: The cross-sectional nature restricts causal inferences. The use of self-report instruments may introduce social desirability bias, and findings may not generalize beyond the Spanish context.

Implications: These findings highlight the potential value of gratitude-focused interventions to foster resilience and well-being among nursing home staff. Tailored, time-efficient activities—such as gratitude journaling or structured reflection—could be integrated into professional development programs to promote posttraumatic growth.

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Paper number 78 | Electronic Poster

The longitudinal relationship between general self-efficacy and subjective wellbeing in the first year of university

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The first year of university study might be a challenging period due to various factors such as separation from family and friends, adaptation to a new environment, time management, difficult university assignments, and others. These factors pose a threat to the wellbeing of emerging adults. However, there are various protective factors. Self-efficacy, a person's belief in their capacity to overcome difficulties and reach goals, has been linked to many outcomes, e.g. higher life satisfaction, lower burnout, better academic performance. The current study focused on the relationship between general self-efficacy and wellbeing indicators (satisfaction with life, positive and negative affect, loneliness, and happiness), during the first year of university study. The data were collected online at two timepoints. Slovak and Czech first-year university students were invited through university emails. The first wave was collected during the first semester (October and November 2023) and second during the second semester (February and March 2024). The final sample consisted of 549 participants (26% men, Mage = 19.44, SD = .72). The cross-lagged panel analysis was used to assess the relationship between general self-efficacy and wellbeing measures. The results showed medium to strong correlations between self-efficacy and wellbeing in both timepoints. From the longitudinal point of view, general self-efficacy had a significant effect on positive and negative affect, loneliness, and happiness. On the other hand, self-efficacy in the second semester was significantly predicted by satisfaction with life, positive affect, loneliness, and happiness. However, these effects were weak. Overall, our results showed an interplay between self-efficacy and wellbeing. Universities should focus on improving the self-efficacy of students given the positive outcomes, but also on other means of improving students' wellbeing. The main limitation lies in use of only two timepoints which did not allow for drawing causal conclusions or finding mediation effects.

Paper number 444 | Electronic Poster

Gender bias in Italian managers discourses: persistent prejudices between denial processes and resistance to change.

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Despite numerous awareness-raising initiatives and legal measures, gender gaps persist across employment, leadership, and pay, particularly in countries like Italy, where traditional gender roles prevail. Discrimination often stems from the "sticky floor" phenomenon, though the "glass ceiling" remains relevant (Ciminelli et al., 2021). Achieving gender equality is critical for organizations seeking funding, including under initiatives like the Italian National Recovery and Resilience Plan (Cavalca, 2022). However, meaningful action must move beyond "window dressing" by addressing underlying psychological and cultural processes. Theories such as the Pygmalion effect, self-fulfilling prophecies, queen bee syndrome, and ambivalent sexism highlight how gender discrimination

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manifests in organizations (Castaño et al., 2019; Heilman, 2012), but when and how they are present in the organizational discourse, especially in top positions?

This study employs qualitative methods, including 60 interviews with top managers (30 women) and 10 focus groups across five companies (62 participants, 32 women). A semi-structured approach elicited perspectives on organizational gender dynamics, individual theories of gender equality, and developmental trajectories. Data were analyzed using template analysis, with coding refined through intersubjective discussion among researchers.

Findings reveal persistent gender biases in organizational dynamics. Women's underrepresentation in top roles is often linked to the "naturally feminine" task of reconciliation, traditional family models, and assumptions about motherhood as a shift in priorities. Notions of women as the "weaker sex" and denial or minimization of gender inequality persist, even when corporate data indicate glass ceiling or leaky pipeline issues.

Organizational cultures often deny gender inequality, emphasizing meritocracy as gender-neutral while failing to address structural barriers like maternity leave. These findings highlight the persistence of implicit biases and resistance to change, underscoring the need for targeted interventions to expose and disrupt these dynamics as a step toward genuine gender equity.

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Paper number 540 | Electronic Poster

Examination of the factor structure of the japanese patient's health belief questionnaire on psychiatric treatment for nonclinical participants

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Purpose and Objectives:

Although depression is a highly prevalent disorder, many individuals with this disorder do not seek treatment in Japan (Kawakami, 2007). Early identification and treatment of depressive symptoms in non-clinical participants are crucial (Yamafuji, 2006).Understanding beliefs about psychiatric treatment is essential for developing personalized support. However, no study has explored psychiatric treatment beliefs in nonclinical participants. The Patient's Health Belief Questionnaire on Psychiatric Treatment (PHBQPT) (Carlos & Jose, 2019) assesses psychiatric treatment beliefs across six subscales. This study examined the factor structure of the Japanese version of the PHBQPT for nonclinical participants.

Method:

The instructions for the PHBQPT were revised to imagine depression treatment settings, for nonclinical participants for the Japanese version of the PHBQPT (Ninomiya et al., 2024). Then, a survey was conducted with 410 adult respondents to examine the scale's factor structure. This study was approved by the Ethics Committee on Research with Subjects of

Waseda University (Application No: 2024-286).

Results:

Exploratory factor analysis revealed the following five-factor structure, comprising 19 items(CFI = 0.89; RMSEA = 0.07): (1) positive aspects of treatment (α = .83), (2) insight(α = .84), (3) internal health locus of control(α = .75), (4) psychological reactance(α = .69), and (5) negative aspects of medication(α = .63). The findings confirmed the internal consistency of the Japanese version of the PHBQPT among nonclinical participants.

Discussion:

In the five-factor structure of the Japanese version of the PHBQPT for nonclinical participants, the factor of positive aspects of treatment combined elements of the original subscales, including the physician health locus of control

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and positive aspects of medication. Other factors were consistent with the original version(Carlos & Jose, 2019). The findings suggest that the Japanese PHBQPT is valid for various populations. Therefore, future studies should explore the scale's factor structure in other populations, including patients with depression.

Paper number 932 | Electronic Poster

The mediating effect of personality traits and emotional processes in the relationship between psychological vulnerability and depression

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Depression is one of the most frequently discussed concepts in psychology research. Studies from the past to the present have included depression due to its common symptoms, which significantly impact daily life functioning. Gender is known to be a predisposing factor in psychopathologies, especially depression. The biopsychosocial model suggests that psychological, biological, and social factors together influence an individual's mental health. Emotional Processing Theory argues that individuals' inability to process their emotional experiences contributes to psychopathology. Neuroticism is an important dimension of the Five Factor Personality Theory and influences susceptibility to psychopathology.

In this study, I examine the mediating effect of the inability to express or make sense of emotions, along with emotional instability as a personality trait, on the pathway from psychological vulnerability to depression, while controlling for gender.

The participants of this study are adults between the ages of 18 and 65. I selected participants through snowball sampling, without any exclusion criteria. Participants were evaluated with a sociodemographic information form, the Beck Depression Inventory, the Alexithymia Scale, the Big Five Personality Test, 50 Turkish Form Emotional Stability Factor Questions, and the Psychological Vulnerability Scale.

In the research findings, alexithymia and neuroticism together fully mediated the relationship between psychological vulnerability and depression. The effect of the controlled gender variable in the analysis is significant. Psychological vulnerability has no direct effect on depression, but the indirect effect of alexithymia and neuroticism is significant. The findings suggest that examining the factors influencing predisposition is crucial for intervening in depression-causing factors.

Paper number 528 | Electronic Poster

Cognitive reserve in the elderly: A scoping review

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Cognitive Reserve (CR) refers to the cognitive and neurological potential that sustains cognitive functions in the face of brain changes and pathologies, compensating for losses before cognitive decline becomes predominant. CR develops through lifelong engagement in cognitively demanding activities. This study aimed to map the profile of empirical research on Cognitive Reserve over the past five years through a scoping review conducted according

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to the Joanna Briggs Institute guidelines. The research was carried out in the Virtual Health Library, CAPES Journal Portal, Latin American and Caribbean Health Sciences Literature (LILACS), Medical Literature Analysis and Retrieval System Online (MEDLINE), American Psychological Association (Psyc Net), and Education Resources Information Center (ERIC). Indexed search terms included: Cognitive Reserve AND Cognitive Decline AND Elderly AND NOT Dementia. A total of 214 articles were identified, with 64 selected for analysis. The results showed that the topic is studied in Asian countries (China, Japan), Oceania (Australia), Europe (Italy, Spain, France, Sweden, United Kingdom), and the Americas (United States, Mexico, Argentina, Chile), highlighting the need for studies in Brazil. Methodological designs are predominantly longitudinal, using neurological (Magnetic Resonance Imaging) and neuropsychological assessment tools (Mini-Mental State Examination, Trail Making Test). Key findings indicate that Cognitive Reserve is developed through multiple factors such as lifestyle, cognitive and executive function use, higher educational levels, occupational complexity, bilingualism, physical activities, and social engagement. The study concludes that Cognitive Reserve is a protective factor that can help prevent dementia and other neurological diseases and should be fostered in elderly rehabilitation programs.

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Paper number 715 | Electronic Poster

Boost your health with a click! MyPocketHealth app as a tool to promote healthy behaviors

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Mobile health (mHealth) interventions are becoming increasingly widespread in promoting individual well-being. Mobile apps offer accessible and personalized tools to monitor and improve health, encouraging positive behaviors. However, clear evidence of the effectiveness of mHealth programs is needed. The aim of the present work is to assess the efficacy of two protocols based on the Health Action Process Approach (HAPA). The protocols are delivered through the “MyPocketHealth” app developed by the research team and involve increasing fruit and vegetable portions (F&V), and daily steps (DS) by using tailored communication. The first study phase (I) consists in profiling participants based on the variables from the HAPA model, including self-efficacy, risk perception, and outcome expectancy. Also, baseline behavior is assessed in terms of the average number of portions or steps. Second (II): participants set either a personalized or the recommended goal (5 daily portions/7000 daily steps: goal setting). Third (III): for 14 days, participants receive tailored (T) or standard (non-tailored; NT) notifications about the target behavior. At the same time, they keep track of the behavior daily via a tracker (self-monitoring). A third group only tracks the behavior (no communication group; NC). When the goal is achieved, participants receive a badge that reinforces behavior. Finally (IV), psychological variables are assessed again as in phase (I). We expect that tailored communication can have a positive effect on both behavior implementation and psychological variables. This approach is not without limitation. The use of self-report methodology for behavior monitoring may suffer from potential bias, such as social desirability. However, it is widespread, practical, and sensitive in capturing subjective experience. At the same time, these protocols can be considered innovative since they combine a theoretical, solid framework together with tailored communication to boost healthy behaviors that can easily be scaled to a wider population.

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Paper number 903 | Electronic Poster

Exploring difficulties in emotion regulation in young Italian adults: Psychometric properties of the DERS-8

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The Difficulties in Emotion Regulation Scale (DERS) is one of the most widely used instruments for assessing difficulties in regulating negative emotions in adults. Originally comprising 36 items, the DERS has abbreviated versions in Italy with 32, 20, and 18 items. Recently, Penner, Steinberg, and Sharp (2022) introduced an 8-item version (DERS-8), which holds particular relevance in screening contexts where the DERS is administered as part of broader assessment batteries.

This study evaluated the factorial structure of the DERS-8 and its gender invariance in a sample of 325 participants (201 females, 124 males; mean age = 22.9 years, SD = 3). The DERS-8 was treated as an ordinal scale and analyzed using the WLSMV estimator. The analyses focused on CFI and SRMR, which are considered robust criteria for ordinal data (Shi, Maydeu-Olivares, & Rosseel, 2019), while excluding RMSEA following the recommendations of Savalei (2012), who highlighted its sensitivity to models with few degrees of freedom and ordinal data.

The baseline model demonstrated acceptable fit, with CFI = 0.904 and SRMR = 0.067, indicating the model adequately represents the data.

Three levels of invariance were tested: configural, metric, and scalar. The configural model achieved CFI = 0.913 and SRMR = 0.072, confirming the factorial structure is valid across genders. The metric model, with CFI = 0.916 and SRMR = 0.072 (ΔCFI = 0.003, ΔSRMR = 0.000), demonstrated equivalence in factor loadings between groups. The scalar model, with CFI = 0.919 and SRMR = 0.074 (ΔCFI = 0.003, ΔSRMR = 0.002).

These findings confirm the DERS-8 is a valid instrument for gender comparisons, demonstrating the stability of its factorial structure across groups.

Paper number 1103 | Electronic Poster

Psychological factors and adherence in patients with cardiovascular illness

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Objectives. Cardiovascular diseases are the leading cause of death in Latvia, as in the rest of the world. Despite the availability of information and recommendations from doctors and specialists regarding the necessity of taking medications and adopting healthy lifestyle habits, patients with cardiovascular diseases often exhibit low adherence. The aim of this study is to explore additional psychological factors to better understand what contributes to adherence.

Materials and Methods. This cross-sectional preliminary study included a sample of 32 respondents with diagnosed cardiovascular illnesses (n=32), 46% of whom were female (n=15), aged between 33 and 75 years (M=59.66; SD=10.71). Data were collected in hospital and GP practices. Participants completed a sociodemographic data questionnaire; Illness Perception Questionnaire (Moss-Morris et al., 2002, adapted into Latvian by Babre, 2016);

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General Self-Efficacy Scale (Schwarzer & Jerusalem, 1995, adapted into Latvian by Griskevica & Iltners, 2021) and Adherent Behaviour Questionnaire (developed by Skaldere-Darmudasa & Sudraba, 2022), this nine-item measure evaluates adherence behaviors such as medication intake, healthy lifestyle habits, and health monitoring. Multidimensional Health Locus of Control Scale (Wallston, Strudler Wallston, & DeVellis, 1978), this 18-item measure assesses Internal/Chance/Powerful Others/Doctors locus of control. Latvian adaptation is conducted as part of this study. Additionally, five custom questions assessed participants' knowledge about medication and their need for a better understanding of their illness.

Results. Preliminary data indicate a significant positive correlation ($p<0.05$*) between knowledge about medication intake, adherence behaviours, and self-efficacy. A negative correlation was observed between knowledge about medication intake and the desire to receive education on maintaining health. Furthermore, internal locus of control correlated with reliance on doctors ($p<0.01$**), the healthy lifestyle subscale ($p<0.05$*), and self-control ($p<0.05$*).

Conclusions. The findings suggest that knowledge about medication intake, a better understanding of the illness, and an internal locus of control contribute to improved adherence behaviours.

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Paper number 331 | Electronic Poster

Exploring the effectiveness of mindfulness based interventions in imporving mental health in college athletes

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Background: College athletes face unique mental health challenges due to the dual demands of academics and sports, often resulting in elevated stress and anxiety levels that can hinder both performance and well-being. Mindfulness, with its emphasis on present-moment awareness and nonjudgmental acceptance, has shown therapeutic potential in clinical populations, yet its application within collegiate sports has been less thoroughly investigated.

AIms: This systematic review aims to assess the effectiveness of Mindfulness-Based Interventions (MBIs) for mitigating these mental health challenges among college athletes aged 16–24.

Methodology: Through a comprehensive analysis of randomized controlled trials and observational studies sourced from databases such as PubMed, PsycINFO, and SPORTDiscus, this review will examine MBIs' impact on stress, anxiety, focus, resilience, and body awareness.Quantitative data will undergo meta-analysis, with moderator analyses exploring factors such as sport type and intervention duration to clarify the conditions under which MBIs may be most effective.

Results: Anticipated findings suggest that MBIs not only reduce stress and anxiety but also enhance focus, accelerate injury recovery, and improve athletes' coping mechanisms for competitive pressures.

Discussion: By addressing a notable gap in the literature on MBIs within college athletics, this review intends to inform athlete training programs with evidence-based recommendations, promoting mental resilience and performance. Ultimately, these findings could support a shift toward a holistic model in sports psychology, positioning mental health as a core component of athletic success.

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Paper number 389 | Electronic Poster

The impact of specialized, exclusive dedicated foster care on the mental health of children and adolescents

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Background: Foster care programs with specialized, exclusive dedication have emerged as an alternative to traditional residential care, aiming to provide more individualized support for children and adolescents. This study evaluates the impact of such a pilot program on the mental health and well-being of children and adolescents, compared to a control group in residential care.

Methods: Over the course of one year, children and adolescents participating in a specialized, exclusive dedication foster care program were assessed using the Strengths and Difficulties Questionnaire (SDQ) and the KIDSCREEN Index, which measures quality of life. Their results were compared to data from a control group residing in traditional residential care facilities. Additionally, qualitative feedback was collected to evaluate the participants' sense of connection with their caregivers.

Results: The pilot group showed significant improvements across multiple mental health indicators as assessed by the SDQ. Quality of life, as measured by the KIDSCREEN Index, increased substantially in the foster care group compared to the control group. Furthermore, children and adolescents in the pilot program reported a heightened sense of connection and emotional bond with their caregivers, a factor that likely contributed to the observed improvements.

Conclusions: Specialized foster care programs with exclusive dedication demonstrate a positive impact on the mental health and overall quality of life of participating children and adolescents. The increased caregiver-child connection may be a pivotal factor in these improvements.

Implications and limitations: The findings support the expansion of such programs as an effective alternative to residential care, emphasizing the need for policies that prioritize relational stability and personalized care to enhance mental health outcomes for vulnerable youth. Future research should further explore long-term effects and scalability of this model.

Paper number 724 | Electronic Poster

Human-robot collaboration in agriculture: Assessing workers' perspectives and experiences in vineyard tasks

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The integration of collaborative robots (cobots) in agriculture is revolutionizing workflows by providing innovative solutions to improve productivity and workers' well-being in labor-intensive tasks. As part of the EU-funded Sestosenso project, a system combining a passive exoskeleton with a collaborative mobile robot has been designed to support vineyard workers during grape harvesting on challenging hillside terrains. This system aims to

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improve ergonomics, increase safety, and optimize task efficiency while addressing the specific challenges of agricultural environments.

This research is conducted in two phases: a focus group involving five experts from Cavit, a leading Italian winemaking cooperative, and an experimental study. The focus group assessed the participants' opinions on the system's usability and its potential applications. Results emphasized the exoskeleton's simplicity, adaptability, and ability to alleviate biomechanical strain. Several areas for improvement were identified, particularly regarding the collaborative robot's speed and fluidity. Participants also pointed out a general cultural resistance to innovation in the sector and the need for tailored integration into agricultural workflows as key barriers to adoption.

Building on the insights from the focus group, the experimental study will evaluate the system's usability, ergonomics, acceptance, and impact on workers' performance. Ten vineyard workers will perform simulated grape harvesting tasks under three conditions: manual harvesting, harvesting with the exoskeleton, and harvesting with both the exoskeleton and cobot. Key measures will include task execution time, self-reported fatigue, biomechanical strain, cognitive workload, and worker acceptance.

By integrating qualitative insights and experimental data, this research aims to enhance our understanding of human-robot collaboration in agriculture and contribute to developing human-centered technologies that promote sustainable, ergonomic practices in viticulture

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Paper number 757 | Electronic Poster

HIV counseling and testing among key populations: A systematic review

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UNAIDS define the five main key population (KP) groups that are particularly vulnerable to HIV: people who inject drugs (PID), transgender people (TP), sex workers (SWs), men who have sex with men (MSM), and incarcerated people (IP). Our systematic review aimed to analyze empirical studies assessing the effectiveness of voluntary HIV counseling and testing in KPs, assess the quality of studies and results in different outcomes (epidemiological, behavioral, psychosocial), and assess in depth HIV counseling (theoretical models, objectives, duration). This systematic review was based on the PRISMA checklist. Four electronic databases were searched: PubMed, PsycInfo, Web of Science, and Scopus. The methodological quality of studies was assessed by two independent reviews. A total of 28 papers were identified, with most focusing on MSM (64%). Of the papers, 17.8% had a high methodological quality, 46.5% were average, and 35.7% were low quality. Also, in 85% of the studies, counseling interventions with KPs were effective, especially per behavioral outcomes, such as reducing unsafe sex. Five studies (17.8%) described the effect on epidemiological variables (HIV and STI). About 71% of the studies used HIV voluntary counseling and testing (VCT-HIV)—39% exclusively, and 32% incorporated modules with topics related to the specificities of KPs. The studies described the outcomes of interventions but lacked information about the HIV counseling process. Overall, counseling was effective for KPs, especially on behavioral outcomes. Future studies of higher methodological quality should be developed that consider all KPs in a more equitable way.

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Paper number 983 | Electronic Poster

Links between effort-reward imbalance and retirement intentions among older Europeans

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The constantly evolving demographic landscape in Europe has prompted governments and businesses to discuss extending the retirement age and encouraging employees to remain in the workforce longer. However, it is simultaneously observed that not all workers wish to stay employed. These conflicting trends necessitate exploring strategies to incentivize older employees to remain in the labor market. Accordingly, the objective of this study is to analyze the relationship between effort–reward imbalance and retirement intentions among Europeans aged 50 and older, as well as to identify potential moderators of this relationship. The analysis utilized data from 9th wave of the Survey of Health, Ageing and Retirement in Europe (SHARE), encompassing responses from 8,725 employed individuals across 28 countries (age 50-87 years, M=60.2, SD=4.9; 54.7% of them were women). Retirement intentions were measured using a single dichotomous question, while effort–reward imbalance was assessed through seven items from the Effort–Reward Imbalance Questionnaire (Siegrist et al., 2004). The analysis also incorporated potential control variables and moderators, such as age, education level, and health status. The findings reveal that 42.9% of respondents expressed a desire to retire as soon as possible, with notable variations across countries. A multilevel logistic regression analysis with random slopes and intercepts by country demonstrated a noticeable country effect. Predictors of the desire to retire earlier included effort–reward imbalance, age, education level, health limitations, and income. No moderation effect was identified. A significant study limitation is the uneven respondent distribution across countries despite the large international sample. The study's results provide valuable insights into the factors possibly affecting retirement intentions and decisions to remain in the workforce, contributing to the development of targeted intervention strategies. The research was conducted as a part of the project "Sustainable working-life for ageing populations in the Nordic-Baltic region" (No.139986 financed by NordForsk).

Paper number 228 | Electronic Poster

The association between Judo practice as physical education and psychology: an ongoing online cross-sectional multi-language exploratory study

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Background: Judo is a popular martial art that is practiced worldwide. Although Judo was initially developed as a method for physical and mental training, a paucity of research has investigated its effects on psychology.

Aims: Our ongoing study explores the effects of Judo on the psychological functions of emotion, emotion-regulation, and attention/awareness, with the aim of informing future epistemologically sound theory-generation endeavours.

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Method: This is a cross-sectional exploratory study. We will administered two emotion, two emotion-regulation, and two attention/awareness questionnaires, and one attentional behavioural task (i.e., Attention Network Test) to 400 Japanese and Italian adult participants. Half of these participants will be Judo practitioners, while the other half will be volunteers with no experience of Judo or similar martial arts. Controls will be matched to the Judo practitioners for age, gender, and marital status. Exploratory analyses will be conducted using the obtained dataset, including between-group comparisons.

Expected results: We predict to observe between group differences in all our measures, so that Judo practitioners would report or exhibit fewer negative emotions, as well as better emotion-regulation and attentional skills. Additional exploratory analyses will be conducted as needed, and clearly labelled as such. If available, preliminary results will be presented.

Limitations: There is a limited number of psychological measures that have been validated cross-culturally. This fact limited our choice of measures and the possibility to explore potentially relevant phenomena (e.g., positive emotions). This may in turn influence the theoretical development of Judo research.

Implications: To our knowledge, this is the first study on Judo that explicitly aims at contributing to the generation of a scientific theory of its postulated impact on psychology. Results may inform the generation of future theories on Judo as a method for mental (and physical) training.

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Paper number 376 | Electronic Poster

Work technology platforms: The role of technology self-efficacy in the relationship between technostress and exhaustion

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Research purpose: The aim of the research was to examine the relationship between Technology Self-efficacy between Technostress and Exhaustion in the banking industry.
Motivation for this study: Research has been conducted to explore the relationship between technology self-efficacy, technostress and exhaustion but not many studies have examined these variables within the banking industry.
Research design, approach and method: This study used a survey research design within the positivist paradigm, adopting a quantitative approach to examine the relationships between technostress, technology self-efficacy, and exhaustion. The sample size of 202 employees that was analysed using structural equation modelling (SEM) and SPSS.
Main findings: The study demonstrates that higher technostress is linked to exhaustion, while higher technology self-efficacy correlates with lower exhaustion. The relationship between technostress and exhaustion is moderated by technology self-efficacy, indicating that confidence in technology can alleviate some negative effects of technostress, but the interaction itself does not significantly alter exhaustion levels.
Practical implications: Establishing employee confidence and exceeding job expectations requires organisations to implement deliberate measures, such as continuous training and development programs that enhance technology self-efficacy. The research provides how organisations should create supportive work environments by simplifying technological processes, reducing technology-related workloads, and providing

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adequate technical support.

Contribution of the study: The research adds to the better understanding of the relationship between technology self – efficacy, technostress and Exhaustion within the banking industry and as well within a South African context.

Paper number 591 | Electronic Poster

An exploration of self-help strategies among women with postpartum depression and anxiety: A qualitative study

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Objectives:

Postpartum depression (PPD) and postpartum anxiety (PPA) affect a significant proportion of postpartum women worldwide, with recent research highlighting their negative impact on maternal well-being, child development, and family dynamics. Despite the growing recognition of these conditions, there is still limited knowledge about the self-help strategies women use to manage their symptoms, particularly in specific cultural contexts like Latvia. This study is a qualitative investigation conducted among Latvian women experiencing postpartum depression (PPD) and/or postpartum anxiety (PPA). The research aimed to identify the self-help strategies used by women with PPD and/or PPA to alleviate their symptoms, as well as to examine their subjective experiences of these strategies.

The research was funded by the framework of the Plan of the European Union Recovery and Resilience Facility and the State budget grant Nr.5.2.1.1.i.0/2/24/I/CFLA/005 project "The Development of Postpartum Depression Care in Latvia" (RSU/LSPA-PA-2024/1-0003).

Method:

The study involved eight women diagnosed with PPD and/or PPA, who participated in semi-structured online interviews. The data was analyzed using inductive thematic analysis.

Results:

The findings, partly consistent with the findings of other studies, indicate that the women used a variety of self-help strategies, including connection to nature, social support, physical activities, knowledge acquisition, various relaxation techniques, structured daily routines and reliance on faith or inner strength. Social support emerged as the most helpful strategy, along with connection with nature, physical activities, structured daily routines, and education.

Conclusion:

The research results underscore the multifaceted nature of the self-help strategies employed by women with postpartum depression and anxiety. Social support, connection to nature, physical activities, and structured daily routines emerged as key resources that significantly contributed to managing symptoms. Recognizing and fostering these strategies within mental health care frameworks can enhance the support available to postpartum women, ultimately improving their well-being and recovery outcomes.

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Paper number 665 | Electronic Poster

Humor, resilience, optimism, and positive mental health among a sample of Romanian students

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This study investigates the relationships between humor, resilience, optimism, and positive mental health among students. By employing a network analysis approach, the research seeks to illuminate the connections among these constructs.

Previous literature in positive psychology underscores that humor, resilience, and optimism each play a vital role in enhancing mental health by promoting adaptive coping and stress management.

A cross-sectional, correlational design will be implemented. A sample of students will complete four self-report measures: the Multidimensional Sense of Humor Scale (Thorson et al., 1997), the Brief Resilience Scale (Smith et al., 2008), the Optimism Scale (Coelho et al., 2018), and the Positive Mental Health Scale (Lukat et al., 2016).

The network analysis is expected to provide deeper insights into the relationships between these constructs, potentially highlighting key nodes and pathways. Because the study relies on cross-sectional data from an academic setting we cannot infer causality nor can we generalize the result to the whole population. Self-report measures may also be subject to social desirability.

Better understanding of the network of humor, resilience, optimism, and positive mental health can guide interventions aimed at enhancing mental health among students. Policymakers and educational institutions might build on these insights to develop more effective, targeted support programs that foster well-being in academic contexts.

Paper number 673 | Electronic Poster

Time App mobile application to enhance balanced time perspective

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The aim of this study was to evaluate the efficacy of an 8-week intervention (the Time App) for strengthening balanced time perspective. Women (N = 60) after cesarean section were randomly assigned to either a Time App intervention group or a waitlist control group. They completed the Zimbardo time Perspective Inventory, the Edinburgh Postpartum Depression Scale, and Numerical Rating Scale to assess pain intensity at baseline (on the second day after delivery). Post-treatment (8 weeks after delivery), they completed the Zimbardo Time Perspective Inventory. Postpartum depressive symptoms and postoperative pain were controlled variables. Results demonstrated that relative to the control participants, the Time App group participants entering the study with higher levels of stress showed a significant decrease in unbalanced time perspective 8 weeks after delivery. Our findings suggest that the Time App mobile intervention is an effective yet simple to use, easily accessed, and enjoyable tool to alleviate unbalanced time perspective and to help cope with stressful life events.

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Paper number 923 | Electronic Poster

Examining psychological flexibility as a process of change for unaccompanied refugee minors

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Background: This study investigated the role of psychological flexibility (PF) on depression, anxiety, and stress following a cluster randomized controlled trial examining Acceptance and Commitment Therapy (ACT) with unaccompanied refugee minors (UM). Method: 51 UM (Mage = 15.36 years, SD = 1.28; 48% female), aged 13 to 18 years, from shelters across Cyprus participated in the study. The intervention consisted of four ACT group sessions, and participants completed assessments of PF, anxiety, depression, and stress at multiple timepoints (Pre-Intervention, Session 1, Session 2, Session 3, Session 4, 1-week post-intervention, 1-Month, and 3-Month Follow-ups). Data were analyzed with linear mixed-effects models, using the lme4 package in R. Results: PF significantly improved from Pre-Intervention to Session 4 ($p < .001$), with sustained gains at 1-Month Follow-up. Anxiety, depression, and stress significantly improved from Pre-Intervention to all Follow-up time-points ($p < .001$). PF predicted a reduction in anxiety ($p < .001$) but did not significantly predict changes in depression or stress. Discussion: The ACT intervention was effective in enhancing PF and ameliorating symptoms of anxiety, depression, and stress over time. Results suggest that PF may serve a particularly important role in improving anxiety, while other mechanisms may be responsible for changes in depression and stress. However, the relatively small sample size is a limitation that may affect the generalizability of the findings. Tailored, longer-term interventions may further enhance emotional well-being in this vulnerable population, while investigating the sustained impact of PF over time could provide valuable insights for future research and policy development.

Paper number 1261 | Electronic Poster

Possibilities of support and development of sexuality of women with intellectual disabilities in residential institutions of social services

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Sexuality is a lifelong process encompassing identity, emotions, behaviours, and orientation. However, despite the recognition of sexual rights, women with intellectual disabilities frequently face limitations due to protective measures, societal stigmatization, and institutional barriers within residential social services. This research project explores comprehensive approaches to supporting their sexuality, emphasizing bodily awareness, education, and social integration. It builds on previous research and the author's bachelor's and master's theses, which focused on sexual education and the use of the Snoezelen concept—multisensory stimulation fostering self-awareness and intimate experiences. Pilot studies suggest that Snoezelen has significant potential to support the development of sexuality in women with intellectual disabilities and Down syndrome, particularly by enhancing body schema awareness and promoting shared experiences within small groups. The project aims to identify effective tools and methods for developing sexuality in women with intellectual disabilities, examine their implementation in selected institutions, and revise the Naslouchej si (Listen to Yourself) methodology, which combines multisensory environments with educational activities. A qualitative, exploratory-descriptive multiple case study design will be

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used, focusing on institutions equipped with multisensory rooms and trained personnel. The findings will contribute to developing a comprehensive methodology for supporting sexuality in women with intellectual disabilities, reducing prejudice, and overcoming institutional barriers. The project emphasizes the importance of creating an environment where women with intellectual disabilities can safely explore their sexuality, understand their needs, and build their identity, ultimately enhancing their social integration and personal development.

Paper number 192 | Electronic Poster

Models of nonpharmacological intervention in early care: literature review and transdiagnostic prospective

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The intervention of neurodevelopmental problems in early care is complex due to the fact that the brain at this stage is in a period of particular sensitivity to change at a structural, hodological and functional level during early childhood. This leads to complications when intervening in this age group due to the difficulty of early diagnosis, the high level of comorbidity and relationship between problems and symptoms, and the lack of scientific evidence for current interventions, among other reasons. Therefore, professionals and researchers question whether interventions derived from traditional categorical models are the most appropriate option for working with this population. In recent years, some studies have begun to focus on transdiagnostic models as a possible alternative to traditional categorical systems, as these models allow intervention on different problems without the need to obtain a diagnosis, which in many cases is not uniform. In the critical review of the literature presented here, we analyze the degree of effectiveness of current interventions and reflect on the possible viability of the transdiagnostic approach in meeting the needs of this age group, given their particular state of vulnerability and the importance of their receiving intervention as soon as possible. The results indicate that there is still a lack of substantial evidence on the effectiveness of early care interventions. It would be beneficial to explore new approaches, such as transdiagnostic approaches, due to the limitations of working at such an early age.

Paper number 933 | Electronic Poster

Translation and validation of the pet bereavement questionnaire for the Portuguese Population: A preliminary study

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[4]Unidade Local de Saúde Santa Maria, Portugal

Background: Pet bereavement has significant emotional and psychological implications. The Pet Bereavement Questionnaire (PBQ) is a tool designed to measure the impact of pet loss. This study aimed to translate the PBQ into Portuguese and validate its psychometric properties for the Portuguese population.

Method: The PBQ was translated and back-translated following standardized procedures. A sample of 682 participants who had experienced the loss of a companion animal completed the Portuguese version of the PBQ.

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A Principal Component Analysis (PCA) with Varimax rotation was conducted to evaluate the questionnaire's structure. Internal consistency of the components was assessed using Cronbach's alpha.

Results: Principal Component Analysis (PCA) identified a three-component structure for the translated Pet Bereavement Questionnaire (PBQ). The Component Transformation Matrix demonstrated strong interrelationships between the components, with loadings of 0.74 for Component 1, 0.52 for Component 2, and 0.44 for Component 3. The translated PBQ exhibited good overall internal consistency, with a total Cronbach's alpha of 0.84. The subdimensions demonstrated strong reliability: "Grief" (α = 0.84), "Guilt" (α = 0.74), and "Anger" (α = 0.81). These findings support the multidimensional structure of the PBQ and its applicability as a reliable measure of pet bereavement in the Portuguese population.

Conclusion: The Portuguese version of the PBQ demonstrated adequate construct validity, with a clear three-factor structure. This tool provides a reliable measure for assessing pet bereavement in the Portuguese population. Future research should explore its applicability across different cultural contexts and its association with mental health outcomes.

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Paper number 480 | Electronic Poster

Psychometric analysis of the job crafting questionnaire: Evidence from flexible work environments in Slovakia

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Background:

The restructuring of work through time and spatial flexibility has become a prominent strategy for adapting the nature of work to modern demands. In this context, job crafting emerges as a vital method for reshaping work in flexible conditions to make it more enjoyable and less stressful. The Job Crafting Questionnaire (JCQ), a 15-item tool, measures three dimensions of job crafting—task, cognitive, and relational—offering valuable insights into how employees adapt and thrive. This study focuses on evaluating the psychometric properties of the Slovak version of the JCQ, aiming to validate its application and relevance within the dynamic landscape.

Method:

A total of 309 adult employees from various economic sectors participated in the survey (with a mean age of 30.26 years; 60% female) working in flexible work arrangements.

Results:

CFA confirmed the three-factor structure (cognitive, task, relational crafting) of the JCQ with high internal consistency. Convergent validity was supported by positive correlations with work engagement and organizational citizenship behavior. Respondents with higher levels of self-efficacy reported engaging in more job crafting. The associations between job crafting and burnout were found to be weak. Additionally, findings provided evidence for full measurement invariance of JCQ across gender.

Limitations:

The study's findings are based on data collected from Slovak employees, which may limit the generalizability of results to other cultural or organizational contexts, the weak association observed between job crafting and burnout suggests that additional factors influencing this relationship were not captured, warranting further exploration.

Implications for future:

The study contributes to global efforts to establish the JCQ as a reliable and culturally adaptable tool in flexible work, offering valuable insights for both academic and practical applications. Leaders may find this particularly

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useful in addressing job crafting - self-initiated behavioral changes fostering positive work outcomes and making work more enjoyable.

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Paper number 643 | Electronic Poster

The impact of exercise participation on mental health in individuals with visual impairment

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Background: Visual impairment can lead to decreased physical activity, and the lack of exercise is associated with poorer physical and mental health. Recent research suggests that participation in exercise may help improve physical and mental well-being; however, there is a limited amount of literature exploring the impact of exercise participation on mental health in this population.

Purpose: This study aimed to investigate the impact of exercise participation on mental health in individuals with visual impairment.

Methods: This is a cross-sectional study. Participants were divided into four groups: the visually impaired baseball group, the visually impaired running group, the visually impaired sedentary group, and the normal vision group. All participants provided basic information and completed questionnaires, including the Perceived Stress Scale (PSS), Beck Depression Inventory-II (BDI-II), State-Trait Anxiety Inventory (STAI), and exercise behavior questionnaire.

Results: Currently, 36 participants (43.9±9.5 years; 22 males) have completed this study. The preliminary data analysis showed that the PSS scores were lower in the baseball and running groups compared to the sedentary group and the normal vision group. The BDI-II scores were also lower in the baseball and running groups compared to the sedentary group. On the other hand, the STAI scores were similar among the four groups.

Conclusion: The preliminary results suggest that exercise participation may be associated with reduced perceived stress and depressive symptoms in individuals with visual impairment. As the sample size was too small to draw a firm conclusion, we will continue to recruit more participants to further investigate the impact of exercise participation on mental health in this population. The expected findings of this study will offer evidence-based recommendations for developing exercise programs to promote mental health in individuals with visual impairment.

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Paper number 931 | Electronic Poster

Contributions to the validation of the Portuguese Version of the Reflective Function Questionnaire for Youth (RFQ-Y): A Preliminary Study

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Background: Reflective functioning (RF) is a core aspect of socio-emotional development and mental health. The Reflective Function Questionnaire for Youth (RFQ-Y) is a tool designed to measure RF in adolescents. This study aimed to validate the Portuguese version of the RFQ-Y and evaluate its psychometric properties. Method: The sample consisted of 1234 participants who completed the Portuguese version of the RFQ-Y. Descriptive statistics, Principal Component Analysis (PCA), and reliability analyses were conducted to assess the scale's structure and internal consistency. Results: Descriptive statistics indicated moderate to high mean scores across all items, suggesting a strong tendency toward reflective functioning in the sample. PCA identified a single-factor structure, accounting for 54.33% of the total variance. All items showed moderate to high communalities and strong loadings on the single component. Reliability analysis revealed satisfactory internal consistency.

Conclusion: The Portuguese version of the RFQ-Y demonstrated a unidimensional structure and adequate psychometric properties, supporting its use as a reliable measure of reflective functioning in Portuguese-speaking adolescents and young adults. Further studies should explore its validity across diverse populations and its association with relevant psychological constructs.

Paper number 61 | Electronic Poster

The Impact of endometriosis on anxiety and depressive symptoms among university students

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A significant number of students contend with chronic illnesses that can impact their psychological well-being and, consequently, their academic performance. Indeed, prior research has indicated that students with chronic conditions exhibit diminished subjective well-being and an increased prevalence of cognitive impairment. Furthermore, students with at least one chronic condition report a lower overall quality of life. The objective of the present study was to investigate the impact of endometriosis on anxiety and depressive symptomatology among students enrolled in higher education. Moreover, the secondary objective was to assess the moderating influence of grit and feelings of loneliness on anxious and depressive symptoms. A total of 197 female students participated in the study, comprising 60 individuals with endometriosis and 137 without endometriosis and no other chronic illness. All participants completed a sociodemographic questionnaire, a questionnaire on anxiety and depressive symptoms, a questionnaire on grit, and finally, a questionnaire on feelings of loneliness. The Mann-Whitney U test was employed to ascertain whether there were significant differences in mean and median scale scores between the two groups. The findings revealed that students with endometriosis reported a significant increase in anxiety and depressive symptoms. Also, these students perceived the impact of endometriosis on their mental state to be more detrimental to their daily lives. Besides, moderation analyses indicate that both grit and feelings of loneliness serve as moderators in the relationship between endometriosis perceived symptoms, severity, and anxiety-

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depressive symptomatology. It may be posited that grit could be considered a protective factor, whereas feelings of loneliness could be regarded as a risk factor. This may provide a potential pathway for further consideration of psychological support for students suffering from endometriosis.

Paper number 762 | Electronic Poster

Factors of subjective well-being among refugees to be considered for Ukrainians: A scoping review

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Introduction. The 2022 Russian invasion of Ukraine resulted in massive migration of the Ukrainian population, both within the country and across its borders. Mental health professionals report the highest levels of stress, anxiety, and PTSD symptoms among Ukrainian refugees (Lushchak et al., 2024) and emphasize the role of boosting well-being in mitigating the consequences of war trauma (Velykodna et al., 2024). Therefore, it is important to review the factors that influence the subjective well-being of refugees to further build an empirical study of it in Ukrainian refugees.

Methods. This study was conducted as a scoping review of the evidence of the well-being of refugees. The papers were searched using the keywords "refugees" and "well-being" through the Scopus scientific database, Google Scholar, and ResearchGate during Spring-Fall 2024. A total of 110 papers were found, 46 were selected as contained the results of empirical research and reflected factors or special conditions for better refugee well-being.

Results. A general list of factors of refugees' subjective well-being (n=36) was identified, which was further grouped into categories (n=7), namely socio-demographic factors (age, gender, level of education, income, marital status), psychological factors (traumatic experience of premigration, mental distress, depressive symptoms and anxiety, psychiatric symptoms, post-traumatic growth, religious coping), health status (absence of affective disorders, quality of sleep, satisfaction with health status), social factors (family separation, social relations, work, volunteering), societal factors (assistance from non-governmental organizations, active use of digital technologies, staying in refugee housing facilities, ethnic or national discrimination, language barriers; long, stressful and uncertain period in detention in asylum centers; uncertain legal status, threat of deportation, long-distance migration, migration procedural experience) and economic factors (income level).

Conclusions. The present results demonstrate that, despite the various factors identified, research on refugee well-being has a lack of attention to the personality aspects and coping strategies.

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Paper number 388 | Electronic Poster

Children in care, prevalence of mental health diagnoses and most commonly reported symptoms

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Background: Looked after children (LAC) in residential care are a vulnerable population with high rates of mental health issues. Despite this, the alignment between their diagnosed conditions, caregivers' perceptions, and reported training needs is unclear. This study aimed to explore the prevalence of mental health diagnoses among LAC, the most reported symptoms, and the training priorities of caregiving professionals.

Methods: A survey was administered to residential care professionals to gather data on the mental health diagnoses of children under their care, observed symptoms, and the caregivers' subjective training needs. The results were analyzed to identify patterns and discrepancies.

Results: Neurodevelopmental disorders, including attention-deficit/hyperactivity disorder (ADHD) and autism spectrum disorder (ASD), were the most frequently diagnosed conditions among LAC. Despite the well-documented prevalence of trauma in this population, trauma-related disorders, such as post-traumatic stress disorder (PTSD), were diagnosed less frequently than expected. The most reported symptoms included behavioral dysregulation, emotional instability, and anxiety among others. Interestingly, the diagnosed disorders did not align with the caregivers' perceived training needs, which emphasized managing trauma-related behaviors and attachment difficulties over addressing neurodevelopmental challenges.

Conclusions: The findings highlight a potential mismatch between clinical diagnoses and caregiver priorities in residential care. While neurodevelopmental disorders are prevalent, caregivers may lack training in addressing these specific issues. Conversely, caregivers emphasize trauma-related training, suggesting a disconnect between their perceived needs and the documented diagnoses. These insights underscore the importance of bridging gaps in training to ensure comprehensive care for LAC, addressing both neurodevelopmental and trauma-related needs effectively.

Implications: This study advocates for tailored training programs that better align with the clinical realities and professional experiences of caregivers, enhancing their ability to meet the complex needs of children in residential care.

Paper number 701 | Electronic Poster

Relational factors and sexual satisfaction in women with endometriosis

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Endometriosis is a chronic condition that affects approximately 6-10% of women of reproductive age, resulting in pelvic, menstrual, and sexual pain, irregular bleeding, and infertility. Despite its prevalence, the impact of endometriosis on romantic relationships and quality of life remains underexplored. This study aims to examine the

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perceptions of women with endometriosis regarding their partners' responses to their condition, with a focus on the quality of communication, sexual satisfaction, and relational satisfaction. The study seeks to assess how women perceive their partners' understanding and support of the disease, the communication and expression patterns within the relationship, and the perceived impact of the condition on sexual and relational satisfaction. A sample of at least 200 women with endometriosis will be recruited through an online questionnaire, applying the following instruments: the General Introductory Questionnaire, Endometriosis Health Profile Questionnaire, New Sexual Satisfaction Scale, Significant Other Responses to Pain Questionnaire (Female Version), Female Sexual Function Index, Global Measure of Relationship Satisfaction, and Communication Patterns Questionnaire (Short Version). The study hypothesises that endometriosis will negatively impact sexual and relational satisfaction, particularly in couples with communication patterns characterised by avoidance, criticism, and accusation. Conversely, it is anticipated that solicitous and/or facilitative responses from partners will correlate positively with greater relational satisfaction. By addressing a significant gap in the existing literature, this study aims to understand better the relational dynamics within couples affected by endometriosis. The results could inform the development of more inclusive treatment strategies and better support systems for women and their partners.

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Paper number 707 | Electronic Poster

Tackling needs, barriers, and facilitators in designing a psychological intervention for stress: A qualitative study

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Stress from various sources can negatively affect mental health. Modifiable transdiagnostic psychological processes may help to mitigate this impact. Despite increasing interest in integrative approaches, most stress-designed digital interventions are based on a single model or theory and do not consider the user perspective. This study aimed to identify needs, barriers, and facilitators for coping with stressful situations by analysing the contribution of different psychological processes in individuals with various experiences and stress levels. The goal was to design a more user-responsive intervention. Semi-structured interviews were conducted with 29 participants (72% female) recruited from a previous project. Participants were purposively sampled according to their stress responses. Interviews were audio-recorded, transcribed verbatim, and analysed thematically. Acceptance, values, and awareness; support; and thoughts were identified as facilitators and their lack or difficulties were a barrier to coping with stress. Skills; behavioural activities; and emotional management were identified as perceived facilitators. Some differences related to the stress levels and type of situation were found. Overall, the emergence of potentially maladaptive thoughts hindered participants in managing stressful situations, being the most cited barrier (n = 27/29). Strategies to regulate their own emotions were the most cited facilitator (n = 27/29). Participants also identified components they wished to see in an intervention. Support was the most requested component, followed by psychoeducation, emotional management, and activities. Some participants also expressed preferences for the format of intervention materials. To improve the use and acceptability of digital interventions to cope with stress, the intervention should be tailored to meet the needs, contexts, and characteristics of users.

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Paper number 773 | Electronic Poster

Self-Objectification as a Contributing Factor to PTSD in Sexual Violence Victims: Implications for Therapeutic Interventions

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This study aimed to explore the relationship between self-objectification and PTSD symptoms in sexual violence victims, comparing these factors with negative cognitions and avoidant coping strategies. Sexual violence is a major contributor to PTSD, and finding effective interventions is crucial. Current PTSD treatment guidelines suggest trauma-focused cognitive-behavioral therapy (CBT) as the first-line approach. However, these guidelines do not address differences based on trauma type, and CBT has shown limited effectiveness for those not meeting full PTSD criteria (Shalev et al., 2012). This study proposes self-objectification as a new target for therapeutic interventions for sexual violence victims.

Self-objectification refers to the internalization of an external observer's perspective, where individuals evaluate themselves as objects, leading to a sense of diminished autonomy and dehumanization (Fredrickson & Roberts, 1997; Loughnan et al., 2017). Moor et al. (2013) suggested that self-objectification may worsen PTSD symptoms, and incorporating this experience in therapeutic support for sexual violence victims has been recommended. Thus, self-objectification may contribute to the exacerbation and maintenance of PTSD symptoms alongside negative cognition and avoidant coping.

A web-based survey with 419 participants (mean age: 39.71) was conducted. Hierarchical multiple regression analysis revealed that including self-objectification in addition to negative cognitions and avoidant coping improved the explanatory power for PTSD symptoms（$\Delta R2 = .13$）. These findings highlight the importance of considering self-objectification in interventions for sexual violence victims.

A limitation of this study is that it did not examine the impact of self-objectification on symptoms across different types of trauma, particularly in comparison with sexual violence victims. This research could help highlight the psychological distress caused by damaged dignity, facilitating recognition and support for those experiencing deteriorating mental health due to such trauma.

Paper number 918 | Electronic Poster

Examining the Importance of Optimism and Pessimism on Physical Activity in Older Adults: A Longitudinal Perspective.

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Physical activity (PA) is crucial for maintaining both psychological and physical health in older adults. Regular PA reduces the risk of chronic diseases, improves mental health, and supports overall well-being. However, PA engagement often declines with age due to physical limitations, health conditions, and reduced motivation. As a result, older adults are among the most inactive groups, which can further exacerbate declines in health and quality of life. Given the benefits of PA, identifying psychological factors that protect and promote PA in older adulthood is essential for maintaining quality of life and preventing age-related decline. One potential factor is dispositional

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optimism, traditionally viewed as a bipolar construct ranging from high optimism to high pessimism. Research has shown that higher optimism is associated with better health outcomes, including benefits for physical activity, but recent meta-analytic findings suggest it may be more important to distinguish between optimism and pessimism. The absence of pessimism has been shown to be a much stronger predictor of health than the presence of optimism itself. In this study, we explored whether the absence of pessimism protects PA in older adults more effectively than the presence of optimism. A total of 268 older adults (aged 60-93) were followed for four years. PA was measured using accelerometers, and participants reported their levels of dispositional optimism. Multilevel modeling revealed that lower levels of pessimism (but not higher levels of optimism) predicted higher levels of moderate PA at the beginning of the study period, although this effect became reduced over time. These findings suggest that the absence of pessimism may play a key role in maintaining PA and mitigating age-related declines. Although our study was longitudinal, causality cannot be inferred, and future research should experimentally manipulate psychological factors to better understand their impact on PA.

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Paper number 935 | Electronic Poster

Psychosomatic symptom profiles among adolescents between 2018 and 2022: insights from a latent class analysis

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Introduction: Psychosomatic symptoms are increasingly prevalent among adolescents, reflecting broader trends in mental health and societal pressures. These symptoms are associated with lower adolescents' quality of life, poor educational outcomes, and adverse long-term health trajectories. Monitoring symptom patterns is essential for understanding evolving health challenges and guiding targeted interventions.

Objectives: This study aims to identify psychosomatic symptom profiles and their frequencies among adolescents using latent class analysis (LCA).

Methods: Data were derived from the nationally representative Hungarian Health Behaviour in School-aged Children (HBSC) self-report survey in 2018 (N = 5,997; mean age = 14.60 years), and 2022 (N = 6,291, mean age = 14.94 years). LCA included symptoms such as headache, stomachache, backache, feeling low, irritability, nervousness, dizziness, sleeping difficulties, and fatigue. Age, gender, and school pressure were analyzed as predictors of class membership.

Results: In 2018, a four-class solution was identified: Class 1 (mild symptoms, 35.94%), Class 2 (moderate symptoms, 34.35%), Class 3 (moderate to severe symptoms, 19.57%), and Class 4 (severe symptoms, 8.94%). The same structure was observed in 2022, but with a shift toward more severe symptoms. The proportion of Class 4 (severe symptoms) nearly doubled to 17.33%. In contrast, Classes 2 and 3 declined, with the 2022 distribution as follows: Class 1 (36.49%), Class 2 (28.08%), and Class 3 (15.42%). Gender, age, and school pressure were significant predictors of class membership across both years.

Conclusion: Findings reveal a rising prevalence of severe psychosomatic symptoms between 2018 and 2022, alongside a decline in moderate symptom reporting. This trend highlights the growing burden of severe symptoms among adolescents and underscores the need for targeted interventions and policy responses. Ongoing monitoring and evidence-based strategies are essential to support adolescent well-being.

This study was supported by the Hungarian National Research, Development, and Innovation Office (K139265 and K143764).

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Paper number 1043 | Electronic Poster

Evaluation of public health interventions in the field of behavioural addictions in Slovenia: Identifying best practices and opportunities for improvement

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Introduction

Public health interventions play an important role in safeguarding and promoting mental health across populations. However, inadequate planning and evaluation of these interventions often lead to reduced effectiveness, efficiency, and sustainability. Systematic evaluation is essential to ensure the quality, transparency, and impact of these interventions. This study aimed to review and evaluate interventions in the field of behavioural addictions in Slovenia and identify existing best practices.

Methods

A comprehensive analysis of four interventions targeting behavioural addictions in Slovenia was conducted. These interventions were evaluated using the updated “Criteria for the Evaluation of Public Health Interventions”, which include three levels of criteria: exclusion, basic, and additional. Three independent professionals assessed the interventions based on the following criteria: exclusion (content relevance, structure, scientific evidence and theoretical justification, and ethical considerations); basic (effectiveness and efficiency, reduction of health inequalities, stakeholder involvement, and cross-sectoral collaboration); and additional (transferability and sustainability orientation). Data were systematically collected and assessed for each intervention.

Results

Two of the four interventions were excluded based on the exclusion criteria. Only one intervention met the criteria for "good practice," achieving a score of 76 out of 100 points. Several shortcomings were identified, including inadequate content relevance, poorly defined goals, vague evaluation indicators, limited stakeholder engagement, weak theoretical foundations in some interventions, and a lack of ethical considerations in one intervention.

Conclusions

The results of present study represent an important contribution to the systematic monitoring of behavioural addiction interventions. One intervention was identified as a good practice, while the others demonstrated notable weaknesses. The findings emphasize the need for transparent, standardized evaluation processes, as well as improved planning and stronger collaboration to improve the effectiveness and sustainability of future interventions.

This work was supported by The Slovenian Research and Innovation Agency and the Ministry of Health of the Republic of Slovenia.

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Paper number 1056 | Electronic Poster

The use of venting and disconnection predictors of a worse health-related quality of life in Spanish patients with cancer

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Background: Health-related quality of life (HRQoL) is significantly affected in cancer patients. Improving or maintaining HRQoL is one of the goals of treatment. Therefore, previous studies have investigated the correlates of HRQoL in cancer patients. Among the identified risk factors are advanced age, being a woman, advanced stage or the presence of metastases. In addition, the way in which patients cope with the disease can have an impact on HRQoL, with passive coping strategies being associated with worse health outcomes. The aim of this study is to determine the predictive power of these sociodemographic and clinical variables and different passive strategies (venting, self-blame, disconnection, religion, self-distraction, disconnection, denial and substance use) on HRQoL in a sample of people with different types of cancer.

Method: The sample consisted of 360 Spanish people (54.2% women) with a mean age of 63.41 years (sd = 11.08; range: 27-86). Passive coping strategies was assessed using the Brief COPE and HRQoL with the EORTC QLQ-C30.

Results: The results show that younger age, more advanced stage of the disease, presence of metastases, greater use of venting, self-blame, disconnection, denial and substance use are associated with worse HRQoL. A stepwise regression analysis indicates that younger age, presence of metastases and greater use of venting and disconnection predict worse HRQoL, explaining 26% of the variance. Venting and disengagement increase the explained variance by 20.9%.

Conclusion: In this study, older people have better HRQoL perhaps due to less use of venting and greater use of religion and spirituality. It is concluded that HRQoL is negatively affected by negative expression of purposeless feelings and giving up. For patients who tend to engage in such coping behaviors, finding a more adaptive way of coping may be less detrimental to their HRQoL.

Paper number 210 | Electronic Poster

Emotions in Hong Kong popular music: Analyzing the mode and tempo of top Cantopop songs spanning four decades

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The present research focuses on the emotions in Hong Kong (HK) popular music. HK popular music, also regarded as Cantopop, flourished in the 1980s and remains popular among HK people today. Based on the theory of cultural product, it is assumed that musical characteristics can reflect psychological traits associated with society or culture. Thus, musical characteristics of Cantopop should reveal the psychological processes of HK society. According to the circumplex model of affects, music emotions can be represented by a combination of valence (positive or negative) and arousal (high or low) values, which are in turn associated with mode (major or minor) and tempo (fast or slow) of the music. Hence, major and fast music is typically associated with happiness, major and slow music with calmness (positive emotions), minor and slow music with sadness, minor and fast music with tenseness (negative emotions), etc. This research aims at examining the changes in emotions in HK popular music spanning

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four decades. Top Cantopop songs listed in the HK major music charts or awards from 1980 through 2020 will be selected. The selected songs will be coded in terms of mode (major or minor) and tempo (in beats per minute). Mode and tempo will be compared across the 40 years to explore the changes in music emotions in Cantopop and to interpret the psychological traits of HK society. The psychological research on popular music has been limited to Western popular music. This research will contribute a psychological understanding of a Chinese-based, East Asian popular music genre. In the broader context, this research will contribute to the cultural-product literature. Furthermore, HK popular music provides a unique context for revisiting the psychological significance of popular music.

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Paper number 216 | Electronic Poster

Exagon Game: Board game used in rehabilitation centers for disabled people

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The Exagon game helps the identification of the self.The project was based on these premises and was organized in the form of “competition Rehabilitation Centres:participation of “special Athletes” (differently abled) and “Partners” (normal people), the latter as a support.The partners is to supervise and they cannot give suggestions or intercept the pawn in their direction.Main parameters: the participation of the athletes shall be kept proportional so as to guarantee equal difficulty; the teams will be formed by athletes and partners as much homogeneous as possible according to their age and ability; the tournaments and divisions shall be organized according to the level of abilities relating to ICF codes; all the athletes will be awarded a prize; the trainers shall not be admitted to the game Aims: domain of expertise – leadership – sensitivity, combined abilities;keeping their area of competence, moving forward to checkmate, moving backward to defend their pawns, the concept of time, development of attention; keeping and consolidating the acquired psycho-motor abilities, visual-spatial scheme under continuous control, axial and distal laterality, special-temporal orientation, conceptive and postural praxia. Psycho-social aims: self-esteem, motivation, collaboration, acceptance .METHODOLOGY The project shall be introduced in the style of a game by gradually going from “easy to difficult”, varying the forms and contents according to the real capacity.TRAINING One and a half hours structured as it follows:warm-up with the explanation of the basic technique, theme game to promote techno-tactical learning, free game, final salutation in group. It is suggested that regular meetings are held to let each athlete express him/herself and to better feel part in the team. The project was executed into 2year involved 19 disables. We could note that the participants were able to psychological limits, to develop a better self-knowledge, to highlight their special qualities and to get socially integrated.

Paper number 797 | Electronic Poster

Psychological factors affecting mental and oral health, and well-being.

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Oral health is still a neglected aspect of health and psychological well-being. However, many dental patients suffer from chronic stress and experience stress-related symptoms that affect their health. In addition, there is evidence that people report oral health-related symptoms even at a young age and in good health. This poster presents current scientific evidence on the prevalence of oral symptoms in healthy young adults and discusses the

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importance of psychological traits and states that influence the relationship between oral, mental, and physical health. To this end, preliminary results are presented from a series of recent studies examining the relationship between oral health-related symptoms, perceived stress, stress- and emotion regulation, perception of body signals including taste perception, depression, anxiety, and well-being among healthy adults in a multi-method approach that includes self-report, psychophysiological and biological methods. The results provide insight into how psychological factors, self-reported oral health symptoms, and oral health-related changes in taste perception, bad breath, cardiovascular activity, and biological risk markers of oral inflammatory diseases such as periodontitis influence each other in healthy adults as a target group for primary health prevention.

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Paper number 806 | Electronic Poster

Voices in motion: Using I-Poems to uncover university students' physical activity and psychosocial journey

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Physical inactivity is a pervasive global public health concern, yet there is limited qualitative research exploring the psychosocial dimensions of physical activity (PA) among young adults, particularly undergraduate students at a South African university. This study seeks to explore students' PA participation, by providing insights into the psychosocial factors that shape their experiences. Semi-structured interviews were conducted with 18 undergraduate university students between July and August 2023. I-Poems, an innovative qualitative method, were created from interview transcripts by isolating sentences featuring the pronoun "I" and arranging them into poetic stanzas without altering their sequence. This approach amplifies the participants' voices, offering an authentic window into their lived experiences. Data was coded using the Atlas Ti v.8 software and thematically analysed to generate common themes. The I-Poems revealed rich, layered insights into the psychosocial aspects of PA, highlighting themes such as mental health, motivation and social support. By centering the participants' "I" narratives, the method foregrounded their voices, enabling a deeper exploration of their personal and collective experiences with PA. This study highlights the potential of I-Poems as a qualitative method to explore the intricacies of students' PA journeys. The findings underscore the importance of considering psychosocial factors in understanding PA engagement, offering valuable perspectives for designing contextually relevant and student-tailored interventions that are relevant and suitable.

Paper number 1080 | Electronic Poster

Growing through adversity: positive outcomes among Spanish nursing home caregivers during COVID-19

Macarena Sánchez-Izquierdo[1], Rodrigo García-Sánchez[1], María Prieto-Ursúa[1], Jesús Mateos-Nozal[2], Ángela Ordoñez-Carabaño[1]

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[2]Hospital Universitario Ramón y Cajal (IRYCIS), Spain

Research Aims and Objectives: This study explores the positive experiences and adaptations reported by nursing home caregivers in Spain during the COVID-19 pandemic. Specifically, it examines how heightened workloads and emotional demands coexisted with elements of growth, resilience, and teamwork.

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Theoretical Background: While the pandemic imposed unprecedented strain on long-term care settings, research on caregiving highlights the potential for posttraumatic growth (PTG) and resilience. Supportive networks, cohesive teams, and effective coping strategies have been linked to better outcomes for healthcare staff facing extreme stress.

Methodology: A qualitative design was employed, involving 15 semi-structured interviews with a diverse group of professionals (e.g., nurses, medical staff, support personnel) across two nursing homes—one public and one private. Data were analyzed via content analysis to identify recurring themes of positive change, growth, and adaptation.

Results: Participants frequently reported enhanced problem-solving abilities, refined organizational skills, and a renewed sense of purpose in caring for older adults. Strong social support—both within the workplace and from family and community—emerged as a key factor in mitigating distress and fostering professional satisfaction. A cohesive team dynamic was repeatedly cited as crucial to sustaining morale and effective caregiving.

Limitations: The small, non-random sample restricts the generalizability of findings. Moreover, self-reported data may be subject to response biases.

Implications: Findings underscore the importance of psychosocial support, team cohesion, and initiatives to bolster resilience within nursing homes. Interventions that enhance mutual support and recognition of positive outcomes may foster sustainable well-being for caregiving staff in high-stress settings.

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Paper number 837 | Electronic Poster

Streamlining the EMI-2 Questionnaire to enhance predictions of leisure-time physical activity in university of Zagreb students

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Objective.

Measuring motivation for physical activity is essential for designing effective programs. This study aimed to simplify the Exercise Motivations Inventory-2 (EMI-2) questionnaire to facilitate the analysis and prediction of leisure-time physical activity among university students. The EMI-2 questionnaire evaluates various intrinsic and extrinsic motivations for engaging in physical activity, including social recognition, health pressures, and appearance.

Method.

A total of 1,304 University of Zagreb students (65.7% female) participated. The Croatian versions of the IPAQ (measuring physical activity) and EMI-2 (assessing 14 exercise motives) were used.

Results.

Initial factor analysis identified eight factors, but a scree test suggested retaining three: psychological motivations (enjoyment, revitalization, stress prevention, challenge, strength), social motivations (social recognition, competition, social interaction), and health motivations (appearance, weight control, disease prevention). Confirmatory factor analysis validated this structure, yielding satisfactory fit indices (CFI = 0.92, NFI = 0.91, IFI = 0.92). Reliability of the higher-order factors was high (α = 0.91–0.93). Regression analysis showed that psychological, social, and health motives together explained 7,5% of the variance in students' leisure-time physical activity ($p < 0.01$), with each factor significantly predicting activity levels.

Conclusion.

The study confirmed three core factors underlying EMI-2 motivation for physical activity: psychological, social, and health motivations. Despite some challenges in model alignment, the simplified structure demonstrated high

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reliability and validity. The streamlined model enhances the analysis of exercise motivations and supports the development of targeted intervention programs to promote physical activity.

Paper number 879 | Electronic Poster

Examining the FoMO and PSMU temporal association: A moderation model of externalizing symptoms

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Theoretical background. Empirical studies have repeatedly shown that externalizing problems are relatively common among adolescent problematic social media users. Furthermore, a robust relationship between Fear of Mossing Out (FoMO) and PSMU has been demonstrated. However, there are few longitudinal studies and less is known about the temporal relationship between FoMO and PSMU and the interaction with externalizing problems.

Objectives. The present longitudinal study is part of the SMART project (funded by the European Union – Next Generation EU- ID: J53D23008110006) and aims to investigate the temporal relationship between FoMO, externalizing problems and PSMU by examining the moderating role of externalizing symptoms.

Methodology. The participants were 921 adolescents (59.6% female) aged 14 to 18 years (M=16.31, SD=1.15) who completed questionnaires, i.e., the Bergen Social Media Addiction Scale (BSMAS) to assess PSMU, the Fear of Missing Out Scale (FoMO) and the Strength and Difficulties Questionnaire (SDQ) for externalizing symptoms, twice 5 months apart.

Results. The results showed that both FoMO ($\beta = 0.06$, $t(916) = 2.13$, $p < .05$) and externalizing symptoms ($\beta = 0.15$, $t(916) = 5.34$, $p < .001$) were temporal antecedents of BSMAS scores at 5 months. In addition, our results demonstrated the moderating role of adolescents' baseline externalizing symptoms on the temporal relationship between FoMO and BSMAS scores ($\beta = 0.33$, $t(915) = 2.02$, $p < .05$).

Implications. Our results contribute to the evidence of the temporal association between FoMO, externalizing symptoms, and BSMAS and extend previous studies on the role of externalizing symptoms, suggesting that they represent relevant vulnerability factors that strengthen the association between FOMO and PSMU in adolescents over time.

Limitations. Further longitudinal studies are needed to confirm the temporal relationships by including both short- and long-term intervals to examine the developmental trajectories of PSMU during adolescence.

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Paper number 115 | Electronic Poster

The WAIS-IV use in the cognitive assessmment An Intellectual Disability diagnosis, different cognitive profiles: A confrontation of two clinical cases

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[2]university student, Italy

According to the DSM-5 (Diagnostic and Statistical Manual of Mental Disorders-5), in case of Intellectual Disability (ID) the subject's intellectual functioning is compromised enough to create severe and generalised difficulties in the three wide domains: "Conceptual Domain", "Social Domain" and "Practical Domain". The impairment must be global, so, to satisfy the DSM-5 criteria, the WAIS-IV protocol has to present a generalised reduction in the intellectual functioning (F.Padovani, D.Nicodemo, M.F.Gazale 2022).

Aim of this work is to highlight the importance of a non simplistic reading, which focuses only on the unit value of the IQ of the Wechsler Scale.

Let us present a comparison of two cases. Nadia and Giulia are both diagnosed with Slight Intellectual Disability; they are both 20 years old and concluded high school, where they were assigned to a teacher of support.

Goals: 1) The differences between the two cognitive profiles obtained by the WAIS-IV will be shown; 2) The cognitive profiles' typicality of the Intellectual Disability will be described; 3) The clinical differences and the intervention plans programmed will be poited out.

Conclusions: The WAIS-IV qualifies as a very important instrument, not only for the cognitive assessment, but also and above all for its diagnostic-rehabilitative value.

Paper number 450 | Electronic Poster

Perceived barriers and potential facilitators to mental health help-seeking in postpartum women with depression or anxiety: A qualitative study

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Objectives: Postpartum mental health challenges frequently involve co-occurring symptoms of depression and anxiety, yet nearly half of affected women do not seek psychological support, leaving these conditions untreated. This study examined women with clinically diagnosed postpartum depression (PPD) or anxiety (PPA), exploring perceived barriers and potential facilitators to help-seeking behaviour and ways to improve access to psychological support.

Method: To address the research questions (What factors hinder women with PPD and PPA from seeking psychological support? What factors could encourage women with PPD and PPA to seek psychological support?) a case study design within a qualitative research framework was employed. Semi-structured interviews were conducted with eight postpartum women diagnosed with PPD or PPA and analysed using inductive thematic analysis.

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Results: The barrier most frequently mentioned was the belief of women that childcare and health-related responsibilities should take priority over their own mental health needs. Women either had no one to leave their children with or distrusted others to care for their babies. Another common obstacle was ignorance of the severity of their condition, coupled with insufficient encouragement or empathy from healthcare professionals and women's families. The women recommended starting psychiatric evaluations in the maternity hospital and including mental health screenings in the state-funded six-week postpartum check-up. They also suggested offering alternative options for psychological support, such as remote consultations or home visits by a psychiatrist if necessary. The study is limited by its small sample size, comprising only women with a clinical diagnosis of PPD or PPA, potentially excluding the perspectives of undiagnosed women. Conclusion: The findings highlight the complex interplay of psychosocial and systemic factors affecting help-seeking behaviour in postpartum women with depression or anxiety. Addressing these barriers through proactive mental health interventions could significantly improve care delivery and outcomes for this vulnerable population.

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Paper number 526 | Electronic Poster

Examing the association between PBAT and Psy-Flex parameters

Sotia Nestoros[1], Katerina Georgiou[1], Maria Karekla[1]

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Process-Based approaches, such as Process-Based Therapy (PBT), aim on personalizing therapy as they focus on processes of change relevant to clinical interventions. The Process-Based Assessment Tool (PBAT), is grounded in the principles of PBT and seeks to examine processes of change intensively and longitudinally. The PBAT assesses variation, selection, and retention of behaviors. Items included in the PBAT also relate to the concept psychological flexibility. The Greek adaptation of the Psy-Flex is a six-item questionnaire designed to evaluate the six-core process of psychological flexibility. The objective of this poster is to illustrate the connections between the PBAT and the Psy-Flex. Our findings indicate that positive behaviors, as depicted in the PBAT, correlate positively with the Psy-Flex, while negative PBAT items correlate negatively with the Psy-Flex.

Paper number 702 | Electronic Poster

The Impact of social support on mental health and academic quality among Portuguese Higher Education students

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Introduction: The university experience has become increasingly challenging, particularly for students, rendering them a vulnerable population susceptible to psychological issues that have worsened over the years. Anxiety, depression, and stress are among the most reported conditions in higher education students, often serving as the root cause of challenges not only academically but also in various facets of their lives. Literature suggests that social support and self-compassion can protect against these difficulties. However, there is a lack of studies that address these variables in Portuguese higher education students. This gap may continue to lead to negative academic experiences for students, as well as the development of mental health issues.

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Objectives: This study explores the role of social support in Portuguese higher education students' mental health and academic experiences. Specifically, it seeks to understand how social support and the quality of academic experiences influence levels of anxiety, depression, perceived stress, self-compassion, and quality of life. Additionally, the study aims to examine the role of self-compassion in the relationship between social support and academic experiences.

Method: A sample of 200 Portuguese higher education students will be recruited. An online questionnaire will assess social support, perceived stress, anxiety, depression, self-compassion and quality of life.

Results: Students who demonstrate more social support are expected to report less stress, anxiety, and depression. Students with higher self-compassion are also expected to show more social support and have more satisfactory academic experiences.

Implications: This study provides data to the Portuguese literature on factors that can protect mental health and the quality of academic experiences.

Conclusions: It is expected that the results of this study may contribute to the implementation of more effective mental health intervention programs in higher education

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Paper number 703 | Electronic Poster

Adapting to Higher Education: Challenges faced by students with ADHD

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Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder with a diagnosis prevalence rate in adults that has increased significantly; between 2008 and 2018, it increased tenfold. In Portugal, research on mental health and academic adaptation among university students has recently gained focus. However, little is known about the challenges faced by Portuguese university students with ADHD. This study aims to understand how ADHD impacts adaptation and academic experiences, taking into account variables such as depression, anxiety, and stress. A sample of at least 200 Portuguese university students will be collected through an online protocol, utilizing the following instruments: Introductory Sociodemographic Questionnaire, the Diagnostic Interview for ADHD in adults (DIVA-5), the Hospital Anxiety and Depression Scale (HADS), and the Academic Experiences Questionnaire (QVA). The study hypothesises that students diagnosed with ADHD experience a lower quality of adaptation and academic experiences compared to their peers without a diagnosis of the disorder. Additionally, students with ADHD are expected to report higher levels of anxiety, depression, and stress. By exploring a significant gap in current literature, this study will enhance understanding of how adaptation to higher education and academic experiences can be influenced by ADHD, as well as levels of anxiety, depression, and stress. The results are expected to contribute to improving prevention and intervention programs aimed at enhancing the well-being of university students.

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Paper number 910 | Electronic Poster

The Mindful meditator: How mindfulness shapes stress responses in a Yoga Nidra Intervention

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The effectiveness of positive interventions can be influenced by several moderating variables. Higher baseline mindfulness can, for example, enhance receptivity to meditative practices. The different facets of mindfulness may vary in their importance as moderators of positive interventions. This study examines mindfulness as a moderating variable in the effects of short and long Yoga Nidra meditations on stress, sleep, well-being, and diurnal cortisol levels in a sample of 362 participants. Data were collected from a randomized controlled trial with two experimental conditions (EG1: 11-minute Yoga Nidra, n = 101; EG2: 30-minute Yoga Nidra, n = 80) and analyzed using structural equation modeling. Results revealed that baseline mindfulness enhanced reductions in subjective stress and rumination in the short meditation condition. The mindfulness facet "nonjudging" significantly reduced anxiety. In the long meditation condition, baseline mindfulness also correlated with reductions in subjective stress but attenuated reductions in total cortisol concentration. The facet "observing" was associated with decreased life satisfaction, while "nonjudging" improved life satisfaction. Additionally, the "describing" facet contributed to further reductions in rumination. These findings highlight the beneficial yet differential influence of trait mindfulness and discuss the biologically activating potential of heightened mindfulness, particularly in combination with longer Yoga Nidra meditations. The moderating effect of mindfulness as a trait can be both activating and relaxing, depending on the context, facet of mindfulness and the specific situation. Implications for operationalizing mindfulness are discussed, contrasting the Five Facet Mindfulness Questionnaire with a newly developed scale offering an alternative perspective on the construct.

Author's note:

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Paper number 995 | Electronic Poster

Effectiveness of mother-child interaction intervention based on the Precede model, on symptoms of emotional-behavioral disorders in children

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Research aims and objectives : The present study aimed to investigate the effectiveness of mother-child interaction intervention based on the Precede model, on symptoms of emotional-behavioral disorders in children.

Theoretical background : The PRECEDE model is among the most well-known frameworks for planning and promoting health behaviors. Within this framework, behaviors are considered to be influenced by both individual and environmental factors.

Research design/methodology/approach : we designed a program titled "Mother-Child Interaction" using the PRECEDE model. To develop this educational program, we identified the predisposing, reinforcing, and enabling

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factors for the mother-child interaction variable. Subsequently, the necessary training to enhance these factors was integrated into the educational program and taught to the participants. This research was semi-experimental research of pre-test and post-test type with a control group. The statistical population was the mothers of children with emotional and behavioral disorders in the city of Isfahan, Iran. from this population were selected 15 people were randomly assigned to the experimental group, and 15 people were randomly assigned to the control group. The mothers of the experimental group participated in 6 sessions of 60-minute mother-child interaction training based on the Precede model, and the control group did not receive any intervention. Both groups completed the Achenbach's Child Behavior Checklist-Parent Form before and after the intervention. The data were analyzed by multivariate tests .

Result : The findings showed significant differences between the experimental and control groups regarding the symptoms of emotional and behavioral disorders (F=36.588 and P=0.0001).

LIMITATION : This research did not have a follow-up period.

IMPLICATION :To date, no research has been conducted in Iran on the effectiveness of this model concerning emotional and behavioral disorders.this study further revealed the importance of mother-child interaction in reducing children's emotional-behavioral problems.

Paper number 525 | Electronic Poster

Siblings relationship: Emotional well-Being in children and adolescents

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The prevalence of Autism Spectrum Disorder (ASD) has risen significantly in recent years, with an estimated global prevalence of 1 in 100 individuals (Zeidan et al., 2022). Many children and adolescents (CAs) grow up with a sibling with ASD, which can influence family dynamics. Siblings of children with ASD are at higher risk for emotional and behavioral challenges, including anxiety and depression, with around 40% experiencing increased mental health issues (Petalas et al., 2009). Despite this, limited research has been conducted on the personal and family resources related to these mental health concerns.

Objectives: This study aims to assess mental health issues in the CA population and identify personal and family protective factors, comparing those with ASD siblings to those with neurotypical siblings or other neurodevelopmental conditions.

Methodology:

• Parents' Measures: Sociodemographic questionnaire, Depression, Anxiety, and Stress Scales (DASS-21), Mindfulness in Parenting Questionnaire (MIPQ), and the Assessment System for Emotional and Behavioural Problems in Children and Adolescents (SENA).

• CAs' Measures: SENA, Adapted Compassion Fatigue Scale (PROQOL).

Expected Results: CAs with an autistic sibling are expected to show more internalizing emotional problems, such as anxiety and depression, compared to those with neurotypical siblings or other disabilities. Families with higher levels of parental anxiety and stress are likely to report more emotional difficulties in their children. CAs with stronger personal coping resources are expected to be less affected by the family context.

Conclusions: Having a sibling with ASD may be a risk factor for poorer mental health in CAs. Providing resources and support is essential to promote emotional well-being in these children and adolescents.

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Paper number 800 | Electronic Poster

Developing a Polish Adaptation of the Relational Mindfulness Scale for Romantic Relationships

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Relational mindfulness, defined as the ability to be present and attentive in the context of a romantic relationship, plays a significant role in fostering relationship quality. Romantic partnerships are characterized by unique emotional dynamics, making relational mindfulness distinct from general mindfulness practiced in isolation or social contexts. Research suggests that relational mindfulness is a stronger predictor of relationship quality than general trait mindfulness, emphasizing the need for tools that specifically measure mindfulness within romantic interactions. The Relational Mindfulness Scale (RMS), originally developed by Kimmes and colleagues, addresses this gap by operationalizing mindfulness in romantic contexts.

The objective of the present study was to develop a Polish adaptation of the RMS to enable its application in Polish-speaking populations. The adaptation process involved translation, back-translation, and pilot testing to ensure cultural and linguistic appropriateness. Additionally, we evaluated the psychometric properties of the Polish version, including its reliability and validity, in a sample of individuals currently engaged in romantic relationships.

This presentation will outline the adaptation process, discuss the challenges encountered during the translation. By introducing the Polish RMS, we aim to provide researchers and practitioners with a valuable tool for assessing and fostering mindfulness within romantic relationships.

Paper number 835 | Electronic Poster

Is aging anxiety associated to appearance-contingent self-worth and self-compassion in middle-aged women?

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Women in middle age experience the first signs of aging, especially the signs of changing appearance. It is suggested that women experience more pressure related to their appearance than men as well as society's negative perceptions of aging looks, all of this can add to middle-aged women's aging anxiety. How much women associate their self-worth with appearance or on the contrary the generally accepting, self-compassionate attitude might be related to the level of aging anxiety in middle-aged women. As the association of these constructs to aging anxiety has not been much studied, the aim of this study was to analyze aging anxiety's association with appearance-contingent self-worth and self-compassion in middle-aged women. Participants of the study are women from 30 to 59 years old from Lithuania. Data collection of this ongoing study is planned to be finished by April 2025. The planned convenience sample is at least 300 middle-aged women. Used measures in the study are the Anxiety about Aging Scale (Lasher & Faulkender, 1993), the appearance subscale from the Contingencies of Self-Worth Scale (Crocket et al., 2003) and the Self-Compassion Short Form scale (Neff et al., 2019). Associations between aging anxiety, appearance-contingent self-worth, and self-compassion will be analyzed through

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correlational analysis as well as regression analysis using both constructs as aging anxiety predictors while controlling for sociodemographic information. The results of the analysis will be presented in this presentation. This study will be one of the first to analyze if appearance-contingent self-worth and self-compassion predict aging anxiety, which will provide important insights into aging anxiety research field. This study was financed by the Research Council of Lithuania (LMTLT), agreement No. S-PD-24-58.

Paper number 853 | Electronic Poster

User-testing of avatars in a digital, gamified ACT-based early intervention for eating disorders.

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An increase in the prevalence of eating disorders (ED) has been identified, with individuals experiencing impairments in multiple areas of functioning. In recent years, digital mental health interventions have been developed, aiming to prevent mental disorders and enhance mental health. Acceptance and Commitment Therapy is a third-wave cognitive-behavioral therapy for enhancing psychological flexibility by accepting and connecting with thoughts and feelings, rather than avoiding them, and targeting maladaptive strategies. Previous studies have indicated the potential of ACT-based digital early interventions in facilitating the prevention of ED, by targeting the function of ED symptoms (e.g. avoidance). A digital, gamified ACT-based early intervention for ED prevention could be appropriate for at-risk individuals, as it can target dysfunctional behaviors, thoughts, and emotions regarding their bodies and eating. This study aimed to create a set of diverse and representative avatars, through user-testing, that could be used for storytelling as part of an ACT-based digital, gamified early intervention for ED. Additionally, the active involvement of end-users has been suggested to increase treatment engagement and acceptability, which can then affect treatment outcomes. A set of diverse female characters was created by the research team to be tested with end-users. The sample consisted of 14 female participants, who were asked to answer questions regarding the acceptability, diversity, and reliability of avatars. Overall, the participants reported that they were most likely to choose an avatar that they found interesting and would like to be friends with, whereas non-preferred avatars were the figures that they found the least interesting or looked the least like them. Moreover, most of the participants reported finding the avatars realistic and acceptable, as well as diverse, likable, and relatable. Finally, based on the feedback provided, the avatars were modified, to enhance acceptability and inclusivity, and finalized for future interventions.

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Paper number 1086 | Electronic Poster

Examining changes in eating behavior awareness through participation in a mindful eating program

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Previously, we developed the “Mindful Eating (ME) Program for Well-Being” in collaboration with psychologists and dietitians and reported on the potential for improved mental health through participation in this program (Mimura et al., 2024). However, it has become necessary to examine the mechanism of psychological changes resulting from participation in this program and how these changes contribute to mental health improvement.

This study analyzed interview data from the participants to thoroughly examine the psychological changes resulting from participation in the ME program.

The workshop participants were 20 women who had no eating problems. The workshop consisted of three times each one-hour sessions once a month. During the program, the participants were given homework assignments. Seven participants (average age 55.71 years, SD = 13.52) agreed to contribute to the post-program interviews. Semi-structured interviews were conducted, and verbatim transcripts were treated as data. A qualitative analysis was performed using the Grounded Theory Approach.

As a result of the analysis, a theoretical model diagram illustrating the process of changing eating behavior and consciousness through program participation was developed. As participants became more aware of the various sensations associated with eating, they could feel satisfied even with smaller amounts of food. In addition, the time spent engaging in ME became an opportunity for self-reflection, leading participants to establish better dietary and lifestyle habits after reconsidering their conventional eating patterns. It was found that there is a process of balancing "the desire for a healthy diet" with "the desire to avoid the stress of eating only for health reasons." A future challenge is to expand the target population and verify the effectiveness of the program.

Paper number 663 | Electronic Poster

PERTUBA-HEALTH: A cognitively supportive, motivationally appealing and affectively rewarding gait training for health prevention based on passive perturbation

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The risk of falls is a fundamental predictor of reduced mobility and has a negative impact on the well-being and quality of life of those affected. Balance, coordination and postural stability as well as a person’s cognitive abilities and affectivity can influence gait performance. These human factors are significant predictors for safe walking in all age groups. This study introduces the concept of a novel gait training, Pertuba-Health, to improve physical and cognitive fitness and well-being regardless of age in healthy adults. Gait training is based on treadmill walking at low to moderate intensity and is equipped with a passive, continuous perturbation that simulates walking on uneven versus firm surfaces (control condition). The training is embedded in a newly developed task environment. The tasks include various sensorimotor, cognitive and affective training modules to support the control and maintenance

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of postural stability, attention and physiological arousal while walking. The tasks can be offered with or without motivation-relevant feedback. The results of a series of initial pilot studies in which changes in gait parameters, cardiac activity, cognitive performance and subjective experience were recorded as outcome measures provide insights into the effects of cognitively and affectively supported walking with perturbation versus without perturbation. The first recommendations for Pertuba-Health as a psychologically supported gait training intervention can therefore be made.

Paper number 184 | Electronic Poster

Effectiveness of outdoor abseiling: enhancing leisure satisfaction and resilience through experiential learning

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This study aims to investigate the effectiveness of outdoor abseiling as an experiential learning activity for enhancing leisure satisfaction and resilience. In recent years, various countries have grappled with a noteworthy prevalence of suicide among adolescents. Eastern cultures typically prioritize academic achievements, often neglecting basic psychological needs crucial for adolescent growth, like emotional regulation, problem-solving skills, and resilience. This oversight leads to various challenges faced by adolescents, particularly affecting those with limited education and unemployed youth, resulting in a lack of hope. To tackle these issues, investigating effective methods is urgent. The experiential education approach highlights that learners acquire firsthand insights, develop practical skills, and gain knowledge that can be transferred and applied in real-life situations. Abseiling, involving descending vertical surfaces with specialized equipment, pushes individuals out of their comfort zones into physically and mentally challenging activities, fostering leisure satisfaction, resilience and problem-solving skills in adolescents' developmental journey. However, research into the connections between leisure satisfaction and resilience in adolescents remains relatively limited.

Participants (N = 30, aged 16-24) were selected through purposive sampling and participated in a two-day abseiling training program. A pre-test and post-test design were utilized with the Experiencing Scale, Leisure Satisfaction Scale and Resilience Scale. Results indicated that participants who took part in this training showed higher levels of engagement in experiential learning, leisure satisfaction and resilience. These findings suggest that abseiling positively impacts adolescents' psychological well-being. The study primarily evaluates immediate improvements in satisfaction and resilience, necessitating further research on the long-term retention of these benefits. This research enhances understanding of how abseiling enhances leisure satisfaction, problem-solving skills and resilience, offering valuable insights for psychologists, outdoor educators, and social workers in designing effective interventions for adolescents.

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Paper number 926 | Electronic Poster

How can ai classify the Rorschach protocols?

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[Introduction]

The aims of this study is to explore usefulness in clinical practice of AI Based on the Rorschach protocol data, we considered how can AI identify any characteristics of classifying the data to two groups.

[Methods]

Target data : 40 protocol data on the card1 were used, which were consisted of both 20 schizophrenics(Schizo)(mean age = 36.05, SD = 10.84) and 20 personality disorder(PD) patients(mean age = 29.30, SD = 9.03). They has been consented to administrate the Rorschach out of clinical necessity and permission for this study has been obtained from our hospital.

Procedure: for all the data, ChatGPT3.0 was instructed to identify any characteristics of 2 groups(being also included the data during the inquiry). But it did not given the diagnostic information.

[Results & Discussion]

Through text-based analysis, the AI set the following criteria for grouping: analytical thinking type and abstract/emotional type.

The first group included protocols from 8 PDs and 12 Schizos. The next group included protocols from 12 PDs and 8 Schizos.

It was found that when AI, which was not given any diagnostic information, divided the protocols into two groups, it did so based on the following characteristics: 1) whether the shape that was seen was specifically identified and explained in terms of parts, such as ‘this is a feather,’ and 2) whether the description included strong emotional expressions such as ‘scary’ or ‘sad.’

[Conclusion]

Although it is natural that we cannot expect the AI to classify them into the correct diagnostic category, the possibility of using the AI's judgment for interpretation was partially suggested.

Paper number 978 | Electronic Poster

Understanding predictors of volunteering among older adults in the Baltic states

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Volunteering among older adults is promoted as a way to enhance well-being, provide purpose, and reduce loneliness. However, factors such as poor health, financial constraints, or even personality may limit participation. Some research indicates that Lithuania and Latvia have low levels of older volunteers, while other studies suggest similarly low levels in Estonia. This illustrates the need to study barriers and identify factors encouraging participation. Given the Baltic States' shared historical, cultural, and socio-economic backgrounds, we aim to examine various predictors of volunteering among older adults in this region. Methods. Data were obtained from

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Waves 7 and 8 of the Survey of Health, Ageing and Retirement in Europe (SHARE), including 954 respondents aged 50–93 from the Baltic States: Lithuania (n=94), Latvia (n=154), and Estonia (n=706), with a mean age of 67.46 years (SD=10.67), 36.9% male. Results. A logistic regression analysis was conducted to examine predictors of volunteering among older adults. Among personality traits, higher levels of extraversion and openness predicted a greater likelihood of volunteering, while higher conscientiousness predicted a lower likelihood. Having limitations in daily living and lower income reduced the likelihood of volunteering, while older age was also linked with lower participation. Individuals with higher education were more likely to volunteer compared to those without. Limitations. Smaller samples for Lithuania and Latvia compared to Estonia may limit generalizability, and the cross-sectional design prevents causal conclusions. Implications. Our research provides insights into the predictors of volunteering among older adults in the Baltic States, offering a better understanding of barriers and facilitators. These findings can guide policymakers in developing targeted interventions to address barriers, improve accessibility, and promote volunteering opportunities for older adults. The research was conducted as a part of the project “Sustainable working-life for ageing populations in the Nordic-Baltic region” (No. 139986 financed by NordForsk).

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Paper number 1184 | Electronic Poster

Mental health aspects of online communities for perinatal mothers: A systematic review

Kateřina Azim Aburas[1, 2], Eva Dragomirecka[1, 2], Emma Kvevik[3]

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[3]University of New York in Prague, Czech Republic

Background: Mental health challenges are a major concern during the perinatal period, representing a key health issue for women at this stage. In the past decade, online communities for mothers have emerged as spaces for engagement and knowledge exchange. However, evidence regarding their influence on perinatal mental health remains scarce. This review sought to explore the psychological effects of involvement in online motherhood communities during the perinatal period.

Methods: Adhering to PRISMA guidelines, the review identified 406 studies. Two reviewers independently conducted the quality assessment. Fourteen full-text studies were found eligible for inclusion after the assessment process.

Results: The findings suggest that participation in online communities can promote social support and information sharing among participants. Online communities are valued by participants for their immediacy, perceived unbiased information, and accessibility. Mixed effects were found in studies on the impact of online communities on mental health.

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Paper number 164 | Electronic Poster

The tyranny of beauty: The body as the object where democracy is pursued

Deborah Auer[1]

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The aim of this paper is to discuss how tyranny moves in and out of the therapy room in the form of intangible societal standards of beauty. Through a clinical case discussion, with supporting research, it will be highlighted how the narcissistic structure can be brought into the therapy room through a patient's desire to seek out cosmetic surgery.

The theoretical background supporting this discussion stems from multiple sources of published research and a doctoral thesis.

There is often a gap between our self-perception and our actual selves. We often do not rate ourselves in the same way as the general population will see us. For example: more universally unattractive people will see themselves as more attractive and visa versa. If we are not able to see what the other does when looking in the mirror, it begs the question of what are patients are actually seeking by pursuing cosmetic surgery and potentially leaving it to one surgeon to determine what is considered beauty? In order for psychologists to gain expertise supporting this patient group, it is important that the multiple layers at play are considered in the work. It is also important for psychologists to consider the role/function they play especially if they are involved in assessing patient suitability for surgery specifically elective procedures.

Research indicates that with appropriate psychological support patients are likely to achieve better postoperative outcomes.

This objective in sharing knowledge and current research in this field is to increase the skills of psychologists who are keen to work with patients who struggle with body image and appearance anxiety.

The implications for practice are that it would increase the number of psychologists who may consider pursuing this area of practice and increase their skills in working with this patient group.

Paper number 571 | Electronic Poster

Coaches' characteristics in fostering an elite athlete's independence: A longitudinal research from a psychodynamic perspective

Olivia Chisato Ogawa[1]

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This study aimed to examine the characteristics of coaches who train elite athletes returning to competition after retirement. It utilized a 10-year longitudinal case study, focusing on how coaches foster independence and support transitions in elite sports education.

Previous literature in clinical sports psychology states that elite Japanese athletes often exhibit psychological immaturity due to lifelong dependence on parents and coaches, impacting their post-retirement careers. This study investigated the characteristics of coaches that promote athletes' independence from a psychodynamic perspective and identified effective strategies for supporting elite sports education.

The study involved an elite Japanese athlete who returned to competition after retirement. The athlete participated in semi-structured interviews exploring their identity status, developmental history, and family relationships, and

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sentence completion tests. Follow-up studies were conducted after 5 and 10 years. Data were analyzed using Marcia's Identity Status Rating Scale and Kawakita's KJ method.

The athlete exhibited Marcia's "foreclosure" and Ogawa's "dominated" upon entering university. While the athlete remained under parental control for some time, signs of independence emerged through persistent negotiation with the parents (at the initial research stage), adjustments in the relationship (after five years), and a return to competition (after 10 years). This progress was attributed to the coaches' guidance throughout their athletic career. The athlete was encouraged to think independently, make decisions, and reflect on their actions. Coaches observed their performance and provided guidance, fostering autonomy rather than directing play. Emotional development was evident as unresolved anger toward past parental control resurfaced when re-entering the athletic environment (after 10 years).

In conclusion, coaches' supportive actions and guidance foster athletes' psychological independence, and growing independence among athletes may lead to unresolved negative emotions toward parental control becoming more apparent. Further research is warranted to develop a support system for parents and coaches to effectively address athletes' psychological development.

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Paper number 877 | Electronic Poster

The "Me.Mo" Project: A framework for understanding college students' well-being and alcohol misuse

Arianna De Ciechi[1], Claudia Mazzeschi[2], Veronica Raspa[2], Laura Muzi[2], Irene Severi[2], Elisa Delvecchio[2], Livia Buratta[2]

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The purposes of this study are twofold: (1) to introduce Menti in Movimento (Minds in Movement) "Me.Mo" (PROBEN_0000011-FISR/ID:J53C24001700001) a project aimed at supporting students' mental and physical well-being through (a) mapping the health status, risk behaviors and determinants via a large-scale survey and (b) implementing a preventive intervention model focused on mentalization, social and communication skills; and (2) to identify (dys)functional profiles within a sample of college students by examining protective and risk factors associated with risky behavior, particularly alcohol use. Excessive alcohol use is a leading risk factor for mortality and disability. Emerging adulthood (EAs, ages 18–29) is the age group that drinks the most, with 33% of Italian EAs reporting alcohol consumption. This phase of life, often described as a "time of instability", brings significant challenges that can lead to psychological distress, with alcohol sometimes used as a coping mechanism. College students are known to drink more than their non-college peers. For this study, a large-scale survey assessed college students' overall health and behaviors, focusing psychosocial factors associated with alcohol use, including flourishing, parental and academic support, internalizing symptoms, and academic stress. A latent profile analysis was conducted. Building on preliminary data, we hypothesize that students with higher-risk alcohol consumption will exhibit profiles marked by poorer psychological health and diminished strengths, particularly in flourishing. These profiles could, in the future, be instrumental in identifying for whom the Me.Mo intervention may be most effective.

Limitations, including a self-selected sample, affecting generalizability of findings and reliance on self-administered measures introducing potential bias, were considered. In conclusion, mapping determinants of health and well-being in college students is crucial for addressing psychological distress and addiction risks, such as alcohol misuse, and for informing prevention strategies like Me.Mo, which aims to implement data-driven interventions.

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Paper number 9 | Electronic Poster

Redirected paths: Exploring the lived experiences of dismissed medical students in Manila, Philippines

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This paper explored the lived experiences of five dismissed medical students from prominent universities in Manila, Philippines. Each participant had completed at least one year of medical studies before being dismissed due to failing marks. Through qualitative research, the study delved into their emotional, psychological, and social responses upon receiving the news of their dismissal. The findings highlighted the multifaceted impact of academic dismissal on their well-being, capturing their struggles, coping mechanisms, and subsequent life adjustments. This research aims to provide insights into the unique challenges faced by dismissed medical students, offering implications for support systems and intervention strategies within academic institutions.

Paper number 114 | Electronic Poster

Cognitive profile vs intellectual quotient - The Wechsler Scales as a predictor of academic and professional success: A clinical case

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Since the first edition of the Wechsler Scales, IQ scores have always been considered the "starting point" for interpreting results. With the WISC-IV (Wechsler, 2003, Italian ed. 2012) and the WAIS-IV (Wechsler, 2008, Italian ed. 2013), the structure of the Scales has changed: the traditional Verbal and Performance IQ scores were replaced by factor-derived scores called "Indices."

"Departing from previous Wechsler scale interpretation systems, we prioritize the discussion of cognitive profiles over the sole reliance on the IQ score" (Weiss et al., 2010). This shift in perspective unlocks valuable and profound insights, underscoring the significance of individual cognitive strengths and weaknesses.

The aim of this paper is to describe the case of Giorgia, a 19-year-old girl who initially received a diagnosis of mild Intellectual Disability (ID), based on her IQ score. Giorgia was attending her final year of high school, she had difficulties in mathematics, and had never received special educational support.

Objectives:1) To demonstrate the significant imbalance in her cognitive profile (visuo-perceptual and verbal areas); 2) To show how reinterpreting the results of the WAIS-IV scale, through the factorial interpretation of its indices, made it possible to understand that it was a clinical condition different from Intellectual Disability (Nonverbal Learning Disorder Profile); 3) To demonstrate how analyzing the indices can predict academic and/or professional success, guiding young individuals in their choices.

Conclusions:The Wechsler Scales, in their new neuropsychological structure, represent a highly powerful clinical tool capable of highlighting strengths and weaknesses, predicting and guiding academic and professional success and decisions. Today, Giorgia is about to complete her university studies.

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Paper number 370 | Electronic Poster

Cognitive depressive triad in premenstrual disorders

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Premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD) are severe mental disorders in which affective, behavioural, cognitive, and somatic symptoms occur only in the late luteal phase of the menstrual cycle. Premenstrual disorders are relatively common (prevalence of PMS: approximately 20-30%, of PMDD: in 3-8%) and cause significant suffering as well as functional impairment. However, they still remain an understudied topic - research on their psychological mechanisms are especially lacking. The aim of the study was to test if Beck's depressive triad mediate the relationship between risk factors (trauma and increased stress) and premenstrual symptoms - as measured retrospectively and prospectively. The study sample consisted of 228 adult menstruating people, 90 of which also filled symptom diaries for two menstrual cycles. Significant mediation paths (partial and full mediation) were found both in the cross-sectional (retrospective measure) and longitudinal (prospective diagnosis) part of the study. While design of the study does not allow to infer causality, it still provides some important insights into psychological functioning of people affected by premenstrual disorders and may have some useful clinical implications.

Paper number 1165 | Electronic Poster

Personalized assessment method (PAM) of subjective well-being (SWB) in older people with Parkinson's disease (PD): Development of a digital tool

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Parkinson’s disease leads to a variety of impairments that can be highly individual and thus also lead to differential impact on the everyday life of patients and their Quality of Life (QoL) and subjective well-being (SWB). Since the symptoms of PD and their impacts on daily life and SWB can differ from person to person, it is necessary to assess SWB and its conditions in a personalized way. This project aims to develop a brief personalized assessment method (PAM) to measure SWB in PD patients that will be implemented in a digital format. As a first step, we identified the impact of body and mental functioning, limitations of activities, and of personal and environmental factors on SWB level (method: systematic review and meta-analyses based on the ICF framework). Next steps will be the determination of PD patients subtypes (method: cluster analysis with large existing data sets on PD patients); and consequently, the development of a new and brief digital personalized assessment method of SWB. In this contribution, we will focus on the first step. Results: The majority of the 96 studies investigated variables within the domains of body functions/structures (77), and personal factors (31), with a focus on demographic factors and individual-disease attributes. A smaller number of studies explored variables representing the domains of activity level (15), environmental factors (2), and participation level (1). The most pronounced association was observed in the domain of body (and mental functions)/structure, emphasizing mood and mental disorders. In contrast, the smallest relationship was identified within the domain of environmental factors. Limitations: the review was limited to published studies in English. Conclusion: More research is needed to identify factors associated with SWB in PD patients. We identified ICF domains that currently lack empirical evidence, such as domains of participation and environmental factors.

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Paper number 67 | Electronic Poster

The perceptions and experiences of families dealing with substance use disorders: implications for holistic employee wellness programmes

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Neglecting the significant role played by family members in the post-rehabilitation trajectory of substance abusers can pose a significant challenge to support intervention programs within the workplace. This paper reports on a small-scale qualitative investigation that used focus group interviews with family members to explore their perceptions and experiences of being confronted with family members with substance use disorder. The findings are presented through three themes; 1) emotional burden; 2) coping and avoidance strategies and 3) support needs of family members. Recommendations highlight how employee assistance programs can provide a comprehensive suite of holistic support systems.

Paper number 298 | Electronic Poster

Siblings as caregivers: Life projects and challenges in the care of persons with disabilities

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In Uruguay, the last decade has highlighted a deepening of care issues for people with disabilities, reflected in public policies such as the National Integrated Care System (SNIC). This system recognizes three populations that require attention: children, individuals dependent due to disability and/or old age, and a fourth group that stands out: caregivers, both formal and informal.

This study focuses on the siblings of people with disabilities, a caregiving role that is not well systematized at the local level. With the increasing life expectancy of people with disabilities, it is the siblings who will take on caregiving when parents can no longer do so, leading to the phenomenon of composite care, where one person is responsible for the care of more than one generation.

Two objectives were proposed: i) to characterize the profile of siblings in terms of care burden and perception of family health and social support, and ii) to problematize the caregiver role in the life projects of these siblings.

The research included 60 siblings of people with disabilities, aged 18 to 65, who participated in workshops using group techniques and standardized scales at the beginning of each session.

Preliminary results indicate that younger siblings do not have a greater care burden than older siblings, although they perceive their family health to be poorer. Both age groups exhibit a negative perception of social support, which varies according to the type of disability.

More conclusive results will be presented in December 2024 at the conclusion of the encounters. The results are not generalizable to the entire population but contribute to the understanding of the implications of caregiving by siblings of individuals with disabilities.

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Paper number 537 | Electronic Poster

Stop Phone: For correct, conscious and intelligent use of the mobile phones

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Today, the use of smartphones is increasingly spreading. 12% of minors from 4 to 10 years old already own a cellular phone; the age bracket from 11 to 17, 86.4% of teenagers own a smartphone. In the last 20 years the construct of the "new addictions" has emerged, which main characteristic concerns the replacement of the real world with an illusory reality and the saturation of emotional needs through virtual experiences.

The Ser. T of Augusta has launched the project Stop Phone with the intent of detecting the ways in which young people use the phone and consequently observe a possible change with the help of a training which would allow to re-establish a balance between the emotional systems. The study involved 240 primary school and 208 secondary school pupils, detecting the risk of addiction through SAS-SV and the DASS questionnaire. A part of the group was subjected to: Bergen, UCLA Loneliness and Barc Recovery Capital. Results: more than 40% of the sample group has a high risk of addiction and as many as 36% already have an addiction. In particular girls have a higher risk. It also emerged that the scores obtained at SAS-SV are positively predicted by DASS, by loneliness and by the levels of social media usage, and negatively by the results of Barc Recovery Capital.

Although the data obtained shows that following participation in the activities there was a significant reduction in the risk to develop an addiction, the question of the cause-effect link between emotional states and addiction remains open, which would allow us to understand the target on which to work to obtain a further change. The random sample, chosen on the basis of the availability of the local area, and the non-correspondence between the second and the first sample represent a limit.

Paper number 652 | Electronic Poster

The effectiveness of Mandala as a mindfulness tool for personal well-being

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Objective: To explore the effectiveness of mandalas as a tool for enhancing mindfulness and promoting personal well-being. The primary goal is to assess whether engaging with mandalas can improve emotional regulation and reduce stress. Integrating mandala creation into mindfulness practices, can demonstrate its potential for enhancing psycho-emotional health.

Background: The principles of Mindfulness are awareness, presence, and non-judgmental observation. Mandalas, with their symbolic representation of unity and harmony, align well with mindfulness principles. The repetitive nature of mandala design and the focus on symmetry have been shown to trigger calming effects and encourage deep concentration, which are essential for mindfulness. Previous studies have suggested that mandalas activity, can improve emotional well-being.

Methodology: The study combined quantitative measures (pre- and post-test assessments of stress and emotional well-being) with qualitative analysis (participant interviews). A 50 adults was asked to engage in mandala creation sessions for a period of 8 weeks. Participants were asked to complete self-report questionnaire before and after the intervention. A open-ended interviews provided insight into participants' subjective experiences and perceived benefits.

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Results: Data suggest that with mandala creation participants noted enhanced awareness of their thoughts and emotions. Results showed increased feelings of calm, relaxation, and a heightened sense of self-awareness, aligning with existing literature on mindfulness and art-based interventions.

Limitations: Include a small sample size and the relatively short duration of the intervention. Further research with larger, more diverse samples and longer follow-up periods is necessary to fully understand the long-term effects of mandala creation on mindfulness and well-being.

Implications for Research: The study offers a novel perspective on how creative practices can be integrated into therapeutic settings to enhance psychological health. Given the simplicity of mandala activities, they could be incorporated into educational and clinical settings as a cost-effective and easily implementable mindfulness tool.

Keywords: Mandala, Mindfulness, Well-being

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Paper number 326 | Electronic Poster

Biosuggestive therapy in the correction of mind/body disorders

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The purpose of this workshop is to introduce psychologists to the method of Biosuggestive therapy. Biosuggestive therapy (BST) is a psychotherapeutic technique developed in Ukraine. This method combines verbal and non-verbal suggestion techniques, including special voice modulation and imagined or real touch, to induce a therapeutic state of relaxation. BST is tailored for rapid recovery from acute and chronic trauma, showing significant benefits after just a few sessions. It is recommended for individuals with psychosomatic symptoms, such as anxiety, stress, insomnia, and chronic pain. The therapy has been integrated into Ukraine's rehabilitation efforts for combatants and civilians. Studies have demonstrated its efficacy in reducing symptoms of pain and improving emotional well-being. BST can be used independently or alongside other therapeutic methods, providing a versatile approach in both individual and group settings, including online adaptations. The positive effects of BST extend beyond patients to the therapists, making it a widely accepted method among mental health professionals.

Paper number 1123 | Electronic Poster

What builds the subjective well-being of the broken-hearted?

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Objectives: This research aimed to explore predictors of subjective well-being among people who experienced unrequited love and romantic breakups.

Background: Perturbances in romantic relationships are commonly highlighted as devastating for person's well-being. Unrequited love and romantic breakups are associated with higher level of depression, ruminations. Subjective well-being consist of life satisfaction and affective balance. Compassion and resilience can buffer the well-being from negative consequences of such events as breakup or unrequited love.

Methodology: 261 young adults (77% female) filled an online survey consisting of: Satisfaction With Life Scale, Scale of Positive and Negative Experience, Patient's Health Questionnaire-9, Event-related Rumination Inventory, Compassionate Engagement and Action Scales.

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Results: The U-Mann Whitney's tests showed no difference in life satisfaction (U=8179; p=.921) and affective balance (U=7211; p=.086) between people who experienced breakup and those who experienced unrequited love. Regression models explained the variance of life satisfaction and affective balance among compared groups. Both models contained gender, sexual orientation, compassion for others, compassion from others, self-compassion, resilience, depression, intrusive rumination. Additionally the breakup model included the variable describing who initiated the breakup. The models explained 47% (F=11.24; p<.001) and 61% (F=19.25; p<.001) variance of life satisfaction and affective balance among people who experienced unrequited love and showed depression as significant predictor of them (t=-4.532; p=.001). Analogical model explained 45% (F=13.57; p<.001) and 63% variance(F=28.05; p<.001) of life satisfaction and affective balance among those who experienced breakup. Self-compassion (t=2.716; p=.007), resilience (t=4.216; p<.001) and depression (t=-4.598; p<.001) were significant predictors of life satisfaction. Compassion for others (t=-2.1908; p=.03), resilience (t=3.2028; p=.002) and depression (t=-8.9318; p<.001) were significant predictors of affective balance.

Limitations: Limitations include using self-descriptive tests, non-equal gender distribution, non-equinumerous groups of comparison.

Practical implications: Presented results should be taken into consideration while planning well-being-oriented psychological interventions for people who experienced unrequited love or breakup.

Paper number 364 | Electronic Poster

The social dimensions of psychological interventions: The case of Italy

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Law 328/2000, known as the "Framework Law for the Implementation of the Integrated System of Social Interventions and Services," reformed Italy's Social Services by introducing a multidisciplinary, integrated system. Its goals are to enhance the quality of life, ensure equal opportunities, support biopsychosocial well-being, prevent discrimination, and protect citizenship rights, addressing disabilities and diverse individual, family, and social challenges.

This Law aligns with the principles regulating the psychological profession outlined in Law No. 56 of 1989, which defines the psychologist's role as involving cognitive and intervention tools for prevention, diagnosis, habilitation-rehabilitation, and psychological support for individuals, groups, and communities, along with research and teaching.

Currently, psychologists in Social Services serve as "Psychologist Officers" within Local Authorities, under the National Collective Labor Agreement (CCNL) for Local Authorities, classified in the "Area of High-Level Qualification."

Decree No. 268 of August 7, 2024 emphasizes the need for a structural and organizational revision in a few Social Services Units, such as the Unitary Access Point (PUA) and the Multidisciplinary Assessment Unit (UVM), especially in the areas of Socio-Health Integration. These Services handle demand and user requests, and different aspects of psychological expertise are essential.

This situation is particularly challenging, with an increase in complex social problems, which require a community approach to be tackled and the need to promote and implement community intervention programs.

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Our contribution describes an “ongoing process” and outlines the steps necessary to establish regulatory and cultural pathways to develop the social dimensions of psychological interventions.

Paper number 645 | Electronic Poster

Functional features of adaptation to emotional stress among foreign medical students studying in Ukraine

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The objective of this research was to study the intersystem integration, which is the base for the development of body resistance to the effects produced by stress factors. The object of the research was a group of medical international students of 1-3 years who were examined during educational process in KhNMU (2020-2022). The peculiarities of intersystem integration of cardiorespiratory system based on coupling index (CI), and integrational brain activity based on intellectual workability in conditions of correction test were studied. The research of complex of psychophysiological indicators in the dynamics of studying revealed the formation of chronic emotional stress in medical students, the severity of which depends on the individual characteristics of the psychophysiological status of students. Formation of adaptation to the educational stress is of stepwise charter, the initial period is accompanied by activation of non-specific adaptive mechanisms in almost all the students. Since the 2nd year, only 40% of students develop adequate adaptation to the training load by demonstrating the increase in intellectual performance; 43% of students with nonspecific adaptive mechanisms goes into a stage of specific adaptation, but the severity of changes in psychophysiological indexes is strongly pronounced. On the 3rd year of study it leads to the depletion o f adaptive capabilities. In 17% of students it was seen that the stage of activation of nonspecific adaptive mechanisms rapidly changed by their depletion, that is accompanied by decrease of intersystem integration and intellectual workability. This is the evidence of prevalence of disintegrational processes in the organism. Based on results of the research, a conclusion can be drawn that the formation of adaptive optimum to psycho-emotional stress occurs only in 40% of students. The majority of students (60%) showed either the initially insufficient adaptive capabilities, that naturally leads to psychological and vegetative disorders in the organism.

Supporting developing psychologists

Paper number 597 | Electronic Poster

Surprise or disappointment? The influence of streamer appearance and blind box products on consumer behavior

Hui-Yi Lo[1], Ting-Yu Chang[1]

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In recent years, blind box products have surged in popularity, particularly among younger demographics, due to their inherent uncertainty and the element of surprise (Zhang & Zhang, 2022). This randomness fosters curiosity and anticipation, enhancing consumer engagement. Live streaming commerce is an emerging marketing strategy that has the potential to influence consumer decisions during purchases, especially regarding uncertain products.

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This study examines how streamer appearance and preferences for blind box products influence the likelihood of purchase and their impact on return intentions and probabilities.

The research delves into the significance of streamers' appearance and product preferences in shaping consumer decision-making. As e-commerce continues to expand, return behaviors—often associated with dissatisfaction or unmet expectations—have become increasingly prevalent (Lv & Liu, 2022), especially in the context of blind box purchases. This study focuses on post-purchase return intentions and probabilities, employing face-swapping technology to substitute streamers' faces with AI-generated images.

To examine the research questions, one pretest and one experimental study were conducted. The pretest manipulated stimuli (face vs. product preference): favorite/unfavorite vs. high/low. A factorial experiment was conducted following the pretest to explore the research questions further.

Five hundred eighty-three valid participants were recruited from an online platform. The findings indicate that product preferences influence return intentions and probabilities across genders. Notably, for female consumers, the faces of favorite streamers lead to higher product returns when offered low-preference products. Gender differences may play a crucial role in determining return rates for purchases.

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Paper number 557 | Electronic Poster

Developing industrial and organizational psychologists for the future

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Research Aims and Objectives: The Fourth Industrial Revolution with advanced technologies continues to shape the world of work and highlight the challenges of the Industrial and Organizational Psychologists' future roles. Preparing aspiring psychologists within the South African context with relevant knowledge and skills to function and adapt effectively within these evolving and uncertain contexts of increased employability challenges, necessitate an understanding of the skills that should be developed in this regard. The study investigated the required supportive skills to master during training and assessed students' insight into the extent of skills development in the current curriculum.

Theoretical Background: The theoretical perspectives of human, social capital, and psychological capital including self-regulation and self-motivation were considered.

Research Design: A scoping review of existing reviews was conducted over the past 8 years regarding career adaptability and other soft skills for the future. Additionally, a brief survey was conducted among psychology students to gain insight into their perceptions of skills development within the current curriculum.

Results: Overlap was noted in the literature between reported career adaptability and soft skills e.g. intra and inter-personal level, methodological and technological skills. Students reported skills gained across their modules with most skills developed in the research methodology and project components.

Limitations: Current studies were not included in the review but were however consulted. Qualitative studies among students will allow for in-depth insight into the skills they developed in the different modules.

Implications for practice: A thorough curriculum analysis will identify opportunities and teaching methods for optimal skills development that should be implemented more intentionally and transparently. Developing a portfolio of evidence in this regard will contribute to higher perceived levels of confidence and employability in aspirant industrial and organization psychologists, better preparing them to manage future challenges.

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