Psychology of Prevention & Intervention

INVITED SYMPOSIUM

3002IS
New horizons in addiction university education participating on a global platform ICUDDR

Chair: Michal Miovsky *1st Faculty of Medicine, Charles University, Czechia*

The pandemic as well as advances in technology has intensified discussions about a new wave of university education and training specifically on addictions. This new global phenomenon slowly emerging within the last 3 decades has accelerated on all continents but specifically in Africa which has many interesting aspects relevant to ongoing international development. There are many initiatives and successful projects which focus on continual (life-long) education and training, but we can also find first highly sophisticated university non-degree and degree programs at different levels and in different African countries. There are some evaluation studies and projects building an international partnership in addictions science, driven by this successful capacity building with expectable impact (not only) on European and North America regions and university programs. This presentation will provide some examples that are representing the best practice on creating an academic network and partnerships and can be highly inspirative for universities dealing with their own specific academic programs on addictions, and also for related scientific disciplines like psychology, medicine, social work etc.

Capacity building for evidence based practice in drug demand reduction

Beatrice Kathungu *Kenyatta University, Kenya*

Treatment for Substance use disorders based on solid scientific evidence remains a challenge in several countries in Africa including Kenya. This is due to inadequate capacity in terms of providers available and limited training opportunities. This has resulted in non-evidence-based interventions that yield poor treatment outcomes and high relapse rates which ultimately increases costs for individuals, families and society as well as risks of client morbidity and mortality. To address the need and to expand treatment capacity, Kenyatta University, a state owned university in Kenya, through a collaborative effort has pioneered in developing a university based postgraduate program based on the evidence based Universal treatment curriculum (UTC) developed by Colombo Plan (DAP) with funding from the Bureau for International Narcotics and Law Enforcement Affairs (INL).Through comprehensive needs assessment, determination of practical program learning outcomes, mobilization of internal and external resources and aligning the program to local realities, the comprehensive program based on coursework, internship and project, has been launched targeting both in-serve and preservice students. The program has attracted students from diverse disciplines including Psychology, Counseling, Social work, Psychiatry and Human Resource Management. Further these students are from diverse sectors of the market including, military and police wellness programs, psychiatric departments, public service wellness programs, religious bodies, private practice among others. The program has successfully graduated 4 students who are making a difference in their areas of service in translating evidence into practice to enhance client outcomes. The program through the International Consortium of Universities for Drug Demand Reduction (ICUDDR), is providing a model for program development for universities in Africa keen to build capacity for evidence-based treatment of SUDs in their countries.

A mapping survey of education and training activities on Addictions in Africa

Michal Miovský *1st Faculty of Medicine, Charles University, Czechia*

The mapping survey shows important trends in African countries where addiction specific education and training activities have emerged as a new phenomenon followed by many parallel activities in national and international context. There are many academic activities related to this process like operating addiction specific international Journal, regional collaboration, workshops and on-line education. African countries became very active in the newly established International consortium ICUDDR and created many interesting international – transregional partnerships, including collaboration with European universities. It also covers direct collaboration between European and African coordinating centers and profiling academic programs.

International partnerships in building addiction university programs: The South African experience

Rehana Kader *Department of Psychiatry & Mental Health, University of Cape Town, South Africa*

Sub-Saharan Africa has one of the largest treatment gaps in the delivery of substance use disorder services in the world. Given the high prevalence of SUDs in South Africa, the treatment gap for SUDs remains high due to the insufficient number of health professionals who are well-trained and competent in the field of SUDs. Through the implementation of addiction science into academic curricula, the aim is to professionalize the addiction workforce by ensuring that students and addiction professionals are adequately trained at universities according to the core competencies needed for addiction professionals in the workforce. In partnership with the International Consortium of Universities for Drug Demand Reduction (ICUDDR) South Africa has implemented several addiction science projects to develop the capacity of addiction professionals. To this end, South Africa conducted the first formal needs assessment in the country to identify university curriculum development needs for addiction science training. Based on the findings of this study the South African ICUDDR conducted a training of academics from universities on the Universal Treatment Curriculum (UTC). A follow up study to explore the challenges and successes of the implementation of UTC after the straining is currently being conducted. This model of addressing curriculum needs for addiction science training is being replicated at universities in Egypt. Furthermore, South Africa has also forged many international relationships and collaborative work, the most recent being an exchange programme for addiction science students.

SYMPOSIUM

2701
International perspectives on youth well-being: Moral and social development

Chair: Douglas C. Smith *Southern Oregon University, United States of America*

The status of youth mental health and well-being in the post-pandemic era continues to be of concern to researchers and clinicians worldwide. Recent research across developed countries indicates increasingly high rates of depression, anxiety, and other mental health disorders in adolescent and adult populations. In this symposium, participants from the USA, Thailand, Japan, and Korea will discuss ongoing research and intervention efforts focusing on a range of issues relevant to youth mental health. These include strategies to enhance students' engagement in school, bullying prevention and intervention, and social, moral, and emotional assessment and intervention, our participants from Thailand will discuss findings related to youths' biosystems (home, school, and community) as well as social-emotional strengths that provide opportunities for growth and development. Additionally, they will introduce a model used to promote morally and socially responsible behavior among adolescents and young adults. Researchers from Japan will describe efforts to promote a sense of community and support in schools as a part of efforts to reduce school bullying and the negative long term consequences that typically ensue. Researchers from

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Korea and the United States will discuss the important issue of school engagement and how to address concerns related to students' reports of boredom at school and a pervading sense of apathy and isolation.

Moral index and life assets among Thai youth

Suriyadeo Tripathi *Center for Morality Promotion, Thailand*

The Center for Morality Promotion in Thailand is charged with promoting civic engagement and morally responsible behavior among adolescents and young adults across all provinces in Thailand, in this presentation, the audience will learn about a variety of tools and intervention efforts designed to encourage more civic-minded and prosocial behavior among Thai youth. The presenter will introduce the index of Positive Psychology Power used to provide a tangible measure of morality and mindfulness among youth. In addition, the audience will learn about the Honeybee model of social engagement, which provides a strategy for establishing a collaborative and community-oriented process for developing a sense of community and service to others.

Social and emotional health of Thai students

Naphol Phanajit *Srinakharinwirot University, Thailand*

Mental health problems among children and adolescents in Thailand is a significant issue. Traditional mental health screening tools typically focus on either mental well-being or distress/psychopathology, and do not provide a comprehensive assessment. The Dual Factor Model of Mental Health (DFM) is a model that has been developed to assess mental health in two dimensions: mental well-being and distress. The DFM is both convenient and easy to use, and it has been shown to be a valid and reliable measure of mental health. In this presentation, I will describe a study that aims to validate the 3×3 Dual Factor Model of Mental Health developed by Furlong et al. (2022) with middle school students in Thailand. The study also aims to find the norms of this population group to obtain tools and guidelines for screening the mental health of students in schools. The 3×3 DFM could be used to develop a comprehensive mental health screening tool that could be used to identify children and adolescents who are at risk for mental health problems. This would allow for early intervention and prevention, which could improve the mental health of children and adolescents in Thailand.

Role of school counselors in bullying prevention in Japan

Junko Lida *Tsukuba University, Japan*

In Japanese schools, prevention of bullying and the resulting school refusal and suicide is an issue. Moral development of the individual and the group is important in the prevention of bullying. There are full-time and part-time school counselors in Japan, but how can each contribute to the solution and prevention of bullying? Currently, most school counselors are helping not only the students, but also the classroom and consult with parents and teachers. We will discuss these issues, focusing mainly on support at the junior high school level.

Health and well-being in Korean students

Ji-Hae Lee *Chonnam University, United States of America*

In this presentation we will describe the state of mental health and well-being among youth in Korea and the United States. The presentation will focus on school engagement and social and emotional functioning in students from middle school through high school. Data from the Social and Emotional Health Scale will be presented, and the discussion will focus on strategies for working with students' strengths to improve self-esteem and overall mental health in adolescent populations. Assisting teachers in helping students to identify core qualities and values and how to put these into action provide a strong foundation for intervention.

Strategies for bullying prevention and intervention in Japan

Ayako Ito *Seigakuin University, Japan*

Despite awareness of the negative consequences of bullying in Japanese schools, the incidence of bullying behaviors remains high. In this presentation, we will focus on school wide prevention strategies that emphasize the role of school counselors. Counselors can play a crucial role in establishing a school climate that deters bullying and in reducing the negative impact of bullying on students.

INVITED ADDRESS

1117KA
Suicidal behaviour among university students: A systematic review

Jace Pillay *University of Johannesburg, South Africa*

A systematic literature review was conducted to explore worldwide prevalence studies on student suicide, the risks and protective factors related to student suicide, and university-based interventions to combat it. The search of four major databases identified 60 studies published in peer-reviewed academic journals between 2015 and 2022. Majority of these publications were from the United States, followed by China and the United Kingdom. Studies in South Africa and the African Continent were limited in terms of meeting the selection criteria of the review. The findings indicate that most of the publications ranged from describing suicide risk factors innate to students, such as their demographic and mental health features, to social and university stressors. Although the studies on protective factors were limited, several psychological, social, and behavioral elements to prevent student suicide were identified. The author adopted the Three-Step Theory of suicide to discuss the implications of the findings by presenting several campus-based strategies to combat student suicides across the globe.

ORAL PRESENTATION

3920
Evaluating the effectiveness of internet-based grief intervention: A study using qualitative analysis

Samet Baş (1), Orçun Yorulmaz (1) *1. Dokuz Eylul University, Türkiye*

Internet-based interventions, commonly used to treat various psychological issues, offer a promising option for those dealing with Prolonged Grief Disorder. In this context, a Turkish-language internet-based therapist supported a grief intervention program, was developed for the first time, and tested in a pilot randomized controlled study. The program consists of 10 written sessions over 6–8 weeks. The study used a randomized controlled experimental design, with participants randomly assigned to either the intervention ($n = 22$) or waiting list control ($n = 22$) groups. Among the intervention group, 15 participants completed the full program. Their grief intensity was tested both quantitatively and qualitatively using content analysis. Participants were asked to evaluate their grief process at the 1st and 10th sessions. These evaluations were analyzed for positive and negative themes across four categories: "thought, emotion, behavior," and "interpretation." It was expected that positive expressions would increase, and negative expressions would decrease within each theme. These findings were compared with pretest-posttest grief intensity levels. Content analysis showed that there was a decrease in the frequency of negative expressions in 80% of the participants and an increase in the frequency of positive expressions in 67%. Only three participants showed no decrease in negative expressions by the final session, but two of them demonstrated increased positive expressions and notably reduced levels of traumatic grief. Among those with unchanged positive expressions, four participants showed no change in traumatic grief levels by the end of study. However, for two individuals, both negative content frequency and traumatic grief levels decreased. Conversely, only one participant experienced a decline in positive expressions, yet significant reductions were observed in negative expressions and traumatic grief levels. These findings highlight the alignment between qualitative assessments and quantitative measurements in evaluating program effectiveness, offering a nuanced understanding of participant experiences.

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3829
Taking a socio-ecological approach to consent promotion in Irish college campuses

Eva M. O'Byrne (1), Siobhán O'Higgins (1), Eve McDowell (1), Gavin Friel (1), Denise O'Shaughnessy (1), Gemma MacNally (1), Liam McBrearty (1), Lorraine Burke (1), Rebecca Connolly (1), Pádraig MacNeela (1) *1. University of Galway, Ireland*

Objective: The Active* Consent programme designs a range of research-based interventions to promote sexual consent in colleges across Ireland. The delivery of these interventions is structured around a socio-ecological approach to attitude and culture change (Bronfenbrenner, 1977; McLeroy et al., 1988). The programme also works with many groups outside of the higher education sphere. Methods: To promote consent literacy on intrapersonal and interpersonal levels, Active* Consent delivers workshops, eLearning modules and research-based theatre. This academic year, for instance, over 23,000 students have been shown a 30-min video which introduces key consent concepts, and over 800 students have attended the Active* Consent workshop, in which participants explore consent-themed vignettes and communication skills. To date, over 1400 students have given feedback on the Active* Consent eLearning module. To promote consent on an organisational level, Active* Consent engages with university staff in over 30 campuses nationwide to embed resources into staff training, student orientation and lecture slots. On an environmental level, Active* Consent have designed research-based posters, infographics and campaigns that aim to increase the prominence of consent messaging and promote conversations about consent, online and in-person. In addition, the Active* Consent team liaise regularly with policymakers in the higher education and governmental spheres to campaign for policy that supports consent literacy education. Results: Data indicates that the workshops and eLearning module can improve individual and interpersonal consent literacy outcomes (e.g., 87% of those who completed the eLearning module felt that what they learned would help them intervene in problematic situations). Organisational and environmental outcomes are more difficult to measure, but it is hoped that they will contribute to a larger cultural shift in Ireland aided by other initiatives. Conclusions: Building consent culture takes ongoing intervention on multiple levels, and while some outcomes are immediately measurable, others will take longer to become apparent.

3559
Cancer prevention for Latinx transmasculine individuals: An intervention for medical students

Alixida Ramos-Pibernus (1), Mario Bermonti-Pérez (1), David Mejias-Serrano (2), Fabian Moreta-Avila (3), Malynie Blanco (1), Eliut Rivera-Segarra (1) *1. Ponce Health Sciences University, Puerto Rico; 2. Independent Researcher, Puerto Rico; 3. Independent Researcher, United States of America*

Background: Transmasculine individuals (TM) face the greatest cancer health disparities within the LGBTQ+ community. Primary care physicians are key in addressing this health disparity in their patient-provider clinical interactions with Latinx TM. Despite the broad availability of LGBTQ+ focused guidelines to foster cancer prevention among TM individuals, providers lack the necessary skills to routinely implement them. The objective of this study was to develop an intervention to foster medical students' skills for cervical cancer screening and to examine its initial impact and feasibility. Methods: The research team (comprised of researchers, providers, and community members) developed a brief 2-h intervention. We implemented a two group (control and experimental) post-test design. The team used Standardized Patient Simulations to observe enacted behaviors (general care behaviors, gender-affirming behaviors, and cervical cancer preventive behaviors) and self-reported measures to examine study outcomes. The total sample consisted of 37 third-year medical students. The Welsch t-test was used to compare the intervention effects on all outcomes. Results: Results suggest the intervention had medium to large effects on all examined behaviors. Behaviors improved in the experimental group compared to the control group and all changes were statistically significant. Conclusion: The intervention was seen as feasible and appropriate with participants mentioning it was "very helpful" and emphasizing the importance of discussing trans health care as part of their medical training as this improves their "confidence." Although the sample size was small, results show a potentially promising intervention. We will provide an overview of the intervention and discuss future directions.

3447
The mindflower project: A longitudinal integrated study on depression prevention and intervention

Yifan Liao (1), Qinglin Gao (1), Tianjun Liu (2), Chaogan Yan (1) *1. Institute of Psychology, Chinese Academy of Sciences, China; 2. Research Institute of Moving to Emptiness Technique, China*

The Mindflower Project is a decade-long ongoing research initiative that focuses on depression prevention and intervention. Its objectives include identifying objective biomarkers for precise diagnosis and treatment, exploring culturally adaptive psychological interventions, and developing individualized, non-invasive neuromodulation therapies. Launched in December 2021, the Mindflower Project is structured into three phases, each involving randomized clinical trials targeting different levels of depression. Phase I recruited patients diagnosed with major depressive disorder (MDD) who were receiving antidepressants. They were randomly assigned to an experimental or waitlist control group and successively underwent an 8-week novel psychological intervention based on traditional Chinese culture, known as the "Yi Kong" Therapy. Follow-up assessments will be conducted over a 10-year period to assess changes in depressive symptoms and life situations. Phase II focused on participants with subclinical depression, receiving either 8-week group music therapy or Mindfulness Life Group intervention. In Phase III, an individualized transcranial magnetic stimulation (TMS) target location method was developed based on neuroimaging big data, outperforming the Stanford neuromodulation therapy method on a testing dataset. The effectiveness of this novel method is currently being examined in patients with treatment-resistant depression (TRD). Throughout the three phases, participants underwent comprehensive assessments utilizing an array of research methods, including neuroimaging, questionnaires, clinical interviews, cognitive-behavioral tasks, and blood sample analysis pre- and post-intervention. The project witnessed substantial symptomatic improvement across all interventions, including reduced depression and anxiety, better sleep quality, heightened self-efficacy, more effective emotion regulation, and improved cognitive and social functioning. Notably, brain network analysis in Phase I revealed reduced functional connectivity related to the 8-week "Yi Kong" Therapy, suggesting a potential neural mechanism of this innovative therapy. Based on the findings from the Mindflower Project, we expect to establish an integrated platform for individualized and precise diagnosis, prevention, and intervention of depression.

3142
First point of contact training to respond to disclosures of sexual violence and harassment

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Objectives: Given that sexual violence and harassment (SVH) survivors often disclose to peers, and the psychological benefits of an appropriate reaction to disclosure, first point of contact (FPOC) training provides members of the community with the interpersonal skills to respond to disclosures of SVH effectively.

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Methods: Developed by Active*Consent, Galway Rape Crisis Centre and Student Counselling Services, this training typically consists of four sessions. Session 1: Group discussion on the general topic of consent, and introducing trauma-informed listening skills i.e., actively listening to the disclosure withholding assumptions, refraining from pushing for details reaffirming belief in the survivor respecting confidentiality providing options for supports available ensuring the survivor is in a safe place. Session 2 introduces experiential roleplays; participants are given scenarios describing a survivor disclosing a SVH experience to an individual (e.g., a lecturer, a classmate) and enact the disclosure in-character. Following these roleplays, participants debrief in pairs and with the larger group. This session also features a rape myth questionnaire, which participants can complete privately and then discuss to deconstruct their own unconscious biases. Session 3 describes the neurobiology of trauma, thus explaining to participants why SVH survivors react in diverse ways. Vicarious trauma and the importance of participants self-care when receiving disclosures is highlighted. Session 4 features a "drip-fed" story i.e., an instance of Image-Based Sexual Abuse is described, followed by information regarding why the perpetrator leaked their partners images, followed by information on the relationship etc. This exercise prepares participants to handle disclosures without needing to hear "the whole story." Results: 84% of participants strongly agree that training was effective at covering SVH disclosure skills 97% felt prepared to handle disclosures of SVH following training. Conclusions: The success of FPOC training indicates that disclosure training may have potential as a sustainable intervention against SVH related traumatic symptoms.

3014

Short-term effectiveness of an e-mental health intervention in employees: RCT results from EMPOWER

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The mental well-being of workers is influenced by increased levels of work-related stress, anxiety, and depression. This, in turn, affects the productivity of these workers. Our objective was to evaluate the effectiveness of an e-mental health intervention in the workplace with the goal of preventing mental health issues among workers. A multi-modal e-mental health intervention with a duration of 7 weeks for employees (EMPOWER) was developed and evaluated through a large-scale cluster randomized control trial with an intervention and control group. It was conducted in SMEs and public agencies from Spain ($n = 125$), Finland ($n = 141$), Poland ($n = 51$) and the UK ($n = 389$). Measurements of depression (PHQ-9), anxiety (GAD-7), stress (PSS-4), wellbeing (WHO-5), somatic health (PHQ-15), and physical activity (IPAQ) were taken pre-intervention and post-intervention (after 7 weeks). The results suggest that directly post-intervention, at 7 weeks, the e-mental health intervention (vs. waitlist control group) significantly improved workers' time spent sitting ($\beta = -50.537$, $p = .013$); however, it had a significant negative effect on stress ($\beta = 0.438$, $p = .031$), wellbeing ($\beta = -3.529$, $p = .004$), and somatic health ($\beta = 0.507$, $p = .034$).

The findings may mean that the app can result in short-term physical improvement, but that awareness of work stress and mental health issues led to less well being and a higher mental health awareness. This may be a first step in seeking treatment as a result of the app triage and intervention. Long-term outcomes will explore if this is the case, and how this might affect different facets of mental health and work productivity over time.

2977

Reducing anxiety and depression among long-term care workers: Preliminary results from REPICAL

Mireia Esplugues Tormo (1), Leticia González Spinoglio (2), Anna Monistrol Mula (2), Iago Giné Vázquez (2), Salvatore Aguilar Ortiz (2), Roberto Mediavilla (3), Kerry R. McGreevy (3), Josep Maria Haro (2), Anke B. Witteveen (4), Mireia Felez Nobrega (2), Rinske Roos (4), Jose L. Mateos (3), Marit Sijbrandij (4) *1. Institut de Recerca Sant Joan de Déu, Spain; 2. Research and Development Unit, Parc Sanitari Sant Joan de Déu, Spain; 3. Department of Psychiatry, Universidad Autónoma de Madrid (UAM), Spain; 4. Clinical, Neuro-and Developmental Psychology, the Netherlands*

Long-term care workers (LTCWs) face significant emotional demands, with the COVID-19 pandemic-related changes in care potentially having intensified their discomfort. This study aims to assess the effectiveness of a digitally-delivered stepped-care programme in reducing anxiety-depression among this population. The programme consisted of two adapted interventions developed by the World Health Organization: Doing What Matters in times of stress (DWM) and Problem Management Plus (PM+). We recruited 107 LTCWs from Catalonia with high levels of psychological distress (Kessler Psychological Distress Scale ≥ 16). Fifty-four participants were randomly allocated to the intervention group, and 53 to the control group. Both received Psychological First Aid, but only the intervention group received the stepped-care programme. DWM (Step 1) encompassed a 5-week guided self-help intervention through a web/application, complemented by a 15-min weekly phone call with a helper. PM+ (Step 2) comprised five 1-h individual sessions conducted remotely with a helper. Only participants from the intervention group who continued to exhibit high psychological distress after DWM were eligible for PM+. Self-reported symptoms of depression and anxiety were assessed using the Patient Health Questionnaire Anxiety and Depression Scale (PHQ-ADS). Data were collected at baseline, week 7 (post-DWM), week 13 (post-PM+), and at 21-week follow-up. Compared to controls, preliminary results from the initial dataset show a significant reduction in depression and anxiety symptoms in the intervention group at post-PM+ (baseline-adjusted mean difference 4.3, 95% CI 0.6–8.0) and at follow-up (4.2, 0.2–8.3). The effect size falls within the medium range at post-PM+ (baseline-adjusted standardized effect size 0.7, 95% CI 0.1–1.4); however, it appears non-significant at follow-up (0.7, −0.0, 1.5). In conclusion, preliminary results suggest that this stepped-care programme could be effective in reducing LTCW's anxiety-depression, although effects on the long-term were less convincing. Further analysis with the full dataset is needed to confirm these results.

2538

Preventive factors and resilience in intergenerational trauma transmission: A systematic review

Fikriye Bilge Bircan (1), Burcu Uysal (1) *1. Ibn Haldun University, Türkiye*

In recent studies, preventive factors identified as effective interventions in intergenerational trauma transmission have gained significance. A systematic review of articles systematically compiling preventive factors for intergenerational trauma transmission and the transfer of intergenerational psychological resilience is yet to be found in the literature. The aim of this study is to systematically examine articles addressing preventive factors effective in halting intergenerational trauma transmission and the transfer of intergenerational psychological resilience. It is hoped that the results obtained will contribute to individual and societal well-being by serving as a basis for clinical applications or community-oriented programs. The research method used in this study

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is a systematic review. A systematic review was employed as the research method in this study. Searches were conducted in Turkish and English using the code ('intergenerational' OR 'crossgenerational' OR 'transgenerational') AND (trauma*) AND (prevent* OR protect* OR resilien*) with keywords identified in the Wiley, PsycARTICLES, Web of Science, Taylor & Francis, and ScienceDirect databases. Studies published between January 2010 and June 2022, with samples consisting of at least five individuals, were included in the review according to the PRISMA guidelines. Out of 14,511 studies, 11 articles meeting the criteria according to the PRISMA guidelines were included in the systematic review. The results revealed that post-traumatic positive cognitions, reshaping thoughts about trauma, emotion regulation, individual differentiation, healthy and strong parent-child relationships, cultural values, religious rituals and beliefs, the ability to transform and transmit trauma were identified as preventive and resilience-enhancing factors in intergenerational trauma transmission. This study compiled research on preventing the intergenerational transmission of trauma. Common preventive and resilience-enhancing factors were identified in the studies included in the systematic review. The practical implementation of the obtained preventive factors through clinical applications and developed programs will be one of the most crucial factors in halting intergenerational trauma.

2484

Computer based psychological support for first year college students: TEDU sample

Zehra Yeler (1), Begüm Serim Yıldız (1), Melike Neşeli (1), Elif Tala Özkartal (1), Mevsim Bengisu Çetiner (1) *1. TED University, Türkiye*

This study investigates the psychological support needs of first-year university students, and the effectiveness of the computer-based psychological support intervention, which was designed based on the needs of students. For this purpose, this research was carried out as a mixed-methods study in two stages; the needs assessment and material development processes were completed in the first phase, followed by a focus group interview to determine the effectiveness of the intervention. In phase 1, 160 volunteer students ($M_{age} = 18.76$) participated. The sample was composed of 30% men and 67.5% women; the remaining respondents declined to specify their gender. To indicate their psychological needs, the Turkish version of the University of Pittsburgh-Survey of Student Needs was used. In the current study, the Cronbach alpha coefficient was computed as .93. Frequency analysis was carried out to identify the most common concerns of first-year students. According to its results, the most prominent needs of them were as follows: career development, self-awareness, performance anxiety, insomnia, mindfulness, adaptation to university life, effective studying strategies, close relationships and adverse life experiences. Based on those needs, materials (videos, and brochures) were developed, and shared with students via the website created for them. In phase 2, a focus group interview with a group of six students was held to evaluate the effectiveness of this website. They were asked about both the technical structure of the website and its content. Content analysis showed that the videos and brochures were successful at meeting their needs, they benefited from them, and raised awareness. However, some of them shared their worries about the extent to which they could apply this awareness to their real lives. The findings of this research may have significant implications for university counseling services and the overall welfare of students throughout this critical period.

2454

The effect of a neuroeducation coaching program on employee's resilience, and job satisfaction

Chung-Tien Chou (1), Nai-Wen Guo (2) *1. National Taiwan University, Taiwan; 2. National Cheng Kung University, Taiwan*

According to positive psychology, individuals can actively increase psychological resilience through deliberate practices. Numerous studies have offered employee psychological distress assisting interventions, usually top-down-focusing on cognitive change, heavily consumed employee's time and effort. This study aims to build a coaching course integrating bottom-up techniques, such as neuroscience teaching, self-regulation practicing, and activities guiding, to benefit individuals in the workplace intriguingly and efficiently. Forty full-time employees in Taiwan were recruited and randomly assigned into an intervention group of 17 and a waitlist group of 23. The 'Brain-Mind Coaching Course' (BMCC) for employees, a neuropsychological intervention incorporating neuroeducation into mental health training, was delivered. The BMCC included a 3-h neuroscience course on executive functions mechanism of self-monitoring and stress management. Following the coaching course, four weeks of assignments for participants were given as practical exercises that covered four different topics including emotion regulation, positive life review, gratitude journals, and altruism. Finally, an individualized 30-min discussion was held to recap the entire coaching course. We used five indicators to assess the bio-psycho-social outcomes, including self-reporting physical and psychopathy complaints, well-being, executive functions, and job satisfaction. The results showed that the 7.5-h BMCC was found effective across five indices. Participants in the intervention group were found to experience statistically significant improvements ($t = 2.29–6.08$, $p < .05$) while no improvement was observed in the waitlist group. Wilcoxon sign-rank analysis showed that all 40 participants were responsive to the coaching course in the post-intervention assessment ($w = 41–69.5$, $p < .001$), including physical health complaints (11.5%), mental health complaints (10.9%), well-being (14.6%), executive functions (11.6%), and job satisfaction (14.3%) improvement with large effect sizes ($r = 0.73–0.78$). These findings suggested that the BMCC, a short-term and low-cost intervention, is effective in promoting employee health, psychological resilience, and job satisfaction at the workplace.

2237

Transcranial direct current stimulation modulates inhibitory control in test-anxious individuals

Renlai Zhou (1), Peibing Liu (1) *1. Nanjing University, China*

Introduction: Test anxiety, an emotional state experienced in testing situations, is characterized by worry, nervousness, and fear. One notable aspect of test anxiety is its association with deficits in inhibitory control, a fundamental component of executive function. Transcranial direct current stimulation (tDCS) to the left dorsolateral prefrontal cortex (DLPFC) has been shown to be safe and well-tolerated as a way to treat anxiety and improve inhibition control. However, it's unclear whether this helps those with test anxiety, given the neurophysiological evidence. Methods: 23 test-anxiety individuals (10 females, 13 males) were recruited. In a randomized, placebo-controlled study, we applied anodal vs. sham tDCS targeting the left DLPFC (F3), using a 1.5 mA current for 25 min. Before and after tDCS, subjects performed the Flanker Task, while we measured neurophysiological (ERP) responses. Trials are classified as congruent, in which the central arrow points to the same direction as the flanker arrows, and incongruent trials, in which the central arrow points to the opposite direction of the flanker arrows. EEG data were collected using 32 Ag-AgCl scalp electrodes (pass-band: 0.01–100 Hz; sampling rate: 1024 Hz). EEG data were processed using EEGLAB. Specifically, the amplitude of P3 (390–490 ms) in incongruent trials is compared before and after stimulation. Results: Two-way Repeated Measures ANOVA of P3 amplitude showed, the interaction between time and stimulation in incongruent trials was significant, $F(1,22) = 5.125$, $p = .034$. Simple effect analyses showed that P3 amplitude was increased after the anodal stimulation, $F(1,22) = 6.18$, $p = .021$. In short, anodal tDCS to the left DLPFC significantly increased the P3 amplitude of the incongruent trials in test-anxious individuals. Conclusions: Given the role of P3 in Flanker Task, tDCS to the left DLPFC

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can modulate inhibitory control in test-anxious individuals. We speculate that tDCS can be an effective intervention for test anxiety.

2200
Rethinking safe spaces in psychological counselling to address cyber (sexual) violence

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In psychological counselling, cases of so-called technology-facilitated sexualized violence are on the rise. Perpetrators increasingly use digital media to circulate intimate images or deep fakes of children and young people, for example, to comment on their posts on social networks with sexist jokes or to confront them with porn links against their will. As a professional, it is challenging to meet the demand to protect and relieve those affected. What do they need in order not to be constantly burdened with the thought that intimate images, videos or chats of them are circulating somewhere? How can they become empowered/capable of taking action? Is a criminal complaint always an adequate solution? Should the standards of pedagogical and therapeutic trauma work be reconsidered? In the EU-funded transformative research project "Beyond digital violence", we discussed these and other questions in a participatory manner with psychological counselling professionals as part of a real-world laboratory. Under the lecture title "Rethinking Safe Space in Psychological Counselling to Address Cyber Violence", we provide insights into the changing demands on the field of psychological counselling as a result of the increasing use of digital media by perpetrators in the context of sexualized (and domestic) violence. We outline why a new understanding of "protection" and "safe spaces" is needed and how intervention techniques should adequately take this into account.

2036
The effectiveness of COURAGE in promoting the mental health of domestic abuse survivors

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The rates of domestic abuse in the UK are high, especially since the beginning of the pandemic, with significant consequences for the survivors' psychological health and wellbeing. While there are services in place to provide practical and legal guidance for women who are going through domestic abuse, much is still needed to develop therapeutic interventions to support their mental health as well as to make them feel less isolated. This study is set in this context, and it aims to explore the effectiveness of COURAGE, a new narrative therapy group intervention developed to support individuals who experience multiple levels of trauma, to fit the specific needs of domestic abuse survivors. A total of five women who experienced domestic abuse took part in the study. They took part in eight weekly COURAGE sessions of 2 h each. The sessions followed the manualized version of COURAGE, and they embedded artmaking activities such as mapmaking and storytelling. The structure of the sessions included group and individual activities based on the principle of narrative therapy. A multiple case study design was adopted to collect and analyse the data. This was done by combining participants' pre and post-COURAGE individual interviews, as well as the artmaking produced during the sessions, and the researchers' observational notes. The findings indicated that participants' main motivation to take part in the study was to ease their sense of solitude as well as to build strength while they were experiencing the abuse. Participants benefited from COURAGE in terms of building cohesiveness and a sense of belonging, reframing disempowering stories to build positive self-narratives, strengthening resilience, and building hope for the future. Implications and future directions will be discussed.

2007
Prevention and intervention mechanisms for adolescent mobile phone addiction

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Objective: This study aims to review the prevention and intervention research and practical outcomes of adolescent mobile phone addiction, and propose future research directions in this field. Methods: Previous studies employed various research methods, including psychological measurement, ERP (event-related potential) brain measurement technology, fsQCA (fuzzy set qualitative comparative analysis) method, case studies, and group intervention methods. Results: The study puts forward and validates five theoretical perspectives on mobile phone management policies. From a developmental perspective, the fsQCA method is used to analyze core factors leading to addictive tendencies in children and adolescents, along with differences between their developmental stages. Models understanding the impact of external environmental factors and internal individual factors on adolescent mobile phone addiction behavior are constructed based on ecosystem theory, exploring their potential mechanisms. The study proposes and validates the concept model of the VEH (Virtual Environment Hypothesis) of multitasking behavior during learning periods. A simplified assessment method, the 6S model, for adolescent mobile phone addiction and a positive development model for prevention and intervention are introduced. Conclusion: Adolescent mobile phone addiction is a typical issue of the times with complex and diverse causal factors. Further exploration is warranted to understand the effective mechanisms for prevention and intervention, as well as the comorbidity phenomenon with academic disengagement behavior.

1850
Systematic search and quality assessment of the mental health mobile apps in Hong Kong

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Background: The shortage of mental health professionals in Hong Kong has been a public health concern in the past decades. Mental health mobile apps may serve as one of the most promising self-care interventions to improve mental well-being. Objective: We aimed to analyse the quality of mental health mobile apps available for the Hong Kong Chinese population using the Mobile App Rating Scale (MARS). Method: We conducted a systematic search of mobile apps in the Apple and Google Play Stores using 15 Chinese and English keywords related to mental health. We screened the first 100 apps for each search keyword by popularity. After obtaining the 1,500 apps, duplicate ones were removed. The eligible apps focused primarily on anxiety, depression or stress, and had a user star rating. A researcher with a psychological education background did MARS evaluation on the eligible apps. A second rater randomly checked 40 apps to evaluate interrater agreement. Results: A total of 2,940 apps were identified in the app stores, of which 110 (3.7%) eligible apps were included for MARS evaluation. The common strategies in the apps included information and education, monitoring and tracking, goal setting, advice provision and skills training, and mindfulness. MARS showed good interrater agreement (0.76, 95% CI 0.50 to 0.88). However, only nine apps got a rating higher than 4.0 on the overall quality (range from 1.04 to 4.29). More than half of the apps (51.1%) scored 3.0 or less. Trial-based evidence was found for four apps (3.6%). We found no significant correlation between the user rated score on the app platforms and MARS results (with subjective quality $r = -0.003$, $p = .97$; with overall quality $r = 0.02$, $p = .81$). Conclusions: Our study showed the poor quality of existing mental health mobile apps and there is a lack of evidence-based apps.

1449
Considering the reconnected conceptual framework in Kosovo: Sociodemographic correlations

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Current global societal challenges pose significant threats to the mental well-being of European citizens. The 'RECONNECTED' project, supported by the EU/Horizon Europe program, aims to tackle mental health issues experienced by vulnerable populations in Europe, including those in Kosovo, particularly individuals with low socioeconomic status. The core objective of RECONNECTED is to develop an affordable, digitally-enabled, evidence-based self-management support system that is ecologically sensitive. This system aims to foster resilience and facilitate connections among citizens, safeguarding their mental health during periods of change. The conceptual framework of RECONNECTED draws inspiration from the Urban Mental Health (UMH) framework, although it remains tentative and will undergo refinement through collaboration between researchers and stakeholders. Here, we will present key pillars of the project and outline some key findings that will inform the consortium toward finalizing this framework, with a focus on aspects related to sociodemographic correlates in Kosovo. Analyzing two recent studies in Kosovo, gender differences emerged prominently, with females consistently exhibiting higher levels of depression, anxiety, and suicidal ideation compared to males. Lower social support corresponded to increased depression and suicidal ideation, highlighting its crucial role in mental health outcomes. Additionally, socioeconomic status was linked to depression, with lower status correlating with higher depression scores. These findings emphasize the intertwined relationship between gender, social support, socioeconomic status, and mental health indicators like anxiety, depression, and suicidal ideation across diverse age groups. Addressing these factors, particularly bolstering social support and considering socioeconomic disparities, is crucial in mitigating mental health challenges, especially among young individuals. Understanding these complex interplays can guide tailored interventions of the Reconnected support system pillars—mental health literacy, digital micro-interventions, and social prescribing-to enhance mental well-being across different demographics.

1407

Mediating factors in healthcare workers' mental health during COVID-19

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Introduction: The mental health of Healthcare Workers (HCWs) has been significantly impacted by the COVID-19 pandemic, necessitating a comprehensive understanding of modifiable factors that can mitigate this impact. This study investigates the mediating role of resilience, experiential avoidance, and emotion regulation between contextual variables (i.e., stressors, work recognition and satisfaction) and levels of anxiety, depression, and posttraumatic stress disorder (PTSD) among HCWs. Method: Conducted In this cross-sectional study, 786 HCWs were recruited in Spain between November and December 2021 through a snowball. The variables measured included resilience, experiential avoidance, emotion regulation, anxiety, depression, PTSD, and contextual variables. Descriptive analysis, correlations, and a Path Analysis with Latent Variables (PALV) were employed. Results: Stressors, including contact with patients facing economic difficulties and COVID-19-related deaths, were linked to higher psychological impact. Conversely, feeling satisfied with the job done and acknowledged for it were related to lower psychological impact. Higher resilience, lower experiential avoidance, and expressive suppression correlated with better mental health. Regarding the PALV model, it explained 42–53% of variance in mental health outcomes, with experiential avoidance as the primary predictor and a mediator between stressors, work recognition, and mental health. Expressive suppression was a mental health predictor but did not act as a mediator whereas resilience did not significantly predict mental health when accounting for other variables and was consequently removed from the model. Discussion and Conclusions: Our findings highlight that HCWs who were in contact with the present, instead of avoiding negative private events, experienced reduced psychological impact from COVID-19. Experiential avoidance emerged as a crucial target for interventions and prevention programs for this collective. Addressing experiential avoidance may prove instrumental in safeguarding the mental well-being of HCWs facing similar challenging situations.

1362

Mindfulness for safe schools: Preventing peer-to-peer sexual abuse among Filipino adolescents

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The Philippines faces a pressing societal issue with the prevalence of peer-to-peer sexual abuse among adolescents, evident in alarming statistics indicating a substantial increase in reported cases. Studies emphasize that adolescents are most vulnerable to sexual abuse during peer dating, underscoring the need for a universal prevention program against the backdrop of a rising trend in violence against children, particularly linked to peer-to-peer dating scenarios. The "Mindfulness for Safe Schools" program, a collaborative effort between Ateneo de Manila University and the Child Protection Network, represents a significant contribution to prevention strategies. The program, rooted in a theoretical framework highlighting the normal development of adolescents, focuses on mindfulness as a key tool for raising emotional awareness, accepting emotions, and facilitating self-regulation. Implementing Mindfulness for Safe Schools modules in select public schools from 7th to 8th grade strategically aligns with the onset of adolescent development and that start of exploration of dating relationships. Teachers play a central role in the program's success. Teachers received training in mindfulness to skillfully apply a non-judgmental approach, foster autonomy, and cultivate respect for students' dating schemas and beliefs during classroom discussions. Post-intervention results showcase promising outcomes, with significant reductions in the prevalence of dating violence, home-based physical violence, and bullying. Students report notable improvements in emotion regulation and decreased peer pressure. Program evaluation studies affirm the program's success, supported by enthusiastic feedback from both students and teachers. Despite demonstrating positive impact, challenges such as fidelity to the program due to time and budget constraints highlight the ongoing need for support and resources in effective program implementation. Overall, the Mindfulness for Safe Schools program stands as a beacon of hope, achieving substantial progress in preventing peer-to-peer sexual abuse and promoting the well-being of students and teachers alike.

880

Factors contributing to positive parenting in mothers residing in high-risk communities

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Positive parenting practices (PPP) are fundamental in the process of optimal child development. In this study we explored the factors that contribute to the use of positive parenting practices in primary caregivers residing in high-risk communities in Puerto Rico. Method: This is a cross-sectional, correlational, non-experimental study. The sample

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was randomly selected from two public residential homes. The sampling was a simple random sampling. The sample consisted of 149 primary caregivers with children between the ages of six and twelve years. Results: 31.5% of the sample had been exposed to domestic violence, more than half (56.5%) to community violence, 26.7% had a history of childhood abuse. The variables predicting positive parenting practices in our sample were: parenting knowledge ($\beta = .37$, 95% CI [.49, 1.29]) and financial support received ($\beta = .26$, 95% CI [.13, .79]). This model explains 37% of the variance. The results of the moderation analysis show that family resilience had a negative and significant moderating effect ($b3 = -.02$) on the linear association that exists between depressive symptoms (X) and PPPs (Y). Low values in family resilience do not have an effect on the relationship of depression with PPPs. Only average and high levels of resilience have a significant effect on PPPs. This study highlights the need to promote public policies that prioritize the implementation of community programs that provide PPP interventions and family resilience to mitigate the adverse effects of psychosocial risks.

827

Prevention of adolescent drinking among children of alcoholics: An indigenous intervention model

Lalhriatpuii Fanai *CHRIST (deemed to be University), India*

Abstract Alcohol use disorder (AUD) has far-reaching consequences, particularly for adults and children of alcoholics (A/COAs), who carry the burdens of their parent's alcohol dependency. This extensive mixed-methods study examines ACOAs' experiences among the vulnerable and underserved Mizo indigenous population. In the qualitative phase, using a descriptive phenomenological method, Mizo ACOAs' childhood experiences are examined through open-ended interviews. Purposive sampling emphasizes ACOAs aged 18–55 who have stable lifestyles, among other factors. In accordance with ethical standards, the Institutional Review Board (IRB) has approved the study and registered it with the Clinical Trial Registry of India (CTRI). Building upon the qualitative findings, an Indigenous Intervention Model was developed, grounded in the cultural and social factors of the Mizo community. Following expert validation, this model is evaluated with adolescent COAs using the Broaden and Build theory of positive emotions as the theoretical framework, acknowledging the significance of positive emotions in promoting resilience. In the quantitative phase, a True Experimental Pretest-Posttest design with experimental and control groups was employed to evaluate intervention efficacy. Sample size, outcome measure (Adolescent Resilience Questionnaire), and ethical precautions are carefully considered to protect participants. Through a comprehensive understanding of ACOAs experiences and then developing culturally tailored preventive interventions, this study seeks to address the critical issue of familial alcoholism. By combining pragmatism with rigorous research methodologies, the study provides insights that can guide future interventions and help COAs navigate adolescence relatively unscathed. There is potential for this study to benefit not only the Mizo indigenous community but also the broader field of addiction research and prevention in general.

586

The effects of the psychoeducational program which promotes self-help skills to reduce stress

Mika Sakurai *Kokushikan University, Japan*

This study aims at examining whether a psycho-educational program (the "Program") effectively promotes certain self-help skills that facilitate the stress reduction of Japanese college students. Recently, a significant number of Japanese youths suffer from a sense of isolation, yet not having appropriate individuals to talk to. We are on the assumption that unresolved loneliness, when left unattended, is a major source of stress. It is urgent that we identify self-help skills that are effective in stress reduction. The Program was carried out by having students freely write down what's on their mind, followed by answering prepared questions that are based on the choice theory. The objective of the Program was for the participants to acquire self-help skills that would assist them in reducing the accumulated negative emotions. 261 Japanese students (male:female = 132:129) attending a private university in Tokyo participated. The "Stress Response Scale" consisted of 3 factors; (1) depression-anxiety, (2) irritability-anger, and (3) helplessness. The questionnaires' reliability and validity were confirmed. The Program was administered three times, and the multiple variance analyses were conducted for the mean on the three factors above, each for pre and post participation for comparison. In depression-anxiety and irritability-anger factors, the results showed a significant reduction in the mean after the first and second participation, but not after the third. As to the helplessness factor, no statistically significant difference was found. The Program had certain effects on reducing students' stress. We observed that the Program helped students identify the imminent issues, and to a certain extent, led them to realize that it takes concrete and appropriate actions to resolve them. The next important step would be to verify the effects of the self-help skill acquisition process by using a control group and an experimental group.

516

Parent-child interaction therapy using telehealth for pediatric obesity during the COVID-19 pandemic

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During the COVID-19 pandemic, children's physical and emotional health have been major concerns. Parent-Child Interaction Therapy (PCIT) using telehealth was created due to social distance protocol to assist parents in regulating their children's behavior. This study reveals a paediatric obesity behavioral PCIT-Telehealth intervention administered to a 10-year-old male child with externalizing habits during the COVID-19 pandemic. The medical and developmental history of the child is presented. The perspective and motive for action of the child are explored. The family's PCIT-Telehealth strategy is described. The child's externalizing tendencies decreased in frequency after 12 PCIT-Telehealth sessions, and the parent reported feeling more competent and less distressed. The parent reported that the treatment remained effective at the three-month follow-up. Furthermore, the child's nutritious intake improved, and the frequency of self-reported poor weight-control practices decreased. PCIT provided through telehealth has the potential to reduce parental discomfort and the frequency of externalizing behavior while also enhancing young children's weight control behavior. During a public health emergency, the parent thought the intervention was a good option for meeting the child's mental health care needs.

199

Predictors of violence and protective factors in South African couples

Catherine A. Parkinson (1), Megan Campbell (1) *1. Rhodes University, South Africa*

South Africa has the highest rate of gender-based violence (GBV), five times higher than the global average and most incidents of GBV take place within intimate partner relationships. While the impact of socio-cultural factors on IPV has been well investigated in the South African context, relationship dynamics between the couple have received less attention. This South African study focuses on the couple-dyad in an effort to understand how relational dynamics such as attachment styles, conflict resolution strategies, and relationship satisfaction are predictive or protective factors for intimate partner violence. The study will target people living in Makhanda, a small rural university town in the Eastern Cape of South Africa using community networks to identify potential participants. Data collection is currently underway with analysis expected to begin in January 2024. Drawing from a survey design,

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participants completed demographic questions and answered the Experiences of Close Relationships scale, the Conflict Resolution Inventory, the Relationship Satisfaction scale, and the Composite Abuse scale. The survey was translated into isiXhosa and Afrikaans, the most commonly spoken languages in the town alongside English, following a four stage translation design. Similar to the Ethiopian study participants were eligible to attend a free psycho-educational session on mental health wellbeing in exchange for participation. Data collection began in January 2023 with a target sample of 300. Data analysis is expected to begin in January 2024 and will use logistic regression to identify significant predictors and protective factors.

POSTER PRESENTATION

3462
The development of new reminiscence program using ICT and its verification of effectiveness

Keiko Unoki (1), Kazumi Kikuchi (1) *1. Teikyo Heisei University, Japan*

Introduction: The research's purpose was to develop a new reminiscence program using ICT and photos of memories (i-Collage reminiscence) as the psychological supportive program for seniors and to compare the effects with the typical reminiscence. i-Collage technique (Unoki, 2016) and self-compassion were used in the new program. Method: 25 seniors living in the community (age 77.7 ± 3.4 years; 15 in the intervention group, 8 in the controlled one) participated. Small groups participated in five sessions per week. The target themes were; my favorite, the first half of my life, the later half of my life. Mood assessments were carried out before and after each session. The cognitive, psychological, and social scales were used before and after the program. The effects questionnaire of the reminiscence was performed after the program. Results and Discussion: In both groups, the positive mood scores were significantly higher after each session. It was suggested that i-Collage reminiscence was as safe as typical reminiscence. There were no significant differences in the cognitive, psychological, and social scales between two groups. The score of the awareness of problem-solving ability in the intervention group was significantly higher than in the controlled group. The results might be related to creating the collage works using the iPad. Ethics Review: Teikyo Heisei University research ethics review committee approved the research methods (application No. 30-117). The author reports no conflicts of interest.

3310
Factors associated with the resilience of grandmother carers of AIDS-orphaned adolescents

Mmapula P. Tsweleng *University of the Western Cape (UWC), South Africa*

The primary caregivers of adolescents orphaned by Acquired Immune Deficiency Syndrome (AIDS), face mounting stress related to poverty, stigma and discrimination, and perceived low social support. Research shows that, in the absence of relevant interventions, most caregivers experience mental health problems such as anxiety, depression, and social withdrawal among others. The current study explored factors associated with the resilience in grandmother carers of AIDS-orphaned adolescents, in a low-income community of Khayelitsha, Cape Town, South Africa. The exploration was based on the narratives of stakeholders who provide psychosocial support services to individuals and families affected by AIDS. The study used a qualitative method with a narrative inquiry approach. In-depth one-on-one interviews were conducted with 6 stakeholders purposefully selected from relevant governmental departments and non-governmental organisations (NGOs), 4 were females and 2 males. Stakeholders identified the following as main factors related to the grandmother carers' resilience: support groups, self-actualisation projects, and sense of fulfillment. The support groups provided platforms for grandmothers to grieve together and share their caregiving challenges with one another. The self-actualisation projects such as sewing and gardening enabled grandmothers to feed themselves and the orphans-thus enhancing their sense of significance. It was further stated that grandmothers found comfort and fulfilment in providing care for the offspring of their deceased children-which also highly fuelled their resilience. However, stakeholders also reported that the mentioned services that boosted the capabilities of these grandmothers to achieve resilience and caregiving goals were few in the community with such a high need. It was indicated that grandmothers who lived far from where the programmes were implemented could not have access. And that being the case, the government initiatives are needed to expand and strengthen the grandmother caregivers' interventions so that many may have access and receive appropriate support.

3271
Promoting sexual health through consent literacy education

Eva M. O'Byrne (1), Lorraine Burke (2), Gavin Friel (2), Caroline West (3), Eve McDowell (2), Valentina Carrion (2), Kate Tierney (2), Alex Black (4), Rebecca Connolly (2), Siobhán O'Higgins (2), Pádraig MacNeela (2) *1. Active* Consent, University of Galway, Ireland; 2. University of Galway, Ireland; 3. University College Cork, Ireland; 4. Galway Rape Crisis Centre, Ireland*

Objective: Ireland has a history of abstinence-based, risk-based sex education. By contrast, the Active*Consent programme designs educational interventions that promote "a state of physical, emotional, mental and social well-being in relation to sexuality". One major aim of these interventions is to promote consent literacy education among young people. Methods: In the 2022/2023 academic year, two consent resources were delivered to over 30 Higher Education campuses in Ireland and the UK. The first was a 30-min video resource that provided a background to consent, defining consent as OMFG – ongoing, mutual, freely given. The second resource was a 1.5-h participatory workshop, centred on group discussions of three scenarios involving fictional young people in intimate relationships. For each scenario, participants discuss whether consent was shown, and what could have been done better. Topics such as gendered sexual scripts, digital intimacy and internalised peer pressure are explored. Results: The 30-min video was delivered to over 18,000 higher education students. Of these, over 8,000 engaged with a post-video survey. 81% learned something useful, and 91% would recommend it to a friend. Meanwhile, students across 17 campuses gave feedback on the 1.5-h workshop. 92% of over 800 students learned something useful. Pre- and post-workshop surveys were conducted, and of around 400 students that completed both surveys, significant improvements were seen in over half of consent attitudes measured. For example, 73% agreed they would be confident talking about consent with their peers pre-workshop; this rose to 87% post-workshop. Conclusions: Active* Consent resources appear to have a significant positive effect on consent attitude outcomes in higher education students in Ireland and the UK. These results indicate that Active* Consent interventions are effective in promoting consent literacy, a key facet of holistic sex education. The success of this project supports the expansion of Active* Consent resources in Higher Education.

2956
Interventions for improving visual perspective taking in autism: A meta-analysis

Shan Jiang (1), Shiyue Cao (1), Mi Tian (1), Xuezhen Xiao (1) *1. Nanjing Normal University, China*

The deficits observed in social communication among autism have attracted widespread attention. Visual perspective taking (VPT) refers to the ability to adopt another person's point of view, which is essential for individuals to engage in social communication. Thus, researchers increasingly focus on intervention research aimed at improving VPT skills in autism. The current meta-analysis aims to determine the most effective intervention for improving VPT skills in people

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with autism and to explore potential factors influencing the outcomes of the interventions. A total of 318 studies were screened, of which 9 ($n = 43$) met the inclusion criteria. Separate analyses were performed for group-design studies and single-subject studies using standardized mean change and Tau-U, respectively. The meta-analyses indicated small effect sizes in group-design studies ($d = 0.30$) and moderate effect sizes in single-subject studies (Tau-U = 0.77). Analysis of potential moderating variables indicated that participant's age and setting had no impact on outcomes. However, the progressive self-other transposition group intervention produced a larger effect size among group-design studies. For the single-subject design studies, despite the PEAK-T curriculum training having a great impact on VPT intervention, there are no significant differential effects compared across all intervention types. More research is essential to enhance evidence-based practices by exploring additional studies aimed at improving VPT skills in individuals with ASD.

2696

Analysis of psychological service use and treatment gap among citizens with common mental disorders

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Common Mental Disorders (CMD) such as anxiety, depression, and post-traumatic stress disorder pose significant public health challenges in South Korea. Despite the prevalence of CMD, a substantial proportion remains untreated due to limited accessibility to community-based psychological services, essential for evidence-based interventions. This study used data from the Seoul PTSD study ($N = 1000$) to investigate the prevalence of CMD and delineate usage patterns of mental health services, particularly psychotherapy. Logistic regression analysis examined associations between psychological service utilization and factors including help-seeking attitudes, stigma, and socioeconomic status. Results indicated a high prevalence (63.6%) of mild to severe mental health issues, yet low use rates of mental health and psychological services among CMD individuals. Only 4.9% received a minimum adequate psychological treatment. Age and socioeconomic disparities were observed, with older and wealthier individuals more likely to access psychological treatment. Positive help-seeking attitudes correlated with increased psychological service use. This study underscores the imperative for policymakers to bridge treatment gaps, combat mental health stigma, and promote evidence-based psychotherapy, thereby addressing the diverse needs of CMD individuals in Korea.

2293

Prevention and rehabilitation of child victims of violence to improve their psychological health

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All over the world, solving the problems of violence and abuse against children and adolescents is impossible without the interdisciplinary collaboration of scientists. The study of the problem of creating a network of resource modular centres for prevention and rehabilitation of child victims of violence to strengthen their psychological health is manifested in attempts to rethink the value bases of the environment where the child is socialised. The main objective of our study is to identify effective organizational and systemic measures implemented in resource modular centres for the prevention and rehabilitation of child victims of violence to strengthen their psychological health, to provide teachers and parents of child victims of violence with normative and legal knowledge on the problem of their protection and professional assistance to them, and recommendations for the prevention of such facts. An effective web-portal for connecting to the website and other intelligent systems will make it possible to develop new forms of interaction between educational organisations and law enforcement agencies, mental health centres, public foundations and community associations in addressing the problems of rehabilitation of child victims of violence. In this regard, the definition of criteria, indicators of the effectiveness of measures to protect child victims of violence, as well as the creation of a network of resource modular centres for the prevention and rehabilitation of child victims of violence to strengthen their psychological health in the conditions of a digital society meets new social demands, reflecting the transition of the Republic of Kazakhstan from a post-industrial information system to a digital society based on the principles of ensuring a safe living environment for children. The methodological basis of the research is interdisciplinary, integrative approaches, complex, because applied, clinical psychology, general, social pedagogy, art studies, philology, preschool education specialists, ecologists participate in its implementation.

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How we think and feel? Childhood, couples and protective factors against violence

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Adverse childhood experiences (ACEs) such as abuse, neglect, abandonment or family dysfunction are risk factors for intimate partner violence (IPV) in adulthood. The intergenerational transmission of violence and its traumatic effects have been evidenced throughout literature in and outside Puerto Rico. It has been shown that preventive strategies such as social support (SS) and individual aspects such as emotional intelligence (EI) can reduce the risk of violence. Adults who have experienced ACEs in their childhood can break the cycle of intergenerational violence. This study aims to examine the relationship between ACEs and IPV, taking into consideration how SS and EI interact in the relationship. Several Poisson regression models with negative binomial distribution were used. The sample consists of 170 participants aged 21 years and older (mean 34.59, SD 11.15), residing in Puerto Rico. Most participants are women (83%), single (38.8%), with a bachelor's degree (45.9%), and with low income (34.7%). The overall mean of ACEs is 4.95, IPV (victim 3.04 and aggressor 1.93), SS 63.47, and EI 125.53. We found evidence that supports the positive relationship between ACEs and the probability of being a victim or perpetrator in romantic relationships ($p < .001$). Furthermore, SS is a protective factor that buffers the possibility of violence in a relationship, highlighting that the effect is stronger for the victim ($\beta = -.015$; $p < .001$) in contrast to the aggressor ($\beta = -.019$; $p < .001$). Implications for public health and prevention as well as the urgency to recognize protective factors that promote the reduction of IPV are discussed. The implementation of strategies in groups and entities that provide services to populations vulnerable to IPV are suggested for the development of prevention programs in communities, schools, companies and government agencies. Trauma-informed approaches to IPV intervention can be used to orient clinical practice across behavioral health settings.

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The impact of gratitude writing interventions on social connectedness during the COVID-19 pandemic

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The purpose of this study was to design a gratitude writing intervention conducted online during the Covid-19 pandemic and explore its impact on social connections. We used the 8-item short-form version Social Connectedness Scale-Revise as measure. Sixty-four university students in Taiwan were recruited and

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randomly assigned to experimental and control groups. The participants completed the three-week intervention, pretest, post-test, and a follow-up conducted two weeks after the experiment ended. The results of ANCOVA showed that at follow-up, the experimental group exhibited significantly higher social connectedness compared to the control group, and this effect persisted during the follow-up assessment. The study suggests that gratitude writing conducted online can enhance participants' social connectedness.

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Parental availability and motivation of juvenile delinquency

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The aim of this study was to gain a deeper understanding of the parental role in influencing adolescents' motivations for self-reflection and self-improvement following delinquent behavior. For these ends, we designed mixed-method research that included self-report surveys and in-depth interviews with delinquents aged 15–18 years old. Firstly, the findings from in-depth interviews revealed that how adolescents perceive parental availability has a significant impact on self-reflection of their behavior after delinquency. Additionally, the reactions of parents to adolescent delinquency were found to exert a substantial influence on adolescents' motivations for self-improvement. Secondly, the survey results indicated that adolescents with a low level of parental availability experienced more depressive symptoms compared to those with a high level of parental availability. Interestingly, adolescents from families with low parental availability, coupled with high family cohesion and adaptability, demonstrated a higher level of narcissistic tendencies and experienced more depressive symptoms. These findings contribute to an expanded understanding of juvenile delinquency and provide fundamental data for the development of treatments and preventive interventions for adolescent delinquency.

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