



# ABSTRACT BOOK

ISSN: 2301-2226

**5<sup>th</sup> CPSYC 2017** International Congress on  
Clinical, and Counselling Psychology

**26 - 28 April 2017**

[http://dx.doi.org/10.15405/cpsyc2017\(2301-2226\)](http://dx.doi.org/10.15405/cpsyc2017(2301-2226))

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Location: University of Bari, Foggia and Cosenza, Italy



Future Academy®:

Abstract Book

5<sup>th</sup> CPSYC 2017 International Congress on Clinical and Counselling Psychology

26-28 April 2017/ University of Bari, Foggia and Cosenza, Italy

eISSN: 2301-2226

The ISSN Cyprus Centre notifies that serial publication under the title 5<sup>th</sup> CPSYC 2017 International Congress on Clinical and Counselling Psychology has been allocated ISSN 2301-2226 and has been registered with the International Centre for the Registration of Serial publications, in Paris.

[http://dx.doi.org/10.15405/cpsyc2017\(2301-2226\)](http://dx.doi.org/10.15405/cpsyc2017(2301-2226))

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5<sup>th</sup> CPSYC 2017  
Abstract Book

TABLE OF CONTENT



# Table of Contents

<u>5TH CPSYC CHAIRS' MESSAGE</u>	<u>1</u>
<u>CONTRIBUTION OF PSYCHOLOGICAL DEFENSES AND COPING-BEHAVIOR TO THE PRESCHOOL CHILDREN PSYCHOLOGICAL HEALTH</u>	<u>3</u>
<i>ELENA KUFTYAK*</i>	
<u>EFFECTIVE PSYCHOTHERAPY: SINGLE CASE STUDY OUTCOME OF INTERNET CHILD PORNOGRAPHER</u>	<u>4</u>
<i>GIORGIO ILACQUA*</i>	
<u>EFFECTIVENESS OF INDIVIDUAL PLAY THERAPY ON OPPOSITIONAL-DEFIANT DISORDER (ODD) SYMPTOMS AMONG CHILDREN</u>	<u>5</u>
<i>NARGES MORSHED, MOHAMMAD BABAMIRI, SOHEILA PANAHI*, MEHDI ZEMESTANI</i>	
<u>PSYCHOLOGICAL PRESSURE ON PARENTS WITH CHRONIC DISEASED CHILDREN AND COPING STRATEGIES - FOLLOW-UP OF TREATMENT CONDITIONS AND SCHOOL EDUCATION OF CHILDREN WITH DIABETES TYPE 1</u>	<u>6</u>
<i>NAFISSA MANSOURI*</i>	
<u>CREATIVITY IN PSYCHOTHERAPY: POSSIBILITIES OF ITS UTILIZING</u>	<u>7</u>
<i>IVANNA SHUBINA*</i>	
<u>THE RELATIONSHIP OF LIFE PLANS AND PROPENSITY FOR DEVIANT BEHAVIOR IN ADOLESCENCE</u>	<u>8</u>
<i>BIBIGUL NUSSIPZHANOVA, SVETA BERDIBAYEVA*, ALENA GARBER, MARIYA MUN, DMITRY IVANOV, SATYBALDY BERDIBAYEV</i>	
<u>COGNITIVE DEVELOPMENT OF PRE-SCHOOL CHILDREN WITH LANGUAGE AND SPEECH DISORDERS</u>	<u>9</u>
<i>BIBIGUL NUSSIPZHANOVA, SVETA BERDIBAYEVA*, ALENA GARBER, AGAISHA MURSALIYEVA, MARIYA MUN, ALTYNGUL KAMZANOVA</i>	
<u>PSYCHOLOGICAL INTERVENTION FOR IMPROVING PRENATAL ATTACHMENT OF PREGNANT WOMAN WITH PREVIOUS MISCARRIAGE</u>	<u>10</u>
<i>CAMELIA CHETU*</i>	
<u>THE CHARACTERISTICS OF SOME MODERN ROMANIAN MASS MEDIA HEROES AND THEIR EDUCATIVE EFFECTS ON PUBLIC</u>	<u>11</u>
<i>ELENA CLAUDIA MIHAI*</i>	
<u>PSYCHOLOGICAL SUPPORT PROGRAMS FOR FOREIGN STUDENTS: ACCOUNTING VALUES AND COPING STRATEGIES</u>	<u>12</u>
<i>NATALIA MOSKVICHEVA, LARISA DARINSKAIA*, GALINA MOLODTSOVA</i>	
<u>PSYCHOTHERAPY INTERVENTION WITH HYPNOSIS IN PATIENTS WITH TYPE 1 DIABETES MELLITUS</u>	<u>13</u>



<i>FABIANA RAQUEL OLIVEIRA*</i> , CARLOS FERNANDES DA SILVA, CELSO MOREIRA DE OLIVEIRA, AGOSTINHO LEITE D'ALMEIDA	
<u>LONGITUDINAL STUDY ON PARENTAL PSYCHOPATHOLOGICAL RISK IN DEVELOPMENTAL DELAY</u>	14
<i>MICHELA ERRIU*</i>	
<u>ADOLESCENTS' ONLINE AND OFFLINE IDENTITY: A STUDY ON SELF-REPRESENTATION</u>	15
LUCA PISANO, ISABELLA MASTROPASQUA, LUCA CERNIGLIA, <i>MICHELA ERRIU*</i> , SILVIA CIMINO	
<u>QUALITATIVE STUDIES IN COMMUNITY HEALTH: A SYSTEMATIC REVIEW IN THE ELDERLY POPULATION</u>	16
<i>EMÍLIA MARTINS*</i> , FRANCISCO MENDES, ROSINA FERNANDES, CÁTIA MAGALHÃES	
<u>HOW SELF-REGULATORY MODES AND PERCEIVED STRESS AFFECT ACADEMIC PERFORMANCE</u>	17
FRANCESCO BELLINO, <i>MARIA SINATRA*</i> , VALERIA DE PALO, LUCIA MONACIS	
<u>AGGRESSIVENESS OR SPORTSPERSONSHIP IN MARTIAL ARTS</u>	18
LUCIA MONACIS, SILVANA MICELI, VALERIA DE PALO, PASQUALE CHIANURAI, <i>MARIA SINATRA*</i>	
<u>USING A SMARTPHONE APP TO REDUCE MINIMAL DEPRESSIVE SYMPTOMS</u>	19
<i>COBEANU OANA*</i> , GIOSAN CEZAR, MOGOASE CRISTINA, MURESAN VLAD, SZENTAGOTAI AURORA, BOIAN RARES	
<u>RELATIONSHIP BETWEEN FAMILY CONFLICT AND THE TENDENCY TO ADDICTION AMONG THE ADOLESCENTS</u>	20
<i>DORRI GHANADTOUSI*</i>	
<u>HOW SCHOOL MENTORS PERCEIVE THEIR ROLE IN INTERVENING BULLYING AT SCHOOL?</u>	21
<i>MIKA NAKAYAMA SAKURAI*</i>	
<u>PARENTING STYLES, RELIGIOUS COMMITMENT, ARRANGED MARRIAGE AND HAPPINESS IN TOBA BATAK PEOPLE</u>	22
<i>WINARINI WILMAN MANSOER*</i> , NOVARINA SIMBOLON, RUTH DIARINA ROTUA	



## 5th CPSYC Chairs' Message

We are honoured to chair the 5th International Congress on Clinical and Counselling Psychology (CPSYC) to be held in University of Bari, Foggia and Cosenza, Italy from April 26th to 28th 2017. We aim that clinical and counselling psychologists, practitioners, students, researchers and others from around the world will consider attending this meeting and that many of you will submit papers and posters. We have a talented and committed team of CPSYC Scientific Committee and Board of Reviewers who are working hard to make the 2017 Congress a resounding success.

The 2017 Congress will provide excellent opportunities for participants to exchange ideas with each other during the poster presentations. It will facilitate discussions, including challenges to clinical and counselling psychology; it will provide an international forum for scientific debate and constructive interaction. Furthermore, it will provide a platform for educators, researchers, students, and practitioners to present their work; exchange knowledge, ideas, and experience; and identify solutions to existing challenges in clinical and counselling psychology. Doctoral candidates are particularly invited to present and discuss their research ideas and work in progress.

CPSYC 2017 Scientific Committee and Board of Reviewers welcome papers from the following and related topics:

Anxiety Disorders, Attention Disorders, Autism, Behavioural Science, Behavioural Therapy, Child Psychology, Chronic Diseases, Clinical Psychology, Clinical Research, Cognitive-Behavioural Therapy, Community Health, Depression, Eating Disorders, Ethics, Forensic Science, Gay and Lesbian Issues, Genetics, Health Care Access, Health Care Financing, Health Economics, Health Policy and Promotion, Health Services Innovations, Health Services Research, Intellectual Disabilities, Marriage and Family Therapy, Medical Ethics, Mental Health, Minority Health, Neuropsychology, Outcome Research, Paediatrics, Preventive Medicine, Psychiatry, Psychopathology, Psychotherapy, Public Health, Quality of Life, Research Methods, Schizophrenia, Sexual Violence, Social Science, Social Work in Medicine, Substance Abuse, Suicide and Violence Prevention.

As in previous conferences and congresses of Future Academy, abstracts from the 2017 Congress will be published by Future Academy, and full-text papers will be provided in the CPSYC 2017 European Proceedings of Social and Behavioural Sciences (scientific papers of the *The European Proceedings of Social and Behavioural Sciences EpSBS* has been indexed in ISI Thomson Reuters) or by C-cracs in the peer-reviewed Volume as a book chapter.



Previous Future Academy conferences and congresses have been very successful, and CPSYC 2017 promises to be another high quality event. Bari, itself is a beautiful city which is easy to travel around so visitors can take the opportunity to have a holiday there.

We look forward to meeting with colleagues and friends—old and new—in Bari in April, 2017.

**Prof. Dr. Francesco Bellino**

**Co-Chair, CPSYC 2017**

Full Prof. of Bioethics

Department of Basic Medical Sciences, Neuroscience and Sense organs,  
University of Bari Aldo Moro

**Prof. Dr. Giovanna Da Molin**

**Co-Chair, CPSYC 2017**

Full Prof. of Historical and Social Demography

Director of the CIRPAS, Department of Educational Sciences, Psychology,  
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**Prof. Dr. Maria Sinatra**

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CPsychol, AFBPsS, CSci (British Psychological Society)

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# Contribution Of Psychological Defenses And Coping-Behavior To The Preschool Children Psychological Health

*Elena Kuftyak\**

Children's psychological health is considered as condition providing behavior regulation adequate to surrounding reality. The health factor considerably defines the person's ability to overcome difficulties in the changing situational context. The author supposes the existence of particularities in the psychological defenses and coping-strategies composition according to the children's psychological health condition. In this article we will stop at the results focused upon the assessment of psychological health and the contribution of psychological defenses and coping-behavior. For all the time of the research 86 examinees have been interrogated (middle age 5,6; 49 boys, 37 girls). The psychological health state was estimated on the basis of an expert assessment using the R. Sirs' supervision method, the "Assessment form of children's psychological health» questionnaire. The study of defense mechanisms was conducted with use of "Children psychological defense assessment map", "Schoolagers' Coping Strategies Inventory". The results of the research revealed that psychologically healthy children more often choose the strategy of passive retreat from difficulties, children with mental health problems are more focused on a destructive emotions expression and "risk group" children use defenses of "regression" and "replacement". The psychological defenses and coping-strategies contributing to the psychological health state have also been revealed during research.





# Effective Psychotherapy: Single Case Study Outcome of Internet Child Pornographer

*Giorgio Ilacqua\**

Internet child pornography is a growing problem. Many factors must be addressed to reduce risk and provide treatment through a short-term intervention, community-based approach; benefit should be measurable objectively.

The results of a single case study of a patient charged with internet child pornography are presented. The strategies employed (penile plethysmograph, best practice treatment strategies: CBT, DBT and IT), pre-post risk and emotional well-being results, and clinical suggestions are discussed from the Canadian and an international perspective .

Pre and post-intervention objective measures were administered addressing risk to re-offend, emotional well-being and sexual preferences. Emotional functioning as well as insight were also monitored throughout the individual sessions. The intervention was specific to the patient's identified risks and geared to increase insight into his own triggers (cognitive, behavioural and emotional) and to identify alternative strategies.

Individual psychological therapy is an effective strategy when addressing the underlying issues faced by internet child sex offenders. Objective measures of risk (LSI-R) and of sexual preference (penile plethysmograph) were used to determine risk reduction over time and more mature sexual preferences. The best practice and personalized intervention that a front-line clinic can offered were instrumental in the outcome.

Individual psychological treatment is an effective strategy in reducing risk for internet child pornographers. Front-line clinic can provide cost-effective and best practice treatment to a level comparable to larger and more expensive institutions. Psychological treatment in front-line clinics can be personalized to the individual needs and identified areas of risk. In Canada, minimum sentencing can affect treatment and rehabilitation.



# Effectiveness of Individual Play Therapy on Oppositional-Defiant Disorder (ODD) Symptoms among Children

Narges Morshed, Mohammad Babamiri, *Soheila Panahi\**, Mehdi Zemestani

Given the importance of childhood disorders, the purpose of this study was to evaluate the effectiveness of individual play therapy on Oppositional-Defiant Disorder symptoms among children. The research design was of quasi-experimental type in which cluster sampling method was employed. The study sample also included 30 girls and boys aged 6 to 10 years with symptoms of Oppositional-Defiant Disorder referred to psychological consultation centres in the city of Ahvaz. Using simple random selection, the study sample was divided into individual play therapy group (15 individuals) and control group (15 individuals). Moreover, Child Behavior Checklist and Teacher Report Form were used as measurement instruments. In addition, a clinical interview with parents was conducted to confirm the presence of the symptoms. The subjects were exposed to individual play therapy interventions during 8 sessions (each lasting 45 minutes) on a weekly basis and then evaluated in three stages including pre-intervention, post-intervention, and two months after the completion of sessions in a follow-up form. The SPSS software (version 18) and multivariate analysis of covariance (MANCOVA) were used for data analysis. The results of the multivariate analysis of covariance indicated that Oppositional-Defiant Disorder symptoms reported by parents and teachers in the individual play therapy group significantly decreased at the post-test stage compared with those in the control group. Furthermore; the results were consistent after the two-month follow-up evaluation. These findings showed that individual play therapy could reduce symptoms of Oppositional-Defiant Disorder among children. Therefore, therapists were recommended to use such a therapy in treating children affected with this disorder.

# Psychological Pressure On Parents With Chronic Diseased Children And Coping Strategies - Follow-Up Of Treatment Conditions And School Education Of Children With Diabetes Type I

*Nafissa Mansouri\**

The study problem is detected to shed light on the pressure experienced by parents because of their child's illness and the methods they use to adapt. This study aims to identify the role of parents to provide for the education of their diabetic son under insulin treatment as well as for his treatment follow-up which requires repeated visits to the hospital for periodic inspection, and detection of support provided by the school for the children's needs. The current study is a survey in which the researcher has adopted the descriptive analytical method, where several tools and clinical and statistical methods were used mainly, clinical interviews half conducted with a sample of parents whose children suffer from diabetes and are under insulin treatment and teachers, then three questionnaires on the basis of study hypotheses. 1- Most of the methods used by those parents to adapt to the pressures of their son's disease were ineffective ones with the predominantly emotional character. 2- The school plays an important role in supporting the family of the student with chronic disease by providing all the facilities that allow this latter to keep on with his studies. Psychological pressures that hinder family life and cause parents a lot of suffering and trouble and psychological tensions. This, in the researcher's opinion, is merely a way to express the parents' fear of any other complications or other developments of this disease in the future which would worsen the health state of their children.



# Creativity In Psychotherapy: Possibilities Of Its Utilizing

*Ivanna Shubina\**

Although many studies on creativity were conducted, still remains an actual issue related to utilizing creativity as a child's ability and therapeutic tool in different social contexts.

This paper is aimed to explore creativity in terms of abilities which potentially may be used during treatment.

Clinical psychologists and psychotherapists considering use of patient abilities to think independently, to create original and novel idea or to solve problem in non-stereotypical way. Creativity in psychotherapy encourages to use own imagination and skills helping to express own problems, difficulties and beliefs in a natural way, after what is possible to plan efficient treatment, find appropriate solutions and additionally to develop highly important personal, cognitive and other skills and capabilities. Next, child's play was developed in frame of humanistic psychology as an efficient tool for exploration of child's life, culture, problems in a natural and accepting atmosphere without judgment and possibility to rehearse and master some skills or patterns.

Active use of creativity in psychotherapy can be applied in treatment of adults, but is especially effective with children. Significance of creativity in therapy forms wide possibilities for both therapist and patient to explore problematic field more freely.



## The Relationship Of Life Plans And Propensity For Deviant Behavior In Adolescence

Bibigul Nussipzhanova, *Sveta Berdibayeva\**, Alena Garber, Mariya Mun, Dmitry Ivanov, Satybaldy Berdibayev

The article deals with modern state of the problem of investigation of teenagers' addictive behavior. The meaning of life and the place of spiritual values in the structure of personal life plans of teenagers with addictive behavior are displayed. Teenagers today need to have meaningful relationship to their lives' time and have abilities to anticipate, predict and build life plans. The aim was to investigate the influence of psychological characteristics of personality life plans on the addictive behavior of adolescents. We suggest that the structure of personal life plans of adolescents with addictive/non-addictive behavior has significant differences in terms of the meaning of life and values. Meaning-life orientations' method (MLO) by D.A. Leontiev, and technique of "value orientations" by M. Rokeach. The correlations of different characteristics of personal life plans of teenagers prone to addictive behavior are shown. The influence of personal life plans on addictive behavior of teenagers is defined. There are significant differences both in individual indicators, and on the relationships between the meaning-life orientations and value orientations in the structure of personal life plans of adolescents with addictive behavior and adolescents, not prone to addiction. So the psychological characteristics of personal life plans adolescents influence the development of addictive behaviors.



# Cognitive Development Of Pre-School Children With Language And Speech Disorders

Bibigul Nussipzhanova, *Sveta Berdibayeva\**, Alena Garber, Agaisha Mursaliyeva, Mariya Mun, Altyngul Kamzanova

Modern educational situation in Russia shows that quantity of children with developmental problems, including with speech disorders in primary school is increasing. Therefore, primary education is beginning to take the problem of training and adaptation of the senior preschool children with speech disorders. The success of the educational institutions becomes unthinkable without qualified comprehensive assistance of children with speech disorders. The growing importance of development of special teaching systems takes into account psychological characteristics of children with speech disorders in preschool age. Knowledge of cognitive development of preschool children with speech disorders will provide a theoretical basis for the creation of more effective corrective speech therapy programs that take into account the complex interactions of the higher mental functions of the child in the ontogeny of contributing to overcome the difficulties of preschool speech and the formation of a full-fledged readiness for school. The purpose of the study is to identify the characteristics of the cognitive development of senior preschool children with phonetic-phonemic and general underdevelopment of speech. The hypothesis of the study: the cognitive development of the senior preschool children with a variety of speech disorders is characterized by certain specific features (in comparison with their peers with normal speech development).



# Psychological Intervention For Improving Prenatal Attachment Of Pregnant Woman With Previous Miscarriage

*Camelia Chetu\**

Given that pregnant women who went through the miscarriage experience during one or more previous pregnancies have difficulties in emotionally approaching to the fetus during the current pregnancy, development of psychological interventions for improving their maternal-fetal attachment is needed. The aim of this study is to present a psychological intervention centered on the Unifying-Experiential Psychotherapy for improving the prenatal attachment in pregnant women with a history of miscarriage and to investigate its effectiveness. 32 pregnant women at 10-30 weeks of gestation, who reported miscarriage in previous pregnancy, were divided in two groups: experimental and control group. All participants had completed Romanian version of MFAS in the pre-experiment and post-experiment stages. The experimental group members participated in a psychological intervention program, while the control group did not benefit of any psychological intervention. The results obtained highlight significant differences in MFAS overall score, Roletaking and Attributing Characteristics and Intentions to the Fetus subscales scores. Our findings indicate that psychological intervention for pregnant women with miscarriage in history could be an important factor in improving their maternal-fetal attachment. Even if is known that MFA increases during pregnancy, one-to-one or group therapy sessions support a stronger and healthier attachment for them.



# The Characteristics of some Modern Romanian Mass Media Heroes and their educative effects on public

*Elena Claudia Mihai\**

Mass media represent today a huge social force, designed not only to deliver information, but mostly to shape attitudes and behaviours. It has a strong influence on the way that people perceive life, society, the world and their own existence.

The mass media is creating and providing role models, leaders to follow, persons to compare yourself with and “modern heroes” aimed to guide the public. But which are the properties of these characters? What directions are they showing by their actions?

This study aims to present the characteristics of some Romanian mass media “heroes” promoted by the best seller newspaper, their goals and the values associated with them. The psychological effects of this type of social models on public will be discussed.

In order for this, we’ve selected the most accessed Romanian journal, according to the Romanian Audit Rating Bureau: “Libertatea” (“Liberty”), the online edition, and we’ve followed the lifestyle section during one week.





## Psychological Support Programs for Foreign Students: Accounting Values and Coping Strategies

Natalia Moskvicheva, *Larisa Darinskaia\**, Galina Molodtsova

International students have difficulties in adapting in the host country. Psychological support programs will be effective if students' cultural characteristics, preferred values and behavioral strategies are taken into account. The purpose of the study was to determine international students' value orientations and coping strategies contributing to their successful adaptation to training in Russia; and to perform comparative analysis of coping strategies and life values of students of different ethnic groups to develop differentiated programs of psychological support. Sample: 441 international students in Russian universities: Africans – 149, Turkmen – 164, Mongols – 128; mean age  $21.6 \pm 0.9$ . Methods: Trompenaars questionnaire of national culture differences (Tunik's adaptation), Hobfoll Strategic Approach to Coping Scale (SACS), Lazarus Coping Questionnaire, Rokeach Value Survey. Descriptive statistics, Spearman correlation analysis, and comparative analysis (Mann—Whitney U-test) were conducted. We have found that successful adaptation of international students is positively linked with the coping strategies: Social joining, Seeking social support, Planful problem-solving, Positive reappraisal. Significant differences in coping strategies and ranking of life values among students of different ethnic groups were revealed. Study showed that psychological support should facilitate formation of sociocultural competence and development of coping strategies connected with social contacts and rationalization. In group training sessions it is necessary to focus on universal values and prevention of behavioral abnormalities.



# Psychotherapy Intervention With Hypnosis In Patients With Type I Diabetes Mellitus

*Fabiana Raquel Oliveira\**, Carlos Fernandes da Silva, Celso Moreira de Oliveira, Agostinho Leite D'Almeida

Type I Diabetes *Mellitus* is a chronic disease with high mortality and morbidity rates which entails early negative effects to the life of diabetics. Given the scant investigation of the effectiveness of hypnotherapy in type I diabetes, one might ask: can psychotherapy with hypnosis and using Guided and Creative Imagery lower blood sugar levels?

This current investigation aims to study the efficiency and effectiveness of analytic hypnotherapy - a person centered approach focused on solutions that we called hypnotherapy without (or with) hypnosis - and of guided imagery, at the same time monitoring type I diabetes by glycemia and glycosylated hemoglobin.

This investigation involved 28 diabetic participants from the Association of Diabetics of Ovar, northern Portugal. Participants were randomized, 15 of which were part of the experimental group while 13 of them were part of the control group, benefited by a relaxing technique. The research was conducted during three sessions, with needle prick and blood tests.

The results have shown statistically non-significant differences between the two groups. However, we found statistically significant differences between the two groups as far as the reduction of levels of glycemia in association with guided imagery by direct suggestions, post-hypnotic suggestions and self-hypnosis.

Results suggest that hypnotherapy seems to have been useful for the reduction of glycemia levels only when psychotherapy combined with guided imagery by direct suggestions, post-hypnotic suggestions and self-hypnosis were used. In short, psychotherapy combined with hypnosis may have contributed to an improvement in glyceemic control of the studied diabetic patients.



# Longitudinal Study On Parental Psychopathological Risk In Developmental Delay

*Michela Erriu\**

Theory and research suggest that maternal psychological characteristics are a significant variable in the infant weight gain during childhood, while fewer studies have examined the role of fathers' psychological profiles. Being the family relationship a core aspect of interpersonal processes during the developmental age, the evaluation of directly and indirectly involved variables in infants and in their parents is a key aim. Both maternal and paternal characteristics can impact on children's weight faltering and psychological functioning, so that it would be useful to considerate the fathers' role as risk or protective factor. The present study aimed to evaluate the impact of maternal psychological functioning on the child's adaptation during childhood, considering the paternal involvement in caregiving. Participants were N=60 parents with their children, recruited through nurseries and primary schools in Central Italy, longitudinally assessed in 6 years, when children were 2 (Time 1), 5 (Time 2) and 8 years old (Time 3). Children with severe feeding difficulties tend to have mothers with similar problems, whereas paternal psychopathology reveals a relevant role in the quality of caregiving modulating the interactional mother-infant patterns. Assessment of maternal and paternal psychopathological risk appears to be crucial to deal with the failure to thrive in their children and for promotion of early intervention in this field. We can say that the involvement of fathers can reduce the impact of important maternal difficulties on infant's wellbeing, promoting an overall positive balance of the family.



# Adolescents' Online And Offline Identity: A Study On Self-Representation

Luca Pisano, Isabella Mastropasqua, Luca Cerniglia, *Michela Erriu\**, Silvia Cimino

Adolescence represents a crucial period for the construction of personal and social identity. Nowadays, youths create their offline and online identity, as an undistinguishable and complex Self. Adolescents, indeed, construct their online identity as an integration of their physical and virtual persona. This integration might be difficult to represent and communicate to others. The Internet is widely spread among adolescents, and it can favour the development of risky online behaviours, which in turn can involve the occurrence of youth's negative consequences, such as emotional problems, or difficulties in social behaviours. The present study intends to explore, in a sample of Italian adolescents, the capacity of representing the online and offline identity. This capacity is hypothesized to result in an adaptive use of the web. The sample was composed by 200 Italian adolescents, aged 14-17 years, who filled out an ad-hoc questionnaire tapping different aspects of representation of virtual reality. Adolescents revealed an unclear representation of their virtual identity. Because of their difficulties in identifying the relationship between the real and the virtual identity, the consequences of their activities in the web and in virtual communities are frequently underestimated. Identity and representation of the Self that adolescents express through social networks are very complex topics and the relationship between real and virtual identity needs further research, to carry out effective programs of prevention and intervention of problematic internet use in adolescence.



## Qualitative Studies In Community Health: A Systematic Review In The Elderly Population

*Emília Martins\**, Francisco Mendes, Rosina Fernandes, Cátia Magalhães

The increased recognition of the qualitative methodology in the health field is a way of enhancement and highlights topics that would remain hidden if the option was the quantitative research. The purpose of this systematic review paper is to reflect about the importance of the qualitative methodology in the study of community health with the elderly. It seeks to identify areas of existing research, describe findings and analyse implications emerged for socio-educational intervention to inform practice and further research. The relevant literature was identified through two electronic databases: MEDLINE and PubMed (2010-2015). Inclusion criteria were: published qualitative or mixed-method studies, about elders, in community health. Relevant data including findings and practice recommendations were extracted and compared in tabular format and were included 48 articles of the 226 initially identified. The majority (20) came from Europe and 11 from North America, but we found studies in all Continents. Study repliers included health professionals, informal carers, patients, community members and relatives. Most (13) were focused on health care network, six on end-of-life care and six on quality of life and successful aging. The others referred to multiples themes. Qualitative research in elderly community health can help researchers to gain a more complete understanding or interpret the results of quantitative data more completely, as well as show us local specificities, that support a differentiated socio-educational intervention.



# How Self-Regulatory Modes And Perceived Stress Affect Academic Performance

Francesco Bellino, *Maria Sinatra\**, Valeria de Palo, Lucia Monacis

Kruglanski et al. (2000) demonstrated how two self-regulatory modes, locomotion and assessment, underlie most goal-directed activity: locomotors are inclined to engage in initiating and maintaining any goal-directed activity, whereas assessors tend to compare and select among alternative desired end-states. These two motivational components were thought as interdependent aspects and considered as trait or state, thus influencing individuals' life activities. Previous research has shown the association between these self-regulatory modes and many aspects of goal pursuit, such as procrastination, time management, academic achievement (e.g., Chernikova et al., 2016), as well as self-esteem, optimism, anxiety, etc. (Pierro et al., 2008; Shalev & Sulkowski, 2009). The present study sought to analyze the association between self-regulatory modes, perceived stress, and academic performance. 492 Italian students ( $M_{age} = 20.63$ ,  $SD = 5.22$ ; 62.4% females) completed a questionnaire composed of a Socio-anagraphic section, the Locomotion and Assessment Scale, and the Perceived Stress Scale, during an exam session. Results revealed that the average marks were positively associated only to locomotion and that perceived stress was correlated negatively with locomotion and positively with assessment. Hence, the degree to which students perceived exams as stressful was determined by the way they regulated their goal-related activities. Consequently, developing specific strategies in academic environment could contribute to prevent the potential deleterious consequences of perceived stress.



## Aggressiveness Or Sportspersonship In Martial Arts

Lucia Monacis, Silvana Miceli, Valeria de Palo, Pasquale Chianurai, *Maria Sinatra\**

Studies on psychological outcomes related to individual differences have increased showing contradictory results, especially in martial arts. The difficulty to provide conclusive evidence for the psychological outcomes of martial arts practice and to determine if and to what extent martial arts trainings explain the above mentioned effects needs a more in-depth analysis of those dispositional aspects which can impact adaptive behaviors in terms of sportspersonship. Since no studies on sportspersonship and goal orientations has been carried out in the specific context of martial arts, the current research aimed at examining the role of goal orientations and trait aggressiveness as predictors of sportspersonship. A cross-sectional study was conducted. 389 Italian martial artists ( $M_{age} = 29.60$ ,  $SD = 9.22$ ) completed a questionnaire composed of four sections: a socio-anagraphic section, the Multidimensional Sportspersonship Orientations Scale, the Task and Ego Orientation in Sport Questionnaire, and the Aggression Questionnaire. Descriptive and casual analyses were applied to data. The expected hypotheses were generally confirmed. Results suggested that ego orientation and trait aggressiveness negatively predicted sportspersonship, whereas task orientation positively predicted a sportspersonship attitude. In sum, this research contributed to a better identification of the dispositional factors which prevent antisocial behaviors, especially in the context of martial arts.



## Using a Smartphone App to Reduce Minimal Depressive Symptoms

*Cobeanu Oana\**, Giosan Cezar, Mogoase Cristina, Muresan Vlad, Szentagotai Aurora, Boian Rares

Depression is one of the major challenges worldwide, with significant increasing personal, economic, and societal costs. We need effective strategies to prevent the very first onset of depressive symptoms. Mental health apps, already useful in treating depression, could be a valid solution for this desideratum, however no study has attempted to test their utility in preventing depressive symptoms. The aim of this exploratory study was to contrast the efficacy of a smartphone app in reducing mild depressive symptoms, during a 4 weeks CBT-based intervention program, as a risk factor for the onset of depression, against a wait-list condition. Romanian-speaking adults with access to a computer, Internet and a smartphone were included in the study. 185 participants with minimal depressive symptoms ( PHQ-9 scores between 5 and 9) were randomized into the two study groups: active intervention and wait-list. The primary outcome is the level of depressive symptomatology, measured in baseline, mid-intervention, post intervention and 3 months follow-up. No significant differences were found between the active intervention group and the wait list control at post-intervention and 3-months follow up. Both groups showed significantly reduced depressive symptomatology scores after 4 weeks. More than 60% of the participants in the active group reported using the app a few times throughout the intervention. The total drop-out rate was over 60%. This study is the first to capitalize on the ubiquity of smartphones to large-scale dissemination of CBT-based strategies aimed at preventing depression. No evidence was found for the efficacy of the app in reducing mild depressive symptomatology, when compared with a wait-list control. Implications regarding comparison groups, as well as the possible benefits of a minimally-assisted intervention are discussed.





# Relationship Between Family Conflict And The Tendency To Addiction Among The Adolescents

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Addiction is nowadays considered one of the social crises, which has led to many problems in society. The present survey research aimed to examine the relationship between family conflict and the tendency to addiction among the second graders in Tehran in 2014-2015.

The research population included a total number of 400 students in district 8, 9 and 10 in Tehran, among whom 90 applicants were selected through cluster random sampling. The data were gathered using the Family Conflict Questionnaire and the tendency to addiction Questionnaire. Afterwards, the data were analyzed through t-test, the results of which showed that there existed a significant and positive relationship between social conflict and adolescents' tendency to addiction ( $p=0.00$ ). Therefore, it was concluded that the higher level of family conflict in adolescents would increase their tendency to addiction.



## How School Mentors Perceive Their Role In Intervening Bullying At School?

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Finding how to intervene in bullying at schools is urgent in Japan. Youth mentoring can be effective, yet additional information is needed to improve qualities of mentoring. The purpose of the study is to explore how college students perceive their roles as mentors when they see students are victimized by bullying at junior high schools in Japan. In addition, what kind of interventions by mentors can be effective to help victims of bullying? The survey was designed to gather the mentors' perspectives of their role as a mentor intervening in bullying. Seventeen college student mentors were invited to be interviewed. Questions asked included: What do you do when you see students who were victimized by bullying? The audio-recorded interviews were transcribed. Data were collated into themes and analyzed interpretively through their comments. Nine mentors indicated that they listen to victims after they built up rapport with them. Seven mentors reported the incidence of bullying to teachers. Two mentors told students to stop bullying. And four mentors would listen to both sides of the students' story regarding bullying incidents. Five mentors stated they don't have enough confidence to intervene in bullying alone. Japanese school-based mentors reported that they do not feel confident enough to intervene in bullying. Although they were more aware that bullying is wrong and has to be stopped, they do not know exactly what to do. Besides asking advice from school teachers, they need to be trained and supervised to listen to victims and stop violence immediately.



## Parenting styles, religious commitment, arranged marriage and happiness in Toba Batak people

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Toba Batak people are religious and have strong bond with their family. Often their marriage are arranged with the same ethnic, especially with the cousin from their mother's side. Participants were 414 Toba Batak people. Instruments were Subjective Happiness Scale Questionnaire (Lyubomirsky & Lepper, 1997), Parenting Style and Dimensions Questionnaire (Kern & Joyniene, 2012), Arranged Marriage Questionnaire and Arranged Marriage Open-Ended Questionnaire (Peterson, 2011). Religious Commitment Inventory-10 (Worthington, et al., 2003). Analysis with multiple regression. Most participants were happy. There was significant correlations between authoritative parenting style, authoritarian parenting style, religious commitment and arranged marriage with happiness simultaneously. There was a significant correlation between religious commitment and happiness, and between parenting styles and happiness. However, there was no significant correlation between arranged marriage and happiness. Toba Batak people happiness was not determined by their arranged marriage, but determined by their religious commitment and parenting styles. However the contribution of both variables to happiness was low.





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