

INPACT 2020

INTERNATIONAL PSYCHOLOGICAL APPLICATIONS
CONFERENCE AND TRENDS

25 - 27 APRIL

BOOK OF ABSTRACTS

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FOREWORD

Dear Participants,

We are delighted to welcome you to the International Psychological Applications Conference and Trends (InPACT) 2020, that this year had to be transformed into a fully Virtual Conference as a result of the Coronavirus (COVID 19) pandemic, and occurred from 25 to 27 of April, 2020.

Modern psychology offers a large range of scientific fields where it can be applied. The goal of understanding individuals and groups (mental functions and behavioral standpoints), from this academic and practical scientific discipline, aims ultimately to benefit society.

This International Conference seeks to provide some answers and explore the several areas within the Psychology field, new developments in studies and proposals for future scientific projects. The goal is to offer a worldwide connection between psychologists, researchers and lecturers, from a wide range of academic fields, interested in exploring and giving their contribution in psychological issues.

The conference is a forum that connects and brings together academics, scholars, practitioners and others interested in a field that is fertile in new perspectives, ideas and knowledge. There is an extensive variety of contributors and presenters, which can supplement the view of the human essence and behavior, showing the impact of their different personal, academic and cultural experiences. This is, certainly, one of the reasons there are nationalities and cultures represented, inspiring multi-disciplinary collaborative links, fomenting intellectual encounter and development.

InPACT 2020 received 240 submissions, from more than 45 different countries from all over the world, reviewed by a double-blind process. Submissions were prepared to take form of Virtual Presentations and Posters. 75 submissions (overall, 31% acceptance rate) were accepted for presentation in the conference.

The conference also includes:

- One keynote presentation by Prof. Dr. Michael Wang (Emeritus Professor of Clinical Psychology, University of Leicester; Chair, Association of Clinical Psychologists, United Kingdom).
- One Special Talk by Prof. Dr. Matthias Ammann (PhD, Department of Social Sciences, Uminho; Psychotherapist and psychoanalyst at Equilibrium Oporto; Climate activist, Portugal).

We would like to express our gratitude to our invitees.

This volume is composed by the abstracts of the International Psychological Applications Conference and Trends (InPACT 2020), organized by the World Institute for Advanced Research and Science (W.I.A.R.S.). The Conference addresses different categories inside Applied Psychology area and papers fit broadly into one of the named themes and sub-themes. The conference program includes six main broad-ranging categories that cover diversified interest areas:

- **CLINICAL PSYCHOLOGY:** Emotions and related psychological processes; Assessment; Psychotherapy and counseling; Addictive behaviors; Eating disorders; Personality disorders; Quality of life and mental health; Communication within relationships; Services of mental health; and Psychopathology.
- **EDUCATIONAL PSYCHOLOGY:** Language and cognitive processes; School environment and childhood disorders; Parenting and parenting related processes; Learning and technology; Psychology in schools; Intelligence and creativity; Motivation in classroom; Perspectives on teaching; Assessment and evaluation; and Individual differences in learning.
- **SOCIAL PSYCHOLOGY:** Cross-cultural dimensions of mental disorders; Employment issues and training; Organizational psychology; Psychology in politics and international issues; Social factors in adolescence and its development; Social anxiety and self-esteem; Immigration and social policy; Self-efficacy and identity development; Parenting and social support; Addiction and stigmatization; and Psychological and social impact of virtual networks.

- **LEGAL PSYCHOLOGY:** Violence and trauma; Mass-media and aggression; Intra-familial violence; Juvenile delinquency; Aggressive behavior in childhood; Internet offending; Working with crime perpetrators; Forensic psychology; Violent risk assessment; and Law enforcement and stress.
- **COGNITIVE AND EXPERIMENTAL PSYCHOLOGY:** Perception, memory and attention; Decision making and problem-solving; Concept formation, reasoning and judgment; Language processing; Learning skills and education; Cognitive Neuroscience; Computer analogies and information processing (Artificial Intelligence and computer simulations); Social and cultural factors in the cognitive approach; Experimental methods, research and statistics; and Biopsychology.
- **PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY:** Psychoanalysis and psychology; The unconscious; The Oedipus complex; Psychoanalysis of children; Pathological mourning; Addictive personalities; Borderline organizations; Narcissistic personalities; Anxiety and phobias; Psychosis; Neuropsychoanalysis.

This book contains the abstracts and results of the different researches conducted by authors who focused on what they are passionate about: to study and develop research in areas related to Psychology and its applications. It includes an extensive variety of contributors and presenters that are hereby sharing with us their different personal, academic and cultural experiences.

We would like to thank all the authors and participants, the members of the academic scientific committee, and of course, to the organizing and administration team for making and putting this conference together.

Looking forward to continuing our collaboration in the future,

Prof. Clara Pracana

*Full and Training Member of the Portuguese Association of Psychoanalysis and Psychoanalytic Psychotherapy, Portugal
Conference and Program Co-Chair*

Prof. Michael Wang

*Emeritus Professor of Clinical Psychology, University of Leicester, United Kingdom
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KEYNOTE LECTURE

THE PSYCHOLOGICAL RESPONSE TO THE COVID-19 PANDEMIC

Prof. Dr. Michael Wang

*Emeritus Professor of Clinical Psychology, University of Leicester;
Chair, Association of Clinical Psychologists (United Kingdom)*

Abstract

Every country and every people have been profoundly affected by the pandemic as governments struggle to contain the infection, and health and social care service are put under enormous pressure. Much of the population of the world are in, or have experienced “lock-down” resulting for many in social isolation and interruption of normal community activity and support. Many of us have friends and relatives who have the infection and sadly, some of us will have been unexpectedly bereaved because of Covid-19. For most of us, this is the most severe national crisis we have ever experienced.

In addition to medical, social and economic impacts, the pandemic is also taking its toll on public mental health, worsening the condition of those who have existing psychological problems and provoking widespread health and death anxiety in those who previously were psychologically stable. The loss of normal social intercourse, and interruption of relationships and communication, will make society more vulnerable to depression and suicide. Lock-down also creates huge challenges to those in abusive relationships. Those with obsessional compulsive difficulties may be worsened by the very real risk of infectious contamination from strangers and friends alike.

Frontline health and social care staff are particularly exposed, with incredible levels of work stress, frequent confrontation with death of their patients, who cannot be comforted by their relatives in their final hours, alongside fear of personal infection and the possibility of bringing that infection home to their loved ones.

What is the role of psychology in this exceptional situation? How can we assist with public anxiety and individual mental health in these extraordinary circumstances? Do we have a role and responsibility to support frontline medical, nursing and care staff in our hospitals and residential care homes?

I will describe my own experience as Chair of the Association of Clinical Psychologists UK; my interactions with senior management in the British National Health Service; national provision for psychological support, especially for healthcare staff; and the particular problems faced by Covid-19 patients during ICU admission and after discharge.

Biography

Prof. Michael Wang, BSc(Hons), MSc(Clin.Psy), PhD, C. Psychol., FBPSS, is Emeritus Professor of Clinical Psychology in the Clinical Psychology Unit, Centre for Medicine, University of Leicester, and former Director of the National Health Service-funded Doctoral Postgraduate Clinical Psychology Training Course (2005-2014). He is a former Chair of the Division of Clinical Psychology of the British Psychological Society. Prof. Wang is also a full practitioner member of the BPS Division of Neuropsychology and a member of the BPS Division of Health Psychology. He is Chair of the Association of Clinical Psychologists UK.

He has worked as a clinical psychologist for more than 35 years. Prior to his appointment in Leicester he was Director of the 6-year, integrated Doctoral Clinical Psychology Training Course at the University of Hull. Throughout his academic career he has maintained an Honorary Consultant role in the NHS, treating patients with anxiety disorders, depression and obsessional compulsive disorder. He has more than 20 years' experience of examining patients with traumatic brain injury for the UK courts.

He obtained his three degrees from the University of Manchester: following graduating with a BSc in Psychology in 1978 he began his professional postgraduate training in Clinical Psychology in the Faculty of Medicine. Subsequently he completed a research PhD in 1990 which investigated learning and memory in alcoholics.

Over recent years Prof Wang has gained an international reputation for his research on cognitive and memory function during general anaesthesia. In 2004 he organized the 6th International Symposium on Memory and Awareness in Anaesthesia and Intensive Care (in Hull) – the foremost international forum for clinical research in this particular field. He has held appointments on a number of prominent committees in the British Psychological Society including the professional accrediting body for clinical psychology training, and a committee that is in the process of determining national standards for competence in the use of neuropsychological tests. He has served as an expert advisor on a NICE (UK) Committee in relation to the monitoring of depth of anaesthesia and also as an expert member of the Royal College of Anaesthesia's National Audit Project 5 (a national audit of anaesthetic awareness reports). In 1999 he was made Fellow of the British Psychological Society and is also a Fellow of the Royal Society of Medicine.

In 2015 he was awarded the Humphry Davy Medal by the Royal College of Anaesthetists for his contribution to the understanding of accidental awareness during general anaesthesia.

Prof. Wang has published more than 60 papers in peer-reviewed journals, and numerous book chapters. He has been an invited speaker at international conferences on more than 30 occasions. In collaboration with colleagues he has won more than £1.2 million in research funding. He has supervised more than 40 doctoral research projects over the past 25 years. He has been a regular contributor and session chair at recent InPACT conferences, and recently joined the conference team as a co-organiser.

SPECIAL TALK

HOW PSYCHOANALYSIS CAN HELP US TO BEAR THE THOUGHT OF CLIMATE CHANGE?

Matthias Ammann

Department of Social Sciences, Uminho (Portugal)

Abstract

A growing number of people are realizing that climate change might be a real threat to present and future generations. Despite protests of some people, and parts of us which do not want to see it, a growing amount of scientific evidence shows us day after day that our way of life might endanger human existence on the planet in a scale never seen before. Dealing properly with this fact is not easy, because the individual psyche cannot bear the pain of these thoughts, using different strategies to repress, negate or even disavowal completely this reality. Psychoanalysis has much to say about it. The present paper suggests a relational approach to deal with the emotions brought up by the growing evidence about this subject. Once we realize and accept the scientific evidence and regain our social and relational strength, we might still have a chance to make real changes and promote a sustainable life.

***Keywords:** Anxiety, climate change, disavowal, dark optimism, conviviality.*

Biography

Prof. Dr. Matthias Ammann has a Bachelor in Economics at UNICAMP (2007), was a Researcher at Instituto Nacional de Estudos e Pesquisas Educacionais Anísio Teixeira (2008-2013), has a Master in Education at UnB (2011), and a Psychoanalysis specialization at Escola Paulista de Psicanálise (2016), he also has a PhD in Cultural Studies at University of Minho (2017), and has been a Researcher at the University of Minho (2019). He received Psychoanalysis training at Associação Portuguesa de Psicanálise e Psicoterapia psicanalítica (2019), and he is also a Climate activist.

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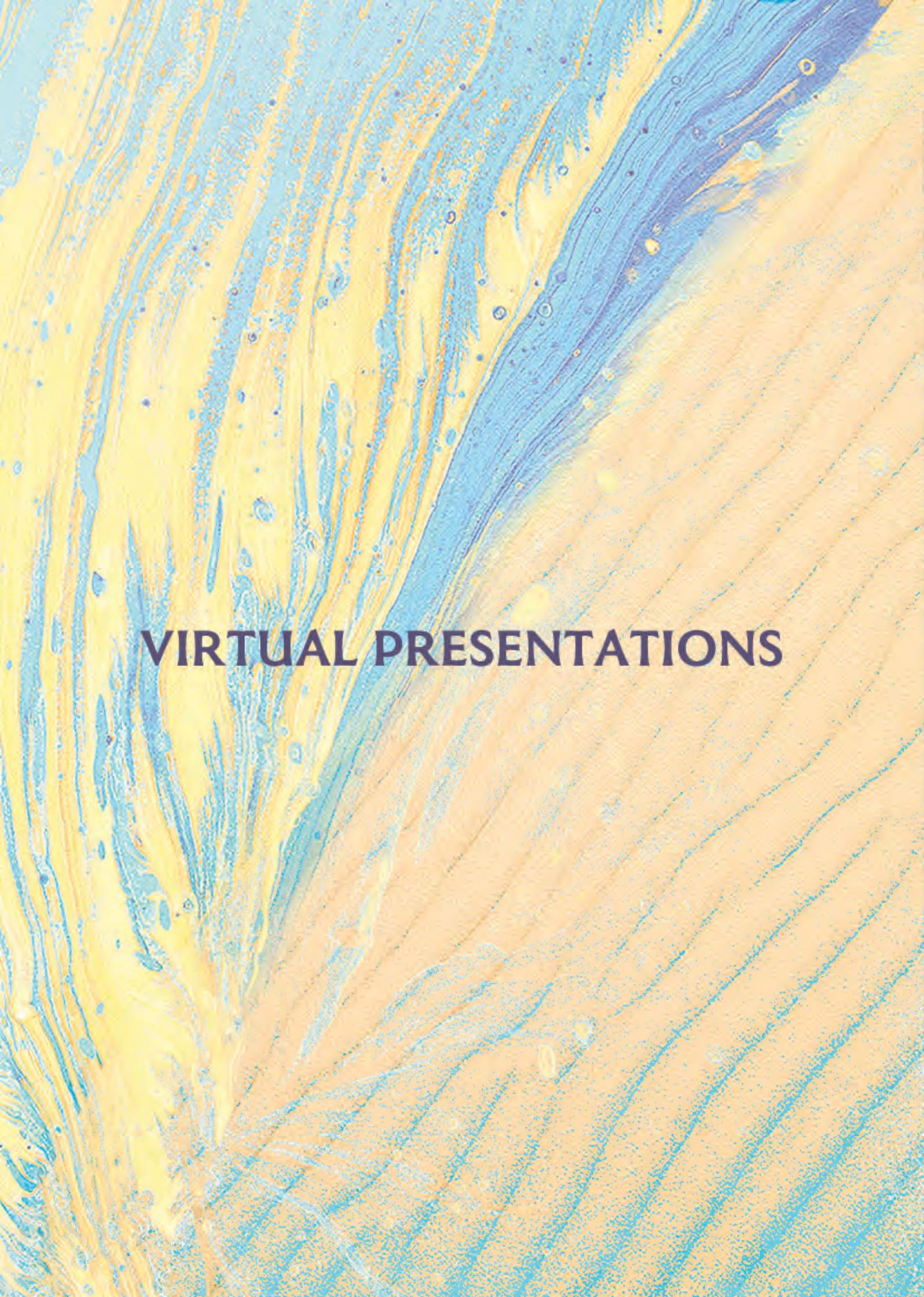
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VIRTUAL PRESENTATIONS

CLINICAL PSYCHOLOGY

FAMILY QUALITY OF LIFE IN PARENTS OF CHILDREN WITH DEVELOPMENTAL DISABILITIES: A DOUBLE ABCX MODEL

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Abstract

Background: Past research has supported the utility of the Double ABCX model of family adaptation for parents of children with developmental disabilities. While family quality of life has been a growing area of research over the last decades, relatively little research has investigated family adaptation in terms of positive outcomes, such as family quality of life. Very few studies in Albania have focused on family adaptation from a multidimensional perspective. This study sought to fill this gap. *The aim* of the present study is to examine family quality of life from a multidimensional perspective, using the Double ABCX model of family adaptation. *Methods:* Using a cross-sectional design, 209 Albanian mothers of 3-17 years old children with developmental disabilities completed questionnaires assessing factors within the Double ABCX model. Child problem behaviors, family resources, perceptions and coping strategies were examined in relation to family quality of life. A total of 8 instruments were used to assess the Double ABCX model. *Results:* the proposed model explained 52% of the variance in family quality of life. Results indicated that the strongest predictors of family quality of life were family hardiness, family coping style and couple togetherness. Findings highlighted the importance of family resources (social support, family hardiness, couple togetherness), and family coping style on parental positive outcomes.

Keywords: Double ABCX model, family quality of life, developmental disabilities, family resources, perceptions, coping.

POSITIVE YOUTH DEVELOPMENT PERSPECTIVE: THE INTERPLAY BETWEEN THE 5Cs AND ANXIETY

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Abstract

Anxiety is one of the most frequent psychological difficulties in childhood and adolescence (Neil & Christensen, 2009), and is related to numerous short- and long-term negative outcomes (Kozina, 2013; Twenge, 2000). A large body of evidence consistently shows that the 5Cs of Positive Youth Development (PYD) are positively related to adolescents' contribution to self, family and society as well as negatively related to risky behaviors and emotional difficulties, such as anxiety and depression (Lerner, et al, 2013). The 5Cs represent competencies, such as competence (a sense of positive self-worth and self-efficacy), confidence (positive view of one's actions in specific domains), connection (positive reciprocal bonds an adolescent has with people and institutions), character (possession of standards for correct behavior with respect to societal and cultural norms) and caring (sense of sympathy and empathy for others) (Lerner, 2007). In the present paper, we investigate the relationship between the 5Cs and anxiety in a Slovenian youth sample ($N = 195$, $M_{age}=17.10$ years), by using PYD questionnaire (Geldof et al., 2013) and AN-UD anxiety scale (Kozina, 2012). The PYD perspective (Lerner 2007) is used for the first time as a framework for an in-depth understanding of the 5Cs and anxiety among adolescents in Slovenia. The findings show negative associations between anxiety and the PYD dimensions of competence, confidence, connection and character. The strongest correlations were observed with confidence and connection. However, a positive association was observed between anxiety (and its components) and caring. The findings are informative for intervention within an educational framework targeting the 5Cs with the aim of decreasing risky behaviors and emotional difficulties.

Still, extra care would have to be taken in the promotion of caring in anxious students. In that matter, the paper raises the question of what could be considered as optimal levels of caring in anxiety intervention and prevention.

Keywords: *Positive youth development, anxiety, Slovenia.*

IMPROVING THE ASSESSMENT OF CHILDREN AND YOUTH WHO PRESENT WITH GENDER DYSPHORIA

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Abstract

Practitioners working with gender non-conforming children and youth ascribe to general guidelines based on the World Professional Association for Transgender Health *Standards of Care for the Health of Transsexual, Transgender, and Gender Nonconforming People* (2012). Guidelines inform clinical practice and assessment and emphasize the need for gender affirming care but do not include strict treatment criteria. Consequently, there are multiple perspectives and approaches in the field regarding effective assessment and treatment of gender diverse and transgender clients. The current study investigates the perspectives and satisfaction of transgender youth and their parents surrounding gender health assessments (e.g., hormone readiness assessments). Twenty-five parents and 22 youth who were accessing gender health services through a community outpatient clinic completed a questionnaire about the assessment process. Data was analyzed using mixed methods. Similar response patterns were found between groups. When asked about the need for comprehensive assessment (92.0%; $n = 23$) of parents and (91.0%; $n = 20$) of youth agreed or strongly agreed that a comprehensive assessment is necessary. Emergent themes included the use of comprehensive assessment as a measure to rule out other contributing factors, to increase understanding and support for gender variant expression, and to aid in identity formation. Regarding the number of sessions needed to complete a comprehensive assessment, parents and youth shared similar perspectives with the mean number of 3.96 ($SD = 0.96$) desired sessions for parents and 3.14 sessions ($SD = 1.14$) for youth. Qualitatively, the most common theme shared by parents and youth was the importance of taking an individualized approach to assessment length depending on the needs of the child and family. The greatest variation between response groups was in reference to whether parents should be involved in the assessment process. Among parents, almost all (92.0%; $n = 23$) agreed or strongly agreed that parents should be involved in the process, whereas just over half of youth (63.6%; $n = 14$) felt this way. Additionally, 36.4% ($n = 8$) of youth disagreed or strongly disagreed with parental involvement. Rationale for involvement included increasing parents' understanding and support of the child and being able to provide important details about development. Many youth shared comments about the complexity of parental support and how involvement must depend on the level of support from the parents and their relationship with their child. This study aims to increase clinical understanding of the experiences of those seeking gender health assessment services to inform and improve practices to better serve this community.

Keywords: *Gender dysphoria, comprehensive assessment, children & youth, transgender, cross gender hormone treatment.*

SCREENING PROTOCOL FOR SIGNS OF AUTISTIC SPECTRUM DISORDER FOR BABIES

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Abstract

The objective of the present work is to present a proposal of a Screening Protocol for Signs of Autism Spectrum Disorder for babies. The motivation for the development of this work lies in the clinical practice of rehabilitation and care for babies at the Sarah Hospital of Rehabilitation of São Luís.

The change in the profile of care to this population implied the need to systematize the skills of the team for specialized assessment of development. The method was outlined based on a review of specific literature in the field, in particular Gadia's studies, data from the Brazilian Society of Pediatrics, in accordance with international evaluation parameters. Observation was used as a methodological procedure. As a result, an evaluation systematics has been established that points out objective criteria for early insertion in a program of stimulation and / or referral to specialized services, enabling interventions that promote changes in patterns of behavior and development. The tool includes a qualitative assessment of social development and language milestones in infants under 18 months of age; application of Screening for early screening between 18 to 24 months of age; performing complementary screening tests; and standardized assessment of development through specific scale application.

Keywords: *Autism spectrum disorder, babies, child development.*

ADHERENCE TO TREATMENT ASSESSMENT IN PATIENTS WITH CARDIOVASCULAR DISEASES FROM A CLINICAL AND PSYCHOLOGICAL PERSPECTIVE

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Abstract

Introduction. The behavior of patients with cardiovascular diseases in the course of therapy is of key importance, since their survival and quality of life depend on their lifestyle and adherence to physicians' recommendations. Adherence to treatment and its assessment is considered to be a medical problem, but numerous studies show that it is multifactorial and it must be considered from an interdisciplinary point of view.

Material and Methods. CHD patients of the cardiac rehabilitation department were examined (n=112). Patients' behavior in the therapy process, their clinical, emotional and social status and psychological characteristics were studied. Supervising doctors and clinical psychologists who followed up the patients made an expert opinion on their level of adherence to treatment and divided them into two groups. At the same time, they filled out a specific questionnaire for each patient, which contained several aspects of patients' therapeutic behavior, both pharmacological and non-pharmacological.

Results. Adherent and non-adherent patients were found to differ in all the aspects included in the questionnaire ($p < 0,001$; $p < 0,05$ for the indicator "alcohol consumption"). The factor analysis of all the questions from the questionnaire identified three major factors that combined various aspects of treatment adherence. Three obtained factors explain 70% of the total dispersion. The 1st one included the following aspects: regularity of cardiological examinations, regularity of blood pressure self-monitoring, intake of prescribed medications regularity; the 2nd, control (and, if necessary, reduction) of weight, following a diet, the level of physical activity; the 3rd, alcohol consumption (frequency and dose) and smoking (smoking cessation/number of cigarettes per day). Based on the three identified factors system, patients can be divided into more specific categories.

Conclusion. Nevertheless, it is essential to consider not only the level of adherence to treatment and its aspects, but also the reasons of patients' behavior: their awareness of the treatment regimen, their consciousness and motives for following the recommendations, the value of health and the subjective disease perception. It is important to take account of the factors that may interfere in adherence to treatment, and patients' resources for an optimal therapeutic behavior. Therefore, adherence to treatment is based on both clinical and psychological aspects. Its theoretical and practical study should be based on the biopsychosocial approach to the problem and an individual approach to each patient.

Acknowledgement. This research was supported by the Russian Foundation for Basic Research (RFBR) (Grant No 18-013-00689 A).

Keywords: *Therapeutic behavior, adherence to treatment, assessment, cardiovascular diseases.*

THE EXAMINATION OF THE ASSOCIATIONS AMONG PERFECTIONISM, SELF-HANDICAPPING, SELF-COMPASSION AND PSYCHOLOGICAL SYMPTOMS

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Abstract

The aim of the current study was to examine the associations among perfectionism, self-handicapping, self-compassion and psychological symptoms. For this purpose, 653 volunteer participants (360 females and 293 males) whose ages were between 18 and 50 ($M = 24.90$, $SD = 7.57$) were recruited from various cities in Turkey. Demographic Information Form, Multidimensional Perfectionism Scale (MPS), Self-Handicapping Scale (SHS), Self-Compassion Scale (SCS) and Brief Symptom Inventory (BSI) were administered in data collection. The result of the hierarchical regression analysis revealed that psychological symptoms were positively associated with socially prescribed perfectionism and self-handicapping, but negatively associated with self-compassion. Limitations, future directions and implications of the study were also provided.

Keywords: *Perfectionism, self-handicapping, self-compassion, psychological symptoms.*

STUDY OF THE LINKS BETWEEN IMPULSIVITY AND COGNITIVE EMOTION REGULATION STRATEGIES ACCORDING TO SEX AND AGE IN NON-CLINICAL ADULTHOOD

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Abstract

A large number of authors have studied the links between impulsivity and emotion, including the links between the dimensions of impulsivity defined by the UPPS model and the capacity of emotional regulation. These relationships have often been studied in a psychopathological context, but few in the general population. Although there is some evidence to suggest that these links differ with age and sex, these relationships remain poorly identified. Indeed, the functional changes taking place during the cognitive ageing of individuals, particularly regarding emotional mechanisms, are likely to have an impact on these relationships. The same applies to differences between men and women in the dimensions of impulsivity and emotional regulation mechanisms. The objective of this study was thus to study the effects of age and sex on these links. Two hundred and forty adults (aged 18 to 82 years, 69 men, 171 women) completed the French versions of the UPPS Impulsive Behaviour Scale and the Cognitive Emotion Regulation Questionnaire. The impulsivity dimensions were negatively correlated with the use of adaptive cognitive emotion regulation strategies, and positively correlated with the use of non-adaptive strategies. The urgency dimension correlated most with the use of cognitive emotion regulation strategies. Analysis of the correlations by age group (18-39; 40-59; 60+ years old) and sex reveals that there are distinct patterns of interaction according to the gender of the participants, while the number of significant correlations decreases with increasing age. The influence of the impulsivity on the ability to regulate cognitive emotions thus seems to vary according to the age and sex of the participants. It would seem that older adults respond to events with fewer behaviours likely to cause them harm, compared to younger adults for whom impulsivity plays an important role in managing emotional responses. We propose that this is partly due to a preservation mechanism rather than the result of cognitive decline. The existence of different patterns of interaction suggests that there are sex-related behavioural differences with regard to the impulsive personality trait in the context of reacting to negative or more generally stressful events.

Keywords: *Emotion regulation, cognitive strategies, impulsivity, ageing, sex differences.*

THE QUALITY OF MARRIAGE IN FUNCTION OF SATISFACTION WITH LIFE, SATISFACTION WITH WORK, DEPRESSION AND ALTRUISM

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Abstract

There are multiple contributors that help maintain and improve partner relationships in marriage, however, there are also those that cause the quality of marriage to decrease. As a result, the researched subject matters often were length of marriage, health of partners, personality traits, and number of children. One of the research goals, conducted in 2018 using PORPOS-3 battery, was to examine if satisfaction with work, satisfaction with life, depression, and altruism are significant predictors of different dimensions of marriage quality. Quality of marriage was measured using shorten scale Dyadic Adjustment Scale (DAS, Spanier, 1976) that estimate dyadic adaptability. Applying factor analysis three factors of the DAS scale were extracted: dyadic consensus ($\alpha=0.889$), satisfaction with marriage ($\alpha=0.847$), and risks for marriage stability ($\alpha=0.758$). Altruism was measured using the scale that represents combination of the Altruism scale (Raboteg-Šaric, 2002) and the Alzam scale (Cekrlja, Turjačanin & Puhalo, 2004) ($\alpha=0.938$). Participants evaluated the level of satisfaction with life and satisfaction with work on a scale from 1 (for completely unsatisfied) to 10 (completely satisfied). Depression was measured with scale Patient health Questionnaire (PHQ-9) ($\alpha=0.862$). The sample consisted of couples who are married or in a relationship ($N=900$), mean age 41 ($SD=12.471$) (aged 19 to 79), living in 37 urban and rural locations distributed through 20 administrative districts of Serbia. Hierarchical regression analyses were applied, whereby at the first step, we entered sociodemographic variables (age, education, number of children, gender), and at the second step we entered satisfaction with life and work, depression, and altruism. Only the predictors that were significantly correlated with the criterion were included in the models. Depression, satisfaction with life, age, and satisfaction with work were significant predictors of criterion variable dyadic consensus ($F(7, 733) = 26,310, R^2 = .201, p = .000$); depression, satisfaction with life, age, gender, and altruism were significant predictors of criterion variable risks for marriage stability ($F(6, 744) = 30,332, R^2 = .197, p = .000$), and depression, age, satisfaction with life, altruism, satisfaction with work, and the number of children were significant predictors of criterion variable satisfaction with marriage ($F(7, 741) = 30,657, R^2 = .225, p = .000$). Depression increased risks for marriage stability (risks entail disagreement and divorce discussion), and it negatively affected satisfaction with marriage and dyadic consensus. Altruism did not have a significant impact on dyadic consensus, but it influenced satisfaction with marriage and reduced risk of marriage stability. When lower satisfaction with life, risks of marriage stability increased. Satisfaction with work had a significant but low impact on dyadic consensus and satisfaction with marriage.

Keywords: *Quality of marriage, satisfaction with life, satisfaction with work, depression, and altruism.*

THE COGNITIVE PROFILE OF THE GOOD QUALITY OF LIFE

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Abstract

The purpose of the study was to identify the psychological processes characterizing good quality of life (QOL), in terms of the Kreitler meaning system. The meaning system is a widely used theory and methodology for assessing different kinds of meaning. There are five major kinds of meaning variables referring to contents, types and forms of relation, forms of expression and shifts in the referent or input. Since previous studies showed that personality traits and emotions are correlated with specific sets of meaning variables, the hypothesis was that there would be a specific meaning profile characteristic for QOL. The participants were 230 undergraduates of both genders. They were administered online the Meaning Test, assessing the individual's meaning assignment tendencies, and the multidimensional QOL. The results showed that there were 24 significant correlations between QOL and the meaning variables. Regression analysis showed that the five major kinds of meaning variables accounted for 69% of the

variance in QOL. A structural analysis showed that the profile deviated from that characteristic for personality traits. A contents analysis indicated that high QOL is a function of a realistic approach, reflecting both interpersonal and personal meanings, focusing on the facts as well as on the normative and desired aspects, revealing good analysis of situations, planning and creativity.

Keywords: *Quality of life, meaning, personality traits, emotions.*

THE RELATIONS BETWEEN TRAUMA EXPOSURE, SUBJECTIVE TRAUMA APPRAISALS, AND POSTTRAUMATIC STRESS SYMPTOMS IN A SAMPLE OF ROAD TRAFFIC ACCIDENT VICTIMS

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Abstract

The aim of this present study is to assess the relations between objective trauma exposure characteristics (i.e. the number of days of hospitalization, the number of deaths), subjective trauma appraisal and posttraumatic stress symptoms in victims of road traffic accidents (RTA). We also wanted to identify the moderating role of subjective trauma appraisals in the relations between objective trauma exposure and PTSD symptoms. The study involved a sample consisting of 162 participants that experienced an RTA in the last two years (62.3 % were men). The results showed that the number of days of hospitalization, traumatic fear, and the three types of posttraumatic cognitions were positively correlated with PTSD symptoms. However, only the number of days of hospitalization, traumatic fear, and negative cognitions about the self predicted PTSD symptoms. Further, the results showed that self-blame cognitions moderated the relation between the number of deaths and PTSD symptoms. The results are in line with cognitive models of PTSD and some previous studies sustaining the fact that subjective trauma appraisals are strongly related to PTSD, compared to objective indicators of trauma exposure. The implications of these results for interventions are discussed.

Keywords: *Objective trauma, subjective trauma appraisal, traumatic fear, posttraumatic cognitions, posttraumatic stress symptoms.*

PRAYER AND ALTRUISTIC DESIRE AS PREDICTORS OF HAPPINESS

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Abstract

Suldo and Shaffer (2008) identify a dual factor model of mental health with well-being and mental illness at opposite ends of the spectrum. The objective of positive psychology is to investigate ways to make people happier. This is a difficult task given the international rise of mental illness. The study undertaken here reports on a comparative analysis of results from wave six (2010-2014) of the World Values Survey (WVS) for the USA (n = 2,232), Thailand (n = 1,200), India (n = 4,078), and Turkey (n = 1,605) to examine the positive mental health benefits of prayer versus using religion for altruistic purposes. These countries were selected for analysis in attempt to explore general differences based on representations of the world's major religions as well as the underlying effects of individualism and collectivism on happiness. The USA's concept of the pursuit of happiness is very much rooted in individualism. Although the USA has separation of church and state, the sample contains participants from across the religious spectrum. The other countries under investigation are considered collectivist and have religious majorities that identify with Buddhism in Thailand, Hinduism in India, and Islam in Turkey. Logistic regression analysis confirmed that prayer is significantly associated with increased happiness in India and Turkey. In India, those who pray often were more likely to report being happy than participants who do not pray (adjusted odds ratio (AOR) = 2.14, 95% confidence interval [CI] = 1.47, 3.12). In Turkey, those who pray often were also more likely to report being happier than participants

who do not pray (adjusted odds ratio (AOR) = 2.43, 95% confidence interval [CI] = 1.33, 4.42). Prayer was not significantly associated with happiness in the United States or Thailand. Surprisingly, logistic regression analysis for using religion as a means 'to do good to other people' versus 'to follow religious norms' only significantly predicted happiness in India. Self-reports of prayer appear to be better predicting happiness in collectivist countries such as India and Turkey. Implications about focusing on the welfare of others are discussed.

Keywords: *Mental health, happiness, social connections, prayer, altruism.*

THE ASSESSMENT OF THE AFFECTIVE-BEHAVIORAL DEVELOPMENT OF 2-3 YEARS OLD CHILDREN WITH AUTISM AND PERVASIVE DEVELOPMENTAL DISORDERS

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Abstract

The model and method of level development of affective-behavioral complexes (ABC, Bardyshevskaya) is presented in this paper. As an illustration, the paper presents the experience of using the ABC method to identify affective behavioral development options in 2-3 year old children with autism spectrum disorders (ASD) and pervasive developmental disorders (PDD).

Keywords: *Children, autism, development, assessment, affective-behavioral complexes.*

THE ASSOCIATION BETWEEN INTERNALIZED AND EXTERNALIZED PROBLEM BEHAVIOR AMONG SLOVAK EARLY ADOLESCENTS

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Abstract

Background: Current research findings regarding risk behavior have suggested examining the association between externalized problem behavior (EPB) and internalized problem behavior (IPB). This submitted work explores a set of IPB as factors which increase the likelihood of specific EPB.

Aim: To assess the impact of IRB such as body dissatisfaction, bulimic symptoms and drive for thinness on EPB such as alcohol use, cigarette smoking and marihuana use.

Methods: The sample size consisted of 1180 pupils (50.1% girls; mean age=12.99; SD=.77) from all regions in Slovakia. The children were administered questionnaires to monitor EPB - alcohol use, tobacco or electronic cigarette smoking, marihuana use and IRB – drive for thinness, bulimic symptoms (Eating disorder inventory), body dissatisfaction (Children body image scale).

Results: Three separate models of logistic regression were performed to assess the impact of IRB factors on the likelihood that respondents would report EPB: (1) alcohol use, (2) cigarette smoking, (3) marihuana use. The models containing interactions of gender and independent variables were significant. Model 1: Being male and bulimic symptoms increased the likelihood of alcohol use. Moreover, the interaction between gender and the drive for thinness indicated that the association between alcohol use and the drive for thinness was significant among girls but not among boys. Model 2: Bulimic symptoms increased the likelihood of cigarette smoking. The interaction between gender and the drive for thinness had the same character as Model 1. Model 3: Being male and the drive for thinness increased the likelihood of marihuana use. The interaction effect of gender and body dissatisfaction on marihuana use has the same character as interactions in Models 1 and 2.

Conclusions: IPB increases the likelihood of EPB in early adolescents. The significant interactions suggest that a higher drive for thinness among girls places them in the group of potential alcohol users and cigarettes smokers whereas there is no effect of the drive for thinness on males. The interaction effect of body dissatisfaction and gender is similar in the case of marijuana use. The current results contribute to previous findings and might be beneficial in preventing ERB in early adolescents.

Keywords: *Externalized problem behavior, internalized problem behavior, early adolescents, drive for thinness, bulimic symptoms.*

FETAL ALCOHOL SYNDROME PREVENTION: EFFECTIVENESS STUDY

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Abstract

This study focuses on the psychological effects of brief interventions aimed at preventing Fetal Alcohol Syndrome (FAS). FAS is one of the most serious consequences of alcohol consumption by women during pregnancy. FAS is an incurable disease that manifests itself throughout the life of a person. The only way to prevent these violations is to deny a woman from drinking alcohol during pregnancy (Riley, 2004; Varavikova, Balachova, 2010).

Methods and sample. Accordingly, within the framework of the scientific project «Prevention of Fetal Alcohol Syndrome and neurodevelopmental disorders in Russian children» a prevention programme was developed. The main preventive measures of this program are: 1) Directed informing based on screening of the nature of alcohol consumption by women of childbearing age and the contraception style; 2) Dual-focused brief clinical and psychological intervention. Theoretically, the basis for developing the strategy and design of the intervention was the model of health beliefs (Rosenstock, 1974) and the model of the stages of change (DiClemente, Prochaska et al, 1991). The sample of the study consisted of 280 women of childbearing age. Respondents were recruited in 10 women's consultations in St. Petersburg and were randomly divided into experimental and control groups. All participants were screened, a basic interview and three subsequent interviews at 3, 6 and 12 months were conducted. With women of the experimental group, after a baseline interview, twice in the period from 2 weeks to one and a half months, specially trained OBGYN physicians carried out a dual-focused brief intervention. The study used methods developed by the FAS Prevention Study Group (Balachova et al, 2008).

Results. Dual-focused brief interventions and passive informing cause statistically significant positive changes in knowledge, attitudes towards alcohol consumption during pregnancy and the effect of alcohol on the fetus, as well as real amount of alcohol consumption. The dynamics of the changes in the studied groups was different: in the experimental group, under the influence of brief intervention, significant changes were detected during the first 3 months, further changes were smoother; in the control group changes took place smoothly during all 12 months. It has been revealed that the risk of an alcohol-exposed pregnancy influence is not related with individual psychological characteristics but is related with a number of socio-demographic characteristics: unemployed women with higher or secondary vocational education, unmarried or divorced are more likely to be at risk. According to the study results, brief intervention has proven effective.

Keywords: *Fetal alcohol syndrome (FAS), FASD, prevention, brief intervention, childbearing age women.*

EDUCATIONAL PSYCHOLOGY

A JOURNEY FROM SELF-DISCOVERY TO SELF-CARING: OLDER ADULTS ENGAGING WITH CONTEMPORARY ART

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Abstract

Context: Museum education is seen as a means of enriching individuals, creating meaningful situations that generate purpose for visitors. From the point of view of cultural democracy and cultural democratization, museums now realize that they must constantly innovate to meet the diverse and changing needs of communities in which they are embedded, and in so doing, fulfill their social role.

Objectives: This is true when studying art museums, most specifically their contemporary art collection. Contemporary art, no longer primarily based on canonical principles of beauty, is still today considered a challenge for many individuals. In this context, the principal objective of our research program was centered around accessing and understanding the actual experiences of adults. To understand the intellectual functioning of visitors is an avenue in providing useful information for the elaboration of powerful museum programs. This is a key issue, for museum professionals since it is imperative to find ways to provide a diversity of museum experiences for all. More specifically, our paper presents effects of contemporary art exploration on older adults.

Methods: Our research was conducted at the Montreal Museum of Fine Arts. Twenty-four adult visitors aged 65 and over that visited museums more than five times per year were selected. Data was collected using the Thinking Aloud protocol. This approach is one where visitors were asked to articulate ideas, thoughts they might have as they toured the galleries. The verbal comments were recorded, transcribed and analyzed using instruments created in previous research, that is, a typology of dissonances and consonances, the identification of eight mental operations, and these results were put in relation to Pelowski and Akiba's psychological model of a transformative art experience comprising five stages with three possible outcomes to the art experience.

Results: Results indicate the importance of reaching Pelowski and Akiba's meta-cognitive Stage 4 of the aesthetic experience. Engaging with contemporary art seems to be, for the elderly visitor, an exercise in self-discovery where, with contemporary art, it is possible to find meaning. For our visitors, the aesthetic experience has the power of regenerating the self, resulting in self-caring. The museum can then be viewed as a self-care environment that provides elderly visitors with possible transformative aesthetic experiences that can help improve their well-being and quality of life. However, this would require additional research in exploring different museum experiences, considering different artistic periods, and this, as part of a longitudinal study.

Keywords: Adult visitors, intellectual functioning, art museums, contemporary art, aesthetic experience.

MORAL REASONING, LYING' CONCEPTIONS AND SUGGESTIBILITY TO LIE IN CHILDREN

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Abstract

This research aims to understand how children from 6 to 10 years old, attending one of the four grades of a primary school situated in the southeast of Portugal, conceptualise the act of lying and how this is associated with moral reasoning about narratives that include evaluation of moral transgression in daily life, in a situation where they have to balance intentions and consequences in transgressions acts. The study is made in the frame of Piagetian theory that conceptualises three stages of moral reasoning:

moral heteronomy, moral autonomy, and a transition stage between them. The research aimed also to check if these children could be suggested to lie when asked to do so, by figures of reference (mother, father, and teacher) even if their opinions about the act of lying were that is not a correct thing to do. 146 children from 1st grade to 4th grade were interviewed about these themes and a developmental trend in the conception of lying and moral reasoning was found. The majority of children of 2nd grade or more could define lying in a reasonable accurate manner (as false statements that don't correspond to reality) although they were not able to conceptualise the intention of deceiving associated to lie, and was also found that moral autonomy reasoning appear predominantly in the 4th grade. The research also finds that half of the children would be suggested to lie by references figures (like the mother or the father) if they asked them, despite the fact that the opinion of the majority was that we should never lie. The results are discussed in terms of implications for forensic and educational psychology.

Keywords: Moral reasoning, conceptions of lying, children.

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THE FUNCTIONALITY PROFILE OF CHILDREN WITH AUTISTIC SPECTRUM DISORDERS (ASD) IN THE AZORES – COMMUNICATION, LEARNING AND AUTONOMY

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Abstract

Autism is a disorder of the neuro-development which is characterized by persistent difficulties in communication, speech, cognitive processes, social interaction and also by restrict interests and repetitive and stereotyped behaviours. This syndrome points to the importance of having trained and qualified staff, investing in physical and material resources, and searching for the most adequate answers to the educational needs of these children. Regarding the formal education, according to the vision of Universal Design for Learning (UDL), the educational approach should enhance not only the academic acquisitions but also the prognosis of the evolution of the clinical condition and of the functionality of children with Autistic Spectrum Disorders (ASD). Considering that UDL approach invests in flexible objectives, methods, materials and evaluation, to differentiate learning taking into account the needs of each pupil, it is important to know the perspectives of educators/teachers and parents/caretakers of children with ASD. These two groups have significant and additional information on these children potentialities. Educators/teachers and parents/caretakers of 121 children participated in this study. These children, aged

3-11 years old, live in the Autonomous Region of the Azores (ARA) and are enrolled in kindergarten and in primary schools, comprising 30 public schools, 8 private schools and 40 private institutions for social solidarity. Data were collected with a questionnaire (educators/teachers) and in an interview (parents/caretakers). Results suggest that there are different perspectives between the two groups, with educators/teachers viewing the functionality profile of these children as being more aggravated. The analysis of these different perspectives evidences the importance of the communication between these educational providers regarding the work developed by them in order to promote the functionality of children with ASD.

Keywords: *Autism, functionality, family, school.*

IMPROVING THE HEALTH BEHAVIOURS OF COPD PATIENTS: IS HEALTH LITERACY THE ANSWER?

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Abstract

Chronic Obstructive Pulmonary Disease (COPD) is a leading cause of morbidity and mortality and contributes to substantial social and economic burden (Vogelmeier et al., 2017). There is no cure for COPD, however, medications are available which slow disease progression and control symptoms. Adherence to prescribed medications is critical for optimal management of the disease as is the proper use of the medication delivery device. O'Connor et al. (2019) found that lower health literacy was associated with both poor medication adherence and poor inhalation technique. Health literacy, according to the Process-Knowledge Model, consists of both processing capacity and knowledge (Chin et al., 2015). COPD most commonly occurs in older adults (Cazzola, Donner, & Hanania, 2007). Older adults tend to have lower processing capacity, but lower processing capacity can be mitigated by knowledge (Chin et al., 2015). The purpose of this study was to determine if health literacy was associated with medication adherence and/or inhalation technique. Fifty-seven participants (age range 55-94 years) completed a questionnaire package that included the REALM, TOFHLA, and demographic questions. Information was gathered on medication refill adherence and inhalation technique. A subset of twenty COPD patients participated in qualitative interviews. Results indicated that lower health literacy was associated with both lower medication adherence and poor inhalation technique. One of the themes expressed by the qualitative participants was the need for further information. Given that health literacy is associated with health behaviours in older adults with COPD and there is an expressed need for information, an example of how current educational materials may be reformatted to meet the lower processing capacity of older adults will be discussed. An action-oriented research project where pharmacists and COPD patients collaborate to design needed educational materials and interventions is suggested as a next step.

Keywords: *Health literacy, health behaviours, cognition, older adults.*

INTELLIGENCE ANALYSIS AMONG RURAL LEARNERS IN MOROCCO

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Abstract

The full scale intelligence quotient is a strong predictor of educational success. The aim of this study was to calculate the full scale intelligence quotient (FSIQ) of Moroccan rural students in the Safi region. the psychometric test Wechsler intelligence scale for children and adolescents - 5th edition WISC V was used by administering the five indexes, namely the verbal comprehension index, visuospatial index, fluid

reasoning index, working memory index and processing speed index, to compare them to the average of the Wechsler tests. The study was carried on 104 students (46 girls and 58 boys) between the ages of 12 and 15 years old, 67% of the students were boarders and 33% were external students. We administered all 15 subtests of WISC V on each student participating in this study. The results of the participants in this study who are students in public schools in rural areas show a FSIQ by means, and a verbal comprehension index that is higher than the other four indexes in WISC V. In terms of correlations among the five indexes, the results show different types of relationships among the test indexes.

Keywords: *FSIQ, WISC V, intelligence, learners, rural.*

HOW POSITIVE AND NEGATIVE EMOTIONS INFLUENCE COGNITIVE PERFORMANCE IN SECONDARY SCHOOLS

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Abstract

In the literature, less is known about the influence of emotions on cognitive performance at the crucial period of early- and mid-adolescence. Although the results are sometimes contradictory and contingent upon the perceived specific emotion in adulthood, the affective state is likely to influence cognition. Moreover, affective context is likely to impact deductive reasoning in youth and decision making. There is evidence that a negative affective experience will lead to poor cognitive performance. Therefore, experiencing a negative emotion (anger, anxiety, sadness...) should weaken the performance of students in cognitive tasks (e.g., reasoning or decision-making task). However, few studies have examined the impact of emotions on cognitive (not only academic) performance among adolescents and this is the objective of our research. After ethic committee agreement and parents' authorization, we asked 158 adolescents in secondary schools to respond to several questionnaires. More precisely, we proposed the French version of Differential Emotion Scale adapted for school context to measure the affective states. Syllogisms evaluated cognitive nonacademic performances. As results, we expected that negative emotions related to academic achievement would reduce performance in reasoning and positive emotions would improve it. There was only a significant effect for positive emotions on performance in reasoning. Moreover, we tested the existence of differential effect of affective state on cognitive performance according to age but it wasn't significant. The impacts of the results as well as perspectives of future research in relation with self-esteem, psychological disengagement and dropping out of school will be discussed. This research is funded by the French National Research Agency (Agence Nationale de la Recherche): ANR-18-CE28-0004-01.

Keywords: *Affective states, emotions, cognitive performances.*

TEACHER-PUPIL RELATIONSHIPS AND SCHOOL ADJUSTMENT THE ATTACHMENT LENS AND THE DYADIC EXPANSION OF CONSCIOUSNESS APPROACH

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Abstract

The purpose of this study was to explore the connection between the quality of the pupil-teacher relationship, assessed from the attachment perspective and different school adjustment aspects. A sample of 40 educators were invited to evaluate their attachment strategies and then assess at least 3 children from their current classes (primary school); results for a total of 121 pupils were collected. First of all, educators assessed the pupil's attachment needs using the Student-Teacher Relationship Scale (Koomen, Verschueren, van Schooten, Jak, & Pianta, 2012); then, they were asked to assess social competencies using the Social Competence Scale (Corrigan, 2014) and the Engagement versus Disaffection with Learning Scale (Skinner, Kindermann, & Furrer, 2009), as facets of school adjustment. Results show that

the strength of the pupil-teacher relationship is influenced by the particularities of the attachment strategies of both parties, and, in turn, this relationship, with its 3 dimensions (closeness, conflict and dependence) impacts adjustment. Results are discussed in the light of the Dyadic Expansion of Consciousness hypothesis – in a safe relationship, both the teacher and the pupil significantly expand the learning possibilities.

Keywords: *Attachment strategies, school adjustment, dyadic expansion of consciousness.*

EVALUATION OF INTELLIGENCE SCORES AMONG STUDENTS FROM MOROCCAN URBAN AREAS

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Abstract

Our study is carried on Moroccan students from urban areas and will be the basis for calculating the full scale intelligence quotient FSIQ which positively predicts school results, for determining the psychometric profiles of the samples participating in this study, by administering the fifteen subtests of the Wechsler Intelligence Scale for Children and Adolescents - 5th Edition WISC V and for comparing the results to the average of the Wechsler tests. We have administered all subtests of WISC V, an individual general intelligence test for children aged between 6 and 16 based on the g-factor since the inception of the first Wechsler test. We ensure that every student participating in this study from the city of Safi has passed all the subtests. The participants are 101 students (59 girls and 42 boys) aged between 12 and 13 years and a few months. The results of the samples who are urban public school students show a median of full scale intelligence quotient, the average value of the verbal comprehension index is higher than the other four indexes of WISC V. In terms of correlations, the results show two types of relationships between the five indexes on the scale.

Keywords: *FSIQ, WISC V, intelligence, students, urban.*

COMPARISON OF A BRIEF TRAINING IN SYLLABIC VERSUS PHONEMIC AWARENESS IN KINDERGARTNERS' EMERGENT LITERACY SKILLS

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Abstract

Studies in Reading Cognitive Psychology area refer to phonological awareness as one of the main predictors of literacy. However, there is no scientific consensus about the size of the phonological unit (e.g., rhymes, alliterations, syllables, phonemes) that most contributes to the initial development of reading and writing skills, considering the languages' regularity degree. In view of this, the present work elaborated, applied and verified the effects of two brief training in phonological awareness, one syllabic and the other phonemic, on emerging literacy skills of Brazilian Portuguese speaking preschoolers. The 64 children that took part in this research were enrolled in the last year of Pre-school, from a public educational institution. The research followed an experimental design, which consisted of the pre-test, intervention and post-test stages, with the participation of a control group. In the pre-test and post-test stages, children were assessed through phonological awareness (PA), knowledge of letters (KL), reading and writing words tasks, as well as an intelligence test. After the pre-test, the participants were randomly divided into three groups, seeking to obtain equivalence between them in relation to the results of the pre-test. The intervention took place in 12 sessions, in the school environment, lasting 30 minutes each, twice a week. The Phonemic Group (PG; n = 21) underwent phonemic awareness training; the Syllabic Group (SG; n = 21), to syllabic awareness training and the Control Group (CG; n = 22) participated in storytelling sessions. Interventions with the PG and SG took place in parallel, in small groups (4 to 6 children) and were carried out by the researcher. At the end of the interventions, all participants went through the post-test, performing again the tests applied in the pre-test (except the intelligence test).

The results showed that the children who participated in the interventions in the PG and SG had significantly higher performance than the children in the CG ($p < 0.05$) in the PA skills. In the skills of KL and word reading, the differences were marginally significant ($p < 0.10$) and in the case of writing there was no significant difference between the groups. When the intervention groups (PG x SG) are compared, the results point to the PG's superiority in most of the evaluated skills, with high effect sizes, with the exception of writing. Children will be reassessed soon, already in the 1st year of elementary school, in order to follow up the effects of the interventions.

Keywords: *Reading, writing, syllabic awareness, phonemic awareness, emergent literacy.*

PREDICTIVE VALUE OF LABORATORY PERFORMANCE TO INTERNSHIP COMPETENCIES

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Abstract

As the subject courses Experimental Psychology and Psychological Assessment are focal contributors in the theoretical aspect of the students' performance in the three internship settings in Psychology it is of vital importance to assess the effectiveness of the Psychology Laboratory where the aforementioned courses are being held. The study served as an efficacy evaluation of the department's laboratory. It established the predictive value of the students' laboratory performance on their internship performance. The main source of data came primarily from all the third year Psychology Students who are taking Psychological Assessment, and Experimental Psychology (Internship) and are enrolled for the Second Semester, Academic Year 2018-2019 at World Citi Colleges, Quezon City. Purposive sampling was used in the conduct of study. It involved collection, analysis, and an interpretation of quantitative data extracted from the grade repository of the institution. The data were taken from the grades in Psychological Assessment and Experimental Psychology as well as grades in Practicum in Psychology. The data were subjected to Multiple Regression to test whether the Experimental Psychology grades and the Psychological Assessment grades have the significant predictive value relevant to the Practicum Grades of the psychology students. Findings showed that the Experimental Psychology grades and Psychological Assessment were not statistically significant when it comes to predicting the practicum grades of the students, $F(2, 21) = 2.630, p > 0.05, R^2 = .448$. Neither of the regressors was statistically significant as well when it comes to predicting the practicum grades of the students. This means that the regressors used were not a good fit for the prediction model intended to measure the practicum grades of the students. It can therefore be concluded that the Experimental Psychology and Psychological Assessment grades were not sufficient to forecast the outcome of the Practicum grades of the psychology students in educational, clinical, and industrial settings.

Keywords: *Experimental psychology, psychological assessment, practicum, predictor, multiple regression.*

SOCIAL PSYCHOLOGY

YOUR BEST VIRTUAL SELF-IMPROVEMENT. THE USE OF VIRTUAL REALITY IN STRESS MANAGEMENT TRAINING

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Abstract

Virtual reality can be used as a tool for enhancing psychological interventions in organizations, increasing their efficacy and efficiency, thus making psychology more compelling and competitive.

Stress management is a fundamental skill for managers, forced to deal on a daily basis with complex, fast and demanding environments and tasks. Managers are not only entitled to increase company revenues; their psychological well-being and ability to cope with stress reflects directly on workers' psychological health. Organizational psychology developed many techniques in order to help managers deal with stress, especially through specific training activities.

The aim of the present study is to explore the effects of a specific training on stress management, conducted on managers with the aid of a virtual reality device.

A sample of managers was trained in imagining their best possible self, and in using this thought to increase positive future expectancies. This training was conducted in three consequent virtual reality environments. The first environment, a relaxing open space of choice (e.g. a lake side), was used in the opening part of the training, in order to help managers find a relaxed state of mind for thinking about their possible self. The second environment, a happy place (a real place relevant in the manager's life), was used in order to help managers imagine their stress-management skills and understand how to use them in difficult situations. The third environment, a place not yet visited but desired, was used in the closing part of the training for linking the training to a desirable future.

Interviews and questionnaires on the managers' environment and stressors in their job, estimated stress-management skills, and self-efficacy were carried out before and after the training. A follow up interview on the same topics was conducted three weeks after the training. Satisfaction for the training was also investigated.

The data obtained were examined through both qualitative and quantitative analyses. The managers reported a high level of satisfaction for the training, specifically related with the use of virtual environments. The training was perceived as effective in increasing stress-management skills, both just after its completion and after three weeks. The managers felt a higher degree of self-efficacy regarding their ability to cope with stress in complex situations.

Virtual reality is an effective tool not just for improving psychological intervention, but also for making it more appealing. Therefore, it is a technology that should be further studied and introduced in professional practice.

Keywords: *Virtual reality, training, stress-management, organizational well-being, self-improvement.*

INFORMATION AND TRANSIT SPACES AS THE MAIN CHALLENGES OF THE MODERN WORLD

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Abstract

Space and time in the modern world are changing rapidly. These changes affect people's lives in several temporal and spatial dimensions. In recent decades, a new sphere has emerged, the sphere of virtuality, which a person constructs himself and for himself. We can say that for modernity - both real and virtual,

the continuity of the process of changes that occur simultaneously in the network and in reality, and always with an uncertain outcome is typical. Phenomenologically, one can speak about many similar features uniting real and virtual spaces. The objective space and the life time of people in the transitive world are connected with the subjective construct of space and time that a person constructs in the virtual world. We can also assume the similarity of different types of transitivity (crisis and fluid) with different types of work in virtuality (on-line and off-line). Therefore, it is important to understand the styles of behavior, the emotions of people in a situation of different changes, different types of transitivity and different types of Internet communication.

These questions became the base of the empirical study which was carried out in 2018-2019 years and consisted of two stages. The study involved young people (N = 140, age 18-21), students of Moscow universities. They were asked to answer questions of the K. Riff method "Scale of psychological well-being" in different versions - on-line and off-line. After that, they were offered two series of stimuli - words related to positive and negative events occurring in the real and virtual world with the fixation of RAG. The obtained results showed that in general in the on-line situation the overall level of psychological well-being is lower than in an off-line situation. It is disturbingly, that self-acceptance is higher off the net. That is, the constant "transparency" of communication and the openness of one's life to others, possibly stimulate personal development, but reduce self-esteem and self-acceptance. The incapacity to manage the environment, including positive contacts with others, the inability to quickly navigate information and the harshness of the situation negatively affect attitude to one-self, reducing self-esteem and intention to self-development, which generally reduces the subjective feeling of emotional comfort and well-being. The similarities in the profiles obtained by presenting positive and negative words showed the similarity in emotional responses to crisis situations in the real and virtual world. In this case, a steady increase in excitation from stimulus to stimulus occurs. Thus, we can say that the constant situation on-line becomes a difficult life situation for many young people. The phubbing and "transparency" of the network most negatively affects people who assess the situation as rigid transitivity.

Keywords: *Virtual, transitive space, emotional well-being.*

POSITIVE MOTHERHOOD AT WORK: THE ROLE OF SUPERVISOR SUPPORT IN RETURN TO WORK AFTER MATERNITY LEAVE

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Abstract

Cognitive factors can strongly influence mothers' well-being. Maternal beliefs about societal expectations, role identity, maternal confidence, and concern about being a good or bad parent threaten maternal well-being, especially if these beliefs are irrational, inflexible, and strict. Moreover, they can negatively influence the critical time of returning to work after maternity leave. As stated by the conservation of resources theory, people may become more irrational when their resources are exhausted, with detrimental effects on individual well-being. To protect and enhance well-being, working mothers should draw upon additional resources, including their organizational contexts. In this regard, a key figure is the supervisor, whose positive behaviours and stable support can improve working mothers' well-being and facilitate their effective return to work after maternity leave.

This study aims at examining the relation between the rigidity of maternal beliefs and well-being (namely, general health, job satisfaction, and job performance), hypothesizing the mediation effect of perceived supervisor support during return to work after maternity leave.

The Rigidity of Maternal Beliefs Scale, the measure for Supervisors to Support Return to Work, and the General Health Questionnaire were used together with a two-item measure for examining job performance and a single-item measure for measuring job satisfaction.

The questionnaire was completed by 216 mothers. We tested the hypotheses by means of structural equation models with latent variables, using the Lisrel 8.80 software.

Findings show that rigidity of maternal beliefs is associated with perceived supervisor support during return to work, which, in turn, is associated with working mothers' general health, job satisfaction, and

job performance. Consequently, perceived supervisor support during return to work totally mediates the relations between the rigidity of maternal beliefs and the outcomes considered. Results underline the centrality of supervisor perceived negative behaviors in sustaining working mothers after the long-term leave, when irrational beliefs regarding motherhood threaten their well-being. Practical implications for HR management are discussed.

Keywords: *Return to work, working mothers, irrational beliefs, supervisor support, well-being.*

IS NARCISSISM ASSOCIATED WITH WORKAHOLISM? THE MODERATING ROLE OF WORKLOAD

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Abstract

Workaholism, or the tendency to work excessively hard on a compulsive basis, is a form of heavy work investment that is mostly associated with negative consequences for both the individual and the organization. According to the biopsychosocial model, workaholism has a multifactorial genesis. From this standpoint, it may stem from a complex interaction between individual (e.g., personality traits) and situational (e.g., organizational) factors. Among individual factors, narcissism may play a central role. Narcissism can be seen as a set of personality traits that imply a grandiose but fragile sense of self and entitlement, preoccupation with success as well as demands for admiration. Individuals with high levels of narcissism may dedicate considerable time and effort to their work, given that they pursue power, status, social recognition, and rewards in the workplace. For these reasons, we expect narcissism to be positively associated with workaholism. With respect to organizational factors, workload signals what the norms are in an organization (i.e., to work exceedingly hard). Hence, high workload may encourage workaholism in individuals with strong narcissistic components, who may feel compelled to work hard to achieve social recognition and rewards, as well as to attain ego enhancement, by meeting these extremely demanding external standards. In this study, we hypothesized that narcissism is positively associated with workaholism (Hypothesis 1), and that workload may exacerbate this association, which is expected to be stronger when workload is high (Hypothesis 2). The study was carried out on a sample of 217 workers who completed a self-report questionnaire aimed at determining narcissism, workload, and workaholism, in terms of working excessively (WE) and working compulsively (WC). Data were analyzed using moderated multiple regression. Results showed that narcissism was not associated with either workaholism (overall score) or its components, namely WE and WC (Hypothesis 1 not supported). Furthermore, workload moderated the association between narcissism and workaholism (overall score as well as WE/WC), which was significant only when workload was high (Hypothesis 2 supported). Overall, in line with the biopsychosocial model's prediction, this study suggests that workaholism may result from an interaction between individual predispositions, such as narcissism, and organizational factors that encourage employees to work hard (e.g., high workload). Finally, from a practical standpoint, this study recommends that organizations should target narcissism, especially in managers. Indeed, narcissistic leaders, who necessarily face high job demands in their work, are particularly at risk of workaholism and may also encourage workaholism in their subordinates.

Keywords: *Workaholism, narcissism, workload, moderation.*

ORGANIZATIONAL PRACTICES OF CAREER MANAGEMENT AND THRIVING AT WORK: A MEDIATIONAL ROLE OF PSYCHOLOGICAL CAPITAL

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Abstract

In the 1980s, globalization and business competition led to an instability in work organizations which were no longer able to ensure stable and predictable careers. Responsibility of career management was transferred to workers. Consequently, research on the role of individuals in their career management became popular, while work investigating the role of organizations gradually declined. However, some

studies have indicated that it remains beneficial for organizations to invest in practices of career management (PCM) for their employees through a supportive approach due to the link with positive outcomes for both employees and organizations. PCM refer to programs, processes, and other forms of assistance provided by organizations to support and enhance their employees' career success (Ng, Eby, Sorensen and Feldman, 2005) such as career planning, training and skills development programs, promotion, coaching, mentoring, annual appraisal interviews, retirement preparation programs or outplacements. At an individual level, the conservation of resources theory (Hobfoll, 2011) and the job demand resource model (Demerouti, Bakker, Nachreiner & Schaufeli, 2001) postulate that resources of the professional environment, such as PCM, promote the preservation and development of personal resources and the employees' psychological health. While some studies have shown a link between PCM and indicators of hedonic well-being such as job satisfaction (e.g., Kooij, Ansen, Dikkers & De Lange, 2010), work examining the links with indicators of eudemonic well-being, such as thriving at work, remains scarce. Moreover, previous studies have paid little attention to the psychological mechanism linking PCM to well-being at work. To fill this gap, our study focused on the synergy of psychological resources (i.e., self-efficacy, hope, optimism and resilience) defined as a core construct, known as PsyCap (Luthans, Avolio, Avey & Norman, 2007). The sample consisted of 652 French people working in nonprofit, private and public organizations. Structural equation modeling suggested indirect effects of PCM on thriving at work through PsyCap (partial mediation) and this was confirmed with a bootstrapping procedure. Limitations of the study are discussed.

Keywords: *Organizational practices of career management, thriving at work, psychological capital.*

WORK ENGAGEMENT: ORGANIZATIONAL CULTURE POINT OF VIEW

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Abstract

Introduction. Currently, the problem of employee work engagement is one of the most urgent in the field of employee management. A high degree of work engagement of employees directly affects the efficiency of organizations and labor productivity. The study attempted to consider the value determinants of work engagement of employees, such as the value correspondence of employees and organizations, aspiration index (internal, external). We assumed that the level and indicators of work engagement (vigor, dedication, absorption) are directly related to the index of the realization of employee's value expectations in the organization and their internal aspiration index.

Employees with a high level of engagement have a positive impact on the quality of their organization's products (Schaufeli, Salanova, 2011). The results of our study allow us contribute to understanding the value aspects of employees work engagement, creating and supporting the «We-concept» of organizations to increase their effectiveness.

Method. Research sample consist the employees of three various organizations and their direct heads. 90 people, 57 women and 73 men aged from 20 up to 60 years participated in the study. The following techniques were used: "Utrecht work engagement scale" (UWES) (Schaufeli, Bakker, 2003), "Organizational Culture Assessment Instrument" (OCAI) by K. Cameron and R. Quinn, "Aspiration index" (Desi, Ryan, 2017) или (Kasser, Ryan, 1996). The data was processed by descriptive statistics, correlation and multiple regression analysis.

The result of the work is to assess the contribution of the evaluations ratio of preferred and present organizational culture and aspiration index to the work engagement.

Keywords: *Work engagement, value expectations, aspiration index, organizational culture.*

CAN ORGANIZATIONAL CULTURE BE DESIGNED?

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Abstract

This paper explores a theoretical approach to intentionally designing a culture that is unique to the company and needed for a new organization to succeed. This approach includes outlining cultural elements beyond a values statement, the support and process of living into them so that company culture could be aligned to its strategy. It also makes an argument for and articulates the process of a specific sequence of determining purpose, mission, vision, strategy, and culture that makes for an aligned organization. The practical approach to designing organizational culture includes steps and stages of cultural development from the early stages when the founding leaders are incepting the new business, to building the first team, to growth and sustaining culture. This paper then articulates the role of the leader and practical actions that leaders can and should be taking on a regular basis to sustain or shift the culture of their organization to be supporting the strategy. It further demonstrates how interpersonal relationships at all levels further stabilize the young culture and what needs to be done to ensure it sustains and doesn't get eroded when an organization rapidly grows in the number of employees.

Keywords: *Organizational culture, design, strategy, alignment.*

CROSS-CULTURAL ASPECT OF INTERPERSONAL RELATIONSHIPS IN THE WORKPLACE IN THE PERIOD OF REORGANIZATION

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Abstract

In the conditions of fragility of building interethnic relations, turning to the problem of development of interpersonal relations in mono-cultural and multi-cultural teams of employees of an enterprise in the period of reorganization is extremely relevant. In order to improve the efficiency of organizations great attention is paid to the role of cross-cultural management in forming the effective intercultural interaction and reducing intercultural conflicts. The article presents the results of the empirical research conducted by the authors; the conclusions made after processing data using the methods of mathematical statistics. The analysis of the obtained empirical data shows that in the period of reorganization the factor of cross-cultural composition of the teams of employees under study actively manifests itself in interpersonal relations. Differences were found in the level of certain characteristics of employees in different types of ethnic environments. In general, more statistically significant connections between personal and behavioral characteristics were found in the sample of employees in a multi-ethnic environment compared to the employees in a mono-ethnic environment. The development of interpersonal interaction in a team of employees in a multi-ethnic environment in the period of reorganization should be based on the development of the most significant characteristics of their personality and behavior: positive ethnic identity, empathy, interpersonal trust and skills and abilities of building interpersonal interaction.

Keywords: *Russia, interpersonal relationships, cross-cultural communication, multi-ethnic environment, quality of relationships at work, labor collectives, interethnic relations.*

THE FACTORS SUPPORTING THE SLOVAK TEACHERS' TURNOVER ACCORDING THE TYPE OF SCHOOL

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Abstract

When it comes to the teaching profession, Slovak teachers report a number of problematic issues that lead to many negative consequences in well-being, physical and mental health, and subsequently to considerable turnover rate. According the research studies, there are numerous factors related to teacher turnover, but we assume that turnover are closely linked to the situation in the country, economic conditions etc. Our aim was to find, which of research factors are important among Slovak teachers according the type of school, in which they teach. The research sample consisted of 132 teachers (87.1% women), aged 24 to 68 (M=38.03, SD=10.2). Of the total number of teachers, 15.6% worked at preschools, 53.9% worked at primary schools, 13.3% worked at secondary vocational schools, 14.1% worked at secondary schools. An online questionnaire measuring: gender, age, and the type of school the individual teaches in. Subsequently, the teachers had a list of 27 areas at their disposal, where they were able to choose a maximum of 7 areas, they consider to be the most problematic and causing possible turnover in the teaching profession. Descriptive statistics were used for data analyses. In relation to the results, we interpreted as problematic these areas, which were marked at least one third of the respondents. We stated that teachers from different type of schools agreed on what is problematic in teacher profession and what can influence their turnover, except the teachers from preschools. Teachers from different type of schools (a=primary school; b=secondary vocational school; c=secondary school) perceived these areas as problematic: remuneration (a-68.1%; b-76.5%; c-77.8%); job satisfaction (a-62.3%; b-64.7%; c-61.1%); students' behavior during classes (a-56.5%; b-58.8%; c-38.9%); students' aggressiveness (a-60.9%; b-47.1%; c-55.6%); students' performance (a-44.9%; b-52.9%; c-55.6%). Other problem areas that have been mentioned in at least two types of schools included: stress linked to the teaching profession; work with a minority group; communication with parents; class size; working conditions; school's financial resources; teacher status in society and perceived value of teacher's work. Other areas didn't label as problematic. The research findings have extended the previous research in the context of Slovak teachers' turnover, which is little researched in Slovakia and is limited to the determining the current status of turnover without any deeper understanding of the causes. However, knowing the causes of Slovak teachers' turnover may be helpful in reducing it.

Keywords: *Teacher turnover, factors, Slovak teachers.*

STRUCTURE OF MONEY ATTITUDES OF SMALL INDIGENOUS PEOPLES OF THE RUSSIAN ARCTIC (ON THE SAMPLE OF NENETS)

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Abstract

Negative effects of globalization are visible in the most remote parts of our planet today including human life in the Arctic. Perhaps, economic changes are the most painful for the small indigenous peoples of the North. The active development of the fuel and energy sector causing environmental problems limits the opportunities for traditional farming and creates a need to change the economic behavior strategies of the indigenous peoples of the North. However, this particular behavior including attitude towards money has not been sufficiently studied. Money attitudes were studied (N=75) using the Money Beliefs and Behavior Scale (Furnham, 1984). The results of the factor analysis have showed a more fractional structure than in Furnham's studies (1984, 2014) indicating a complex and ambiguous (more diverse) picture of the reflection of money in the economic mind of northern peoples. Nine factors were identified and supported by strong correlation links: money as power, money as an indicator in social comparison, money as evil, the factor of respect for money, factor of money fetishism, factor of restrictive behavior, and factor of financial control, factor of financial anxiety, factor of financial success or failure. Despite a

large number of factors, the main trends of money attitudes of small indigenous peoples of the Russian Arctic can be observed. They do not put money first in their values, do not use them as a tool of influence on other people, they respect those who know how to save money and do not spend it in vain. At the same time, there is a place for financial anxiety and pessimism, negative feelings related to money. The results should be taken into account in the program for the transformation of the economic behavior of the indigenous peoples of the Russian Arctic.

Keywords: *Money attitudes, small indigenous peoples, economic mind, Russian Arctic, economic behavior.*

COMPARISON OF VISEGRAD FOUR FROM THE VIEWPOINT OF OPINIONS ON IMMIGRANTS

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Abstract

The goal of this paper is to analyze the opinions of Visegrad Four (V4) on immigrants and offer an overview of the basic information acquired from reliable data. According to Eurobarometer 88.2 (2017), immigrants are: people born outside of the European Union, who left their home country and currently legally reside in country. The research set consisted of: a) 1080 respondents from the Slovak Republic – 43.1% men and 56.9% women, aged 15 – 93 (M=49.45, SD=16.83); b) Czech Republic – 1027 respondents - 40.5% men and 59.5% women, aged 15 – 91 (M=47.08; SD=16.41); c) Hungary – 1038 respondents - 42.3% men and 57.7% women, aged 15 – 99 (M=51.69; SD=16.73); and d) Poland – 1037 respondents - 39.7% men and 60.3% women, aged 15 – 99 (M=48.94; SD=17.89). For these purposes we used data from module Integration of immigrants in the European Union Eurobarometer 88.2 (2017), which were newly introduced. Data collection took place in October 2017 in the form of a face-to-face interview in the form of a multi-level probabilistic selection.

We have used items from Eurobarometer 88.2 (2017) to measure the opinions. The items were subjected to principal axis factoring to assess the dimensionality of the data. We have named the first factor as “Immigrants as help“ (Cronbachs’alpha = 0.845) and the second factor as “Immigrants as a burden“ (Cronbachs’alpha = 0.762). We have found that the Slovak respondents, most of V4 (Slovakia, Czech Republic, Hungary and Poland) agree with the negative statements about immigrants and at the lowest rate (except Hungary) agree with the positive statements about immigrants.

The contribution of the paper is an overview of the opinions of V4 on a representative sample, thanks to which it is easier to understand the mood in the countries on this always-topical topic. The paper offers space for reflections and research topics within V4.

Keywords: *Immigrants, Visegrad Four, opinions, eurobarometer.*

PECULIARITIES OF THE PSYCHOLOGICAL TIME IN THE CONTEXT OF GLOBALIZATION. COMPARATIVE STUDY OF RUSSIA AND JAPAN

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Abstract

Because of the increasing flow of information in modern society, perceptions of personal time are changing. Psychological time becomes the universal aspect of life that allows marking changes in personality in the era of globalization. The purpose of this study is to identify similarities and differences

of subjective (psychological) time in two countries Russia and Japan, which are quite different on the political, economic, and cultural levels. The theoretical basis of the study is the model of time perception according to T. Nestik (2016). According to this model, cognitive, affective, motivational and behavioral components of psychological time are studied among the students of regional universities in Russia and Japan ($N = 593$). Respondents completed paper forms of Inventory of Time Value as an Economic Resource (Usunier), Zimbardo Time Perspective Inventory, Attitudes towards Time (Nuttin), and Inventory of Polychronic Values (Bluedorn). The results of the comparative analysis revealed that there are differences in all components of psychological time. Russian students are more positive about their past than the Japanese because the past is more joyful, bright, and pleasant for them. It is connected with good memories. Japanese students are more focused on having a good time in the present, not always thinking about what will be in the future. They are more inclined to perceive the events that happen to them in the present as fatal, regardless of their will. At the same time, there are no differences in the vision for the future. Regardless of their cultural affiliation, students worry about their future, make plans and also try to create an action plan for the future, so it would be more predictable. Japanese students are generally more restrained in positive emotions when assessing their time, while Russian students are more optimistic about it. Russian students tend towards polychronicity (the habit of doing a few things at a time) more than the Japanese. Russian students determine the value of time as an economic resource more accurately, they can transform time into money more easily, and they know the cost of their time as well. The results of the study indicate that culture (language) continues to play an important differentiating role in the world, despite the processes of globalization. However, the impact of globalization is noticeable in such aspects as the desire to avoid uncertainty and willingness to live the moment. The results of the study can be used in advising students on their future professional choices as well as on how to live a psychologically healthy life in modern society.

Keywords: *Psychological time, Russia, Japan, future, past positive.*

EVALUATING THE EFFECTIVENESS OF EXPOSURE TO COUNTERSTEREOTYPIC FATHERS ON REDUCING IMPLICIT FATHER AND MOTHER STEREOTYPES IN JAPAN

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Abstract

Lai, et al. (2014) compared 17 intervention effects on implicit racial prejudice and concluded that exposure to counterstereotypic exemplars was most effective. Therefore, this study examined whether exposure to counterstereotypic fathers can reduce the implicit stereotype that ‘fathers should work outside the home and mothers should keep the house’. The Go/No-Go Association Task (GNAT, Nosek & Banaji, 2001) was conducted among undergraduates ($N = 44$; *Men* = 26, *Women* = 18), whose mean age was 20.16 years ($SD = 1.35$). The results indicated that, in the control condition, more fathers than mothers implicitly associated with work ($F(1, 80) = 9.26, p < .01$), and more mothers implicitly associated with home ($F(1, 80) = 10.84, p < .01$); however, such differences were not significant in the counterstereotypic fathers condition. Thus, for men, exposure to counterstereotypic fathers can reduce the implicit father and mother stereotypes. Further research that can generalise the findings must be conducted.

Keywords: *Stereotype, father, mother.*

WELL-BEING AND EMIGRATION PLANS AMONG UNIVERSITY STUDENTS IN SLOVAKIA: THE MEDIATION EFFECT OF ROOTEDNESS

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Abstract

Objective: The objective of this study was to examine the relationship between well-being, rootedness and emigration plans (EP) among university students in Slovakia. It also tested the mediation effect of rootedness in the relationship between well-being and EP.

Methods: The data for this study were collected via an online survey which was part of the Student Life Cohort Study (SLiCE 2016). The research sample consisted of 141 (86.5% female) Slovak university students (M=22.5 years, SD=2.8). EP were identified by one question with 8 answer options. Based on the answer, the respondents were divided into two groups; those who do not plan to leave Slovakia (54.6%) and those who plan to leave in the long term (45.4%). Rootedness was measured by the Rootedness scale which consists of the Desire for Change and Home/Family subscales. For the purposes of the current study, binary logistic regression was used in two steps. The Hayes' PROCESS tool explored the indirect effects of well-being on emigration plans through two dimensions of rootedness. All analyses were controlled for gender.

Results: Firstly, the relationship between well-being and EP was examined. As predicated, well-being ($\beta = -0.183$, $p < 0.001$) was significantly associated with EP with higher well-being having a negative effect on EP. Next, rootedness was added to the model which explained 51.6% of the variance in emigration. Two dimensions of rootedness were found to make the largest contribution to explaining EP. A higher desire for change ($\beta = 0.367$, $p < 0.001$) had a positive effect on EP while higher family rooting ($\beta = -0.240$, $p < 0.05$) had a negative effect on EP. Interestingly, well-being ($\beta = -0.072$) was not shown to be a significant predictor of EP. These findings were also confirmed by the mediation analysis. The relationship between well-being and EP was negative, but not significant. The association between well-being and EP was fully mediated by two dimensions of rootedness with different psychological mechanisms. On one hand, the higher the well-being, the lower the desire for change and the lower the desire for change, the more likely it is that Slovak students will not plan to leave. On the other hand, the higher the well-being, the higher the family rootedness and the higher family rootedness, the more likely it is that Slovak students will not plan to leave.

Conclusion: This study contributes to the current knowledge regarding predictors of emigration plans among students.

Keywords: Emigration plans, well-being, rootedness, university students.

ASSOCIATIONS REGARDING TATTOOED INDIVIDUALS AMONG VARIOUS AGE COHORTS

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Abstract

Basing on the previous research, one can state that tattooing was mainly perceived from the perspective of clinical psychology and interpreted as self-injury that indicated negative attitude towards oneself, various mental disorders regarding – for example negatively developing personality. Tattoos were often associated with other risk – taking behaviors such as the use of psychoactive substances, the increased level of aggression and impulsiveness.

However, nowadays one can observe that more and more people are getting tattooed.

In addition, numerous tattoo parlors are being set up and more professional artists are interested in this kind of body art. The resent studies carried out in different parts of the world point out that there are more similarities than differences between their tattooed and non-tattooed participants. Therefore, one can conclude that tattoos are becoming a part of our mainstream culture. That is why, it is worth re-examining both the associations and stereotypes among different age cohorts connected with tattooed individuals.

In the first stage of the research program, a semi-structured interview was conducted to determine the attitude that different age cohorts towards tattoos and tattooed individuals. The given results show the differences in associations regarding tattooed people among different age groups.

400 Polish participants were obtained from the following development stages: preschool period, early school period, adolescence, early adulthood, middle adulthood and late adulthood. The study was conducted in a form of a semi-structured interview. The study results were analyzed using the chi-square test.

The research results showed that the associations regarding the tattooed individuals were significantly different in the studied age groups. Moreover, the younger age cohorts – pre-school period, early school period, adolescence and early adulthood – associated tattooed individuals with positive features. They often described them as interesting, brave, creative. The detailed research results will be presented during the conference.

Associations regarding tattooed persons change with age. Young people more often have a positive attitude towards tattooed individuals. It may indicate that tattoos are becoming a part of our mainstream culture. Basing on the research results, standardized questionnaire will be created to evaluate psychological reasons and effects of different body modifications. The questionnaire will also investigate the attitude to individuals with body modifications.

Keywords: *Body modifications, tattoos, stereotypes, positive and negative attitude towards distinctiveness of others.*

FAMILY ADVERSITY FACTORS AND EXTERNAL RESOURCES OF RESILIENCE IN A ONE-YEAR FOLLOW-UP

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Abstract

Objectives: External resources of resilience along with internal assets facilitate the healthy development of adolescents and eventually contribute to overcoming adversity. Therefore, it is crucial to examine the factors which enhance or reduce external resources of resilience. The main goal of this study is to explore the role of adversity factors: adolescents – parental conflict, antagonism and punishment and family structure in explaining perceived external resources of resilience – school meaningful participation and community meaningful participation in a one-year follow-up.

Methods: 146 (49% girls) adolescents (T1 mean age=13.51) participated in a repeated measures design with a 12-month follow-up. External resources of resilience (School meaningful participation (SMP) and Community meaningful participation (CMP)) were measured by the RYDM questionnaire. Parental conflict, antagonism and punishment were assessed by the NRI-SPV questionnaire separately for the mother and father. The family structure was dichotomized (both biological parents vs. other).

Results: The linear regression revealed that having something other than biological family is associated with lower SMP and CMP over the year while controlling for SMP and CMP at T1. Moreover, higher punishment from the father is associated with lower SMP while higher antagonism with the mother is associated with higher CMP after one year. In addition, the findings confirmed a moderation effect of gender and father punishment on SMP. This shows that the probability of lower SMP at T2 is higher for boys with a higher level of punishment by the father at T1.

Conclusion: Family structure is a key factor in contributing to lower external resources of resilience. Father punishment negatively contributes to SMP, although not CMP. Mother antagonism positively contributes to CMP but not SMP. The moderation effect of gender between father punishment and SMP implies a greater sensitivity of boys towards father punishment and a potential inhibition effect on participation at school in comparison to girls. Interestingly, antagonism with the mother contributes to higher CMP which reveals the potential self-protection mechanism of adolescents in compensating antagonism with the mother for meaningful participation in different environments such as the community. However, there is a failure to compensate at school when the punishment from the father is greater.

Keywords: *External resilience, family adversity, adolescents.*

ACHIEVEMENT MOTIVATION, PERSONALITY TRAITS AND THEIR RELATION TO GENERAL AND CAREER SELF-EFFICACY

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Abstract

Introduction: We started from Bandura's theory of self-efficacy, the onion model of achievement motivation according to Schuler & Prochaska, and 5-factor personality theory by Costa & McCrae. The aim of the study was to analyze the correlation and regression analysis of achievement motivation, personality traits, and general self-efficacy / domain-specific career self-efficacy. We expected the stronger relationship of stable personality characteristics with general self-efficacy than with specific-domain career self-efficacy.

Methods: 713 adult participants (university students and working adults) completed an achievement motivation questionnaire, a five-factor personality theory questionnaire, and a general and career self-efficacy questionnaire.

Results: Regression analysis showed, that confidence in success, dominance, competitiveness, and independence explained 45.7% of the general self-efficacy score. Confidence in success, independence, goal setting, fearlessness, dominance, internality, and competitiveness explained 38.5% of career self-efficacy. With the combination of personality and motivational predictors, we have achieved the following results: confidence in success, dominance and five-factor personality traits explained 59.3% of general self-efficacy. Confidence in success, independence, conscientiousness, extraversion, goal setting, fearlessness, dominance, and competitiveness explained 42.5% of career self-efficacy.

Conclusion: Confidence in success, dominance, and competitiveness can be seen as general motivational predictors of self-efficacy (general or domain-specific); fearlessness of career efficacy. Achievement motivation is the stronger predictor of the general and career efficacy than personality traits are. Stable traits and achievement motivation dimensions had bigger predictive power when speaking about general self-efficacy than domain-specific career self-efficacy.

Discussion: For further research, we recommend verifying relationships between self-efficacy constructs and some other important personality characteristics, e.g. attachment styles.

Keywords: *Achievement motivation, traits, general self-efficacy, career self-efficacy.*

TRANSGENERATIONAL EFFECT: REMEMBERED ATTACHMENT, ATTACHMENT TO PARTNERS AND BONDING TOWARDS NEWBORNS

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Abstract

There is no doubt that emotional relationships are very important. Attachment theory describes functioning in these relationships through inner working models that guide expectations and behaviours in the relationships. Therefore, we can suppose that attachment affect actual relationships toward partners as well as own children since both are emotional-relationship objects. Our aim was to explore transgenerational effect of attachment (what was I given, what do I share with my partner, what do I give to my newborn). We had three objectives- to find out whether remembered attachment is a predictor of attachment in close relationships and bonding; whether attachment in close relationships is a predictor of bonding, and whether there are differences between men and women in attachment and bonding. Our sample consisted of fathers (n=27) and mothers (n=73) who recently gave birth. Participants of age between 21 and 46 years were approached at obstetrics and gynecology clinic in Bratislava, Slovakia. They filled in 3 self-administered questionnaires: sEMBU (remembered attachment), ECR-R (attachment in close relationships), and MIBQ (bonding towards infant). The results showed weak to moderate correlations among remembered attachment and attachment in close relationships/bonding. Mother's emotional warmth in remembered attachment predicts both avoidance (adjusted $R^2 = .091$, $\beta = -.317$, $p = .001$) and anxiety (adjusted $R^2 = .045$, $\beta = -.233$, $p = .019$) in attachment in close relationships. Mather's emotional warmth (adjusted $R^2 = .086$, $\beta = .309$, $p = .002$) and rejection (adjusted $R^2 = .051$, $\beta = -.246$, $p = .014$) in remembered attachment predict acceptance of parental role in bonding. Attachment in close relationships did not prove to be a predictor of bonding. As to differences between men and women,

we found that men felt more rejected by mother than women in remembered attachment ($r_m = .215$), men scored higher in both avoidance ($r_m = .210$) and anxiety ($r_m = .209$) than women in attachment in close relationships, and women were more prepared for nurturing the infant than men in bonding ($r_m = .272$). The differences were small though. We see several limits among which self-reported instruments, new questionnaire MIBQ, relatively big age range of our participants, smaller sample of men are the most serious ones. Even though, we consider our research to be important in slightly clarifying an importance of remembered emotional warmth of mother in functioning in actual relationships.

Keywords: *Bonding, attachment, parent, newborn, transgenerational transmission.*

THE RELATIONSHIP BETWEEN EMPLOYEE ATTITUDES TO CHANGE IN THE ORGANIZATION AND JOB PERFORMANCE

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Abstract

Today, it is important for organizations to successfully adapt to ongoing changes, not only domestically but also globally. Successful implementation of change, an advantage over other organizations, and maintaining high job performance become the most important task in the organization (Doll et al., 2017). However, organizational change is not successful for all organizations, and practice shows that in many cases, organizations fail to make changes, leading to declining employee performance or even organizational disruption (Lewis, 2019; Fernandez and Rainey, 2017). Organizations implementing organizational change are often asked what psychosocial factors are important to successful change, to ensuring the quality of the work of employees and to the successful functioning of the organization. Organizational change in organizations often involves reorganizing institutions, reviewing staff structure, resulting in a sense of insecurity for themselves and the future of the organization, and often creating negative employee attitudes toward ongoing organizational change. Employee attitudes toward organizational change are an important psychosocial factor that can determine how successful an organization will be in implementing change (Armenakis et al., 2007). Negative employee attitudes towards change reduce the employee job performance, as employees undergo a lot of stress during change, resulting in worsening relationships with colleagues and interpersonal conflicts (Jaramillo et al., 2013). The purpose of this work is to carry out a review of the literature on the employees' attitudes and the importance of employees' attitudes towards organizational change in the employee job performance. Given the above purpose of this work, literature analysis from electronic databases: SpringerLink, Taylor & Francis Online, APA PsycNET, Google Scholar, and others were performed. These databases were chosen because they contain the most research on organizational psychology. Keywords were used in the research: attitudes, work performance, changes, etc. Based on these criteria, 322 articles were selected in the initial research sample, but after the initial review of the articles, 107 articles were selected and subjected to the following research steps. Practical implication of this research: the results of the research are expected to help better understand employees' attitudes towards organizational change and their significance for the job performance, to understand why attention should be paid to the relationship between these phenomena. This would help organizations to develop more effective plans for implementing organizational change, and to streamline employee communication about ongoing changes. Defining employees' attitudes towards organizational change and their significance for the job performance will allow organizations to work more effectively with employee attitudes and thus be more successful in implementing organizational change.

Keywords: *Attitudes, organizational changes, job performance.*

LEGAL PSYCHOLOGY

PARENTAL ATTACHMENT AND PHYSICAL INTIMATE PARTNER VIOLENCE IN YOUNG ADULTS: MEDIATIONAL ROLE OF DYSFUNCTIONAL ATTITUDES

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Abstract

Introduction. Physical violence (PV) is a form of intimate partner violence. It has serious consequences on the population health. Previous studies have linked PV victimization with parental attachment. However, little is known about dysfunctional attitudes and this relationship. This study aimed to evaluate dysfunctional attitudes as a mediator between parental attachment and PV victimization of young adults.

Methods. Cross-sectional design was used to study 915 participants aged 18–30 years old with 84.8% women, the average age was 23.59 ± 3.35 years old and the average level of education 15.07 years ± 2.70 . Several self-report questionnaires were used: the Revised Conflict Tactics Scale 2 (CTS2; only physical assault subscale), the Inventory of Parent and Peer Attachment (IPPA) and the Dysfunctional Attitude Scale (DAS). *Results.* Two-hundred and six participants (21.1%) were victims of PV during their lifetime. They had more dysfunctional attitudes and an *insecure* attachment to parents compared to PV non-victims. Our results showed a partial and weak mediation of dysfunctional attitudes between attachment to mother and PV victimization. There was not mediation for attachment to father.

Conclusions.

An *insecure* parental attachment was associated with more dysfunctional attitudes and a risk to be victims of PV for the young adults. However, the dysfunctional attitudes only partially mediate the link between parental attachment to mother and PV victimization.

Keywords: *Physical violence, dysfunctional attitudes, parental attachment, young adults.*

COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

THE COGNITIVE ORIENTATION OF INTUITIVE THINKING

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Abstract

The objective of the study was to identify the motivational components of intuition. The methodology was based on the cognitive orientation (CO) theory which assumes that cognitions orient toward behaviors. The hypotheses were that the CO assessment of intuition will be related to the standard measures of intuition. The participants were 90 undergraduates in the behavioral sciences. They were administered the CO questionnaire of intuition that included beliefs of four types. The Types of Intuition scale and the Decision Style scale. The results showed that the four CO types of beliefs predicted significantly all the intuition measures. The major motivational components of intuition were found to be focusing on emotions, opening-up to situations, preference for fast and easy solutions and self reliance. The theoretical conclusions are that intuition is a personality tendency grounded in a specific motivational network, amenable for assessment and training.

Keywords: *Intuition, cognitive orientation, beliefs, motivation.*

CROSS-SECTIONAL ANALYSIS OF THE METHODS USED TO EVALUATE THE MENTAL AND PHYSICAL WELL BEING OF MILITARY PERSONNEL

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Abstract

Military service is both physically and mentally demanding given its risk factors, shift work, long working hours, the necessity of relocation and great responsibility. Although soldiers are highly selected from among the population, their daily duties can be reflected in their health. In this study, we chose two specific military groups that have very different tasks in the Czech Army to determine their actual physical and mental states. The first group was the military Castle Guard, and the second group was military paratroopers. Both of these groups underwent psychological testing of personality, IQ, self-evaluation, cognitive abilities and the motivation to perform the duties of military service. Physical health was tested by a body composition analysis, health-related biochemical parameters, sleep analysis and diagnostics on the musculoskeletal apparatus. The aim of our study was to find significant associations that have an impact on the well-being of elite Czech military units, and for this purpose we used the association rule learning method. The results of this study demonstrate the most significant associations between the mental state of soldiers and their quality of sleep. The health state was usually reflected in the sleep pattern which plays a role in life vitality, independence and professional success. The results support the need for the complex preparation of military personnel and a much-needed prevention program which would also include sleep adjustments that would help to improve their overall performance and to maintain appropriate combat readiness.

Keywords: *Physical and mental workload analysis, military castle guard, military paratroopers, combat readiness.*

LEARNING STYLE, INTERCULTURAL SENSITIVITY, AND INTERNATIONAL ATTITUDES: A CASE OF A JAPANESE UNIVERSITY

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Abstract

We explored how learning style relates to intercultural sensitivity and how these two variables are associated with international attitudes in the context of a Japanese university. Since the Japanese Ministry of Education, Culture, Sports, Science and Technology articulated the magnitude of shifting towards globalization of Japanese higher education, many universities have continued to advance initiatives to prepare their students for globalized contexts. Little is known about how learning style relates to psychological variables of cross-cultural communication. Thus, the present empirical study attempted to fill this gap. Participants of the study were 109 Japanese students enrolled at a Japanese university. We applied three measures: Kolb's Learning Style Inventory, Chen and Starosta's Intercultural Sensitivity Scale, and Yashima's International Posture measure. Because factor structure with constituent items of the Intercultural Sensitivity Scale was unresolved, we initially examined how its latent constructs are configured and then identified four underlying components: Affirmative & Enjoyment Interaction, Negative Perceptions, Anxious Interaction, and Respect of Cultural Differences. The International Posture consists of four themes to measure Intercultural Approach Tendency, Interest in International Vocation, Interest in Foreign Affairs, and Willingness to Communicate to the World. Results of regression analysis illustrated that a learning style variable of more acting over reflecting significantly related to the sensitivity variable of Anxious Interaction ($\beta = -0.26, p < 0.01$). Subsequently, results of regression analysis indicated that a learning style variable of more thinking over feeling was significantly associated with Intercultural Approach Tendency ($\beta = -0.19, p < 0.01$), while that of more acting over reflecting was significantly associated with Intercultural Approach Tendency ($\beta = 0.16, p < 0.05$) and Interest in International Vocation ($\beta = 0.30, p < 0.01$). As to relationships between intercultural sensitivity and international attitudes, the results showed that Affirmative & Enjoyment Interaction was significantly associated with all four international attitudes (β s ranged from 0.24 to 0.57); Anxious Interaction significantly related to only Willingness to Communicate to the World ($\beta = -0.33, p < 0.01$); and Respect of Cultural Differences was significantly linked with Intercultural Approach Tendency ($\beta = 0.20, p < 0.01$) and Interest in Foreign Affairs ($\beta = 0.28, p < 0.01$). The results suggest that learning style relates to intercultural sensitivity and international attitudes, but the relationship depends on the type of learning style variable and the specific factor in intercultural sensitivity and international attitudes.

Keywords: *Learning style, intercultural sensitivity, international attitudes, Japanese higher education.*



POSTERS

CLINICAL PSYCHOLOGY

PERSONAL RESOURCES, DEPRESSIVE SYMPTOMS AND SELF-RATED HEALTH IN HIGH-RISK PROFESSIONS

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Abstract

The importance of personal resources in the context of high demanding work conditions is often being reported. However, when and what type of personal resources are the beneficial ones is not fully understood. The aim of this study is to apply network analysis and explore closeness of relationships between personal resources, depressive symptoms and self-rated health in individuals working in high-risk professions. The study sample comprised 276 police officers, prison guards, customs officers and physicians (72.1% men, $M_{age} = 36.58$, $SD_{age} = 8.99$). Observed variables included personal resources (OSI-R), depressive symptoms (SDS) and self-rated health (item from SF-36). The network analysis (EBICglasso) was performed in two groups: workers in emergency services ($N=133$), and individuals, who do not work in emergency services ($N=143$). Network analysis revealed that individuals who do not work in emergency services reported depressive symptoms in negative relationship to rational coping, social support, recreation and self-care. In this group, the decrease of self-rated health is related to decline of self-care, social support and recreation. Conversely, emergency workers reported their self-rated health depending solely on the level of recreation they perform. In this group, depressive symptoms could be reduced by recreation, rational coping and social support, but are not related to self-care. In the emergency workers, the self-care and self-rated health were the nodes of low strength. Therefore, intervention programs should target individuals in high-risk professions by stimulating appropriate personal resources to maintain their health. Importantly, self-care strategies might lose their protective role in emergency workers.

Keywords: *Personal resources, depressive symptoms, self-rated health, emergency services, network analysis.*

ARE THE 5CS RELATED TO RISKY BEHAVIOUR: ANALYSIS ACROSS COUNTRIES

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Abstract

The Positive Youth Development approach views youth development from a broader perspective by emphasizing strengths rather than deficits (Catalano, Hawkins, Berglund, Pollard, & Arthur, 2004). Youth tend to develop more positively when their strengths are aligned with the resources in their environment. Consequently, positive youth development outcomes (5Cs: Competence, Confidence, Character, Connection, and Caring) will be more probable, and risky behaviours less frequent. Since involvement in risky behaviours in adolescence (e.g., substance abuse) can lead to several negative outcomes, it is crucial to understand the relationship between possible protective factors (e.g., 5Cs) and risky behaviours to provide support for at-risk youth. An emphasis was put on the national contexts of Norway, Kosovo, and Slovenia in answering a research question: does this relationship vary across countries? The sample included 218 participants from Slovenia (70.6% girls; $M_{age} = 17.18$), 220 participants from Norway (47.7% girls; $M_{age} = 17.30$) and 916 participants from Kosovo (Albanians living in Kosovo; 66.3% girls; $M_{age} = 16.32$). 5Cs were assessed by the PYD questionnaire (Geldhof et

al., 2013) and additionally, participants answered several questions about risky behaviour (substance abuse, skipping school, etc.). MANCOVA and Factorial ANCOVAs were used. Results show that the 5Cs differ across countries. In addition, a series of Factorial ANCOVAs revealed an interaction effect between countries and alcohol use for Competence, Confidence, and Connection. Guidelines for practice and future research are discussed.

Keywords: *Positive youth development, 5Cs, risky behaviour, international comparison.*

WORK-RELATED STRESS, PERSONAL RESOURCES AND MENTAL HEALTH IN HIGH RISK PROFESSIONS: CROSS-SECTIONAL SURVEY

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Abstract

The importance of work-related stress and its consequences for mental health is underlined by the increasing prevalence of absence from work due to stress-related illnesses. Psychosocial stress, depression, burnout and anxiety are the third most common causes of absenteeism and fluctuation of staff in the European workplaces. The aim of this study was to explore how work-related stress and personal resources associate with perceived anxiety and depression in high-risk professions. The study sample consisted of 276 police officers, prison guards, customs officers and physicians (72.1% men, average age 36.6 years) who filled out questionnaires focused on sociodemographic variables (age, gender, working time), work-related stress (occupational roles, personal resources OSI-R), anxiety (STAI X-1) and depression (SDS). Hierarchical multiple regression analysis was performed to analyze the data. A model consisting of gender, occupational roles and personal resources explained 39.5% of the variance in anxiety, and 48.7% of the variance in depression in the total sample. Gender ($\beta=.22$, $p\leq.001$), recreation ($\beta=-.26$, $p\leq.001$), social support ($\beta=-.17$, $p\leq.01$) and rational/cognitive coping ($\beta=-.17$, $p\leq.01$) were significant predictors of anxiety. Gender ($\beta=.26$, $p\leq.001$), insufficiency ($\beta=.11$, $p\leq.05$), ambiguity ($\beta=.13$, $p\leq.05$), recreation ($\beta=-.19$, $p\leq.001$), social support ($\beta=-.19$, $p\leq.001$) and rational/cognitive coping ($\beta=-.24$, $p\leq.001$) were significant predictors of depression. This model supports the role of personal resources in reducing of perceived anxiety and depression in the studied sample. Higher levels of recreation, social support and rational/cognitive coping strategies in the work of high-risk employees are important in diminishing perceived anxiety and depression, and potentially protect against work-related stress.

Keywords: *Work-related stress, anxiety, depression, personal resources, mental health.*

EVALUATING THE PSYCHOMETRIC PROPERTIES OF THE REVISED ILLNESS PERCEPTION QUESTIONNAIRE ON POLISH CANCER PATIENTS

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Abstract

Introduction: The Revised Illness Perception Questionnaire (IPQ-R, Moss-Morris et al., 2002) is a widely used quantitative measure of the five components of illness representation in Leventhal's self-regulatory model. The tool has been translated into many languages and has versions adapted for many common diseases and disorders. A Polish adaptation of the scale for cancer patients has become available. The study's main objective was to evaluate the psychometric properties of the Polish IPQ-R questionnaire, suitable for studying illness perception in cancer patients.

Methods: The psychometric properties of the IPQ-R tool were studied on a sample of 318 patients diagnosed with cancer (155 women and 163 men), undergoing treatment in oncological departments of Polish hospitals. To evaluate the reliability of the tool, both its internal consistency and absolute stability were analysed. Its validity, on the other hand, was verified through the analysis of the correlation coefficients matrix.

Results: The internal consistency of the IPQ-R tool was estimated using *Cronbach's alpha*, which fell in the 0.72-0.92 range and was therefore satisfactory. Likewise, both criteria of stability – Pearson's *r* correlation coefficient and Scott and Wertheimer's intra-class correlation coefficient – confirmed the tool's high reliability. The validity of the Polish adaptation of the IPQ-R tool is proven by high *r* correlation coefficients with the SOWC (Janowski et al., 2009) and the MBRSQ (Cash, 2000).

Conclusions: The validation tests demonstrate that the Polish IPQ-R scale is valid and reliable. It appears that the Polish IPQ-R scale contributes significantly to research methodology on cancer patient's disease representation.

Keywords: *Polish adaptation, revised illness perception questionnaire, Leventhal's self-regulatory model, illness perception, cancer patients.*

ASSOCIATIONS BETWEEN QUALITY OF LIFE AND SOCIAL SUPPORT IN MENTAL HEALTH PATIENTS

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Abstract

Quality of life is a term widely used in mental health population. Improving the quality of life for individuals with mental health problems has been a growing area of research for over three decades. There are many predictors of subjective quality of life. Research suggests that social support is a significant predictor of quality of life.

The present study aims to investigate the impact of social support on quality of life in mental health patients in Vlore, Albania.

A purposive sample of 100 individuals attending mental health services in Vlora answered questionnaires about socio-demographic status (age, gender, highest level of education completed, family status,) social support and quality of life.

Social support levels were measured using the Multidimensional Scale of Perceived Social Support-MSPSS, and life quality was measured using the brief version of the World Health Organization Quality of Life (WHOQL-BREF). Data were evaluated through frequencies, percentages, correlations and regression analysis.

Perceived social support was significantly associated with self reported QOL on the WHOQOL-BREF.

The findings confirmed that social support has a big impact on quality of life and psychosocial functioning in several functional domains.

Keywords: *Mental health, quality of life, social support.*

THE DEVELOPMENT AND VALIDATION OF THE HEALTH BEHAVIOUR MOTIVATION SCALE (HBMS)

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Abstract

Introduction: Developing the HBMS scale was inspired by Deci and Ryan's (1985) SDT, and their concept of the motivational continuum (Deci, Ryan, 2000), which it stems from. Higgins' theory of regulatory orientation (1998) was also used to construct the scale. The tool can be used to assess motivation accompanying health behaviour.

Methods: Two independent studies were carried out in order to check the tool's psychometric properties ($N = 219$, $N = 350$). Exploratory and confirmatory factor analysis was employed to verify the scale's factor structure. The scale's reliability was estimated using *Cronbach's Alpha* and the measurement's absolute consistency was analysed using the test-retest method. To verify the scale's internal validity, correlations between its individual dimensions were calculated. The scale's internal validity was verified since it was based on correlation relationships with other tools measuring similar constructs.

Results: A stable measurement model was created describing different types of motivations to undertake health behaviors as a result of these analyses. The HBMS scale passed reliability tests: both the *Cronbach's Alpha* test which measured its internal validity, and Scott and Wertheimer's intra-class correlation coefficients obtained in the test-retest study. HBMS dimensions indicate correlation relationships with other tools measuring similar constructs.

Conclusions: The research results indicate that HBMS is a valid and reliable tool.

Keywords: *Health behaviour motivation scale, self-determination theory, motivational continuum, motivation for health behaviour, questionnaire.*

ASSOCIATIONS BETWEEN ANXIETY, DEPRESSION AND QUALITY OF LIFE IN MENTAL HEALTH PATIENTS

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Abstract

Research suggests that anxiety and depression symptoms are significant predictor of quality of life. They have a negative impact on the daily life of the mental health patients, affecting in this way their quality of life.

The present study aims to investigate the impact of anxiety and depression on quality of life in a clinical population in mental health patients in Vlore, Albania.

A purposive sample of 100 individuals attending mental health services in Vlore, Albania answered questionnaires about socio-demographic status (age, gender, highest level of education completed, family status,) anxiety symptoms, depression symptoms and quality of life.

Anxiety levels were measured using the Hamilton Anxiety Rating Scale (HAM-A), depression levels were measured using Beck Depression Inventory – BDI and life quality was measured using the brief version of the World Health Organization Quality of Life (WHOQOL-BREF).

Data were evaluated through frequencies, percentages, correlations and regression analysis.

Self-reported anxiety and self-reported depression was significantly associated with reduced overall QOL on the WHOQOL-BREF.

The findings confirmed that anxiety and depression disorders may compromise quality of life and psychosocial functioning in several functional domains.

Keywords: *Mental health, quality of life, anxiety, depression.*

GRANDIOSE AND VULNERABLE NARCISSISM AND SUBJECTIVE WELLBEING – DOES GENDER MATTER?

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Abstract

The aim of the study was examination of the relationships between grandiose and vulnerable narcissism and subjective well-being (SWB) from a global perspective and in the area of close romantic relationships, as well as investigation whether gender moderates these relationships. The project was based on the person-environment fit theories, which suggest that personality is of great importance for the well-being of an individual in a given situation (Emmons, Diener and Larsen, 1986). A tripartite model of SWB was adopted, including positive affect and negative affect, and cognitive well-being (Diener, 1984). The subjects were 208 males and 207 females. Narcissistic Personality Inventory NPI, The Hypersensitive Narcissism Scale, The PANAS scale, Satisfaction With Life Scale, The Rosenberg

Self-Esteem Scale, and ENRICH Marital Satisfaction Scale were applied. Hierarchical multiple regression analysis was performed. The effect of demographic variables and self-esteem were controlled. A positive correlation was observed between grandiose narcissism and overall satisfaction with life and positive affect, which was significantly stronger in the group of females than males. In the group of males, a negative relationship was found between grandiose narcissism and marital satisfaction and Idealistic Distortion. Vulnerable narcissism was positively correlated with negative affect in the group of males, and negatively correlated with marital satisfaction in the groups of males and females. While seeking an explanation for the differences in the importance of narcissism for wellbeing, it was assumed that males and females may differ with respect to the preferred self-esteem regulation strategies, resulting from differences in the socialization process.

Keywords: *Grandiose narcissism, vulnerable narcissism, subjective well-being, marital satisfaction, gender.*

ATTRIBUTIONS FOR CHANGE AMONG YOUNG ADULT BINGE DRINKERS

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Abstract

Introduction: Problem drinking has been shown to increase through adolescence, peak from ages 18-22, and decrease thereafter (Jackson & Sartor, 2016). Research on natural recovery suggests that reasons for reduction may be associated with factors such as social capital, marital status, parenthood, employment, and religious and academic involvement (Vik, Cellucci & Ivers, 2003; Dawson, Grant, Stinson & Chou, 2006; Misch, 2007; Lee & Sher, 2018).

Methods: The current study analyzed the 8-month follow up data of 444 participants from Project BETA, an ongoing study aimed at longitudinally examining trajectories of alcohol misuse in emerging adults (ages 21.5-24.99 at enrollment) over the course of 3 years. Participants were 57.3% female, 46.4% White, and 42.3% Black. They reported the change in their drinking level over the past month and the extent to which a variety of factors helped them to change their drinking. Furthermore, change in self-reported drinking was assessed in relation to the specific factors participants had selected.

Results: Regarding drinking level, 15.7% reported an increase, 40.4% reported no change and 43.8% reported a decrease. The most prevalent factors endorsed for decreased drinking levels were change in employment situation (55.9%), change in diet to eat healthier foods (49.7%), limiting access to money (47.7%), change in financial situation (46.7%), and change in social group (44.6%). Chi square analyses were conducted for gender, race, alterations in drinking level and factors associated with the change. Independent samples t-tests were conducted to compare the change in average drinks per week from baseline to 8-months for White and Black participants in association with the specific factors they had selected.

Discussion: Further research is needed to investigate how drinking behavior can be influenced if participants are given accurate feedback on their level of drinking and the efficacy of factors associated with changes in that target behavior.

Keywords: *Binge drinking, young adult, natural recovery, factors for changes in drinking level, differences between genders and ethnicity.*

DISTRESS IN PREGNANT WOMEN

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Abstract

Pregnancy is the most important stage in a woman's life, accompanied by the need to adapt not only at the physiological, but also psychological level. In this study, pregnancy is considered as a macro stress event that carries a certain stress load with different outcomes. The study reveals the specifics of distress

at women in the dynamics: during pregnancy and after childbirth. Data was collected in antenatal clinic No.33 of the city of St. Petersburg, Russia. The total of 86 women were enrolled, aged 18 to 43 years (M=29.47). The normal course of pregnancy was observed in 84 women. The methods based on transactional theory of stress were used for realization of scientific tasks. When analyzing the data obtained in the study, standard mathematical statistics methods were used using the computer programs "Excel" and "R Studio". It was found that a pregnancy of modern women is accompanied by lasting distress. Not only personal but also environmental factors take part in distress formation. Results testify statistically significant higher level of distress during pregnancy in contrast to a period after childbirth. Correlation analysis showed that the level of perceived stress correlates at a high significance level with each scale of the symptomatic questionnaire. Perceived stress is also associated with the coping strategy "Avoidance" and with the personality trait "Emotional stability", with an inverse correlation. The identification of psychological factors of distress during pregnancy indicates the need for psychological interventions to accompany pregnancy. The study is supported by the RFBR grant № 19-013-00417a.

Keywords: *Pregnancy, distress, personality traits, perceived stress, coping-strategies.*

DOES ATTACHMENT TO GOD PREDICT MINDFULNESS?

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Abstract

In the past decade, a plethora of research has focused on examining the relationship between mindfulness and a variety of psychological constructs. In general, research has indicated that mindfulness is positively associated with health and well-being (see Nagy & Baer, 2017). Simply defined, mindfulness is attentiveness in the present moment (Baer, 2003). Further, Linehan (1993) noted that the object and the quality of attentiveness are essential components of mindfulness. Attachment to God is a construct that also has an "object" of the individual's attention (i.e., God) and individual differences in the "quality" of that attention (i.e., varying levels of attachment security). Given that individual differences in attachment to God have also been examined in relation to psychological constructs and were predictive of well-being (e.g., Freeze & DiTommaso, 2014, 2015), an association between attachment to God and mindfulness may be hypothesized. However, few, if any, studies have examined mindfulness in relation to either religious belief or attachment to God. The aim of the present study was to determine whether individual differences in attachment to God predict five facets of mindfulness (i.e., observing, describing, acting with awareness, non-judgmental inner experience, and non-reactivity). It was hypothesized that insecure attachment to God would be negatively associated with mindfulness. Five hundred and sixty-nine undergraduate students at a secular university completed questionnaire packages that included demographics, questions about their religious belief, the Social Readjustment Rating Scale, the Attachment to God Scale, and the Five Facet Mindfulness Scale. Five Bonferroni-corrected hierarchical multiple regression analyses were conducted. After controlling for stress and belief in God, higher levels of anxious and avoidant attachment to God predicted lower levels of the describing facet of mindfulness. Higher levels of anxious attachment to God predicted lower levels of both acting with awareness and non-judgmental inner experience. Neither anxious attachment to God nor avoidant attachment to God significantly predicted the observing and non-reactivity facets of mindfulness. Implications of these findings and directions for future research will be discussed.

Keywords: *Mindfulness, attachment to God, religion.*

PSYCHOLOGICAL WILLINGNESS FOR MATERNITY AS A FACTOR CONTRIBUTING TO THE HEALTHY BEHAVIOR OF WOMEN

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Abstract

The health protection of a child and a mother is one of the priority tasks with reproductive health of a woman being central. Thus, identifying the factors that have a negative impact on reproductive activity is of a great importance. The aim of the research is to study the psychological willingness for motherhood (conscious motherhood) in connection with the health-saving behavior of pregnant women. This study is one of the first in the Russian sample, examining various aspects of health-saving behavior during pregnancy. The selected and developed materials and methods of research take into account the peculiarities of the state of the pregnant woman. Realization of applied value in practice is the implementation of preventive measures (active and passive informing of women) at each stage and further evaluation of the effectiveness of the measures implemented. A total of 100 pregnant women of childbearing age take part in the study. Pregnant women do not have full correct knowledge and adequate attitudes about aspects of health-saving behavior, thereby demonstrating problem behavior (alcohol, smoking, the risk of alcohol-exposed pregnancy, that is, the risk of fetal alcohol syndrome). Under the influence of the implemented preventive measures, the behavior of pregnant women becomes more health-saving, knowledge and attitudes in this area change. Preventive materials developed in the framework of the project and implemented measures prove their effectiveness and can be recommended for application in the field of health related to the reproductive sphere of women. The study is supported by the RFBR grant № 20-013-00759a.

Keywords: *Conscious motherhood, willingness for maternity, pregnancy, health-saving behavior, prevention.*

EDUCATIONAL PSYCHOLOGY

SOCIAL SUPPORT, FAMILY FUNCTIONING AND PARENTING STRESS IN ALBANIAN MOTHERS OF CHILDREN WITH DEVELOPMENTAL DISABILITIES

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Abstract

Background: Caring for a child with a developmental disability may be stressful and it may affect parents' wellbeing. Research has indicated that social support, both informal support from family, partners and friends, and formal support from professionals is negatively associated to parenting stress. Previous research has focused less on internal resources that families use to address the stressors. This paper sought to extend the investigation of family resources including aspects within the family system such as family hardiness and couple togetherness. *The aim* of this study was to explore the effects of perceived social support (both formal and informal support) and family functioning (family hardiness, and couple togetherness) on parenting stress. *Methods:* This was a cross-sectional study design conducted in 6 different cities in Albania on 209 mothers of 3-17 years old children with developmental disabilities. The purposive sample of mothers completed questionnaires which included six measures: (a) the Aberrant Behavior Checklist-Community (ABC-C), (b) the Social Support Index (SSI), (c) the Family Hardiness Index (FHI), (d) the Couple Togetherness from Family Time and Routine Index (FTRI), (e) the Beach Center Family-Professional Partnerships Scale (FPPS) and (f) the Parenting Stress Index-Short Form (PSI-SF). Descriptive statistics, correlation analysis and regression analysis were used to investigate the relations among these variables. *Results:* Significant negative correlations were found between parenting stress and support received from friends, relatives and professionals, and family functioning. Family hardiness was found to be a significant negative predictor of parenting stress.

Keywords: Double ABCX model, family quality of life, developmental disabilities, family resources, perceptions, coping.

CROSSROADS TO MORE POSITIVE ATTITUDES TOWARDS IMMIGRANTS: STUDENTS' EMPATHIC ABILITIES AND PERCEIVED CLASSROOM CLIMATE

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Abstract

As important socialization agents, schools can provide an open climate as a contextual framework for the development of tolerant attitudes (Gniewosz & Noack, 2008). Building positive attitudes towards immigrants can be addressed at the individual and school level. On an individual level, empathy is negatively connected to the development of prejudice (Miklikowska, 2018) and on the school level, classroom climate plays a role (Gniewosz & Noack, 2008). On a class level, exposure to hate speech leads to desensitization and increasing prejudices (Soral, Bilewicz, & Winiewski, 2018) whereas perceived equality and inclusion are positively associated with a sense of school belonging (Schachner, et al, 2018). The teachers are important as well, more specifically, students who perceive teachers as fair, report more tolerant views of immigrants (Gniewosz & Noack, 2008). In the present study we have analysed the associations between students' attitudes towards immigrants with their empathic abilities, perceived relations with teachers and teachers' attitudes towards different cultural groups on a sample of 271 Slovenian 8th grade students ($M = 12,91$, $SD = 0,44$; 56,3% female) who participated in the European Erasmus KA3+ Hand in Hand project. We analysed the predictive power of empathy, perceived quality of student-teacher relations and inclusive classroom climate on students' attitudes towards immigrants.

Results show that perspective taking and perceived teachers' attitudes towards different cultural groups are important predictors of students' attitudes towards immigrants. Results are discussed in light of guidelines for school practice.

Keywords: *Attitudes towards immigrants, empathy, classroom climate, students.*

THE RELATION BETWEEN PERSONALITY AND LEARNING PREFERENCE

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Abstract

In this study, 106 women (M age = 23 years) completed a series of questionnaires online assessing personality traits and facets (subscales), learning preferences (Activist, Reflector, Theorist, Pragmatist), and attitudes toward learning preferences. The results of several hierarchical regression analyses found that a large proportion of variance in learning style was accounted for by personality traits or facets. For example, 43% of the variance in the Activist Learning Style was accounted for by higher scores on Extraversion, and lower scores on Conscientiousness and Negative Emotionality. When personality facet scores were used as predictors, the proportion of variance jumped to 55%. Similarly, between 27-31% of the variance in Reflector, Theorist and Pragmatist Learning Style was accounted for by personality facet scores alone. The results are discussed in terms of attitudes and the need for evidence-based practices.

Keywords: *Personality, learning styles, attitudes.*

IMPACTS OF BIMODAL INSTRUCTION THAT ASSOCIATES PHONEMIC SKILLS WITH MUSIC SKILLS ON PRESCHOOLERS PHONEMIC AWARENESS

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Abstract

Phonemic awareness has been observed to be a strong predictor of later reading skills (Ziegler, 2018, Ecalle & Magnan, 2015). Increasingly, recent studies specialized in orthophonics reeducation show that phonemic awareness can be trained by musical programs (Patscheke, Degé & Schwarzer, 2016). Few studies, according to the scientific literature, have developed a combined method that associates musical skills and phonemic awareness at the same time, for French speakers. In contrast with training programs, the originality of the present study consists in ecological conditions which fit in with teaching practices.

If phonemic awareness and music skills share common information treatment mechanisms, the effect of a combined learning method should enhance phonemic awareness skills compared to a traditional one. The present experiment evaluated the effect of bimodal instruction that associates phonemic awareness with musical education on phonemic skills. Fifty-three children from four different classes (25 girls, 28 boys) aged 5 years old and 8 months (3.36) were assigned to two groups. We compared bimodal instruction to phonemic awareness (experimental group, $n=33$) to a traditional one (control group, $n=20$). Each learning conditions lasted 7 weeks and included two 30 minutes learning sessions per week.

Children prerequisites to phonemic awareness have been measured with rhyme recognition and syllable suppression tasks. Four tasks divided in 12 items (3 increasing levels of difficulty) measured phonemic skills in recognition and suppression (initial, final). The same test was applied before and after the learning session. Each item's answers were rated from 0 to 1. Results analyses (ANOVA) show better improvement on epiphonemic skills in posttest from the experimental group that from the control one ($F(1,52)=14.440, p=.00038$). These positive results may be explained by a multi-sensory and multimodal instruction.

Keywords: *Phonemic awareness, music instruction, bimodal pedagogic sequence.*

WHAT VALUES DOES THE SCHOOL PROVIDE FOR STUDENTS AND TEACHERS?

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Abstract

School is one of the important factors influencing the values of adolescents. In addition to education, the aim of the school is also to educate students on values that, if adopted, will help them shape their personality, lead a quality life saturated with healthy social relationships, and also the ability to take care of themselves through education and work. The paper presents a confrontation between students' and teachers' views on the values provided by the school. Qualitative research (semi-structured interviews) was carried out on students (N = 50) and teachers (N = 16) of three secondary schools. Most students reported that the school is trying to pass on values related to relationships and social engagement. The most common values presented by the school were friendship, independence, self-worth, propriety, fellowship, independent opinion, knowledge, freedom, justice, persistence, and moral behaviour. Students appreciate teachers being enthusiastic about their subject and their ability to teach correctly didactically, and at the same time appreciate the human side of the teachers' personality. Teachers reported they are most committed to passing on values related to personal (respect and wisdom) and social (tolerance and decency, faith, justice and friendship) qualities. According to the students, the open and friendly atmosphere of the school positively affects the transfer of values to students. The study was supported by grant VEGA 1/0191/19.

Keywords: *Values, school, students, teachers.*

ADOLESCENTS' GENDER IDENTITY AND ATTITUDE TOWARDS PARENTS

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Abstract

The focus of the project is on the adolescents' perception of the roles of a mother and a father in the family, and specifically on adolescent boys' attitude towards their fathers and adolescent girls' attitude towards their mothers. There has been a noticeable shift in interests that used to be primarily associated with a certain gender. For instance, men are increasingly more concerned with the body image, which used to be a predominantly female domain. Moreover, the role of a father has been changing recently, to the point of so-called fatherhood crisis. The role of a father is built around strong social, cultural, and historical constructs of hegemonistic masculinity. Our research based on qualitative design (discourse method) uncovered attitudes of adolescent boys (N=25) towards their fathers, and attitudes of adolescent girls (N=26) towards their mothers. Adolescent boys were shown to have a more problematic relationship with their fathers, and a significantly positive relationship with their mothers. Mothers not only represent an essential part of their lives, but also provide an emotional and mental support. Adolescent girls identified more with their mothers, highlighting mothers' ability to handle a vast number and diversity of family matters. The key factor in the positive rating of a mother was represented by safe emotional ties between the mother and daughter. However, in cases where these ties were missing, mother was perceived through the lenses of stereotypically female depictions, largely perpetuated by the mass media and agendas of certain political parties. The present study is a part of the project VEGA 1/0191/19.

Keywords: *Gender, identity, adolescents, stereotypes.*

CRITICAL THINKING SKILLS AMONG MOROCCAN PHD STUDENTS OF HEALTH SCIENCES

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Abstract

The significant weakness in problem solving and innovation continues to affect scientific production in Morocco. To this end, many strategies and reforms have been put in place to address the various problems raised.

In this perspective, the national strategy for the development of scientific research by 2025 indicates, among other things, the proper conduct and methodological integrity of research work.

The theory states that critical thinking is the intellectual basis of the scientific research method, furthermore it was empirically demonstrated that students with strong critical thinking skills perform well in research methodology. Therefore, the close relationship between critical thinking skills and performance in research methodology application, stipulates highlighting the potential of young researchers in this area.

The present work is the subject of an exploratory study that opts to reveal the critical thinking skills, considered an essential foundation for any research methodology, in 25 apprentice researchers in the health sciences.

The salient findings of the study were, a moderate overall score of critical thinking skills, and a significant correlation between the overall score of the set of skills and the scores of their Master's monographs, furthermore, In addition, the correlation indicates that the success of their dissertation work was related to the deduction, evaluation and inference subscales of the HSRT.

Keywords: *Scientific research, critical thinking skills, health science, HSRT.*

NON-COERCION BEYOND VIRTUAL ENVIRONMENTS: CAN STUDYING BE PLEASANT?

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Abstract

In Brazil, school dropout exceeded the limits of public schools and can no longer be understood as an unfolding of social factors. One of the explanatory hypotheses for this fact relates boredom, lack of concentration and learning difficulties in the classroom to the constant experiences of children and teenagers in virtual environments. An alternative solution consists of using new technologies at school. However, it is likely that methodological changes are counterproductive if the disciplinary bases of the school system are maintained, as the negative effects of coercion are incompatible with the freedom experienced virtually. This study aims to present relationships between non-coercion and staying in school. For this purpose, it presents the theoretical assumption that underlies an action research implemented at the University of Amazônia, in Belém: spontaneous and pleasurable engagement in activities and recognition of personal and social value are positive effects of non-coercive interactions. Therefore, we investigate whether the formation of small groups with non-coercive characteristics in schools favors among students the development of a pleasurable engagement in academic activities. University students present literary texts to groups of about fifteen students, opening space on a weekly basis for shared reading, reflections and dialogue with the absence of performance evaluations.

We have obtained positive results in areas such as assertiveness, empathy, resilience, creativity, autonomy and pleasure in reading, which unfolds in pleasure in studying. We expect that historically naturalized coercion in schools is brought to the center of attention, so that learning can be dissociated from fear and avoidance.

Keywords: *School dropout, non-coercion, new technologies, literature.*

THE DESIGN OF THE RESEARCH METHOD IN GRADUATE RESEARCH WORK

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Abstract

Regardless of the discipline or institution in which the scientific research was carried out, the "method" section is present. However, many research works lack relevance and suffer from methodological problems.

However, method remains the foundation of all research work that can inevitably influence results that can affect problem solving, national development, and threaten our quality of life in general.

This work is an exploratory study of research methods used in graduation projects in the following disciplines (health sciences, engineering, biological and agronomic sciences, economic and social sciences).

The method used in this work is based on three investigative tools: (a) comparison of national scientific production according to a few references (b) semi-structured survey by interviewing supervisors of final dissertations and theses in different selected disciplines (b) systematic analysis of fifty final dissertations. The works were obtained from the libraries of the University Hassan II of Casablanca in different disciplines, submitted between 2014 and 2018. The method part was analyzed, taking into account the key processes and concepts of each discipline, to highlight the elements of the research method, namely the type of research, sampling, procedure or conduct of research, mode of data collection, data analysis, results, and discussion.

Among the key findings of this study, (a) a decline in national scientific output compared to previous years and (b) shortcomings in research design. Our contribution lies in remedying the standardization of the method and adapting it to the contexts of the needs of different disciplines.

Keywords: *Scientific research, research method, dissertation work.*

SOCIAL PSYCHOLOGY

CONNECTIONS OF REAL AND VIRTUAL SOCIAL STATUS OF INSTAGRAM USERS

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Abstract

Today, the transition of everyday communications to virtual space not only gives its participants endless opportunities for constructing their own self-presentations, but also constantly sets them the task of adequately “reading” the self-presentations of other users. Thus, we can talk about the formation of a person’s virtual social status, which can be defined as a combination of self-representative characteristics of a network communication subject and formed on their basis the social-perceptive consensus of other users.

The hypothesis of the study: the virtual social status of the user, based on an assessment by external "experts" of his network self-presentation, is associated with the personal characteristics of users.

Attribution parameters which were used to analyze the user's virtual social status were: the quantity and quality of social connections, experience with other cultures, physical and mental health, education and socio-psychological status in various groups. Personal features of users were assessed by questionnaires the “Big Five” and the “Dark Triad”, as well as the level of self-monitoring. During the study, 72 respondents rated 50 profiles of unfamiliar Instagram users who pre-filled personality questionnaires using a specially designed questionnaire.

The results indicate that the attribution of the user by an outside observer of his profile is associated with neuroticism, Machiavellianism, narcissism and high self-monitoring. The found interrelationships are generally consistent with the results of studies of the personal determinants of social status in real interaction.

It can be said that real and virtual social status represent a single phenomenon, presented in a different social context.

Keywords: *Self-presentations, social status, personal characteristics.*

SOCIAL NETWORKS IN FRAME OF DIFFERENT GENERATIONS

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Abstract

Social networks now became an open space with huge opportunities for communication and obtaining the information. Although the Internet is used by people of different ages, the positioning structure of different generations in social networks is not uniform. The purpose of this work was to study social networks preferred by each group, the time spent online, the goals of Internet communication, and the degree of emotional comfort in online situation. It involved 176 respondents divided in 3 groups: I – 80 (17-19); II -60 (28-37), III-36 (38-45). The obtained data showed that social media is the leading channel for obtaining information for all groups and they often act as echo cameras. For young people most important are Instagram, Twitter, etc. For people 28-37 years Facebook remain the leader, while the third group is characterized by the absence of a preferred social network. An important advantage of “Stories” is the ability to adjust the time of the existence of information, the safety and the “transparency”. The results showed a significant discrepancy in the choice of social networks between users of different generations. With age the degree of trust in information decreases, as well as the time spent online.

Young people are online all day long. For them most important is constant communication and transparency. For groups II and III – is the interesting information. The situation online is ambivalent for the emotional well-being of youth, stimulating on the one hand personal development and self-improvement, and on the other, phubbing and vulnerability to shaming and cyberbullying.

Keywords: *Social networks, virtual space, safety, transparency.*

GENDER CONDITIONALITY OF ENVY

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Abstract

Whether a man or a woman, it is very important into what culture, time and country you are born in order to live a happy and fulfilled life. Gender stereotypes in various cultures and social relationships often inhibit living according to one's own ideas which can affect the quality of life or health. Within the university psychology education (University of Ostrava, Faculty of Education, Czech Republic), we asked 20 study groups (approx. 600 people, out of which 100 were men) two questions: 1) Are men more envious of men than women of women? 2) What do you envy in the opposite gender? A discussion usually followed lasting throughout the whole gender-focused seminar and we recorded the answers. The results imply that women experience envy in more areas, recognizing that men have a greater level of freedom of expression in various environments, which causes women to experience negative emotions due to such findings. Unfortunately, we also recorded a trend of deep and primary biological-psychological topics departing from the substance given by gender, for example that women would give up their ability to give birth (in "favour" of men). The men usually came up with inspiring reflections on perceiving the men's and women's world than primarily with envy, or grudge. The survey provided plentiful topics for further lessons and research where we are currently improving the quality of quantitative data collected thanks to a more precise methodology.

Keywords: *Gender, education, envy, self-esteem, Czech Republic.*

PARENT-CHILD RELATIONSHIPS AND THE FORMATION OF THE PERSONALITY OF CHILDREN FROM MIGRANT FAMILIES

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Abstract

The paper contains the results of a theoretical analysis of the problem of the influence of parent-child relationships on the formation of a child's personality. The main factors that activate the personal development of children in a situation of socio-psychological adaptation are described. The results of an empirical study related to the diagnosis of the image of the mother in children from migrant families are presented. The paper shows that the image of the mother is an important factor in the formation of the child's personality, an indicator of his or her success in socio-psychological interactions. It is empirically proven that the interaction with the mother in preschool children with a positive image of the Self is distinguished by emotional closeness and harmonious contacts. In its turn, the interaction with the mother in preschool children with a negative image of the Self is characterized by the ambivalence of manifestations, a restrained, disharmonious background of contacts. It is noted that these characteristics of parent-child relationships are the basic stimulus for the formation of the ideas of the Self and significant Others in preschool children.

Keywords: *Migrant children, parent-child relationships, self-image, personality of the child.*

SELF-REVIEW OF PARENTING STYLES: EXPERIENCES IN A GROUP OF SOCIALLY VULNERABLE MOTHERS IN NORTHERN BRAZIL

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Abstract

This study presents a proposal for a group intervention with mothers of children from six to twelve years old in a situation of social vulnerability. We aimed to encourage the participants to identify the parenting style they adopt and alternatives for action, test changes in behavior between group meetings and evaluate the results of their efforts. The qualitative field research described corresponds to one of the groups created in 2018 in the context of an action research implemented at the University of Amazônia (UNAMA), Belém, located in Northern Brazil. We selected five participants who were present in at least 60% of the ten weekly meetings held in a group of mothers formed at the UNAMA psychology school clinic. Verbal exchanges in meetings and individual interviews supported the realization of content analysis, based on the formation of analysis categories corresponding to three parenting styles: authoritative or democratic, authoritarian and permissive. We noticed a growing movement of the participants towards the adoption of assertive and empathetic attitudes, combining display of affection with the establishment of consistent rules and limits. We conclude that changes towards the adoption of an authoritative parenting style generated positive impacts on family relationships based on the understanding of the role of model identified by the participants in themselves. Social skills made a difference in the family and led to developments in the behavior of children at school, indicating that it is a way to overcome the situation of social vulnerability in which they find themselves.

Keywords: *Social vulnerability, parenting styles, social skills, group interventions.*

COGNITIVE AND EXPERIMENTAL PSYCHOLOGY

NEUROPHYSIOLOGICAL EVALUATION OF UNDERGRADUATE PORTUGUESE YOUNG ADULTS WITH READING DIFFICULTIES

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Abstract

Introduction: Reading is a complex cognitive process that requires a simultaneous activation of different brain systems. Power EEG has been used to study activation patterns in dyslexic subjects, but so far, studies lack result's coherence, including in adult dyslexic population. The Reading Age Test (TIL) is a screening assessment for dyslexia. TIL evaluates the processes of decoding and understanding. This test is adapted and validated to Portuguese language. Objective: To analyze neurophysiological differences in undergraduate adults with and without reading difficulties using power EEG, and compare the results with the ones found at younger ages. Methods: 209 college students were administered the TIL. EEG was collected with 26 students (21 within normal reading level; 5 with severe reading difficulties signalized with TIL). During the EEG, the participant was asked to follow a sequence of tasks, during a total of 15 minutes (Basal resting state, TIL, Pos-TIL resting state, Non-reading Task; final resting state). Subsequently, the Fourier Transform (FFT) algorithm was applied to the EEG signal from the Basal resting state and the two given tasks. Power spectra mean values of delta, theta and beta activity band, from electrodes F7, F8, T3, T4, T5 and T6 were analyzed performing Shapiro-Wilk tests. Results: No significant differences in mean variations (sig >0.05) were observed between groups during the analyzed periods, regarding electrode and brain activity band frequency. Conclusion: This study provided inconclusive results concerning power EEG different findings at the lower frontal gyrus region and temporal region, between subject with and without reading difficulties.

Keywords: *Dyslexic students, TIL, power EEG.*

PSYCHOANALYSIS AND PSYCHOANALYTICAL PSYCHOTHERAPY

DIFFERENTIATION OF SELF AND FUNCTIONING IN A CLOSE RELATIONSHIP – RESULTS OF STUDIES CONDUCTED IN POLAND

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Abstract

The concept of differentiation of self occurring in the M. Bowen theory expresses an interpersonal capability of an individual for maintaining closeness with others, without the loss of autonomy of own self. The objective of the presentation is to show experiences associated with analysis of the construct on the Polish ground. The study included 538 respondents. The results of a two-stage hierarchical multiple regression showed that the greater the trust in a partner in a close relationship, the lower the tendency towards the emotional cut-off and a greater tendency towards assuming the 'I' Position. The level of intimacy in a close relationship is higher, whereas a lower tendency towards the emotional cut-off, the higher the individual's emotional reactivity, as well as a greater tendency towards assuming the 'I' Position. The results of correlation analyses showed that the greater the tendency towards assuming the 'I' Position and the lower the tendency towards the emotional cut-off, the higher the scores according to the scales of balanced adaptability and cohesion dimensions in family interactions, the better the family communication, whereas the greater tendency towards the emotional cut-off, the higher the scores on the disengaged subscale. Relationships were examined between differentiation of self, and the individual's attachment styles: secure, avoidant, fearful-ambivalent.

Keywords: *Differentiation of self, close relationship, intimacy, interpersonal trust, attachment styles.*

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