APPLIED PSYCHOLOGY AROUND THE WORLD

Voices of the Early Career Applied Psychologists

December 2023

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Editorial

Pr. Dr. Christine Roland-Lévy, IAAP Past-President (2022-2026)

IAAP is really dedicated to involving the younger generation of Applied Psychologists from around the world. IAAP does that via a series of actions and activities. Among these, there are three key activities for the young people within IAAP that I wish to mention here:

Among IAAP's 18 Divisions, one of them, **Division 15**, is devoted to *Students and Early Career Psychologists*. It is a very dynamic Division organizing events throughout the year, including at the United Nations.

The **3rd Early Career Marathon: Integrating Research and Practice**, took place from Saturday, November 11 at 9:00 AM London to Sunday, November 12 at 9:00 AM London time. This Marathon is a real pleasure for all, for the participants, the Discussants and the public.; more to follow about this ECM throughout this issue.

As very well described later in this issue, by **Pedro Altungy-Labrador**, Past-President of Division 15, the main leader of the 3rd Early Career Marathon, whom I thank very much in the name of IAAP for his enormous work with this project:

"This initiative (ECM) was born during 2021, in the immediate aftermath of the worst months of the COVID-19 pandemic, an event that shocked and affected all the world, but which also generated an unprecedented global collaboration in the creation of a vaccine that helped saving millions of lives. This international partnership in the quest for the creation of a cure is a great example of what we can achieve when working together, in spite of the possible existing differences that there may be between us, but which dim in the light of what make us equal. It also reflected what became the motto of our ECM: integrating research and practice. In times when there were great uncertainties regarding when "normal" life could return, IAAP had very clear that science and international collaboration could not be put to a halt. Taking advantage of the possibilities that the latest communication technologies provided, the idea was born: the organization of a virtual congress that would keep alive the flame of international joint effort in advancing in the creation of a better world through science and its applications in the day-to-day; the ECM."

The **Advanced Research Training Seminar** (ARTS), as the third action devoted to IAAP's future, is a special kind of summer school program organized by IAAP. It is a capacity-building workshop that takes place every four years in conjunction with the International Congresses of Applied Psychology (ICAP) since 1992. ARTS promotes excellence in research skills and facilitates exchange and dialogue amongst early career scientists. ARTS is organized around group projects. Six team leaders (early career researchers: assistant professor, postdoc) are recruited to organize and coordinate an international research project on the topic of their choice. Each of these six teams are composed of a team leader and three to five participants (PhD candidates or Master students). The projects last around 12 months. ARTS participants come from all over the world and most of the communication is via the Internet; nevertheless, they have the opportunity to meet each other for a few days during a workshop organized prior to the ICAP. The last one took place in London in June 2023, and the projects are still running. Thank you so much to Jérémy Wilson-Lemoine who once again is taking care of ARTS.

Editorial cont.

Thus, this fourth issue of Volume 5 of *Applied Psychology Around the World* is providing voice to Students as well as to Early Career Applied Psychologists from around the world.

During the 3rd *Early Career Marathon: Integrating research and Practice*, there were some specific events.

The first event I wish to talk about is the Key Note by **Prof. Machiko Fukuhara**, from Tokiwa University in Japan. This Key Note is a special one as **Dr. Fukuhara** is the recipient of the 2022 **IAAP Distinguished Professional Contributions Award**. This Award was established in 1982, and recognizes "outstanding contributions to the international advancement of the practice of psychology". It is given to a candidate who has developed, refined, and implemented practices, procedures, and methods that have had a major, demonstrable international impact on the practice of psychology or policy interventions in more than one country. In fact, Dr. Fukuhara has a long and distinguished career as a Japanese academic and as a vital, moving force in organized psychology, both in Japan and internationally. She played an important role in the building of counseling psychology in Japan with her introduction of Micro-counseling as a model and practice, and has been involved in international collaborative research, for example with Dr. Charles Spielberger on State-Trait Measures of Anxiety, Anger, Curiosity, and Depression. Dr. Fukuhara has served in many professional roles, including Director of the Japanese Association of Micro-counseling, Director of Psychoeducation Institute in Japan, and President of the International Council of Psychologists. In each of these roles, as well as service on boards and committees for a range of organizations, Dr. Fukuhara's approach is generative and expansive. She focuses on expanding psychology's role and impact, graciously involving a broad range of colleagues in common work. She finds mechanisms for increasing international understanding – through leadership in promoting collaboration and through generosity in establishing awards to celebrate a history of scholarship and service, and to promote the

development of a new generation of international scholars. Dr. Fukuhara has a long history of serving organized psychology. Her service to IAAP includes two terms on the Board of Directors. Dr. Fukuhara was made an IAAP Fellow in 2014 in recognition of her contributions to applied psychology. We thank her for her work and we are very grateful that she accepted to give a Key Note at this year's ECM. Indeed, it is not a surprised that she accepted this task as, according to Dr. Merry Bullock, Dr. Fukuhara is dedicated and committed "to a psychology that is inclusive across the world and that is accessible to everyone regardless of their career stage." The Key Note made by **Prof. Machiko Fukuhara** during the ECM is presented here in text with references, but can also be watched online.

Among the other Key Notes, there were two Key notes delivered by our first two winners from last year's ECM: One was by **Dr. Nimrod Levin** (Israel) and the other one by **Guilia Sesini** (Italy).

Another interesting presentation was a Conversation with our President and **Dan Ariely**; one can find more on this very stimulating exchange in **Lori Foster's message** about *The Sixth P: Bridging Insights and Action*, which includes a link to the interview.

There also was a stimulating **Panel Discussion** on the theme of Psychology and Technology with representatives of other students' associations, that is EFPSA, GSPC and APA, chaired by **Marija Davcheva**, our current President of Division 15.

Editorial cont.

Awards 2023

Based on the selection from the Scientific Committee, the first winner of this year's Early Career Marathon is **Harriet Pinel**.

Congratulations to Harriet who won the first prize of this year's ECM with her presentation entitled: *Nudge Interventions to Promote Sustainable Behaviours in Organisations*.

With that prize, her travel and registration costs will be covered for in order to attend the *International Congress of Applied Psychology*, which will take place in beautiful in Florence in **July 2026** and a Young Board Observers seat at the BoD meeting preceding the ICAP in Florence.

Also based on the selection from the Scientific Committee, the second-best presentation of this year's Early Career Marathon is **Shelby Grahn**.

Congratulations to Shelby who won the second prize of this year's ECM with her presentation entitled: *From Wanting to Helping? Psychopathic Traits, Priming and Costly Helping.*

With that prize, she has free registration for the Florence ICAP in July 2026 and a Young Board Observers seat at the BoD meeting in Florence.

Moreover, ther are three Runner-up winners that were selected by IAAP's members. They have will each received two years of free IAAP membership and a Young Board Observers seat for the 2024 Board Meeting that will take place in Prague this coming July.

Congratulations to:

Anouk Jasmine Albien, *Migrant Career Adjustment*

Bárbara Moreira, *The Efficacy of a New Sexual Violence Prevention Program with College Students*

Anna Pettway, *Childhood Trauma and the Emergence of Eating Disorder Symptoms*

All of the presentations from all three years of the Early Career Marathon are available online for your enjoyment.

Talking about the Young Board Observers seat, selected during our previous ECM, **Pallavi Ramanathan**, from India, attended the Board of Directors meeting that took place in Brighton, UK, in July 2023. She prepared a brief paper about her impressions related to that experience as Young Board Observer, and her paper is included in this issue.

Last, but not least, all the **abstracts** of the 28 regular presentations are included in this issue.

Let me take advantage of this Editorial to thank everyone for their participation that allowed the 3rd *Early Career Marathon* to be once again a success!

The Sixth P: Bridging Insights and Action

Lori Foster, IAAP President (2022 - 2026)

Greetings to APAW readers around the globe. As we near the end of the calendar year, we have an opportunity to look back on the challenges we've faced and the strides we've made in the field of applied psychology. This year has been one of growth, learning, and significant contributions, including from those in the early stages of their careers.

Recently, the International Association of Applied Psychology (IAAP) hosted its third Early Career Marathon (ECM), a vibrant 24-hour event showcasing the breadth and depth of applied psychology. For those who might be new to this event, ECM is a platform where emerging voices in psychology share their research and gain valuable feedback. As the President of IAAP and a staunch advocate for our field, I'm continually inspired by the potential of applied psychology in sustainable development. This brings me to the recurring theme of my *Applied Psychology Around the World* (APAW) columns: 'The Sixth P.' This concept underscores the critical role of psychology in achieving the United Nations Sustainable Development Goals (SDGs), which focus on people, planet, prosperity, peace, and partnerships.

Applied Psychology's Role in Sustainable Development

'The Sixth P' represents psychology's unique contribution to the SDGs. It is about harnessing our understanding of human behavior to address global challenges. Whether it's fostering healthier communities (people), promoting environmental stewardship (planet), contributing to economic well-being (prosperity), aiding in conflict resolution (peace), or building effective collaborations (partnerships), psychology is pivotal.

One of our ongoing aims is to ensure that applied psychology is recognized, sought, and utilized in decision-making processes. This requires conducting research inspired by real-world problems and effectively translating our findings into terms that policymakers and stakeholders can understand and act upon.

When I think about translating insights from applied psychology into action, there is one person who consistently comes to mind: Professor Dan Ariely. His work in making complex psychological concepts accessible and applicable in various sectors, including government and industry, sets an example of how psychology can extend its reach and impact. Dan is an applied psychologist who has authored best-selling books like "*Predictably Irrational*," advised and co-founded companies, consulted for governments, and even influenced the entertainment sector with his involvement in a new TV show, "The Irrational," which focuses on a professor who applies his expertise in psychology to unravel and solve complex, high-stakes problems.

A Conversation With Dan Ariely

I recently had the opportunity to speak with Dan about his latest book, "*Misbelief*," where he explores the issue of misinformation. Misinformation is a critical challenge that intersects with several SDGs. For example, consider SDG 3: Good Health and Wellbeing. Imagine a small town where a health myth, fueled by misinformation, leads to widespread reluctance to adopt a life-saving vaccine. This scenario, not uncommon in various forms around the world, highlights how misbeliefs can significantly impact public health initiatives and the well-being of communities.

The Sixth P cont.

To offer a glimpse into the depth of my recent conversation with Dan, I've summarized some key takeaways that stood out. They are as follows:

1. **Human Behavior and Motivation:** As Dan and I spoke, runners from all over the world were crossing the finish line of the New York City marathon. This inevitably led to a conversation about - you guessed it - human motivation. Dan's reflections on marathons reveal the intricate layers of motivation. Marathons, a physically grueling endeavor, surprisingly inspire and energize, illustrating that our drives extend beyond simple pleasure-seeking. This insight encourages people to rethink traditional conceptualizations of motivation.

2. **Misinformation and Misbelief:** Next, we turned to a discussion of Dan's new book, *Misbelief*. Dan delved into the complex issue of misinformation. He shared his personal experience of being a target of disinformation, highlighting the powerful grip of misbeliefs and the immense difficulty in altering them, even with direct evidence. Insights from Dan's book and our discussion emphasize the psychological mechanisms that lead people to cling to false narratives. Dan points out that misinformation is not just a matter of being misinformed but is often intertwined with emotional, cognitive, and social factors. These insights prompt us to rethink our strategies in combating misinformation, moving beyond simple fact-checking to understanding the deeper emotional and cognitive needs that misbeliefs fulfill.

3. **Merging Real-World Issues with Applied Psychology Insights:** Dan's process in writing "Misbelief" exemplifies the value of combining an exploratory research approach with a deep understanding of applied psychology. His journey, rather than beginning with a fixed hypothesis, was propelled by a pressing real-world experience and issue, which he tackled using his extensive knowledge of applied psychology. This method, which merges practical challenges with insights from the field, yields meaningful revelations, enhancing our grasp of complex social

phenomena in applied psychology.

4. **Writing and Creativity Process:** Dan shares his unique approach to writing *Misbelief*, combining physical activity, espresso, and intellectual work. One of his methods involved hiking in the Swiss Alps, thinking about what he wants to write, followed by focused writing sessions, exemplifying how nurturing creativity and providing space for thought can enhance our scholarly output.

5. **Flexibility and Opportunism in Research:** Dan's adaptable research approach, driven by opportunities for real-world impact, offers a valuable lesson. It underscores the need to remain open and responsive to current issues and to align our research efforts with projects that have momentum and support.

6. **Complexity of Real-World Problems and Solutions:** My dialogue with Dan brings into focus the intricate nature of forming solutions for real-world issues. His insights, particularly in the context of healthcare systems and social media platforms, reveal the challenges of translating psychological research into tangible and effective solutions. Dan illustrates the importance of not just understanding psychological principles in isolation but embedding these insights within the systems they are intended to influence.

In healthcare, for instance, this could mean designing interventions that align with existing medical practices or patient behaviors, rather than proposing solutions that exist in a theoretical vacuum. Similarly, in the realm of social media, understanding the platform's dynamics and user behavior is crucial for implementing strategies that effectively counter misinformation.

In the realm of academic research, this approach calls for recognizing the limitations of the 'practical implications' section of our papers. It's not just about suggesting potential applications of our findings but also about deeply understanding the environments in which these applications must function. This means engaging with the practicalities, limitations, and opportunities

within these systems, ensuring that our contributions are not only theoretically sound but also practically viable and impactful. As psychologists, we can strive to bridge the gap between theory and practice by crafting solutions that are tailored to fit within the complexities of real-world systems, be it in healthcare, education, policy-making, or any other field where applied psychology can make a difference.

7. **The Power of Partnerships:** Dan's insights also underscore the value of collaborative partnerships. Interdisciplinary and cross-sector collaborations are vital for achieving meaningful change and addressing global challenges like the UN Sustainable Development Goals. This approach includes partnerships with practitioners and stakeholders in various sectors, including healthcare, education, or government. Such collaborations enrich the practical implications of our research and highlight the need for applied psychology to integrate and work cohesively with diverse systems and professionals. Collaborating across different career stages, disciplines, and sectors not only broadens our perspective but also enhances the impact and relevance of our work in real-world settings.

8. **Academic Collaboration:** Building on the idea of partnerships, it's not just about cross-disciplinary collaborations but also the value of academic relationships. In our conversation, Dan highlighted the significance of nurturing collaborative relationships within the academic community, which is rich with value and meaning. During graduate school, the environment often offers ample opportunities for collaboration. However, this may not necessarily be the case post-graduation, particularly when it comes to academic relationships outside of one's immediate lab. Dan's reflections invite us to consider how such relationships can be developed, maintained, and nurtured after graduate school. His insight serves as a reminder for us to actively seek and sustain academic relationships throughout our professional journey.

9. **Embedding Applied Psychology at the Foundation:** At one point, the conversation with Dan turned to Lemonade – not the beverage, but the company. In his role as Chief Behavioral Officer at Lemonade, an innovative insurance company, Dan demonstrates how fundamental principles of applied psychology can be embedded into business models to cultivate trust and ethical practices. By strategically removing conflicts of interest and aligning company profits with charitable giving, Lemonade's approach illustrates how businesses can construct their foundations based on psychological principles. During our interview, Dan talked about embedding psychological insights in organizational design. This proactive integration of psychology into the very fabric of a business model, as seen in Lemonade's approach, is contrasted with the more common practice of applying psychological principles as solutions to problems post-emergence. This distinction highlights the potential for applied psychology to not only solve problems as they crop up but also to fundamentally shape and guide ethical and trust-building business practices from the outset.

10. **Promoting Psychology through Various Mediums:** Dan's involvement in a new TV show and his foray into children's book writing demonstrate innovative methods to disseminate psychological knowledge. These endeavors exemplify how we can reach wider audiences and make psychology accessible and engaging to the public.

As you can see, the conversation with Dan Ariely offered tremendous food for thought and even some practical tips. To that end, one of my favorite parts of the interview happened during our discussion of *Misbelief*, when Dan offered up a question we can all use to promote dialogue with people whose views are different than our own. The question is this: "What would it take to change your mind?" In this question, we find a powerful tool for fostering open-mindedness and critical thinking. It can encourage individuals to reflect on their beliefs, consider alternative

The Sixth P cont.

viewpoints, and recognize the possibility of change. It's an approach that doesn't confront but invites contemplation, making it a valuable asset in our conversations, be they in our homes or communities, clinical settings, classrooms, or policy discussions.

To uncover the depths of the insights summarized above and to explore more of Dan Ariely's ever-interesting perspectives, I invite you to listen to our full conversation. In it, you will discover Dan's unique approaches to understanding human behavior and misinformation and you'll also hear more about his work habits and strategies for impactful research. And for a bit of fun, find out what Dan considers his personal superpower to be – it might not be what you expect! Click here to see and hear the full interview.

A Collective Journey: Psychology's Path Forward

In conclusion, the insights from this discussion with Professor Dan Ariely underscore the broad relevance of psychology in addressing modern challenges, echoing the essential role of 'The Sixth P' in our journey towards sustainable development. As we continue to navigate the complexities of the world, the research, theory, and practice of applied psychology stand as pivotal tools in our collective quest to achieve the United Nations Sustainable Development Goals. This journey, marked by understanding human behavior, combating misinformation, and integrating psychological insights into all facets of life, reflects psychology's capacity to effect meaningful change.

I encourage everyone, from students and early-career psychologists to policymakers and senior professionals, to consider how psychology, as the sixth P, can actively contribute to sustainable development in their respective domains and corners of the world. Let us stay curious, stay inspired, and work together to keep pushing the boundaries of what applied psychology can achieve.

Behind-the-Scenes at the IAAP BoD: An (Young) Observer's Perspective

Pallavi Ramanathan, IITD, FLAME University

As a Young Observer, attending any Board of Directors Meeting can be an inspiring experience, but getting the opportunity to attend the IAAP BoD was beyond simply inspiring. To give some context, I was a winner at the 2022 edition of the Early Career Marathon. I was thrilled of course, but a pleasant addition to the prize was a Young Board Observers seat for the Board of Directors Meeting that took place in Brighton, England, 1-2 July 2023.

I was, as any early career researcher, nervous and uncertain about what to expect, but it turned out to be an altogether delightful and insightful experience. I observed and learnt about the parliamentary procedure and rules of order that are strictly followed, how agendas are put forth and voted upon and how future planning in a large association such as IAAP take place.

I will not go into the details of the BoD meeting but will rather focus on my experience as an observer and my takeaways. For starters, everyone was so open to asking for and hearing my thoughts; from our interactions, you could hardly tell that most of the members are pioneers in their respective areas. The fact that me, an early career researcher, barely into her first year of teaching could be heard at a platform such as the IAAP BoD was very encouraging. Further, I got the opportunity to see what actually goes on backstage of the oldest and largest psychological association in the world; I glimpsed how much work it takes to ensure effective management across all the divisions, committees, and task forces, the financial planning, the implementation of the various agendas, and of course the conferences. I had previously been unaware of the idea of conference bids, so getting to attend one was a great learning experience for me. Obviously, I did not vote, but I was thankful that I didn't! It would be too hard to choose!

I was also part of a Strategic Planning Breakout Activity which was quite brilliant. I thought I was to simply observe but getting a chance to work in a group with senior members of the IAAP along with the President-Elect, Pedro Neves, was so much fun! I enjoyed working together with the group to come up with thoughts and ideas that we put forth through one of the most interesting activities that I have been part of.

In essence, I would say that it was truly inspiring to attend the meeting. I was able to observe the internal processes, strategies, and planning that a large association must do to ensure smooth functioning. A remarkable amount of effort goes on behind the scenes to bring to us the seamless experience of webinars, events, projects, and of course, the conferences. And they make it look so easy! I spoke to so many people who were happy to share their experiences and actively encouraged me to find a niche of my own in the IAAP. I hope to do so soon and start my own contributions to the field and to the discipline. At this meeting, I saw many examples of true passion and dedication for the field and for IAAP; I saw a true desire to change not just psychology, but the world.

Building bridges in a polarised world:
The example of Applied Psychology around the world

Pedro Altungy, Past-President of Division 15 (2018-2022)

Last November 11th-12th IAAP celebrated its [third edition of the *Early Career Marathon*](#) (ECM), an online congress which runs non-stop for 24 hours and is worldwide broadcasted. This initiative was born during 2021, in the immediate aftermath of the worst months of the COVID-19 pandemic, an event that shocked and affected all the world, but which also generated an unprecedented global collaboration in the creation of a vaccine that helped saving millions of lives. This international partnership in the quest for the creation of a cure is a great example of what we can achieve when working together, in spite of the possible existing differences that there may be between us, but which dim in the light of what make us equal. It also reflected what became the motto of our ECM: integrating research and practice. In times when there were great uncertainties regarding when "normal" life could return, IAAP had very clear that science and international collaboration could not be put to a halt. Taking advantage of the possibilities that the latest communication technologies provided, the idea was born: the organization of a virtual congress that would keep alive the flame of international joint effort in advancing in the creation of a better world through science and its applications in the day-to-day; the ECM.

Almost one century ago, in 1936, Edmund Husserl published what became his most famous book, *The Crisis of European Sciences and Transcendental Phenomenology*. Husserl wrote this work in the height of fascism in Europe, 18 years after the deadliest war that the world had seen up to now. The unprecedented destruction that WWI brought was in part possible due to the qualitative leap that science had made in the previous years (a leap that would continue in the interwar period and which would exponentially increase the destruction level in WWII). In the light of this devastation, Husserl (as many other philosophers and scientists of his time) gathered that it was the enormous technological and scientific advancement that made this possible, reflecting about the existential threat that a science deprived of reflection could have for humanity. Today our scientific knowledge is what people in Husserl times would conceive as sci-fi and, thus, the threat he exposed is more real than ever. Moreover, in recent years we see the continuous growth of polarization in our societies, both within and among nations. Psychological science is not alien to this reality, and shouldn´t be oblivious to it. In times of *fast-food* information, lack of spaces for reflection and dialogue, of *us vs. them*, psychology has the knowledge and the responsibility for being an example of something different. And IAAP is clearly working in that direction. In the last 100 years (2020 marked its first centennial), through its different activities and philosophy, IAAP encourages that so needed reflection in psychological science, highlighting the point made by Husserl: science can´t be unlinked from its application. Psychological science must be an applied science, and the ECM is a one-of-a-kind space for propagating it.

During the 24 hours that last the ECM, early career psychologists and psychology students present their work in applied psychology in the many different areas existing in our discipline: organizational, clinical, educational, traffic, economic, behavioural, environmental, sport or social among others. But ECM is not only a space for

Building bridges cont.

disseminating these works. It is, above all, a space for reflection, for debate, for mutual understanding. Participants´ presentations are discussed by an international expert on the field. In this way, the knowledge gathered from years of experience is put at the service of the most newly proposals, an unique and marvellous way of not only joining generations, but of making use of the hits and misses of past research and applied psychology. This effect is potentiated by the dialogue that is also established with ECM assistants, who also have the chance to give their views and opinions, enriching every presentation and subsequent debate. Human knowledge is the result of the aggregated effort of generations and people, and ECM takes it into account. Furthermore, ECM not only facilitates building bridges among different generations of applied psychologists, but also among people from all the corners of the world.

Being an online congress, it creates a meeting point for people that, otherwise, may never have the chance of connecting, of talking and debating, of sharing views; all of which turns around one common thing: how psychological science can effectively be put in service for the benefit of people. Since it first edition in 2021, people from more

than 50 countries from Africa, North America, Latin America, Asia, Oceania, and Europe have joined together in this event, all sharing views and perspectives. This is a fabulous example of how, regardless of our origin, we all may have something to contribute with, making prominent in the process that what make us all equal is far bigger and more important than what may separate us. It is beautiful to see in this forum people from countries that have historical rivalries talking and debating together in the friendliest way, supporting each other with ideas and suggestions of improvement, congratulating the other for his/her success and showing the best of sympathies when applied research missteps are presented.

Let us hope this example may contribute to set an example, to help us to remember in our daily lives that despite what we may perceive from the news and social media feeds, we all are equal, we all strive for the same thing: a happy existence. As it is proven in the ECM, applied psychological science contributes to this not only from its applied research, but from the example set by those who are behind it.

Dignity of the Individuals from the Standpoint of Reciprocal Communication – past, present and future perspectives

Machiko Fukuhara Ph.D.

It is a very great honor for me to speak soon after anniversary year of the IAAP. I will talk about my career as a scientist and practitioner, along with my history of interests in individuals and groups in order of ages.

Section 1

Why am I interested in the Dignity of Human Beings? When I started studying counseling psychology in 1962 in the USA as a student, I was surprised at finding the difference of the "Individuality" concept people talked about in the USA and how it was discussed in Japan. If we use the word "Individuality" in Japan, it means "Self-Centered", while Individuality in the USA implies human relationships in which people respect each other's self-actualization in their reciprocal (I-thou) relationships.

I started to think that cultural differences might be crucial for this way of understanding. For instance, Japanese people tend not to discuss their personal problems with others, while they may talk about them to family members, relatives, and close friends. This occurs especially when they are not familiar with professional counseling, it is difficult for them to seek help from professionals. Moreover, it has been proven in the literature and my research carried out in the past: helping relationships like counseling might be difficult for people in Japan to accept.

However, I thought that even though the USA consists of various ethnic groups, counseling, like professional help, seems to be accepted. Here, I hypothesized that among human beings there must be similarities and differences, and there must be a basic key factor which works effectively on the similar part of the human beings; if professional help is not accepted, cultural factors might influence one's way of thinking.

I was motivated to carry out research on the similarities and differences among human beings which will receive counseling services effectively, in order to prove the above. This has been one of the important

Over View
Section I

Why am I interested in Dignity of the Human Being?
Background:

1. Awareness of Cultural Differences of concepts on 'Individuality'
2. Awareness of Similarities and Differences among Human Beings
3. Studies on Personality Measurements (EPPS, STAI, Job Stress, etc.) lead me to be aware of Scientific approaches to the study of Human Beings
4. Awareness of Human Beings as Multicultural and in-relation, along with the study of Microcounseling
5. Awareness of my identity as a Professional Scientist and Practitioner
6. Acknowledgement of Spirits of IAAP-Science based Practice for the Wellness of individuals

1   Professor Emeritus, Tokiwa University, Japan

     President of The Japanese Association of Microcounseling

Dignity of the Individuals cont.

projects of my lifework since I began my research.

First, to prove this hypothesis, as a theoretical base, I administered the EPPS (Edwards Personal Preference Schedule) to students who are English speakers in the USA and the Japanese version of the EPPS that I translated for native Japanese speakers in Japan. This was given along with a simple questionnaire to inquire about subjects' possible thoughts on visiting professional counselors for their problems as well as any other person whom they want to consult with. From the Japanese responses, 800 answers were obtained and categorized into 8 types in terms of personality traits. Types were compared with the survey mentioned the above. Each has tendency regarding seeking for professional counseling. When compared with the results, translated from English into Japanese that I obtained from the US students, they showed similar tendencies. This might suggest that there are similarities among individuals with different cultural backgrounds in terms of personality traits which might bring about similar behavior. (Fukuhara, M., 1960-1980)

As to the personality study, I was fortunate to meet with Dr. C. D. Spielberger under whom I studied STAI (State and Trait Anxiety Inventory) and JSS (Job Stress Survey). I administrated the STAI-JYZ (Japanese version of STAI that I had translated) to 700 Japanese students, and I found, in the process of analysis, that there might be cultural differences in terms of connotations regarding traits among people from different cultures. Also, I realized that the Multiple Factors behind these results may make the nuance with the same name of the same trait different when the subject belongs to a specific culture. For instance, the Japanese tended to be conscious of others and conscious of how they are seen by others. Also, the Japanese are likely to suppress expressions of positive feelings. Therefore, we might not be able to disregard cultural factors in addition to personality factors in order to understand the expression that highlights the emotions, thoughts and behavior of individuals. (Factors considered are cultural-social,

personality, cultural stimuli, etc.) Also, I have found that behaviors of verbal and/or non-verbal on the part of the individuals have 'process', such as, 'stimuli-emotional arousal-awareness-cognition-behavior-emotion'. And this process might be affected by bio-psychological, environmental, and/or cultural factors. These Individuals can be considered as Multicultural Beings.

Those studies encouraged me to explore how this process involves physiological reactions in different situations. With that awareness, I, as a counseling psychologist and general counselor, working on practical work in educational settings, in addition to teaching, have realized the results should be carried into action so that the theory would become more useful for the benefit of Wellness of the individuals: Here I have acknowledged myself as in vivo Scientist/Practitioner. For this, my encounter with IAAP was a strong guide.

The *International Association of Applied Psychology*, IAAP, was established in 1920 by Edouard Claparède with colleagues. This organization was first named the *International Association of Psychotechnics* (*Association Internationale de Psychotecnique,* as it was first named in French). The first Congress was held under the name of *Psychotechnics Applied to Vocational Guidance*. This concept influenced among others F. Parson, who initiated career guidance in the USA and experimental psychologist, H. Munsterberg in Europe. The *International Association of Psychotechnics* organized the first congress in 1920. The name of the association was changed to IAAP in 1955 and kept both in French and in English. The mission of IAAP is to develop applied psychological sciences and practical work. It encourages professionals to learn about the importance of basic psychology for scientific use and for its practical work: we should remember that the IAAP encouraged psychologists as scientists and practitioners from its very beginning.

Here, please let me express a little bit about the 'Scientist/Practitioner' concept. I understand this phrase has been used from the start of psychology somewhat

Dignity of the Individuals cont.

differently over the years. The Boulder model seems to be used as a key when we talk about the history of the Scientist/Practitioner model, though the concept seems to be flexible to conceptualize, according to the situation the professionals are in (clinical setting, counseling setting, medical setting, educational, etc.), and it was discussed (Hall, J., Davis, M., 2000; Adames, C., et.al., 2014, etc.). However, it is likely for clinical/counseling professionals to encourage the learning of both theory and practice for the betterment of helping individuals seeking Wellness. That is, they will have to be Scientists/Practitioners.

As a Scientist/Practitioner who believes in the concept of 'similarity' and 'difference' of human beings, I became interested in Microcounseling innovated by Ivey, A.E. (1972): Microcounseling suggests the importance of the idea, "individual-in-relation". This encourages us to study the helping relationships through the needs of multicultural human beings. It also suggests the key for "attending" to be among individuals who are in-relation for reciprocal communication, which is essential and common to all individuals. This idea seemed to be similar with what I say about 'basic behavior common to all counseling/ helping relationships' on the point that both participants are likely to see human beings ready to accept counseling relationships.

Around the time of 1970, positive psychology was discussed and became popular among psychologists influencing the way of seeing individuals as self-actualizing, having resilience which is the positive side of a person. Cognitive psychology also became strong and presented diversified learning theories. Ivey tried to train individuals and groups by using social skills in relationships and to generate these skills to every kind of relationship even as a system of psychoeducation. This is a unique way of training trying to bring theory into practice (in a laboratory) and into action for the Welfare/Wellness of the individuals.

With the multicultural counseling idea, he acknowledged diversities of human beings with psycho-bio-social-environmental-cultural factors, etc. I know the spirit of this is 'Human Dignity', with the background and in the vision of Social Justice and Human Rights that psychologists have respected and carefully fostered from the beginning of its history (Fukuhara, M., 2019).

Section II
What and How have I realized carrying this philosophy/rationale of theory (science) into Practice and to Action?
Background of Study:
1 Approach to individuals-in-relation
2 Approach to reciprocal communications in vivo situation of individuals-in-relation
3 Influences of Positive psychology on human beings
4 Development of study on bio-psycho, Neuroscientific idea for communication
5 Development of facilities for scientific experiment:
   Experiment identified and carried out:
   Step 1   Traditional idea by leading counseling psychologists
   Step 2   Experiment 1) Fukuhara, M. (1983, 1986) physiological approach
            Experiment 2) Fukuhara, M., McPherson, B., et al. (1988) bio-psycho approach
            Experiment 3) Fukuhara, M. (2016) Focused on empathy and attending
   Step 3   Experiment 4) Fukuhara, M. 2023 Brain based approach

Section II

What and How I, as a counseling psychologist, became interested in investigating this project deeper under the philosophy of "theory into action"? For this purpose, I endeavored to carry out Psycho-Physiological pilot studies on communication (Neuro-Counseling oriented experiment), Experiment 1), 2), 3), and 4).

In helping relationships, the way to handle emotional factors expressed by the talker by the listener influences the effects of communication. As I have mentioned above, I hypothesized that there must be similarities and differences among individuals wherever they live. Also, I have found that when applying
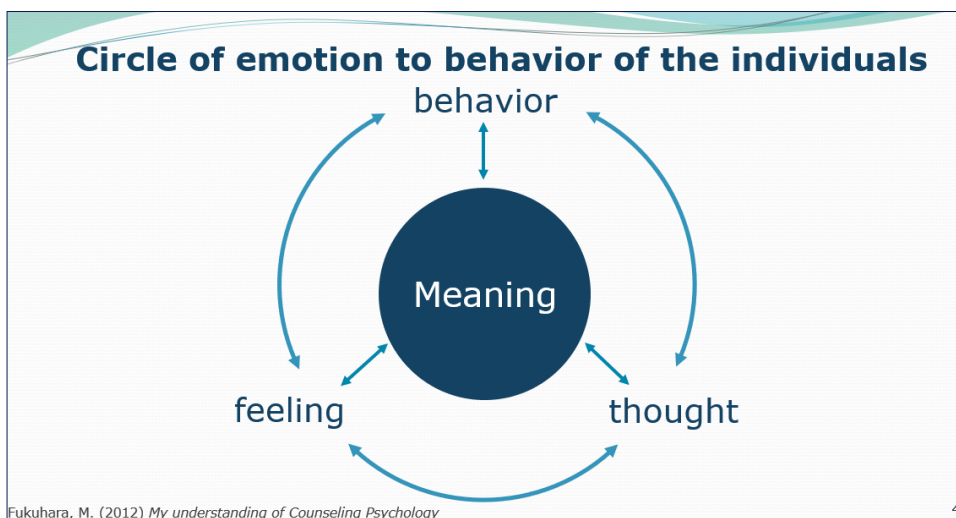
the principles of helping relationships to all people, one might have to be sensitive to the differences of individuals, too.

Circle of emotion to behavior of the individuals

behavior

Meaning

feeling   thought

Fukuhara, M. (2012) *My understanding of Counseling Psychology*   4

Individuals are unique and multicultural beings. 'Similarities and Differences' among them are found in the individual behavior, overt or underlined. Emotional arousal occurs by internal or external stimuli. This leads the individual to verbal or nonverbal expression. In this process, cognitive factors might be involved. (Piaget says "no cognition (behavior) exists without emotion; no emotion exists without cognition". qtd in Ivey, A.E., 2022)

Also, I have realized in reading and experiencing the study of counseling that in relationships, attitudes on the part of the listener relating to other persons is a key for having reciprocal communication. There, genuine empathy is critical to know.

Studies on empathy for which emotion plays a major role were done by leading predecessors of counseling psychology, such as Rogers, C., Carkhuff, R., Kagan, N., and Ivey, A.E. Using scales for cases in dealing with the client-centered principle, Rogers, C. explains the effects of counseling; Carkhuff, R. who developed the analysis of qualitative data, created a 5-stage set of criteria for empathic understanding regarding communication; Kagan, N. encouraged feedback (IPR: Interpersonal Process Recall) to ensure the relationships at helping; and Ivey, A.E., by using Taxonomy

created the evaluation sheet for measuring the competency of a listener's social skills (microskills) These have been proven as effective by students and professionals. A common point they emphasize as important in counseling relationships is emotion on which 'emphasis' is 'empathetic understanding'.

Historically speaking all of the above criteria measure the Key, Empathy, which helps one learn the effects of relationships with Scientifically Oriented Approaches. We might call these approaches, Initiative and Traditional. (Step 1)

The Second Step for the scientifically oriented measure was to use psycho-physiological, (mind-body) concepts. That is, appreciating the early studies in Step 1, Fukuhara, using equipment (Fukuhara Physiological Behavior Analyzer System, developed by her) carried out the preliminary experiment of communication with some Japanese students. This machine measures GSR, Pulse, Plural emotion observed includes (comfort, happiness, accomplishment, joy, fear, anxiety, embarrassment, sadness, anger) observed on the part of the client and attitudes of the counselor (behavior of attending, non-attending, listening, non-listening, using a verbal and/or non-verbal framework) (Fukuhara, M., 1983, 1986, Experiments 2), Step2).

Next, Fukuhara, with McPherson, R., et.al., carried a cross-cultural study to examine the response of clients to counselors' questioning skills (Fukuhara, M., et. al., 1988, Experiment 3), Step 2). The purpose of this study was to explore the influence of counselor's 'Questioning' as stimuli to the response of client's Responses and to see if there are any cultural differences among Japanese students and American students. Some findings are (1) there are physiological significances during the interaction (question

Dignity of the Individuals cont.

and response), on both sides, the counselor and the client, (2) differences in terms of physiological aspects are found in the responses according to the types of the counselor's questions, and (3) there are differences among the Japanese students and their counterparts in terms of emotion observed using this instrument. This encouraged me to carry out the study of communication in the relationships (counseling/psychotherapy) from a physiological-cultural standpoint, using this equipment. This idea seemed to contribute to bringing knowledge into a real situation, from the standpoint of 'Science into Practice'. (Step 2)

Fukuhara was motivated to know more about how the helping relationships could obtain feedback for their effects on the positive sides of the person being helped in terms of his/her emotion-thought-behavior circle. Ivey believes in Positive Psychology and the uniqueness of individuals who are Multicultural. Therefore, borrowing his theory of 'Attending' which sees as essential factor of reciprocal communication in relationships, I moved to measure the positive effects of 'Attending' in the relationships.

Fukuhara moved to measure the effectiveness of 'Attending' on the part of the counselor using the equipment I have mentioned above. This is what I want to call the experiment, the bio-psycho measure of the evidence-based experiment (neuro-counseling based experiment) on Attending. This experiment could be a trial study on communication putting emphasis on empathic understanding and empathy which is a function of mirror neurons. This experiment may lead researchers and professionals in putting Theory into Practice. Acknowledging the theory, they might be able to train themselves by managing the relationships, Experiment 3), Step 2.

Outline of this experiment is as follows:

Total of 8 subjects (4 from a medical setting and 4 from employees of a company) were measured by the instrument I have outlined above. NIRS was used here expecting to support the data. With four

types of Questions (open personal, open impersonal, closed personal, and closed impersonal).

The counselor asked the client to respond. I endeavored to find any features on the waves that appeared. Those that were found included ① an individual's own physiological phenomena on GSR, Pulse and plural emotions ② harmony of waves of the client and the counselor indicated on the machine. The emphasis was to see influences of 'Attending' (Fukuhara, 2016). For this experiment, the machine was newly innovated so that the plural emotions could be measured more accurately and objectively by sliding a lever, instead of pushing a button.

As a result, it is said that both groups are likely to respond easily to the 'open impersonal questions' compared with 'open personal question'. This shows that the Japanese tend not to discuss information related to themselves with others. However, the result showed that a difference in the tendency among two groups was also clear: the Medical group, compared with the Sales group tended not to respond to impersonal questions.

This might have reflected the Social Emotions on the Medical group; the Sales group might have reflected Cohesiveness which comes from traditional Japanese cultural personalities, which also might be from the social environment around them. I might not be able to conclude the result without more data, but I was glad to find any tendency in this kind of experiment out of this pilot experiment. Though I tried to use data from NIRS as supportive connected to this machine, I needed more preparation for managing it, especially for understanding the Neuroscience based interpretation by psychologists.

However, I have one specific case in Sales Group as to the harmony of attending, non-attending behavior. With the same person, a clear difference was found on both waves, according to the change in attitude 'Attending' on the part of the listener. With 'Attending' the waves show calm, reflecting the calmness of the speaker. How did the waves move by the talker

Dignity of the Individuals cont.

along with this person's waves on this experiment? Once again, there is a difference within the individual, and also, between the groups, regarding responses to 'Attending'.
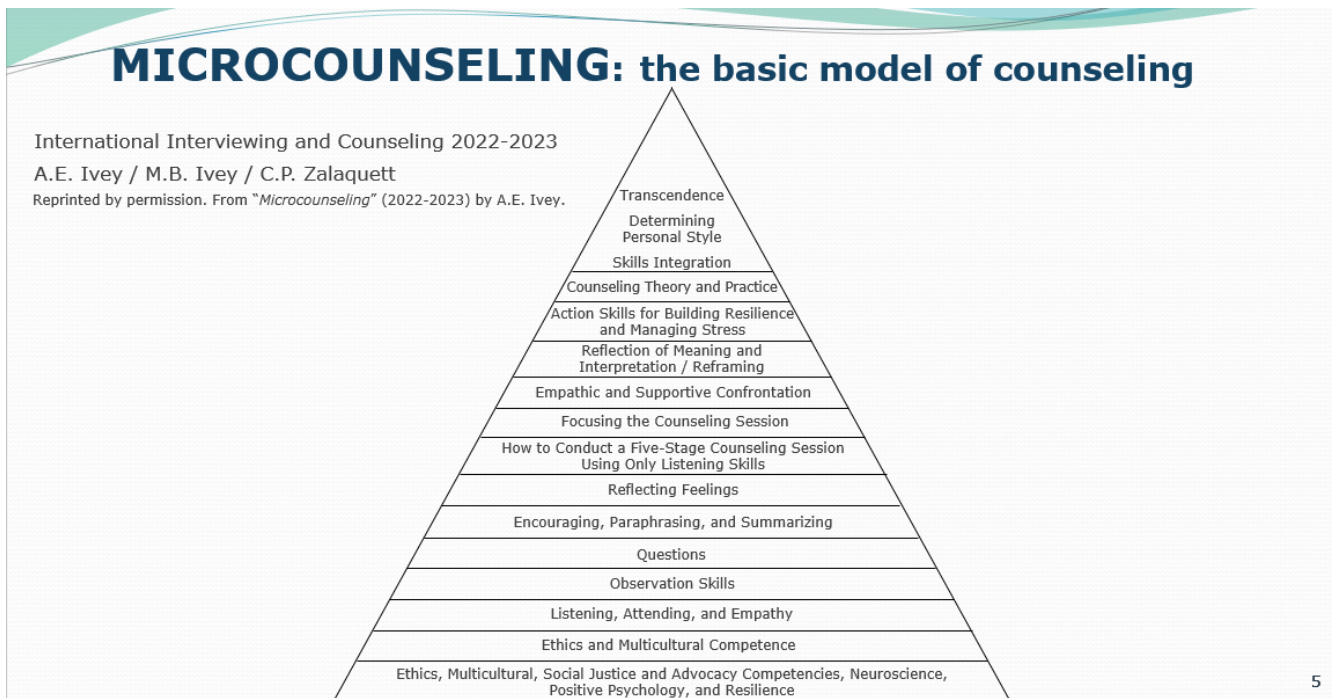
Though this is a pilot study, I could say I acknowledge what the leaders (in traditional experiments) were describing when they claim the results of their researches on 'empathy' as a scientific approach.

In the 1980s, neuroscience became attentive to professional scientists and this brought about the development of NIRS' function to work with the above-mentioned physiological measurement. I, as a professional Psychologist, was motivated to go on to a further similar experiment seeking more scientifically oriented data, a type of brain-based data. At the same time, I know it is necessary for us, as psychologists to acknowledge the limitations of our research, and we might need to work cooperatively with other fields of professionals, such as neuroscientists, medical doctors, etc. (Ivey, A.E., Ivey, M.B., & Zalaquette, C., 2014, 2022, 2023).

Experiments and social skills (microcounseling skills)

Now, I would like to explain briefly my understanding, regarding neuroscience and neuro-counseling in connection with microcounseling skills being used in daily communications. Especially, I am interested in the psycho-educational use of 'attending' common to all the relationships for the Wellness of the Individuals. Thanks to Dr. Ivey for giving me ideas to think of our profession, from the standpoint of the neuroscience as explained in the following:

Recently, it has been found that neurons (synapsis) are flexible for change and transmit in the brain differently from the so-called 'mind-body' theory believed in the past. Accordingly, neurons are connected through synapses. Neurons result in positive feelings by serotonin, glutamine, and dopamine. Serotonin is known as a hormone discharged when people feel positive feelings, such as self-esteem, comfort, etc. Glutamine controls anxiety while Dopamine controls adrenaline which will be discharged when empathic neurons are excited. GABA control hormones when

MICROCOUNSELING: the basic model of counseling

International Interviewing and Counseling 2022-2023
A.E. Ivey / M.B. Ivey / C.P. Zalaquett
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Transcendence
Determining Personal Style
Skills Integration
Counseling Theory and Practice
Action Skills for Building Resilience and Managing Stress
Reflection of Meaning and Interpretation / Reframing
Empathic and Supportive Confrontation
Focusing the Counseling Session
How to Conduct a Five-Stage Counseling Session Using Only Listening Skills
Reflecting Feelings
Encouraging, Paraphrasing, and Summarizing
Questions
Observation Skills
Listening, Attending, and Empathy
Ethics and Multicultural Competence
Ethics, Multicultural, Social Justice and Advocacy Competencies, Neuroscience, Positive Psychology, and Resilience

5

Dignity of the Individuals cont.

neurons discharge too much of a particular hormone. The Frontal lobe seems to be related to various functions including Emotion, through the connection in the brain.

Amygdala is a central of feeling of both positive and negative feelings (surprise, fear, anger, sadness, for negative: gladness, surprise, joy, content, for positive). Ivey, an innovator of Microcounseling/Microskills (social skills in communication) thinks that "effective to counseling affectting the brain in positive ways" (Ivey, A.E., 2022). He explains, for instance, the Thalamus takes on the role especially for body language: people tend to communicate emotions. For instance, people smile when the other person smiles, though there are some cultural differences in terms of style. Skills of 'Attending' such as 'encouraging', 'paraphrasing', and 'summarizing' lead to the visualization of the story the speaker experiences when they talk. So, it is important for the counselor be careful in using these skills not to stimulate negatives so that lobes of neuro-networking are not transmitted in a negative direction. Skills of 'Question' (attending skills) are to be used, not to stimulate negative parts of the story from the memory of the speaker.

It is often said that 'questioning style' is being used 60% of the time in the conversations of people in daily life. Attending skills of 'Reflection of Feeling' and 'Reflection of Meaning' may influence 'Empathy' (Circle of emotion, feeling, cognition, and behavior). Again, 'Attending' seems to be serious enough to be discussed as effective and essential for the Wellness of individuals in relationships. Also, we must remember the function of the right brain and the left brain: We need to know that the flexibility of the neuron system will lead to active creativity when both sides of the brain work together, not separately

as was thought in the past. It is said 'empathic understanding' in relationships seems to help greatly. This observation warns us, the helping professional and/or listener that each individual must be careful when handling skills in the relationships for the benefit of people's Health and Wellness.

Using these knowledge Fukuhara carried out Experiment 4 (Step 3) as follows:

Purpose and outline of the Experiment 4: to examine the effectiveness of Attending (to be with) Behavior during communication in helping relationships. Towards Strategies for Science based Counseling/Psychotherapy (Theory into Action)

According to neuro-counseling ideas, counseling skills could lead clients to feel comfortable. Ivey uses Attending Skills, one of the skills he thinks of as the core of listening, empathy, and reciprocal communication.

Procedure

Subject: Total equals 3 (employee, MR, works at a company)

Skills used: 4 types (Questions: Open personal, Open impersonal, Closed personal, Closed impersonal) were used.

Instruments: Consists of GSR, Pulse indicator, Response Lever (to measure emotional aspects) and NIRS.

Subjects were asked to agree to informed consent.

Kind of Questions

Open Questions:	The response cannot be expressed 'Yes' or 'No'.
Closed Questions:	The response is expressed 'Yes' or 'No'.
Personal:	The question relates to something about interviewee's personal life.
Impersonal:	The question does not relate to the interviewee but to other persons.
Attending behavior:	Mainly nonverbal behavior which exhibits communication interest.

Interviewer should show culturally appropriate signs of listening such as, eye contact, body language, verbal following, a tone of a voice.

Dignity of the Individuals cont.

The topic was to ask about the possible change clients feel after Covid-19. Four questions were asked to the client for response. At the first trial, 4 Questions were asked, with non-Attending style on the part of the counselor, and then the same questions were repeated and asked by the counselor with the Attending style at the 2nd trial. Using real time, physiological phenomena (GSR and Pulse) were measured by the experimenter. Those indicators were shown as figures of waves of both the client and the counselor.

Expressed emotions were observed and noted on the categories prepared beforehand. Brain activities, of both frontal lobes and lobes behind, of both the counselor and the client were measured at the same time. Some features appeared on the waves and were asked by the counselor to explain what the client felt or thought at these points (using the IPR method) for feedback to assure the Meaning of the responses (remember, the circle of emotion to behavior being influenced by Microcounseling skills with emphatic understanding). This method was to be used for listening to the clients' bio-psycho factors behind.

In this segment of the experiment, the 4 types of questions which I mentioned the above were used. Personal asked about oneself and Impersonal asked about the other person. The following example shows a part of the experiment by illustrating the communication between the counselor and the client.

Case of A, Co=counselor: Cl=client Attending Behavior used here are Body language and Verbal followed by the Attending Skill of the Question.

Co1: *We are still suffering from the influences of the Corona pandemic. Are you working somewhere? (Open, Personal)*

Cl1: *I have been a full-time employee at a pharmacy as a MR, for 10 years, but we are working at home for 3 days a week on the basis of a rotated schedule.*

Co2: *Do you find any change in your life? (Closed, Personal)*

Cl2: *Yes, many changes . . . (hesitating a little bit)*

Co3: *uh . . . What kind of change? (Open, Personal)*

Cl3: *I have to spend more time doing my household chores. (Little bit of a feeling of annoyance) While I am motivated to think about persons who need help . . .*

Co4: *Could you tell me what kind of things you think about them? (Closed, Personal)*

Cl4: *Yes . . . I am thinking how we could sell good medicine to our clients of the company, etc.*

Dignity of the Individuals cont.

Step3 Experiment 4)
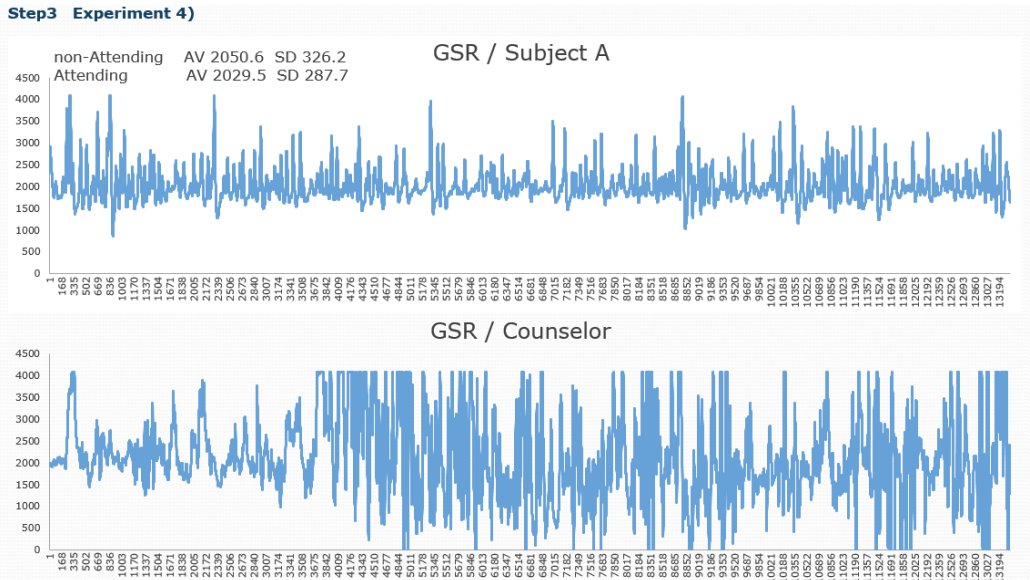
GSR Subject A / Counselor

Step3 Experiment 4)
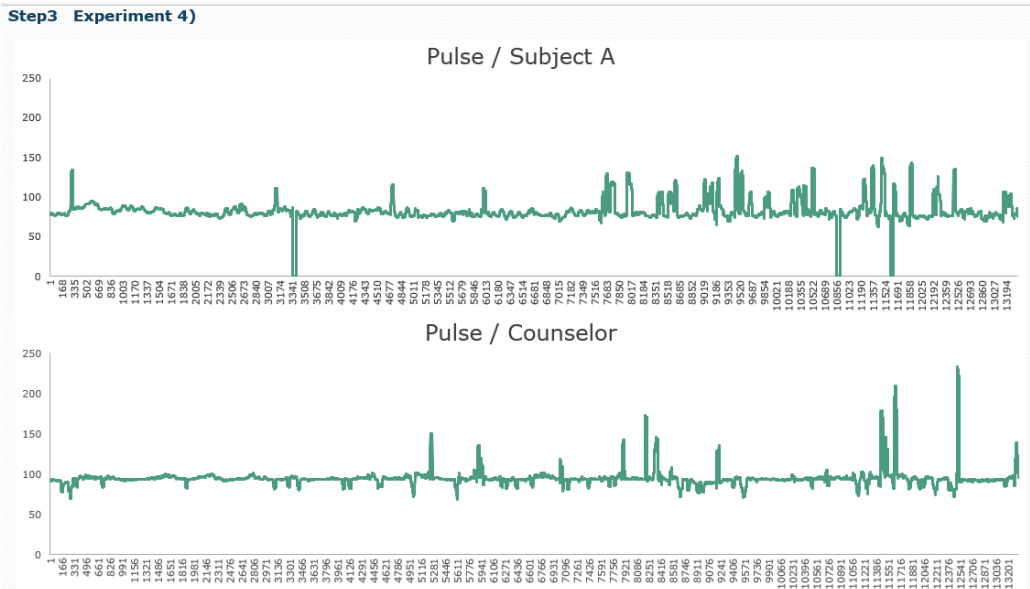
Pulse Subject A / Counselor

Step3 Experiment 4)
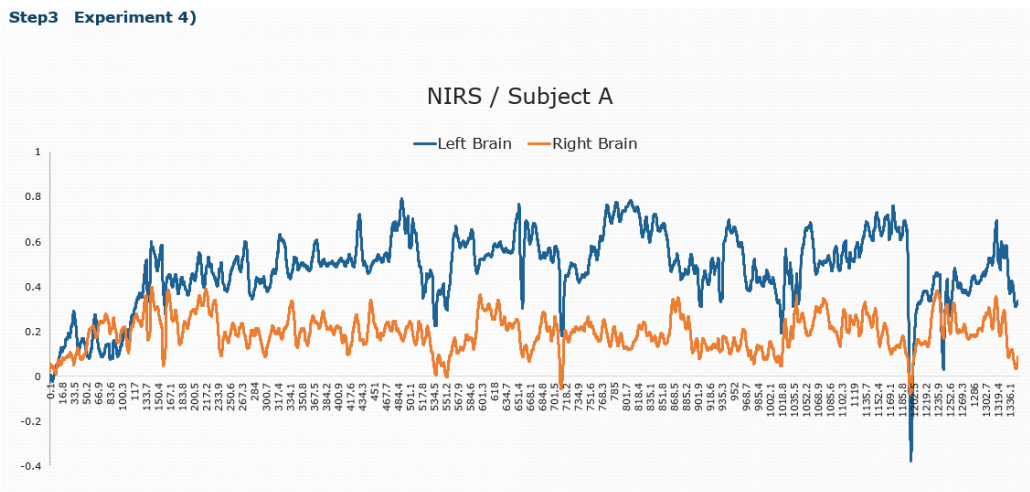
NIRS Subject A

Dignity of the Individuals cont.

Emotion Subject A
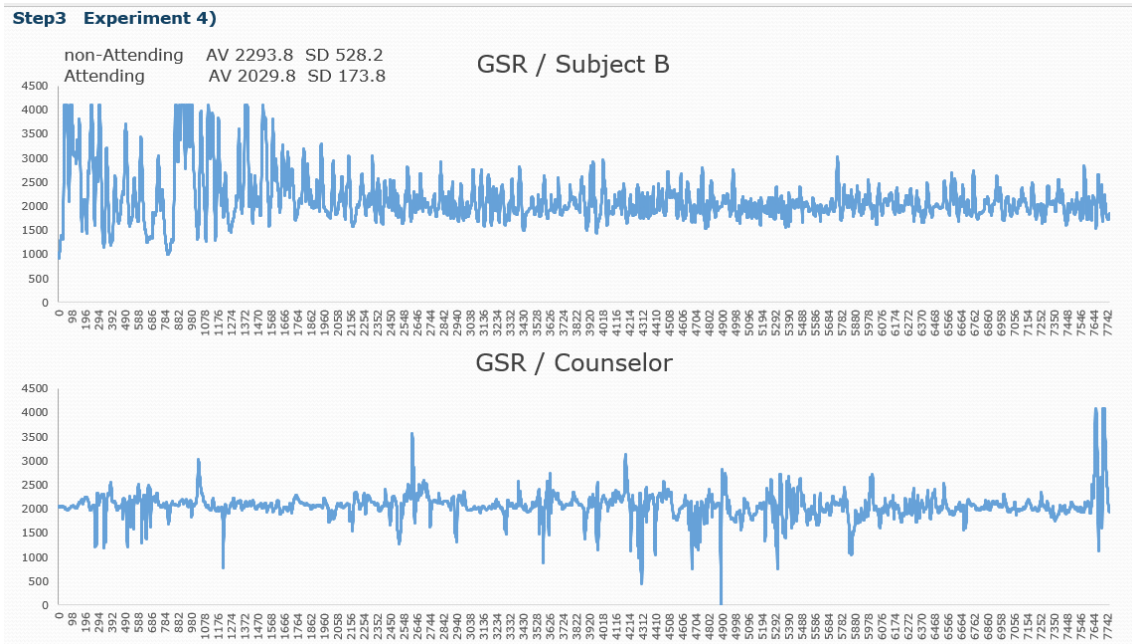
GSR Subject B / Counselor

Dignity of the Individuals cont.

All of the counselor's questions were personal, with non-attending. Then the counselor continued to ask the same question to A with Attending (behavior) but using Impersonal, to the same client. Comparing the Attending talking with the Impersonal, it seemed to be easier for A to respond. The conversation by both sides was harmonious better than expected. Then the same questions with the same pattern with Attending were asked to A. Unexpectedly the results did not show the harmony in terms of waves (of the counselor and the client). Although A seems to be very active to talk as a good MR (sales person of medicine for the company) and seems to be comfortable while talking. For this, it is interpreted that the counselor was trying to manipulate her attending skills of questions so that the waves of both would be harmonious. You will see the SD on GSR compared the SD obtained from the first trial (non-attending behavior by the counselor 326.2 to 287.7). Pulse waves also seem to show the similar tendency. Also, you will notice the wave obtained by NIRS, a sort of brain activity might have been created on the part of the client by counselor's artistic manipula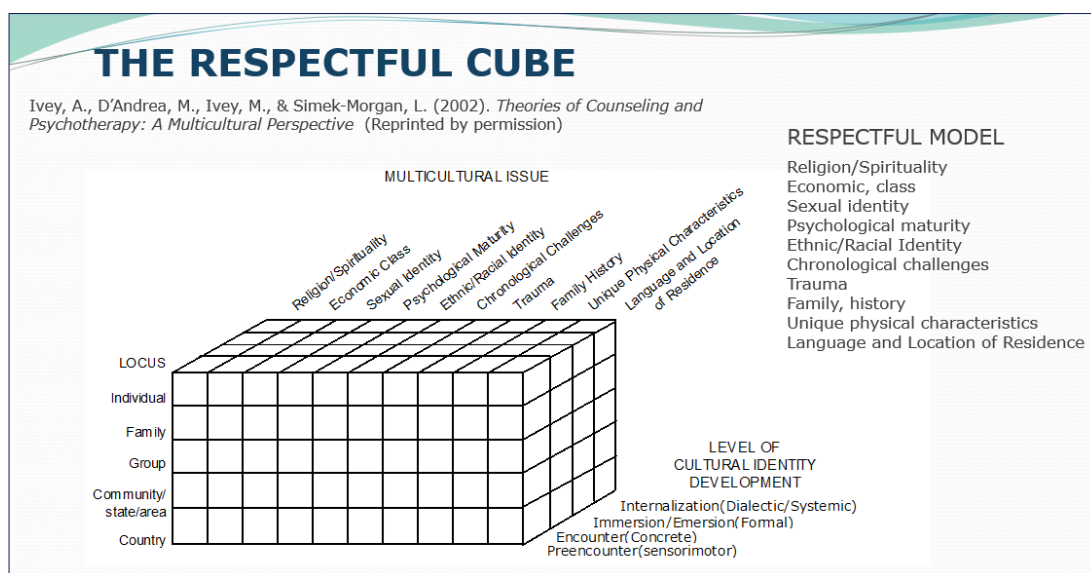tion to empathic understanding and to 'empathy'. As to the feedback by IPR method, I have found the emotion on the part of the client: As I have told the above the counselor asked about the Feeling and Thoughts at the moment pointing out the feature of waives, she

showed: it was a little bit of embarrassment (negative feeling of unsettlement to go on her active conversation) with non-attend but comfortable (positive feeling) with attending. For your reference, there is the waves of GSR and Pulse showed by client B. Waves go harmony as has been expected and relatively calm. And counselor might not have needed manipulation to be with the client, but you will see the GSR (SD=173.8) obtained from B showed calmness, also, when counselor's listening move from non-attending to attending. The way of talk (response) by the clients might depend on subjects' personality and on the factors around.

Discussion and Conclusion with entire text

In Section I, I followed my own career as a psychologist in a helping profession, along with a brief history of my research. I am aware that the backgrounds of Social Justice and Human Rights each supports and are connected to the Rights of Individuals, that is, the Dignity of Individuals. The Dignity of Human Beings is to be understood, respected, and protected by these social norms. I have acknowledged this mechanism for Human Dignity. Social Justice includes rules that exist to control regulations, and Human Rights function according to these rules. However, the management of Human Rights for the Welfare of Individuals is dependent on the individuals, who are multicultural beings who need Self-Actualization, Health, and Wellness. I was very much interested in researching how we could find Strategies and Actions helpful to this type of Actualization of Individuals. I agree with the belief that this kind of study is to

THE RESPECTFUL CUBE

Ivey, A., D'Andrea, M., Ivey, M., & Simek-Morgan, L. (2002). *Theories of Counseling and Psychotherapy: A Multicultural Perspective* (Reprinted by permission)

Dignity of the Individuals cont.

be scientific data based in some way. Then what is a Science based study for the Well-being of Individuals?

In Section II, I have tried to follow my study carrying out the experiments according to the above mentioned criteria, and found that 1) Human Beings are multicultural, 2) Similarities and Differences among Human Beings exist, 3) Human Beings are in relations, 4) Communication among Human Beings are essential for them, therefore, the key is to see human beings globally and, 5) In order to identify emotions which are keys for understanding the thoughts and behavior of the client, and to deal with the emotional activities in the brain of the individual, the counselor (listener) must know how to listen and attend to the client (speaker). Those concepts which were carried are physiological-psychological neuro-counseling oriented (bio-psychological oriented) and brain based.

Emotion of "here and now" will be acknowledged as feelings in the limbic system in the brain. In communication during counseling/psychotherapy, people express it verbally and/or non-verbally.

There, from the standpoint of neuroscience, some gaps between emotions expressed as felt and physiological phenomena (stimuli) occurred: Basic emotions could be noticed through Amygdala, the center of emotions. Emotional experience and Brain feeling which are objective interact with each other (Sapolsky, R. 2012). In order to harmonize the gap, a kind of emotion we call 'social emotion', for instance, feeling of 'shame', feeling of 'annoyance', feeling of 'guilt', etc. evolve. Again, we appreciate the multicultural view of human-beings: it shows that psycho, physio, bio, medical, social, environmental, and cultural factors in addition to personal factors of individuals might influence what the individual feels. The management of empathic understanding in human communication mirrors neurons, empathy functions in every individual in his/her actualizing process towards Wellness. Modulating sensitivity to these mind-body activities, helping professionals

(counselors, psychotherapists, etc.) will relate to the Dignity of Individuals. I would like to think that in this way professional psychologists could contribute to the Welfare of people around the world.

Again, I would like to summarize the relation of psycho-bio-brain activities: I understand during communication, because of the plasticity of neuron connections within the brain, scientists/counselors could become artists and manage the connections so that hormones, such as serotonin make an individual feel comfortable and positive, and could be discharged through a specific neuron system. In this case, Empathic listening is needed on the side of the counselor to understand the individual's emotions through empathy. Also, we must recognize that the function of the basic brain system of emotional regulation is located in the frontal lobe through connections with the limbic system and does creative work. We, professional counselors as artists contrive to manage those systems by counseling/psychotherapy as Strategies for Action when dealing with the Individual's Health and Wellness.

As Professional Psychologists, we have to keep in mind that in dealing with helping relationships, we must always be concerned with our role of Scientist and Practitioner (McGowan, J.F. & Schmidt, L.D., 1962 ed. *Counseling*). Thank you, Dr. Ivey for clarifying the relationships of the Theory of Neuroscience, Neurobiology, and to Microskills (Social skills) which are necessary for strategies for Action for the Wellness of Individuals.

We must remember that with helping relationships, we always need to be concerned with our roles of Scientist and Practitioner: We are Scientific Skilled Artist to manage (evidence-based arts). We need interdisciplinary collaboration with other fields of professionals. Brain based findings are improving and changing so quickly for the betterment of the Wellness of individuals around the world. The concepts of AI, also, might need Art for understanding human beings and surrounding factors. I would like to study our Profession on these aspects further in order to be

Dignity of the Individuals cont.

a professional who respects the Dignity of Individuals and their Well-being, who they are, and where they live.

THE INDIVISIBLE SELF: AN EVIDENCE-BASED MODEL Of WELLNESS

CONTEXTS:

Local (safety)
Family
Neighborhood
Community

Institutional (policies & laws)
Education
Religion
Government
Business/Industry

Global (world events)
Politics
Culture
Global Events
Environment
Media

Chronometrical (lifespan)
Perpetual
Positive
Purposeful

The Indivisible Self

© T.J. Sweeney & J.E. Myers, 2003.

Sweeney, T.J. & Myers, J.E. (2003). Wellness: Optimizing human development over the lifespan In Ivey, A.E., Ivey, M.B., Myers, J.E. & Sweeney, T.J. *Developmental Counseling and Therapy: Promoting Wellness Over the Lifespan.* (Reprinted by permission)

A thought on future direction on my research:

Again, as a Professional Psychologist, we have to know that the Evidence- based Artistic manipulation of mind-body approach (the idea of bio-psycho part of human being and technologically created part by machine) is to be kept in our mind as important for human communication: Human science created by Artistic part might be needed. I am interested in this problem to study further, focusing on 'Attending': I am impressed by knowing that in order to encourage helpers to deal with Social Emotion of each multicultural human beings which will be a strong key to understand Individuals Dignity.

For this fields of research various kinds of approaches will be considered, especially when the professionals want to find Globally mind and body connections. Actually, recently some kinds of innovation of facilities for the experiment by medical professions and technological professions, independently and or dependently, are being found. Common to all is to abandon subjectivities which interfere with ethical problems dealing with Dignity of subjects.

This is only a pilot study but further researches, with both qualitative and quantitative studies will be necessary for the practical use of this sort of study (communication from the standpoints of psycho-bio-physiological-neurocounseling approach) as bases to be closer to the human beings for their Wellness and Well-being. This author would like to continues to try to carry intensive works finding effective way of experiments, which will develop along with the purpose of the study. I would like to continue to develop this preliminary (pilot) study towards the Wellness of the people in the world who they are and where they live.

I shall appreciate your support in collaborating to work on such a project. Thank you for listening.

Dignity of the Individuals cont.

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Panel discussion "Contemporary challenges trends, and transformations in a post covid world"

Marija Davcheva, *President of Division 15 IAAP*

In addition to the wonderful Early Career Marathon key notes sessions and participants' presentations, this year we organized an amazing panel discussion as part of the Early Career Marathon. We are truly grateful for the collaboration of three of our partner organizations for the organization of this session. We are proud to have counted on the collaboration and participation of *Alma Jeftic* Postdoc at University of Copenhagen and Research Fellow at Peace Research Institute, International Christian University, Tokyo, Director of Student and Early Career Membership at **APA Division 48**; *Elias Kekesi* an Industrial and Organisational Psychologist with a passion for education, research, and consulting from Ghana, a member of the **Global Student Psychology Committee**; and *Anna Chwalibóg*, a psychology student in her final year of the MA degree, specialising in business and organisational psychology and representative of External Relations of **EFPSA**. *Marija Davcheva*, President of **Division 15 IAAP** moderated the session.

Under the topic of the panel discussion "Contemporary challenges trends, and transformations in a post covid world", the participants discussed their ideas in relations to two streams:

1. psychology for disaster management, emergency, crisis and

2. the role of technology in psychology research and practice.

The 60-minute panel discussion fostered a rich debate regarding highly relevant societal topics and highlighted the role of psychologists and education of psychologists to tackle worldwide problems.

We will present a short summary of some of the main conclusions that can be drawn from the panel.

Elias Kekesi highlighted how in response to the unprecedented challenges brought about by the COVID-19 pandemic, the field of psychology has undergone significant transformations in disaster management, emergency response, and crisis intervention.

"The integration of technology, particularly in the form of teletherapy and AI-driven tools, has emerged as a pivotal shift, offering effective and accessible mental health support during crises. Virtual support groups and AI-enabled clinical decision support systems have proven instrumental in fostering community and improving intervention efficiency.

As organizations navigate the post-COVID world, prioritizing employee well-being has become paramount. The psychological impact of remote work, isolation, and burnout necessitates proactive measures, including employee assistance programs and mental health check-ins. Leadership's role in fostering a supportive culture and maintaining open communication channels during emergencies is crucial for organizational resilience. Training programs that incorporate psychological resilience-building components are identified as essential for effective emergency response.

Research trends in the psychological issues of disaster and emergency response, particularly in Ghana, reveal nuanced psychosocial hazard exposures among Emergency Medical Technicians (EMTs). The thesis studies emphasize the importance of job resources, resilient coping strategies, and

Panel discussion cont.

individual factors in mitigating adverse consequences. Culturally tailored interventions are imperative, considering socio-demographic factors influencing psychological experiences. The long-term mental health impact of psychosocial hazards, both negative and positive, underscores the need for sustained and adaptive support systems.

In addressing multifaceted challenges, psychology intersects with various disciplines through interdisciplinary collaboration. Collaboration with fields such as public health, information science, sociology, and economics enhances our understanding of the psycho-socio-economic impact of crises. Psychology's role in influencing public policies, integrating technology into interventions, educating other disciplines, and engaging with diverse communities highlights its versatile contribution to navigating the complexities of the post-COVID world.

The synthesis of these insights underscores the pivotal role of psychology in fostering resilience, promoting adaptive coping strategies, and tailoring interventions to diverse cultural contexts. As we collectively navigate the uncertainties of the post-COVID era, the integration of psychological principles into disaster management, organizational strategies, and interdisciplinary collaborations stands as a cornerstone for building a more resilient and adaptive global community."

Anna Chwalibóg in discussing how some significant technological advancements that have impacted psychology research and practice in recent years focused on the implementation of Virtual and Augmented Reality (VR/AR) technology, Artificial Intelligence and Machine Learning, Mobile apps and wearable technology, Telehealth and online therapy and Neuroimaging advancements. She highlighted that digital health has an important role in providing mental health services. It has increased accessibility (remote and 24/7) and affordability, allowed for customization/personalization using data-driven insights. As well as the anonymity and privacy help in reducing stigma. Moreover, she discussed how should Education and training of early career psychologists be shaped to tackle the challenges technology brings into people's lives. For instance, providing specific training in telehealth practices (including conducting therapy sessions online, maintaining therapeutic rapport in virtual environments, and addressing potential challenges related to the remote delivery of mental health services), incorporating training on the ethical and responsible use of technology in psychology practice. Finally, the development of digital literacy skills and critical thinking in evaluating technology tools and interventions is essential to enable early career psychologists to assess the validity, reliability, and ethical implications of technological applications. In addition, education should include training on data security, confidentiality, and privacy issues associated with the use of technology, as well as foster collaboration between psychology programs and other disciplines (such as computer science, data science, and information technology). In particular, a good practice includes case studies and practical examples that highlight both the benefits and potential pitfalls of technology in psychology. In addition, a crucial part of the education programs should focus on establishing supervision and mentorship programs that connect early career psychologists with experienced professionals who have expertise in the effective use of technology in psychology practice.

Finally, she argued that interdisciplinary collaboration between psychologists and technologists can enhance the development of innovative solutions for mental health. This interdisciplinarity can offer a comprehensive understanding and holistic approach, can include the combination of machine learning, analysis of big datasets and its psychological interpretation and tailoring.

The panel discussion offered many ideas for future applied research and education of early career psychologists. Topics of vital interest were discussed and experiences from international participants were shared, which we believe especially enriched the Early Career Marathon experience. We will keep working on enriching and expanding the format of the ECM and we look forward to future collaborations with our members and collaborating organizations.

Until the next Early Career Marathon!

Best regards,
Marija Davcheva
Division 15 President

Trust and Quality of Life: A Study in Organizations for Individuals with Intellectual Disability

Presenting Author

Sedigheh Jalili Abnargesi, IDOCAL, University of Valencia, Valencia, Spain

Co-Authors

Vicente Martínez-Tur, Yolanda Estreder, Carolina Moliner, & Esther Gracia; 1IDOCAL, University of Valencia, Valencia, Spain

Abstract

In the context of organizations for individuals with intellectual disability, this study sought to examine the mediating role of teams' trust in supervisors in the relationship between supervisors' trust in teams and performance focused on improving quality of life (QoL) of service users. Therefore, and based on social exchange, it is expected that teams reciprocate supervisors' trust by reporting greater level of trust in supervisors and better performance. We tested this trust-mediated model with a sample of 139 supervisors (reporting trust in their teams), 1101 team members (reporting trust in their supervisors) and 1468 family members (reporting performance focused on QoL). Our findings confirmed a cross-level mediation process. Supervisors' trust in their teams leads to teams' trust in their supervisors. This trust reciprocity at the team level in turn is positively associated with organizational performance oriented to improving QoL of individuals with intellectual disability, reported by family members at the individual level.

Keywords trust reciprocity, quality of life, supervisor–team member relationship

Intentions to stay: Examining expatriate adjustment in a host country according to time-dependent factors and cultural distance

Presenting Author

Jasmine Anouk Albien, anoukjasmine.albien@unil.ch

Co-Authors

Hilpert,P., &Rossier,J.

University of Lausanne, Switzerland, as part of the SMACT (SKILLED MIGRANTS ADJUSTMENTTOCA-REERTRANSITIONS) Grant Agreement number: 890967— SMACT — H2020-MSCA-IF-2019/H2020-MSCA-IF-2019

Abstract

Expatriates or highly skilled migrants represent a substantial and increasing number of employees around the world, and follow a time-based cross-border movement driven by the underlying intention of gaining better professional opportunities in the face of unstable economic opportunities. Expatriates are essential to the global economy, this is particularly true for the Swisseconomywithapproximately70,000highlyskilledadultsenteringSwitzerlandeveryyear. The research study aimed to assess if repatriation intentions were predicted by expatriate adjustment (EA) among three groups of expatriates according to time spent in Switzerland (Group1 = 1-5 years, Group 2= 6-10 years, Group 3 = 11-15 years). Additionally, cultural distance was included as a moderator in the EA process. Various inconsistencies exist in EA research, with cross-cultural adaptation, and acculturation being used interchangeably to refer to the EA process and outcomes. Expatriate studies have focused on indicators of work outcomes such as work productivity and job satisfaction, which were positively predicted by EA, but non- work variables have not been extensively researched. The development of an integrated and empirically-informed EA literature base is essential, and a recently developed EA theory and assessment was utilized in this study. Thereby the evaluation attached to changes in ten diverse EA facets are included. Specific domains were selected namely: "work environment","job characteristics", "work-life balance, "family life", "local friendships", and "contact to those left behind"in this cross-sectional quantitative research design. Expatriates in German-speaking Switzerland (N= 266) completed an online survey. The following measures were used: demographic questions; Expatriate adjustment scale (Hippler et al., 2014); Cultural distance (Chen et al., 2010); and Repatriation intentions (Cao et al., 2013). The multi-group model showed good fit indices. In group one, there were significant findings on all domains, except local friendships (p >0.05). In group two, there was a significant result in the work environment domain and interaction effect between family life and cultural distance(p>0.01). In the third group there were significant results in work life balance and local friendship domains, and the interaction effect persisted(p>0.01).This means that EA issues change according to time spent in a host country, but that EA issues remained. Also, the effect of cultural distance is reduced by existing social support structures, but more research is needed to see how career trajectories and well-being is affected. Limitations include the cross-sectional approach and that the data was only collected in the German-speaking Swiss regions. Future research should consider a longitudinal approach to assess how time lags affect EA processes and other Swiss

regions included. The originality of this study is the inter ali examination of EA trajectories according to time-dependent groups in the absence of longitudinal data. These results are informative to develop the EA literature base and create effective human resource management approaches and interventions for improving EA. The current research relates to the conference themes of Careers and the Labour market and Diversity and inclusion, because of an ever- increasing globalized and diverse workforce, resulting in the need for work environments that manage and incorporate diversity well. The 2030 Agenda for Sustainable Development is supported by including the relevant goals of decent work and economic growth and reduced inequalities, by creating inclusive work environments supporting EA processes.

Is sensation-seeking important for cycling stability and self-rated cycling ability during alcohol intoxication?

Presenting Author

Caroline Andersérs, candersers89mail.com, Sweden

Co-Authors

Jan Andersson and Henriette Wallén Warner, Swedish National Road and Transport Research Institute, VTI, Sweden

Abstract

Background: In Europe, there were around 19,450 bicycle fatalities between 2010 and 2018. According to the World Health Organization (WHO) alcohol intoxication is an important risk factor for bicycle accidents. Because not all people act in the same way when intoxicated, an individual characteristics such as sensation-seeking may be related to cycling stability and self-rated cycling ability. Purpose: The aim of this study was therefore to investigate if cyclists' levels of sensation-seeking have an effect on cycling stability, and/or self-rated cycling ability at different levels of alcohol intoxication. Method: The experiment was conducted on a wide treadmill that allowed control of several influencing factors such as speed and physical effort. Intoxicated and sober participants cycled on the treadmill for five 10-minute sessions. Alcohol was administered incrementally to reach a target breath alcohol concentration level of 0.8 ‰. Result: The results revealed that alcohol intoxication decreased cycling stability for all participants. In self-rated cycling ability the results revealed a significant interaction effect where those who scored high on sensation-seeking, where relatively stable over time and rated themselves as having a higher cycling ability when intoxicated. While those who scored low on sensation-seeking showed a decrease in self-rated cycling ability when intoxicated. Conclusion: Levels of sensation-seeking is important for counteracting possible self-regulated behaviors for cyclist during alcohol intoxication.

Keywords: Cycling stability, alcohol intoxication, sensation-seeking, and self-rated cycling ability

Preliminary findings from a qualitative study exploring sustainable and healthy food behaviour change facilitators and barriers as identified by participants who have completed the intervention arm of a Randomized Controlled Trial 12-week dietary study

Presenting Author

Bríd C. Bourke, Department of Management and Marketing, CUBS (Cork University Business School), UCC (University College Cork), Ireland. PhD student. Email: bbourke@ucc.ie

Co-authors

Professor Mary McCarthy, Department of Management and Marketing, CUBS (Cork University Business School), UCC (University College Cork), Ireland. Professor of Marketing.

Dr. Sínead McCarthy, Teagasc Ashtown Food Research Centre, Co. Dublin, Ireland. Consumer Behaviour Research Officer.

Keywords: study; sustainable diet; healthy diet; consumer behaviour; behaviour change; social psychology; behavioural constructs; beliefs; food choice facilitators; food choice barriers.

Abstract

Food based dietary guidelines (FBDGs) provide expert recommendations on what to eat, however adoption is commonly low and now climate change urgency has focused attention on the environmental impact of the food choices we make. The United Nations' Food and Agriculture Organization (FAO) encourages member states to revise FBDGs to include sustainability recommendations that are culturally appropriate and acceptable. A first-of-its-kind randomized controlled trial nutritional study, with an aim to establish if a healthy sustainable diet was nutritionally adequate and acceptable, place participants on a 12-week personalised nutrition plan. Participants on the intervention arm were invited to take part in an 'exit' interview to explore the facilitators and barriers to effectively changing their food choice behaviour. The overarching themes emerging include food choice motives, types and roles of influencers, accessibility of underlying beliefs and availability for belief change, and barriers to long term change.

Method

This qualitative study was carried out with 26 consenting participants who had completed a 12-week personalised dietary plan within a RCT. Only participants who had completed the intervention arm of the study were invited to take part in an exit style interview. The semi-structured interviews explored food choice practices and sought to gain insights into the facilitators and barriers to achieving change through adherence to the nutritional guidelines. Interviews were conducted online via MS Teams, the duration varied from 30 – 70 minutes, and verbatim transcripts were uploaded into NVivo software to aid data management. Data analysis was conducted using inductive open coding, followed by category generation, followed by synthesis of overarching themes (Merriam & Tisdell, 2016) to address the research question.

Bourke, Brid cont.

Results

Sustainable and healthy food practices were supported via the intervention's personalised plan method. However intervention participants commenced the study with strong food choice change motives in place, which varied in intensity across health, environmental and food curiosity motives, and was dependent on life stage and informed by a host of influencers, particularly parents and peers in early independent living scenarios. Underpinning the changes were several types of beliefs in relation to healthy and sustainable food, which either affirmed previously held beliefs and assumptions or challenged accepted truths. Certain food change behaviours, though challenging initially, became surprisingly easy to maintain due to creative cooking practices, while others food behaviours remained resistant to change, and on ending the trial, participants quickly reverted to these old behaviours. Following the food plan for 12 weeks evoked a range of emotions in participants including guilt, frustration, satisfaction and pleasure.

Conclusion

Facilitating adoption of sustainable and healthy diets will require deep insights into individual differences to understand the routes to change. In particular there are opportunities at policy, programme and practice levels to address misconceptions and baffling beliefs to enable food choices and practices that support human and planetary health.

The efficacy of a new sexual violence prevention program for adolescents (the SUN Program): a protocol for a Cluster Randomized Trial

Presenting Author

Eunice Martins Barbosa Couto do Carmo, up201810040@edu.med.up.pt

Co-Authors

Joana Patrícia Pereira Carvalho, Nélio Jesus de Freitas Brazão

Abstract

Background: Sexual Violence (SV) is a public health problem. Trajectories of victimization and perpetration can start in adolescence, with serious long-term consequences for the physical and mental health of the individuals involved in it [1, 2]. Currently, the prevalence of SV in Portuguese high school students is unknown. The prevention of SV through educational programs is described in several international conventions, namely the Istanbul Convention and the Lanzarote Convention, and in the guidelines from the WHO, the UN and the UNESCO [3]. Regarding programs targeting adolescents in schools and community settings, SV is approached in the context of dating violence or gender violence, without a clear focus on its specificities. These programs are promising, but a need for programs specifically focused on SV has been highlighted in recent years [4, 5].

Aim

The current research project will develop, deliver, and evaluate the efficacy of a new cognitive-behavioural sexual violence primary prevention program for adolescents (SUN: Stand Up Now against sexual violence) targeting high school adolescents in Portugal.

Intervention and study design: The SUN Program is a manualized program which includes ten 45-minute weekly sessions. The central contents of the program include sexual violence throughout the lifespan in different contexts, bystander attitudes and behaviours, empathy, compassion, and self-care. We will conduct a pilot and feasibility study to assess acceptability and feasibility and to establish the program's preliminary efficacy. We expect to adapt the program and study protocol to the results of the pilot and feasibility study and to further improvements revealed in the peer-review process following publication. Then, a cluster randomized trial (CRT) will evaluate the program's efficacy in the reduction of victimization and perpetration of SV and of SV myths. The program's efficacy in the increase of bystander attitudes and behaviours as well as in empathy and compassion will also be assessed. Finally, we will investigate whether age, gender, sexual orientation, and personal history of victimization influence the participants' responsivity to the program. We expect to recruit about 200 students

from 10th, 11th, and 12th grades of public schools from the North of Portugal for the CRT. The study will be conducted according to the CONSORT guidelines and registered as a CRT at clinicaltrials.gov. The control cluster will consist of a waitlist control group with 100 participants and the other 100 participants will take part in the program. This study will include five assessments: baseline, post-test, 3-month, 6-month and 9- month follow-ups. Every session will include psychoeducation components as well as skills-training moments. At the end of each session, facilitators will suggest a short self-care activity to balance the potential negative emotional impact of the

session and to promote the use of techniques such as grounding. Sessions will be conducted by two psychologists. To ensure the integrity of the programme, a manual will be designed, continuous supervision will be ensured and 20% of sessions will be observed and evaluated by the supervisors of this project.

Expected results and implications: It is expected that this project will increase the scientific knowledge regarding sexual violence prevention and that it will significantly impact the reduction of SV in adolescents.

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The Primacy and Recency Effect Applied to Schizophrenia Patients

Presenting Author

Pengcheng Chen (pc3018@tc.columbia.edu); MA in Clinical Psychology at Teachers College, Columbia University, USA.

Background

The Primacy and Recency Effect (also known as the serial position effect) was proposed by Glanzer and Cunitz (1966). Using this method, researchers detected a pattern: participants can remember words better when they appear at the beginning and end of a list (Glanzer & Cunitz, 1966).

Cognitive impairments are one of the core features of schizophrenia and predict the functional outcome and quality of life of patients (Abhishek et al., 2020). Especially, impairments in memory functions are among the most robust correlates of schizophrenia and poor functional outcomes in individuals with psychotic disorders (Seabury & Cannon, 2020).

Current study

Nowadays there are extensive studies on schizophrenia pathology and cognitive deficits. However, the effectiveness of primacy and recency effect on psychiatric patients is unknown. Therefore, it is an interesting topic to know more about whether this effect applies to patients with schizophrenia to better understand their semantic memory abilities and the entire pathology.

Participants

Participants are twenty patients with schizophrenia and twenty healthy controls. For schizophrenia patients, all patients must meet DSM-5 criteria for schizophrenia; Scale for the Assessment of Positive Symptoms (SAPS) and the Scale for the Assessment of Negative Symptoms (SANS); with the ability to write and read in English; patients with any psychiatric comorbidity, neurological illness, traumatic brain injury, substance abuse or dependence, and electroconvulsive therapy in the past six months will be excluded. Participants with no history of psychiatric or neurological illness, traumatic brain injury, family history of psychiatric illness, substance abuse, or dependence will be recruited for the healthy control groups.

So, this study is a between-group design, and we could use two-sided t-tests to compare these two groups.

Methods

This study has four stimulus types which are also four sections: Long words (7-10 letters), Short words (3-4 letters), Two digits numbers, Four digits numbers.

Participants are asked to see eight words/numbers in every section and recall them. Each word is displayed for three seconds, and the next appears. For example: In section one, after eight long words have appeared, researchers ask participants to report what they remember. At the same time, in addition to recollecting their remembered words, participants were asked to make confident judgments about their responses (i.e., if patients only remember three words, researchers could ask them--Of the words you said, which word you remember the most?). During this process, researchers should record the order of the word reported by the patient and also record the participant's confident judgment.

Finally, through word number and confident judgment tasks, we could determine whether primacy and recency effects applied to patients with schizophrenia.

Chen, Pengcheng cont.

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Relationship Satisfaction and Personal Growth

Presenting Author

Khushi Chopra, Undergraduate student, Department of applied Psychology, Shyama Prasad Mukherji College for Women, University of Delhi. choprakhushi101@gmail.com

Co-Authors

Dr. Suruchi Bhatia Associate Professor, Department of applied Psychology, Shyama Prasad Mukherji College for Women, University of Delhi.

Dr. Anamika Rai Assistant professor, Department of applied Psychology, Shyama Prasad Mukherji College for Women, University of Delhi.

Abstract

Love, the most desired topic for countless singers, poets and novelists to work on does not have a long history of being systematically studied by psychologists all around the globe. As Harry Harlow also believed that psychologists have failed in their mission of understanding love and affection, and that love and affection as a concept has been better explained by novelists and poets rather than psychologists (1958). Studying love relations in psychology is especially important because it helps in understanding the dynamics that exists within such relations, and how well they impact an individual's emotional and psychological well-being. Such an understanding contributes to our broader understanding of human behaviour in social and group contexts, identity formation and individual growth. According to Josselson (2002), relatedness and relationships are essential to both men and women of all ages. People have the need to be valued and appreciated by others. It gives them a sense of their belonging and justifies their existence in this world. Lisbeth (2003) stated that because of the social nature of humans and the long developmental period from birth to adulthood, the need for love and belonging is closely linked to the need for survival". Researchers have also debated upon the connections of various brain systems that lie behind attraction and love, thus strengthening the idea that entering into love relationships are not specific for a certain culture rather a universal phenomenon (Fisher, Aron, Brown, 2006). Despite restrictive social norms, there is increasing evidence that youth in India engage in premarital love relationships. However, information on how they initiate and build these relationships is scarce, even though it is vital for addressing the needs of young people, understanding cultural norms, attitudes and practices surrounding love.

Keywords: Relationship satisfaction, Personal Growth, Pre-marital Relationship, Arrange Marriage, Love Marriage

Scientific Perspectives on Autism Over Time

Presenting Author

Gian Marco Di Feo, Department of Psychology, University College Dublin, Dublin, Ireland

Co-Author

Michael O'Connell, Department of Psychology, University College Dublin, Dublin, Ireland

Abstract

Purpose: The study was conducted to examine changes in the beliefs and contents of articles on autism since the mid-twentieth century. Characteristics analyzed were the mentioning of pharmaceutical drugs, country, and institution of the first author, methodologies used, journal, and the year of publication. Methods: All articles (N=566) analyzed were published between January 1st, 1943 and December 31st, 2021. Inter rater reliability was assessed and there was a 94.4 percent agreement amongst raters. All articles were analyzed through both PubMed and PsycInfo. Results: A one way chi square indicated that there was a significant number of articles expressing mixed beliefs on the cause of autism. Scientific perspectives on the cause of autism have changed significantly over time. Particularly, the belief of empiricism (environmental factors) has decreased significantly, while both mixed beliefs and nativism have increased remarkably. Additionally, the mentioning of pharmaceutical drugs is involved with the beliefs on the cause of autism. Conclusion: Articles in the twenty first century are most likely to express both nativist and empiricist viewpoints on the cause of autism. Articles that express mixed beliefs are most likely to mention drugs in their study. The results impact scientific self-understanding on autism and beliefs in high-income countries, and advance scientific understanding globally.

Keywords: Autism, beliefs, nativism, empiricism, nature, nurture

From Hurting to Helping?: Psychopathic Traits, Priming, and Costly Helping

Presenting Author

Shelby Grahn, grahns2@mymacewan.ca

Co-Author

Kristine A. Peace, peacek@macewan.ca

Abstract

Psychopathy is characterized by traits such as callousness, egoism, impulsivity, manipulation, and incapability of empathy. Research suggests that those high in psychopathic traits are incapable of altruism, yet recent studies have reported that psychopaths may engage in heroic helping, and that low levels of everyday helping behaviour can be mediated by prosocial priming. The present study seeks to investigate how psychopathic traits influence costly helping (i.e., helping another at a cost to oneself) as a function of a helping prime (no prime, prosocial, asocial, antisocial) and the remoteness of a charity (on-campus, local, national, international).

Participants (N = 320) will complete measures of mood, psychopathic traits, and empathy, followed by random assignment into one of the helping prime conditions. Following this, participants will play a standardized game designed to measure costly helping (i.e., the

Altruism/Antisocial Game; AlAn's Game; Sakai et al., 2012), that will involve decisions regarding monetary donations to one of four charities that vary according to their level of remoteness. Throughout the game, participants will distribute $20 between themselves and the charity via their decisions. After the game, participants will be asked to make a real-time choice regarding how they want their participation funds distributed between themselves and the charity (i.e., do you want to donate all or some of the money to the charity or keep it for yourself?). This study has implications for understanding psychopathic traits in the context of costly helping, including whether priming and mood change either of the giving decision outcomes.

Keywords: psychopathy, primes, costly helping, empathy

Mediating Role of Coping Strategies on the Symptoms of Complicated Grief and Psychological Well-Being during COVID-19 Pandemic

Presenting Author

Rhalf Jayson F. Guanco, Adventist University of the Philippines, Department of Psychology, rhalfjayson02guanco@gmail.com

Co-Authors

Lorein Kate Y. Delgra, Urriel E. Dotimas, Kayecelyn B. Dumas, Elly Rose D. Lumpay; Adventist University of the Philippines, Department of Psychology

Abstract

The COVID-19 pandemic altered the way that people live. For safety reasons, the government of the Philippines imposed health guidelines that affected the grieving process of Filipinos, resulting in complicated bereavement. Yet, there is but little research examining potential protective factors for grieving Filipino Asians. This study investigated the mediating role of coping strategies between complicated grief and psychological wellbeing among 200 bereaved Filipinos aged 18 to 67. The researchers employed random sampling to administer modified versions of the Inventory of Complicated Grief, Coping Strategies Scale, and Ryff's Psychological Well-being questionnaires. It was determined that the degree of complicated grief was low, the level of coping strategies was high, and coping mechanisms were frequently employed. The findings indicated that coping strategies fully mediated the relationship between symptoms of complicated grief and psychological well-being (β =-0.493, t=2.16, p=0.03). The results highlighted the importance of high coping mechanisms during the pandemic. Implications and recommendations were discussed.

Keywords: grief, well-being, coping, pandemic

Applying Meaning and Self-Determination Theory to the Development of a mHealth Physical Activity Intervention for Middle-Aged Adults

Presenting Author

Stephanie A. Hooker, HealthPartners Institute, Minneapolis, MN USA

Co-Authors

Jule M. Muegge, A. Lauren Crain, Kevin S. Masters, Rebecca C. Rossom, Nico P. Pronk, Dhavan Prasad Pasumarthi, and Gopikrishna Kunisetty

Abstract

A sense of meaning in life is positively associated with health, well-being, and longevity, which may be partially explained by engagement in healthier behaviors, including physical activity. However, promoting awareness of meaning is a behavior change strategy that has not been tested in previous physical activity interventions. The goal of this study was to develop, refine, and pilot the Meaningful Activity Program (MAP to Health), a meaning-based mHealth physical activity intervention, grounded in self-determination theory, for insufficiently active middle-aged adults. The intervention includes a web-based assessment built on theoretical determinants of behavior change including promoting awareness of meaning and supporting basic psychological needs of autonomy, competence, and relatedness. The assessment guides participants through: (1) identifying reasons for being physically active and sources of meaning; (2) making explicit connections between meaning and activity; (3) setting small, achievable activity goals from a comprehensive list of eligible activities; and (4) planning times for activity. Based on the personalized information from the assessment, MAP to Health utilizes algorithms to send personalized text messages at times planned for physical activity to keep meaning salient for participants and encourage physical activity. Thirty-five middle-aged adults (ages 40-64) who were insufficiently active (average moderate-vigorous physical activity between 10 and 149 min/week), interested in becoming more active, and physically able to participate in physical activity were recruited to participate in a double baseline, single-arm proof-of-concept pilot trial of the intervention (4 weeks baseline, 8 weeks intervention). They completed measures of the hypothesized mechanisms of behavior change, including meaning salience, needs satisfaction, and internal motivation, and wore accelerometers for the duration of the study. Final study data are anticipated in May 2023 and full results will be presented at the Early Career Marathon.

School-Based Intervention for Anxiety using group CBT in Pakistan: A Feasibility Randomized Controlled Trial

Presenting Author

Saman Ijaz, MS Scholar, Foundation University, Department of Psychology, Islamabad, Pakistan, skhan-yousafzai17@gmail.com

Co-Authors

Dr Iffat Rohail, Professor, Foundation University, Department of Psychology, Islamabad, Pakistan.

Dr Shahid Irfan, MHPSS Consultant for Afghan Migrants and Host Communities, International Organization for Migration, Pakistan

Background

Anxiety and mood disorders, are the main cause of illness in people under the age of 25, accounting for 45% of the global disease burden whereas 4.6% of teenagers aged 15 to 19 are predicted to experience anxiety. Pakistan country with a population of 200 million, has the worst mental health indicators and fewer than 500 psychiatrists. Despite the existence of various treatments for anxiety, this goes unrecognized and untreated. This calls for a critical need for indigenous, evidence-based interventions. The present study aimed to evaluate the feasibility of CBT-based interventions to reduce anxiety symptoms among school children in Pakistan.

Methods

This study was a pre-post design, two-arm, single-blinded, feasibility, randomized controlled trial. Thirty-four participants (experimental group, n=14; control group, n=14) were recruited from four semi-government schools in Rawalpindi. Two instruments (Beck Anxiety Inventory for Youth (BAI-Y II) and BASC-3 Behavioural and Emotional Screening System Student Form (BESS – SF)) were used to assess the severity of symptoms. Participants in the intervention arm received a total of 8 group therapy CBT sessions. A two-way factorial ANOVA was used to examine the efficacy of CBT in reducing symptom severity.

Results

The findings of this study showed that, in comparison to the wait-list control group, CBT successfully improved anxiety symptoms among school children while enhancing their social skills.

Conclusion

This study will help improve the treatment for anxiety in Pakistan by prioritizing school-based intervention and group-based CBT intervention.

Keywords: CBT, Pakistan, anxiety, school children, randomized controlled trial, feasibility.

Rock-climbing Performance, a Personal(ity) Matter?! The Role of Personality in Rock-climbing Performance Examined

Presenting Author

Maria Stefania Ionel. Research in Individual Differences and Legal Psychology – RIDDLE Lab, Department of Psychology, Babes-Bolyai University, Cluj-Napoca, Romania, mariastefaniaionel@psychology.ro

Co-Authors

Andrei Ion, Assessment and Individual Differences – AID Lab, Department of Psychology and Cognitive Science, University of Bucharest, Romania

Laura Visu-Petra, Research in Individual Differences and Legal Psychology – RIDDLE Lab, Department of Psychology, Babes-Bolyai University, Cluj-Napoca, Romania

Abstract

The study of personality has been very popular in the field of sport psychology. Research has examined the role of personality on sport-related practices and outcomes; however, studies that examine its contribution to explaining performance in high-risk, extreme sports such as rock-climbing have been rather scarce. The present investigation addresses two different studies in which personality and rock-climbing performance were examined.

In the first study we aimed at (1) identifying which of the Five-Factor Model (FFM) personality traits explain rock-climbing performance variability and (2) exploring whether personality traits sitting outside the FFM consistently explain various facets of rock-climbing performance, over and beyond the FFM traits. Boulderers (n = 155) and sport climbers (n = 272) from a large dataset, aged between 16 and 69 (M = 32.1, SD = 10 years), completed the Big Five FFM–2 Short Form and the 12-item Grit Scale. Various facets of rock-climbing performance were measured with the IRCRA (International Rock Climbing Research Association) scale. We deployed a hierarchical regression based on latent factors for both predictors (FFM personality traits and grit) and criteria (various facets of rock-climbing performance). Results indicated that openness and agreeableness accounted for a significant amount of variance in the different performance facets. Moreover, grit emerged as a solid predictor, explaining rock-climbing performance variance over and beyond FFM traits.

In the second study we aimed at (1) replicating the findings from the first investigation and (2) examining whether personality traits (both FFM and grit) accounted for long-term, rock-climbing learning. Participants (n = 113; 43 females) with ages between 17 and 67 (M = 34.19, SD = 10.53 years) were drawn from the same dataset of Study 1. Data was collected with the same measures used in the first study. We employed the same analytical approach, generating latent factor scores for both predictors and criteria. Our results partly replicated findings from Study 1; both openness to experience and grit emerged as consistent predictors of rock-climbing performance; however, no personality trait had a significant impact on climbing performance progression. Contrary to the commonly held view depicting grit as indistinct from conscientiousness, our findings suggest that this trait has a unique contribution to explaining performance in a relatively novel, high-risk sport. Moreover, openness to experience emerged as having the most consistent relationship with various facets of rock-climbing performance.

Keywords: Big-5, grit, climbing performance, extreme sports, IRCRA.

Social Class, Psycho-Social And Academic Experiences At School

Presenting Author

Khushbeen Kaur Sohi, khushbeensohi@gmail.com

Abstract

Social class has not been adequately researched in social psychology research in India. Social structural identities, such as those afforded by social class, gain salience in specific contexts. One such significant context is school which is the focus of the present work. Schools today represent diversity in the social identities of learners owing to government initiatives to uplift marginal communities by giving them an opportunity to be a part of mainstream schools. The existence of such diversity in the student body brings to the fore psycho-social issues stemming from the presence of students from the low-status and high-status groups within a system that is shaped, more or less, by values of dominant/high-status groups in a society. However, these remain under-researched in the Indian context. Groups of students who have not been a part of mainstream schools historically are at risk of being seen as outsiders, as not fitting in and thus, becoming "othered" by teachers and peers at school (Lauchlan & Boyle 2020). Also, due to an over-emphasis on academic performance, psychosocial indicators of student functioning in the context of diversity in the school space have not received much attention. Four studies were conducted to address these issues.

Study 1 entailed a qualitative inquiry into dynamics of socioeconomic diversity in the student body at private schools in Delhi, India. Semi-structured interviews were conducted with students from economically weaker sections (EWS; n= 14) and children who come to private schools without any kind of reservation (non-EWS; n= 10) to explore issues of belonging/exclusion, and their academic and social life at school. Interviews were also conducted with parents of EWS students and teachers to arrive at a comprehensive understanding of the situation. The findings revealed extreme privilege and joy among EWS participants for being able to be a part of private schools and receive the highly sought after "English-medium education". However, the school was also seen as a space where students realized social class differences and this for EWS participants resulted in increased consciousness about one's class, and experiences of rejection. Differences between EWS students and their non-EWS counterparts in the academic and social integration into the private school education system got highlighted.

Study 2 used self-report measures to explore the impact of social class on the experience of school exclusion. The influence of teacher support and peer support in this relationship was also looked at. The sample included students belonging to the EWS category (n=170) and non-EWS students (n=170). Findings documented difficulties with inclusion faced by EWS students. Further, the need to go beyond studying social support as a global construct and looking at its various aspects was addressed in this study by exploring perceptions of the different types of support (i.e. emotional, informational, appraisal, and instrumental) received by students. Emotional support came out to be the most important; only perceived emotional support from teachers and peers was found to mediate the relationship between social class and feelings of school exclusion. This finding has the potential to inform interventions and teacher training programs aimed at ensuring integration of EWS into the private schools in the true sense.

Study 3 was designed to explore the impact of social class on the experience of exclusion at school, self-esteem, academic efficacy and engagement of students using self-report measures. The sample included EWS students (n=170) and non-EWS students

(n=170). School exclusion and self-esteem emerged as significant processes that mediate the relation between social class and student outcomes.

Study 4 attempted to move beyond a deficit perspective about the performance of students from lower classes and explored possible social-contextual bases of students' performance. In doing so, the research made a novel attempt at exploring the relationship between social class and self-construal in the Indian context. The sample included students belonging to the EWS category (n=140) and non-EWS students (n=140). Using self-report measures, it was observed that while the non-EWS students differed significantly from EWS students on independent self-construal (with the former being higher on the construct), there was no significant difference between the two groups of students on interdependent self-construal. Further, literature on self-construal and academic identity were weaved together to understand student performance. The performance of higher-class students was predicted to be influenced by an independent self-construal and value for learning. For the students from lower classes, an interdependent self-construal and a sense of belonging to the school environment were predicted to be important for performance. Partial support was found for the proposed relationships.

Findings of the four studies reiterate the importance of psychological inquiry into the scenario of socioeconomic diversity at educational institutions in India. The findings revealed social-psychological and academic problems faced by EWS students. These call for immediate attention and action. The relevance of the findings in the context of the new National Education Policy (2020) in India has been discussed. The National Education Policy (2020) is a comprehensive framework that emphasizes quality education for students from historically marginalized groups, with a special emphasis on principles of inclusion and equality. The present work is well positioned within this growing understanding and acknowledgment of the importance of not just providing marginalized groups an opportunity to be a part of the mainstream, but also make efforts to ensure real integration between students from marginalized groups and groups of students who are in majority in the schools.

Changes to the Self During the COVID-19 Pandemic: A Narrative Analysis

Presenting Author

Tia Kleiner, tia23@my.yorku.ca, York University Toronto, Canada

Abstract

The COVID-19 pandemic has had a negative impact on almost every facet of life. Thus far, most psychological research has focused on the mental health effects from COVID, which have been primarily negative (Lotzin et al., 2020; Robinson et al., 2022; Son et al., 2020). Far less research has focused on the changes to individuals' self-concept due to living through the pandemic, which is critical to how people make sense of their lives (Oyserman et al., 2011). Major life transitions can cause changes to an individual's self-concept (Crawford et al., 2019). COVID brought on multiple life transitions, such as work and school being online and having fewer chances to socialize. Because of the unprecedented nature of the pandemic, it is important to understand not only if individuals' sense of self changed but also how it changed. This study seeks to explore the latter by examining the experiences of university students during the pandemic and how they think they may have changed due to living through it. A qualitative analysis will be conducted, which seeks to understand the subjective experiences of individuals. University students are already going through life transitions and identity exploration (Pasupathi et al., 2022), so it is important to understand how the pandemic has affected these already turbulent times. The interviews are being analyzed using Josselsonn and Hammack's (2021) data analysis procedure. As this project is ongoing, the results are not yet available. Because of the nature of qualitative studies, there are no hypotheses or predictions as this research is interested in capturing the diverse experiences of individuals rather than measuring something. The findings will complement existing literature that suggests that individuals' sense of self did change due to COVID (Breakwell & Jaspal, 2021) by examining how it changed. It may also give insight into the different coping mechanisms individuals used which can then help guide real-world interventions for coping with future stressors. The findings will also contribute to existing research on how changes to the self-concept occur during a global crisis. Since the pandemic lasted over two years, other significant events most likely occurred during this time. Thus, it may be challenging to tease out whether the pandemic specifically changed individuals' sense of self or if it was the result of simply gaining new life experiences. Future research should investigate the influential non-covid-related events individuals went through during the pandemic. This project is expected to be completed by the end of April 2023.

Keywords: self-concept, sense of self, COVID, pandemic

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Some principles of Nature-based therapeutics: Lessons learned in the development of a theoretically grounded, integrated nature- and mindfulness-based health intervention

Presenting Author

Freddie Lymeus, freddie.lymeus@ibf.uu.se, Uppsala University, Sweden

Abstract

Nature-based therapies (NBT) draw increasing interest, not least since the pandemic when more researchers and laypeople noticed the health benefits of maintaining regular nature contact. Environmental psychologists have long studied how human-nature transactions aid stress-management and bolster adaptive capacities. However, exchange between environmental and treatment-oriented psychological research has been minimal. Purpose: This presentation illuminates principles derived and applied over ten years' development and empirical testing of the Restoration skills training (ReST) course. ReST integrates theory and practical knowledge from nature-and-health research, health psychology and meditation science, aiming to 1) appeal to people with weak self-regulation capabilities (who risk non-compliance and hampered benefits in conventional programs); 2) develop their skills in drawing on available nature to prevent and recover from stress; and 3) facilitate their adoption of lasting practice habits that can yield long-term health benefits. Methods: Over five small, consecutive RCT's mixing methods from otherwise disconnected fields, 83 students with stress or concentration problems went through five-weeks ReST while similar numbers attended different active and passive control conditions. Results: Findings and experiences from the consecutive iterations informed theory integration and its practical application. ReST is an acceptable and promising health intervention, particularly for participants with weaker self-regulation capabilities. Restoration skills improved and practice habits and health improvements were sustained over six months. Conclusions: Findings motivate and inform a forthcoming large-scale RCT to validate and extend an evidence-base for ReST. Its development process and principles can guide related NBT projects, furthering broad acceptance of integrated environmental and treatment-oriented health approaches.

Cognitive Flexibility and Response Conflict of Emotion Laden Texts and Faces in PTSD: A Study on Nepal Earthquake

Presenting Author

Priyaranjan Maral. Department of Neuropsychology, National Forensic Sciences University, Gandhinagar, Gujarat, India, priyaranjanmrl@gmail.com, priyaranjan.maral@nfsu.ac.in

Abstract

In the last few decades, earthquakes, which can be the most dangerous and destructive, have become more common. Gigantic earthquakes bring attention to the fact that survivors often have problems with their mental health. This study aimed to investigate mechanisms of cognitive flexibility and response to conflict in emotion-laden texts and faces using an emotion word stroop paradigm in people with and without symptoms of PTSD after the earthquakes in Nepal.The sample consisted of 84 participants (42 PTSD and 42 nonPTSD) aged 18 to 55 years from Kathmandu city and the Chautara district (Sindhupalchowk), Nepal. Most of them experienced at least two major earthquakes and aftershocks. The PCL-5 and IES scales were used to segregate the participants into two groups (PTSD and nonPTSD). Findings showed that, on the basis of accuracy score, PTSD individuals indicated the semantic processing of emotion-laden texts did not interfere or influence the recognition of emotion-laden faces due to cognitive impairments. In addition, PTSD individuals performed better in the recognition of emotion-laden faces than in texts because of inadequate semantic processing of emotion-laden texts. On the other hand, due to intact cognitive functions of nonPTSD individuals, the semantic processing of emotion-laden texts interferes with or influences the recognition of emotion-laden faces or vice-versa. On the basis of reaction time, it was also predicted that the cognitive flexibility of nonPTSD individuals in task switching for focus (face or text) was found intact. PTSD individuals not only showed less response conflict in recognition of emotion, but also showed task shifting from text to face one direction unconsciously for recognition and processing of emotional text and faces. This showed an impairment in cognitive flexibility in PTSD individuals. However, the emotional Stroop effect was found in both types of focus conditions in nonPTSD. These results suggest that people with PTSD automatically and unconsciously process emotional faces more than they do emotional texts.

Keywords: Cognitive Flexibility, Emotion, Posttraumatic Stress Disorder, Response Conflict

Are Black women engineers perceived and judged differently? The effects of race, gender, and education level on hiring decisions

Presenting Author

Jennifer McWilliams, jsanfor1@unb.ca

Co-Authors

Varick Young, Dr. Elaine Perunovic

Abstract

Although women's representation is increasing (34%) within Science, Technology, Engineering, and Mathematics (STEM; Okrent & Burke, 2021) and engineering professions (14.1%; NCSES, 2021), Black women only represented 1.8% of STEM and 0.6% of engineering occupations. If women's STEM representation is improving, then why are Black women still struggling with accessing these careers? Are Black women perceived and judged differently than other job candidates? To answer these questions, the current study examined how a candidate's race, gender, and education level influence how others perceive them during the hiring process. North American men (n = 115), who worked in STEM, were recruited via Prolific. Participants were instructed to read one of eight identical resumes depicting a hypothetical candidate for an engineering position and asked to rate them for hireability, likeability, and competence. The candidate's name was used to manipulate race (Black or White) and gender (woman or man), and education level (Master's or Bachelor's) differed across conditions (all else was held constant). It was hypothesized that Black candidates would be rated as less hireable, likeable, and competent than their White counterparts; however, the effect of race would be stronger in the woman candidate condition. Results revealed a three-way interaction: the Black woman who had a Bachelor's degree was rated as the least competent. For Black women's competence to be judged the same as others, results show that they need to have a Master's degree. This research is important as we could gain a better understanding of racism and sexism in the workforce.

The efficacy of a new sexual prevention program with college students: A randomized controlled trial

Presenting Authors

Bárbara Moreira, bbargemoreira@gmail.com, Center for Psychology at University of Porto, Faculty of Psychology and Educational Sciences, University of Porto

Co-Authors

Joana Carvalho, William James Center for Research, Department of Education and Psychology, University of Aveiro

Nélio Brazão, University of Coimbra, Faculty of Psychology and Educational Sciences, CINEICC – Center for Research in Neuropsychology and Cognitive Behavioral Intervention

Abstract

Sexual violence (SV) is a worldwide phenomenon that has been a topic of particular interest for researchers throughout the years. Due to the prevalence of SV in college campuses, these have been primordial settings for this field of research. In line with perpetration rates across the world, data from our research team has shown that SV is highly prevalent among college students in Portugal. Within male [1] and female [2] samples of college students (respectively),

52.6/32.7% of participants reported having attempted sexual interaction using aggressive strategies. Among those, 87.7/72.3% framed their behaviors in the category of sexual coercion;

41.4/46.5% in the category of sexual abuse; and 7.4/13.1% in the category of physical force. These findings suggest that men and women present a similar pattern of sexual initiation by aggressive means. Consequently, the adoption of such strategies appears to be a relatively stable conduct that characterizes current generations of young adults [2]. With the World Health Organization's recognition of SV as a public health problem [3], the focus stands on the need for prevention, especially among college students.

The present investigation aims to develop, deliver, and assess the efficacy of a new SV prevention program – MOON (MOving ON against sex violence) - with Portuguese college students, using a Randomized Controlled Trial (RCT) design.

As literature on SV prevention programs sheds light on the efficacy of bystander programs, the MOON program adopts that approach aiming the promotion of bystander attitudes and behaviors. In addition, the program also aims to promote empathy and compassion among the participants and simultaneously reduce gender stereotypes, sexism, rape myths and ultimately, the perpetration of SV.

The MOON is a manualized program of ten 60-minute sessions which runs on a weekly basis. Two psychologists will dynamize the sessions to educate participants on the following topics: sexual violence and consent, gender stereotypes, rape myths and bystander attitudes and behaviors. There will be eight to ten mixed gender groups (including both males and females), each with 12 to 15 participants.

Considering that, to our best knowledge, no previous SV prevention program has been delivered in Portugal, a feasibility and pilot study will be first conducted with a smaller sample. This procedure is expected

to inform on the adequacy of the implementation design, acceptability, and the initial efficacy of the program. Sixty students will be recruited.

Afterwards, the RCT will account for approximately 200 participants (100 for each control and intervention group) and will allow to: (1) asses the program's ability to significantly reduce SV perpetration, gender stereotypes, sexism, and rape myths; and to significantly increase bystander attitudes/behaviors, empathy, and compassion; (2) investigate whether changes in rape myths endorsement associate with changes in bystander attitudes/behaviors and (3) test the moderator effects of age and gender. Both studies will follow the international norms of the CONSORT-SPI Group [4] and the RCT will be registered on clinicaltrials.gov.

Findings on this project are expected to offer a meaningful contribution to society by reducing SV perpetration, while adding to the literature regarding SV prevention.

Keywords: Clinical trial; Feasibility; Sexual Violence; Prevention; College Students

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Nature Connectedness Among Children of Preschool Age: Exploring Measures and Associated Factors

Presenting Author

Meghan Orman, mco29@pitt.edu; United States

Co-Authors

Dr. Shannon Wanless, Dr. Freyja Birgisdóttir, and Dr. Kristín Norðdahl

Abstract

Early childhood is an important developmental period for young children to form a connection with the natural world that can support their well-being and future pro-environmental behaviors (Barrable & Booth, 2020; Capaldi et al., 2015), yet research on early childhood nature connectedness (ECNC) is nascent. In this presentation, I will discuss our research in Iceland developing a valid and reliable measure of ECNC and identifying factors associated with ECNC. The measure was created using mixed methods exploratory design (Creswell & Clark, 2017) and is a picture-based survey consisting of 22 questions spanning three domains (cognitive, sensorial, and social relational emotions). The survey went through pilot testing in Fall 2022 and demonstrated good face validity and internal reliability (n=21; α=.82). Full data collection with 100 preschool children is currently underway. Next, a three-level multilevel model was constructed to measure associations between child, parent, and teacher nature connectedness and school-level factors. Data collection for this study is also currently underway, with preliminary results expected by June 2023. Together, these studies are poised to make important contributions to the field of environmental psychology. A valid measure of ECNC could be used to predict physical and mental well-being and pro-environmental behaviors in older children and adults and could inform educational efforts to promote nature connectedness among preschoolers, while identifying parent, teacher, and school factors associated with ECNC will help connect the dots on the ecosystem of people, places, and possibilities that support the development of ECNC (Akiva et al., 2022).

Childhood Trauma and the Emergence of Eating Disorder Symptoms

Presenting Author

Änna Charis Pettway

anna_pettway1@urmc.rochester.edu, United States of America

Abstract

This study aimed to elucidate the complex relationship between childhood trauma and disordered eating. An extensive literature review demonstrated that the previous research in this area was contradictory and chaotic and that no one study had looked at all of the proposed mediators and moderators together. Thus, in this study, the moderators of: PTSD, maladaptive affect, insecure attachment, agent of abuse, age of trauma onset, and chronicity of abuse are investigated along with the mediators of: dissociation, family dysfunction, and body dissatisfaction. This study was limited to adult women and was conducted on a nonclinical population. The final sample consisted of 322 adult women; of those women, 146 endorsed a history of childhood trauma. Emotional abuse and sexual abuse were the most commonly reported forms of trauma. Participants completed an online survey that was comprised of the Eating Disorder Inventory (EDI-3), the Trauma Symptom Inventory (TSI-3), the Experiences in Close Relationships (ECR-R), the Inventory of Family Relations (IFR), and the Childhood Trauma Questionnaire (CTQ), along with several demographics questions. Participants endorsing abuse also answered questions about their abuse history in terms of chronicity (one incident v. repeated), age of abuse onset (before or after age 14), and agent of abuse (family or non-family member). Hypotheses were analyzed using bivariate correlations, multiple regressions, ANOVAs, and structural equation modeling. Childhood trauma did indeed emerge as a non-specific risk factor for disordered eating symptoms, but this relationship was completely mediated by body dissatisfaction and dissociative symptoms. Thus, results indicated that disordered eating symptoms can be predicted by childhood trauma, and the most important factors in this relationship are dissociative symptoms, maladaptive affect, low self-esteem, and body dissatisfaction. These findings have substantial implications for clinicians in terms of identifying those at risk for onset of disordered eating symptoms and also in terms of understanding complex trauma.

Nudge interventions in workplace environments: encouraging energy saving behaviors

Presenting Author

Harriett Pinel, Department of Psychology, Università Cattolica del Sacro Cuore, Milan (Italy), harriet.pinel@unicatt.it

Co-Author

Edwardo Lozza, Research Unit in Economic Psychology, Università Cattolica del Sacro Cuore, Milan (Italy)

Abstract

Given the demonstrated potential and the easy-to-implement nature of the Nudge Theory, many interventions targeting individuals as citizens and consumers have been implemented in order to promote behavioral change. However, applying nudges in work settings could also result in multiple benefits. Given these premises and the importance of the energy challenge posed by climate change, the present research aims to promote the adoption of sustainable behaviors in a workplace environment through the use of nudges, which represent a useful, inexpensive, and non-compulsory way to promote behavioral change. The research includes three studies and adopts a multi-methods perspective. The first study represents an overview of nudges in work settings, while the second and third studies concern the application of the Nudge Theory for the promotion of energy-saving behaviors in an Italian workplace setting. Specifically, the target behavior concerns the de-energization of machinery used by the production departments of the plant under study when their functioning is not necessary. More in details, the first study is a systematic review aimed to identify the behavioral domains addressed and the type of nudge used so far in nudge applications in workplace environments. The results of this study highlighted an existing gap in literature about nudging interventions in work settings. Next, the second study aimed at identifying barriers, facilitators and decision-making biases that influence choices in relation to the target energy consumption behavior, in order to design a nudge appropriate to the characteristics of the decision-making context. A qualitative methodology is adopted, by conducting semi-structured interviews with the various roles and functions involved in de-energizing machinery. Last, a quantitative study aims to test the effect of the nudge(s) designed and implemented for the promotion of energy- saving behaviors. This study is still in progress and the results will be illustrated at a later date. In conclusion, the present research will contribute in many ways, since it has scientific, but also social and economic implications. First, the research intends to contribute in two ways: on the one hand, the studies aim to fill the gap in literature about nudge applications in workplace environments; on the other hand, studies aim to enrich the literature related to the promotion of sustainable behaviors. Second, this study could help organizations that intend to be greener push toward behavioral change among their workers with respect to sustainability. Third, changes in behaviors in terms of energy consumption may also result in economic advantages for the organization, for example in terms of saving and economic sustainability.

Hinduism: Psychological Benefit of "Om" Mantra Chanting

Presenting Author

Sarita Sapkota, Nepal, sapkota.sarita72@gmail.com

Abstract

Hinduism is a collective term applied to the many philosophical and religious traditions which neither has a specific moment of origin nor a specific founder, rather, the tradition understands itself to be timeless, having always existed and the Hindus have developed a science of the name of God (mantra vidya), as well as a science of worship and "His manifesting word is Om. Om refers to Atman (soul, self within) and Brahman (ultimate reality, entirety of the universe, truth, divine, supreme spirit, cosmic principles, knowledge) and has been mentioned in various religious texts of Hindus. This review has been conducted with the aim of exploring the significance on Om and effects of Om mantra chanting in individual well-being (physical and psychological) and includes various article and previously conducted research on Om mantra chanting and the results of the research. Through the review it can be concluded that Om mantra chanting has been found to be extremely beneficial for physical and psychological well-being.

Keywords: Hinduism, Om, mantra, chant

Institutional Seclusion and Mental health of Women: Building Policies for Improved Coping in Prisons

Presenting Author

Vineetha Sivakumar (PhD), Assistant professor, Alliance School of Liberal Arts, Alliance University, Bangalore, India, tara.vinita@gmail.com, vineetha.sivakumar@alliance.edu.in

Abstract

Studies on the mental health of prisoners conducted in various developed countries, shows a higher incidence rate, about 90% suffering from various types of mental issues, including substance abuse and personality disorders. Of the total women prisoners 80% have been diagnosed with mental health difficulties (WHO 2021), which make them five times more vulnerable to develop mental health issues when compared to women in the general population (Tyler et al, 2019).

The current research has been contextualized in women prisons and aims to understand the impact of institutional seclusion on the mental health of prisoners, assuming that the impact of prisons are much higher on women, resulting in a range of mental health issues. Women prisons were part of male prisons for a long period, which limited the level of interactions, in terms of movement as well as access, within a limited space. Since female criminality attracts more stigma than male criminality, public acceptance and availability of bail or parole also gets restricted for many. In addition, non-availability of programs for rehabilitation also hamper the wellbeing of these women pushing them into mental disorders in the long run. Following an exploratory research design, the researcher attempts to describe this reality of women prisons and suggest models to aid their wellbeing. The study is in India and club a qualitative and a quantitative analysis to understand the mental health needs of prisoners.

Model of Emotion Antecedents and proposed Functions Facial Validity Assessment

Presenting Author

Božidar Nikša Tarabić, University of Zagreb, Croatia, bozidar.niksa.tarabic@gmail.com

Co-Authors

Milan Antonović, Newcastle University, United Kingdom, m.antonovic@me.com

Asena Umay Kocan, University of Vienna, Austira, asena.umay.kocan@univie.ac.at

Uroš Nović, Lund University, Sweden, uros.novic@outlook.com

Işık Kayacan, International Psychoanalytic University in Berlin, Turkey, mikayacan@gmail.com

Elif Tokgöz, Izmir University of Economics, Turkey, meliftokgoz@gmail.com

Thomas Devlin Donnelly, University of Aberdeen, United Kingdom, thomasddonnelly95@gmail.com

Sezin Ekinci, University of Amsterdam, Netherlands, s.ekinci@uva.nl

Abstract

The studies on human emotions can roughly be divided by whether they are employing dimensional or categorical approach: in describing characteristics of emotional experience or towards the discerning between the discrete emotional states (emotions). Some theoretical approaches and recent studies suggest that these approaches tackle into qualitatively different types of processing (e.g. Barrett, 2014; Chen & Whitney, 2022), meaning that these approaches should be considered as dealing with separate, and possibly broad domains of knowledge and scientific enquiry. Given the piecemeal scientific approach towards the categorical study of emotions this study was aimed at producing a complete emotion antecedents and proposed functions model for 8 basic emotions (fear, anxiety, sadness, anger, happiness (joy), surprise, disgust and shame) and to test the models' facial validity.

The initial model was based on thematic analysis of relevant literature (directly noted and/or implied antecedents and functions of emotions). Elements of the initial model were rated by participants (N = 111) regarding their proposed antecedent (M = 4.31, SD = 0.932) and function (M = 3.99, SD = 0.977) applicability. The initial model was then updated using the modified version of conceptual encounter approach (de Rivera, 1981), considering participants experience of discrete emotions, their comments on the model as well as taking into account additional literature review. Although no significant structural changes of the initial model were made, the updated model is more elaborate, which makes it more implementable in further research and at the same time more accessible to laypeople.

The results of the final testing and the structure of the final model will be presented. This study not only yields emotion antecedents and proposed functions model but also delineates how using a dialectical approach, combining both quantitative and qualitative methodology can be beneficial when dealing with the analysis of complex automatic cognitive processing, like in the case of emotion appraisal patterns.

Diabetes Specific Self-Efficacy as a Predictor of Health and Mental Health Among Patients with Diabetes Mellitus

Presenting Author

Thakoor Priyankka Niranjansinh, thakoorpriyankka@gmail.com

Co-Author

Dr. Pradnya Nitin Kulkarni

Abstract

Comorbidity of mental health issues among Diabetes patients is well-established. Based on the literature review that suggests Self-efficacy is an important predictor of Health (H. Dehghan, 2017), current study tries to explore the relationship between Diabetes- Specific Self-Efficacy (DSSE) and Health and Mental health. Sample of 156 patients with Diabetes (age 20 to 80 years) were collected using purposive sampling method from various clinics. The results indicate a significant positive correlation between DSSE and Self-Rated Health and Wellbeing. Additionally, the results indicate a significant negative correlation between DDSE and Depression, Anxiety and Diabetes related Emotional Distress. In-depth analysis indicates significant positive correlation between Diabetes Specific Self-Efficacy and Glycemic Index (HbA1c) in patients with Uncontrolled Diabetes. Gender analysis observed significant correlation of Diabetes related Emotional Distress in Males and no significant correlation in Females. Regression analysis indicates that DSSE significantly predicts variance of 11% in Self-Rated Health, 12% in Depression, 17% in Anxiety, 16% in Diabetes related Emotional Distress and 13% in Wellbeing. The study concludes that Self-efficacy is an important predictor of Self-Rated Health, Depression, Anxiety, Diabetes related Emotional Distress and Well- Being.

Key Words: Diabetes-Specific Self efficacy, Glycemic Index, Diabetes related Emotional Distress, Anxiety, Depression, Well-Being

Being Partitioned: Reframing Social Identities

Presenting Author

Kshitija Wason, Assistant Professor, Daulat Ram College, University of Delhi; wason.k@gmail.com

Abstract

The biggest displacement in the history of mankind, the Partition of the Subcontinent of India into three nations stays a blip on the radar across the timeline of freedom. Fault lines which have shaped the societal and psychological realities even 75 years on. The Partition of the Indian subcontinent was not just a societal but also a deep psychological schism with associated memories of terror, trauma, and uncertainty - which created the palimpsest for not just political behaviours but also further social psychological behaviours of violence, mass migration and establishment of new lives.

The research employs a mixed method approach with thematic analysis being conducted on narratives of N= 25 individuals across 3 generations. Examined are the trajectory of recalled memories which continue to shape social cognitions even within the current zeitgeist. Emergent themes (Braun and Clark,2006) yield salient identifications, levels of enactment and the content of what is remembered in the construction of new aspirations and identities post the Partition and how its legacy is enacted in the current generations.

These narratives of three generations since 1947 yield insight into disparities and transmission patterns of memories and how these operate to shape the coherent frames of the lived and enacted social. From being 'refugees' to established communities the displaced 'Punjabis' have established themselves economically and politically. Mired in nostalgia the difference between 'imagined' communities (Anderson,1983) to lived experiences are mapped. Implications for Social identity theory (Tajfel ,1970, Hogg,2016) and lessons for refugee and migration studies are discussed.

Climate and behavioral pattern: long-term orientation is associated with annual harsh temperature and plastic phenotype

Presenting Author

Lei Zheng , School of Economics and Management, Fuzhou University, China; School of Psychological and Cognitive Sciences and Beijing Key Laboratory of Behavior and Mental Health, Peking University, China; leizh@fzu.edu.cn

Co-Authors

Lizhong Wang, WeGene, Shenzhen Zaozhidao Technology Co. Ltd., China

Gang Chen, Yiqun Gan

Abstract

Long-term orientation differs across regions with contrasting climates. Among these environmental factors, ambient temperature is a crucial factor that affects human behavioral patterns. However, our preparations for scorching summer (i.e. annual hottest temperature) and harsh winter (i.e. annual coldest temperature) are obviously not the same. Our research aims to verify whether the relationships exist between annual coldest/hottest temperature and long-term orientation, and when these relationships happen from an evolutionary-biological perspective. Two studies were conducted: a global sample (Study 1) and a regional (Chinese) sample (Study 2) using a candidate gene-environmental interaction (cGxE) approach. Study 1 results showed that long-term orientation is negatively related to the annual coldest temperature rather than the annual hottest temperature. Study 2 replicated these results using data (N = 14,384) from 27 province-level regions from China, and further explored the effects of cGxE by including 7 SNPs of the CLOCK gene. Our data provide evidence of the dominant role of the annual coldest temperature in the development of long-term orientation. Such temperature-behavioral pattern relationship varies under the three SNPs of the CLOCK gene (rs3736544, rs4580704, and rs6850524), suggesting a differential adaptation hypothesis that plastic genotypes can be more environmentally adapted to harsh climates.

Keywords: temperature, long-term orientation, Gene and Environment, differential adaptation hypothesis, CLOCK

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