

ABSTRACT BOOK

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6th CPSYC Chairs' Message

We are honoured to chair the 6th International Congress on Clinical and Counselling Psychology (CPSYC) to be held in IPV - Escola Superior de Saúde de Viseu - ESSH / PORTUGAL. 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 2018 Congress a resounding success.

The 2018 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.

As in previous conferences and congresses of Future Academy, abstracts from the 2018 Congress will be published by Future Academy, and full-text papers will be provided in the CPSYC 2018 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 2018 promises to be another high quality event. Viseu, 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 IPV - Escola Superior de Saúde de Viseu - ESSH / PORTUGAL, 2018.

Prof Dr Carlos Albuquerque, MD, PhD, Professor e Investigador
Co-Chair, CPSYC 2018
IPV - Escola Superior de Saúde de Viseu



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Neuromuscular Disorder As Chronic Disease And Its Impact On Quality Of Life

*Sumaira Kanwal**

**Assistant Professor Dr, COMSATS Sahiwal, Pakistan*

Charcot –Marie-Tooth Disease is a heterogeneous disorder and gives a large spectrum of symptoms even within the same gene. Severity of disability is associated with the onset age. WE suppose that early onset and severity of the disease are correlated to each other. An extra copy of the PMP22 gene in each cell is the most common genetic change that causes type 1A Charcot-Marie-Tooth disease. which prevents the protein from being processed correctly. To find the association between early onset age and severity of the disease in CMT1A patients. We selected 50 patients suffering from the CMT1A disorder but they were giving the wide variety of phenotypes. Then we selected the SNP supposed to affect the phenotypes of the patients. After primer designing we get through Sanger sequencing analysis to get the confirmatory data. From the association study for 176 unrelated Korean CMT1A patients, we identified that the TC/CC genotypes of rs2292832 were significantly associated with late onset (onset age ≥ 20) and mild phenotype (functional disability scale 0-2, CMT neuropathy score 0-10). Therefore, this study suggests that themiR-149SNP has the considerable potential to affect the phenotypic heterogeneity of CMT1A as genetic modifiers. In conclusion, we could find evident correlations between the genotypes of miR-149 rs2292832 and the phenotypes of CMT1A from this study, although the direct interaction of miR-149 and PMP22 was not observed. It indicates there are plenty of possibilities that miR-149 could affect the relative seriousness of CMT1A by regulating certain mechanisms of peripheral nerve system.

Keywords: Association, CMT1A, genetic modifier, PMP22.

Secondary Trauma and Relationship Satisfaction in Helping Professions

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Family relations satisfaction could be influenced by experiencing secondary traumatic stress and burnout in helping professionals, but research has not yielded the proper evidence for this opinion.

The study is aimed to find associations among family relations satisfaction and secondary traumatic stress and burnout in helping professionals. Another goal of the study is to suggest the ways how to intervene in helping professionals to assist them to reduce stress, burnout and to foster family relationships satisfaction.

The demographic questionnaire, The Professional Quality of Life Scale, Brief Trauma Questionnaire, Dyadic Adjustment Scale were used to assess the main variables in a sample consisting of helping professionals working in social institutions. Statistical analysis was performed using SPSS.

The statistical differences have been revealed in the secondary traumatic stress and burnout due to living with a partner, having children. Results demonstrated significant correlations between dimensions of relationship satisfaction and burnout. It was confirmed that burnout is a significant negative predictor of relationship satisfaction. Trauma history was found as a positive predictor of secondary traumatic stress and burnout.

Burnout was confirmed as the only significant predictor of consensus and satisfaction in relationships with a partner. The higher level of consensus and satisfaction with a partner was associated with lower level of burnout. Additionally, the burnout and secondary traumatic stress were predicted by trauma history. The interventions strategies to overcome burnout and stress are provided.

Keywords: Secondary traumatic stress, burnout, relationship satisfaction.

The Factorial Structure Of The Supervisor's Core Competencies Scale

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The Core Competency Scale (CoreCPS) of Cunha (2017) was designed to gauge of the ideal skills of the mentor teacher according to the perspective of college students. Considering the necessary updating of knowledge about this problem, it is necessary to develop educational pedagogic and academic research in this field_

The purpose of this study is to evaluate the psychometric properties, namely the factorial structure and the internal consistency of the Core Competency Scale of the Supervisor.

A methodological and cross-sectional study carried out in the pedagogic context of the project "Supervision and Mentoring in Higher Education: Dynamics of Success (SuperES)", with the Ref.: PROJ / CI & DETS / CGD / 0005) and the Ethics Committee approved nº3/2017. The study of internal consistency and confirmatory factor analysis of the CoreCPS Scale was developed in a sample of 306 students (81.7% women), with a mean of 21.15 years.

The internal consistency study of the CoreCPS Scale revealed the existence of three (3) factors/subscales: 1 - Core Personal Factors ($\alpha = 0.979$); 2 - Core of Interpersonal/Communication Factors ($\alpha = 0.946$); and 3 - Core Performance Factors ($\alpha = 0.936$). Cronbach's alpha value for the global CoreCPS Scale of 21 questions was 0.972.

This research constitutes a first step in the study of the psychometric properties of the CoreCPS Scale in a sample of the Portuguese population, revealing that the values of internal consistency in the various subscales and in the overall score are more robust. The results suggest that the identification of personal, interpersonal/communicational and performance skills should be considered in the evaluation of teachers' pedagogic practices. They also foster the development of future research in support of contemporary pedagogical supervision where is innovation in college didactics.

Keywords: Factor structure, skills, teachers, supervisory, mentor.

Transmission of Values And Patterns of Relations: Intergenerational Studies

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Nowadays studies of an intergenerational transmission gained immense importance due to the fact that young people forms their values and models of relations under the conditions of changing reality. The purpose was to identify the role of intergenerational (vertical) transmission in following spheres: value orientations (hierarchical system of life values), moral feelings (shame as an experience of discrepancy between action and accepted norms; guilt as a deep remorse, determined by the personality culture), and behavioral patterns of intimate relationships.

Study design: comparison of three different generations within the same family (90 families, Russians and Dagestanis living in St. Petersburg), 40 young people participated in intimate models study; total 310 people. Semi-structured interview, Schwartz Value Inventory, The Guilt Inventory, Test of Self-Conscious Affect, FACES - III, Assessment of sexual profile, Marriage role expectations techniques; comparative, correlation analysis were used.

Decrease in importance of values of conservatism - security, tradition, conformity, with simultaneous growth values of independence, novelty and achievements from generation to generation are revealed. Differences in the understanding and experience of shame and guilt between the older and younger generations; young people's representations of intimacy demonstration and basics of close relations in young and parents' generation are described.

The revealed values dynamics corresponds to the general tendencies described in the literature (from conservative values to values of changes). However, in another ethnic environment, the values of different generations are close, thus the family culture dominates the culture of the community. Moral experience and intimate relations model show the generations within one family as representatives of different cultures.

Keywords: Intergenerational transmission, values, moral experiences, intimacy.

Variability Of Personality: The Study Of Ordinary Consciousness Concepts

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Changing reality puts a person before the need for change. The people's representations about the possibility and necessity of changes largely defining their readiness for change have been studied insufficiently.

The purpose of the study was to: - study of ordinary consciousness concepts of human variability and describe the types of implicit conceptions of variability; - describe the individual ideas about the essence of changes; - identify the relationship between individual concepts of human variability and readiness for change.

Sample: 62 people (25 men, 33 women), average age 35.3 years (SD =11.2, min - 21, max - 72), native language Russian. The participation was voluntary and was held in different cities of Russia, as well as several foreign cities. Method: narrative descriptions obtained by individual interviewing. Thematic analysis, descriptive, comparative and correlation data analysis were used.

We obtained 145 descriptions of life changes, systematized by 15 categories. Situations of change are described in a time context (60.3), thematic context (20.7), or as an exceptional event of breaking the usual context (19.0). We identified 5 types of implicit concepts, accepting the possibility of changes, and found their relationships with the readiness for change.

The notion on need for human variability existing in modern psychology is in conflict with the views of ordinary consciousness. The ordinary consciousness connects life changes and their necessity with dramatic events of life and underestimates the role of self-changes. The individual concepts of change play a meaningful role in the personal readiness for change.

Keywords: Readiness for change, implicit concepts.

The Factorial Structure Of The Supervisor's Generic And Specific Competencies Scale (Cges)

Madalena Cunha, Carlos Albuquerque, *Carla Cruz**

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Cunha's Supervisor's General and Specific Competencies Scale (CGES) (2017) was designed to assess the mentor teachers' ideal competencies according to higher education students' perspective.

The development of further educational/pedagogical research in this area is essential to update the existing knowledge.

The purpose of this study was to assess the psychometric properties, the factorial structure and the internal consistency of the Supervisor's General and Specific Competencies Scale (CGES).

Methodological and cross-sectional study, carried out after The Ethics Committee had issued its favourable opinion (No. 3/2017). The institutions authorised the collection of data and the participants completed the indispensable informed consent form.

The internal consistency study and the confirmatory factor analysis of the CGES scale, (Cunha, Cruz, Menezes & Albuquerque, 2017) was developed using a sample consisting of 306 higher education students, who were attending medical schools located in the centre of Portugal. 81.7% of those participants were women with an average age of 21.15 years.

The CGES scale internal consistency study revealed the existence of three (3) Factors/subscales: 1 – generic competencies ($\alpha = 0.960$); 2 – specific competencies ($\alpha = 0.937$) and 3-metacompetencies ($\alpha = 0.805$). There was a 0.907 Cronbach's alpha coefficient for the global 20 items scale. Students who were under 19 value the supervisor's generic skills, while metacompetencies are preferred by older students. There was a statistically significant difference between scores.

This research constitutes the first assessment of the psychometric quality of the CGES scale measurement properties, using a sample from the Portuguese population. It shows the robustness of the internal consistency values obtained for the different subscales and that are taken into account in the final and global outcome.

The results suggest that we should consider assessing the generic and the specific competencies, as well as the metacompetencies, exhibited by teachers when their pedagogical performance in the field of supervision is being assessed.

Keywords: Factorial structure, competencies, teachers, supervision.

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