



THE ATHENS INSTITUTE FOR EDUCATION AND RESEARCH

# Abstract Book

13<sup>th</sup> Annual International Conference on  
Psychology  
27-30 May 2019, Athens, Greece

Edited by  
Gregory T. Papanikos

2019



Abstracts  
13<sup>th</sup> Annual International  
Conference on Psychology  
27-30 May 2019, Athens,  
Greece

Edited by Gregory T. Papanikos

First published in Athens, Greece by the Athens Institute for Education and Research.

ISBN: 978-960-598-252-2

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8 Valaoritou Street  
Kolonaki, 10671 Athens, Greece  
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# Preface

This book includes the abstracts of all the papers presented at the 13<sup>th</sup> *Annual International Conference on Psychology (27-30 May 2019)*, organized by the Athens Institute for Education and Research (ATINER).

In total 30 papers were submitted by 31 presenters, coming from 14 different countries (Australia, Brazil, Canada, Finland, Hungary, India, Italy, Poland, Puerto Rico, Russia, South Africa, Taiwan, UK, and USA). The conference was organized into 9 sessions that included a variety of topic areas such as Cognitive Psychology, Developmental Psychology, Educational Psychology, Clinical Psychology, Applied Psychology, Addictive Behaviors & Therapy, Psychological Assessment and other issues. A full conference program can be found before the relevant abstracts. In accordance with ATINER's Publication Policy, the papers presented during this conference will be considered for inclusion in one of ATINER's many publications.

The purpose of this abstract book is to provide members of ATINER and other academics around the world with a resource through which to discover colleagues and additional research relevant to their own work. This purpose is in congruence with the overall mission of the association. ATINER was established in 1995 as an independent academic organization with the mission to become a forum where academics and researchers from all over the world could meet to exchange ideas on their research and consider the future developments of their fields of study.

It is our hope that through ATINER's conferences and publications, Athens will become a place where academics and researchers from all over the world regularly meet to discuss the developments of their discipline and present their work. Since 1995, ATINER has organized more than 400 international conferences and has published nearly 200 books. Academically, the institute is organized into 6 divisions and 37 units. Each unit organizes at least one annual conference and undertakes various small and large research projects.

For each of these events, the involvement of multiple parties is crucial. I would like to thank all the participants, the members of the organizing and academic committees, and most importantly the administration staff of ATINER for putting this conference and its subsequent publications together. Specific individuals are listed on the following page.

**Gregory T. Papanikos**  
**President**

**13<sup>th</sup> Annual International Conference on Psychology**  
**27-30 May 2019, Athens, Greece**

**Scientific Committee**

All ATINER's conferences are organized by the [Academic Council](#). This conference has been organized with the assistance of the following academics, who contributed by a) setting up the program b) chairing the conference sessions, and/or c) reviewing the submitted abstracts and papers:

1. Gregory T. Papanikos, President, ATINER & Honorary Professor, University of Stirling, UK.
2. Thanos Patelis, Head, Psychology Unit of ATINER, & Research Scholar, Fordham University, USA.
3. Lori Simons, Professor of Psychology & Practicum/Internship Coordinator, Psychology Department, Social Science Division, Widener University, USA.
4. Elizabeth Trejos-Castillo, Academic Member, ATINER & C.R. Hutcheson Professor, Texas Tech University, USA.
5. John Trougakos, Academic Member, ATINER & Associate Professor, University of Toronto, Canada.
6. Gabriella Gilli, Associate Professor, Catholic University of the Sacred Heart, Italy.
7. Michelle Newberry, Academic Member, ATINER & Assistant Professor, University of Southampton, UK.
8. W. Alexander Escobar, Senior Lecturer, Emory University, USA.
9. Inna Reddy Edara, Assistant Professor, Fu Jen Catholic University, Taiwan.
10. Maria-Irini Avgoulas, Academic Member, ATINER & Associate Lecturer, La Trobe University, Australia.
11. Sandra Velez-Candelario, Consultant and Researcher, Family Organizational Science/Young Human Capital Research Center, Corp., USA and Puerto Rico.
12. Despina Katzoli, Researcher, ATINER.

**FINAL CONFERENCE PROGRAM**  
**13<sup>th</sup> Annual International Conference on Psychology, 27-30 May 2019,**  
**Athens, Greece**  
**Conference Venue: Titania Hotel, 52 Panepistimiou Street, 10678 Athens,**  
**Greece**

**Monday 27 May 2019**

**07:50-08:40 Registration and Refreshments**

**08:50-09:20 (Room C - 10<sup>th</sup> Floor): Welcome and Opening Address by Gregory T. Papanikos, President, ATINER.**

**09:20-11:00 Session I (Room C - 10<sup>th</sup> Floor): Culture, the Arts, and Psychology**

**Chair:** Despina Katzoli, Researcher, ATINER.

1. Gabriella Gilli, Associate Professor, Catholic University of the Sacred Heart, Italy & Sara Schieppati, Adjunct Professor, Catholic University of the Sacred Heart, Italy. Nature Walk *vs.* Urban Walk.
2. Panayiota Romios, Senior Lecturer, RMIT University, Australia. Greek Diaspora in Australia: How the Before and after Articulates the Here and Now.
3. Alessandro Soranzo, Reader in Psychology, Sheffield Hallam University, UK. New Mona Lisa's Smiles.
4. Maria-Irini Avgoulas, Associate Lecturer, La Trobe University, Australia & Rebecca Fanany, Senior Lecturer, CQ University, Australia. Migration, Identity and Wellbeing in Melbourne, Australia - The Idea of being Greek in Diaspora.
5. Sophia Farrington, Clinical Psychologist, Moss Vale Wellbeing (Private Practice), Australia. The Art of Personal Growth - Positive Art Therapy in Clinical Psychology.

**11:00-12:30 Session II (Room C - 10<sup>th</sup> Floor): Cognitive Psychology**

**Chair:** Maria-Irini Avgoulas, Associate Lecturer, La Trobe University, Australia.

1. W. Alexander Escobar, Senior Lecturer, Emory University, USA. Could Strait Cortex Microcolumns Serve as the Neural Correlates of Visual Consciousness?
2. Leonardo Martins, Postdoctoral Researcher and Professor, University of Sao Paulo, Brazil, Wellington Zangari, Professor, University of Sao Paulo, Brazil & Vitor Somera, Undergraduate Student, University of Sao Paulo, Brazil. The Psychology of the Impossible: Using Magic to Investigate Effects of Verbal Suggestion, Thinking Styles, Supernatural Beliefs and Dissociation Proneness on the Memory of an Extraordinary Event.
3. Balint File, Assistant Research Fellow, Pázmány Péter Catholic University, Hungary, Daniel Gero, PhD Student, University Hospital Zurich, Switzerland, Marco Bueter, Professor, University Hospital Zurich, Switzerland, Zsolt Keczer, PhD Student, Eötvös Lorand University, Hungary, Gabor Orosz, Research Associate, Stanford University, USA, Zoltan Somogyvari, Research Fellow, Hungarian Academy of Sciences, Hungary, Júlia Goth, Associate Professor, Pázmány Péter Catholic University, Hungary, Noreen Hinrichs, PhD Student, University Hospital Zurich, Switzerland,

Matteo Muller, PhD Student, University Hospital Zurich, Switzerland & Istvan Ulbert, Professor, Pázmány Péter Catholic University, Hungary. Modular Analysis of Free Word Association for Opinion Retrieval.

4. Prathama Guha Chaudhuri, Consultant Psychiatrist, Fortis Hospitals, Kolkata, India & Megha Rathi, Clinical Psychologist and Guest Lecturer, Caring Minds and University of Calcutta, India. Role of Faulty Cognitive Styles and Coping Strategies in the Development of Borderline Personality Disorders in Adolescent Girls in India: A Comparative Study.

**12:30-14:00 Session III (Room C - 10<sup>th</sup> Floor): Developmental Psychology**

**Chair:** Sandra Velez-Candelario, Consultant and Researcher, Family Organizational Science/Young Human Capital Research Center, Corp., USA and Puerto Rico.

1. Elizabeth Trejos-Castillo, C.R. Hutcheson Professor, Texas Tech University, USA. Building Human Capital in Foster Youth: Opportunities & Challenges.
2. Sophia Ortiz, Associate Director - Child & Adolescent Policy Research Institute, University of Texas at San Antonio, USA. Addressing Gaps in Texas Foster Care System.
3. Clare Bellhouse, PhD Candidate, The University of Melbourne, Australia, Meredith Temple-Smith, Director of Research Training, The University of Melbourne, Australia & Jade Bilardi, Senior Research Fellow, Monash University, Australia. Knowledge and Support Needs for First-Time Parents in the Transition to Parenthood and Early Parenting: A Review.
4. Pamela-Zoe Topalli, PhD Candidate, University of Turku, Finland & Niina Junntila, Adjunct Professor, University of Turku, Finland. Social Competence, Depressive Symptoms, and their Relationship with Social Anxiety among Finnish Adolescents.

**14:00-15:00 Lunch**

**15:00-16:30 Session IV (Room C - 10<sup>th</sup> Floor): Educational Psychology & Other Issues**

**Chair:** Elizabeth Trejos-Castillo, C.R. Hutcheson Professor, Texas Tech University, USA.

1. Jonathan Catling, Senior Lecturer, University of Birmingham, UK. Psychological and Lifestyle Predictors of Academic Success: How Healthy Are Our Students?
2. Yaseen Ally, Senior Lecturer, Nelson Mandela University, South Africa. Psychology in South Africa or African Psychology? The Importance of Understanding the Role of Supernatural Cultural Beliefs in the Transformation of Psychology in South Africa.
3. Sara Schieppati, Adjunct Professor, Catholic University of the Sacred Heart, Italy & Gabriella Gilli, Associate Professor, Catholic University of the Sacred Heart, Italy. The Memorials: Psychological Reflections.
4. Sandra Velez-Candelario, Consultant and Researcher, Family Organizational Science/Young Human Capital Research Center, Corp., USA and Puerto Rico. First Correlation Study between Family Organizational/Administrative Functionality and School's General Point Average of the Young Human Capital of the South/Center of the US, Territory of Puerto Rico.

**16:30-18:00 Session V (Room C - 10<sup>th</sup> Floor): Clinical Psychology, Addictive Behaviors & Therapy I**

**Chair:** W. Alexander Escobar, Senior Lecturer, Emory University, USA.

1. Edyta Dembinska, Assistant Professor, Jagiellonian University Medical College, Poland, Krzysztof Rutkowski, Head of Department, Jagiellonian University Medical College, Poland, Jerzy Sobanski, Assistant Professor, Jagiellonian University Medical College, Poland, Michal Mielimaka, Assistant Professor, Jagiellonian University Medical College, Poland, Anna Citkowska-Kisielewska, Assistant, Jagiellonian University Medical College, Poland, Magdalena Zalewska, Assistant, Jagiellonian University Medical College, Poland & Anna Ostachowska, Assistant, Jagiellonian University Medical College, Poland. Disordered Eating Behaviors among Patients Treated in a Day Hospital for Neurotic and Personality Disorders.
2. Domonkos File, Researcher, Eötvös Loránd University, Hungary, Beata Bothe, PhD Student, Eötvös Loránd University, Hungary, Mate Kapitany-Foveny, Researcher, Eötvös Loránd University, Hungary, Zsolt Demetrovics, Dean, Faculty of Psychology, Eötvös Loránd University, Hungary. Smartphone Application for Reducing Alcohol Consumption: Study Protocol for a Randomised Controlled Trial.
3. Elena Shepeleva, Researcher, Moscow State University of Psychology and Education, Russia & Evgeniya Gavrilova, Research Fellow, Moscow State University of Psychology and Education, Russia. Socio-Demographic and Family Factors of Treatment Adherence: First Experience of Elaboration of Special Questionnaire.
4. Justin August, PhD Student, Nelson Mandela University, South Africa. What is in a Norm? Continuing the Debate on Cross-Cultural Applicability of Psychometric Assessments in South Africa.

**21:30-23:30 Greek Night and Dinner**

**Tuesday 28 May 2019**

**07:30-10:15 Session VI: An Educational Urban Walk in Modern and Ancient Athens**

Group Discussion on Ancient and Modern Athens  
Visit to the Most Important Historical and Cultural Monuments of the City (be prepared to walk and talk as in the ancient peripatetic school of Aristotle)

**11:30-13:00 Session VII (Room C - 10<sup>th</sup> Floor): Clinical Psychology, Addictive Behaviors & Therapy II**

**Chair:** John Trougakos, Associate Professor, University of Toronto, Canada.

1. Shannon Dermer, Interim Dean, College of Education, Governors State University, USA & Erin Markase, Research Analyst, Governors State University, USA. Utilizing a Human Rights Approach to Train Therapists in Sexuality.
2. Inna Reddy Edara, Assistant Professor, Fu Jen Catholic University, Taiwan. Coping Resources for Distress and Well-Being of Filipino Catholic Migrants

in Taiwan: An Incremental Validity Analysis.

3. Olga Sakson-Obada, Assistant Professor, Adam Mickiewicz University, Poland. A Mirror that does not Reflect Self - The Disruption of Bodily Identity in the Mirror Procedure in People Diagnosed with Schizophrenia: Result of an Empirical Study.

**13:00-14:30 Session VIII (Room C - 10<sup>th</sup> Floor): Applied Psychology**

**Chair:** Inna Reddy Edara, Assistant Professor, Fu Jen Catholic University, Taiwan.

1. John Trougakos, Associate Professor, University of Toronto, Canada, Allison Gabriel, Associate Professor, University of Arizona, USA, Sabine Sonnentag, Professor, University of Mannheim, Germany, Jason Dahling, Associate Professor, The College of New Jersey, USA & Juliana Badovinac, Student, Queens University, Canada. Examining the Relation between Morning Reattachment to Work and Employee Daily Workplace Relationship Behaviours.
2. Michelle Newberry, Assistant Professor, University of Southampton, UK. Public Awareness and Perceptions of Dog Trafficking in Malaysia.
3. Rachana Chattopadhyay, Associate Professor, International Management Institute, Kolkata, India. Gender, Intergroup Relations and Interactional Justice: An Experimental Approach Based on Indian Hindu and Muslim Students.
4. Shaida Bobat, Clinical and Industrial Psychologist / Lecturer, University of KwaZulu-Natal, South Africa. Higher Education Transformation in South Africa Focusing on Developing Students' Soft Skills: Understanding Students' Career Development Using Psychological Capital and Career Adaptability Measures.

**14:30-15:30 Lunch**

**15:30-16:30 Session VIII (Room C - 10<sup>th</sup> Floor): Psychological Assessment**

**Chair:** Gabriella Gilli, Associate Professor, Catholic University of the Sacred Heart, Italy.

1. Ranxiao Frances Wang, Professor, University of Illinois, USA & Meera Zukosky, Graduate Student, University of Illinois, USA. Establishing a New Measurement of Mind Wandering Frequency.
2. Baingio Pinna, Professor, University of Sassari, Italy. Modal Completion of Face and Body Perception: When the Whole is Equal to the Sum of its Parts.

**21:00- 22:30 Dinner**

**Wednesday 29 May 2019  
Mycenae and Island of Poros Visit  
Educational Island Tour**

**Thursday 30 May 2019  
Delphi Visit**

**Friday 31 May 2019  
Ancient Corinth and Cape Sounion**

**Yaseen Ally**

Senior Lecturer, Nelson Mandela University, South Africa

**Psychology in South Africa or African Psychology?  
The Importance of Understanding the Role of Supernatural  
Cultural Beliefs in the Transformation of Psychology in  
South Africa**

In recent years, social scientists in South Africa, developed a renewed consciousness to the varying differences in the prevalence, understanding and treatment of psychological disturbances that arises from culture. However, supernatural cultural beliefs have been largely excluded from the psychological theories of human behaviour that dominate the field and have been categorically labelled as pseudo-scientific thinking. Consequently, patients are understood primarily using diagnoses that were designed in Eurocentric contexts and are in many ways, limiting of their psychological experiences. Given this, the concept of psychological disturbance needs to be understood along with the beliefs of the afflicted individual if one is to holistically provide treatment.

This presentation explores ways in which the shift towards a psychology of relevance in South Africa may be achieved. This is done in reference to qualitative fieldwork and research done over a five year period in South Africa. The implications of the work in this project hold plausible and applicable in many contexts given that interest in integrating indigenous knowledge systems into mainstream psychological theory and practice has been increasing internationally.

**Justin August**

PhD Student, Nelson Mandela University, South Africa

## **What is in a Norm? Continuing the Debate on Cross-Cultural Applicability of Psychometric Assessments in South Africa**

*The Raven's Colour Progressive Matrices* is one measure that has been reported as being culture-free and not heavily dependent on verbal and language skills. A review of the literature on the application of the Raven's CPM in South Africa highlighted difference in performances in normal as well as special populations. Geographical locations also appeared to be a contributing factor to lowered performance across groups. The study presents results on the appropriateness of the Raven's CPM on a culturally diverse South African population and its implication for fair and inclusive test selection, interpretations and classifications. The results speak to the expression of Raven's scores amongst a geographically diverse sample of South African learners. These findings are discussed within the continued debate on the cross-cultural applicability of psychometric assessments.



**Maria-Irini Avgoulas**

Associate Lecturer, La Trobe University, Australia

&

**Rebecca Fanany**

Associate Professor, Deakin University, Australia

## **Migration, Identity and Wellbeing in Melbourne, Australia - The Idea of being Greek in Diaspora**

Both maintenance and the transmission of Greek cultural identity is vital for people of Greek descent living in diaspora, regardless of whether the individuals involved are immigrants or the descendants of immigrants. The *'Idea of being Greek'* often represents a positive resource for personal and group identity even though what constitutes being 'Greek' may be different depending on the cultural lens through which it is viewed in the experience of each generation. Nonetheless, core domains associated with the concept of being Greek include the Greek language, the Greek Orthodox religion and various daily cultural practices. This paper will discuss findings across a number of recent studies undertaken in Melbourne, Australia through an emic and etic perspective by a Greek Australian researcher that all utilized the emergent methodology of narrative ethnography to explore migration, Identity and wellbeing in the Greek community as well as the idea of being Greek in diaspora. The results show the emotional benefits associated with cultural identity and overall positive wellbeing and how, for those living in diaspora (whether migration was planned or forced), a cultural community, cultural activity and membership in the group are positive resources in fostering social connectedness. From a social perspective on health, this extends beyond the physiological/clinical elements of health and wellbeing to emphasize the various social and intangible benefits of positive outlook and the very significant role that culture and cultural practices play in the group social context and contribute to the perception of health and wellbeing to the Greek diaspora community across generations.

**Clare Bellhouse**

PhD Candidate, The University of Melbourne, Australia

**Meredith Temple-Smith**

Director of Research Training, The University of Melbourne, Australia

&

**Jade Bilardi**

Senior Research Fellow, Monash University, Australia

## **Knowledge and Support Needs for First-Time Parents in the Transition to Parenthood and Early Parenting: A Review**

Knowledge and support in early parenthood is critical for bonding and child development, but also for the wellbeing of parents who need to continue to nurture their child to adulthood. The transition to parenthood is a critical and life-changing experience; lack of preparedness for this transition has been linked to poor mental health outcomes for parents, poor attachment to the infant, and poor developmental outcomes for the child, with the associated social and financial burdens this brings. Programs and supports in the antenatal period could be preventative of the wide range of difficulties often experienced as a result of poor early parenting, and would reduce the necessity of less effective remedial parenting services at a later date. The aim of this review is to investigate first-time parents' knowledge and support needs in the antenatal period to prepare them for the transition to parenthood and early parenting. Five major databases, Medline, Scopus, Psycinfo, CINAHL and EMBASE were searched using the following search terms; first-time or first time or primipar\*; antenatal or ante-natal or perinatal or peri-natal or post-natal or postnatal or post-natal or newborn or infant; parenting/ or parent\* or father or dad or mother or mum or mom; need\* or require\* or want\*. The inclusion criteria consisted of research from developed countries due to the differing needs in developing countries, studies available in English and including first-time parents. Studies were also excluded if they focused on older children, remedial parenting programs or were physical and health related. The findings showed that various studies have concluded that the emphasis on labour and delivery in prenatal classes needs to be balanced with information on early parenting and family formation to better prepare parents for this major life transition, and parents in various studies have expressed their desire for more parenting information in these classes. The lack of support for new fathers has also been raised as a concern, with new fathers commonly reporting they feel excluded in the antenatal period and unprepared for becoming a parent. Parents have expressed concerns about the lack of continuity in care providers over the transition to parenthood, and about conflicting information provided by various healthcare professionals and friends and

family. Changing societal norms also means that parents are less likely to have wider support networks available in this critical and stressful period, which can lead to feelings of isolation for new parents. There is a clear need for evidence-based programs to be available to first-time parents to prepare them for the transition to parenthood and early parenting.

**Shaída Bobat**

Clinical and Industrial Psychologist / Lecturer, University of KwaZulu-Natal, South Africa

### **Higher Education Transformation in South Africa Focusing on Developing Students' Soft Skills: Understanding Students' Career Development Using Psychological Capital and Career Adaptability Measures**

Higher education in South Africa has a mandate to transform itself to make a greater contribution to the country's economic and social development. Part of this transformation should be a focus on developing students' soft skills to ensure their employability. This quantitative cross-sectional study explored the career development of third year undergraduate students (N = 240) in the College of Humanities at a higher education institution in KwaZulu-Natal, South Africa using psychological capital (PsyCap) and career adaptability measures. The relationship between these constructs and their differences across students' biographical factors were investigated. PsyCap and career adaptability had a strong positive relationship  $r = .641$ ,  $p < .01$ . The PsyCap subconstruct of hope makes the strongest unique contribution to variance in career adaptability (beta = .239,  $p < .001$ ). Students achieving academic results of 75% and above had significantly higher PsyCap than students achieving 60 - 69% and 50 - 59%, and students who worked full time in their field of study before enrolment had significantly higher PsyCap than students who worked in a different field while studying and students who had no work experience. These results are used to suggest interventions potentially appropriate to assist undergraduate students in their career development.

**Jonathan Catling**

Senior Lecturer, University of Birmingham, UK

## **Psychological and Lifestyle Predictors of Academic Success: How Healthy Are Our Students?**

Students' academic success is impacted by many factors. The current study assessed the impact of resilience, stress, depression, hope, anxiety, previous academic performance and exercise on students' academic success. Two-hundred-and-five first-year female Psychology undergraduates from the University of Birmingham completed six measures (Demographic questionnaire, Connor-Davidson Resilience Scale, Perceived Stress Scale, Patient Health Questionnaire, Adult Hope Scale, Generalised Anxiety Disorder questionnaire, and exercise scale). A Pearson's correlation test and Multiple Linear Regression were conducted. Two significant individual predictors of students' academic performance were identified: resilience and depression. This suggests that lower resilience and higher depression predicted lower academic success. Implications of these findings for students are discussed, as well as the clinical significance of students' mental health compared to the general population.

Furthermore, a conducted a mediation analysis to investigate the relations between depression, hope and resilience. We controlled for student age and academic performance in each of the analyses. We found that depressive symptoms predicted individual differences in hope, such that participants with higher levels of depressive symptoms reported lower levels of hope, Depressive symptoms also predicted resilience, such that participants with higher levels of depressive symptoms reported lower levels of resilience. The association between depressive symptoms and resilience attenuated once hope was entered into the regression equation. Hope exerted a unique positive effect on resilience and partially mediated the relation between depression and resilience. The final mediation model accounted for 43% of the variance in resilience.

**Rachana Chattopadhyay**

Associate Professor, International Management Institute, Kolkata, India

**Gender, Intergroup Relations and Interactional Justice:  
An Experimental Approach Based on Indian Hindu and  
Muslim Students**

Researches have already pointed out how violation of gender prescribed behaviour is subject to unfavourable treatment. Current research has expanded this idea and incorporated religion as well. The results of two experimental studies conducted on Hindu (240) and Muslim (240) participants (university students of post graduate level) of India indicate that upon violation of interaction justice, women receive most unfavourable treatment when the justice provider belongs to the same religious group of the target women. This treatment is reversed in case of adherence of interactional justice; target women receive most favourable treatment when there is a match in religious group membership of justice provider. This analysis suggests that in country like India, where different sub-cultures exist; justice is not only stereotyped by gender. Here, people expect interactional justice from female individual of their own religious group membership. If there is a violation, penalty will be maximum for this group. Again by adhering of justice norm, this group will get maximum benefit.

**Edyta Dembinska**

Assistant Professor, Jagiellonian University Medical College, Poland

**Krzysztof Rutkowski**

Head of Department, Jagiellonian University Medical College, Poland

**Jerzy Sobanski**

Assistant Professor, Jagiellonian University Medical College, Poland

**Michal Mielimaka**

Assistant Professor, Jagiellonian University Medical College, Poland

**Anna Citkowska-Kisielewska**

Assistant, Jagiellonian University Medical College, Poland

**Magdalena Zalewska**

Assistant, Jagiellonian University Medical College, Poland

&

**Anna Ostachowska**

Assistant, Jagiellonian University Medical College, Poland

## **Disordered Eating Behaviors among Patients Treated in a Day Hospital for Neurotic and Personality Disorders**

**Objectives:** Studies have indicated high comorbidity between common eating disorders (e.g. anorexia nervosa, bulimia nervosa) and personality disorders. Little is known regarding the association between personality disorders and disordered eating behaviors (DEB). It can be assumed that personality pathology not only partially contributes to the development of eating disorders, but may also shape the specific eating pathology and eating habits. The aim of the study is to evaluate the prevalence of disordered eating behaviors in patients with diagnoses F60-F61 according to ICD-10 treated in a day hospital for neurotic and personality disorders.

**Methods:** The study population comprised 72 patients, mainly females (72 %), with primary diagnosis of personality disorder starting intensive short-term psychodynamic group psychotherapy in a day hospital for neurotic and personality disorders. The Symptom Checklist „O” and MMPI-2 was used to assess patients’ personality traits. Disordered eating behaviors were measured using EAT-26, OTRO-15 and self-administrated Disordered Eating Behaviors Questionnaire developed for this study.

**Results:** Disordered eating behaviors were observed in over 60 % of patients with personality disorders. The most common symptoms were different forms of overeating. Orthorexia, pica, self-induced vomiting and traits of avoidant restrictive food intake disorder (AFRID) were the rarest in the group under study.

**Conclusions:** Subclinical forms of eating disorders are common in the group of patients with primary diagnosis of personality disorder. Further

research into possible connections between eating pathology and personality traits is needed.



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&

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## **Utilizing a Human Rights Approach to Train Therapists in Sexuality**

The expression of sexuality is a fundamental aspect of being human, and when exercised responsibly it can foster intimacy, connection, and pleasure. The intersection of human diversity with sexual diversity requires therapists to be able to understand, research, and discuss sexuality in an open, respectful, affirming way. This ability is important for all populations, but is disproportionately important for sexual minorities. This point is highlighted by the health disparities experienced by sexual minorities.

Despite sexuality being a core aspect of human development, mental health professionals tend to approach sexuality from a sex negative perspective resulting in disregarding or pathologizing sexuality. The research on behavioral and medical health professionals sheds light on their lack of comfort discussing sexuality. Yet, the freedom to express sexuality and sexual pleasure are an integral aspect of overall health and wellbeing. The World Association of Sexual Health has gone as far to assert that enhancing sexual health fosters the health of individuals, equality, and social responsibility--each of which increases the likelihood of peace and equity in a society. Sexual health tends to be discussed in terms of negative sexual rights (e.g., freedom from violence, freedom from STIs, freedom from forced procreation) rather than in terms of positive sexual rights (e.g., the right to sexual pleasure, the right to sexual expression, the right to eroticism). The next "sexual revolution" will be focusing on positive sexual rights and sexual freedom as a part of human rights for all.

The Universal Declaration of Human Rights was created in 1948 and included the right to health. Almost 50 years later sexual rights were acknowledged as part of health. Human rights supersede, social political, and cultural values and norms. Utilizing a human rights approach compels people and societies to take actions against cultural ideas and practices that impede people's human rights. It recognizes each person's right to equal rights as a citizen of their country and as a human being. In multicultural and diversity models multiple identities are seen as "equal," but human rights approach means that sexuality cannot be suppressed under the guise of religious or cultural norms. Applying a human rights perspective to the training of therapists and other behavioral health

professionals will provide a better way to highlight the importance of freedom of sexuality and that this basic right should not be subverted by individual, cultural, nor societal values and beliefs.

**Inna Reddy Edara**

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## **Coping Resources for Distress and Well-Being of Filipino Catholic Migrants in Taiwan: An Incremental Validity Analysis**

Globalization has led to a rapid increase in migration, placing an extraordinary stress on the migrants and their families, which may give rise to comparable increases in all types of mental illness. Mental health problems or distress for migrants result from a complex interplay between biological, psychological, social and environmental factors. One group of people that have been migrating in great numbers are the Filipinos. Currently, Taiwan has about 94,892 migrant workers from the Philippines. Research indicated that the coping styles of Filipinos, nested in a collectivist culture, may not always work in other settings. Religion and prayer are generally used by the Filipino migrants to cope with distress. This study, therefore, used the data from 378 participants and employed incremental validity analysis to look at the significance of psycho-social and religious-spiritual coping resources in buffering mental distress and promoting well-being of the Filipino Catholic migrants in Taiwan. After controlling for the relevant demographics in the hierarchical regression analyses, the subsequent steps indicated that Mastery in Step 2, Social Connectedness in Step 3, Positive Religious Coping in Step 4, and finally Spiritual Meaning in Step 5 significantly predicted both distress and well-being. Although entered in Step 4 and Step 5 of the regression equation, both Religious Coping and Spiritual Meaning, respectively, made a significant incremental contribution to coping with distress and promoting well-being. These significant results suggest that the individuals and church communities, social welfare organizations and policy makers on migrant issues should take into consideration the psycho-social and religious-spiritual resources that help the migrants cope with their migration distress and promote their overall well-being.

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## **Could Striatum Cortex Microcolumns Serve as the Neural Correlates of Visual Consciousness?**

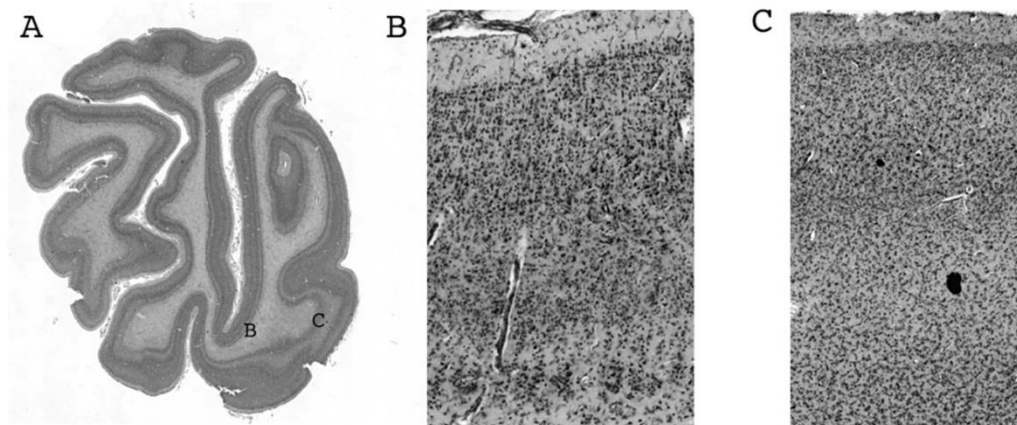
Researchers have studied neural circuits across many species for decades. The models based on this research take into consideration the various currents ( $K^+$ ,  $Na^+$ ,  $Ca^{++}$ , etc) that cross the membranes of neurons and the connectivity of these cells within their respective circuits. In these models, the physical shape of the cell circuit is not considered in the function of the circuit except in rudimentary ways.

As a result, we tend to think of specific circuit topology as noise or irrelevant variations that are not important in terms of the underlying biology. It may be the case that this is indeed true for many neural circuits but we should remain open to the idea that this may not always be true. One of the basic tenets of biology is that structure leads to function and it is possible that in certain cases the specific 3-D topology of a circuit is functionally important.

A case in point is the microcolumn circuits we find in the striate cortex (V1) of certain mammals. The cells in this part of the cortex are known to process basic bits of information used for the production of visual experiences. Moreover, research over the past two decades indicates that this cortical region may have a direct role in the production of phenomenal visual experiences. Work from many labs demonstrates that the recurrent activation of V1 from visual areas like V3, V4, and V5, correlates with the onset of phenomenal visual experiences (Boehler et al., 2008; Cowey & Walsh, 2000; Kosslyn, Ganis, & Thompson, 2001; Mehta et al., 2000; Overgaard, Nielsen, & Fuglsang-Frederiksen, 2004; Pascual-Leone & Walsh, 2001; Silvanto, Lavie, & Walsh, 2005; Tong, 2003).

A great degree of structure is easily observed when looking at microcolumns, specifically in layers 5 and 6 of the striate cortex (Fig. 1). Many have taken this structure to be of little importance since they believe the activity of these microcircuits only becomes significant at the level of larger populations of cells. Current attempts to understand the functional significance of the neural activity of the striate cortex use a statistical approach by populating large, in-silico circuits with specific cells types (amacrine, chandelier, etc.). The types and numbers of cells are based on known frequencies of these cells in the tissues of interest. Clearly, this approach completely disregards the true and natural structure of these circuits and treats this structure as immaterial (Muralidhar, Wang & Markram, 2014).

**Figure 1.** A) Human left hemisphere: Section 300 of *The Big Brain Project* (Amunts et al. 2013). Tissue was Nissl stained and then digitized (1.0-by-1.0  $\mu\text{m}$  pixel size). This slice through the occipital lobe includes a cross section of V1 and V2. B) The location of this image is shown for reference in A) and is found at the bottom of the calcarine sulcus. Cortical layer 1 is at the top and layer 6 is at the bottom of this image. This image is representative of V1 cell distributions - clusters of cells (especially in layers 5 and 6) seem to aggregate into distinct units. C) Please see A) for location. This image is characteristic of cell distributions in V2. Notice the lack of cell clusters and lack of cell columns running from the top (layer 1) to bottom (layer 6) as seen for V1. Brain image files were supplied by Alan Evans and Claude Lepage (McGill University) and the DSA MultiSlide Viewer used to display these images was developed by David Gutman at Emory University.



In biology, we know that structure, even at the smallest scale, can have great importance. This is true whether we speak of the structure of small molecules, enzymes, DNA, cells, or groups of cells. Perhaps it is the case that this same principle applies to cortical microcolumns and the specific topology in space of these microcolumns has biological significance.

In the cross sections shown of V1 and V2, it is apparent that there are large differences in the structure of local circuits within these regions. The cell clusters of V1 appear to be distinct and unique in their appearance while the corresponding cells of V2 are not and indeed look more like they are distributed in random way. This is despite the fact that both V1 and V2 are known to contain retinotopic maps and cells of these centers only process local information for specific points of the visual field.

I have postulated the distinct microcolumn 3-D structures of V1 are significant for the production of individual qualia and may be key to understanding how visual phenomenal experiences arise. The quantized visual awareness (QVA) hypothesis predicts that quanta of awareness (qualia) are produced by the synchronous spiking of microcolumns with specific 3-D topology. Thus, a microcolumn of a certain topology will reproducibly generate simple forms of awareness like the color red when it becomes active (Escobar 2016, Escobar 2013). By controlling which microcolumns within an ocular dominance column (ODC) become temporally synchronous, the higher centers (V3, V4, V5) can assign

specific values for color, depth, orientation, and movement to individual points of the visual field.

A quick, but incomplete way, to think of this is your computer display. You know that innumerable scenes can be generated on your computer display, and in fact, you can easily view entire movies on your screen. However, on a small scale we know that these scenes are all created by the activation of pixels on the screen and this only requires pixels of three colors for the full color spectrum to be created.

Of course, in the case of your vision we are talking about the creation of subjective experiences. However, like a computer display, QVA postulates these experiences are being produced as independent quanta of awareness (qualia) that may come in just a few forms (ex. three color qualia), which are then integrated into our visual field. V1 is an excellent surrogate for the visual system's "screen" since it contains the most precise retinotopic map of the visual system. This allows for the exact mapping of these quanta into our visual field and yields a high degree of acuity (0.1 mm).

QVA naturally leads to a system that is massively parallel (Escobar 2016, Zeki 2015) with millions of individual microcircuits contributing to the overall visual experience in an independent fashion. As the higher centers (V3, V4, V5) make decisions about which microcolumns to activate through recurrent pathways, certain microcolumns of V1 achieve or fall out of gamma synchrony. In turn, the qualia produced by each of these microcircuits simultaneously integrate themselves into our visual experience.

QVA is robust in that it is based on the neuroanatomy of the striate cortex, relates well with studies investigating the onset of visual phenomenal experiences, and follows the fundamental principle of all biological systems - all complex biological systems are formed from the many subunits contributing to that system (a principle lacking from many current ideas about the nature of consciousness and subjective experience). In addition, this model provides bridging laws that explain how the activation of neural microcircuits results in the production of phenomenal and access consciousness (Block 1997, Lamme 2003).

QVA is testable and I have proposed a series of experiments (Escobar 2016) to address this hypothesis. If this model holds true, then it should be possible to look for identified circuit topologies in many animal models. For the first time, we may be able to gain quantitative information about subjective experience in humans and animals.

**Sophia Farrington**

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## **The Art of Personal Growth – Positive Art Therapy in Clinical Psychology**

This paper reviews a growing body of evidence for the use of art therapy in helping clients achieve psychological change. Cognitive-Behavioural Therapy (CBT) interventions are increasingly being integrated with art therapy by Clinical Psychologists in Australia and internationally. While CBT has traditionally involved verbal modalities to facilitate change, image making complements CBT approaches allowing therapists to allow visual communication to enhance cognitive-behavioural insights. Interest in neuroscience and how the mind affects the body's response to stress and illness has inspired the use of mindfulness-based stress reduction or bringing one's complete attention to the present experience to enhance self-regulation and reduce symptoms of distress. Immersion in art making can also be considered an extension of mindfulness focused practices. This review of the literature suggests that the integration of imagery making into treatment offers clients opportunities to actively collaborate with therapists to achieve change, learn strategies to reframe emotions and experiences, and use current brain knowledge to support a more positive sense of self.

Can art therapy be used to augment positive clinical psychological practices? Is it therapeutically effective? These are questions of relevance to growing numbers of Australian clinical psychologists. Psychologists registered with the Australian Health Practitioner Regulation Agency (AHPRA) only deliver "evidence based" psychological interventions. Currently, these approved interventions include Cognitive Behavioural Therapy (CBT), Motivational Interviewing, Interpersonal Psychotherapy, and Acceptance and Commitment Therapy. Clinical Psychologists in Australia who offer Psychological Therapy services (funded under Medicare's Better Access to Mental Health Care Initiative) are also required to provide only "evidence based" therapeutic methods. These regulations are in place to protect the wellbeing of clients obtaining psychological services and ultimately to 'do no harm'. However, some practitioners are becoming concerned with the possible limitations of delivering only CBT. Is there a possibility we are doing our clients a dis-service by excluding the use of creative therapies as a tool in therapy? Could we be doing more to enhance the psychological wellbeing of clients who respond better to therapy delivered through visual rather than purely verbal methods due to their learning style preference?

A growing body of scientific evidence is emerging in the field of art therapy. However, these studies generally lack the scientific rigour that

provides evidence of CBT's efficacy in treating a wide range of mental disorders. The subjective nature of healing can be difficult to measure and the unique interaction between a client, his/her artwork and the individual therapist's training and experience are near impossible to replicate and measure. However, science cannot explain all healing phenomena, and so this review will examine why Clinical Psychologists should consider the benefits of incorporating art therapy into their work as an effective modality for delivering strengths-based positive psychological therapy.



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## **Modular Analysis of Free Word Association for Opinion Retrieval**

Questions usually build on preconceptions. However, investigators cannot be sure, whether their preconceptions lead to the best questions to understand a psychological phenomenon. Free word association technique - on the contrary - allows relatively unrestricted access to mental representations, it is easy to apply and provides fast and cheap data collection. So far the identification of prominent opinions from a large amount of diverse associations was a drawback of the word-association method. We developed and validated a method that can map freely expressed opinions and cognitive schemes from multiple word associations.

The method was introduced on two diverse samples and cues. 1) Reflecting a current social topic, we chose the cue "migrant" and asked for free word association in a comprehensive sample in Hungary (Sample 1, N = 505). 2) Based on surgeons' demand to better understand their patients, a free word association test with a cue "weight-loss" was applied on a large cohort of German speaking obese (highest lifetime BMI>35) patients (Sample 2, N=1482). Participants from both sample were asked to write 5 words that first came to their mind about the cue ("migrant", or "weight-loss"), and to select 2 emotions which best described their

corresponding feelings. In Sample 1, participants were asked to express their explicit attitudes toward migrants on a Perceived Outgroup Threat (POT) Likert-type scale questionnaire. In Sample 2, participants were asked about their obesity related data (e.g.: BMI, surgery history, body image dissatisfaction). Networks were created from the associations based on their statistical co-occurrence for both samples separately and the densely connected groups of associations defined as modules. Each respondent was linked to the module from where the majority of his/her association came from. On both datasets we aimed to demonstrate that the identified association modules could 1) capture distinct dimensions of the respondents' emotions to the cue, 2) related to explicit attitudes toward migrant (Sample 1), or obesity related data (Sample 2).

In Sample 1, four association modules were detected reflecting to explicit hostility (e.g.: "violence"), anti-Islam sentiments (e.g.: "terrorist", "Arab"), outgroup features (e.g.: "immigrant", "stranger"), and social solidarity (e.g., "help", "war"). The negative modules were largely dominated by "anxiety", "fear" and "antipathy", while the positive module (social solidarity) dominated by "sadness", "anxiety" and "empathy". Respondents assigned to different modules showed significantly different POT scores.

In Sample 2, two distinct association modules were detected reflecting to the outcome of the weight loss (e.g.: "health", "attractiveness", "happiness") and the process of the weight loss (e.g.: "effort", "diet", "sport"). Patients mentioned associations from the "outcome"-oriented module more likely to give "joy" and "gratitude" as an emotional label, while "process"-oriented patients gave "frustration" and "anxiety" more frequently. Furthermore, "outcome"-oriented patients more willing to undergo bariatric surgery than "process"-oriented patients.

Our study demonstrated that the co-occurrence modules of multiple free word associations 1) follow affective similarity patterns and 2) reflect different results on additional questionnaires (POT scores, and obesity related data). We demonstrated that consistent patterns in individual association sequences can reveal the prominent frames of opinions regarding different cues.

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## **Smartphone Application for Reducing Alcohol Consumption: Study Protocol for a Randomised Controlled Trial**

**Introduction** Excessive alcohol consumption and the associated negative consequences are a significant public health concern throughout the world. About 80% of adults who drink too much alcohol lack professional help, whilst a high number of them do desire help, preferably outside the conventional health care settings. In recent years internet and smartphone application based preventive and treatment programs targeting alcohol misuse have been developed, with the promise of reaching high-risk individuals before pronounced alcohol use disorders are established fully. The aim of the present study is twofold; (1) evaluate the effectiveness of a smartphone application designed to reduce alcohol consumption and (2) investigate the temporal characteristics of drinking patterns as a function of various psychological variables.

**Methods and Analysis** A randomised controlled trial, to determine the effectiveness of the intervention compared with an active control group in reducing alcohol consumption and the prevalence of relapse at 6 months. The intervention application is based on Cognitive Behavioural Therapy and consists of two main functions; (1) alcohol and mood tracking, with detailed feedback and (2) six interactive personalized educational modules, (a) consequences of drinking and goal setting (b) facilitate barrier identification and problem-solving, (c) facilitate action planning and identify contextual factors, (d) general communication skills training, (e) relapse management and (f) evaluation of progress. The active control application also consists of two main functions; (1) alcohol and mood tracking, without detailed feedback and (2) six passive modules covering the same topics. Participants with likely problem drinking at baseline will be excluded. Participants, blinded to their allocations, will be randomised to receive one of the two versions of the application for 30-days of usage. Analyses will be conducted within an intention-to-treat framework, with additional analyses conducted to explore the temporal characteristics of drinking patterns and their correlation with other variables recorded.

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&

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### **Nature Walk *vs.* Urban Walk**

The impact of nature experience on affect and cognition is a topic of increasing interest. We randomly assigned 50 participants to a 40-min walk in either a natural or an urban environment of a big city in Northern Italy. Before their walk, participants, who were university students, listened to a 30 minute's lesson about one of the main historical psychological school. After the walk - in nature or in the urban environment - participants were asked to report what they remembered about the lesson, as well as to complete the State-Trait Anxiety Inventory-STAI and the Positive and Negative Affect Schedule-PANAS. Compared to the urban walk, the nature walk resulted in affective benefits (decreased anxiety and negative affect) as well as memory benefits (increased numbers of elements of the lesson). This study extends previous research by demonstrating that even a short nature experience can have positive effect on memory and affect. These findings further our comprehension of the influence of relatively brief nature experiences on affect and cognition, and may help teachers as well as urban planners and other public policy decision-makers to find integrated strategies to increase well-being and performances of both students and citizens.

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&

**Megha Rathi**

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### **Role of Faulty Cognitive Styles and Coping Strategies in the Development of Borderline Personality Disorders in Adolescent Girls in India: A Comparative Study**

Borderline Personality Disorder is characterized by disturbed interpersonal relationships, unstable identity and emotional lability. Many adolescents are now being diagnosed as having “emerging” borderline personality disorder and early intervention is being emphatically recommended. Not many studies have addressed cognitive styles and coping strategies employed by such adolescents, especially in India. The current study aims to compare the cognitive styles and coping strategies of adolescent girls with borderline personality traits with a matched control group. We also explored the relationship between coping styles and cognitive errors with clinical syndromes and temperamental characteristics in this population. The tools used were Temperament and Character Inventory (TCI), Millon’s Adolescent Clinical Inventory (MACI), Cognitive Error Questionnaire and Coping Strategies Inventory. Mann Whitney U Test was done to see significant difference in the observed variables and Spearman Correlation to assess the relationship between the variables. Results indicated that most cognitive errors and maladaptive coping strategies are higher in the clinical group. Persistence as a \*temperamental measure showed significant negative correlation with suicidal tendency ( $p=0.02$ ) and the character trait of self-directedness seemed to protect against impulsive propensity ( $p=0.02$ ). These findings should encourage further research on adolescent personality disorders, an area that is often neglected in developing countries where personality disorders are not considered to be mental illnesses, and the double stigma of having a psychological problem and being a woman often discourage help seeking

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&

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## **The Psychology of the Impossible: Using Magic to Investigate Effects of Verbal Suggestion, Thinking Styles, Supernatural Beliefs and Dissociation Proneness on the Memory of an Extraordinary Event**

**Introduction:** In recent decades, psychology has recovered its interest in religious and anomalous experiences. Relevant related topics include the effects of social influence on extraordinary experiences and beliefs, the role of prior religious beliefs and styles of thinking on the memory of anomalous experiences, the possible connection between dissociation proneness and paranormal beliefs, among others. This article proposes to expand known studies about the matter and to include Brazilian samples, which is important because of the high prevalence and complexity of religious phenomena in Brazil.

**Objective:** The research aimed to understand variables and processes underlying the formation of memories and beliefs related to an extraordinary event under different scenarios of verbal suggestion.

**Method:** In a quantitative and qualitative study, 180 adult Brazilian volunteers divided into several experimental and control groups were presented to a video in which a false "psychic" simulates bending a fork on the table allegedly with the "power of his mind", but using, in fact, a magic trick. To measure the effect of the verbal suggestion, half of the volunteers heard the fake psychic suggesting that the bending continued to occur on the table (when, in fact, the fork was static there), while the other half watched the same video without such audio. At the same time, one-third of each group had among the participants an actor who commented out loud that the bending is happening. Another third had the same actor commenting that the bending is not happening. And the last third did not have the actor in the group. After the video presentation, the effects of the different forms of verbal suggestion on the memory and the testimony of the volunteers about the fork bending were investigated through a scale. Other scales were applied to measure the other variables of interest.

**Results and discussion:** In addition to the effects of verbal suggestion on participants' memory and belief-changing, the effects of dissociation proneness, styles of thinking, previous religious and paranormal beliefs, age, gender and group affiliation of the participants are presented and

discussed. The acuity of the testimonies and the levels of trust of the volunteers about it are also discussed.

Finally, the results are compared with the findings of similar research conducted in the United Kingdom, which is useful for discussing similarities and cultural differences in this regard. There are direct implications of these results for the understanding of the formation process of memory and testimonies in everyday situations about events with emotional impact such as accidents, crimes and spontaneous religious or anomalous experiences.

**Michelle Newberry**

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## **Public Awareness and Perceptions of Dog Trafficking in Malaysia**

There has been an increase in recent years in the number of dogs being trafficked from Malaysia to Singapore and elsewhere where certain breeds fetch a higher price (Chew, 2016; Chong, 2015; Tan, 2015). Given reports of rabies outbreaks in Malaysia (Nambiar, 2017; Razak & Voon, 2017) such illegal activity has worrying implications for the control of rabies. Whilst public awareness of dog trafficking has been explored outside Malaysia (e.g. Newberry & Mounfield, submitted; Zhang, Hua & Sun, 2008) no research to date has investigated the extent to which people are aware of dog trafficking in Malaysia. This is important because it may help to shed light on how offenders are able to exploit under-regulated areas of the market. The current study (Newberry, Yap & Yin Liew, in preparation) investigated public awareness of dog trafficking among 109 citizens in Malaysia using the Awareness of Dog Trafficking Questionnaire (ADTQ; Newberry & Mounfield, submitted). It was found that 48.6% of the sample had not heard of dog trafficking before taking part in the study, and 87.2% of participants were not aware of the minimum age at which a dog can be sold according to legislation in Malaysia. In addition, the majority of participants (82.6%) stated that they had never seen a campaign relating to the purchasing or rehoming of a dog. Other analyses explored data about whether people wanted a dog and why, why people prefer certain breeds of dog over others, whether dog owners visited a veterinarian when they first purchased or rehomed their dog, whether people perceived advertisements listing dogs for sale as genuine, and whether people were aware of the risks associated with buying or rehoming a dog.



**Sophia Ortiz**

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**Addressing Gaps in Texas Foster Care System**

In the last Legislative Session, the Governor of Texas declared child welfare an “emergency issue”. In collaboration with the Texas Department of Family and Protective Services and supporting community based care programs, Texas is trying to strengthen the Child Welfare Systems to achieve child and family outcomes in foster care (Data source: DFPS Data Book, FY17). Our research conducted during a two-year study identified the needs of housing of youth with experience in the child welfare system as they transitioned to adulthood. Housing has an interdependent effect on the ability to work or go to school. If youth do not have a place to live, their ability to earn an income or go to school is affected and if they do not have a job, it will affect their ability to acquire and maintain stable housing opportunities (Cosner Berzin, Rhodes, & Curtis, 2011, p. 2124). Cosner Berzin and Taylor (2009) found that practices of housing providers can make it more challenging for former foster youth to find housing and employment because landlords and employers are looking for more mature individuals. Leases and tenancy instability increase the need for emancipated youth to move (Wiesel, 2014, p. 325). Moreover, young people who live with others are at the mercy of their relationships; a breakup or a fight with a friend can initiate housing instability for a youth (Hochstenbach & Boterman, 2015, p. 269; Natalier & Johnson, 2012, p. 80). For emancipated foster youth, entering relationships and starting families at early ages may positively affect housing stability due to family and peer support but negatively affect economic stability (Clapham, Mackie, Orford, Thomas, & Buckley, 2014, p. 2024). Emancipated youth are less likely to be able to save money for housing deposits or down payments; as such, long-term renting is a more likely housing option (Clapham, 2005, p. 192; Clapham et al., 2014, p. 2024). Given these youth’s lack of fiscal resources and socioeconomic mobility, access to and maintaining stable housing greatly diminishes, and results in increased possibilities of homelessness (Clapham et al., 2014, p. 2026). Based on empirical evidence, literature reviews, focus groups, case analyses, and youth surveys, our research to increase human capital and increase the lack of affordable housing by informing organizations with housing needs including adult permanent connections and support for higher education for transitioning youth will be discussed.

**Baingio Pinna**

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### **Modal Completion of Face and Body Perception: When the Whole is Equal to the Sum of its Parts**

In this work a new approach and a novel method to study face perception has been proposed and tested using several qualitative experiments. This method is based on three main tasks: description task (subjects were asked to freely describe the target stimulus), free pictorial task (free drawing/painting of what subjects were asked); pictorial reproduction task (making a copy of what subjects perceived). These tasks were carried out with children and adults and extended to conditions related to visual arts. The starting points of this work were the canonical perspective first studied by Palmer et al. (1981) and the holistic processes involved in face perception. Aim of this work was to answer the two following basic questions: Are canonical perspective and holistic process really effective for face perception? Is face perception other than the sum of its parts? The outcomes of the experiments clearly refuted the role of canonical perspective and weaken the holistic approach to face and body perception. The whole human body has been shown instead to appear as if built starting from each single component, therefore body and faces are like wholes decomposable in a mosaic of juxtaposed independent components reduced to a reference image. In short, the whole is equal to the sum of its parts. Finally, our results also show evidences supporting the introduction of the notion of icon.

**Panayiota Romios**

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## **Greek Diaspora in Australia: How the Before and after Articulates the Here and Now**

As the use of 'diaspora' has proliferated in the last decade, its meaning has been stretched in various directions. Current diaspora frames of identity representation do not adequately capture the complexities of everyday lived experiences of transnational individuals and groups. This paper presents the findings of a qualitative research project conducted in Melbourne, Australia with 14 second generation Greek Australians in 2017/18. It analyses the forms of diaspora identities of second generation Greek Australians having lived in Greece for an extended period of time and returning to Australia post the 2008 financial crisis. The study explores new syncretic identities and highlights key characteristics in relation to diaspora-homeland ties, seeking to de-naturalise the commonplace assumptions about the cultures and identities of Greek Australian diaspora communities and probes the relevance of identity markers such as a country of origin, nationality, ethnicity, ethnic origin, language and mother tongue.

The definition of diaspora experienced in this transnational lexicon is interestingly quite distinct from original articulations as it set in contemporary migration impacting on the intersections between ethnic minorities and 'mainstream' Australians together with inconsumable realities of the diasporic intersection – *I am in Australia and I am in Greece*.

**Olga Sakson-Obada**

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## **A Mirror that does not Reflect Self - The Disruption of Bodily Identity in the Mirror Procedure in People Diagnosed with Schizophrenia: Result of an Empirical Study**

In classical psychiatry, so-called mirror signs [*signe du miroir*, Abely, 1930] are defined as one of the significant symptoms of schizophrenia, whose presence is observed long before the first outbreak of full-blown psychosis. This phenomenon includes such different experiences as: observing disturbing changes occurring in the mirror reflection, lasting many hours gazing at one's own image, lack of self-recognition in the mirror, or so-called negative autoscopy (disappearance of the mirror image). These experiences should be seen as the effect of bodily self-identity disturbances as the effect of the lack of embodiment in schizophrenia. The paper presents the original method of the mirror procedure, which is used to assess disturbances in the sense of bodily identity in people diagnosed with schizophrenia. The main goal of the studies (80 schizophrenic patients; 80 controls) was to evaluate the differentiating power of theoretically deduced indicators, applied to assessment of narration provoked by the mirror procedure.

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## **The Memorials: Psychological Reflections**

This work offers a reflection on the memorials from a psychological point of view, analyzing the different links between their history, functions and meanings and considering the memorials as repositories of historical and private memory.

Memorials are linked to memories, which serve to keep alive the memory of what is now absent. The way in which a community conceives and face death can be an index of the state of well-being of the community itself.

The memorials, acting as a means of memory externalization, help in the construction of a personal and social identity. A person or a society, to have a stable identity, must rely on memory and on a future project and only in the dynamic interaction of these two components there is a healthy development of the present. This is the reason why the memorials are so important: they remind the necessity of remembering the tragedies of yesterday in order to empathize with the pains of those who suffer today.

The research work focuses on the Optimal Experience at the Milan Shoah Memorial, to understand from which characteristics it is comprehend and if the visit to a memorial can turn into an Optimal Experience of artistic enjoyment for the public. The specific objectives of the research were to identify the demographic, psychological, instrumental and experiential predictors of the experience at the memorial, to identify the effects of the experience at the memorial on the quality of the visit and finally to explore possible relationships between experience at the memorial and empathy.

The following instruments were used: the EOFArt (Optimal Experience of artistic observation, Gilli & Rozzi, 2013), the Interpersonal Reactivity Index (Albiero & Lo Coco, 2006) and an evaluation of the user experience.

The results demonstrate that the visit at the memorial is an intense experience with peculiar and original characteristics. This visit is motivated by a deep interest in history and stimulates the desire for learning; this experience could be defined as Optimal Experience of historical observation. One of the most interesting results of the research concerns empathy. In fact, the Empathic Consideration positively influences the ability to feel stimulated during the visit and to be

encouraged to understand the areas of the memorials: people with higher level of empathic consideration are the ones that feel most excited and that are more cognitively stimulated.

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## **Socio-Demographic and Family Factors of Treatment Adherence: First Experience of Elaboration of Special Questionnaire**

The patient's treatment adherence seems to be the fundamental factor of effective treatment, according to the World Health Organization (WHO, 2003). In turn, low level of treatment adherence reduces clinical advantages of therapy and decreases the whole efficiency of NHS (National Health Service). In other words: "medicine will not work, unless patients will not take it". Even in developed countries only 50 % of patients with chronic diseases tend to stick to treatment recommendations. In this case social and psychological factors that determine treatment adherence are aimed to be at focus of scientific attention. From socio-demographic perspective certain factors as gender, age, education, financial conditions, and family support should be examined at first. Medical experts' and patients' points of view by treatment adherence must be also regarded, since they could substantially differ. For instance, patients tend to give contradictive answers about influence of age on treatment adherence by cardiovascular disease, meanwhile official data postulate that age younger than 65 has negative impact on adherence treatment (Skidrenko, Nikolaev, 2018).

Although family factors (primarily family support) seem to be important for effectiveness of medical treatment and demonstrate positive influence on patient's treatment adherence (Machilskaya, 2016), there are not so many empirical evidences in this field. Some data argue that lonely living people as well as critic and prejudices from family show negative impact on patient's treatment adherence and physical state. Thus family factors need also to be further examined.

This study aims at revealing distinct socio-demographic and family factors associated with treatment adherence as predictors of the effective treatment by atrial fibrillation disease and also examining certain individual personality traits which can mediate the relationships between above mentioned factors and treatment adherence. Special questionnaire was elaborated in accordance with these aims. It is planned to collect data about patients' social and family background and their distinct intrinsic "settings" to process of medical treatment. The complex questionnaire included following units of information: 1. Socio-demographic data

(gender, age, fact of employment of participants etc.); 2. Family factors (relationships between family members and their support in case of treatment are examined); 3. Lifetime activity (sport, self-education, touristic trips); 4. Patient's attitude to medical treatment (search for disease data, contentment with attending doctor, attitude to take medicine).

150 patients with atrial fibrillation treatment will be expected to participate in empirical study. The data about socio-demographic and family factors derived from elaborated questionnaire as well as their treatment adherence and personality traits will be examined. We presume that patients with high level of personal activity, conscientiousness and extraversion will less depend on their family support by treatment adherence. Conversely, family support will play the pivotal role for those one who demonstrate low level of personal activity and high level of neuroticism.

*The reported study was funded by RFBR according to the research project № 18-00-01661 (18-00-01326).*



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### **New Mona Lisa's Smiles**

The ambiguous expression that makes Leonardo da Vinci's Mona Lisa masterpiece so special may not be unique. A similar ambiguity can be observed in some of Leonardo's drawings. In this study, the viewing distance and the level of blur of three Leonardo's drawings and of two drawings created by Verrocchio and Rubens were manipulated. Stimuli were presented in random order and participants indicated the perceived level of contentment of the portrayed subjects. The change of distance and blur affected the perceived level of contentment of Leonardo's figures but not the contentment of the other subjects. To explain this phenomenon, it is suggested that perceptual belongingness of the shadows in Leonardo's figures produces ambiguity. The absence of the hatch lines at the shadow borders makes the shadows in Leonardo's drawings to be perceptually unstable and they appear to belong either to the cheeks of the sitters - generating a melancholic expression - or to their mouth, generating a more cheerful expression. It is remarkable that Leonardo manipulated perceptual belongingness centuries before scientists acknowledged the importance of this mechanism in perception. The presence of ambiguous expression in different Leonardo's artworks testifies his effort to represent the inner thoughts of his models.

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## **Social Competence, Depressive Symptoms, and their Relationship with Social Anxiety among Finnish Adolescents**

Adolescence can be a socially and emotionally challenging period. Belonging in a peer group is of crucial importance for adolescents (Brown, 2004; Heinrich & Gullone, 2006). In order to be a member of the peer group, adolescents need to behave in ways that are acceptable by others (Sheridan & Walker, 1999). A mismatch between one's behaviors and contextual demands may evolve from a behavioral problem, such as poor social competence, into a functional impairment, such as social anxiety (Junttila, 2010; Rapee & Spence, 2004; Stein & Stein, 2008). Social anxiety is the most common comorbid anxiety disorder among individuals with depressive disorders and has been consistently shown to precede the onset of depressive disorders when they co-occur (Kessler et al., 1999; Stein & Chavira, 1998). The aim of this study was to examine how self-, peer and teacher rated social competence is related with social anxiety in the following three years. The second aim was to investigate whether social anxiety can predict depressive symptoms. The sample consisted of 390 (193 boys/197 girls) adolescents (14 years old) who were followed up throughout the three years of lower secondary school. Path analyses revealed that social competence in 7<sup>th</sup> grade (1<sup>st</sup> year of lower secondary school), and more specifically deficits in cooperating skills, increased empathy, elevated impulsivity and decreased disruptiveness are significant predictors of social anxiety for the following years. Furthermore, social anxiety feelings in 7<sup>th</sup> grade and 8<sup>th</sup> grade were shown to predict depressive symptoms in 8<sup>th</sup> and 9<sup>th</sup> grade respectively. The results suggest the possibility that early identification of socially anxious adolescents and timely intervention might reduce their risk for depressive disorders. The protective value of social competence for prevention and intervention purposes will be discussed.

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## **Building Human Capital in Foster Youth: Opportunities & Challenges**

International governments have long recognized the unique needs of youth and the importance of supporting their development and safety. The World Health Organization (WHO, 2015) recently released a pressing communication highlighting the need for cross-national collaborations to enhance existing efforts and develop new partnerships to support the well-being of abused and neglected youth as this continues to be a big problem across nations. Geographically and contextually, youth might have been exposed to unique factors leading to their involvement in the child welfare systems across countries including but not limited to abuse (e.g., emotional, physical, sexual), neglect, forced labor, sexual exploitation, human trafficking, forced displacement due to armed conflict and/or political instability, extreme poverty, parental death (e.g., illness or being killed), natural disasters, and parental migration to other countries among other factors (D'Abreu, Mullis, & Cook, 2001; Drybread, 2013; Fernandez & Vaughn, 2008; Iannelli, Gonçalves, & Wernersbach, 2015; RELAF, 2010; Rizzini, 2004; Silva & Aquino, 2005). Developmentally, however, compared to the overall population of children, abused and neglected youth across countries face similar socio-emotional challenges and developmental outcomes. In general, foster youth are more prone to experience lower academic achievement and poor mental and physical health (e.g., depression, post-traumatic stress disorder, anxiety disorders, nutrition problems), they are more susceptible to engage in risk-taking behaviors (e.g., early sexual initiation, multiple sexual partners, substance use), delinquent and violent offenses, and they are more likely to become teen parents and get involved in the juvenile justice system at a young age (American Academy of Pediatrics, 2000; Harden, 2004; Herz & Ryan, 2008; Hoyt, Chase-Lansdale, McDade, & Adam, 2012; Jonson-Reid & Barth, 2000). Thus, despite of cultural context, nationality, race/ethnicity and gender, abuse and neglect represent major threats to youth's development and their socio-emotional well-being (Huppert, 2013). Based on qualitative data from the Voices of International Multisystem Youth (VIMY-USA-Brazil-India) this presentation will discuss challenges and strengths of youth involved in the Child Welfare and Juvenile Justice Systems and the caregivers that work with them. Implications for building human capital and informing prevention/intervention efforts will be also discussed.

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### **Examining the Relation between Morning Reattachment to Work and Employee Daily Workplace Relationship Behaviours**

Organizational psychologists have long recognized the importance of workplace social relationships. In particular, decades of research has tested antecedents and consequences of social exchange quality, with overwhelming evidence highlighting the critical role it plays in a wide range of outcomes for organizations as well as individuals. The vast majority of this scholarship has been at the between-person level, and has treated social exchange quality as a somewhat static phenomenon. Little work has examined fluctuations in exchange interactions, and virtually no organizational studies have explored the daily dynamics of social exchanges. This study extends an emerging line of research focusing on the role of workplace social exchange at the within-person level. Specifically, this research examines the role that employee reattachment to work (rebuilding a mental connection to work) plays in facilitating employees' daily social behaviors, namely social exchange interactions and interpersonal helping behaviors. Using an experience sampling methodology, the current study surveyed 140 employees of a large North American university over 10 workdays. Results indicate that morning work reattachment was positively related to daily social exchange experiences, which in turn mediated the relation between reattachment and workplace helping behaviors. Finally, employees' identification with work moderated the link between reattachment and social exchange such that the more value employees placed on their work, the stronger the relation between reattachment and social exchange. The findings of this study have a number of practical and theoretical implications for work organizations.

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**First Correlation Study between Family Organizational/Administrative Functionality and School's General Point Average of the Young Human Capital of the South/Center of the US, Territory of Puerto Rico**

This study presents the first quantitative results of the correlation between *Family Organizational and Administrative Functionality* and the *US Academic's Points Average* percent results (GPA). To evaluate the FOAF is applying the *FOAF Scale* general percent. This scale has a 90% of general value (S. Velez, 2010). The intern consistency and the Factor Analysis are, .89 (Cronbach's Alpha) and the Factor Analysis shows a .8 KMO (Kaiser-Mayer-Olkin), recognizing each measure area as an independent factor (S. Velez, 2018). The study includes a socio-demographic documents and a parent permission to participate. The sample is two-hundred-sixty-five (265) children between six (6) to seventeen (17) years old from public and private schools. It was from the south and center zone of the US, Puerto Rico, which an education system based on the American model (Classbase, 2018). The sample was selected by availability from volunteers families and directly from Puerto Rico's Department of Education students. The hypothesis investigation (Hi) is; *Exist a positive correlation between Family Organizational and Administrative Functionality and Academic Point Average Productivity*. For the statistical analysis the sample is submitted in the SPSS 26 version and applies a Pearson's correlation formula. The findings show a positive correlation with a significance level of 0.01. The Pearson correlation degree between, *FOAF* and *GPA*, is medium,  $\rho = .341^{**}$ , (Cohen, 1988; in.K.Wuensh, 2015). The small correlation effect size is one in which there is a real effect but which you can only see through careful study. A large effect size is an effect which is big enough or consistent, that you may be able to see it the naked eye (Cohen 1988; in I.Walker, 2007-08). The statistics analysis allowed the acceptances of the *Hi* confirming that exist a detectable effect of correlation between *FOAF* and school *GPA*.

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&

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## **Establishing a New Measurement of Mind Wandering Frequency**

Mind wandering is the common phenomenon during which people involuntarily drift to other thoughts unrelated to their current task/goal. Understanding the mechanisms of mind wandering is important for enhancing task performance and avoiding accidents. However, the conventional method to measure frequency of mind wandering using probing techniques has major issues (Voss et al., 2018). The typical probing scheme used in the literature was to distribute the probes uniformly across an experimental session. For example, participants may be probed every certain number of trials, or every certain amount of time during an experiment to report whether they were focused on the task or were mind wandering just before the probe occurred. Although this method appears intuitive and reasonable, it is not appropriate theoretically and most likely biased in general.

Voss et al (2018) developed a new probe sampling scheme in the timing of probe placement. The probe placement was distributed uniformly within one focus-mind wandering episode cycle tailored to each individual participant. This new method corrected the common error in the probe placements in the conventional probe-caught method. However, there are still some limitations in the method, and the validity of this new sampling scheme has not been established.

The current study tested several variations of the sampling scheme using computer simulations under different conditions and compared their accuracy in estimating the true mind wandering frequency. The first scheme was based on Voss et al (2018), where 8 probes were evenly distributed between  $[3s, T_{self}+3s]$ , where  $T_{self}$  is the duration of the focus-mind wandering episode measured using the self-caught method. The second scheme placed the 8 probes evenly distributed from  $[x, T_{self}+x]$  with varying  $x$ . The third scheme used the variance of  $T_{self}$  as the sampling window size and placed the 8 probes evenly distributed from  $[T_{self} - Stdev(T_{self}), T_{self} + Stdev(T_{self})]$ . The last scheme used the conventional sampling method, where the probes were presented after a fixed delay from the previous probe with some small random variations. Each sampling scheme was tested under various experimental conditions with systematically varied  $T_{self}$  and  $p(\text{focus})$  parameters.

Overall, the simulation data verified that sampling scheme 1 developed by Voss et al. (2018) was generally accurate, with less than 5% error in  $p(\text{focus})$  estimation across various conditions. The results also showed that the conventional sampling method and scheme 3 had large and inconsistent biases in the estimation of the mind wandering rate. Moreover, accuracy increased with  $x$  in scheme 2. These findings suggest that although intuitively appealing, the conventional sampling method is problematic and should not be used for estimating the proportion of focus/mind wandering in a probe-caught paradigm. Instead, an even distribution of the probe delays within a focus-mind wandering episode should be used, preferably with a longer minimum duration.