

7.7.21
parallel sessions 1

Session 1.1

**15: Stress and Coping Among Youngsters From Various Ethnic Backgrounds
Around the World**

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ABSTRACT

The aim of this panel is to provide insights into stressors, coping strategies, and resources among youngsters from different cultural groups within Israeli society and around the world. We will examine similarities and differences through the lens of the life cycle and will present results from a variety of studies conducted during or following different stressful events.

The first presentation will focus on at-risk adolescent girls, who had been exposed to neglect, violence, and/or incest. Such youngsters often experience severe social problems.

The second presentation will focus on youngsters from the Bedouin minority who live in unrecognized villages in the Negev, Israel. This presentation will highlight the unique stressors that they face and their special ways of coping.

The third presentation will focus on the unique experience of some Israeli youngsters who choose to volunteer for a gap year between finishing high school and beginning their military service. This presentation will highlight the relationships between resources, motivations for volunteering, and future orientation and the relationships between those factors at two points in time: at the beginning and end of the year.

The last presentation will focus on the special population of Syrian adolescent refugees. In this presentation, coping resources and strategies will be explored, with an emphasis on the different coping strategies that explain various psychological problems among this population.

The presentations at this symposium will utilize the salutogenic, as well as the stress and coping theories and the discussion will highlight theoretical innovations, as well as practical implications for each cultural group and stage of life.

Key words: Salutogenesis, cultural groups, stress, coping, ethnicity.

Lecture 1:

How do teenage-girls-at-risk cope with stress?

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ABSTRACT

Background: Coping strategies are the efforts made in the attempt to render a perceived stressor more tolerable and minimize the distress induced by the situation. It is well documented in the literature that the more coping strategies people are familiar with, the better they are able to adapt the coping strategies to use in different stress situations. Hence, they respond in more suitable ways when faced with stress situations.

Objectives: Teenage girls-at-risk are exposed to neglect, violence and incest, and often experience severe social problems. Running away from home exposes them to even more abuse and violence from strangers around. It is clear that in such circumstances one needs to master the usage of diverse coping strategies in order to be able to stay mentally healthy. In this research I examined what coping strategies teenage-girls at-risk possess and how these coping strategies change within a period of 3 months. In addition, I explored qualitatively how the girls perceive their own coping strategies.

Methods: In this long-term, mixed-method research, 200 girls aged 12-17, filled out self-reported questionnaires while confined to a short-term therapeutic boarding-school. In addition, in-depth interviews were conducted with 12 girls at the same institution.

Results and conclusion: The data revealed an increase in problem-focused coping strategies and a decrease in emotional coping strategies. Findings from the qualitative interviews imply that staying in the boarding-school strengthens the girls' feeling that they have acquired more strategies to choose from, in coping with different stress situations. I will discuss the results from a practical and a theoretical point of view.

Keywords: Coping strategies, Teenagers at-risk, mixed-methods research.

Lecture 2:

Characterization of stress situations and coping strategies among Arab Bedouin teenagers living in unrecognized villages in Israel.

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ABSTRACT

The lives of Bedouin teenagers in the unrecognized villages are complex and ,characterized by duality- on one hand, they face the universal challenges of their age and on the other hand, they struggle with new challenges resulting from the conflict between their traditional systems and the urban ones.

This study is based on the transactional model of (Lazarus & Folkman 1984) The coping strategies derived from this model were examined mainly in Western populations. Therefore the purpose of this study is to characterize unique stress situations Bedouin teens cope with and their coping strategies. In addition, it aims at understanding whether coping strategies help them deal with stressors in the same way they help people from Western societies.

Due to the characteristics of adolescence in general and the characteristics of adolescents in the traditional Bedouin society in particular, it was decided to use an art-based research method.

The analysis of the paintings and explanations from the first part showed three main themes of stressful situations that characterize the lives of Bedouin teens: (1) study pressure; (2) natural disasters; (3) road accidents.

Keywords: teenagers – stress situations – coping strategies.

Lecture 3:

Coping Resources as contributors to Resilience of 'Shnat Sheirut'¹ Volunteers

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ABSTRACT

Objectives: This study aimed to explore the changes during 'Shnat Sheirut' in the Future Orientation and Personal Resilience of the volunteers. Additionally, we examined the relationships between the personal resources, interpersonal resources, motivations for volunteering, future orientation and personal resilience and compared these relationships across two times, at the beginning and at the end of the year. Two main theoretical frames founded the study: The salutogenesis and Positive Youth Development (PYD) theories.

Methods: Data were gathered by self-reported questionnaires among 105 'Shnat Sheirut' volunteers who filled out the questionnaires twice, at the beginning and at the end of the year. Questionnaires included- Demographics, Sense of Community Coherence (CSOC), PYD, Volunteer Functional Motivations, Identity, Future Orientation Scale and Resilience.

Results showed significant positive change in the strength of the research variables at end of year. Additionally, the research variables (CSOC, PYD Confidence and the Values Functional motivator) had a significant stronger explanatory power in the explanation of resilience and future orientation at the end of the year.

Conclusions: The possible explanations for our results can be seen by the opportunity for the Liminality experience and the Moratorium meaning that "Shnat Sheirut" has to offer to the volunteers. It seems that the eminent meaning given to the communities, by the volunteers themselves, are leading to personal prosperity and construction of faith in their own future.

Keywords: Community Sense of Coherence, Volunteering Motivations, Coping Resources, Resilience, Young Adults

¹ 'shnat sheirut' -The year of service, is a year of volunteerism in which young adults choose to postpone their military service (in Israel, every citizen who reaches the age of 18 is obligated to do military service) and chose to be involved in volunteer for an entire year in Israeli communities and society

Lecture 4:

Adolescent Refugees: What Helps Them to Adjust to a New Environment After Fleeing War?

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ABSTRACT

Objective: To date, more than 11 million Syrians have been forced from their homes due to the civil war in Syria. However, little research has been done on adolescent Syrian refugees. This study aimed to fill that gap in the research literature by examining how adolescent Syrian refugees cope with the harsh situation of having fled from their homes.

Methods: Data were gathered from 169 adolescents aged 13–18 ($M = 15.85$, $SD = 1.49$) who had resided in refugee camps in Greece. The adolescents filled out self-report questionnaires, including assessments of demographic factors, exposure to war events, appraisal of danger, and sense of coherence, as well as the Brief COPE Inventory and the Achenbach Youth Self-Report.

Results: The results of this work show that exposure to war events, appraisal of danger, sense of coherence, and various coping strategies explain the outcomes of internalizing and externalizing problems. However, different psychological problems are explained by the use of different coping strategies. Positive reframing, behavioral engagement, and acceptance play significant roles in internalizing problems; whereas planning, substance use, and emotional support are significant contributors to externalizing problems.

Conclusion: These results will be discussed in light of Lazarus and Folkman's theory of stress and coping, as well as Antonovsky's salutogenic model.

Key words: Adolescents, Refugees, Coping strategies, Psychological Problems

Lecture 5:

46: Prolonged Exposure to Political Violence and Post Traumatic Stress Symptoms in Palestinian Adolescents: Moderating Effects of Parenting Styles, Age and Gender

Abstract Submitted By:

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ABSTRACT

Background: The relationship between prolonged exposure to political violence (EPV) and post-traumatic stress symptoms (PTSS) among Palestinian adolescents were examined in this study. We also examined the moderating effect of participants' age, gender, and parental socialization styles on the relationship between EPV and PTSS.

Method: A systematic cluster random sample of 2,934 Palestinian adolescents aged 14 to 19 years living in the West Bank and East Jerusalem responded to self-administered questionnaires. **Results:** Multiple regression analysis showed a positive relationship between levels of EPV and of PTSS. Girls showed higher levels of PTSS than boys. Hostile and rejecting parenting styles, strict discipline, and negative evaluation from parents correlated positively with high PTSS while intimate and loving parenting correlated with low levels of PTSS, supporting our hypotheses. **Conclusions:** The findings of this study yield to the major conclusion that Palestinian adolescents' prolonged EPV has long-term mental health consequences, which are partially moderated by some sociodemographic characteristics (primarily gender), and by protective and resilience factors such as parenting style. We discuss the importance of an intimate and loving parenting style as a possible protective factor for mitigating the effects of political violence on children.

Keywords: exposure to political violence, Palestinian children and adolescents, post traumatic stress symptoms, parenting styles.

Session 1.2

19: Title – Strong Bonds and Attachment in the Aftermath of Psychological Trauma

Chair name: Yael Lahav¹, Sharon Avidor²

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ABSTRACT

This symposium is comprised of four presentations examining the way that interpersonal factors and quality of relationships shape trauma survivors' mental health. These presentations introduce innovative findings drawn from several databases of clinical and community populations, including advanced longitudinal, cross-lagged analyses of adult and elderly survivors of trauma. The commonality of these studies lies in the importance of the interpersonal factors affecting trauma survivors' mental health. Avidor and colleagues will bring findings from a longitudinal study among aging military veterans, showing that combat exposure moderated the associations between attachment and veterans' attitudes towards aging, so that the effect of attachment avoidance on attitudes towards one's own aging was only significant among veterans who had high levels of combat exposure. Levi-Belz will present results from a longitudinal study conducted among suicide-loss survivors, revealing that belongingness, self-disclosure, and social support at baseline facilitated posttraumatic growth over 18 months, and that self-disclosure and social support mediated the relationship between belongingness and posttraumatic growth. Stein and colleagues will present findings from a longitudinal study that explored posttraumatic growth and loneliness among military veterans, indicating that higher rates of posttraumatic growth were consistently related to higher rates of loneliness over time, but not vice versa. Finally, Lahav and colleagues will present the results of a study among survivors of childhood sexual abuse, revealing that the singular form of relations between victims and perpetrators, known as identification with the aggressor, is related to sexual revictimization. We believe that shared together, these studies can help us to gain a deeper understanding of the mutual effects of trauma and attachment in different psychological contexts.

Lecture 1:

The Longitudinal Associations between Attitudes to Aging and Attachment Insecurities among Combat Veterans

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ABSTRACT

Objectives: For combat veterans, the trauma of war can have lasting effects, that may later extend to attitudes towards one's own aging (ATOA). The present study sought to examine whether attachment insecurities may help to predict ATOA in later life, while also exploring the moderating role of combat exposure concerning the effects of attachment insecurities on subsequent ATOA. **Methods:** A cohort of 171 veterans of the Israeli 1973 Yom Kippur War (mean age = 68.4, *SD* = 5.1) were interviewed in 1991 (Time 1; T1) and again in 2018 (Time 2; T2). The present study examined the moderating role of combat exposure, within the associations between T1 attachment insecurities and T2 ATOA. **Results:** A regression analysis revealed that T1 attachment insecurities, T2 health problems, and PTSD symptoms predicted more negative T2 ATOA. A significant interaction was found between combat exposure and attachment avoidance, suggesting that the effect of attachment avoidance on ATOA was only significant among participants with high levels of combat exposure. **Conclusions:** The present findings point to the importance of attachment insecurities for ATOA among veterans, and to the role of combat exposure in moderating these associations. Results indicate possible avenues of intervention and policy for those most vulnerable to negative ATOA.

Keywords: Veterans; War trauma; Attitudes towards aging; Attachment; PTSD

Lecture 2:

Growing Apart: A Longitudinal Assessment of the Relation between Posttraumatic Growth and Loneliness among Combat Veterans

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ABSTRACT

Objective: The aftermath of war-related trauma may entail high rates of loneliness. However, trauma may also result in positive outcomes such as personal, spiritual, and relational prosperity, typically considered under the conceptual framework of posttraumatic growth (PTG). PTG may theoretically contribute to either loneliness amelioration (e.g., via increasing one's appreciation of close relationships) or exacerbation (e.g., by increasing one's sense of undergoing experiences that others do not share). Loneliness, on the other hand, may potentially hinder PTG by fostering negative social cognitions and behaviors; or facilitate it via existential introspection. The presented study is the first to examine these potentialities.

Method: To determine directionality, an autoregressive cross-lagged modeling strategy (ARCL) was utilized with a cohort of 260 Israeli combat veterans of the 1973 Yom Kippur War, assessed 30, 35 and 42 years after the war. **Results:** Results indicated that higher rates of PTG were consistently related to higher rates of loneliness both cross-sectionally and longitudinally. Loneliness, however, did not predict PTG rates longitudinally.

Conclusion: It is suggested that veterans' loneliness is primarily related to the experience of being experientially out of sync with people who have not endured war experiences, and that this experiential loneliness may be predicated not only on the negative but also the positive ramifications of undergoing such traumas (i.e., PTG). Notwithstanding, the results suggest that this perceived isolation may not be sufficient to refute the acquired positive perceptions associated with PTG. As study limitations are acknowledged, clinical implications and future research directions are suggested.

Keywords: loneliness, posttraumatic growth, PTG, war trauma, veterans

Lecture 3:

Reenacting Past Abuse – Identification with the Aggressor and Sexual Revictimization

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ABSTRACT

Objective: Childhood sexual abuse (CSA) poses a risk for sexual revictimization. Additionally, according to theory CSA may lead to identification with the aggressor, expressed by adopting the perpetrator's experience concerning the abuse; identifying with the perpetrator's aggression; replacing one's agency with that of the perpetrator; and becoming hyper-sensitive to the perpetrator. Although clinical impressions suggest that identification with the aggressor underlies reenactment of trauma, this linkage between identification with the aggressor and sexual revictimization remains largely uninvestigated. **Method:** Participants were Israeli women students who reported a history of CSA (n = 174). Participants completed several questionnaires, tapping identification with the aggressor, sexual revictimization, Posttraumatic stress disorder (PTSD) symptoms, and chronicity of the abuse. **Results:** Two subscales of identification with the aggressor – replacing one's agency with that of the perpetrator and becoming hyper-sensitive to the perpetrator –were associated with sexual revictimization above and beyond the effects of chronicity of the abuse and PTSD symptoms. Nevertheless, these associations were in opposite directions – while replacing one's agency with that of the perpetrator was related with higher occurrence of sexual revictimization, becoming hyper-sensitive to the perpetrator was related with lower levels of revictimization. **Conclusions:** Identification with the aggressor may serve as a multifaceted phenomenon in the context of sexual revictimization, comprised of both adaptive and maladaptive aspects.

Keywords: childhood sexual abuse, sexual revictimization, identification with the aggressor, trauma, PTSD

Session 1.3

**30: Targeting Rumination via Attention Control:
Towards New Translational Perspectives for Stress- and Anxiety-
Related Psychopathology**

Chair: Prof. Alexandre Heeren, Ph.D.^{1,2}

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ABSTRACT

Though traditionally linked to depression and anxiety, rumination is best conceptualized as a transdiagnostic vulnerability and maintenance factor for affective dysregulation and related emotional disorders. Of particular promise, recent research has pointed to rumination as a viable and plausible target for transdiagnostic clinical interventions. Yet, uncertainties still abound regarding the very foundational mechanisms of rumination. According to prominent neurocognitive models of rumination, this latter may reflect impairments in top-down attention control (i.e., processes that allow for adaptive, goal-dependent shifts in information processing, attention, and behavior). In the current symposium, we present four new translational studies that, inspired by this neurocognitive framework, shed light on new translational research aiming at targeting rumination via improvement of attention control.

In the first presentation, Noga Cohen will present a series of studies aiming at training participants to recruit cognitive control prior to the appearance of aversive information. She will mainly discuss the impact of such training on rumination and reappraisal. In the second presentation, Alvaro Sanchez-Lopez will present his recent work on the development of computerized training targeting attentional mechanisms through mouse-based contingency responses. The impact of such training on reappraisal and rumination will be specially discussed. In the third presentation, Virginie Peschard will present her recent research highlighting how attention control training procedures can be extended to the social domain and set up the scene for new translational perspectives in the alleviation of rumination in social anxiety. Finally, in the fourth presentation, Yorgo Hoebeke will present his recent systematic review of the use of transcranial direct current stimulation (tDCS) to target rumination via increased activation within the prefrontal cortex areas (as a proxy of attention control).

Lecture 1:

Cognitive Control Training Enhances Emotion Regulation

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ABSTRACT

Objectives: Adaptive behavior depends on the ability to effectively regulate emotional responses. Failure in the regulation of emotional arousal can result in heightened physiological reactions and disruptive behavioral performance. In turn, these behavioral and physiological alternations can lead to various psychopathologies. **Methods:** In several studies we trained participants to recruit cognitive control, an attentional mechanism that enables goal-directed behavior, prior to the appearance of aversive information. Participants were then asked to write a personal upsetting event and to regulate their emotions using reappraisal. State rumination, reappraisal and mood were assessed using self-report questionnaires. **Results:** Cognitive control training led to a reduction in emotional interference by aversive pictures. The training was also associated with a reduction in ruminative thinking and with enhanced ability to use reappraisal. **Conclusions:** These findings suggest that the interplay between emotion and cognitive control is essential for maintaining adaptive behavior and may be impaired in individuals with emotion regulation deficits.

Keywords: cognitive control, emotion, training, rumination, reappraisal

Lecture 2:

Effects of computerized mouse-based gaze-contingent attention training (MCAT) on reappraisal and rumination

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ABSTRACT

Objectives: Stress dysregulation is a transdiagnostic marker of emotional disorders, related to biases in attention toward negative information. **Methods:** We adapted a computerized process-based training targeting these attention mechanisms through mouse-based contingency responses and examined its effects on reappraisal and rumination. Forty-one participants were randomly assigned to either a control or an active training condition of mouse-based contingent attention training (MCAT). Participants in the active condition were instructed to allocate attention toward positive words to generate positive interpretations, by using attention regulation while receiving contingent feedback on their attention to emotional words. Participants in the control condition freely generated interpretations without receiving contingent feedback. Transfer to reappraisal and state rumination was evaluated by administering an emotion regulation paradigm before and after the training. **Results:** Mouse-based attention estimations showed a high degree of congruency with real eye/gaze-based attention estimations, as measured with eye-tracking performed in parallel. Furthermore, active MCAT resulted in several beneficial effects, including: 1) a higher attention toward positive over negative information; 2) an improved reappraisal ability to down-regulate negative emotions, and 3) a larger state rumination reduction in comparison to the control group. **Conclusions:** Our findings support MCAT as a promising way to monitor and train attention, being an innovative instrument for online interventions aimed to improve stress regulation and resilience.

Keywords: Selective attention, gaze-contingent training, reappraisal, rumination, resilience

Lecture 3:

The effect of cognitive control training on anxiety-related outcomes

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ABSTRACT

Objectives. The current research aims to examine whether individuals can be trained to exert cognitive control over socially threatening information, and whether this training can yield positive effects on anxiety-related outcomes (e.g., rumination). We also examined the possible moderating role of social anxiety. **Methods.** Seventy-six participants were randomly allocated to one of two conditions. In the training condition, threatening faces were typically preceded by a stimulus that recruits cognitive control, whereas in the control condition, threatening faces were predominantly preceded by a stimulus that does not recruit cognitive control. Following the training, participants were asked to reflect on a personal negative social event, and to later reappraise the event. **Results.** Findings indicate a significant reduction in emotional interference caused by the threatening faces in the experimental group, but not in the control group, supporting the efficacy of the training. Training effects on anxiety-related outcomes and the potential moderating role of social anxiety will be examined. **Conclusions.** This research supports previous findings suggesting beneficial effects of such training and extend them to the social domain.

Keywords: Cognitive control, social threat, rumination, social anxiety

Lecture 4:

**Targeting rumination via transcranial direct current stimulation:
A systematic review**

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ABSTRACT

Objectives: Broadly considered as a transdiagnostic feature of anxiety, mood, and stress-related disorders, rumination is associated with slower treatment response, lower rates of recovery, and higher rates of relapse. Accordingly, research has focused on the development of rumination-focused treatment. Recently, transcranial Direct Current Stimulation (tDCS), mostly applied over the frontal brain areas (as a proxy of attention control), has emerged as a potential new tool for targeting rumination. Yet, study-to-study variations in stimulation, targeted brain regions, and research protocols preclude a comprehensive understanding of the impact of tDCS on rumination. **Methods:** To tackle this issue, we conducted a preregistered systematic review of the published studies aiming at modifying rumination via tDCS. Only sham-controlled studies reporting the effects of tDCS on at least one measure of rumination among healthy participants or patients with psychiatric disorders were included. Moreover, we also assessed risk of methodological bias in this field. **Results:** Heterogeneity in results, stimulation parameters, and study designs was high. Several methodological limitations were also identified. **Conclusion:** Implications for both basic and clinical research in the field of rumination will be discussed. Methodological recommendations for future studies will be also be discussed.

Keywords: transcranial direct current stimulation, prefrontal cortex, rumination, affective neuroscience

Session 1.4

35: The Un-emptied Nest: Exploring The Phenomenon of Emerging Adults Who Still Cohabitate With Their Parents.

Chair: Asnat Dor (Ph.D)

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ABSTRACT

Emerging adults are young people, age 18-30, who are experiencing longer transition to adulthood – a period of search for self-identity, lack of stability, and a deferment of assuming long-term commitments. The emerging adult usually undergoes a variety of employment, love, and worldview experiences all of which delay marriage, parenthood, and professional and career decisions. It is generally assumed that relationships of young adults and their parents change from an asymmetrical relationship regarding authority and influence in childhood and adolescence, to a more reciprocal, equal, and symmetrical relationship between adults. This

transition represents a profound change in the family life, as it signifies a gradual shift in the way parents and young people view each other. Preferably, the parents learn to see their child as an autonomous individual, and no longer as a child who needs close attention, care and supervision. At the same time, young people learn to see their parents not just as their parents, but as persons, individuals with their own needs, weaknesses and life histories.

The number of emerging adults who still live with their parents, or with substantial financial aid from their parents, has grown during recent decades, due to socio-cultural and economic factors. This symposium intends to shed light on different aspects of this phenomenon of emerging adulthood who co-habitat with their parents.

The first presentation addresses the experiences and emotional dynamics of emerging adults' while living with their parents in the parents' homes. The second presentation addresses the experiences and emotional dynamics of parents of young adults (ages: 27-37) who have remained in their parental homes. The third and last presentation suggests a new etiological model of extremely socially withdrawn and anxious young emerging adults, who still live with their parents, and although struggling, do not successfully emerge into adulthood.

Lecture 1:

"They still live with us" - Parents and emerging adults who live together: A qualitative study

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ABSTRACT

Background and objectives: *Emerging adults* are people age 18-30 whose transition to adulthood is prolonged. They are in search of self-identity, lack stability, and defer assuming long-term personal and professional commitments. Tense relations between parents and their adult children come to the fore when, young adults continue to live with their parents. Recent data reveals that over 50% of emerging adults year olds in Europe and the United States live with their parents. Prolonged studies, high cost of living, delaying long term decisions, separation anxiety or disturbances in separation-individuation, explain this in many cases.: The present study is an attempt to expand knowledge about emerging adults' views of their experience while living with their parents in the parents' homes.

Participants: 18 Israeli Jewish non-religious unmarried emerging adults (10 women, 8 men)

21-30 years old, of middle to upper-middle socioeconomic status.

Methods: A qualitative study, a semi-structured open interview contains a three-question research protocol regard feelings, coping with difficulties and advantages relating to emerging adults who live with their parents.

Results: Along with comfortable and secure living conditions at home and no financial tension, emerging adults enter conflicts with their parents over various issues such as household chores, expenses, future plans, and need for privacy. Such conflicts can be stressful and emotionally demanding.

Conclusions and Implications for practice: Alongside the benefits, emerging adults face substantial challenges in living with their parents. Social institutions should consider social and economic solutions for this age group to ease the extended journey toward adulthood.

Key words: Emerging adults, cohabitation with parents, parent-child conflict, parent-child relationship

Lecture 2:

The Full Nest: The Experience of Parents of Young Adults Who Live at Their Parental Home

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ABSTRACT

Objectives: The research examined the experiences, coping styles and emotional dynamics of parents of young adults (ages: 27-37) who have remained in their parental home.

Method: A qualitative research methodology was chosen, allowing for structuring in-vivo learning of subjects from the interpersonal encounters in the interviews.

Results: The analysis of the research findings included two stages: the first, inductive and systematic, yielded four categories: (1) the parent's attitude toward their child; (2) the parent's experience of their life at home; (3) the parent's negotiation with societal and cultural labels; and (4) the parent's relationship with himself/herself. The second stage proposed a typology of three "parental prototypes": (1) the parent as a victim of an impossible situation, (2) the parent as a savior, and (3) the parent as an enabler. Each prototype is described according to the four categories of content which emerged in the first stage.

Discussion: The presentation will highlight two main parental prototypes. The parent as victim position is conceptualized as demonstrating an obliterated sense of subjectivity, while feeling trapped and lacking in coping strategies. The parent as a savior position is conceptualized as one in which the parent embodies feelings of guilt and anxiety regarding the child's vulnerability. Identifying and characterizing these positions promotes research and provides better insight into appropriate approach to psychotherapy with such parents.

Key words: Emerging adults, Parental anxiety, Late parenthood, Cohabitation with parents, Parent-child relationship.

Lecture 3:

Failing to Emerge: A New Etiological Model of Dysfunctional and Socially Withdrawn Emerging Adults

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ABSTRACT

Background: Emerging adulthood is no different from any other developmental stage, and unfortunately not all young adults successfully navigate this phase and emerge as adults. When a young adult's development and individuation process is arrested, regardless of the reason, avoidance and social withdrawal may develop. Not every affected young adult exhibits these symptoms with the same severity; however, a surprising number are still living with parents, not engaged in work or education, spending unproductive time in use of technologies, and often reversing day and night (Omer, et al., 2011).

Extreme cases may evolve into ongoing avoidance and social withdrawal, failing to establish and maintain any productive routine, and rarely leaving the house. Those extreme cases were first identified in Japan as suffering from "hikikomori" syndrome, but similar situations have been observed in many western countries (Kato, 2018). Even mild cases of young adults who are not engaged in education, employment or training ("NEET") have been recognized as being at a higher risk of becoming socially excluded by the OECD.

Objectives: This presentation aims to introduce a new etiological model (Nahum, 2020) of the subjective survival mode in which these young adults seem to be trapped. Based on nearly a decade of work and consultation with dependent and socially withdrawn young adults and their families, the model is the first to explore the emerging adult's inner experience and elucidate why the vicious cycle of dysfunction and avoidance is so difficult to escape.

Keywords: Emerging Adults, Hikikomori, Family stress, Social anxiety.

Session 1.5

144: Coping in Good Times and in Not So Good Times

Chair name: Erica Frydenberg¹ and Marissa Wu¹

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ABSTRACT

Coping is an amazing utilitarian construct that has capacity to provide resources for us to deal with circumstances throughout our lifespan. The four presentations in this symposium address how we can build skills and prevent mental illness from the early years, in the educational system and within the community at large. Marissa Wu's presentation focuses on an adaptation implementation and evaluation of an Australian coping skills program in the Asian context and Vicki McKenzie in her presentation highlights the way school systems have the capacity to grow coping skills as a component of wellbeing in the educational system. The presentation by Rachel Liang reports data collected from professionals during the COVID-19 pandemic in 2020 as the community experienced two lockdowns. The final presentation by Erica Frydenberg describes a challenging process undertaken in 2020 to translate and communicate coping theory and research, along with related constructs, to the community at large. Collectively these papers highlight the value of utilising coping and wellbeing research to develop approaches to education and prevention.

Lecture 1:

Social Emotional Competence: Essential Skills Needed to Cope in a Changing World

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ABSTRACT

The world is changing; we have now come to an era in understanding that teaching academic skills alone is not sufficient for people to cope in a changing world. Early social emotional competencies (SEC), namely, emotional knowledge, empathy, and prosocial behaviours are some of the key competencies in helping young children to cope effectively. These early social emotional skills are the building blocks of successfully maneuvering through life in a changing world. They are directly related to how well individuals adapt to change, handle stress, and cope with challenges in life.

Early social emotional skills are proven to be malleable, especially at younger ages, and can be taught through well designed social emotional learning (SEL) programs. COPE-Resilience is an example of a coping-based SEL program which takes account of children's early development and their context and culture. The presentation outlines the theoretical underpinnings of the COPE-Resilience program developed in Australia and it explores the processes and considerations for it to be implemented in another culture context.

Through the six-week program, preschool children in Taiwan showed significant improvements in measures on emotional knowledge, empathy, prosocial, and coping style. Children in the intervention group also demonstrated greater school readiness and fewer problem behaviours. Teachers also reported an increase in their understanding of emotions and are less stressed in dealing with challenging behaviours.

Overall, findings from this presentation supports the idea that coping-based SEL programs developed in Western communities can be implemented in culturally contrasting environments and subsequently produce promising results.

Keywords: Coping, Social Emotional Learning, Early childhood, Taiwan

Lecture 2:

Preparing young people for a changing world

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ABSTRACT

The well-being of young people continues to be a concern in Australian schools, as prevalence figures of mental health issues grow at unacceptable rates. This paper considers the role of wellbeing initiatives in schools and presents the case for increased coordination between systems, and careful consideration of pressures on teachers to expand their role to identify and support mental health needs of their students. The presentation will review well-being initiatives in schools in the light of a changing environment. It will focus on common themes in recurrent changes in the adjustments and programs to help young people in schools. It identifies programs in Australian schools, and pathways to services. Additionally it elucidates the contribution that psychologists prepared for work in schools can make from an intervention and prevention perspective and affirms the importance of introducing coping and resilience skills as essential components of wellbeing.

Key Words: Wellbeing achievement, motivation, attendance

Lecture 3:

Coping for Stressful and Changing Times

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ABSTRACT

2020 provided a unique opportunity for the authors to gauge the utility of the coping constructs and tools considering the COVID19 pandemic impacts on people's lives. Through validated questionnaires (20-item specific short form of the coping scale for adults for usage and effectiveness) and a diary task combined with a qualitative questionnaire or general questioning of coping, authors of this paper captured a snapshot of a cohort of medical and allied health, education and business-related fields professionals were coping during the first lockdown (March 24 to June 22) and the second lockdown (July 8-October 28) in the city of Melbourne, Australia. The aggregated data (N = 40) reflects the most often used coping was staying physically active and staying connected with friends, focusing on work but somewhat less staying on the bright side and imagining that things would work out well. The usage of worry was sometimes high. The assessment by individuals as to what is helpful and unhelpful provided an opportunity for self-reflection leading to potential for behavioural change. Comparison data on eight of the respondents were obtained during the second lockdown (10 weeks apart). Exercising and making time to connect remained the most frequently used coping strategies reported along with the most helpful ones. The salient differences that emerged were the use of self-blame and keep thinking about one's failure although they were deemed unhelpful. Some qualitative data highlighting self-compassion and the importance of human connection will also be presented.

Keywords: Coping, Adaptation, Appraisal process, Wellbeing, Pandemic

Lecture 4:

Coping in good times and in bad: Fortitude

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ABSTRACT

If coping has merit and utility as a construct, it can provide value to the community at large; it needs to be shared with the widest audience. Coping conveys the building block of wellbeing, adaptation, resilience and more importantly that we can acquire the strength and capacity to deal with whatever comes our way. Striving for fortitude through coping skills is a means of acquiring strength. Over the years people have come to ascribe meanings to fortitude that it is about bravery in the face of adversity. In real terms it means having the courage or the resources to cope with whatever life dishes up. Our journey through life is not linear, it has peaks and troughs and sometimes we are thrown a curve ball to catch. Having the resources, the inner strength and capacity to deal with life challenges, be they small, large or just felt to be large, is what fortitude is about. It is about having the mental and emotional strength to face difficulty, adversity, danger or temptation courageously. The ideas are underpinned by individual and collectivist theories of *coping*, *positive psychology*, *emotional intelligence*, *mindset*, *and grit*, to name a few, and informed by evidence-based research across the life span. It is about incorporating practices such mindfulness and avoiding the pitfalls of loneliness and burnout. The core model of coping has applications from the early years, through adolescence, adulthood and into senior years. We can use the same principles in the home, in the workplace and in the community. This presentation will illustrate this approach.

Keywords: Coping skills, resources for the lifespan

Session 1.6

152: It is the quality of anxiety that counts: Differential relations between anxiety manifestations, learner characteristics and academic performance

Chairs: Tobias Ringeisen¹ [corresponding author] & Christian Heckel²

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Discussant: Petra Buchwald, Bergische Universität Wuppertal, Germany

Keywords: anxiety manifestations, multi-dimensional test anxiety, academic performance, learner characteristics

Overview of the symposium (4 papers)

1. School grades: Enhancing performance and reducing anxiety

Kathleen A. Moore

2. Anxiety regulation in exam settings by means of avoidance? Relations with self-efficacy and multidimensional test anxiety

Christian Heckel & Tobias Ringeisen

3. Presenting under Stressful Conditions: Effects on Appraisals, Physiological Processes, and Presentation Behaviors

Marco Schickel, Nina Minkley & Tobias Ringeisen

4. Latent Profiles of Test Anxiety: Considering its Multi-Faceted Structure

Sarah Moecklinghoff, Olga Rapoport, Christian Heckel, Caterina Messerschmidt-Grandi & Tobias Ringeisen

Symposium abstract

In the context of achievement settings, many students suffer from anxiety, which may impair academic performance. Recent research suggests that these performance-reducing effects, however, vary with the quality of the anxiety symptoms. When investigating the buffering effects of learner characteristics for the anxiety-performance relationship, it may thus be beneficial to assess anxiety with regard to specific domains (e.g., math anxiety), activities (e.g., presentations), and/or manifestations, may they be cognitive (e.g., threat perceptions) and/or physio-affective (e.g., arousal) in nature. In response, the symposium integrates four papers, which examine the differential relations between selected anxiety manifestations, academic performance, and learner characteristics such as self-efficacy or coping strategies.

The first paper demonstrated that previous grades and math anxiety predict secondary school students' math grades, both directly and indirectly through mathematics self-efficacy. The second paper showed that avoidance in exam situations represents a dysfunctional emotion regulation strategy, which is associated with lower self-efficacy and greater test anxiety in terms of cognitive and physio-affective symptoms. By means of a longitudinal design, the third paper examined differential relations between anxiety-related appraisals of threat and challenge, cortisol concentrations, self-efficacy, and the students' performance during a presentation. Perceived threat and increasing cortisol inhibited presentation performance, while self-efficacy strengthened the perception of challenge and reduced initial levels of and increases in cortisol. The fourth paper applied latent profile analyses to identify anxiety profiles across different anxiety symptoms. While four profiles differed mainly in the level of anxiety yet showed similar patterns, two additional profiles reflected remarkably low levels of either interference or confidence, suggesting that mainly cognitive facets were differentially related to performance.

Taken together, the findings underline the benefit to analyze the performance-related effects of anxiety for specific domains, activities, and/or manifestations, thereby considering the role of (dispositional) learner characteristics such as self-efficacy or coping strategies.

Lecture 1:

School grades: Enhancing performance and reducing anxiety

Kathleen A. Moore

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Objectives: Anxiety can affect performance in a range of situations no less so in academic outcomes. Based on the principle that past performance predicts future outcomes and a sense of mastery and self-efficacy would also contribute to performance, we modelled these effects on Year 10 students' final grades for mathematics. Competing against these positive influences was students' level of mathematics anxiety.

Methods: Three hundred and seven year 10 students (158 Males) with a mean age of 16 years (SD = 4.5 months) participated in this cross-sectional study.

Results: Results indicated that the variables in the model explained 75% of the variance in students' final grade for mathematics at the end of Year 10. Their past Year 9 grade directly contributed to the Year 10 grade ($\beta = .61$) as did mathematics anxiety ($\beta = -.23$). Year 9 grade also had an indirect positive contribution through mastery and mathematics self-efficacy, as did mathematics anxiety negatively through mathematics self-efficacy. The results were stable when the model was compared for students who were classified as primarily using avoidant or approach coping strategies.

Conclusions: Clearly, past performance and a sense of mastery and their relationship to future performance is not novel. While past performance cannot be changed, it is possible for teachers to encourage students' sense of mastery and hence reductions in mathematics anxiety in order to enhance current and future performance. These strategies are discussed.

Keywords: math anxiety, self-efficacy, academic performance, mastery experiences

Lecture 2:

Anxiety regulation in exam settings by means of avoidance?

Relations with self-efficacy and multidimensional test anxiety

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Objectives: Despite different theoretical assumptions on the structural relationships between avoidance, self-efficacy and test anxiety, empirical evidence is largely lacking. However, there is agreement that test anxiety represents a multidimensional construct, which consists of the four facets of emotionality, interference, worry and lack of confidence. Emphasizing its potential for anxiety regulation, we hypothesized, based on control value theory and social-cognitive theory, that avoidance should be positively associated with test anxiety directly and indirectly via self-efficacy.

Methods: 745 university students (57% female; $M_{age}=21.64$, $SD_{age}=4.04$) participated in a cross-sectional study with validated, field-tested instruments. Data analysis was conducted using Mplus to perform multivariate confirmatory factor analyses and structural equation modelling.

Results: Avoidance was related negatively to self-efficacy ($\beta=-.193$; $SE=.07$, $p<.05$) yet positively to emotionality ($\beta=.113$; $SE=.05$, $p<.05$) and interference ($\beta=.365$; $SE=.05$, $p<.001$). Moreover, self-efficacy acted as a negative predictor for all test anxiety facets (β from $-.456$ to $-.765$; all $SE<.06$, all $p<.05$). Intercorrelations among test anxiety facets ranged from $.16$ to $.80$ (all $p<.05$). Using bias-corrected bootstrapping, we identified four indirect pathways from avoidance via self-efficacy on test anxiety.

Conclusions: The findings suggest that both theories provide useful frameworks to clarify the structural relationships between the study variables. In line with social-cognitive theory, all manifestations of test anxiety can be conceptualized as a function of low self-efficacy. Moreover, especially avoidance shows multiple effects, since it is directly related to higher test anxiety levels yet also to lower self-efficacy, which, in turn, inversely predicted all TA facets.

Keywords: test anxiety, emotion regulation, avoidance, self-efficacy, academic performance

Lecture 3:

Presenting under Stressful Conditions: Effects on Appraisals, Physiological Processes, and Presentation Behaviors

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Objectives: Using a micro-longitudinal design, the current study investigated how changes in perceived threat and challenge, and in cortisol concentration, develop over the course of a stress-induced presentation situation, and whether initial levels and changes are related to self-efficacy and presentation performance.

Methods: By applying an adaption of the Trier Social Stress Test (TSST), 123 students ($M_{\text{age}} = 22.9$, $SD_{\text{age}} = 3.27$; 85% women) held video-recorded presentations about their dream job. Self-efficacy was measured before, saliva cortisol concentrations and perceptions of threat and challenge three times during the TSST. Presentation performance was evaluated by three raters using a standardized rubric with behavioral indicators. Data were analyzed with latent growth modeling.

Results: Threat and cortisol increased during the presentation, while challenge decreased. The growth curve coefficients of challenge correlated negatively with the respective growth curve coefficients of threat. Unexpectedly, initial levels of challenge correlated positively with initial levels of cortisol. Higher self-efficacy was associated with higher initial levels of challenge, lower initial levels of and a smaller increase in cortisol, but not with the growth curve coefficients of threat, nor with presentation performance. Better performance was predicted by lower initial levels of threat and a smaller increase in cortisol.

Conclusions: In essence, threat and increasing cortisol appear to inhibit presentation performance, while self-efficacy may strengthen the perception of challenge and reduce initial levels of and increases in cortisol.

Keywords: self-efficacy, threat, challenge, presentation performance, cortisol concentration

Lecture 4:

Latent Profiles of Test Anxiety: Considering its Multi-Faceted Structure

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Objectives: Test anxiety as a multi-dimensional construct is negatively related to academic characteristics such as engagement and performance, especially when selected anxiety facets are elevated. Preliminary empirical evidence suggests that identifying test anxiety types across facets could facilitate the adaptation of interventions to mitigate above-mentioned negative effects.

Methods: Using latent profile analyses, the current study examined whether types of test anxious persons differing in their anxiety level could be found, taking into account four anxiety facets (emotionality, cognitive interference, worry, and lack of confidence). Furthermore, we examined whether additional subgroups were evident in the high-anxiety domain.

Results: Four profiles differed mainly in the level of anxiety yet showed similar patterns across the facets, a fifth profile however showed a remarkably low level of interference. In a highly test anxious subsample that was examined separately, another profile emerged, being characterized by surprisingly high confidence. Lower test anxiety was generally associated with better achievement, yet for the highly test anxious profiles, different cognitive facets were differentially related to performance.

Conclusions: Differential test anxiety profiles can be identified in the pedagogical-clinical relevant area; this seems to be important for conceptualizing interventions that specifically focus on the increased anxiety facets.

Keywords: exam anxiety, university students, performance, latent profile analysis, multi-faceted model

Session 1.7

Anxiety, stress and self-regulation
Chair: Pavel Goldstein

Lecture 1:

129: Forced to stay at home – Impact of home orders on mood during a pandemic for individuals with exercise dependence

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Keywords: COVID-19, Lockdown, Stress and Anxiety, Exercise Dependence

ABSTRACT

Exercise is a well-known strategy to relief stress and anxiety. The combination of increased anxiety and performing exercise to alleviate negative affect raises concerns that individuals with exercise pathology would be at an increased risk of symptom escalation during a pandemic. That is, exercise dependence (ExDep) is a proposed condition in which individuals engage in pathological patterns of exercise. This study examined the effect of COVID-19 pandemic related lockdowns on the change in exercise behavior by ExDep risk status and its relationship with mood using a retrospective, cross-sectional design. 11,898 participants from 18 countries completed the survey from March-May 2020, answering questions about their exercise behavior, the Profile of Mood Scale (POMS) and the Questionnaire to diagnose ExDep (FESA; Schipfer, 2015). Exercising more before the pandemic ($OR_{Ex.before} = 2.28 - 3.39, p < .001$) and being at high risk of ExDep ($OR_{ExDep} = 1.52, p < .001$) significantly increased the odds of exercising more during the pandemic. Predicting mood with exercise frequency before the pandemic, revealed that exercising more during a pandemic ($b_{Ex.during} = 0.12 - 0.18, p < .001$) and having low risk of ExDep was associated with higher mood ($b_{ExDep} = 0.29, p < .001$). For individuals with high risk of ExDep reducing their exercise frequency was associated with low mood states ($b_{low:1-high:1} = 0.68, p < .001$). This study revealed several aspects about ExDep, including prevalence rates, gender effects, and the influence of age on risk for ExDep. The results suggest that mood regulation may be a key feature of ExDep.

Lecture 2:

120: Theory of Motivated Cue Integration and COVID-19: Between interoception, somatization and radicalization

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ABSTRACT

The global dissemination of COVID-19 creates confusion and ambiguity in nearly every aspect of life, including fear of contagion, heightened awareness of the mortality of self and family members, lack of power, and distrust of experts and decision-makers. In this stressful situation, the question arises as to what mechanisms distinguish between adaptive and maladaptive self-regulation.

The theory of Motivated Cue Integration (MCI) is a novel theory of self-regulation that provides a new perspective on the effect of COVID-19 on self-regulation deficiency as an example of psychological distress. Inspired by predictive coding, social cognition, embodied cognition and experiential, MCI suggests that self-regulation is based on interaction between 1) high-level values and goals, 2) low-level interoceptive and exteroceptive signals, and 3) trust in epistemic authority or a significant other. MCI posits that individuals create meaning by making moment-to-moment predictions that affect their interpretation of the experience of ambiguity influenced by their relationship with epistemic authority. According to MCI, deficiency in self-regulation during COVID-19 could result either from over-sensitivity or under-sensitivity to low-level interoceptive and exteroceptive cues; rigidity or ambiguity of high-level goals, poor integration between the two levels of processing as well as distrust in epistemic authority. Based on this reasoning, MCI claims that the mentalization of the relationship between interoceptive cues, exteroceptive cues, goals and psychological needs of the person, as well as the improvement of confidence in epistemic authority, can promote adaptive self-regulation.

Keywords: self-regulation, pandemic, stress, interoception, somatization, radicalization, attachment, trust

Lecture 3:

150: The association between allostatic load and distress during COVID-19 is moderated by neuroticism

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Abstract

Background: During the global COVID-19 pandemic increases in psychological distress have been evident across different cultures and contexts. Risk factors for this include COVID-19 related factors (e.g. fear of infection), public health measures (e.g. social isolation and restriction of movement) and negative personality type (e.g. neuroticism). Objectives: Here we aim to see whether allostatic load, a cumulative marker of physiological dysregulation assessed in 2011, was predictive of distress during COVID-19 (April 2020) and if the association was moderated by neuroticism (from 2012). Methods: Data was extracted from Waves 2 and 3, and the first wave of the COVID-19 study from the Understanding Society population level database in the UK. Data was available for 1315 participants. Results: Allostatic load was positively associated with higher distress during COVID-19, such that those who had higher allostatic load scores in 2011 reported higher levels of psychological distress. These results withstood adjustment for variables such age, gender, and employment status as well as prior levels of distress (2011). Moreover, this was only evident for the immune-related indices of allostatic load. Neuroticism was not directly associated with distress symptoms during COVID-19. The association between allostatic-immune markers and distress during COVID-19 was moderated by neuroticism; this was seen only for those scoring higher on neuroticism. Again, this withstood adjustment for age, gender, employment status and prior distress. These findings contribute to the notion that distress has immune-regulatory correlates and here we show that it heightens vulnerability to future distress.

Keywords: Allostatic load; COVID-19, distress, neuroticism

Lecture 4:

132: Stressful events and suicide risk in adolescents

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ABSTRACT

The purpose of this study was to examine the predictive potential of life events categories among adolescents at suicide risk, and also the correlation of these life events between adolescent at suicide risk and adolescents with no risk. Participants were 104 adolescents, 34 at risk of suicide (33%) and 70 with no risk (67%), age range 15 to 19 years (mean=16.8; S.D.=1.04), 39.4% male and 60.6% female. The Life Events Questionnaire and the Suicide Risk Inventory for Adolescents -IRISA- were administered in a high school setting. (Granted by DGAPA PAPIIT, IN305719) Results suggest significant associations in the perception of stressful life events and suicidal risk; family, health, personal and behavioral problems categories showed higher levels among at-risk adolescents, whereas the personal category mainly predicting adolescent suicide risk. These findings are consistent with other studies that have examined these associations, further these areas could be considered main for the design of interventions to promote emotional wellness of adolescents.

Keywords: Suicide Risk, Life Events, Stress, Adolescents.

Lecture 5:

72: Anxiety Classification Based on The Voice Characteristics

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ABSTRACT

Social anxiety disorder (SAD) is a common disorder characterized by an intense fear of being negatively evaluated. SAD is often diagnosed by face-to-face interviews or self-report tools. However, individuals with SAD commonly fear speaking to authority figures and both interviews and self-report measures rely on patients' ability to accurately assess their symptoms, and SAD remains poorly recognized as a psychological disorder by the public. Thus, SAD remains one of the most underdiagnosed and undertreated mental health conditions. A low-cost, easy to implement, biomarker-based technology could complement and potentially overcome the limitations of existing diagnostic tools. In this study, we provide initial validation for voice-based characteristics as a digital biomarker for SAD.

SAD patients (n=21) and healthy controls (HC, n=35) were audio-recorded speaking aloud about what was currently going through their minds at multiple time points during stress induction and mindfulness intervention tasks. Participants reported State Anxiety levels immediately after each thought sample.

Linear Support Vector Machine classified SAD and HC groups based on the voice-based features with an Unweighted Average Recall (UAR)= 73%. The voice features with the main contribution to the model were based on the high frequencies of the human voice (4-5.5 kHz) that were found to be related to stress. Adding State Anxiety to the model didn't improve model performance.

Our findings demonstrate the potential of voice-based characteristics to become a digital biomarker for SAD with a further implementation in the SAD diagnostic tool as well as in SAD treatment using the voice-based biofeedback.

parallel sessions 2

Session 2.1

18: Stress and Coping in Military Settings

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ABSTRACT

This session will include four separate presentations, on four different studies, which were carried out among IDF soldiers at various times during or after their military service. We will discuss studies that were based on different theoretical grounds.

The first presentation (Avishai Antonovsky, *Enhancing Soldiers' Mental Fitness: Applications of Salutogenesis in the Israeli Defense Forces*) will introduce the salutogenic model and will reflect on a conceptual change in the world of health and illness. It will emphasize the paradigm shift from the classic pathogenic question of what causes disease, or what enhances traumatic stress or other mental-health symptoms, to the health-promotion-oriented question of what promotes well-being.

The second presentation (Eyal Fruchter, *No Way Out: Entrapment as a Moderator of Suicide Ideation Among Military Personnel*) will address a major problem during military service, suicide, and practices that IDF mental-health professionals have found to help prevent suicides.

The third presentation (Shir Daphna-Tekoah, *The Politics of Trauma, Gender and War: The Case of Women in Combat*) will highlight the voices of female combatants. Their voices will be heard, as they share reflections on their service and the special roles they played during their service.

The session will close with a presentation (Sagi Kaplan, *Coping Strategies and Stress Reactions of Soldiers During the First Six Months of their Military Service: A Comparison of Three Units at Two Points in Time*) on combat recruits and which coping strategies help them to better adjust during their first half year of service.

We will conclude the session with a discussion of the different theories and their applications to the various studies presented, to highlight the main results of these studies and provide theoretical insights for future studies in military settings.

Key words: soldiers, coping resource, stress

Lecture 1:

No Way Out: Entrapment as a Moderator of Suicide Ideation Among Military Personnel

Leah Shelef¹, Yossi Levi-Belz², Eyal Fruchter¹, Yoav Santo³, and Eyal Dahan⁴

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ABSTRACT

Objective: Suicide is a leading and growing cause of death in the military during peacetime. This study sought to examine the psychological mechanisms relating to entrapment, stress, and psychological protective factors facilitating suicide ideation among military personnel.

Method: The study population comprised 168 soldiers (aged 18–21) divided into 3 groups: suicide attempters ($n = 58$), those receiving treatment by a mental health professional, reporting no suicidal behavior ($n = 58$), and controls ($n = 50$).

Results: In general, the suicidal group scored higher than the 2 other groups in stress levels and entrapment but lower than the other 2 groups in perceived problem-solving abilities and perceived social support. Moreover, the interaction of stress and entrapment predict suicide ideation beyond stress, protective factors, and entrapment alone.

Conclusion: Entrapment is an important predictor of suicide ideation and can serve as a moderator, in that its presence may exacerbate the harsh situation of subjective stress within the military context and intensify it into a suicide risk.

Key words: Suicide, soldiers, social support, coping

Lecture 2:

The Politics of Trauma, Gender and War: The Case of Women in Combat

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ABSTRACT

Wars, combat, and political development triggered the study of trauma. Knowledge about trauma initially emerged from the experiences of men combatants in the battlefield. At a later stage, the study of trauma focused on women and children subject to violence and abuse. The paper focuses on the importance of the study of women combat soldiers and veterans in the fields of trauma and violence. The paper addresses this issue by bringing the soldiers' voices and silences to the forefront of research in these domains and by presenting the women soldiers as narrators. By focusing on the narratives of women combatants that served in combat positions in the IDF, the research breaks with the traditional ways in which war-associated trauma has been studied. Overlooked aspects of trauma can be understood through the study of women exposed to combat trauma.

Keywords: Trauma, War, Military, Insecurity, Violence

Lecture 3:

Coping Strategies and Stress Reactions of Soldiers During the First Six Months of Their Military Service: A Comparison of Three Units Over Two Points in Time

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ABSTRACT

Objective: The IDF as a military organization was established to protect the security and sovereignty of the State of Israel. Young people who are recruited to the IDF are exposed to stress due to various reasons, some of which are related to the rapid transformation from adolescent life to life as a combatant assigned potential life-threatening tasks. The aim of this study was to evaluate ways of coping and their relationships with the mental-health outcomes of recruits during the first stages of their military service.

Method: This study was carried out during 2016 at three military bases of three non-volunteer units. Ethical procedures were followed and Helsinki approval was provided for this study. After that approval had been received, 565 recruits participated in the study. Participants completed self-reported questionnaires at two points in time: at the end of the basic training and at the end of the advanced training. Questionnaires included the Brief COPE questionnaire, the Quality of Life questionnaire, the Brief Symptoms Inventory, a command-response questionnaire, and a demographic questionnaire.

Results: Several research questions and their results will be presented during the conference. First, we will discuss differences between the three non-volunteer military units in terms of the different examined variables (coping strategies, quality of life, anxiety, depression, and somatization). Then, we will address the relationships between the various coping strategies, quality of life, and anxiety, depression, and somatization. Lastly, we will present an explanation of the various observed symptoms and levels of well-being based on the demographic factors, as well as command response and coping strategies.

Discussion: We will discuss the results in light of Lazarus and Folkman's theory of cognitive coping with stress.

Keywords: Recruits, IDF, Coping strategies, well-being, Anxiety

Lecture 4:

83: Mental Health in the Transition to Military Service: The Moderating Role of Social Support

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Keywords: Mental Health, Social Support, Optimism, Coping Flexibility, Military Recruitment

ABSTRACT

Background: Every year, thousands of Israeli adolescents face a compulsory, challenging transition to military service, involving multidimensional stress. This life transition, whose timing is known in advance, presents a golden opportunity to examine the contribution of resilience factors to adaptation processes among recruits.

Objectives: To examine the contribution of optimism, coping flexibility, and perceived social support (PSS), available to youths prior to recruitment to the military, to mental health (MH) following this transition; To examine the moderating role of PSS after recruitment in the associations between optimism and coping flexibility and MH following the transition to military service; To examine the changes in MH and PSS between the two measurement waves.

Method: At T1, one-month prior recruitment, 506 adolescents (306 women, 200 men) completed self-report questionnaires online: PSS, optimism, coping flexibility, MH and demographic information. At T2, six months after recruitment, 401 of them completed the PSS and MH questionnaires again.

Results: While optimism and coping flexibility at T1 were positively associated with MH at T2, social support at T1 was not associated with MH at T2; PSS at T2 moderated the association between optimism at Time 1 and MH at T2; MH of the recruits showed a significant decrease between the two measurement waves, while PSS increased.

Conclusions: Our findings shed light on the complex correlations between resilience factors and MH in the transition to military service and underline the resilience factors that are essential to include in effective military service preparatory programs.

Session 2.2

23: Recent advances in the network approach to stress- and anxiety-related psychopathology

Chair: Prof. Alexandre Heeren, Ph.D.^{1,2}

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ABSTRACT

A growing number of fields, including physics, ecology, and, sociology have started to embrace a network perspective, in line with both a growing interest and an increasing computational capability to model the complexity of systems. Accordingly, a network approach to psychopathology has arrived. According to this perspective, mental disorders are viewed as dynamic systems of interacting elements. Instead of investigating a construct as unitary and formed from multiple variables, the network approach allows an investigation into the structure of, and associations between, the variables themselves. In this symposium, speakers from Belgium, Spain, and the USA will present up-to-date applications of network analyses to clinical phenomena related to stress and anxiety.

In the first presentation, M.A. Blanchard will present a study applying network analyses to examine how the hallmark features of parental burnout interact with one another and with maladaptive behaviors related to the partner and the child(ren) when these variables are conceptualized as a network system ($n = 1551$). In the second presentation, A. Sanchez will present his work on the use of network analyses to elucidate the associations between attentional processes and vulnerability factors (including dysfunctional coping strategies, resilience) to emotional disorders ($n = 100$). In the third presentation, O. Gilbar will present a study relying on network analyses to map the comorbidity between complex posttraumatic disorder, posttraumatic stress disorder, anxiety, and depression ($n = 234$). Finally, A. Heeren will present a study ($n = 389$) capitalizing on tools from network analyses to test the viability of Clark and Wells model's assumption that distinct types of social self-beliefs play a crucial role in the onset of social anxiety.

Keywords: *Network analysis, stress-related disorders, anxiety disorders, complexity in mental health research*

Lecture 1:

A Network Approach to Parental Burnout

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ABSTRACT

Objectives: The use of network analyses in psychology has increasingly gained traction in the last few years. A network perspective views psychological constructs as dynamic systems of interacting elements. We present the first study to apply network analyses to examine how the hallmark features of parental burnout — i.e., exhaustion related to the parental role, emotional distancing from children, and a sense of ineffectiveness in the parental role — interact with one another and with maladaptive behaviors related to the partner and the child(ren), when these variables are conceptualized as a network system.

Methods: In a preregistered fashion, we analyzed data from a French-speaking sample ($n = 1551$) focusing on seven specific variables: the three hallmark parental burnout features, partner conflict, partner estrangement, neglectful behavior toward children, and violent behavior toward children. We computed two types of network models, a graphical Gaussian model (GGM) to examine network structure, potential communities, and influential nodes, and a directed acyclic graph (DAG) to examine directions of prediction. Both network models pointed to emotional distance as an especially potent mechanism in activating all other nodes. These results suggest emotional distance as important to the maintenance of the parental burnout network and a prime candidate for future interventions, while affirming that network analysis can successfully expose the structure and relationship of variables related to parental burnout and its consequences related to the partner and the child(ren).

Keywords: *Parental burnout, network analysis, neglect, violence, parent conflicts*

Lecture 2:

A Temporal Network Approach to Paranoia

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ABSTRACT

Paranoid beliefs have been conceptualized as a central psychological process linked to schizophrenia and many mental disorders. Research on paranoia has indicated that it is pivotal to consider not only levels but also dynamic aspects of incriminated related mechanisms over time. In the present study, we conceptualized paranoia as a system of interacting elements. To do so, we used temporal network analysis to unfold the temporal dynamics between core psychological paranoia-related mechanisms, such as self-esteem, sadness, feeling close to others, and experiential avoidance. Time-series data of 23 participants with high scores in paranoia and/or interpersonal sensitivity were collected *via* experience sampling methodology (ESM). We applied a multilevel vector autoregressive (mlVAR) model approach and computed three distinct and complementary network models (i.e., contemporaneous, temporal, and between-subject) to disentangle associations between paranoia-related mechanisms in three different time frames. The contemporaneous model indicated that paranoia and sadness co-occurred within the same time frame, while sadness was associated with both low self-esteem and lack of closeness to others. The temporal model highlighted the importance of feeling close to others in predicting low paranoia levels in the next time frame. Finally, the between-subject model largely replicated an association found in both contemporaneous and temporal models. The current study reveals that the network approach offers a viable data-driven methodology for elucidating how paranoia-related mechanisms fluctuate over time and may determine its severity. Moreover, this novel perspective may open up new directions toward identifying potential targets for prevention and treatment of paranoia-related problems. resilience

Lecture 3:

Sleep Problems as a Transdiagnostic Hub Bridging Impaired Attention Control, Generalized Anxiety, and Depression

Speaker: Charlotte Coussement (Beau Vallon Psychiatric Hospital, Namur, Belgium)

Abstract

Background. Major Depression Disorder (MDD) and Generalized Anxiety Disorder (GAD) often co-occur, but uncertainty remains regarding the neurocognitive mechanisms linked to this co-occurrence. In this study, we applied network analytic methods to characterize the associations of the components of attention control (AC), as assessed using laboratory-based measurement tools, with MDD and GAD symptoms. Of critical interest was identifying whether AC components were primarily associated with symptoms unique or common to MDD and GAD.

Methods. We computed a regularized partial correlation network to examine the associations between attention control with symptoms specific to MDD, specific to GAD, and symptoms common to MDD and GAD ($n = 371$).

Results. Symptoms that are common to MDD and GAD emerged as highly influential nodes in the network. In particular, our findings pointed to sleep problems as a hub bridging attention control components to hallmark symptoms of MDD and GAD.

Conclusions. The present results should not be interpreted as definitive but instead as hypothesis-generating and highlighting the utility of rethinking the conceptualization of the associations between attention control, MDD, and GAD through the lens of sleep problems. Future studies would especially want to consider the temporal unfolding of the network structure. To our knowledge, this is the first study to identify sleep problems as a potent pathway bridging together components of attention control with symptoms of GAD and MDD.

Lecture 4:

**Bridging metacognitive social self-beliefs and social anxiety
A Network Approach**

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ABSTRACT

Objectives: The prominent Clark and Wells (1995) model of social anxiety disorder postulates that three types of maladaptive social self-beliefs (high standard, conditional, and unconditional beliefs) play a crucial role in the development of fear and avoidance of social-evaluative situations—i.e., the hallmark symptoms of social anxiety disorder. In this project, we aimed to clarify the associations between the three types of maladaptive social self-beliefs and fear and avoidance of social-evaluative situations.

Methods: We used network analysis to estimate functional relations among aspects of maladaptive self-beliefs, fear and avoidance of social-evaluative situations in a nonclinical community sample ($n = 389$). We computed two different network models, a graphical Gaussian model (GGM) and a directed acyclic graph (DAG). Each model estimates edges and the importance of nodes in different ways. **Results:** Both GGM and DAG pointed to fear and conditional beliefs as especially potent pathways bridging maladaptive social self-beliefs and social anxiety in our nonclinical sample.

Conclusions: Altogether, this novel network approach offers viable data-driven heuristics in the identification of pivotal theory-driven mechanisms of the instigation of mutually reinforcing interactions between maladaptive social self-beliefs and social anxiety.

Keywords: *Fear, avoidance, social anxiety, maladaptive social self-beliefs, network analysis, directed acyclic graph*

Lecture 5:

Music in computational and digital medicine: Predicting diagnoses from music metrics in 70,000 people

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ABSTRACT

One in five adults experience mental illness each year (National Alliance on Mental Illness). However, there is limited resources for diagnoses and treatment, leading to both underdiagnosis and undertreatment. For example, only 41% of adults and 50% of children with a mental health condition receive treatment in the US. Therefore, there is a need for alternative approaches to diagnosis and treatment. Here we turn to an unexpected but promising candidate for screening and diagnosis: musical behavior. Previous empirical research has confirmed interactionist theories applied to music—that is, people's musical choices and habits reflect their internal states, traits, and needs. We build on this theory to test the extent to which clinical diagnoses can be predicted from stimuli-based and self-report assessments of everyday musical engagement and preferences. Results from 70,000 users from the Musical Universe project showed that music-based metrics predict diagnosis of anxiety and mood disorders above and beyond personality traits and socio-demographic variables. Furthermore, for some diagnoses, music metrics were a more important predictor of clinical diagnoses than gender and personality. This is the first study to link music to clinical diagnoses using big data and lays the foundation for future work on music and computational and digital medicine.

Session 2.3

Different aspects of stress

Chair: Shulamith Krietler

Lecture 1:

100: DEPRESSION AND BLUNTED CARDIOVASCULAR REACTIVITY TO ACUTE PSYCHOLOGICAL STRESS: EARLY LIFE ADVERSITY AS A MODERATOR.

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ABSTRACT

Objective: The pathways underlying the depression and cardiovascular reactivity association remain unclear. The current study examined the role of early life adversity on the relationship between depression and cardiovascular reactivity to acute psychological stress. **Methods:** Moderation analyses were conducted using data from 639 participants drawn from the Midlife Development in the United States (MIDUS II) Biomarker Project. Responses were derived from the Childhood Trauma Questionnaire [CTQ] and Center for Epidemiologic Studies Depression Scale [CES-D] and participants had their systolic and diastolic (SBP, DBP) blood pressure and heart rate (HR) monitored throughout a standardized stress testing protocol. **Results:** Depression was negatively associated with cardiovascular reactions to the stress task (all p s < .05); those who reported higher depressive symptomology displayed blunted SBP, DBP and HR responses. These effects were more pronounced in depressed participants with a history of sexual abuse; for SBP at high levels of childhood sexual abuse, $\beta = -.49$, $t(628) = -2.92$, $p = .004$, 95% CI [-.81, -.15], and for DBP at moderate levels, $\beta = -.15$, $t(629) = -2.76$, $p = .006$, 95% CI [-.26, -.04] and at high levels of childhood sexual abuse, $\beta = -.25$, $t(629) = -3.89$, $p < .001$, 95% CI [-.37, -.12]. **Conclusions:** The present findings extend on the depression and cardiovascular reactivity literature and demonstrate that sexual abuse in childhood exacerbates the link between depression and cardiovascular reactivity.

Key words: Cardiovascular reactivity, depression, early life adversity, moderation

Lecture 2:

126: Stress vulnerability and resilience as determinants of varied stress manifestations

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Objectives. During the covid-19 pandemic stress reactions in different manifestations were very common. The purpose of the study was to examine whether resilience and stress vulnerability affected differently different kinds of stress reactions. The major hypotheses were that high scores in resilience may mitigate behavioral and social stress reactions while low scores in stress vulnerability may mitigate the emotional, cognitive and physical stress reactions.

Methods. The participants were 67 undergraduates in the behavioral sciences. They were administered the cognitive orientation of stress vulnerability, the cognitive orientation of resilience, assessing in terms of belief scores about norms, goals, self and reality the motivational dispositions orienting towards stress or resilience, respectively. Additionally, they responded to the 'common stress reactions- self assessment' (adapted from CMHS) which provided four stress scores on the basis of pretested factor analyses: behavioral, social, emotional-cognitive and physical.

Results. Multiple regression analyses of the two kinds of determinants in regard to each of the stress reactions showed that the resilience scores of norms and reality predicted significantly the behavioral and to some extent social ($p < .08$) stress reactions and that norm, goal and self beliefs predicted significantly the emotional-cognitive stress reactions.

Conclusions. The results provided some but not full support to the hypotheses, insofar as only two belief types of resilience predicted the behavioral reactions but not the social, and stress vulnerability did not predict the physical reactions. The findings confirm that there might be different psychological determinants for different stress kinds.

Keywords: Resilience, Stress vulnerability, Stress, Cognitive orientation

Lecture 3:

122: COMUTING STRESS IN THE METROPOLITAN ZONE OF MEXICO VALLEY

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ABSTRACT

Commuting in urban settings can be stressful. Substantial population growth, an increase use of cars and insufficient infrastructure make mobility difficult and affect commuters' well-being. **The aim** was to explore the commuting stress of public transport users in the Metropolitan Zone of Mexico Valley. **Method:** This is a cross sectional study, it evaluates features of commuting, stress, and coping. Participants are 193 commuters that completed an online survey, 35% men and 65% women, age average was 31 years (SD= 10 years). The 37% live and work inside Mexico City, 33% in the surroundings and 30% live in the surroundings and work inside the city. **The results** indicated a commuting time around two and a half hours (SD=75 minutes), 60% has been a victim of assault, 53% victim of harassment and 30% suffer accidents, added to discomfort and long commuting time. Commuters usually use coping strategies such as positive thoughts, inactive, assertive and control. Nowadays, the pandemic brings new challenges, overcrowding represent a higher risk to health, some commuters have thought of changing public transports for cars, taxis or walking but it is not possible for everybody and it has other consequences in the environment and family economy. The stress was correlated with commuting time ($r=.171^*$, $p<.05$), waiting time ($r=.241^{**}$, $p<.001$); inactive ($r=.244^{**}$, $p<.001$), emotional ($r=.226^{**}$, $p<.001$) and positive thoughts copings ($r=-.251^{**}$, $p<.001$). **In conclusion**, commuters cope mainly through positive thoughts as they realize they lack control of most of the features of the trip such as schedules and overcrowding.

Key words: commuting, stress, coping, urban settings

Lecture 4:

105: Chronic stressors, coping strategies and depression among older adults' groups

Wafaa Sowan-Basheer¹, Miri Cohen², Renana Rutin³, Frieder R. Lang⁴

Abstract

Background: Late life depression is one of the more prevalent mental health disorders among older adults. However, existing studies often examine the manifestation of late-life depression without differentiating between age groups within the 'older adults' category. One key factor of an increased depression risk in old age is the intensity of chronic stressors experienced in relation to a lack of coping skills related to engaged or avoidant coping.

Aim: To examine differences among older adult age groups in the experienced intensity of chronic stressors in relation to depression, and assess the mediating role of coping strategies.

Methods: Participants included 115 older adults divided into three age groups: 65-72, 73-81 and 82-91. The participants completed questionnaires on coping strategies, depression, daily and chronic stressors.

Results: Levels of depression differed between age groups: the lowest levels were found in the youngest age group and the highest in the oldest. Intensity of chronic stressor was significantly associated with depression, even when controlling for background variables (gender, age, education). This association was stronger in the older age groups compared with the youngest. In addition, the youngest age group used more engaged coping strategies than the two other groups. The association of stressor intensity with depression was mediated by disengaged coping.

Conclusion: These results suggest that the study of chronic daily stressors, coping strategies and depression should focus on differences between age groups among older people. Professionals should be aware of differences between age groups in expressing depression and of the impact of stressors and coping strategies on depression in different older adult age groups.

Key words: chronic stressors' intensity, depression, age, engaged coping, avoidant coping

Lecture 5:

112: Hedonic consumption after stress: Reaping the emotional benefits without any of the self-regulatory cost

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ABSTRACT

Hedonic consumption is pleasant but can interfere with the capacity to self-regulate. However, in stressful moments, when self-regulation is arguably still important, individuals often reach for hedonic consumption to cope. We investigate the determinants and consequences of hedonic consumption after stress to assess the self-regulatory consequences of this coping style. In two experiments, we investigate whether hedonic consumption negatively affects self-regulation under stressful conditions and whether selecting hedonic consumption under stressful conditions is driven by high or low self-control. In both studies, participants were randomly exposed to a mental arithmetic task that was either completed under time pressure with performance feedback (stress) or without time pressure and without feedback (no stress). The first study (N=442) also randomly assigned participants to either a hedonic (vs. neutral) consumption task and then measured self-regulation using a Stroop color-word test. The second study (N=237) measured self-control as a second independent variable and recorded hedonic (vs. neutral) consumption. The results show that stress buffered the negative effect that hedonic consumption has on self-regulation under no stress conditions. Moreover, we find that high rather than low self-control predicts hedonic over neutral consumption under stressful conditions. These findings indicate that hedonic consumption in response to stress may be a strategic choice to reap the emotional benefits of hedonic consumption while the costs to self-regulation are low. Strategic hedonic consumption after stress may therefore be an act of self-regulation rather than a mere act of impulse.

Session 2.4

Covid 19

Chair: Sharon Ost-Mor

Lecture 1:

109: The gift of Positive Solitude: Older adults' beneficial experience during the COVID 19 pandemic

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Abstract: During the COVID 19 outbreak, older adults were identified among the most vulnerable population, with increased mortality risk as a result of the novel virus. Hence, older adults were specifically encouraged to distance themselves from others, and younger cohorts were encouraged to stay away from their older relatives to protect them. Social distancing can have severe effects, leading to feelings of depression or loneliness, and resulting in deterioration physical, mental and cognitive health deterioration. However, people have different reactions to spending time with themselves. For some, it is possible to choose to be with oneself in a positive, enjoyable way, while experiencing or engaging in a meaningful, pleasant activity. We term this ability "positive solitude". Our qualitative study (N=13, Mean age 75) demonstrates that social relationship reduction can also have positive outcomes.

Thematic analysis was used to understand the interviews. Two themes emerged: 1. Positive solitude is an anchor in times of crisis. 2. Positive solitude is adaptive to crises. This theme consists of re-choosing positive solitude as a meaningful, empowering and continuous activity which help older adults navigate the rough seas of the lockdown. The ability to experience positive solitude in a changing reality and under uncertainty provided a new kind of positive solitude: "Adaptive Positive Solitude", which enables self-efficacy and psychological well-being.

Older adults' engagement in adaptive positive solitude experiences help them cope with the crisis. Hence, acquiring positive solitude skills via short interventions may help coping and enhance resilience.

Keywords: Loneliness, Social distancing, Social isolation, Positive solitude, Adjustment, Resilience.

Lecture 2:

115: Benefit finding and well-being over the course of the COVID-19 pandemic

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ABSTRACT

OBJECTIVE: The process of deriving growth from adversity, or benefit finding, can positively impact one's physical and mental health. The COVID-19 global pandemic is a unique source of adversity, as it can create both personal and societal trauma. The current study focuses on understanding benefit finding amidst the COVID-19 pandemic.

METHODS: Participants from the greater San Francisco Bay Area in the United States (n=751) completed online surveys at 1 month, 3 months, and 6 months after the shelter-in-place mandate was announced. The survey assessed participants' well-being, and concerns and experiences during the pandemic. The post-traumatic growth inventory was adopted as a measure of benefit finding. Longitudinal regression analyses were used to explore the socio-demographic variables predicting the experience of benefit finding, changes in benefit finding as the pandemic progressed, and the association of benefit finding with subsequent well-being.

RESULTS: Identifying as female or Asian was a significant predictor of higher levels of benefit finding, while other demographics (e.g., age and education) were not. Supportive social relationships were positively significantly associated with benefit finding, as was baseline distress. While the aggregate levels of benefit finding in the sample did not fluctuate significantly over time, many individuals experienced changes in their levels of benefit finding. Well-being and benefit finding tended to fluctuate similarly over time.

CONCLUSIONS: Understanding the extent to which various groups of people experience benefit finding during ongoing adversity and how such benefit finding is associated with well-being may help us better understand how to enhance resilience during an event like the COVID-19 pandemic.

Keywords: Well-being, benefit finding, COVID-19, post-traumatic growth

Lecture 3:

**163: RESILIENCE AND HOPELESSNESS IN PARENTS IN THE
CONTEXT OF THE COVID-19 PANDEMIC**

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ABSTRACT

The COVID-19 pandemic has generated a series of changes in family and work interactions and multiple griefs as well. The role of parents, crucial for child development, has become more demanding due to changes in the dynamics of their working hours and distance schooling. The COVID-19 pandemic, seen as a stressful event, implies that people must cope with its consequences, not all parents and children respond to adversity in the same way, some will have a resilient process while adversity is ongoing. The objective of this study was to analyze the relationship between resilience and hopelessness in parents of children between 6 and 12 years old, in the pandemic context. Participants were 194 parents (174 mothers and 20 fathers) that voluntarily answered the Connor-Davidson Resilience Scale (CD-RISC), validated in Spanish with the Cuban population by Broche et al. (2012) and the Beck's Hopelessness Scale, through the Google Forms platform. The reliability of these instruments was verified within the Mexican population (Cronbach alpha coefficient CD-RIS .75 y HS .91). Results indicate significant negative correlations between resilience and hopelessness in parents and a significant difference between loss of motivation and the fact that some members of the family or close friends were infected with COVID-19. The identification of resilience related to normative expectations for adaptation and the quality of developmental functioning among children and parents is discussed.

Keywords

COVID-19, Resilience, Hopelessness, Parents, Infants

Lecture 4:

130: IMPACT OF COPING MECHANISMS AND RESILIENCE ON WELLBEING DURING THE MOST STRINGENT COVID-19 POLICY MEASURES.

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ABSTRACT

Objective: The level of Covid-19 restrictions in Ireland was ranked the strictest in Europe and fourth in the world according to the Oxford COVID-19 Government Response Tracker. This study aimed to gain an understanding of the coping strategies being employed by people in Ireland and their associations with stress, wellbeing, and resilience.

Methods: Participants ($n = 117$) completed a cross-sectional survey comprised of demographics and psychometric measures of perceived stress, coping mechanisms, resilience, and flourishing (PERMA Profiler), during the most stringent Covid-19 policy measures in Europe.

Results: The majority of the sample were functioning at normal (35%) or suboptimal (31.6%) levels of flourishing. Covid-19 stress was positively associated with self-blame, behavioral disengagement, venting, denial, substance use, and negatively associated with active coping, positive reframing, and acceptance. Multiple regression showed that resilience, self-blame, emotional support, and active coping were predictive of flourishing, while controlling for stress ($R = .78$, $R^2 = .61$, $F(20,114) = 7.4$, $p < .001$). Post-hoc analysis of each component of flourishing indicated that resilience, self-blame, emotional support, and active coping predicted positive emotion and meaning, active coping and resilience predicted both engagement and accomplishment, and self-blame and emotional support predicted healthy relationships.

Conclusions: This study suggests that resilience, engaging in emotional support and active coping positively predicted levels of flourishing, while self-blame negatively predicted flourishing, during a time where participants were living under severe lockdown measures. In times of stress, promoting certain coping mechanisms and resilience enhancing cognitions and behaviors may serve as protective factors and enhance wellbeing during a pandemic.

Keywords: coping, stress, resilience, wellbeing, flourishing

Session 2.5

PTSD diverse perspectives

Chair: Huinan Liu

Lecture 1:

156: Leaving the Door Open: Trauma, Impaired Updating, and the Development of PTSD Symptoms

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ABSTRACT

According to the predictive processing framework, humans try to make sense of the world using hypotheses that were formed by prior experiences. Following trauma, these hypotheses may be exaggerated and resistant to change in light of disconfirmatory information. Previous research indicates that updating of stimulus-outcome expectations is impaired in individuals with posttraumatic stress disorder (PTSD). Moreover, it has been proposed that a deficit in updating of traumatic stimulus-outcome expectations may in fact drive the development of PTSD symptoms. However, it remains unclear whether trauma directly affects updating of stimulus-outcome expectations and whether this impairment is linked to PTSD symptoms. To address this gap, we conducted an experimental study that manipulated traumatic context during the acquisition of stimulus-outcome associations. As a result, we were able to track whether participants equally succeeded in updating traumatic and neutral associations during a subsequent updating phase. Moreover, to investigate whether deficits in updating of these traumatic associations are correlated with PTSD symptoms, participants ($N = 81$, $M_{age} = 29.02$) were recruited amongst Israeli firefighters, who indicated their current level of PTSD symptoms from a wide range of traumatic events. We predicted and found a reduced ability to update outcome expectations for traumatic stimuli. Moreover, reduced updating was negatively associated with PTSD symptoms. Taken together, these findings imply that traumatic context impairs updating in an experimental paradigm. Critically, this impairment, in turn, is linked to increased PTSD symptoms of real-life trauma. As such, these findings provide an empirical basis for the predictive processing account of PTSD.

Lecture 2:

162: Anesthesia, Awareness, and PTSD: The Relationship between Dissociation, Mastery, Fear of Anesthesia, Accidental Awareness, Recall, and PTSD and Stress Following Surgery—A Pilot Study

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ABSTRACT

Introduction: Surgery is a stressful event that evokes fear and emotional distress. Accidental awareness and recall of surgery are among the most dominant factors concerning patients and are associated with PTSD and stress. **Aim:** The present study examined the association of personal characteristics, accidental awareness, and recall and with emotional distress following surgery. **Method:** Fifty participants undergoing elective surgery completed demographic, dissociation, and mastery questionnaires prior to surgery. Isolated forearm technique was used to assess awareness during surgery, Brice questionnaire for recall was examined 24 hours and 7 days after surgery, and PTSD and stress was examined a month after surgery. **Results and Discussion:** Positive correlations were found between dissociation and mastery. A marginally significant association was found between fear of anesthesia and awareness. Awareness was correlated with recall and recall was correlated with PTSD symptoms and stress. In addition, PTSD was correlated with stress. Structural equation modeling analyses demonstrated that fear of anesthesia was associated with awareness, awareness was associated with recall, and recall was associated with PTSD symptoms. **Implications for Practice:** Fear of anesthesia and levels of awareness should receive great attention as they are related to recall memories following surgery, which in turn is associated with PTSD symptoms. Whereas, dissociation and mastery traits seem to play a limited role under these circumstances.

Lecture 3:

60: The Role of Facebook Use in the Severity of PTSD Symptoms of Army Veterans

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ABSTRACT

Objectives: This study examines whether the extent of Facebook use by Israeli army veterans with post-traumatic stress disorder (PTSD), may contribute to the decrease in the severity of their PTSD symptoms. Having a PTSD can reduce the availability of social support. However, an increase in online social support may have a positive effect on the progression of PTSD.

Methods: We distributed an online survey in Facebook and WhatsApp online support groups for Israeli veterans that examined the extent of Facebook use, depression, perceived social support, happiness and health and the severity of PTSD symptoms (n=177). 87% of them were men, 73% were diagnosed with PTSD, while 27% were not. The mean duration of Facebook use was 100 minutes per day.

Results: Results of a bivariate correlation indicated that there is a significant positive association between the extent of Facebook use and the severity of PTSD. This pattern remained even after controlling for demographics, PTSD diagnosis, institutional acknowledgment, depression severity, self-reported health and happiness, and social support. Furthermore, a mediation analysis indicated that the severity of veterans' depression and self-reported happiness significantly mediated the relationship between the extent of Facebook use and the severity of PTSD.

Conclusions: The present study expands on the current understanding of the linkage between social networking site use and mental health. While research suggests that social media networking may reduce social isolation through online communication, the results indicate that greater extent of Facebook use is positively and significantly predicting the severity of PTSD symptoms.

Lecture 4:

77: Meta-analysis of Trauma and Mental Health Among Correctional Population

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ABSTRACT

Background: High levels of traumatic experience and mental health problems in incarcerated population have been documented cross countries. However, no study identifies the timing/type of the traumatic and its association with different types of mental health outcome.

Aims: To systematically review studies for the link between traumatic experience and poor mental health of (ex)prisoners and conduct meta-regression with sub-group analysis.

Method: Studies published on or before June 2019 were included primarily after we searched PsycINFO, PubMed, and Web of Science. Studies are eligible if a) they were empirical studies involving inmates' samples from a general prison population or ex-prisoners; (b) with psychometrically validated quantitative measure for traumatic experience and mental health outcome.

Results: 2,317 articles were obtained from the primary search, while only 313 were eligible after the first-round title and abstract screening. Preliminarily we identified 23 studies with 109 effect sizes (*k*) involving 6,902 (96%) prisoners and 308 (4%) ex-prisoners from both developed and developing countries. The mean age of the included participants was 25.73 (*SD*=11.51). Random effect models were employed. Overall, traumatic life experiences were associated with mental health outcomes in aggregate ($Z_T=0.302$, 95% *CI*=0.253, 0.351, $Z=12.126$, $p<0.001$). Grouping of pooled effect sizes revealed that childhood sexual abuse had the strongest association with mental health outcomes followed by emotional abuse. Childhood victimization had stronger association with mental health compared with imprisonment trauma exposure.

Conclusions: Findings from this study carried clinical implication for mental health screening and intervention for the incarcerated population. More future studies are encouraged to investigate trauma in the ex-prisoners population.

Keywords: trauma, mental health, correctional population, meta-analysis

Lecture 5:

**155: A Blast from the Past: The Effects of Early Adversity and Updating on
PTSD Symptoms in Individuals with Adult Trauma**

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ABSTRACT

Most individuals encounter at least one form of adverse childhood experiences (ACEs). While some develop severe symptoms of posttraumatic stress disorder (PTSD), others show resilience. Recent work suggests that updating prior knowledge in the face of new inconsistent information may account for differences in PTSD symptom development. Specifically, while for individuals with reduced or enhanced ability to update negative to positive outcome-associations, greater trauma exposure was correlated with elevated PTSD symptoms, individuals who maintained an adequate balance between updating and resistance to change did not develop such symptoms. We tested whether the ability to update positive and negative stimulus-outcome associations moderates the relationship between early-life adversity and symptom development following exposure to additional trauma in adulthood. One hundred twenty-three firefighters ($M_{age}=28.02$, $SD_{age}=4.69$) were assessed for childhood adversity, PTSD symptoms and completed a performance-based learning paradigm to evaluate their ability to update positive and negative stimulus-outcome associations. We predicted and found strong associations between ACEs and PTSD symptoms for individuals with reduced updating of negative—but not positive—outcomes. Our study may pave the way for designing interventions for PTSD after childhood adversity that may aim to increase individuals' updating skills and reduce symptom development following additional trauma in adulthood.

Session 2.6

Burnout in the context of school

Chair: Schneider S.

Lecture 1:

16: How stressful is it to be a school counselor? A Stress inventory.

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ABSTRACT

Given school counselors' many responsibilities, the importance of their work and misunderstanding of their role by others, it is clear that school counselors are vulnerable to harmful levels of stress. Existing stress scales provide insufficient solutions for measuring stress in the school counselor's contemporary role because they are not profession-specific, are unidimensional or outdated. Our purpose was to develop and validate a measure for school counselors' stress. Exploratory factor analysis on a pilot sample ($N=72$, 96% female) revealed eight factors: misunderstanding of and lack of appreciation for the counselor's role, violence, lack of cooperation, prioritizing tasks, bureaucracy, work-home conflict, serving as a mediator and dealing with discipline. Confirmatory factor analysis on a larger sample ($N=205$, 95% female) yielded a good fit to the eight-factor structure. Low to mild correlations between all sub-stressors and burnout supported discriminant validity. Participants consistently reported higher levels of stress due to bureaucracy, work-home conflict and dealing with discipline than due to misunderstanding of and lack of appreciation for the counselor's role, violence and serving as a mediator. These differences strengthen the importance of measuring specific stressors rather than only a unidimensional stress construct. These findings have a theoretical contribution since the questionnaire most frequently used until now is unidimensional. The use of a multidimensional measure developed here may allow for better understanding of different stress factors and their consequences. Practical contributions include suggestions for school counselors' training programs to refer to non-counseling duties and ways of attenuating conflicts between non-counseling and counseling responsibilities.

Lecture 2:

159: Student Aggression and Teacher Characteristics as Sources of Biopsychological Stress in Teachers. A Longitudinal Ambulatory Assessment Study.

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ABSTRACT

Objectives: Teachers have high levels of work stress. In this longitudinal study, we used an ambulatory biopsychological approach to investigate some potential sources of stress in teachers. *Methods:* Self-rated psychological stress such as chronic concern (Trier Inventory for Chronic

Stress), occupational complaints (Burnout Screening Scale I), and vital exhaustion (Maastricht Vital Exhaustion Questionnaire) was assessed in 42 teachers (28 females; 14 males; mean age = 39.66, SD = 11.99, range = 23–63) at two time points, one year apart. The same two times, the concentration of hair cortisol (HCC), a biomarker for chronic stress, was quantified (n=39 due to missings). As sources of stress, aggressive student behaviour was examined during a four-hour video recording of lessons of each teacher with the observation system BASYS, while self-ratings assessed personality traits (Big Five Inventory), commitment and subjective significance of work (Measure of Coping Capacity Questionnaire).

Results: While HCC slightly related to occupational complaints ($p=.122$), it was unrelated to vital exhaustion ($p=.625$) and chronic concern ($p=.622$). HCC correlated stronger with the objective observation of aggressive behaviour ($p=.068$) than those perceived by the teachers ($p=.589$). Occupational complaints and vital exhaustion were positively associated with emotional lability ($p=.001$; $p=.000$) and commitment ($p=.000$; $p=.000$). Emotional lability and the subjective significance of work significantly predicted vital exhaustion one year later ($p=.000$).

Conclusion: Our findings show a dissociation between biological and self-rated psychological stress, with aggressive student behaviour being related to increased chronic biological stress. Furthermore, commitment and emotional lability promote self-rated psychological stress in teachers.

Keywords Biopsychological stress, Hair cortisol, Aggressive student behaviour, Personality traits

Lecture 3:

111: Social support, work-family conflict, and self-efficacy among teachers during the Covid-19 lockdowns

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ABSTRACT

Background: During the Covid-19 lockdowns in Israel, parent-teachers have had to cope with significant stress and conflict, adjusting to the demands of remote teaching, while caring for their children at home. Despite this being an important topic, few studies have examined the work-family conflict experienced by parent-teachers during this period and the associated factors. **Objectives:** (1) To examine the association between parent-teacher's experiences of work-family conflict and their self-efficacy as parents and teachers during the Covid-19 lockdowns, (2) To examine the role of familial and organizational social support in this association. **Methods:** The sample included 474 Israeli school teachers who were parents of at least one child between ages 0-12. Participants were recruited through teachers' Facebook groups and survey companies, and completed online self-report questionnaires on work-family conflict, familial and organizational social support, and self-efficacy in their roles as parent and teacher. **Results:** A significant negative association was found between work-family conflict and organizational and familial social support, as well as between work-family conflict and teachers' self-efficacy as parents and teachers. Furthermore, a significant positive association was found between organizational and familial social support and self-efficacy as parents and teachers. Female teachers and teachers of young children tended to experience higher levels of conflict between work and family life. **Conclusions:** These findings have important implications for understanding the factors which influence teachers' functioning and adjustment during crisis, as well as ways of supporting them during such stressful times.

Keywords: social support, work-family conflict, self-efficacy, teachers, Covid-19

Lecture 4:

142: PARENTING STRESS ASSOCIATIONS WITH SELF - EFFICACY AND SATISFACTION IN MEXICAN MOTHERS

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ABSTRACT

When parents are faced with the demands of parenting, they may be at risk of experiencing parental stress, which, when presented at high levels, has been associated with negative parental characteristics. Stress is a factor that can change the perception of parental competence, impacting the well-being of mothers. The relationship between stress and perceived parental competence is reciprocal; a low perception of parental competence can lead parents to perceive the behaviors and upbringing of the child as more stressful, also if self-efficacy is more compromised, parenthood becomes stressful. The present study examined the relationship between Parental Distress, Parent-Child Dysfunctional Interaction and Difficult Child with Self-efficacy and Satisfaction in Mexican mothers of preschoolers, to this aim, an exploratory-descriptive cross-sectional study was applied by an online survey. The sample was non-probabilistic and consisted of 315 Mexican mothers (M age= 34 years, range= 22-51 years) of children between 3 and 5 years old. The Parenting Stress Index SF and the Parental Sense of Competence were used to asses each of the factors. The Parental Distress was associated with Efficacy (-.330, $p < .001$) and Satisfaction (-.591, $p < .001$). The factor Parent-Child Dysfunctional Interaction was associated with Efficacy (-.436, $p < .001$) and with Satisfaction (-.546, $p < .001$), the factor Difficult Child was also associated with Efficacy (-.243, $p < .001$) and Satisfaction (-.442, $p < .001$) Although this associations were in the way expected, they confirmed the importance of developing resources and attending mothers before they reach high levels of parenting stress.

Keywords: Mexican mothers, Parenting Stress, Sense of Competence

Session 2.7

Covid 19 and mental health

Chair: Bergman Y.S.

Lecture 1:

**146: Stress, Coping Approaches, Anxiety, and Depression in Working Mothers
During the COVID-19 Pandemic**

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ABSTRACT

The COVID-19 pandemic has had significant psychological impacts on populations all over the world. Among other groups, working mothers in the US are at risk for adverse psychological effects of stress related to the pandemic (e.g., Wang, 2020). Alon et al. (2020) reported that 21% of children in America live with only their mothers, suggesting that the burdens of COVID-19 and shutdowns have fallen disproportionately on mothers. Also, during the summer of 2020, racial tension consequent to the murder of George Floyd by a police officer became an additional source of stress. Distributing a survey via relevant Facebook groups we investigated contextual factors related to working from home, stresses, anxiety, and depression in working mothers during the COVID-19 pandemic. Based on responses from approximately 300 working mothers, we found that a) job dissatisfaction and home workspace inadequacy were related; b) COVID-related stress and Stress related to racial tension were related; and c) each of these factors, along with avoidant (but not problem-focused) coping independently (i.e., with no mediating effects) predicted both anxiety and depression. In regression analyses, workspace inadequacy, job dissatisfaction, COVID-related stress, Racial-tension stress, and Avoidant coping accounted for 40% of the variance in anxiety, and 35% of variance in depression. Results are discussed in terms of developing more comprehensive models of the stress process (including relevant contextual factors and concomitant sources of stress) as well as implications for interventions, policy, and stigma reduction.

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Lecture 2:

124: The Hostile-World Scenario during COVID-19: links with COVID-19 worries, Loneliness, and Anxiety

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ABSTRACT

Objectives: The COVID-19 pandemic has had pronounced effects on individuals' psychological well-being around the world. Concerns regarding the consequences of infection, along with general uncertainty and governmental regulations have resulted in increased psychological distress among many populations and cultures. In this regard, research has shown that the manner by which individuals perceive and appraise such large-scale threats significantly contributes to the psychological consequences of such events. According to the Hostile-World Scenario (HWS) model, negative engagement (HWS-NE) with such threats weakens one's competence and coping abilities, whereas positive engagement (HWS-PE) facilitates resilience and enhances psychological adjustment. Accordingly, the current study examines the moderating role of both HWS-NE and HWS-PE in the connections of two main features of the current pandemic, COVID-19-related worries and loneliness, with anxiety.

Methods: Data were collected between March 16 and April 14, 2020, from 1,112 Israelis (age range 17-92, $M = 46.90$, $SD = 16.46$), who provided information regarding COVID-19 health worries, loneliness, and anxiety. A special measure assembled items pertinent to the HWS-NE and HWS-PE throughout the survey.

Results: Both HWS-NE and HWS-PE were significant moderators. COVID-19-related health worries/loneliness were linked with anxiety only among individuals with high HWS-NE, and were non-significant among those with low HWS-NE. Moreover, the positive association between loneliness and anxiety was significantly mitigated by high HWS-PE.

Conclusion: The discussion highlights the importance of the Hostile-World Scenario for understanding the psychological consequences of COVID-19 and offers practical suggestions, which may aid mental health practitioners in providing assistance and support to the general population.

Keywords: Anxiety, COVID-19, Hostile-World Scenario, Loneliness, Well-being, Worries

Lecture 3:

168: Psychological inflexibility and cyberchondria as a risk factors for COVID-19 phobia and distress one year later

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ABSTRACT

The aim of this study was to test assumed mediation model with two predictors (resilience and psychological inflexibility), two criteria (COVID-19 related fear and psychological distress) and one mediator variable (cyberchondria). It is assumed that more vulnerable individuals (those who have low resilience and low psychological flexibility) show higher levels of cyberchondria at the beginning of the pandemic, which in turn cause higher levels of psychological distress and more prominent COVID-19 related fear one year later. The research was conducted in two waves – first wave was at the beginning of lockdown in Croatia (March 2020) and second wave was one year later (March 2021). In first wave $N=1023$ participants from general population participated in the study, out of which $N=352$ agreed to a follow-up. $N=184$ participants participated in second wave. We used the The Short Cyberchondria Scale (SCS, Jokic-Begic et al., 2019), Acceptance and Action Questionnaire (AAQ-II, Bond et al., 2011) and The Brief Resilience Scale (BRS, Smith et al., 2008) in the first wave and DASS-21 (Lovibond & Lovibond, 1995) and MAC-RF (Schimmenti et al., 2020) were measured in second wave. Our results confirm proposed model with both cyberchondria, and psychological inflexibility as contributing factors to long-term distress. The results of this research, although in the small sample, speak in favor of encouraging psychological flexibility and psychological resilience in the general population to minimize the negative effects that a pandemic has on mental health, at the same time confirming decremental effect of infodemia on mental health during the pandemic.

Keywords: mental health, COVID-19 fear, psychological flexibility, resilience

Lecture 4:

128: A latent profile analysis of the relationship between daily routine patterns and mental health during COVID-19 pandemic

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ABSTRACT

Background: The unprecedented COVID-19 pandemic has influenced people's everyday life. Previous studies have revealed the inverse associations of disruptions to daily routines with mental health. Less is well known about different patterns of daily routines on the population level and the relationship between the patterns and mental health.

Objectives: To use latent profile analysis (LPA) to identify different patterns of regularity of daily routines and to link the daily routine patterns to anxiety and depressive symptoms.

Methods: A population-representative sample of respondents ($N = 4,042$) were recruited by random digit dialing. Respondents reported regularity of daily routines (primary: hygiene, healthy eating, sleep; secondary: leisure activities, exercising/keeping active, socializing), anxiety and depressive symptoms, and demographics. LPA was conducted using MPlus 7.

Results: Six groups were identified: all regular (52.4%), regular primary (31%), regular primary routines and exercising (5.8%), regular hygiene only (5.7%), regular primary routines and leisure (2.8%), and all irregular (2.4%). Respondents who could maintain regularity in all routines and those with regular primary routines coupled with leisure activities reported lower levels of psychiatric symptoms relative to other groups. Respondents with irregularity in all routines or with regular hygiene only were at increased risk of probable anxiety and depression.

Conclusions: Our study showed that difficulties in sustaining regularity of daily routines could place the population at increased risk of poorer mental health. Implications for developing behavioral adjustment strategies for promoting mental health during large-scale disasters will be discussed.

Keywords: COVID-19 pandemic; daily routines; mental health; latent profile analysis

Lecture 5:

**139: PROTESTING DURING THE PANDEMIC: DEPRESSION
AND ANXIETY AMONG (NON)PARTICIPANTS OF THE POLISH
WOMEN'S STRIKE**

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ABSTRACT

Regardless of the ongoing COVID-19 pandemic, at macrosystem level there are still ongoing societal and political challenges. These events may add to pandemic-related stress and evoke civil unrest. The current study presents preliminary results from the Polish wave of an ongoing international study focusing on civil unrest and COVID-19. The aim of the current study was to investigate differences in anxiety and depression between Polish people who participated or did not participate in the Polish Women's Strike in fall 2020.

440 Polish citizens aged 12-21 ($M = 30.14$; $SD = 10.90$; female 76.6%) participated in an online survey. Respondents who participated in the Polish Women's Strike ($N=277$) presented significantly higher depression scores than those who did not. There were no group differences for COVID-19- and civil unrest-related anxiety. It is possible that the strike was another stressor that added to the prolonged stress related to the pandemic, implying striking may deplete resources and worsen mental well-being.

Keywords: civil unrest, Polish Women's Strike, COVID-19, depression, anxiety

Session 2.8

Anxiety

Chair: Hamama-Raz Y.

Lecture 1:

157: ASSOCIATIONS BETWEEN SUBJECTIVE FATIGUE AND COGNITIVE FUNCTIONING IN PATIENTS WITH COMORBID ANXIETY AND MOOD DISORDERS

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ABSTRACT

Objective: Our study aimed to examine associations between subjective fatigue and cognitive functioning in patients with comorbid anxiety and mood disorders (AMD).

Methods: In sum, 119 patients (78% female, mean age 38 ± 11 yr) with comorbid AMD attending a Stress Disorders Clinic were recruited in this cross-sectional study. Patients were evaluated for sociodemographic characteristics, depression and anxiety symptoms (Patient Health Questionnaire-9, Generalized Anxiety Disorder Questionnaire-7). The Multidimensional Fatigue Inventory (MFI-20) was used to assess physical and mental fatigue, reduced activity and motivation. Digit Span Test, Digit Symbol Test, Trail Making Test A and B (TMT) were used to assess cognitive functioning. Univariate regression analysis was employed to test association between subjective fatigue and cognitive functioning. Multivariable linear regression analyses were adjusted for age, gender, education, current medication use, smoking, depression and anxiety scores.

Results: After controlling for possible confounders, reduced activity was associated with worse TMT A/B scores ($\beta=.244$, $p=.016$). Similarly, reduced motivation was associated with worse performance on TMT as reflected by A/B scores ($\beta=.215$, $p=.033$). There was a trend for association between reduced motivation and TMT A ($\beta=.184$, $p=.066$).

Conclusion: In patients with comorbid AMD, subjective experience of reduced activity and reduced motivation is primarily associated with executive interference. Reduced motivation might be reflected in psychomotor performance tasks.

Keywords: fatigue, cognitive functioning, anxiety and mood disorders

Lecture 2:

131: Daytime Anxiety

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Abstract

Mood and performance as well as sleepiness are affected by the same components as actual sleep regulation: 1) accumulated time since awakening; 2) the circadian rhythm which is an intrinsic biological clock and 3) sleep inertia which refers to the awakening processes. To be reliable and valid, anxiety reports should not be affected by these components. We tested if anxiety levels were sensitive to these three components. In Study 1, 22 participants completed arousal and anxiety state questionnaires 16 times. Four times scheduled between 12:00 – 13:00; four times between 18:00 – 19:00; four times starting one hour prior to planned bedtime; and four times during the first hour starting immediately after morning awakening. In study 2 we tested only the prior-to-bedtime and awakening processes averaged over two days. Thus, 73 participants responded to the same questionnaires 16 times along two days.

Results

Results for anxiety indicate no changes within hour sessions and no time of day and sessions interaction. In study 2 as well, there were no changes within hour sessions and no time of day and sessions interactions.

Discussion

State anxiety reports are not sensitive to normal tiredness, circadian rhythm, or sleep inertia. This confirms that when studying state anxiety, the time of day at which the participant replies to (online) questionnaire is of no significance and can be ignored. However, in prolonged sleep deprivation cases anxiety may be affected.

Lecture 3:

3: Death anxiety and psychological distress post-donation in non-directed altruistic kidney donors compared to general population.

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Abstract

Non-directed altruistic living kidney donors evoke medical and psychosocial challenges. Notwithstanding, the probability of medical harm occurring for kidney donors is very low, complications could be serious or even life-threatening. Through adapting the Terror Management Theory (TMT) (Greenberg, Pyszczynski & Solomon, 1986) as a framework to guide our research, we were interested to assess death anxiety and psychological distress post-donation in comparison to the general population. A sample of 78 non-directed altruistic living kidney donors were recruited through the Israeli voluntary kidney donation association –"Matnat Chaim"(Gift of Life). This sample was compared to a sample of 396 participants from the general population. The two samples were administered the same self-rating questionnaires relating to death anxiety and psychological distress. The results revealed that those who belonged to the non-directed altruistic living kidney donors group had higher levels of death anxiety in comparison to the general population while their psychological distress was lower in comparison to the general population. The results of this study highlight the importance of relating to non-directed altruistic living kidney donors' death anxiety post-donation.

8.7.21
parallel sessions 3

Session 3.1

Diseases and stress

Chairs: Peleg Ora & Hadar Efrat

Lecture 1:

101: Psychopathology among patients with Multiple Sclerosis:

Spotlight on posttraumatic symptomology

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ABSTRACT

Objectives: Multiple sclerosis (MS) is a chronic autoimmune disease of the central nervous system. The progress of the disease is unpredictable, the etiology is unclear, and it can lead to life-threatening conditions in affected individuals. In terms of continuous traumatic stress, living with MS reflects a situation in which individuals repeatedly face an ongoing and protracted threat. The main goal is to investigate psychopathology with attention to posttraumatic symptomology among People with Multiple Sclerosis (PwMS).

Methods: This study included PwMS (N=105) and healthy matched group (n=134). In both groups, we assessed posttraumatic symptomology, depression and anxiety, and among PwMS disease severity assessed by neurological examination, and self-report items regarding their sense of disability and subjective physical problems. We conducted descriptive statistics, multivariate analysis of variance with age as covariate for all four subscales of posttraumatic symptomology, depression and anxiety as the dependents variables.

Results: PwMS reported higher scores of intrusion, avoidance and negative cognitions, compared to control participants. No differences were identified in hyperarousal. Moreover, PwMS reported higher levels of depression and anxiety compared to controls. Finally, subjective physical problems predicting posttraumatic symptomology in the significant final model ($p = .003$, $R^2 = 23.6\%$),

Conclusions: Our results showed that PwMS suffered from higher levels of psychopathology compare to healthy subjects. We shed light on the unique dynamic of posttraumatic symptomology, which highlights the importance of viewing PwMS at a high-risk for posttraumatic symptomology, and to conduct appropriate psychological evaluation in order to provide adequate treatment and prevent widespread distress.

Lecture 2:

165: Stress in aphasia - an experimental study investigating subjective and physiological measurements

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ABSTRACT

Objectives: Our aim of this study was to evaluate subjective and physiological levels of stress in nonverbal and verbal tasks influenced by prefixed stressors. From resulting data we deduct possible consequence for speech and language therapy for people with acquired language disorder (aphasia).

Methods: N=14 patients suffering from aphasia following stroke participated in an experimental study (within-subject design). Acute stress was induced by an n-back-task (cognitive stressor) and noise as a physiological stressor. In contrast, induction of relaxation was administered by a progressive muscle relaxation exercise. Effects of changes on subjective valence and arousal ratings as well as changes in the heart rate variability (HRV) were analysed in verbal and nonverbal tasks.

Results: Cognitive and physiological stressors lead to an increase of subjective stress parameters compared to progressive muscle relaxation. The changes in valence and arousal are short-lived, resulting in a significant decrease of subjective stress during subsequent verbal and non-verbal tasks. The StressIndex (HRV) during verbal and non-verbal tasks was increased after performing an n-back-task. A speech production task revealed a lower StressIndex compared to nonverbal tasks.

Conclusions: Cognitive activation leads to a decrease in physiological stress parameters (HRV) independent of task. Thus, in speech and language therapy starting a session with an activating cognitive exercise may be a useful practical approach. As higher subjective stress levels after cognitive demanding tasks and noise are short-lived in nature, within a therapy session a frequent change of exercise types could be helpful to avoid prolonged elevated subjective stress levels.

Keywords: Aphasia – Stress – Language - HRV

Lecture 3:

137: Virtual Reality for Dementia

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ABSTRACT

Virtual Reality (VR) tools are increasingly being used therapeutically for mental health issues. As Baños (keynote address, STAR, Palma, 2019) reported, there is minimal information available on what effects VR may have on people living with dementia (PLWD). The present work hypothesizes that VR could be an important tool for non-pharmacological therapy to be integrated into lives of PLWD. Objectives. To assess risks and benefits of VR for PLWD. Specifically, to assess any immediate impact on balance and risk of falls; to assess if the altered light and activity in the headset altered mood states as measured by the Profile of Mood States (i.e. reduce agitation or anxiety, or increase cheerfulness or energy levels); to assess any change in sleep patterns; and if specific cognitive activities could aid in skill maintenance or social cognition. Method. Small N experimental design included 20 PLWD participants wearing actigraph watches over the 6 week study period. At weekly intervals each had a VR session that involved a game (fruit ninja) or relaxation (Nature Trek) or a new program that was a partial replication of the Valencia University VR depression therapy program. Balance was measured pre and post VR session with the whole body sway test of the CATSYS 2000, and reaction time and tremor were measured if these seemed to be affecting a participant's ability to use VR handpieces. Progress was monitored in real time on a linked tablet. Results. Study is in progress, data are still being collected, but will be reported.

Word count 249

Key words Virtual Reality Dementia

Lecture 4:

**118: PATHWAYS TO RESILIENCE IN PEOPLE WITH CANCER:
QUALITATIVE ANALYSES**

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ABSTRACT

Cancer is a prevalent life-threatening disease, yet little is known about the nature of resilient versus non-resilient adjustment in people with cancer. Available literature shows that, in various populations, resilience is associated with emotion regulation, spirituality, appraisal and coping style, social support, and personal goals. Most research on cancer has been conducted in individualistic societies, including the US. Eighteen individuals participated in this study: 8 women and 10 men, between middle and old age, from a range of socioeconomic backgrounds, and in inpatient treatment at Astorga Oncology Clinic in Medellin, Colombia. They were interviewed in Spanish by the first author, using a semi-structured interview. Qualitative analysis of the data was conducted using a grounded-theory approach. Slightly more than half of the narratives reflected resilience, and were characterized by an initial experience of shock, followed by a transition to more positive feelings; enhanced relationships with God or other experience of the Sacred (usually including identification with Catholicism); increased closeness and intimacy with family members; a favorable balance of positive versus negative life appraisal; and multiple, interrelated life goals, typically revolving around family, religion and spirituality, quality of life, and sometimes travel. Resilient narratives also were characterized by coherence, with integrated descriptions of close and ongoing intergenerational family relationships, spirituality, and positive emotions that helped people get through the cancer experience. All but one participant described a positive “life lesson” learned from cancer. Special attention will be given to meaningful cultural idioms, and to implications for future research and interventions.

Lecture 5:

14: Individuals with type 2 diabetes: Their experience of family relationships and coping with the illness

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ABSTRACT

Type 2 diabetes mellitus (T2DM) is considered a global epidemic, its prevalence is constantly on the rise, and it has been found to be associated with a number of factors such as obesity and smoking. Recently T2DM diagnosis has also been found associated with anxiety, depression and stress. In addition, the individual's ability to cope with stressful situations has been found associated with familial patterns that develop early in life and continue to shape basic attitudes towards the self and others. These patterns may increase the risk for higher levels of stress and depression, which in turn may increase the risk for developing T2DM. In this qualitative study we explored familial patterns that may be related to T2DM and to patients' ways of coping with the illness. A sample of 32 Israeli Jewish ($n=12$) and Arab ($n=20$) participants with T2DM were interviewed about their familial experiences and their illness. Results showed that participants from the Arab society more than the Jewish participants, tended to describe familial patterns that suggest fused relationships and emotional cutoff. They reported highly close and positive family relationships on the one hand, but unwillingness to share their difficulties with their family members on the other hand. Precipitating stressful or traumatic events and everyday stress appeared as leading perceived causes of the illness. The results suggest an avenue in which fusion with family members and inability to attenuate emotional distress by sharing difficulties with others may contribute to the development of T2DM.

Keywords: Family experiences, stress, differentiation of self, type 2 diabetes, coping with illness

Session 3.2

Minorities and migration

Chair: Oren Lior

Lecture 1:

97: COVID-19 Stress and the Relationship Between Minority Stress and Mental Health Among LGB Israeli Individuals

Abstract

Objective: The outbreak of COVID-19 is severely affecting mental health worldwide. Minorities are more vulnerable to the physical, financial, and psychological effects of the current pandemic than the general public. In the current study, mental health among Israeli LGB individuals during the lockdown announced because of the COVID-19 pandemic was investigated.

Method: One hundred and fifty-seven LGB individuals answered a questionnaire measuring attitudes toward the COVID-19 pandemic, internalized homophobia, concealment, need of acceptance, anxiety, and depression. A path model was calculated to test the hypothesized direct and indirect associations.

Results: All three measures of minority stress were positively related to anxiety and depression. In addition, an indirect association was found between concealment and need of acceptance, and anxiety and depression, through stress regarding COVID-19.

Conclusions: The findings emphasize the ubiquity of minority stress, support the mediation model of minority stress, and emphasize the need to investigate the effect of general and minority stress on the mental health of LGBT individuals.

Lecture 2:

145: Do socio-demography and Corona reassurance-seeking behaviour predict Corona anxiety? - A study among Indian population.

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ABSTRACT

Introduction: The COVID-19 pandemic has caused severe anxiety and affected mental and psychological health of the people. Virus related anxiety is thought to be affected by several socio-demographic factors, individual's risk-perception, and personality.

Objective: The objective of the study was to investigate the predictors of corona virus-related general anxiety and death anxiety during the COVID-19 outbreak in India. More specifically, the study examined the COVID-19 related reassurance-seeking behaviours, neuroticism, health anxiety, and risk perception among the adult population.

Design: A survey methodology was adopted to collect data from the general adult population (N=550) in India between October 29th to November 10th, 2020. Data analysis was carried out using multiple regression analysis in SPSS to examine the significant predictors of general anxiety and death anxiety of the participants. The analysis used the incremental validity of Corona reassurance-seeking behaviours in the multiple regression model.

Setting: The study was conducted among the Indian general population.

Findings: Major significant predictors of general anxiety related pandemic included demographic factors like being female, being young, and less educated. Simultaneously, we observed common predictors of virus-related general anxiety and death anxiety, Corona reassurance-seeking behaviours, health anxiety, and neuroticism. The participant's risk perception predicted the participant's death anxiety but not the general anxiety during the pandemic.

Discussion: The present study's findings will help the policymakers handle pandemic related stress in a better manner.

Keywords: COVID-19; risk perception; anxiety; death anxiety; neuroticism; corona reassurance-seeking behaviours

Lecture 3:

161: Coping Strategies of Young Refugees in Germany: Relations to Gender and Age

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ABSTRACT

Coping with stress is considered to be significantly associated with adjustment, especially in groups facing a high number of different stressors—such as adolescent refugees. Research on coping is also often interested in gender differences in the preferred use of coping strategies. However, research on coping strategies and possible gender differences in their use by boys and girls who arrived in Germany as refugees is scarce. Therefore, data of adolescent refugees from Syria, Iraq, and Afghanistan ($N = 106$, 55% male) aged 11 – 18 years were collected. Multiple hierarchical regression models were used to investigate gender differences while controlling for age and their length of stay in Germany. Gender differences found in previous literature, mostly based on majority culture samples, could only be partly replicated. Refugee girls reported more anger-related emotion regulation than boys did, but no gender differences were found for other coping strategies. Furthermore, age was related to the use of palliative emotion-regulation. Relations to gender role attitudes were additionally examined, but no significant associations with coping strategies occurred. The findings raise questions of additional factors connected to the use of coping strategies in refugee adolescents and highlight the importance of research with refugee samples to prevent over-generalization of results obtained from majority culture samples.

Lecture 4:

103: “All you need is..” - what?

How Germans perceive the support needs of accommodated refugees

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Research in the past has shown that refugees' access to mental health care is obstructed, partly due to negative attitudes of the receiving society and a lack of knowledge on their support needs. It is still largely unknown, which antecedents have a positive effect on the perception of refugees' health care-related needs. Using and expanding the Empathy-Attitude-Action model, the current study examined selected predictors of perceived support needs and was carried out with a sample of Germans (N= 1001), matching the German census regarding central demographics. Participants completed a cross-sectional online survey with validated self-report measures. Assessments covered Germans' quality of intercultural contact experiences, Germans' attitudes on asylum rights, and the Germans' perception of refugees' needs regarding emotional and informational support. Applying structural equation modeling, we found that previous positive intercultural contact experiences were related to greater perceptions of refugees' emotional support needs, as well as to more positive attitudes on asylum rights. Further, perceived emotional support needs were positively linked to perceived information needs, both directly and indirectly via attitudes on asylum rights. The quality of intercultural contact had an indirect amplifying effect on perceived information needs via the other three variables. Taken together, our results support the Empathy-Attitude-Action model indicating that positive intercultural contact experiences may help (1) to raise awareness for emotional support needs of refugees, (2) to improve Germans' attitudes on asylum rights, and (3) to sensitize the receiving community for information that needs to be made available in order for refugees to receive health care.

Keywords: social support, intercultural contact, information, refugees, psychological health

Lecture 5:

99: The impact of living difficulties on the wellbeing of Darfuri asylum seekers in Israel

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Migration inevitably involves difficulties. These difficulties are more pronounced for refugees and asylum seekers, who also often suffer discrimination. In this study, we examined the impact of living difficulties on the wellbeing of Darfuri asylum seekers in Israel. We hypothesized that perceived discrimination mediates the relationship between living difficulties and psychological distress, PTSD, and psychological quality of life.

The sample consisted of 300 Darfuri asylum seekers aged 19 or older. Measures included post-migration living difficulties, perceived discrimination, psychological distress, PTSD, quality of life, and demographic factors. The results show that greater living difficulties were associated with lower quality of life, higher PTSD symptoms and increased psychological distress. As hypothesized, perceived discrimination fully mediated the correlation between living difficulties and psychological quality of life and PTSD symptoms. Additionally, the correlation between living difficulties and psychological distress was partly mediated by perceived discrimination. We conclude that the greater living difficulties asylum seekers encounter, the more they feel discriminated against, and that this perceived discrimination reduces their psychological wellbeing and increases their psychological distress.

Session 3.3

The art of intervention

Chair: Bensimon M.

Lecture 1:

**123: IMPULSIVENESS AND STRESS PERCEPTION. THE MODERATING
ROLE OF MINDFULNESS.**

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ABSTRACT

Background: The causes of high accident rates in road traffic should be seen in the human factor (Vries et al., 2017). The driver is influenced by many different and simultaneously interacting stimuli, which must be correctly perceived and analyzed in order to select the right response. Very often a person is unable to cope with a large amount of information and integrate it accurately. This leads to stress, which reduces cognitive resources and results in a loss of efficiency in various executive functions (Stephens & Fitzharris, 2016).

Methods: Professional drivers (N=200), who work only in the area of Lublin City, were surveyed. For the research purpose the Polish version of Impulsiveness-Venturesomeness-Empathy Questionnaire (Eysenck & Eysenck, 2006), Questionnaire for Subjective Assessment of Work (Dudek et al, 2004) and Short Form of Five Facet Mindfulness Questionnaire (Baer, Smith, Hopkins, Krietemeyer and Toney, 2006) were used.

Results: There is significant correlation between impulsiveness, mindfulness and occupational stress perception ($R=-0,323$, $p<0,01$; $R=-0,210$, $p<0,01$; $R=0,185$, $p<0,05$). The correlation level is low so the analyzed constructs are mostly independent. What is more important the mindfulness ($\beta=-0,168$, $p<0,05$) is a moderator of relation between impulsiveness ($\beta=0,130$, $p>0,05$) and occupational stress perception ($R^2=0,059$, $p<0,01$).

Conclusions: The main objective has been achieved because mindfulness has an impact on the relation between personality and stress perception. It is necessary to explore the resilience factors which can be used in driver training programs to eliminate or reduce negative outcomes associated with psychological deficits.

Lecture 2:

2: Experiential reframing of trauma through songs with children living under continuous war threat – a new model

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Abstract

Objective: Research literature deals extensively with treatment of children who experience ongoing trauma. However, this topic has not received much attention in music therapy research. This study is the first to explore therapeutic methods that music therapists use with children living under continuous war threat and offer a theory that emerges from these methods.

Method: This study uses the grounded theory approach. Qualitative analysis was done on semi-structured interviews with 15 experienced music therapists working with Israeli children who experience continuous war threat in towns located near the Gaza Strip.

Results: The findings yielded three themes regarding therapeutic use of songs. The first theme focuses on *creating a playful and joyful space* that emphasizes the importance of overcoming fear by “playing with it”. The second theme, *restoring a sense of control*, focuses on the structured features of songs such as repetition of lyrics and melody in the chorus, rhymes, rhythm and fixed meter, all of which create an experience that provides a sense of control. The third theme, *fostering empowerment*, relates to the ability of songs to represent the traumatic experience while conveying messages of strength and agency.

Conclusions: The songs enabled the children to re-experience the fear of the trauma within a playful, controlled and empowering space. As a result, the traumatic memory was reframed and perceived as less threatening. The theory emerging from this therapeutic process was termed *experiential reframing of trauma through songs* (ERTS).

Keywords: music therapy, songs, PTSD, continuous trauma, war

Lecture 3:

133: An online art intervention reduces university students' COVID-19 stress levels

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ABSTRACT

The COVID-19 pandemic has caused anxiety, stress, and uncertainty in nearly all areas of life, among all age groups. With respect to university students, recent research (Cao et al., 2020; Zurlo et al., 2020) highlights high levels of anxiety, worries about progress in academics as well as stress imposed by disruption of daily routine due to the COVID-19 pandemic. One possible strategy to reduce stress is engagement with art (Kaimal, Ray, & Muniz, 2016). In order to minimize university students' COVID-19-related stress, we designed an 8-day cross-cultural online art intervention.

The workshop took place in March 2021(8 full days during 3 weeks). 18 students from Greifswald and Stettin Universities (15 females, $M_{age} = 21.2$) repeatedly filled in a questionnaire about perceived COVID-19 stress and well-being. Randomly chosen students from both universities ($N=15$, 14 females, $M_{age} = 21.4$) assigned to the control group, filled in the same questionnaires during the same period of time.

Statistical analyses indicate that students' COVID-19 stress perception changed only among the art workshop group ($t = 3.396$, $p < .005$, $N = 18$). In detail, students reported lower COVID-19 stress levels after the workshop ($M = 2.57$, $SD = .86$) compared to baseline ($M = 2.93$, $SD = .53$), with a strong effect of $r = .64$ (Cohen, 1992).

The results underline the positive impact that engagement with art may have on the COVID-19 stress reduction. Further research with larger samples of university students is warranted to verify the results.

Keywords: Stress intervention, COVID-19, university students

Lecture 4:

**51: EFFECTS OF SERIOUS STORYTELLING WITH IMAGES ON
NARRATIVE QUALITY**

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ABSTRACT

Background: A myriad of factors affect interview anxiety and outcomes. We ask if images can play a role as an intervention for interview preparation. Based on the theory of direct perception, we hypothesize that images can enhance narrative quality because of their affordance of awareness of significant incidents and ecological cues to enrich meaning building.

Objectives: To compare the effects of serious storytelling with and without images on narrative quality in interview preparation.

Methods: A randomized control trial took place in a selection interview training. Participants produced weekly written narratives illustrating a strength, attribute, or skill they planned to share in interview settings two weeks before and after an interview training. At the end of the training, participants were randomly allocated to exposure and control groups. Each group had matched numbers of anxiety cases according to participant Hospital Anxiety Scale scores. The exposure group participants ($n = 10$) generated images privately to remind themselves of their examples to share with interviewers. The control group ($n = 11$) received placebo instruction to generate keywords for themselves. Two independent assessors blind to the study evaluated the narratives.

Results: Ordinal regression found that exposure to the intervention with images had a pronounced effect on narrative quality after controlling for repeated practices ($p < .0001$) and the effect of training ($p < 0.01$).

Conclusion: This study supports using images in narrative interventions where awareness and meaning construction of events are required. Limitations and implications for technological applications are discussed.

Lecture 5:

22: Rethinking Sport Psychology Theory and Applied Practice: A Self Psychology Perspective

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ABSTRACT

Background: Although self psychology is one of the most dominant and important therapeutic approaches in psychology, at present it is almost completely missing from the sport psychology domain. The incorporation of self psychology into the sport psychology domain is particularly needed due to the ongoing neglect of psychodynamic approaches from the discipline, which relies almost exclusively on cognitive-behavioral approaches to enhance athletic performance. This neglect dictates an incomplete outlook on athletes' inner psychology, and lack of a whole human perspective, therefore limits our sport psychology practice.

Objectives: The aim of this presentation is to examine the importance of a self psychology perspective to sport psychology theory and practice. Self psychology is an appropriate approach for understanding the sports realm for two main reasons: It is one of the most prominent psychodynamic approaches, being popular especially for the feasibility of its practical implementation in a wide variety of clinical and non-clinical settings; and it emphasizes self-value as an important aspect of human development and functioning, thus making it highly suitable for understanding competitive sports, where athletes' value is continuously evaluated.

Discussion: This presentation examines sport psychology theory and practice from a self-psychology perspective. First, using a brief literature review and a critical analysis, the ramifications of the ongoing neglect of psychodynamic approaches in sport psychology will be discussed. Second, the specific contribution of self psychology's key concepts to advancing theory and practice will be presented using short clinical examples.

Keywords: sport psychology, self psychology, stress, performance.

Session 3.4

37: Integrating Women From Various Ethnic Groups Into the Workforce: What are the Challenges and Opportunities?

Chair: Prof. Orna Braun-Lewensohn

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ABSTRACT

This panel will explore the integration into the Israeli workforce of women with academic degrees from various cultural groups, namely, the ultra-orthodox, national religious, and secular groups within the Jewish sector, and Bedouin women from the Arab sector. The various lectures will deal with special stressors these women face and how they cope with those stressors. Specifically, we will focus on the special ways of coping employed by members of each group, while also exploring the common ways in which these women cope as they integrate into their work environments.

The first lecture, by Dr. Idit Gliko, concerns a traditional workplace for women – the school environment. Dr. Gliko's lecture will deal with the delicate topic of integrating special-education children into regular classes. She will explore ways of coping and job satisfaction among each of the cultural groups in her sample.

The next three lectures are part of a large project funded by the Ministry of Science that aims to explore challenges and opportunities for women who enter the workforce after studying in an institution of higher education. Two lecturers, Dr. Sarah Abu-Kaf and Dr. Tehila Kalagy, will explore the difficulties Bedouin Arab and ultra-orthodox women face when they enter the workforce. These difficulties include stressors from home, stressors from the community, and stressors in the work environment. Similarities and differences will be highlighted. In the last lecture, Dr. Nirit Portugies will focus on those who employ women from these sectors. Their openness to employing women from different cultural groups will be underscored, while the challenges faced by these employers will also be emphasized.

The different lectures will be grounded in several theories (e.g., stress and coping theory, ecological theoretical framework, multicultural ideology, etc.). The findings of the presented studies will be interpreted and discussed through the lens of those theories.

Keywords: work, ethnic groups, cultures, stress, coping

Lecture 1:

Special-Education Children in Regular Classes: How Do Teachers From Different Sectors of Israeli Society Cope With Them?

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ABSTRACT

This study aimed to explore the situation of teachers teaching special-needs children who have been integrated into regular classes. More specifically, this study examined how the coping resources of sense of coherence (SOC), sense of school coherence (SSC), and demographic background explain the job satisfaction of such teachers from three different sectors of Jewish Israeli society: secular, religious, and ultra-orthodox.

Six-hundred and thirty-seven teachers completed self-report questionnaires, including a SOC questionnaire, an adapted version of the SSC questionnaire, the COPE questionnaire, and the Employee Satisfaction Inventory questionnaire.

There were no significant differences between the teachers from the different sectors, in terms of their use of most of the coping strategies. However, job satisfaction was significantly higher among teachers in the religious and ultra-orthodox schools, as compared to those in secular schools. Furthermore, significant correlations were found between all of the main variables. Additionally, SSC was found to significantly partially mediate the relationship between level of support and job satisfaction. Furthermore, the variables SSC and religious coping were found to mediate the relationship between level of training and job satisfaction. Sector was found to moderate only SSC.

The results will be discussed in the context of the unique sectors of the society in which these teachers work, Lazarus and Folkman's (1984) stress and coping theory, and Antonovsky's (1979) salutogenic model. These findings indicate that it is important to create, nurture, deepen, and increase the SSC of teachers in all sectors, in order to increase their job satisfaction.

Keywords: coping resources and strategies, teachers, job satisfaction, integrated students, school sectors

Lecture 2:

The Integration of Academic Minority Women Into the Israeli Workforce: The Case of Bedouin Women

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ABSTRACT

Objectives: This study was designed to examine the integration into the workforce of Bedouin Arab women who hold academic degrees, from the perspective of those Bedouin women. Two questions were asked: (1) What factors facilitate the integration of women from the Bedouin Arab minority who have started new jobs following their academic studies? (2) What are the barriers for integration into the workplace among those women?

Methods: We conducted a qualitative research study based on three focus groups of employees and five in-depth interviews.

Results: At the individual level, we identified sets of resources (e.g., professionalism, working hard, and self-confidence) and barriers (e.g., language difficulties, lack of self-confidence, and gender). In terms of proximal social relationships, we identified a variety of resources (e.g., family support, mutual respect and collaboration with peers, previous acquaintance with the employer, and support of managers) and barriers (e.g., difficulties in developing or maintaining relationships with peers or old friends). At the community level, we identified a limited number of resources (e.g., community's sense of pride) and barriers (e.g., resistance from the community to women working in a remote area or in certain fields). At the fourth environmental and societal/cultural level, we found mainly barriers to the integration of these Bedouin Arab women into the workforce, for example, the political context and majority–minority relationships.

Conclusions: Findings are discussed in the context of the ecological theoretical framework. Several recommendations are formulated for promoting the integration into the workforce of Bedouin Arab women who hold academic degrees.

Keywords: Bedouin Arab, academic women, facilitators, integration, ecological framework

Lecture 3:

Diversity Management in the Workplace: The Case of the Employment of Ultra-Orthodox Jewish Women

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ABSTRACT

Multicultural ideology has influenced attitudes regarding the acceptance of minorities and their respective cultures and spurred the growth of various approaches to its implementation. One of the recognized approaches for implementing the ideals of multiculturalism is Diversity Management, which is aimed at recognizing the diversity of the workforce and the need to take into account the cultures from which workers come. In the research literature, differential management of employees has been shown to potentially improve employee performance and encourage the economic growth of organizations.

Over the last two decades, there has been a significant increase in the integration of ultra-orthodox Jewish women into the Israeli economy. This process of integration presents various challenges and these women are forced to maneuver between the religious, conservative world from which they emerged and their exposure to and integration into the general workforce.

The present study aimed to characterize those individual and community-level coping methods that promote the best integration of ultra-Orthodox women who hold academic degrees into the general workforce. This research study was qualitative, involving four focus groups that each included eight employed ultra-orthodox women with academic degrees.

The major themes were classified into categories that were then used to examine, explain, and analyze different management approaches and different coping strategies. The findings indicate that the interface between personal identity and group identity entails constant confrontation with significant challenges and a need to maneuver between different areas. This maneuvering results in the construction of a unique occupational model that combines the values of the 'outside' with those of the 'inside'.

Keywords: diversity management, employment, traditional community, modern theory, cope

Lecture 4:

Understanding Approaches to Managing Diversity in the Workplace

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ABSTRACT

Diversity in the workplace creates concerns not only among employed women, but also among employers and managers. Such concerns might originate from the process of categorizing individuals into distinct and defined social groups, which takes place in employment spaces around the world. Employers fear that hiring members of cultural minorities who require differential treatment will require the investment of time and money resources and trigger nonfunctional conflicts, confusion, frustration, disagreement, negative dynamics, and cultural conflicts.

The consequences of concerns regarding the employment of individuals from diverse backgrounds can be devastating for organizations and employers. These concerns do not only limit employment opportunities, leading to low-employment rates of particular groups and all that that implies. They also affect the organizational climate and employers' attitudes toward the health and work performance of those individuals that have been hired.

We conducted interviews with managers with different levels of seniority, to understand their openness to employing women from minority backgrounds and potential practices for integrating different cultural groups into their organizations. Most of the interviewed managers recognized the benefits of employing these women, including their strong work ethics, knowledge, and desire to advance the goals of their organization. Most of the challenges noted by the employers were related to practical aspects of cultural and communal differences, such as the organization's obligations to provide kosher food and time for prayers, as well as sensitivity when it comes to collaborative work among men and women and absences due to high birth rates.

We used the diversity-climate lens to understand the extent to which organizations implement proactive strategies for managing employees from different cultural backgrounds, to bring different perspectives to the task of addressing the organization's goals.

Keywords: diversity, employers, integration, organization, culture

Lecture 5:

141: Teacher Appraisals of Classroom Demands and Resources, Job Satisfaction, and Instructional Support

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Abstract

Objectives: All teachers within a large school district in Texas ($n=3,382$) were surveyed during the winter of 2020. The aim of the study was to evaluate teacher perceptions of school climate and their occupational stress levels.

Methods: A total of 2,084 teachers responded resulting in a 61.6% response rate. The survey focused on school climate and teacher stress. Scale scores were created to measure these constructs: Job Satisfaction, Classroom Demands, Classroom Resources, and Instructional Support. The Classroom Appraisal of Resources and Demands (CARD) classification system was used to classify teachers according to their risk for occupational stress.

Results: Teachers reporting more resources than needed (Resourced) comprised 26.8% of respondents. Teachers reporting adequate resources to meet classroom demands (Balanced) comprised 33.3% of respondents. Teachers reporting insufficient resources to meet classroom demands (Demanded), the high risk for occupational stress group, comprised 39.3% of respondents. The Demanded group reported substantially lower job satisfaction (Cohen's d effect size = -2.05) and instructional support ($d = -1.76$) than the Resourced group. The Demanded also reported substantially lower ratings of Instructional Support than their Resourced peers. Data mapping was used to graphically display, on an electronic map of the communities served by the school district, the percentage of teachers in each school that were classified into each of the three stress risk groups.

Conclusions: The data map helped identify clusters of schools with high concentrations of Demanded teachers. Key informant interviews identified structural and climate differences between schools with high and low concentrations of Demanded teachers.

Keywords:

Occupational stress, teacher stress, job satisfaction

Session 3.5

Coping and resilience

Chair: Dariusz Drążkowski

Lecture 1:

169: Coping with the restriction of freedom - the determinants of feeling reactance towards the restriction of abortion and engaging in social protests against these restrictions in Poland.

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Abstract

Objectives: In October 2020, the Polish Constitutional Tribunal issued a ruling that significantly restricts the right to have an abortion. Polish society, to cope with this restriction of freedom, started massive protests. Our goal was to explain people's motivations for coping with restrictions on freedom by participating in demonstrations. To realize this aim, we used the reactance theory and examined selected individual differences (reactance-trait, autonomy, gender, collective gender self-esteem, feminism, religious beliefs) that determine feelings of resistance and anger towards the restriction of freedom. We tested how these individual differences explain through reactance involvement in protests against the limitation of freedom.

Methods: We conducted three online studies with 600, 939, and 853 participants, respectively. We analyzed data using Structural Equation Modelling.

Results: Study 1 indicated that as reactance-trait and autonomy increase, the experiencing reactance toward restriction of freedom increases, which is associated with increased involvement in protests. Study 2 demonstrated that sex moderates many relationships between various aspects of collective gender self-esteem and feminism and reactance toward freedom restriction and protest involvement. Study 3 showed that people who believe in God or another transcendent reality feel less reactance toward restricting abortion and protest less. In all models, we demonstrated many significant and strong mediational relationships.

Conclusions: Our research is the first to show that reactance theory largely explains the motivation to engage in protests against restrictions on freedom. Our findings identify which individuals cope with the limitation of freedom by protesting.

Keywords: coping with restriction of freedom, reactance, social protest, gender differences

Lecture 2:

166: Music Use is Related to Higher Levels of Resilience During the COVID-19 Pandemic

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ABSTRACT

Ever since COVID-19 pandemic began, multiple people across the globe had to deal with increasing levels of anxiety and stress which led to rise in mental health problems such as depression. Restrictions on transportation and personal freedom, limited the actions that could be used to deal with the crisis, aggravating the situation even further. Resilience, the psychological quality to endure hardships and bounce back after being knocked down, is highly valuable during these times and it is important to understand how to foster it under such harsh conditions. 714 participants from Israel rated their resilience, depression, anxiety and stress levels, as well as to what extent daily activities have contributed to the achieving of wellbeing goals. Among Information seeking, Watching entertainment (e.g., movies), Musical activities (i.e., listening to music, playing an instrument or singing), Sports, Food (eating or cooking) and Socializing, Music was the activity most associated with higher levels of resilience and lower levels of depression, stress and covid-19 related worries, but not with anxiety. When broken down into specific uses of music, music use predicted to resilience only when it was aimed for obtaining a sense of togetherness or reducing loneliness. Music is a widely accessible and cheap method that is known for being useful for dealing with negative emotions and enhance positive ones, yet the connections between music and resilience are understudied.

Lecture 3:

164: Untangling the impact of supportive relationships

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ABSTRACT

Introduction

The impact of the social support and the negative effects of supportive relationships have increasingly been examined in the literature; with both constructs individually and collectively having been found to predict poor psychological functioning. The current research aimed to replicate and also extend previous research by examining if and how the two constructs are able to predict a range of negative (e.g., anxiety) as well as positive psychological outcomes (e.g., life satisfaction) in order to further clarify the impact of these two constructs.

Method

A cross-sectional study involving 356 community members ($M = 40.94$; $SD = 14.50$ years of age) was undertaken. Mediation analyses were performed to examine if and how the two constructs were able to predict anxiety, depression, and perceived stress, as well as life satisfaction and quality of life, directly and indirectly.

Results

The findings suggest that the negative and positive effects of supportive relationships are able to predict stress, anxiety, and depression independently, but that the negative effects of supportive relationships mediate the effects of social support. No such mediation was found in regard to positive psychological outcomes.

Discussion

Collectively, the findings suggest that the impact of supportive relationships differs when considering negative and positive psychological outcomes. This is in line with other studies that have also concluded that found that positive relationships relate to well-being, whereas negative exchanges relate to psychological distress. Accordingly, greater specificity is suggested when designing and undertaking future studies.

Lecture 4:

136: Internal and External Validation of the *Sisu* scale in a German sample

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ABSTRACT

Perseverance, hardiness, mental toughness and related concepts influence people's well-being and stress-sensitivity. *Sisu* is a Finnish cultural construct, traditionally used to describe the ability to overcome adversity, discomfort and (insurmountable) challenge. While these qualities are generally positive ("beneficial *sisu*"), sometimes *sisu* can manifest in adverse ways that result in conflicts with others or to irrational decision-making ("harmful *sisu*"), which is not taken into account by other scales. Recently developed *Sisu* scale is an 18-item questionnaire consisting of six subscales, with two underlying latent factors, corresponding to beneficial and harmful manifestations of *sisu*.

We conducted inter-cultural reliability analysis of *Sisu* scale's German translation with a sample of 232 teacher students. External validity was assessed by investigating well-being (i.e., physical and psychological well-being, self-worth). We also investigated predictive associations in relation to COVID-related stress.

Internal reliability was satisfactory in all subscales ($\Omega > 0.70$) and in terms of confirmatory model's fit indices. Metric invariance in relation to Finnish and Australian samples was observed, suggesting uniformity in factor loadings between Finnish, English and German translations. As expected, beneficial *sisu* was positively associated with all facets of well-being, whereas harmful *sisu* had an adverse effect. Together, the two *sisu* factors accounted for substantial proportion of predicted variance of total well-being ($\Delta R^2 = 0.26$) when controlling for age, gender and COVID Student stress (full model $R^2 = 0.38$).

The results add further evidence for an interculturally relevant concept of *sisu*. *Sisu* was a very strong predictor of individuals' well-being, even when controlling for the external COVID-related stress.

Keywords: Resilience, Stress, Well-being, COVID-19

Lecture 5:

154: Resilience as a Potential Factor in Explaining the Attitudes of Adults Who Were Socially Rejected during their School Years towards Minority Groups and Foreigners

Maor R. & Gross Z.

ABSTRACT

The purpose of this qualitative study is to examine whether the resilience resources of children who were socially rejected during school years could explain their adult attitudes toward minority groups and foreigners. Twenty-four participants who had been peer rejected in their school years were interviewed. The purpose of the interviews was to identify whether the resilience of children and adolescents who experienced social rejection during their school years could explain differences in their adult attitudes toward minority groups and foreigners. According to the constant comparative method the data was analyzed in four stages. The findings of the study suggest that resilience resources may explain attitudes toward excluded outsider groups. In addition to resilience resources, the study suggests that the attitudes of adults rejected during childhood and adolescence toward outsider groups can be explained by their behavior patterns toward peers who also experienced rejection.

Session 3.6

Burnout

Chair: Cassandra Gearhart

Lecture 1:

104: Child maltreatment and job burnout among helping professionals: the mediating role of attachment style

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ABSTRACT

Background: Job burnout is a major problem worldwide, especially when considering helping professionals providing social or mental health services. When compared to the general population, such professionals have been known to report higher rates of child maltreatment (CM), thus may be more prone to experience insecure attachment styles. Based on the Job Demands-Resources model, insecure attachment style is a personal demand that increases job burnout. Thus, the current study explored whether attachment might mediate the relationship between a history of CM and job burnout. Methods: A preliminary sample of 323 professionals working at diverse social and mental health settings, completed the questionnaires administered by research assistants in person. 36% of the sample reported being maltreated in childhood (research group) and the remaining 64% did not report experiencing CM (comparison group). Results: Due to missing data, the final model was explored using data reported by 261 participants. No differences were found between the groups for job burnout levels. However, insecure attachment styles were found to partly mediate the positive relationship between CM and job burnout. Experiencing a history of CM was positively related to insecure (avoidant and anxious) attachment styles, which in turn were positively related to job burnout. Conclusions: Professionals who are child maltreatment survivors are not necessarily more at risk for job burnout. Yet, CM may explain the development of burnout through relational mechanisms, specifically attachment styles. The study highlights the value of adopting relational perspectives when aiming to better understand the sources of job burnout.

Lecture 2:

121: Preliminary factorial structure and reliability of the Preschool Coping Scale for tutors (EAPt)

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The aim was to analyze the preliminary validity of the tutor version of the Preschool Coping Scale.

Method:

The items were developed based on the child version of the scale; this version was piloted with 20 tutors. Subsequently, it was applied to 205 Mexican tutors of children aged 2 years and 11 months to 5 years and 11 months, who attended some preschool grade.

An exploratory factor analysis using principal components with varimax rotation was performed to examine construct validity, and the reliability of the scale was determined using Cronbach's coefficient.

Results and conclusion:

The analysis yielded 18 items distributed in five factors, with a total Cronbach's alpha of .704, KMO of .764 and an explained variance of 55.1%, the first factor called Dysfunctional coping with an internal consistency of .76 and an explained variance of 15.28%, the second factor, Avoidance coping with an alpha of .53 and an explained variance of 11%, the third factor, Distraction with an alpha of .577 and an explained variance of 10.43%, the fourth factor, Emotional coping with an alpha of .551 and a variance of 9.51% and finally the fifth factor Functional coping, an alpha of .544 and a variance of 8.98%.

Results suggest that the EAPt account for acceptable values for a preliminary validation, but it is necessary to perform a confirmatory analysis to continue with the validation of this scale to be used as a valid and reliable measure of coping in preschoolers.

Lecture 3:

125: Mathematics teachers' job satisfaction is related to their self-efficacy and the schools' environment

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ABSTRACT

This study draws on self-determination theory and the theory of basic psychological needs to investigate the relation between the perceived school environment (i.e., autonomy, social support, feedback and an administrative leadership) and teachers' self-efficacy (i.e., how easy it is for them to teach mathematics) to explain their job satisfaction (i.e., enjoyment, stress). We were particularly interested in the mediating effects of an administrative leadership and teachers' self-efficacy.

The sample consisted of 226 mathematics teachers from German secondary schools. About 45% were female and they had been teaching for 13 years on average. We used self-reported measures to assess the fulfillment of teachers' basic psychological needs related to the school environment, administrative leadership and teachers' self-efficacy as well as job satisfaction. We used mediated structural equation modelling to answer our research questions. In our analyses, we controlled for several socio-demographic variables.

The model showed an acceptable fit to the data. Our results demonstrate that teachers' job satisfaction was significantly associated with self-efficacy (moderate to large effects) and an administrative leadership at the corresponding schools (small to moderate effects). In addition, an administrative leadership had small to moderate effects on the fulfillment of basic psychological needs. The effect of social support on teachers' job satisfaction was fully mediated by teachers' self-efficacy. Our findings stress the importance of teachers' individual resources and a positive school environment for job satisfaction. However, they are limited to a single domain and should further be explored in future research.

Lecture 4:

116: “Overwhelming and depleting”: Personal and professional impacts of teaching during the COVID-19 pandemic

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ABSTRACT

Objectives: This study documents the personal and professional impacts experienced by teachers during the COVID-19 pandemic.

Methods: Three hundred twenty-two K-12 teachers provided written responses to open-ended questions on teaching demands and resources monthly from December 2020 to April 2021. Teachers were recruited from a mid-sized suburban school district in the U.S. Southwest. Inductive thematic analysis was conducted to identify themes. Two independent coders then applied themes to teachers written responses across all time-points. Interrater reliability was strong at 0.81.

Findings: Teachers regularly discussed three domains of personal and professional impact of teaching through the COVID-19 pandemic: physical and mental health conditions, questioning their commitment to teaching, and development of valued technological skills. A variety of health impacts were noted from eye strain and back pain due to long hours on computers to loneliness and exhaustion from isolation and increased workload. Mental and physical health impacts were most commonly discussed.

Conclusions: Themes captured illuminate the ways teachers have been affected by the constant workplace change during the pandemic. Findings can inform teacher support efforts as schools around the world consider safe reopening.

Keywords: Teacher stress, COVID-19 pandemic, qualitative research, health, burnout

Session 3.7

Different perspectives on PTSD

Chair: Palgi Y.

Lecture 1:

160: THE IMPACT OF POSTTRAUMATIC SLEEP ON INTRUSIVE
MEMORIES

– A META-ANALYSIS OF ANALOG STUDIES

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ABSTRACT

Objective: Memory alterations - such as unwanted intrusive memories of trauma - are a hallmark feature of posttraumatic stress disorder (PTSD). Emerging research suggests that posttraumatic consolidation of emotional memory during sleep might have the potential to inhibit the development of intrusive memories. However, at first sight, analog studies investigating the effect of posttraumatic sleep on intrusive memories revealed heterogeneous findings. Thus, the current study aims at providing a first meta-analytical summary of these studies.

Method: Intrusive memories were assessed in terms of frequency and related distress. Differences in intrusive memories between sleep and wake groups were investigated as standardized mean differences (Hedges' g) using random effects meta-analyses.

Results: Analyses of intrusion frequency based on eight studies ($n = 515$ observations) revealed a significant small-to-medium sized effect, $M(SMD) = 0.28, p = .002$ [excluding one outlier: $M(SMD) = 0.35, p < .001$] reflecting fewer intrusive memories in the sleep group compared to the wake group. Analyses of intrusion-related distress were based on six studies ($n = 324$ observations) and did not reveal a significant difference between sleep and wake groups, $M(SMD) = 0.15, p = .251$ [excluding two outliers: $M(SMD) = 0.14, p = .338$]. Non-significant Q statistics and P values $\leq 1\%$ indicate homogeneous effect sizes for both analyses.

Conclusion: Our findings suggest that posttraumatic sleep may be effective in reducing intrusive memory. Future research should investigate if these findings translate to effects of posttraumatic sleep after real-life trauma and their usefulness for prevention of PTSD.

Keywords: posttraumatic sleep, intrusion, meta-analysis, analogue studies

Lecture 2:

158: Posttraumatic responses of healthcare professionals involved in the fight against the COVID-19 pandemic. Longitudinal study

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ABSTRACT

The aim of the short-term longitudinal studies was to check whether changes of the nature of lack of adaptation, adaptation or posttraumatic development can be noted in the subjects within four months. They were concluded on the basis of three main factors, in accordance with the function-action model of psychological defense by Senejko (2008). These are the factors: PTSD level, PTG level and the developmental / non-developmental dimension of psychological defense.

173 people took part in the study. They were employees of medical services, working in "covid" hospitals, aged 20 to 70 (the average age was 37). The research was conducted in April 2020 (stage I) and September 2020 (stage II). The methods used: PCL-5, for the diagnosis of PTSD; PTGI, for the estimation of the post-traumatic growth, EZOP (Senejko, Wieland -Lenczowska), to estimate "covid" threats and the nonconstructive and constructive psychological defenses. Results: both in the first and the second stage, only 1 person from among the respondents presented posttraumatic development and 1 - lack of adaptation. The rest of the respondents were characterized by adaptation. The paper will also show the process of dynamics of changes in the scope of the studied variables (e.g.: 33% of people experienced a decrease in the intensity of PTSD symptoms within 4 months (an increase was 28%); the dimension of psychological defenses changed from non-constructive to constructive in 18% of respondents). The results presented in the paper are part of a wider research project, which will be briefly characterized in the presentation.

Key words: COVID-19 pandemic, medical service workers, posttraumatic reactions

Lecture 3:

170: A Tale of Heads and Tails: Differential Performance on two Cognitive Biases in Acute Stress Disorder

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Objectives

Rationality biases, such as the gambling fallacy (e.g., predicting future coin-tosses based on previous tosses) and the famous “Linda” conjunction fallacy (estimating the conjunction that “Linda” is both teller and feminist based on her description) have not been examined in people suffering from acute stress disorder (ASD).

Methods

To discern the precise rationality bias pattern persons with ASD, we examined performance (n=1001, 82 with clinical symptoms) on these 2 tasks within a month of the Hayian Super-Typhoon (August 27th, 2013).

Results

Conjunction task performance was not associated with ASD diagnosis. Yet responding “Heads” to a 6th coin-toss after 5 successive “Heads” (reverse gambling fallacy) rendered one 2.77 times more likely for ASD diagnosis.

Conclusion

Results support the notion that following trauma exposure, *disequilibrium* (the belief that the world cannot self-correct) may be driving trauma symptoms. Such disequilibrium is thus linked with the belief underlying reverse gambling fallacy biases, namely “what-was-will-be”. Implications regarding themes important to address in therapy are mentioned.

Keywords: Acute stress disorder, Rationality, Reverse gambling fallacy, natural disaster

Lecture 4:

172: Comparing the network structure of ICD-11 PTSD and complex PTSD in three African countries

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Abstract

Background: Symptom network analysis has become an essential tool for researchers and clinicians investigating the structure of mental disorders. Two methods have been used; one relies on partial correlations, and the second relies on zero order correlations with forced-directed algorithm. This combination was used to examine symptom connections for ICD-11 Posttraumatic Stress Disorder (PTSD) and Complex PTSD (CPTSD) as the symptoms for these disorders have been known to be organized in a multi-dimensional and hierarchical fashion. We aimed to examine whether networks of ICD-11 CPTSD symptoms reproduced across samples from three African countries.

Methods: We produced network models based on data from 2,524 participants in Nigeria (n = 1018), Kenya (n = 1006), and Ghana (n = 500). PTSD and CPTSD symptoms were measured using the International Trauma Questionnaire (Cloitre et al., 2018).

Results: The CPTSD network analysis using force-directed method alongside partial correlations based on Gaussian Graphical Models (GGM) revealed the multidimensional-hierarchical structure of CPTSD. The within-cluster symptoms of Disturbances in Self Organization (DSO) and PTSD were strongly correlated with each other in all networks, and the cross-cluster symptoms were lower. The most central symptom was 'feelings of worthlessness', a symptom of Negative Self-Concept that is part of the CPTSD cluster. The networks were very similar across the three countries.

Conclusions: Findings support the ICD-11 model of PTSD and CPTSD in three African countries.

Keywords: Trauma; PTSD; CPTSD; Stress related Disorders; Methodology

Lecture 4:

171: The association between post-traumatic symptoms and mental health on subjective accelerated aging among Older Adults

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Abstract

Objectives: Posttraumatic stress disorder (PTSD) symptoms is related to accelerated aging. However, it was not examined if individuals are subjectively aware of this process. The present study examined whether PTSD symptoms predict subjective accelerated aging, and if positive mental health status moderates this relationship.

Method: 132 community-dwelling older adults ($M=66.85$, $SD=9.13$; age range 51-88) that were sampled through random dialing of Jewish residents in the south of Israel, completed the questionnaire twice. First after arousal of an Israeli-Palestinian conflict (protective-edge), and a year later. Participants reported on their PTSD symptoms, positive mental-health, and on their subjective accelerated aging level a year later.

Results: Higher levels of PTSD symptoms and lower level of positive mental-health status were related to perceived faster subjective accelerated aging. Among those with lower level of positive mental-health status there was a stronger association between PTSD symptoms and subjective accelerated aging.

Discussion: The findings emphasize that individuals who suffer from higher level of PTSD symptoms and specifically those with lower level of positive mental health status, tend to report on perceived feeling of aging faster. This finding gather to previous findings suggesting that alongside the physiological process of accelerated aging there is also a subjective similar process.

Session 3.8

Stress among adolescence and young adults

Chair: Hamama L.

Lecture 1:

108: Gaze avoidance during face-to-face conversations in socially anxious individuals

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ABSTRACT

Eye-contact plays a crucial role in social interactions. Avoiding eye-contact has been implicated in the etiology and maintenance of social anxiety disorder. However, the evidence of gaze avoidance stems largely from studies where the facial stimuli are presented on computer screens or eye-gaze behavior is rated by human observers. Furthermore, recent evidence suggests flexibility of gaze behavior among high socially anxious adults from the general population (HSA) varying with the risk of receiving negative evaluation. Therefore, by using eye-tracking technologies, the current study aimed at unraveling the nature of gaze behavior adopted by HSA persons while they actually interact with others who are physically present and assessing the influence of social-evaluative threat and conversational role (speaking or listening). Twenty-six high and 29 low socially anxious female students (17 – 25 years) were selected based on the Liebowitz Social Anxiety Scale. Participants were asked to hold face-to-face conversations with same-sex confederates. Within the task, the participant and the confederate took turns in answering a set of questions and listening to each other's answers, while their eye movements were recorded using two wearable eye-trackers. The questions vary in degree of intimacy (closeness-generating or small talk). Eye-tracking analyses indicate that, compared to low socially anxious individuals, HSA individuals exhibited significantly greater gaze avoidance during the conversation overall. The current study provides strong support for gaze avoidance as a behavioural marker of social anxiety in naturalistic social interactions.

Keywords: social anxiety; eye contact; avoidance; face-to-face conversation; social interactions

Lecture 2:

106: Applying Conservation of Resources Theory: Students' Coping with School Dropout in different Cultural Contexts?

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Keywords: Stress, Coping, COR-theory, Dropout, Interculturality.

ABSTRACT

Amongst others, the experience of stress and coping is shaped through diverse cultural experiences, which according to the Conservation of Resources theory (COR-theory) may be reflected in a multiaxial model of coping. In Germany, a considerable proportion of cultural diversity takes place in the context of the "Hauptschule". Particularly students from this track are at risk to dropping out, lower future employment possibilities, and experiencing more stress due to intercultural conflicts at school. Hence, the main aim of this study is to explore, how these students cope with multicultural settings at school. For this purpose, data was collected from 247 students and a MANOVA was conducted to analyze the socio-cultural differences of students' coping. There was a significant effect of migration background on all socio-cultural scales, so that students with migration background reported significantly more direct coping, assertive action, instinctive action, aggressive action, and seeking social support. As assumed, there was a significant main effect of gender on coping style. Female students employed significantly more avoidance, considerative action and less aggressive-antisocial action. Furthermore, a significant interaction between gender and migration background on coping occurred, revealing differences between gender and avoidance, so that female students with migration background employed more avoidance, than male students with migration background. Additionally, a significant interaction between gender and considerative action revealed that female students without migration background employed more considerative action, than their male classmates without migration background. These preliminary findings will be interpreted against the background of COR-theory.

Lecture 3:

**4: Meaning in Life, Self-Control, Positive and Negative Affect:
Exploring Gender Differences among Adolescents**

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Abstract

Aim: The current study explores gender differences in adolescence with regard to meaning in life and self-control skills and in relation to positive and negative affect.

Method: Participants were 500 adolescents between the ages of 13 and 16 years. All participants completed four self-report measures: Sociodemographic data, Positive and Negative Affect Schedule, Adolescent Self-Control Scale, and Purpose in Life.

Results: Outcomes revealed that female reported higher negative affect and self-control skills in comparison to male. Moreover, the association between self-control skills and negative affect was stronger among female than among male. In contrast to our assumptions, positive affect was not found to be higher among female although females scored higher in meaning in life than their male counterparts. Additionally, self-control skills mediated the association between meaning in life and negative affect, and gender moderated the association between self-control skills and negative affect only among female.

Conclusions: Given the gender differences, interventions should be modeled to maximize their relevance to a specific gender group and a broad range of assessment tools are needed to better understand the effects of gender differences on meaning in life, self-control skills and positive and negative affects.

Keywords: Adolescents, Gender differences, Positive affect, Negative affect, Self-Control skills, Meaning in life.

Lecture 4:

153: How Parental Support and Pressure Contribute to Adolescents' Stress Level

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ABSTRACT

Objectives. One major stressor of adolescents relates to the pressure students perceive from their parents accompanied by high academic expectations, while in contrast parental support is related to low levels of stress. Following the Conservation of Resources Theory (COR), this study examined whether the perceived parental pressure and support contribute to a change in students' stress level from early to middle adolescence and if there are differences among students from low vs. high track schools.

Methods. Using questionnaire data from 1088 8th grade students ($M_{Age} = 13.70$, $SD = 0.53$, 53.9% girls at Time 1) this two-wave study investigated the impact of perceived maternal and paternal pressure and support for students' general stress level from grades 8 to 9. By applying multigroup multilevel latent change modeling the results were separately computed for students attending high- and low-track schools.

Results. The stress level of students from low-track schools increase from early to middle adolescence, particularly if they perceive pressure from their father, whereas paternal support and maternal pressure dampen the increase of stress. For students from high-track schools, perceived maternal pressure is positively and maternal support negatively related to students' stress level in grade 8.

Conclusions. The findings of the present study support the COR by demonstrating that parental school-related behavior presents a resource that can help students to manage their general stress levels from grades 8 to 9. However, parental support and pressure affect students' stress levels differently, depending on whether the students attend low-track or high-track schools.

Key Words: parental support; parental pressure; stress; gender differences; low- and high-track schools

parallel sessions 4

Session 4.1

Stress and trauma during childhood

Chair: Avital Laufer

Lecture 1:

107: Parents' perceptions of children's behavioral difficulties and the parent-child interaction during the COVID-19 lockdown

Avital Laufer and Mally Shechory Bitton

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This cross-sectional study examined perceptions of 437 parents to minor children regarding their children's behavioral difficulties (CBD) and the parent-child interaction (PCI) during the first COVID-19 lockdown in Israel, in March-April 2020, as well as the associations with parents' psychological distress (BSI), parents' COVID-19-related worries, parents' coping (COPE scale), and parents' resilience (CD-RISC).

Results indicated that parents reported more behavioral and emotional difficulties on the part of their children but at the same time they had more quality time with their children and found it easier to deal with them. Parents' psychological distress and their COVID-19-related worries were positively related to CBD. Emotion-focused coping mediated the association between psychological distress and CBD. Parents' psychological distress was negatively associated with PCI, and resilience mediated this association.

The study results indicated that parents perceived of their children as having greater difficulties, but they also perceived more positive parent-child interactions, during the lockdown. Parents' distress appears to have been a significant predictor of perceived child's difficulties and perceived parent-child interaction during the lockdown.

Lecture 2:

**117: STRESS AS A MEDIATOR BETWEEN SPACES AND
EXECUTIVE FUNCTIONS IN INFANTS**

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ABSTRACT

Microsystems are described as contexts formed by a subject, their roles, interactions, and a specific physical space and time, such as housing and the school environment. Although several studies suggest the importance of studying this type of environment and its repercussion on children's development, in a Latin American context, few studies integrate the interaction of two primary settings in the development of executive functioning.

Therefore, it is important to identify the influence of the factors that shape environmental quality on children's stress and executive functioning.

A quasi-experimental design was chosen, with pre-established groups, which varied according to their socioeconomic level. The final sample consisted of 337 students from five different schools in the Metropolitan Zone of Mexico City.

The children were assessed in waves, starting with the Environmental Quality of the school and family environment, Perceived Stress, Coping Styles and ending with Executive Functioning.

The results reveal a model with the subsequent fit values RMSEA= 0.030, CFI=0.983, $\chi^2(123.833) p=0.024$, thus linking the levels of environmental quality in children's homes and schools and executive functioning. The mediating role of stress between microsystems and deficits in executive functioning (attention and decision making) was also observed when children experienced higher levels of stress because of poor environmental quality in both their homes and schools.

Lecture 3:

**135: EMOTIONAL AND BEHAVIOURAL RESPONSES IN MEXICAN
YOUTH DURING LOCKDOWN AT THE BEGINNING AND ONE YEAR
AFTER THE COVID-19 PANDEMIC**

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ABSTRACT

Health and prevention measures to reduce the spread of COVID-19 included self-care behaviour and social isolation. Lockdown has been particularly difficult for adolescents since their daily activities were affected. This study aimed to evaluate the emotional and behavioural responses of adolescents starting COVID-19 pandemic lockdown and one year later. A cross-sectional study was conducted (supported by PAPIIT-IN308420). Data comes from 790 adolescents aged 13 to 21 years ($M=16.92$; ± 2.57), collected in two waves; at the first wave, 367 adolescents participated, whereas, at the second wave the participants were 423 adolescents. To assess emotional and behavioural responses, and contextual variables (e. g. isolation time) the COVID 19's Youth Perception Survey was distributed online. Regarding contextual variables, the Chi-square analysis shows significant differences ($p<.001$) between the first and the second waves, increasing the risk in the last one. The proportion of adolescents, who were infected ($X^2= 35.071$), with parent infected or sick ($X^2=71.273$), or with a relative who died by COVID-19 ($X^2= 85.127$), was higher in the second wave than the first one. An ANOVA and post-hoc analyses were carried out to compare the effect of lockdown time on the emotional and behavioural responses. Significant differences ($p<.01$) were observed, in preventive measures ($F=3.13$), family dynamics ($F=2.98$), and virtual socialization ($F=2.54$). Although we also expected to find a relationship between contextual variables and psychological responses, there were no significant associations, possibly due to a stress inoculation process. However, these data suggest that isolation time can be a predictor of mental health, so, selective intervention is needed.

Keywords: Adolescence, COVID-19, lockdown, emotional-behavioural responses, risk

Session 4.2

Cardiovascular somatic

Chair: Hughes B. M.

Lecture 1:

**140: EVIDENCE OF DYSREGULATION IN THE
CARDIOVASCULAR STRESS RESPONSES OF YOUNG ADULTS
WHO SMOKE**

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ABSTRACT

Tobacco smoking has been associated with lower cardiovascular reactivity to psychological stress in middle-aged samples, but its impact in young adults remains unclear. Further, while studies have traditionally focused on blood pressure, early cardiovascular dysfunction is more likely to involve underlying biomechanics relating to cardiac output (CO) and total peripheral resistance (TPR). We examined whether young healthy adults showed discernible smoking-related dysregulation of CO and TPR during mental stress. A total of 122 participants (112 women, 10 men, aged 18 to 32 years) underwent standardized cognitive stress-testing during which their hemodynamic function was continuously monitored. We observed upward shifts in blood pressure across the sample, indicative of conventional stress reactivity. However, while non-smokers exhibited reciprocating shifts in CO and TPR (namely, increases in CO coupled with decreases in TPR), smokers responded to stress with simultaneous increases in both parameters. Specifically, while CO increased across all participants, TPR increased in smokers but decreased in non-smokers. Healthy cardiovascular function is ordinarily characterized by CO-TPR homeostasis, where a change in one parameter is offset by an opposing change in the other, so that the overall vascular system is protected from being overly impacted by increases in blood flow. Therefore, the present results suggest that smokers may exhibit a dysregulated stress response that, if repeated over time, would be especially damaging to cardiovascular health. These findings complement some earlier research identifying abnormalities in cardiovascular responses to stress among young and otherwise healthy smokers, perhaps revealing early signs of smoking-related cardiovascular pathology.

Key words: cardiovascular reactivity, smoking, stress-related pathology, stress responses, tobacco

Lecture 2:

**138: CARDIOVASCULAR ADAPTATION TO RECURRENT STRESS:
INDIVIDUALS AT-RISK FOR THE DEVELOPMENT OF HYPERTENSION
SHOW A VASCULAR HEMODYNAMIC RESPONSE PROFILE**

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ABSTRACT

Objectives: Patterns of cardiovascular adaptation to recurrent stress are particularly revealing when examining the impact of psychological moderators of the stress response. However, whether differing patterns of cardiovascular habituation-sensitization are associated with clinical indicators of disease risk has yet to be established. The present study utilized multivariate clusters of reactivity patterns to identify if those most at-risk for the development of hypertension showed altered patterns of cardiovascular adaptation to recurrent stress. **Methods:** In a sample of 356 young adults, cardiovascular reactivity exaggerators, reactors, blunters, and at-risk individuals were identified based on their cardiovascular reactions to novel stress, with categorisation dependent on systolic blood pressure (SBP), diastolic blood pressure (DBP), and heart rate (HR) reactivity to laboratory stress in combination. **Results:** Analyses of the categorised participants ($n = 145$) identified that those in the at-risk group (i.e., those who exhibited high SBP and DBP responses to stress, paired with modest HR responses) showed a weak myocardial hemodynamic response to initial stress, $F(3,141) = 7.13$, $p < .001$. This stress response became markedly vascular on second exposure to the stress-task, $F(3,140) = 4.49$, $p < .005$, $\eta_p^2 = .09$. **Conclusions:** These data identify that a vascular hemodynamic profile of responding may be the underlying mechanism that drives those with exaggerated SBP and DBP responses to stress, paired with moderate HR responses, to be at-risk for the development of hypertension

Keywords: cardiovascular reactivity, adaptation, recurrent stress, vascular response

Lecture 3:

114: Implementation of Neurophysiological approach by self-control of your stress-related Autonomic Nervous System in cardiology and lifestyle interventions

K.Blase, MSc Medical Physics, MSc Neuropsychology

It is more easy to make a systematic review than clinical implementation of Heart Rate Variability Biofeedback (HRVB) treatment in which patients learn self-regulation of a physiological dysregulated vagal nerve function.

The systematic review (Blase, Vermetten, Lehrer, Gevirtz, 2021) resulted in a total of 881 studies. After critical appraisal 9 RCTs have been selected as well as 2 other relevant studies. The RCTs with control groups treatment as usual revealed significant clinical efficacy and better results compared with control conditions.

In the depression studies average reduction at the Beck Depression Inventory scale was 64% (HRVB plus Treatment as Usual (TAU) versus 25% (control group with TAU) and 30% reduction (HRVB) at the PSQ scale versus 7% (control group with TAU). In the PTSD studies average reduction at the the BDI scale was 53% (HRVB plus TAU) versus 24% (control group with TAU) and 22% (HRVB) versus 10% (TAU) with the PCL scale. In other systematic reviews significant effects have been shown for HRV-biofeedback in treatment of asthma, coronary artery disease, sleeping disorders, postpartum depression and stress & anxiety. Effects were visible after 4 weeks of training, but clinical practice in a longer daily self-treatment of 8 weeks is more promising.

How to implement HRVbiofeedback in regular treatment?

One of the popular therapies is Acceptance and Commitment Therapy. In most trials ACT is reported to be superior or equally effective as cognitive behavioral therapy (Gevirtz, R 2020).

It would be more efficient for our health system to integrate psychophysiology like Acceptance and Commitment Therapy, HRVbiofeedback and mindfulness in treatment of depression, PTSD and anxiety disorders, because of the efficacy, more selfcontrol of the client and lowering the cost of treatment.

In the Netherlands, a scientific clinical consortium called Benefit is focalizing on cardiac rehabilitation and prevention of cardiac diseases using lifestyle interventions and self-regulation programs such as non-smoking programs, personal lifestyle coaching, blended care with eHealth, HRVBiofeedback and mindfulness. Waiting list patients and patients in rehabilitation can enter a Platform, receive information, context and questionnaires. We start with the StressQuestionnaire and patients score green (good resilience), orange (stressmanagement relevant) or red (stressmanagement urgent). In a Flowsystem they can make steps from looking at videos, experiencing Tele-treatment till group stressmanagement training or individual stressmanagement training. In the presentation will be shown how patients can work on their selfmanagement, balancing their Autonomous Nervous System, lifestyle enhancement and stressmanagement, personally and in groups.

KEY WORDS: Implementation, Selfcontrol, HRV-biofeedback, neurophysiology, Vagal Tone.

Lecture 4:

143: Fatigue and Cardiovascular Response during Mental Stress in Individuals with Coronary Artery Disease

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Objectives. Fatigue is one of the most common and burdensome symptoms reported by individuals with heart diseases (1, 2), while prolonged distress remains an important risk factor for the development and progression of coronary artery disease (CAD) (3). However, there is still limited research that examines the interplay between fatigue and psychophysiological stress parameters. Thus, we aimed to examine the links between cardiovascular response to mental stress and subjective fatigue in CAD patients.

Methods. The study comprised 142 CAD patients (85 % men, age 52±8) after unstable angina or myocardial infarction enrolled in cardiac rehabilitation. Trier Social Stress Test was employed to evaluate cardiovascular stress response (systolic [Δ SBP] and diastolic [Δ DBP] blood pressure, and heart rate [Δ HR]). Participants also completed questionnaires, including Multidimensional Fatigue Inventory 20-items, Hospital Anxiety and Depression scale and Type D Scale-14. Multiple linear regression analyses were performed to test for the associations between cardiovascular stress response and fatigue, while controlling for covariates (i.e. baseline levels of cardiovascular measures, age, gender, education, heart failure severity, arterial hypertension, smoking history, use of nitrates, anxiety and depressive symptoms, Type D Personality, perceived task difficulty, and perceived task efforts). **Results.** After adjusting for confounders, only cardiovascular response to anticipatory stress was inversely linked with global fatigue (Δ HR: $\beta=-0.238$; $p=0.04$), mental fatigue (Δ SBP: $\beta=-0.244$; $p=0.04$; Δ HR $\beta=-0.303$; $p=0.01$) and total fatigue score (Δ SBP: $\beta=-0.331$; $p=0.01$; Δ HR: $\beta=-0.324$; $p=0.01$).

Conclusions. In CAD patients, fatigue was associated with lower cardiovascular reactivity during anticipatory stress, even after controlling for potential confounders.

Keywords (5): cardiovascular stress response, fatigue, coronary artery disease, cardiovascular dysfunction, depression and anxiety

Session 4.3

Trauma in Israeli Perspective

Chair: Shrira A.

Lecture 1:

47: How does Parenthood Affect Community Resources' Influence on Distress Following Collective Trauma?

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ABSTRACT

Objectives: The literature indicates that personal and community resources mediate the associations between trauma exposure and posttraumatic reactions, however, little is known about the effect of family status on these associations. The current study aims to investigate three resources in the aftermath of exposure to collective trauma: mastery, community involvement, and trust in local leaders, emphasizing group comparison between parents and non-parents.

Methods: The study was conducted 2-3 months after the 2014 Israel-Gaza conflict. N=1,014 Israelis who completed questionnaires assessing levels of trauma exposure (the predictors), mastery, community involvement and trust in leaders (the mediators), and symptoms of psychological distress and somatization (the outcomes).

Results: Structural equation modeling analyses and mediational tests supported the mediating role of personal and community resources in the link between trauma exposure and psychological distress and somatization. Surprisingly, whereas mastery and trust in leaders were associated with reduced levels of the outcomes, community involvement was associated with increased levels of symptoms. Group comparison (by SEM) indicated that most of the mediated associations were significantly stronger among parents compared to non-parents.

Conclusions: Mastery and trust in leaders provide a sense of control thereby reducing psychological and physical symptoms of distress. On the other hand, community involvement might increase the "stress contagion" phenomena whereby social interactions and sharing feelings may exacerbate distress symptoms. Being a parent may increase both the sense of responsibility and vulnerability for adult civilians exposed to collective trauma and thus intensify associations between community resources and distress.

Keywords: exposure to trauma, personal resources, community resources, parenthood, collective trauma

Lecture 2:

**80: FAR AWAY, SO CLOSE:
THE ROLE OF SELF-DIFFERENTIATION AND DYADIC ADJUSTMENT IN
SECONDARY PTSD AMONG SPOUSES OF EX-POWS**

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ABSTRACT

Background: War captivity is a severe traumatic experience, with significant psychological implications on ex-prisoners of war (POWs). Ex-POWs' spouses often experience psychological distress due to their close relationship with a trauma victim. This longitudinal study aimed to examine the temporal role of marital adjustment and self-differentiation (enmeshed vs detached differentiation style), in symptoms of secondary traumatization.

Methods: This study is part of a longitudinal study examining psychological implications of captivity among Israeli ex-POWs and their spouses. Spouses of 267 veterans who have fought in the Yom-Kippur War (154 spouses of ex-POWs and 113 matched spouses of ex-combatants who were not captivated) have been assessed three times (2003, 2011, 2016). Participants completed self-report questionnaires tapping secondary PTSD symptoms (SPS), general psychiatric distress (GPD), self-differentiation and dyadic adjustment.

Results: Spouses of ex-POWs reported more SPS, GPD, fusion and cutoff differentiation, as well as lower dyadic adjustment compared to controls in all times. Cross-lagged models demonstrating the temporal associations between the variables showed that dyadic adjustment mediated the association between fusion\cutoff differentiation and SPS\GPD. Thus, fusion\cutoff in time 1 predicted dyadic adjustment in time 2, which in turn predicted SPS\GPD in time 3.

Conclusions: Our results can be interpreted in light of original theories of secondary traumatization, which emphasize the importance of regulated inter-personal distance among caregivers. Mental health professionals may benefit from a deeper understanding of specific factors that are associated with secondary traumatization. Couples' differentiation patterns and marital adjustment may be targeted during couples' therapy, as a way to reduce trauma symptoms.

Key Words: PTSD; War Captivity; Spouses; Secondary Traumatization; Self-Differentiation

Lecture 3:

92: The Longitudinal Connections between Cognitive Function, Posttraumatic Stress and Depressive Symptoms

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ABSTRACT

This study examined the bi-directional longitudinal associations between cognitive function and symptoms of posttraumatic stress disorder (PTSD) and whether this association is mediated by depression. The study used data from two waves of the Israeli component of the Survey of Health, Ageing, and Retirement in Europe (SHARE-Israel), collected in 2013 and 2015. The study focused on adults aged 50 and above. Each wave used three measures of cognition (recall, fluency and numeracy), PTSD symptoms following exposure to war-related events and a count of up to 12 depressive symptoms (Euro-D). Data were analyzed using mediation analysis in a Structural Equations Modeling approach. Results indicate that PTSD symptoms were related to cognitive decline in recall and fluency two years later, while baseline cognitive function did not impact later PTSD symptoms. Partial mediation showed that older adults with more PTSD symptoms had higher depressive symptoms, which were related to later cognitive decline in all three cognitive measures. This study highlights the association of cognitive function and PTSD reflects an effect of PTSD on cognitive decline and not the other direction. It further indicates that some of this effect can be explained by increased depressive symptoms. Thus, treatment for depressive symptoms may help reduce cognitive decline due to PTSD.

Lecture 4:

113: Understanding the factors involved in development of stress symptoms and/or Post- traumatic Stress Disorder among Israeli midwives

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SUMMARY

Background: Post- traumatic stress disorder (PTSD) associated with significant reduction of quality of life and functioning. Health care providers, who exposed or involved in a direct or indirect trauma, might develop PTSD as well. Evidence show that midwives who frequently exposed to unexpected medical events and unbearable pain demonstrate variety of psychological reactions, including symptoms identified with PTSD. Nevertheless, the fact that only part of the midwives develop PTSD symptoms, although almost all exposed during their work to similar traumatic events, raises a questions regarding the contribution of stress and pain related personality traits the development of PTSD among this unique population. **Goal:** To identify midwives at risk to develop PTSD and to explore whether self-compassion, self-criticism, resilience and pain catastrophizing affect the risk to express PTSD symptoms. **Methods:** PTSD symptoms were assessed in 123 midwives from a several hospitals in Israel. They also completed the Self-compassion scale, Depressive Experiences Questionnaire, Self-Criticism, and the Connor-Davidson Resilience Scale as well as Pain Catastrophizing Scale. **Results:** 11.38% were diagnosed with PTSD. PTSD severity was correlated with higher self-criticism and pain catastrophizing levels. Midwives with a high self-criticism combined with low mental resilience and high pain catastrophizing found to be more vulnerable to express PTSD symptoms. **Conclusions:** These finding highlight the role of personal and cognitive features in the identification of midwives at risk to develop secondary PTSD and conduct intervention programs target to process the stress associated with traumatic events.

Keywords: Stress, PTSD, Midwife

Lecture 5:

119: Reclaiming Hope: Subjective Nearness to Death as a Factor that Moderates the Association between Post-traumatic Stress Symptoms and Hope

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Abstract

Objective: The purpose of this study was to examine whether subjective nearness-to-death moderated the association between posttraumatic stress disorder (PTSD) symptoms and hope, among older adults in Israel.

Method: The first wave was conducted four months after the end of the military conflict between Israel and Hamas, by using an in-region random digit dialing methodology. Our sample included 170 older adults (age range 50–90; $M=65.44$, $SD=9.77$), 115 of whom were interviewed in Wave 2 about a half year later. Participants reported on their demographics as well as on posttraumatic stress symptoms, subjective nearness-to-death, and hope.

Results: Findings revealed that subjective nearness-to-death moderated the association between posttraumatic-stress-symptoms and hope. Older adults who reported high levels of PTSD symptoms but felt far from their personal death, also reported on high levels of hope in the second wave. However, among those who reported on a high level of PTSD symptoms but felt close to their death, low levels of hope were reported.

Discussion: Subjective perceptions of death as far, serve as a resilient resource for older adults. This resource helps them to hold high levels of hope even when they also have high levels of PTSD.

Session 4.4

Stress and Women

Taylor A.

Lecture 1:

147: Stresses and challenges faced by women entering a family relationship with widowers raising young children

Dr. Talia Aizen-Piechich & Prof. Dorit Segal-Engelchin

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Women who entered a family relationship with a widower raising young children have, to date, received very little research attention. To fill this void, the current qualitative study examined the unique experiences of women who were living with a widower with young children. One of the key themes that emerged from the in-depth interviews conducted with 30 Israeli women living with a widowed spouse and his young children focused on their experience of couplehood. Many participants reported feeling that two additional subsystems exist alongside their sub-relationships with their partners, both of which are associated with the latter's continuing bond with their deceased wives: Their partners' spousal subsystem with their deceased wives; and a triadic subsystem consisting of themselves, their partners, and their partners' deceased wives. These findings shed light on the complexity inherent to a relationship with a widower, forcing women to cope with poignant questions concerning their place, and that of the deceased wife, in their partner's life. Participants' narratives indicated a dissonance with which they must grapple over the years: understanding and recognizing their partners' continuing bond with their deceased wives on the one hand; and their recognition of their partners' love for them, on the other hand. The findings highlight the need for therapists supporting these women to take into account the unique stresses and challenges that shape their experience of couplehood. By doing so, they may promote the well-being of these women.

Keywords: Blended family, widowers, young children, couplehood. deceased wife

Lecture 2:

17: TRAUMA HISTORY AND EATING BEHAVIORS AMONG WOMEN: THE MEDIATING ROLE OF PSYCHOPATHOLOGY

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ABSTRACT

Background. The association between psychological distress related to trauma history and eating behaviors is poorly understood. We aimed to examine the relationship of psychiatric diagnosis, trauma history and psychopathological symptoms with eating behaviors among women, and the mediating role of psychopathology in the relationship between trauma history and eating behaviors.

Methods. Data were cross-sectional and were collected as part of a follow-up of a longitudinal study examining mental health during and after conflict exposure. The sample (n = 80) comprised women with a psychiatric diagnosis (n = 28), and women without a psychiatric diagnosis (n = 52). Participants completed online questionnaires about demographics; trauma history; symptoms of depression, generalized anxiety, and posttraumatic stress (PTS); and eating behaviors (emotional, restrained and uncontrolled eating). ANCOVA, linear regressions and path analyses were used for statistical analyses.

Results. There were no significant differences in eating behaviors between women with and without psychiatric diagnosis. Trauma history was directly associated with symptoms of depression, generalized anxiety and PTS, but not with eating behaviors. Symptoms of depression, generalized anxiety and PTS were each associated with uncontrolled eating, and symptoms of depression were also associated with emotional eating. Finally, symptoms of generalized anxiety mediated the relationship between trauma history and uncontrolled eating.

Conclusions. Psychopathological symptoms, especially generalized anxiety among those with a history of trauma exposure, may play a role in eating behaviors.

Lecture 3:

10: THE RELATION BETWEEN SENSE OF COHERENCE AND POSTPARTUM DEPRESSION AMONG WOMEN AFTER FIRST BORN DELIVERY

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ABSTRACT

Objectives: Prevalence of postpartum depression (PPD) in developed countries is between 10-20 percent. Among over a third of the women, symptoms will persist for a year or longer postpartum. Our aims were to examine (1) the relations between sociodemographic variables, mothers' Sense of Coherence (SOC), and PPD after delivery (T1), (2) the effect of SOC on the level of PPD symptoms, immediately after birth and one year postpartum (T2).

Methods: A longitudinal study, conducted over 20 months included (n=114) primipara women. Data was collected 24-48 hours postpartum (T1), and 12 months later (T2). Women answered self-reporting questionnaires: the *Edinburgh Postnatal Depression Scale (EPDS)* and the *Sense of Coherence (SOC-13)*.

Results: Participants' mean age was 29.5, 86.8% married, 82.5% were born in Israel, 73.7% reported no economic difficulties. At (T1), 15.8% of the mothers had PPD symptoms (cutoff \geq 10). At (T2), 6.2% still endured these symptoms. At (T1), SOC was strongly related to the mother's status of employment before childbirth ($F_{(2,111)}=3.02$, $p=.05$). The Structural Equation Analysis (SEM) for predicting the level of PPD symptoms at T2 showed a good fit with two main pathways: 1) PPD at T1 mediated the links between SOC at T1 and SOC at T2; SOC at T2 served as a mediating variable between SOC at T1 and PPD at T2.

Conclusions: Our findings showed that high SOC served as a vital resource which helped mothers cope better with the first year of motherhood and contributed to lower levels of PPD at T1 and T2.

Keywords: Postpartum depression, sense of coherence, birth, primipara women

Lecture 4:

56: Role Perception of Bathhouse Attendants with regards to Identifying and Assisting Distressed Women

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ABSTRACT

Objectives: Social workers rely on figures in the community to connect to distressed population. One unique individual is the Jewish 'Balanit'. Balaniyot (plural) work in assisting women at the 'Mikveh', a bathhouse used for the religious purpose of monthly purification. Many symptoms of distress may come to light in this unique situation, such as post-partum depression, OCD-related compulsions, PTSD symptoms as a result of sexual abuse, or signs of violence. Since recognizing and assisting distressed women is not an established role of the Balaniyot, there is great importance in exploring the factors impacting it. The study was aimed to investigate the contribution of personal factors, community and organizational factors, and distress awareness factors to the Balaniyot's role perceptions within the context of identifying and assisting distressed women.

Methods: The sample consisted of 116 Balaniyot who completed self-report questionnaires assessing the levels of their role perception and the independent variables.

Results: Regression analysis indicated that greater community belonging, higher extent of work status, and greater awareness of distress situations contributed to the Balaniyot's role perception. Interestingly, interaction examination indicated that among participants with low community belonging, higher organizational commitment was associated with reduced role perceptions.

Conclusions: The results imply that organizational commitment contradicts community belonging, requiring the Balaniyot to choose between them. These findings indicate the need to establish trainings focused on assistance and referral processes for Balaniyot encountering distressed women, verifying that their organizational commitment is not being strengthened at the expense of their crucial capability of aiding distressed women.

Keywords: Distress, Mental health, Mikveh, Role perception, Community and organizational factors.

Lecture 5:

12: Intersectional Trauma: The Role of Exposure to Child Abuse, Social Exclusion and Discrimination in Explaining Post Traumatic Symptoms and Resilience among Young Arab Women in Israel

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ABSTRACT

Background and purpose:

Child abuse has been demonstrated to have long-term negative effects on mental health. However, most studies have focused on samples of the general population, whereas only few have focused on ethnic minorities. Moreover, the broad socio-cultural factors which may serve as risk or protective factors concerning the long-term implications of the abuse have received scant attention in the literature. Our study aimed to bridge these gaps by examining the role of exposure to child abuse, social exclusion, and discrimination in explaining post traumatic symptoms (PTSS) and resilience among young Arab women in Israel.

Methods:

The sample included 482 young Arab women aged 18-25 ($M=20.52$; $SD=2.61$) who live in Israel, recruited through snowball sampling. Participants filled out questionnaires regarding background information, exposure to child abuse (CTQ-SF; CTS), social exclusion, perceived discrimination, PTSS (SPTSS), and resilience (CD-RISC-10).

Results:

Participants who experienced child abuse reported higher levels of social exclusion, discrimination, and PTSS and lower levels of resilience, compared to participants who did not experience child abuse. Experiencing child abuse, social exclusion, and discrimination explained higher levels of PTSS. Social exclusion moderated the association between child abuse and resilience.

Conclusions and implications:

The findings show that both child abuse and social exclusion play a significant role in explaining PTSS and resilience among young Arab women. Accordingly, researchers and practitioners should embrace a context-informed perspective, which takes into account the gender, ethnicity, and social contexts of young Arab women, in addition to the context of the abuse.

Session 4.5

Traumatic stress and religiosity

Chair: Radosław Trepanowski

Lecture 1:

149: Cognitive Dissonance of Ultra-orthodox and Orthodox Nursing Students in the Covid-19 Pandemic

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ABSTRACT

(a) purpose of the article. The purpose of the study was to identify the unique attitudes, beliefs and perceptions of groups of nursing students at different religious levels, regarding religion and science. The hypothesis was that the religious students would suffer from a dissonance conflict between the governmental and rabbinical regulations. (b) design. A descriptive research, of 214 orthodox and ultra-orthodox nursing students at an academic nursing school in Israel. Data was collected at the beginning of the Covid-19 pandemic. (c) Methods. The study was approved by the ethics committee of the Jerusalem College of Technology. Referral to all students of the nursing school was made by E-mail. The questionnaire was on Google Docs software. Participation in the research was not mandatory and / or earned the student some consideration. (d) Findings. The findings confirm the expectation that ultra-orthodox and orthodox students are the victims of cognitive dissonance between their community leaders, rabbis and tradition and being exposed to the academic world and the government regulations. (e) Conclusions. The results of this study have important implications in regard to the health care system in general and the education of nurses specifically. The findings imply that for promoting cultural competence it is necessary to deal with the contradictions that may arise between the government regulations and the rabbinical instructions.

Lecture 2:

57: Unique clinical features and culturally sensitive treatment of orthodox Child Sexual Abuse survivors

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ABSTRACT

Background: Prevalence estimations of Childhood Sexual Abuse (CSA) among Orthodox Jews is similar to the general population. The Benafshenu-Bayit Cham clinic opened in 2013, as a public sexual trauma treatment center and as the first national center designated solely for adult survivors from the orthodox Jewish community in Israel.

Methods and interventions: Over 280 women and 30 men have received treatment at the clinic (individual and group psychotherapy, psychiatric treatment and family/couples interventions). Data regarding 115 patients (Women=106), collected from patient files and therapist self-reports will be presented, as well as our accumulated clinical experience.

Findings: The average age of the clients was 29.5, and thirty-two percent began treatment at the clinic under a shroud of secrecy. Most clients were abused by family member (81%), with age of abuse onset ranging from 3 to 17 years old (Mean=11.11). Abuse was mostly (90%) chronic, and 36% of the clients had been revictimized by other perpetrators. Therapist reports of client adverse childhood experiences (ACE's) were high, averaging at 4 ACE'S. About half of the clients (51%) utilized psychiatric services. Our clinical experience has revealed: a) cultural issues pertaining to utilization of services in light of fear of exposure and stigma; b) extreme dissociative symptomatology; c) unique belief systems relevant to the therapeutic work at hand and d) culturally sensitive psychotherapy for this unique population.

Implications: Adult CSA survivors from the orthodox Jewish community have special needs, presenting with unique clinical manifestations. Clinicians should be aware of these special considerations.

Keywords: Childhood Sexual Abuse, cultural competency, Orthodox Jews, adult survivors

Lecture 3:

110: Caregiving Burden, Sense of Community, and Depressive Symptoms among Ultra-Orthodox Jews

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ABSTRACT

Individuals who care for aging parents or relatives often experience caregiving burden, which is associated with various negative psychological outcomes. During the current COVID-19 pandemic, the conflict between caring for older relatives and taking the necessary personal precautions against infection may be exacerbated among individuals who belong to social groups which perceive caring for others as an indispensable cultural construct. Accordingly, the current study examined whether feeling a part of one's community moderates the association between caregiving burden and depressive symptoms among the Ultra-Orthodox society in Israel. A convenience sample of 358 Ultra-Orthodox participants was collected (age range 30-70; M= 49.50, SD= 10.24), all of whom completed scales assessing caregiving burden, sense of community, and depressive symptoms. Results demonstrated that high caregiving burden and low sense of community were associated with increased depressive symptoms. Moreover, sense of community moderated the caregiving burden-depressive symptoms link, as the latter positive association was significant only among individuals reporting low levels of sense of community. The discussion highlights the importance of sense of community as a beneficial personal and social factor which mitigates the negative psychological consequences of caregiving burden among such societies.

Keywords: Caregiving burden; Depressive symptoms; Sense of community; Ultra-Orthodox Jews

Lecture 4:

134: What do religious people fear? The role of perceived disease severity, fear of COVID, fear of death, and belief in the afterlife in explaining COVID-19 protective measures

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ABSTRACT

Objectives: Previous studies have suggested that religious people are less likely to engage in protective behaviours during pandemic. However, the mechanism explaining this relationship is not known. We propose that religious individuals, due to their belief in the afterlife, are less fearful of death and therefore less fearful of COVID-19. As such they perceive lower severity of the disease, and are less likely to take on behaviours protecting against COVID-19.

Methods: On a total sample of 551 Polish participants who took part in an online study, we conducted Structural Equation Modelling.

Results: Perceived disease severity was the strongest predictor of behaviours protecting against COVID-19, followed by fear of COVID, belief in the afterlife, age and knowing someone afflicted with COVID-19. Participants fearing COVID-19, were more likely to also fear death, and perceive the disease as more severe, while participants fearing death were more likely to be women. Both age and knowing someone afflicted with COVID-19 predicted higher perceived severity of the disease. Religious people were more likely to believe in the afterlife, while people believing in the afterlife were less likely to take on protective behaviours.

Conclusions: We found that fear of COVID effectively motivates people to take on behaviours protecting against COVID-19, while belief in the afterlife mitigated this fear, making people less motivated to take on protective behaviours. Our results contribute to the fight against COVID-19 by identifying factors related with different kinds of fear that could be modified and used in health promotion campaigns.

Keywords: COVID-19, fear, disease severity, belief in the afterlife, gender differences

Lecture 5:

45: The Psychological Consequences of the Experience of Palestinian Women in Israel with Sexual Abuse Through the Life-Span: Are they Moderated by Religiosity?

Key words: Sexual Abuse, Psychological Distress, Post-Traumatic Stress Symptoms, Religiosity.

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A cross-sectional survey was conducted among a convenience sample of 2240 Palestinian university students in Israel, which examined their experience with sexual abuse through the life-span and its psychological consequences. Participants answered a self-administered questionnaire relating to their experience with sexual abuse during three life stages (i.e., before the age of 12, between ages 12-16, and after the age of 16) and by three different perpetrators (i.e., father or a brother, a family relative, and a stranger). In addition, the research examined whether there is a relationship between the participants' experience with sexual abuse and several psychological consequences, and to what extent their level of religiosity moderates this relationship.

The results of the study revealed that victims of sexual abuse (by any one of the above-mentioned three perpetrators as well as at any one of the above-mentioned three life stages) reported significantly higher levels of psychological distress (as measured and reflected by levels of the following eight symptoms: somatization, psychoticism, hostility, anxiety, phobic anxiety, paranoid ideation, depression, and obsessive-compulsive) as well as post-traumatic stress symptoms, than did their nonabused counterparts. The results also revealed that experiencing sexual abuse by any perpetrator and at any life stage explained a significant amount of the variance in the above-mentioned psychological consequences, over and above the variance that could be attributed to the participants' level of religiosity. Nonetheless, the results indicate that among women who were sexually abused by a father or a brother, those with low levels of religiosity reported greater psychological distress than did women in high or moderate levels of religiosity. In contrast, among women who were sexually abused by a relative, those with high levels of religiosity reported greater psychological distress than did women with moderate levels of religiosity. Nevertheless, these differences were not found among women who were sexually abused by a stranger. In addition, the results indicate that among women who had experienced abuse before the age of 12: those with lower levels of religiosity reported greater psychological distress than did those with high or moderate levels of religiosity. In contrast, no differences were found among women who were sexually abused at any time when they were 12-16 years old or older than 16 years. The limitations of the study as well as the implications of the results for future research and intervention with victims of sexual abuse are discussed.

Session 4.6

Professional burnout

Chair: Asnat D.

Lecture 1:

5: Hospitalization Experience, Nurses' job satisfaction and Motivation: Patients' and Nurses' perspectives

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ABSTRACT

Background: The current study aimed to explore the Israeli's patients' perceptions of their hospitalization experience. It focused on the patient's perspective vs. the nurse's perspective, as well as on nurses' job satisfaction and motivation from the patients' perspective vs. the nurses' perspective. In addition, we examined the associations between sociodemographic variables and hospitalization variables with patients' perspective of hospitalization experience, nurses' job satisfaction and motivation.

Participants: 652 participants were surveyed: 320 patients that were hospitalized in one of eight different hospitals in Israel northern district during 2018, and 332 nurses who work in those hospitals. **Methods:** Participants completed four self-report questionnaires: demographics, patients' hospitalization experience, nurses' job satisfaction, and nurses' job motivation. **Results:** Means for the hospitalization experience variables were somewhat above the mid-scale. No significant differences were found by group for the perception of the total hospitalization experience. Nurses' job satisfaction and motivation were perceived higher by nurses than by patients. Significant positive associations were found between length of hospitalization and extent of being accompanied by family and patients' hospitalization experience, perception of nurses' job satisfaction and motivation. **Conclusions and Implications for practice:** Patients and nurses perceived patients' hospitalization experience similarly and as acceptable. Hence, this might call for reinforcing the patient-centered care approach. Additionally, as the nurses' work satisfaction and motivation perceived lower among patients in comparison to nurses, further deep observation about the actual message that patients receive from nurses during their hospitalization is warranted in order to understand the roots of these differences between the groups.

Key words: Hospitalization experience; Patient-centered care approach; Nurses' job satisfaction; Nurses' work motivation.

Lecture 2:

98: The Contribution of Resilience, Social Support, Exposure to Violence and Ethical Conflicts to Secondary Traumatic Stress Among Social Workers

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ABSTRACT

Objectives: The purpose of the current study was to expand the understanding of secondary stress (STS) among social workers, by examining, in light of the Job Demands-Resources Theory (JD-R), the contribution of psycho-social job-related resources (social support and resilience), as well as job demands (exposure to violence and frequency of ethical conflicts) to the explanation of STS among social workers, while controlling gender and length of years of experience.

Method: The sample included 379 Israeli social workers. A three-step hierarchical regression analysis designed to explain STS among social workers was performed.

Results: The regression model explained 28.9% of the variance in secondary traumatic stress. Research hypotheses, except of hypothesis related to length of professional experience, were confirmed. The hierarchical regressions indicated that female gender, low resilience, perceived social support, high exposure to client violence and frequency of ethical conflicts, predicted STS. Among all independent variables, a frequency of ethical conflicts had a strongest beta coefficient, implying having a strongest effect on the dependent variable.

Conclusions: The research findings emphasize that beside the contribution of social workers' psycho-social resources and their exposure to violence, the ethical difficulties of social workers have a significant effect on STS. These findings highlight the importance of positive ethical climate in social services organization, as well as the importance of adequate support and training to social workers regarding coping with ethical conflicts.

Lecture 3:

**82: Social support, organizational commitment, and burnout
among employees of service organizations**

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ABSTRACT

Objectives: To retain their staff, organizations need to create working conditions that promote individuals' well-being. Strengthening employees' well-being and resources may prevent illness, tardiness, and absence; therefore it is beneficial for both employees' and organizations' productivity. The study examined gender differences and associations in each gender regarding social support, organizational commitment, and burnout.

Method: Participants in this quantitative cross-sectional study were 294 service organization employees (57.9 % men) aged 18–71 (Mean=34.08; SD=11.83). They completed questionnaires evaluating perceived social support (from colleagues, friends, family, significant other), sense of organizational commitment (affective, continuance), and level of burnout (emotional exhaustion, depersonalization, personal accomplishment). Data were analyzed using IBM-SPSS (version 25), through independent-sample *t*-tests, Pearson's correlations, and multiple regressions.

Results: Men reported receiving less support than women from family, friends, and significant others in their lives. (No gender differences were found in support from colleagues.) Men felt more affective commitment than women toward the organization. (No gender differences were found for continuance commitment.) Men felt more burnout than women in terms of depersonalization. (No gender differences were found for emotional exhaustion or personal accomplishment.) Additionally, in both genders, sense of burnout (in terms of emotional exhaustion) was predicted by low affective commitment; and low affective commitment was predicted by low levels of colleague support.

Conclusions: The findings suggest that men, as employees, experience more vulnerable emotions than women in service organizations. Regarding burnout predictors, efforts to promote socio-emotional variables should be encouraged, to help relieve work burnout affecting both employees and the organization.

Key words: social support, organizational commitment, burnout.

Lecture 4:

102: Psychological Distress and Intention to Leave the Profession

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ABSTRACT

Objectives The purpose of the present study was to examine the association between psychological distress among social workers and their intention to leave the profession through the economic and social exchange perspective.

Methods: The research sample was comprised of 380 Israeli social workers who manually filled in structured questionnaires regarding psychological distress, economic and social exchange between employees and employers in their workplace, self-defined burnout, and demographic information. The mediation model with two mediators (social and economic exchange) was tested, using model 4 PROCESS 3.4 macro for SPSS.

Results: The data analysis showed that higher levels of psychological distress were associated with higher economic exchange and with lower social exchange, which resulted in increased intention to leave.

Conclusions: These findings are important for understanding the process that social workers experience regarding the emergence of psychological distress and for clarifying that this process consists of two concurrent components: increasing preoccupation with economic aspects and increasing emotional distancing from the profession. On the basis of the transactional model of stress and coping and the social and economic exchange perspectives, it would be desirable to develop an organizational culture that promotes social exchange (trust, manager support, teamwork) that would allow social workers to cope with active emotional regulation and to strengthen their sense of belonging to the profession in order to reduce their intention to leave.

Key Words: psychological distress, intention to leave, social and economic exchange, social workers

Lecture 5:

151: Does Work Enable Growth? : The Link Between Job Demands and Employee Resilience in Times of Crisis

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ABSTRACT

Objectives: This study examines the predictive value of challenge and hindrance job demands experienced before the COVID-19 pandemic on employee resilience and strain (i.e., emotional exhaustion and somatic complaints) during the pandemic. Combining principles of stress inoculation with the challenge-hindrance framework, leads to the assumption that challenge demands exhibit an inverted U-shaped relationship with resilience, whereas hindrance demands should negatively relate to resilience. Resilience in turn is hypothesized to mediate the link between job demands and the experience of strain. **Methods:** Prior to the pandemic, 182 employees provided information on their experience of job demands. Further, during the first lockdown period in Germany, employees filled out six weekly diaries. We conducted linear and curvilinear mediation analysis, using within-person slopes between COVID-19 related adversity and positive affect as indicator for individual resilience. **Results:** Results revealed that the relationship between challenge demands and resilience followed the hypothesized inverted U-shaped pattern, whereas hindrance demands were unrelated to employee resilience. Further, there was a curvilinear indirect effect of challenge demands on strain outcomes through resilience. **Conclusions:** Overall results substantiate the role of job demands in stress inoculation as well as resilience building processes and further implicate specific strategies regarding the preparation for and managing of crisis.

Keywords: Stress Inoculation; Challenge-Hindrance Framework; COVID-19 Crisis, Employee Well-Being; Demonstration of Resilience

Session 4.7

Interventions under complicated conditions

Chair: Shorer M.

Lecture 1:

**127: CANPRIM PROJECT | BEYOND ONCOLOGY INTO PRIMARY CARE
CANCER | DISTRESS FOLLOW-UP STUDY AMONG OUTPATIENTS |
FIRST RESULTS**

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Objectives: The CANPRIM project is the first nationwide study to build evidence focused evaluations/interventions on psychosocial burdens, distress, and pathways among cancer outpatients in primary care settings in Romania. The main objectives of the present study are: a.) build evidence focused evaluations/interventions on psychosocial burdens, distress, and pathways in cancer outpatients; b.) better understand the role and negative impact of elevated cancer distress in outpatients; c.) to identify cancer outpatients most likely to benefit from future cancer distress management interventions. **Methods:** The nationwide CANPRIM study uses an exploratory, descriptive and cross-sectional approach. According to the tumor location, a heterogenic, mixed sample of oncology outpatients will be screened, registered to primary care providers (PCP). It uses a mixed-method design with two complementary directions of study. First, the CANPRIM study assesses and evaluates cancer distress, quality of life, information needs, and concerns in 250 cancer outpatients in Romania through quantitative methods. Second, it analyzes 50 PCPs' acceptability and feasibility of a cancer distress screening and referral process in Romania through qualitative methods. **Results:** The first results will be presented at the congress. **Conclusions:** The CANPRIM project is studying an issue and a concept which is currently missing in the Romanian research agenda, yet it is essential for the quality of life of cancer outpatients in Romania. Eventually, the CANPRIM project will enhance the capacity of our current care system to delivery psychosocial services to individuals with cancer in Romania.

Keywords: cancer distress, primary care, cancer outpatients, Romania

Acknowledgment

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Lecture 2:

8: SHORT-TERM PSYCHOLOGICAL INTERVENTION DECREASED PSYCHOLOGICAL DISTRESS AND DISEASE ACTIVITY IN CROHN'S DISEASE

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ABSTRACT

Objectives: Patients with active Crohn Disease (CD) have more psychological distress than patients in remission (Sarid 2018). We examined whether cognitive behavioral mindfulness intervention (Intervention) can reduce psychological distress as well as disease activity in CD.

Methods: The cohort comprised 41 patients: age ≥ 18 year with active CD attending for followup at a university hospital. Patients were randomized to Intervention (n=21) or Controls (n=20). Intervention was taught in 8 on-line one-on-one, one-hour weekly sessions. Disease activity was measured by Harvey-Bradshaw Index (HBI) and psychological distress by the Brief Symptom Inventory (BSI), at entry and at 3 months follow-up. The BSI assesses nine psychological categories. Combining the category scores yields the Global Severity Index (GSI).

Results: Patients had mean age 35 years, disease duration 5.5 years, 63.4% female, 78% with higher education, 88% non-smokers. Median disease activity was 8.0 (range 5–16). There were no differences in age, gender, education, smoking habit and disease severity between the groups. Among the Intervention patients there was a large reduction of disease activity at 3 months ($p < .001$), and significant decreases in GSI ($p < .05$). In controls the drop of disease activity was minor, and GSI increased.

Conclusions: Patients taught cognitive behavioral mindfulness intervention demonstrated significantly less psychological distress and diminished disease activity compared with controls. These findings may imply a role for psychological intervention in reducing psychological distress and disease activity in CD patients.

Key words: Crohn disease, cognitive behavioral mindfulness intervention, psychological distress, disease activity

Lecture 3:

26: The compassionate journey: A semi-experimental study assessing the effectiveness of self-compassion- focused-mindfulness on community volunteers.

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ABSTRACT

Background: self-compassion moderates psychosomatic distress and depression for individuals high in perfectionism. The purpose of the current study was to test a self-compassion-focused-mindfulness (SCFM) intervention for alleviating depression.

Methods: Community volunteers participated in a SCFM group and self-reported three times: at baseline ($n=82$), at the end of the 5-week 5-session workshop ($n=57$) and at follow-up five weeks later ($n=51$). Additional participants were recruited to enrich the baseline self-reports ($n=49$). Measures: Participants self-reported on self-compassion, anxiety and depression, perfectionism, type-D personality, and psychosomatic symptoms and severity. The SCFM was a Hebrew adaptation based on Mindful Self-Compassion program, which is available online. The SCFM was held in person, in small groups $N<20$ over a two-month period.

Results: A hierarchical linear regression analysis regressing depression at Time 1 on other T1 measures replicated past findings and showed a significant interaction between perfectionism and self-compassion ($B=-.60$, $t(122)=-2.58$, $p=.006$), while the model selected yielded $\text{adj}R^2=53.7\%$. In addition, the SCFM was found to be useful for enhancing self-compassion, as a function of T1 self-compassion ($F(1.68,79.16)=12.94$, $p<.001$, $\eta^2_p=.216$). Moreover, relieving the quantity of psychosomatic symptoms ($F(2,94)=3.57$, $p=.032$, $\eta^2_p=.071$), from T1 to T3 (Mean Difference = 2.14), by Bonferroni correction ($p=.021$), and also for depression, as a function of the initial level of self-compassion ($F(2,94)=4.97$, $p=.009$, $\eta^2_p=.096$).

Discussion: Self-compassion is a moderating trait, with great benefit for alleviating suffering. Nonetheless, it is possible to raise the level of self-compassion in individuals, therefore improving psychological and physiological health.

Lecture 4:

39: Litigation and Sub-Optimal Effort in Children with Posttraumatic Stress Disorder

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Motor-vehicle accidents (MVA) are one of the leading causes for Posttraumatic Stress Disorder (PTSD) and for mild Traumatic Brain Injury (mTBI), frequently accompanied by litigation processes. Litigation effect on reported symptoms and treatment outcomes in this condition is controversial, and little is known regarding pediatric population.

Objectives: To explore litigation's relations to distress level, sub-optimal effort, and treatment outcomes in children with PTSD following MVA. **Methods:** 76 children diagnosed with PTSD (39 with mTBI, 37 without mTBI) following MVA were recruited at Schneider Children's Medical Center PTSD unit. Litigation status (litigation phase, litigation emotional impact), emotional status (children's and parents' PTSD, and children's depression, state anxiety, well-being, and post-concussion symptoms PCS), and sub-optimal effort (standard test) were assessed. Prolonged Exposure treatment protocol was administered to 37 children, followed by assessment of intervention effect on emotional status. **Results:** A more advanced litigation phase was associated with higher mothers' PTSD symptoms, and with higher children's PCS. Litigation was not associated with children's sub-optimal effort or mTBI. Litigation emotional impact on parents was associated with greater decrease in children's PCS following treatment. Sub-optimal effort predicted higher reported emotional distress (higher depression, state anxiety, and PCS, and lower well-being), however, also greater symptoms reduction (depression, PCS) following treatment. **Conclusions:** Both litigation and sub-optimal effort are independently related with elevated reported emotional distress, however also with greater improvement following treatment. Thus, treatment is useful for children with PTSD following MVA, and should be considered even in cases with litigation or questionable symptoms report.

Key words: PTSD, Litigation, Sub-optimal effort

Session 4.8

24: The challenges of research in the biology of stress: New mediators and moderators

Chair: Czamanski-Cohen, J. ¹

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ABSTRACT

Chronic and induced stress effects have been examined in relation to the immune, cardiovascular, and neuroendocrine systems. However, results vary and there are many gaps in current knowledge. This symposium presents four studies, highlighting unique aspects of human psychobiology.

Andreas Schwerdtfeger examined effects of a brief positive psychological intervention that facilitates challenge instead of threat evaluations in anxious individuals. Anxiety was related to higher cardiac output following the positive psychological intervention, and to lower cardiac output in controls. Thus, concentrating on one's strengths before a stressor triggers more adaptive coping and better physiological responses in anxious individuals.

Johanna Czamanski-Cohen and Giora Galili will present a validation study of the sing-a-song stress induction paradigm for groups. A cardiac sympathetic index increased during the stressor while changes in respiratory sinus arrhythmia and cortisol were not significant. This study validated the paradigm and revealed the complexity of stress biomarkers.

Lee Greenblatt-Kimron and Miri Cohen present a study of the effects of trauma in early life on the relationship between posttraumatic stress, posttraumatic growth and heart rate variability (HRV) in older age. Holocaust survivorship was associated with higher HRV, mediated by posttraumatic stress and posttraumatic growth. Results reveal the duality of associations between traumatic stress and growth and HRV as a potential resilience biomarker.

Yori Gidron examined relationships between daily hassles (DH), coping, and health outcomes, as a function of hemispheric lateralization (HL). DH were positively correlated with anxiety and physical symptoms only in people with right-HL. Furthermore, the coping strategies associated with DH and anxiety differed as function of HL. Results reveal possible coping mechanisms associated with higher vulnerability of individuals with right-HL.

Though asking different scientific questions with varying methodologies, these studies show that additional moderating and mediating variables underlie the complex biological effects of stress.

Keywords: Stress, Cardiovascular response, Neurophysiology, Health outcomes

Lecture 1:

A Brief Positive Psychological Intervention Facilitates Challenge Instead of Threat Evaluations in Anxious Individuals: Evidence from a Cardiovascular Stress Study

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Objectives: When confronted with stress, anxious individuals tend to evaluate the demands of an upcoming aversive encounter as higher than the available resources, thus indicating threat evaluations. On the other hand, evaluating available resources as higher than the demands signals challenge. Both types of evaluations have been related to specific cardiovascular response patterns with higher cardiac output relative to peripheral resistance indicating challenge and higher peripheral resistance relative to cardiac output signaling threat, respectively. The aim of this research was to evaluate whether a brief positive psychological exercise (best possible selves-intervention; BPS) prior to a stress task shifts the cardiovascular profile in anxious individuals from a threat to a challenge type.

Methods: We randomly assigned 74 participants to either a best possible selves or a control exercise prior to performing a sing a song stress task and assessed their level of trait anxiety.

Results: Cardiac output (CO) and total peripheral resistance (TPR) were continuously recorded through baseline, preparation, stress, and recovery, respectively as well as self-reported affect. Anxiety was related to higher CO in the BPS group and lower CO in the control group. While high anxious individuals in the control group showed increasing stress-related TPR, they exhibited a non-significant change in the BPS group. Moreover, in the latter group a stress-related decrease in positive affect in high anxious participants could be prevented.

Conclusions: Findings suggest that concentrating on strengths and positive assets prior to a stressful encounter could trigger a more adaptive coping in anxious individuals.

Key words: Anxiety, Cardiovascular stress reactivity, Cardiac Output, Total peripheral resistance

Lecture 2:

VALIDATION OF THE SING A SONG STRESS TEST IN A GROUP (SSST-G)

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Giora Galili, PhD, Department of Education and Psychology, Open University of Israel, Raanana, Israel

Objectives: The SSST is a stress induction paradigm created to provide an alternative to the difficult to administer, gold-standard Trier stress test. The SSST has been validated to be comparable to the Trier stress test in terms of eliciting social evaluative stress that also create changes in heart rate and skin conductance in individual participants. In this study, we modified the SSST to a group modality. Twenty-one individuals (16 females) were connected to a portable ECG device.

Methods: After obtaining five minutes of resting ECG, participants provided saliva using passive drool and answered the State-Trait Personality Inventory, state anxiety subscale. Participants viewed a PowerPoint presentation with neutral fact sentences that randomly alternated every 40 seconds with one of the slides instructing the participant to stand up and sing a song in front of the group. Afterwards, participants filled out the state anxiety questionnaire and twenty minutes after stress induction, saliva was collected.

Results: Reported stress levels, mean heart rate and cardiac sympathetic index increased following stress induction but not respiratory sinus arrhythmia or cortisol. Difficulties in individualized timing of saliva collection may have masked actual cortisol changes after stress induction.

Conclusions: The SSST-G is an easy to administer, feasible method to induce social evaluative stress, however exact timing of the stress induction is difficult due to the group setting.

Key words: Stress induction protocol, HRV, validation study

Lecture 3:

Post-traumatic stress symptoms, post-traumatic growth and heart rate variability among older Holocaust survivors

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Ibrahim Marai, MD, Cardiovascular Department, Baruch Padeh Medical Center
Abraham Lorber, MD, Pediatric Cardiology, Rambam Health Care Campus, Israel.
Miri Cohen, PhD, School of Social Work, University of Haifa, Israel.

Objectives: Numerous studies have examined the psychological effects of coping with trauma. Notwithstanding, the understanding of the long-term psychological and physiological outcomes of childhood trauma in old age is limited, in particular, concerning Holocaust survivors. This study, therefore, aimed to examine post-traumatic stress symptoms (PTSS), post-traumatic growth (PTG) and heart rate variability (HRV) among older Holocaust survivors. Also, to examine the mediational effect of PTSS and PTG on the association between Holocaust experience and HRV.

Methods: One hundred fifty-nine Holocaust survivors and a comparison group of 87 participants without Holocaust experience completed PTSS and PTG questionnaires. HRV time and frequency parameters were measured for a subsample of 133 participants.

Results: Higher levels of PTSS and PTG were found among Holocaust survivors. Similar HRV measures were found in both groups, except for the ratio of low frequency/high frequency which was better among Holocaust survivors. Structural equation modeling, through the mediation of PTSS and PTG, indicated that being a Holocaust survivor was associated with higher PTSS and higher PTG, as well as better HRV scores (standard deviation of normal to normal R-R intervals, high frequency and the ratio of low frequency/high frequency).

Conclusions: The study highlighted the duality of the association between PTSS and PTG and their combined effect on better HRV

Key words: Holocaust survivors, post-traumatic stress symptoms, post-traumatic growth, heart rate variability

Lecture 4:

A different coping profile mediating stressors and well-being as function of hemispheric lateralization: Side does matter

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Daniela Herzog, PhD, Maccabi Health Organisation, Israel

Yori Gidron, PhD, Faculty of Social Welfare and Health Sciences, University of Haifa, Israel

Objectives: Past studies have revealed important differences in mood and peripheral biomarkers as function of hemispheric lateralization (HL). Studies also showed that stressors correlate with poor mental health or cause distress only in people with right-HL. However, the mechanism of this effect is unknown. This study examined the role of coping in these findings by testing the relationships between daily hassles, coping and health outcomes, as function on people's HL.

Methods: We recruited 76 French participants, who completed measures of daily hassles (DH) and coping. Coping included problem focused coping (PFC: planning, active coping) and emotion focused coping (EFC: denial, blame). Health outcomes included anxiety, depression and physical symptoms. HL was measured by the neuropsychological line bisection test.

Results: In the full sample, DH were positively correlated with anxiety and physical symptoms. However, when considering HL, DH correlated positively with anxiety only in people with right-HL, not left-HL. Importantly, in left-HL people, PFC correlated inversely with DH and with anxiety, while in right-HL people, EFC correlated positively with DH and anxiety. A formal mediation-moderation analysis revealed this role only for denial in people with right-HL.

Conclusions: This study began to reveal the coping mechanisms that may explain the possibly higher vulnerability of people with right-HL to the adverse effects of stress on well-being. Future studies may examine whether autonomic (vagal) factors also explain these associations.

Key words: Hemispheric lateralisation; Daily Hassles; Coping

Posters

Support-Related Behaviour Online and Psychosocial Resources among Adolescents

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ABSTRACT

Many adolescents rely on online environments for seeking support in coping with their life challenges. Furthermore, the growing tendency of adolescents to provide help online accords various psychosocial benefits for both the recipient and the provider. The present research investigates differences in psychosocial factors (*empathy, prosociality, well-being, self-esteem, and life satisfaction*) among four patterns of seeking and providing online help, as identified in a previous study (Lipshits-Braziler, Amram-Vaknin, Pesin, & Tatar, 2019): (a) *Transceivers* -those who seek and provide help (60% of the present sample), (b) *Receivers* – those who seek help, but do not provide it (5% of the sample), (c) *Transmitters* – those who provide help but do not seek it (12% of the sample), and (d) *Idlers* – those who neither seek nor provide help (22% of the sample). The participants were 428 Israeli adolescents (69% girls; $M_{\text{age}} = 16.04$, $SD_{\text{age}} = 1.07$). It was found that the four patterns do not differ in gender distribution. The findings also revealed that the adolescents manifesting the four support-related patterns significantly differed in *emotional empathy* and *life satisfaction*. The *Idlers* reported a lower level of emotional empathy and a higher level of life satisfaction than the *Receivers*. However, the *Idlers'* reported level of life satisfaction was comparable to that of the *Transceivers* and the *Transmitters*. The findings also revealed non-significant differences between the four patterns in *prosociality, well-being, and self-esteem*. The results of the present research advance our understanding of the relationship between online support-related patterns and psychosocial resources.

Keywords: social support, help providing, cyberspace, psychosocial resources, adolescence

Associations between non-suicidal self-injury and perfectionistic concerns in adolescence

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ABSTRACT

Background and objectives: Prevalence of non-suicidal self-injury (NSSI) is the most common in adolescence (In-Albon, 2013), in addition, teenagers frequently come under pressure derived from the social environment which often expects "always the best" performance. According to the literature negative components of perfectionism (e.g., perfectionistic concerns) have a link with NSSI (O'Connor et al., 2010). Therefore our study aimed to investigate in detail the relationship between different aspects of perfectionism and NSSI in a large adolescent sample.

Methods: 814 (64.1% girl; mean age=16.87ys; SD=1.40) secondary school students' data were analysed. Features (prevalence, methods, functions) of NSSI were measured by the Inventory of Statements About Self-Injury (ISAS, Klonsky & Glenn, 2009), while two, the adaptive and the maladaptive, sides of perfectionism were assessed with the Short Almost Perfect Scale (SAPS, Rice et al., 2014).

Results: 34.8% of the adolescents reported repetitive, while 11.8% occasional NSSI behaviours in their life before. Adolescents who have never engaged in self-harm (53.4%) can be featured with significantly lower level of perfectionistic concerns, than repetitive and occasional self-injurers ($F(2)=24.42$; $p<0.0001$). Multinomial logistic regression revealed that perfectionistic concerns increased the odds of NSSI acts by 7.4% among occasional, while by 11.5% among repetitive self-injurers.

Conclusions: Our results reflect a relatively high lifetime prevalence of NSSI in a Hungarian adolescent community sample. Furthermore, we pointed out a possible impact of perfectionistic concerns on NSSI. If high personal standards don't meet real life characteristics, therefore dissatisfaction with the self is specific during adolescence, vulnerability to NSSI tends to rise.

Keywords: non-suicidal self-injury, perfectionistic standards, perfectionistic concerns, adolescence

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A Phenomenological Analysis of Socially Anxious Women's Experiences Using the Internet in the Social Context

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ABSTRACT

Objectives: While previous studies presented possible explanations for socially anxious individuals' preference for interacting online, the current study examines how socially anxious young adult women experience using the internet in the social context and how this experience differs from interacting offline.

Methods: The study employed a purposive sampling method to recruit three socially anxious women aged 26-28 years old who experienced using the internet for social purposes. We then interviewed the participants to yield a holistic psychological structure that represents the way socially anxious young adult women experience internet use in the social context.

Results: P (the ideal participant), senses willingness to participate in online social activities yet fears that others will critically evaluate her and her actions, fear that limits her actions online. When participating in the activities, she participates in her terms, avoiding disclosing any personal data. An additional sense of control is obtained by her ability to manage the course of the conversation. When P decides to expose aspects of her inner self online, she senses that it differs from self-exposure offline and describes the experience as more natural.

Conclusions The findings suggest that the participants experience ambivalence towards the use of the internet in the social context. Furthermore, they describe social interactions online as profoundly different than offline interactions as internet affordances provide them with a unique and secured space that allows them to express themselves more easily.

Resilience, self-care, and burnout among medical school students

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ABSTRACT

Objectives: To examine the associations between resilience, self-care, and burnout among medical students; and to propose a model in which the association between resilience and burnout is mediated by self-care.

Methods: Data were collected from 95 fourth-year medical students via a quantitative cross-sectional study. Students completed questionnaires regarding burnout (represented by three dimensions: emotional exhaustion, depersonalization, personal accomplishment), resilience, and self-care (represented by four dimensions: stress management, spiritual growth, interpersonal relationships, health responsibility). Data were analyzed using IBM-SPSS (version 25). Pearson's tests examined bivariate correlations. Multiple regressions, using PROCESS macro (version 3.3), examined mediation effects.

Results: Resilience and self-care dimensions of stress management and interpersonal relationships were negatively associated with burnout dimension of emotional exhaustion. Self-care dimensions of spiritual growth and interpersonal relationships were positively associated with burnout dimension of personal accomplishment. The model demonstrated that self-care dimensions of stress management and interpersonal relationships mediated the associations between resilience and emotional exhaustion, while self-care dimension of spiritual growth mediated the association between resilience and personal accomplishment.

Conclusions: The study suggested that resilience is associated with reinforcement of self-care behaviors, which in turn are associated with less burnout focused on the self (exhaustion and accomplishment). These findings have practical implications on medical schools' curricula since nowadays, interventions designed to prevent burnout mostly focus on encouraging self-care activities, regardless of coping with stressful situations. Shifting that focus on developing students' resilience while exposing them to self-care techniques during stressful situations in medical-school years may serve as a protective factor against burnout.

Key words: burnout, resilience, self-care, medical students

Are we really “in it together”? Solidarity appraisal as a unique precursor to burnout in frontline workers

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ABSTRACT

There has been much talk of heroes during the Covid-19 pandemic, and rightly so. Our supermarket workers, healthcare workers, civil defence, and teachers (to name a few) have put their lives on the line during a time of extraordinary need during the pandemic. From looking after our loved ones during their darkest hours, to setting their own fears aside to keep society going, we owe our frontliners an enormous debt of gratitude. Our frontliners, however, have been presented with a very mixed response from the public and the legislature both directly and through media representations. Through our work on the CV19 Heroes Project, we have identified the emergence of an important aspect of social psychology that appears to hit our frontline heroes very deeply: solidarity. The pandemic has pitted humans against the virus, but it has seemed to many that “humans” have not been a united front. From pandemic denial to contravention of public health guidance, our frontliners have been witness to stories detailing how those on the home team have been helping the other side win, on every screen, and throughout the pandemic. We define this as “solidarity appraisal” and believe it to be an important and profound contributor to occupational stress, burnout, and even PTSD. This talk will focus on the concept of solidarity appraisal as a theory, how a lack of social solidarity may be eroding frontline workers’ ability to cope, and also outline initial findings that support the notion that perceptions of solidarity can help and hinder our frontline workers.

The link between non-suicidal self-injury and bullying in a community adolescent sample

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Objectives: Non-suicidal self-injury (NSSI) is a common phenomenon in community adolescent populations (e.g., Plener et al., 2009). Bullying is a negative life event that can be a risk factor in NSSI (e.g., Vergara et al., 2019). In our study we focus on links between NSSI, bullying and emotion regulation difficulties.

Methods: We included 814 participants, boys (35.7%) and girls (63.9%), from different Hungarian regions. The average age of the students was 16.87 years (SD=1.40). Data collection took place in the schools. The following questionnaires were used: Inventory of Statements About Self-injury, Difficulties in Emotion Regulation Scale. Questions for bullying were from the Health Behaviour in School-aged Children research.

Results: Participants were split into two groups: self-injurers (N=313, 38.45%) and non-injurers (N=501, 61.55%). Among self-injurers the summed score of bullying is significantly higher (M=9.61, SD=3.27; $t=7.23$, $p<0.001$) than in the group of non-injurers (M=8.13, SD=1.95). Furthermore, self-injurers struggle with significantly more emotion regulation difficulties (M=45.66, SD=13.94; $t=8.60$, $p<0.001$) than non-injurers (M=37.29, SD=12.65). In a binary logistic regression model bullying (OR= 0.83; CI=[0.77-0.89]), non-accessible adaptive emotion regulation strategies (OR=0.92; CI=[0.89-0.95]) and impulse control difficulties in emotion regulation (OR= 0.90; CI=[0.86-0.95]) are significant predictors of NSSI.

Conclusion: NSSI is a common problem in this sample based on our findings. Results show that both bullying and emotion regulation difficulties have a key role in the development of NSSI. To reduce high prevalence of NSSI in high-school population NSSI prevention should include the topic of bullying and the skills of adaptive emotion regulation strategies.

Keywords: non-suicidal self-injury, bullying, emotion regulation, adolescence

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