International Journal of Psychology

Crises, Disasters & Trauma Psychology

INVITED SYMPOSIUM

4289IS
Oppression and critical resilience: Capacity building in a global sociopolitical context

Chair: Arpana Inman *Rutgers University, USA*

With much going on geo/socio-politically in the world today, oppression of some individuals by others is ever-present. Wars in Ukraine, Israel and Palestine, conflict between Azerbaijan and Armenia, the flow of and treatment of migrants and refugees in the EU and the US have catalysed increased resentment, polarization, hate speech, and oppression of minoritized groups globally. Not only are the victims themselves affected, but impacts reverberate around the world as a result of technological advances like internet connectivity, smart phones, and social media. Individuals have different reactions to such occurrences. Responses include negative psychological impacts and internalized oppression and possibly being unable to move forward, as well as resilience. Despite experiencing demeaning, antidemocratic, and even horrific conditions, many individuals report continuing and wanting to better society. Specifically, critical resilience, or the coming through adversity and wanting to help fight future oppression through raised critical consciousness (Campa, 2010; Morgan, 2023) is discussed. The current presentation highlights some new and ongoing oppressive situations as well as common threads in how people seem to react and persevere in such circumstances.

Critical resilience in those facing oppression

Melissa Morgan *Adler University, USA*

Many today face oppression by other human beings. Despite such oppression, many individuals overcome the hardship and go on to lead fulfilling lives, even choosing to "give back" to their society (Morgan, 2023). Going through these experiences often comes with the development of a critical consciousness that allows for enhanced understanding of power dynamics and humanity. Such critical resilience or thriving has been found present in people such as Holocaust survivors (Morgan et al., 2017) and Latinx immigrants to the United States of America (Morgan, 2023). This presentation will discuss studies of such an outcome.

Oppression from within: Resiliency in the pursuit of basic rights

Brigitte Khoury (1), Özen Odag (2) *1. American University of Beirut, Lebanon; 2. Touro University Berlin, Germany*

Although oppression is often thought of as an external factor, where an enemy country/oppressor imposes their views, values, traditions, politics, and demands, on another group, oppression may also come from within a group or community. In Lebanon, this was experienced for years with the oppression of the corrupt political class over the population which resulted in a "revolution" in October 2019, followed by the economic bankruptcy of the country due to the greed and theft of politicians of the governmental institutions, the collapse of the banking sector and devaluation of currency causing an inflation rate of over 200%. Living with such oppression affecting daily living has caused immense anger in the population and has been followed after some time with a "learned helplessness." where each, as a means of survival, helps themselves and their family. Hence, being occupied by survival tasks can lead individuals to stop fighting the oppressor and protesting the unfairness of minimal versus basic rights.

Hate speech in social media: Opportunities for critical resilience?

Larisa Buhin (1), Özen Odag (1) *1. Touro University, Germany*

Online hate speech has become one of the most common forms of intolerance in Europe today. This qualitative study examined emerging adults' efficacy in dealing with online hate speech. The participants were asked to define hate speech and then discuss their reactions to examples of hate messages appearing in social media. Three focus groups of diverse emerging adults were conducted to glean insights into participants' critical media literacy skills and emotional and behavioral reactions to online hate speech. The results of this research offer clues into interventions to build critical resilience and digital upstanding skills in emerging adults.

Competence and protective displays as a sign of critical resilience

Agata Maria Kraj *University of Bamberg, Germany*

In recent years, authoritarian and antidemocratic forces have become evident not only in new, but also in well-established Western European democracies. The present study investigates the impact of these tendencies on women's capacity to establish themselves as credible political representatives in Poland and Germany. Results indicate that Polish politicians operate in a more hostile environment and have fewer resources at their disposal to counteract gendered pressures. Deprived of institutional support, Polish politicians rely on a wider range of assertive and protective self-presentation strategies to fend off attacks, as well as build self-reliance and resilience, compared to their German counterparts.

3270IS
Psychological responses to the war in Ukraine. Help for people in crisis and beyond

Chair: Robertas Povilaitis *European Federation of Psychologists' Associations, Belgium*

Psychological research on the psychosocial consequences of war points to long-lasting traumatization, the effects of which span several generations. Within the biopsychosocial model, risks, damages, and necessary resources and support can be categorized. These categories provide starting points for both individual spontaneous support during times of war and long-term professional assistance for those directly impacted and their families. Furthermore, addressing intergenerational traumatization necessitates sustainable and accessible support within war zones and for refugees.

European psychologists and the war against Ukraine

Christoph Steinebach (1), Robertas Povilaitis (1) *1. European Federation of Psychologists' Associations, Switzerland*

Awareness of the severe psychological consequences of war has prompted the EFPA to denounce the Russian invasion of Ukraine. The actions taken by the European Federation of Psychologists' Associations (EFPA) following Russia's full-scale invasion of Ukraine will be outlined. EFPA issued a statement concerning the war in Ukraine and initiated the expulsion of the Russian Psychological Society upon receiving alarming reports of its connections with the political and military leadership of the Russian Federation. EFPA made a call for support inviting EFPA Full Members to respond to the needs of Ukrainian psychologists. Furthermore, EFPA organized a symposium on the war in Ukraine during the European Congress of Psychology in 2023. An international online event with the aim to reflect the role of psychological associations was organized by EFPA and National Psychological Association of Ukraine in December 2023 with participation of leaders of International Union of Psychological Science, International Association of Applied Psychology and American Psychological Association.

Challenges of Ukrainian psychologists during the war

Oleg Burlachuk (1), Valeriia Palii (1) *1.National Psychological Association of Ukraine, Ukraine*

Ukrainian psychologists today are needed in many fields: they work with people who are victims of war, civilians, and soldiers. Today, our specialists have unique expertise in

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working with trauma, acute stress reactions, loss, and very difficult and specific topics: working with victims of captivity, torture, rape, and kidnapping. Undoubtedly, the dedication and courage of our colleagues is an example for many specialists from all over the world. However, not many people consider the fact that Ukrainian psychologists, in addition to work, also live in the context of war. Many of us are waiting for relatives from the war, have lost someone close, may have been forced to move within the country or abroad, go to work every day after mass attacks, overcome our suffering, and help others to live. The National Psychological Association (NPA) has been supporting colleagues since the beginning of the full-scale invasion and is ready to share its experience: an audit of the needs of colleagues, their challenges, and solutions. The big question nowadays is how to support, motivate, inspire, and strengthen trust in the organization. Since February 2024, the NPA has been working in several areas of support for members, including theoretical and practical support for psychologists, diplomatic work, and advocacy of the interests of Ukraine and psychologists, strengthening the role of psychologists and cooperation with the state to support society and sustainable development, popularization of evidence-based psychology among the population, strengthening of international cooperation. The presentation will be devoted to analysing the experience of such work.

What people worry about during the war: Experience of the hotline

Valeriia Palii *National Psychological Association of Ukraine, Ukraine*

In June 2022, the National Psychological Association of Ukraine (NPA) and partners launched a psychological support hotline, which is provided in the format of audio and video calls. The hotline operates on one number available all over Ukraine every day. Gradually, the NPA team realized that our fellow citizens who temporarily found a safe place in other countries also needed psychological help. However, they cannot turn to a local psychologist due to the language barrier or other circumstances. So, the NPA team gradually started connecting numbers in other countries, which allowed us to receive calls from other countries (21 countries). In 2023, we added an Internet calls option, which allows us to receive calls from countries all over the world and temporarily occupied Ukrainian territories. Psychologists and psychiatrists of the line are specially educated staff trained to provide crisis interventions. All consultations are confidential and free. From the beginning of work, the line specialists have provided over 10,000 crisis consultations. So what worries Ukrainians the most, which requests and problems are the most common, which challenges face Ukrainian people in Ukraine and abroad, who ask for help more often? The presentation will be devoted to consideration of this and other data.

4331IS
Climate change and disaster mental health: The Bahamas' reality

Chair: Wendy Fernander *The Bahamas Psychological Association, Bahamas*

Climate change is the long-term shift in temperature and weather patterns. It is negatively impacting populations and represents the biggest global threat to mental health of the 21st century.

It is anticipated that climate change will have a direct and indirect impact on mental health through exposure to severe weather-related events, poverty, unemployment, and limited housing. It is expected that vulnerable places such as The Bahamas and the mental health of its people will be impacted. The Bahamas, with its porous limestone make up, is especially threatened by climate change, due to its location in what is considered "hurricane alley": the northern end of the Atlantic Ocean, with its low elevation and risk for rising sea level. Climate change is an existential threat to the Bahamas and the Mental Health of the Bahamian people as climate- related events can lead to psychological distress, and also worsen mental health issues resulting in increased psychiatric hospitalisations and rates of suicide. In addition, climate related events can contribute to higher mortality rate among people with pre-existing mental health disorders.

The need for climate-resilient Bahamas

Richard Adderley *The Bahamas Psychological Association, Bahamas*

Natural disasters have been a part of the Bahamas' history for a very long time. The Bahamas is an archipelago of more than 700 islands and cays with 30 inhabited. Of all the islands in the Caribbean, the Bahamas is the nation that is most at risk to climate change. This is because most islands of The Bahamas are just a little above sea level. The Prime Minister of The Bahamas in his 2022 address at Cop 27 appealed to the big, industrialised nations to do all they can to help to alleviate climate change. He indicated at this meeting that if nothing is done then Bahamians are likely to become "climate change refugees or suffer in a watery grave". In 2019, the most powerful hurricane on record in the Atlantic region made landfall in the two northern islands of The Bahamas, resulting in mass evacuations to the capital island of New Providence, stretching the already limited resources. This hurricane caused billions of dollars in losses and damages, and hundreds of lives lost. The consequences of disaster and climate change affect communities leading to post traumatic stress disorder and depressive disorders. The WHO pointed out that the burden on the mental health of people living in countries where the capacity to cope with the problems arising from climate change is heavy. It is imperative that The Bahamas build climate-resilient homes but also begin the process of addressing the impact of climate change on the mental health of Bahamians.

The MHPSS response in a post-disaster Bahamas

Megan Johnson *The Bahamas Psychological Association, Bahamas*

In the last half decade, the Islands of The Bahamas have been in recovery following the devastating impact of Hurricane Dorian on its northern islands. Along with the physical toll on the islands' infrastructure, the hurricane took a toll on the security and wellbeing of the population with more than 70,000 people displaced and an unconfirmed number of dead or missing persons. The investment into rebuilding and system-stabilization has been enormous, while at the same time, insufficient in holistic restoration attempts. Research shows that people affected by crises face higher risks for developing mental health issues like mood disorders, anxiety disorders and stress-related disorders. Children and those with varying disabilities can also experience long-term mental health impact following a disaster, as they are the most vulnerable groups. Additionally, those with pre-existing mental health conditions face heightened symptom-expression and prolonged distress, particularly after repeated disasters. Understanding the context of a post-Dorian Bahamas (economic- and resource- vulnerability, COVID-19 Pandemic), a collective response was required to address the mental and social wellbeing of the nation, while preparing the range of community actors for other disasters. Through Mental Health and Psychosocial Support (MHPSS), relevant bodies have made efforts to intervene in the fallout of crises by reducing the levels of perceived personal and community distress of those directly and indirectly impacted by Hurricane Dorian. As The Bahamas continues to organize and educate its populace on the relevance of MHPSS in disaster settings, we complete this objective on the understanding that our geography, history and economic infrastructure leaves us susceptible to extreme weather and other climate-related influences.

Climate change as an antecedent to disaster mental health

Lovern Moseley *The Bahamas Psychological Association, USA*

Research on climate change and mental health indicate that extreme weather has become more frequent and intense and can exacerbate existing health challenges. Some of these health challenges that are aggravated include psychological disorders such as Post Traumatic Stress Disorder, Major Depressive Disorder, suicide ideation, complicated grief, and trauma. Across the globe, we have witnessed the very real

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impact and devastation of climate change. For the Commonwealth of the Bahamas in particular September 2, 2019 is at the forefront of this global impact. Hurricane Dorian brought not only physical devastation to several major islands of the Bahamas it resulted in significant mental health struggles as individuals across the island nation suffered a collective trauma. While the Bahamas is made up of resilient people, the global COVID-19 pandemic dealt another crushing blow. The mental health community has attempted to make efforts to pull on this resilience through seeking mental health support both within and outside of the country for the people of the Bahamas. A Knowledge Attitude and Practice survey that was conducted by the Ministry of Health and Wellness in 2022 revealed that most Bahamians were concerned about the impact of climate change on the Bahamas. The Bahamas is in preeminent danger of rising sea level from climate change as most islands are considered just a few inches above level, and most Bahamians live within a few miles from the sea. We will explore the impact of the efforts made to address these concerns, as well as discuss the way forward in light of the ongoing threat of climate change given that the Bahamas is perpetually at risk for additional disasters.

3737IS
How we heal together: Experiences of TPA after 6th February earthquake

Chair: Asli Göncü-Köse *Çankaya University, Türkiye*

These symposium presentations aim to introduce community-based support actions that the Turkish Psychological Association (TPA) has taken since the immediate aftermath of the 6th February 2023 Earthquake in Turkey. Considering the evidence in recent psychology research, TPA organized their strategies so that volunteer psychologists can provide psycho-social support by coming together, solidarizing, and sharing an identity with the people affected by the earthquake during the process of community healing. Our symposium will begin with Professor Cem Şafak Çukur's talk about how TPA was involved in the psycho-social support processes in the aftermath. Second, Professor Özden Yalçınkaya-Alkar will introduce pieces of training provided to volunteers by professionals in different areas of psychology. Third, Professor Aslı Göncü-Köse will talk about the difficulties of finding funding opportunities and strategies for using available funding options. Fourth, Dr. Selin Tekin will talk about the strategies that TPA used to support sharing an identity in the earthquake area. Lastly, PhD Student and Psychologist Caner Çakır will introduce the steps that TPA has taken since the beginning and give an overview of the future steps that are planned to be taken by the TPA volunteers in the earthquake area.

The role of psychologists in disaster relief: The case of 2023 earthquake in Türkiye

Cemşafak Çukur *Ankara Yıldırım Bayazıt University, Türkiye*

The Turkish Psychological Association (TPA) which has the status of a public benefit association with its volunteers and other state institutions has been working in natural disasters since 1976. The big earthquakes (7,5 M - 7,8 M) that happened on 6th February in the southeast part of Türkiye, centered in Kahramanmaras have affected more than 11 cities. The disaster had a devastating impact with more than 50,000 deaths and many injuries, and almost four million people were forced to leave their homes. More than 1 million are still living in temporary settlements. TPA has been providing psychosocial support (psychological first aid, psycho-education, long-term psychological interventions, empowering local mental health processions, etc.) at the 11 affected cities along with the migrated population in different settings from the first week of the disaster. The psychosocial support efforts of TPA have been mainly conducted through volunteers with the help of professionals and scientists. The specific targeted groups were mostly disadvantaged and vulnerable segments of populations (poor, disabled, children, women, immigrants, etc.). Mental health profession roles based on clinical approaches and individual-level intervention in disaster relief have been supported by community-level and practical approaches. The presentation will provide the quantity and quality of achievements in disaster relief of TPA along with obstacles and failures. Thus, the roles of psychologists will be discussed through experiences in disaster relief in Turkish cases to increase awareness and make contributions to the field.

Training provided to volunteers by professionals in different areas of psychology after the disaster

Özden Yalçinkaya Alkar *Ankara Yıldırım Bayazıt University, Türkiye*

Throughout our lives, we may encounter not only problems, stress, and crises, but also losses and traumas. As psychologists, we encounter people who experience this loss not only personally but also professionally as well. If you are a psychologist living in Türkiye, unfortunately, it is inevitable to add earthquake disaster experience and earthquake traumas to all these. An important part of the duties of psychologists, clinicians, and academicians who are volunteers of the Turkish Psychologists Association (TPA), is to provide individual and institutional training on earthquake disasters. An important component of taking action against these emergencies also requires the preparation and delivery of earthquake-related trauma intervention training. In this context, this presentation will include information about the training given on the trauma/loss experience of the effects of the earthquake. It was necessary to provide training primarily and predominantly to TPD volunteers working with disaster victims. For this reason, first of all, the training given to our colleagues who are volunteers of our association on psychological first aid and other education will be mentioned. Later, training provided within the cooperation framework with different experts/researchers on this subject will be presented. Finally, I will explain the training we provide to different public, higher education institutions, and non-governmental organizations that request various training on earthquake disasters from our association.

Shared identity approach to support people who were affected by the earthquake

Selin Tekin *Karabük University, Türkiye*

Previous studies on disasters have indicated that, when describing mass emergencies, social factors at every stage of disaster should be considered. Therefore, it is crucial to evaluate emergencies not as individual instances of trauma requiring only clinical intervention, but rather as social and political phenomena when planning appropriate, sufficient, and necessary intervention programs. When assessing support strategies after a disaster, it can be observed that, before external interventions such as medical support, security-related support, and civil society organizations, community members come together to form a support system. Regardless of the degree of impact of the disaster, people usually engage in collective behaviours and act as one to continue mutual aid and support activities. In 2023, the support strategies of the Turkish Psychological Association (TPA) were inspired by a shared social identity approach following the earthquake in Turkey, which had significant and destructive effects. Coordinating with volunteer psychologists who expressed their willingness to provide support in the affected areas from various cities in Turkey, the TPA started offering psychosocial and psychological support in a coordinated manner to the four cities most affected by the earthquake. Instead of setting the same plan for each, different plans were established based on the cultures and needs of the cities and different sections of the communities in each city when completing these support strategies. In my presentation, I will not only discuss how the TPA applies the shared social identity approach but also talk about the ethical principles that are of great importance during this application. Additionally, I will elaborate on the type of information we provide when preparing volunteers for fieldwork.

Difficulties of finding funding opportunities and strategies for using available funding options

Asli Göncü Köse *Çankaya University, Türkiye*

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The Turkish Psychological Association (TPA) provided psychosocial support to the affected citizens after natural disasters and traumatic events such as mine collapses since 1976. As a Non-Governmental Organization (NGO) and the only professional organization of psychologists in Türkiye, TPA affords its activities via income from membership fees, pieces of training, and donations. However, these revenues are extremely insufficient to provide the psychosocial support services we voluntarily provide to large masses after large-scale disasters such as the February 6 earthquake. In this presentation, the process and difficulties we experienced as the management of the Turkish Psychological Association while trying to find the financial resources required to provide psychosocial support services to the citizens in the region after the February 6 earthquake that affected 11 provinces will be explained. Additionally, examples will be given of how the financial resources required for psychologists to continue their volunteer work after such disasters are organized and distributed. Finally, strategies that psychologists' associations can follow in their search for financial resources after such traumatic events and suggestions on this subject will be discussed along with our experiences since February 6, 2023.

Psychosocial support studies in the post-disaster period

Caner Çakir *Ministry of Health, Türkiye*

The Turkish Psychological Association (TPA) provided psychosocial support activities in 4 earthquake areas with our volunteer psychologists. Information about the activities carried out by volunteers was reported monthly and also published on the official website of the TPA. Experiences, training, and qualifications in the field of disaster and trauma were evaluated while selecting psychologists who applied to the TPA for volunteering and the selection process was managed. After the earthquake, individuals who live in the earthquake areas experience psychological and social problems due to their losses. Moreover, it has been observed that they need psychological support regarding their adaptation to new living conditions and mourning processes due to the earthquake in addition to their basic and physical needs. Within the scope of psychosocial support, container/tent visits, group studies, and individual interviews were carried out by the volunteer psychologists. Moreover, individuals affected by the earthquake were visited in their containers to determine their needs in the field of psychosocial support. To be clear, recognition of the risk factors that facilitate the emergence of post-disaster psychological symptoms and also psychological needs is important for determining the people to be prioritized in psychosocial support activities. In addition, these activities included people of all ages and groups, and studies were carried out for these groups based on the determined needs. In this presentation, I will discuss what were the needs of the individuals affected by the earthquake and how many of these needs we responded to, and how we responded. At the same time, I will talk about people's feedback about the activities of our association.

SYMPOSIUM

2798
Traumatic reactions to war and terror: The Israeli society during the 2023 Israel-Hamas war

Chair: Lee Greenblatt-Kimron *Ariel University, Israel*

On October 7th, Hamas launched a massive terror attack on Israel resulting in more than 1,200 casualties and 240 hostages, including children, women, and older adults. Israel declared war against Hamas after the attack. Thousands of Israelis were displaced due to the demolition of their homes and missile attacks.

Previous studies show adverse mental outcomes among populations exposed to terror and war. The symposium focuses on vulnerability and resilience arising from exposure to the October 7 attack and subsequent 2023 Israel-Hamas War. The first presentation (Palgi et al.) explores the unique associations of posttraumatic stress disorder (PTSD) and subjective traumatic outlook (STO) with psychiatric and psychological concomitants. The second presentation (Shrira et al.) examines the parallels between the Yom Kippur War, fifty years after being caught off guard, and the surprise attack by Hamas by assessing the extent to which Yom Kippur War veterans thought about the connection between their focal trauma and the Israel-Hamas War, and whether a linkage was associated with trauma reactivation and exacerbation in psychological distress. The third presentation (Greenblatt-Kimron et al.) discusses potential adverse psychological reactions and preoccupation and sensitivity with current threats of war, terror, and stressful events among Holocaust descendants, especially when associations with the Holocaust are triggered. The fourth presentation (Lavenda and Greenblatt-Kimron) assesses parental burnout triggered by these events, specifically, the moderating role of PTSD symptoms during the first month of the war in the relationship between parents' self-efficacy and parental burnout. The fifth presentation (Bodner) provides clinical demonstrations showing how the traumatic memories and the interpersonal interactions of combatants with their peers in therapy groups activate the attachment system. Collectively, this symposium underscores the traumatic reactions of the general Israeli population and specific groups at risk of the adverse mental health effects of the Israel-Hamas War.

PTSD and subjective traumatic outlook in the Israel-Hamas war: Picture of posttraumatic reactions

Yuval Palgi (1), Greenblatt-Kimron, Lee (1), Hoffman Y. (1), Segel-Karpas D. (1), Ben-David B. (1), Shenkman G. (1), Shrira Amit (1) *1. University of Haifa, Israel*

Objectives: This study examined the unique associations of posttraumatic stress disorder (PTSD) and subjective traumatic outlook (STO) with psychiatric and psychological concomitants among Israelis during the 2023 Israel-Hamas War. While PTSD reflects the phenomenological psychiatric reaction to a traumatic event, STO reflects the subjective evaluation that one is traumatized. Methods: A convenience sample of 375 Israelis, aged 20-87, from around Israel completed an online survey in the first two months of the war. Results: A series of univariate logistic and linear regressions showed that while both probable PTSD and STO were associated with general anxiety and depression, STO showed unique associations with hope and revenge. These results suggest that a broader picture of posttraumatic reactions can be captured by accounting for both PTSD and STO. Conclusions: The current findings add to previous evidence suggesting that the theory and practice of posttraumatic reactions may benefit by accounting for both observed symptoms and the introspective perception of one as traumatized

Trauma reactivation 50 years later: Yom Kippur War veterans during the 2023 Israel-Hamas war

Amit Shrira (1), Greenblatt-Kimron Lee (1), Yuval Palgi (1) *1. Bar-Ilan University, Israel*

Objective: Fifty years after being caught off guard in the Yom Kippur War, Israelis experienced another surprise attack by Hamas. The parallels between the two wars were striking. The current study assessed the extent to which Yom Kippur War veterans thought about the connection between their focal trauma and the 2023 Israel-Hamas War, and whether such a linkage was associated with trauma reactivation and exacerbation in general psychological distress. Methods: A web-based random sample of 399 Yom Kippur War veterans (ages ranging 68 to 88) completed questionnaires five months before the 2023 war (T1) and 297 of them completed another survey two months after the war began (T2). Results: Rates of probable PTSD due to the Yom Kippur War increased from 5.4% in T1 to 13.1% in T2. Rates also increased in clinical levels of depression (12.7% to 18.2%) and anxiety (7.1% to 12.5%). A significant number of veterans experienced an intrusive linkage between the wars (i.e., thoughts linking

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between the wars being uncontrollable and producing intense emotional, visceral, and sensory experiences). Intrusive linkage increased the risk for probable PTSD and clinical levels of depression and anxiety after controlling for pre-war levels of distress. Conclusions: The study is among the first to show that intrusive linkage is quite frequent among older adult war veterans who confronted another traumatic event that reverberated the focal trauma. This linkage increased the risk for trauma reactivation and exacerbation of general distress symptoms.

Heightened salience and psychological reactions in Holocaust families faced with current stress

Lee Greenblatt-Kimron (1), Shrira, Amit (1), Palgi Yuval (1) *1. Ariel University, Israel*

Objectives: Studies examining the intergenerational transmission of the Holocaust among the second (G2) and third generations (G3) reveal a heightened salience (preoccupation and sensitivity) with current threats of war, terror, and stressful events, and adverse psychological reactions, especially when associations with the Holocaust are triggered. Methods: Participants included a random sample from a web-based survey company, collected in three waves. The overall sample included 1071 Jewish Israeli adults of European Origin (297 Holocaust G2, 224 comparison G2, 379 Holocaust G3, and 171 comparison G3). Results: Findings show that Holocaust G2 and G3, relative to comparisons, reported more Russo-Ukrainian War salience and psychological distress symptom exacerbation since the escalation of the war. Holocaust G2 and G3 also reported higher Holocaust centrality and terror threat (in Israel) salience relative to comparisons, and Holocaust G3 reported higher levels of anxiety than comparison G3. The number of Holocaust survivors in the family was linked with higher anxious preoccupation. Additionally, Holocaust descendants reported higher civil unrest, salience and anxiety since the introduction of the judicial overhaul relative to comparisons. Preliminary findings will be presented about the reaction of Holocaust families after the surprise Hamas attack on October 7 and the subsequent Israel-Hamas war. Conclusions: Findings suggest a specific vulnerability due to intergenerational transmission of trauma in Holocaust survivor families, including increased preoccupation with and perceptiveness to potential threats of human-induced trauma. Mental health practitioners should focus on reducing the preoccupation with threat and increased psychological distress of Holocaust survivor families when faced with current adversity.

The role of PTSD symptoms in the association between parental self-efficacy and parental burnout

Osnat Lavenda (1), Greenblatt-Kimron Lee (1) *1. Ariel University, Israel*

Objectives: Parental self-efficacy is a well-known protective factor for coping with the difficulties of the parenting role, while low levels of parental self-efficacy have been linked with parental burnout. The study examined the adverse outcomes of exposure to traumatic events as a possible mechanism moderating this relationship. Specifically, the study examined the moderating role of posttraumatic stress disorder (PTSD) symptoms during the first month of the Israel-Hamas war in the relationship between parents' self-efficacy and their reported levels of parental burnout. Methods: Data were collected using a random sample from a web-based survey company in Israel. The sample included 326 Israeli parents who were married or in a committed relationship and had at least one child between the ages of 3 and 5. The age of the participants ranged from 24 to 50 years (M = 36.75), 57.8% were women and 66.7% had a higher education. Participants completed measures of demographic characteristics, parental self-efficacy, parental burnout, and PTSD symptoms. Results: Results reveal that parents exposed to traumatic events due to war or terror are prone to high levels of parental burnout, especially if they exhibit low parental self-efficacy and higher levels of PTSD. Findings showed that the higher the level of PTSD symptoms reported, the stronger the relationship between low parental self-efficacy and higher levels of parental burnout. Conclusions: Practitioners should tailor interventions among families exposed to war and terror by focusing on identifying parents with low self-efficacy and higher levels of PTSD symptoms to prevent the escalation of parental burnout.

Attachment based individual and group interventions for the treatment of post-traumatic combatants

Ehud Bodner *Bar-Ilan University, Israel*

John Bowlby's attachment theory views the need for human connection as a central motive for the behaviour of mammals, including humans. The need for human connection is expressed by the motivation to share with others and receive their support and help, and the tendency to care for others and to provide them with support and care. Affiliating with others to help them and share one's experiences with them is based on trust in people, while affiliating with others to help them and to provide them support is based on confidence in one's ability to assist others. The 7/10 event and the war that followed greatly strengthened combatants' attachment needs, because when they fight together in units they must take responsibility for the lives of their peers. However, soldiers who developed post-traumatic reactions and were evacuated to the rear were cut off from their unit peers which in addition to their combat reaction could harm their attachment needs. The lecture will describe individual and group interventions at a rear-end rehabilitation facility, which correspond with the violation of the attachment needs of the soldiers who are treated in that facility. It will demonstrate by anonymous clinical examples how traumatic memories and interpersonal interactions between combatants with their peers in therapy groups activate the attachment system. I will delineate the principles of these attachment-based interventions, which make use of the participants' motivation to share and receive support for their traumatic experiences, but also to provide support for peers who share similar traumatic experiences.

2609

Consequences and solutions to climate change and global conflicts

Chair: Nancy M. Sidun *Independent Practice, USA*

The world faces potentially catastrophic effects of climate change and conflict, presenting a fundamental threat to human health. The climate has varied minimally for thousands of years, with increasingly limited capacity to adapt to rapid or extreme climate changes. However, it is becoming increasingly evident that we may need to prepare for dramatic changes. We see increased droughts, heatwaves, forest fires, floods, accelerated melting of glaciers, and climate migrants who are now forced from their homes due to climate change. Additionally, increased conflict in the world has dramatically impacted and displaced numerous people. With our climate dramatically changing and increased global conflict, we as psychologists must be aware of the negative impact on various populations. This symposium will highlight the powerful effects of climate change and conflict on multiple populations, especially those disrupted by a climate or conflict event. Examples of solutions on how to address these consequences will be offered. The first presenter will discuss the intersectionality of climate change and the mental health effects of at-risk, vulnerable persons who have no place to go. Exploration of how natural disasters can lead vulnerable persons to migrate or perish. Indigenous climate leaders are addressing adaptation efforts in their community-based projects. The second presentation will delineate the intersectionality of climate change and human trafficking, emphasizing how climate change significantly impacts women and girls negatively, putting them at increased risk of being trafficked. The third and final presenter will discuss the intersectionality of war and the mental health effects of at-risk, vulnerable persons who need to flee in search of asylum. In addition, the presenter will showcase the impact of war and conflict on the global trafficking pandemic. In closing, a discussant will moderate a

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brief question-and-answer period with presenters.

Global climate change and mental health: "Weathered-out"

Irma M. Barron *Albizu University, USA*

Global climate change is becoming more and more mainstream worldwide. That is not only a discussion previously reserved among scientific scholars in academic circles, but also now it has become a political platform from leaders from local, national, and international arenas, and even a young Swedish teenage climate activist who gave a riveting and emotional speech at the United Nations in 2018. She has spearheaded a new generation of environmental activists, children, and adolescents worldwide who are joining forces in this much-heated debate demanding world leaders to swiftly act on reversing the manufactured toll on Earth. These young environmental activists are worried about their future. They have witnessed an increasing number of natural disasters; in 2023 alone, there were floods in Colombia, earthquakes in Morocco, Afghanistan, and Nepal, Hurricane Otis, and Tropical Cyclone's Tej, and Lola. These natural disasters alter the landscape and the physiological and psychological toll it is taking on humans. In particular, vulnerable persons (poor, women, elderly, and children). Moreover, existential crises of losing one's home, possessions, family members, pets, livestock, and communities. What does it mean to be "Weathered-out" with no place to go? Evidence shows that there are aspects of climate change that, until recently, have been rarely acknowledged. This symposium will provide insights into these arenas. This presenter will discuss the intersectionality of climate change and the mental health effects of at-risk, vulnerable persons who have no place to go. Exploration of how natural disasters can lead vulnerable persons to migrate or perish. Indigenous climate leaders are addressing adaptation efforts in their community-based projects.

The intersectionality of climate crisis, women and girls, and human trafficking

Nancy M. Sidun *Independent Practice, USA*

Human trafficking, commonly referred to as modern-day slavery, affects millions of people worldwide. Sexual exploitation or forced labour is what drives trafficking. This modern-day slavery tends to increase after natural disasters or conflicts where many people are displaced from their homes and become highly vulnerable. The United Nations announced that a record number of 100 million people were displaced in 2022 and anticipates that in the coming decades, the number of people fleeing their homes will escalate dramatically due to climate change, predicted to increase to over 200 million displaced annually by 2050. Climate change will become the most significant driver of population displacement within and across national borders. The number of people left vulnerable and at higher risk of being trafficked will increase accordingly. Climate change affects everyone, but not equally. The impacts of climate change are not gender-neutral; they deepen and reproduce existing inequalities as women are more vulnerable to the effects of climate change. Since women constitute the majority of the world's poor and are more dependent on their livelihood on natural resources threatened by climate change, the impact of climate change intensifies. People displaced from their homes endure substantial hardships searching for a new place to live. It is well documented that displacement leads to a considerable increase in human trafficking. The U.N. Environment Programme has indicated that trafficking may increase by 20-30% during disasters, and "INTERPOL has warned that disasters or conflicts may increase the exposure of women to trafficking as families are disrupted, and livelihoods are lost." The U.N. reports that 80 percent of people displaced by climate change are women, thereby making these displaced women more vulnerable and at higher risk of being trafficked. This presentation will delineate the intersectionality of climate change and human trafficking, emphasizing how it impacts women and girls.

Human trafficking and mental health issues in a climate of conflict

Indhushree Rajan *The Conscious Life Psychological Services, USA*

We live in a time in which war and international hostilities are becoming the norm. The Russian attack on Ukraine and now the escalating war between Israel and HAMAS are creating global waves of fear, hatred, and suffering, causing war-torn people to scatter in every direction in search of asylum. Political leaders from local, national, and international platforms have become consumed with defending borders from bombs and refugees, and xenophobia rules the day. In this socio-political reality, in which warring nations, closed borders, and the exploitation of humanity are becoming a worldwide standard, what is the fate of human trafficking victims? Recently, The United States Institute of Peace reported that "The humanitarian crisis caused by Russia's war in Ukraine is rapidly turning into a human trafficking one in which women and children, who make up the majority of the refugees fleeing the war, are being exploited." As of 2020, the U.N. estimates that over 2 billion people live in conflict-affected countries, and as of 2023, the World Economic Forum estimates that 339 million people need humanitarian assistance, most affected by armed conflict. More vulnerable, exploitable communities created by war, as "lack of food, water, and shelter creates vulnerability for families stuck in areas of conflict or attempting to flee from those areas." Still, evidence shows that because war ravages communities without prejudice, even those who once had economic, familial, and socio-cultural protections are at risk of being trafficked. Additionally, members of marginalized communities, owing to race and gender-based inequities, suffer disproportionately in a war-torn climate of conflict. This presentation will provide greater insight into the impact of war and conflict on the global trafficking pandemic. This presenter will discuss the intersectionality of war and the mental health effects of at-risk, vulnerable persons who need to flee in search of asylum.

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Psychological factors and the impact of COVID-19 pandemic

Chair: Amy L. Ai (1), Victor Patrangenaru (2) *1. Florida State University, USA*

Coronavirus disease 2019 (COVID-19) is the latest virus model, which is one of the biggest problems for the World Health Organization (WHO), the Environmental Protection Agency (EPA), and almost all countries in the world, which destroys environmental sustainability, increasing mortality every day. The COVID-19 pandemic has also imposed existential questions, adaptive behavioural changes, and psychological distress for the global population over the past few years. But the catastrophe also created a new opportunity for adulthood growth and engagement. The new pandemic in the future will be a reality to be faced by psychologists. To learn the lessons, this symposium gathered findings from four international studies. Studies I and II were conducted in Europe and Studies III and IV were performed in the United States. Study I examined the extent to which the psychological characteristics of resilience and perceived spiritual support were associated with adaptive (vs. maladaptive) outcomes during one of the COVID-19 lockdowns in Italy (March–April 2021). Study III investigated whether spirituality and secular belief in the immortality of soul may moderate the relationship between the concern about Covid-19 and psychological distress, as well as the pro-vaccine attitudes among Chinese immigrants in the United Kingdom and Italy. Study III presented a comprehensive understanding of the changes in student engagement during the COVID-19 pandemic. Study IV involved 21 studies collected in Western and non-Western countries in a meta-analysis of Covid-19 related posttraumatic growth. Overall, the symposium will integrate cross-culturally evidence to inform the advance of the world's psychological science and practice to prepare for the increasing natural disasters in the future.

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Spirituality and psychological stress in COVID pandemic in Europe

Ankica Kosic (1), Amy L. Ai (2) *1. Sapienza University of Rome, Italy; 2. Florida State University, USA*

Background: The COVID-19 pandemic has led to psychological stress caused by several threats such as concerns for health, economic problems, and several others. We conducted four studies, of which three in Italy, and one in the UK. These studies aimed to explore if beliefs in spiritual support may moderate the relationship between the concerns, on one side, and psychological distress, on the other side. In the first study, we considered as predictors also the beliefs in inner resilience, whereas in the additional three studies we considered the beliefs in the immortality of soul. Method: First study was conducted in Italy and involved 235 Italian participants through an online survey from March-April 2021, immediately after the last lockdown that took place in March 2021. Second study was conducted between March and April 2021, and involved 235 participants of Italian nationality. Third study was conducted in the period of March–June 2022 and involved Chinese immigrants in Italy ($N = 112$), whereas the fourth one was conducted in the UK between September and November 2022, once again with Chinese immigrants ($N = 198$). An online questionnaire was used containing several scales to measure concerns about COVID-19, perceived spiritual support, resilience, a secular view of the immortal soul, and psychological distress. Results: In the first study, we found that resilience moderates the relationship between several concerns and psychological distress during the COVID-19 pandemic, especially among the participants who have strong beliefs in spiritual support. The results of the additional three studies showed that spiritual support moderates the relationship between concerns about COVID-19, on one side, and psychological distress and chronic tendency to worry, on the other side. More specifically, the association between concerns about COVID-19 and two indexes of psychological stress (distress and the tendency to worry) is positive and stronger when the participants perceive lower spiritual support, compared with those who reported higher levels of support. Conclusions: The overall findings corroborate the literature on other disasters with respect to the counteracting effect of perceived spiritual support against Covid-19 induced distress. Perceived spiritual support might represent a reassuring, soothing and hopeful factor in the face of stressful events. Thus, it seems that people who were more confident in the protection from a spiritual force during the pandemic when human resources and a sense of control of individuals' destiny and health were largely intangible, were somehow less distressed.

Student engagement during COVID-19: A systematic review and meta-analysis of retrospective reports

Qizhou Duan (1), Emily Kane (1), Chessley Blacklock (1), Teresa Ober (1), Ying Cheng (1) *1. University of Notre Dame, USA*

Background: The goal of this study aims to provide a comprehensive understanding of the changes in student engagement during the COVID-19 pandemic. By conducting a thorough systematic review which is then followed by an innovative meta-analytical approach, we examine the significance of the change, explore potential sources of heterogeneity, and investigate the role of moderators, the current study seeks to shed light on the complex dynamics of student engagement in a challenging and unprecedented educational context. To achieve this goal, we posit three research questions: (1) Did switching to online learning amidst the pandemic induce a decrease in student engagement? (2) Can factors such as age group, and the language of instruction explain differences in student engagement during the pandemic? (3) If there were a decrease in student engagement, what type of engagement (social, cognitive, behavioral, affective) had the most change? Methods: To answer these questions, we utilize meta-regression techniques consulting both theoretical approaches and data-driven approaches. On the theoretical front, we performed a meta-regression analysis following the UTOS framework proposed by Becker, entering the moderators/variables in a block-wise fashion and selecting the significant ones from each block. The innovative element of the current study lies in the data-driven approach where we adopted a stepwise regression procedure to a meta-regression. Results and Conclusions: The results from both approaches generally agree with each other. A few additional significant moderators were identified by the data-driven approach. To address the aforementioned research questions: (1) Overall, across all studies and effect sizes, we found a significant decrease in engagement from before to after the transition to online learning during the pandemic; (2) we found that year of publication, age group were significant moderators which can explain the heterogeneity in student engagement among studies. (3) Lastly, cognitive engagement had the greatest negative change of the different engagement types.

A global meta-analysis of post-traumatic growth during COVID-19

Beren C. Sabuncu (1), Amy L. Ai (1) *1. Florida State University, USA*

Background: According to the most recent data provided by the WHO, Covid-19 has resulted in over six million reported deaths. From financial concerns, to acclimating to a new and foreign world, there were differing sources of potential trauma associated with the virus. Post-traumatic growth (PTG), personal change and gain after trauma events, may have been experienced by those affected by the pandemic. The main focus of the current review and meta-analysis was to explore the literature on; (1) the relationships between Covid-19 exposure and PTG, 2) global and personal differences in PTG experiences. Method: Articles were identified by searching OneSearch, an institutional database with results from over 750 affiliated databases. The findings were synthesized in a multi-phase format, starting with title and abstract screening, full text review, and the subsequent data collection. Results: A total of 21 studies were included in the current review ($n = 21$; 42, 168 aggregated cases) upon meeting our inclusion criteria (i.e., original research, use of validated and established PTG scales, including statistical analyses conducive to MA). Two investigators independently extracted estimates of the association of PTG with Covid-19, as well as study characteristics. Odds ratios were converted to hazard ratios (HRs), and a random-effects model was used to pool results. Conclusion: Majority of the studies examined dispositional traits (i.e., resilience, optimism, self-efficacy) and relational experiences (i.e., perceived social support, work satisfaction) in their relation to PTG. Healthcare professionals and the general population were the two most researched populations of interest. The final magnitude in the pooled HR concerning the relationship between PTG and Covid-19 will be revealed in July. Future research should focus on improving research design (e.g., adjustment for medical and mental health indices) and identifying the mechanisms of PTG within this sample in order to inform practice in future global trauma experiences.

INVITED ADDRESS

4364KA
Supporting and strengthening refugee and migrant families

Abigail Gewirtz *Arizona State University, United States; Hebrew University of Jerusalem, Israel*

A large body of literature has documented the detrimental impact of traumatic stress on families. Family stress models document how stressful events impair children's adjustment by increasing parental stress and parents' negative and coercive interactions with children. Parent training models developed for families affected by traumatic stressors such as war, political violence, and forced migration, have highlighted the importance of incorporating an emphasis on emotional socialization in addition to typical behavioural parent training content. Adaptive Parenting Tools/ADAPT

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is a well-validated mindfulness-informed parent training intervention that incorporates emotion coaching for families affected by traumatic stressors. Originally validated with US military families in which a parent deployed to war in Iraq or Afghanistan, ADAPT has now been modified for other populations of parents who are exposed to traumatic stress such as first responders. ADAPT has been tested in several formats via randomized controlled trials and results indicate the intervention is acceptable and effective in improving parenting and child adjustment. The current presentation documents a new program based on ADAPT online known as Parenting in the Moment/PIM. PIM is a self-directed, online intervention to promote parenting in refugee and migrant families new to the USA, available in Spanish, French, Arabic and English. PIM includes 12 online modules with tools to help parents regulate intense negative emotions, teach children through encouragement, teach family problem solving, effectively set limits, be positively involved with children, and socialize children's emotions. PIM was developed in extensive collaboration with refugee communities and experts from the Middle East, Africa, and Asia and includes videos featuring families of various races and ethnicities interacting with children in 'real life' scenarios highlighting key parenting tools. A randomized controlled trial of the intervention is currently underway with 720 families across the USA. Progress to date, and implications for broadband refugee parenting interventions are discussed.

4330KA
The extensive and unspoken losses for children during the COVID-19 global pandemic

Lovern R. Moseley *Boston University, Bahamas*

Youth globally have experienced unspeakable loss due to the COVID-19 pandemic, minority individuals in the United States as well as those from marginalized countries have been particularly impacted due to the already existing reality of limited access to resources. The mental health and educational communities have seen the levels of loss first hand including the impact of family loss, extensive learning loss, increased parental stress, family disruption and displacement, as well as an increase in mental health diagnoses and physical health complications. It is important to explore ways to support vulnerable youth who have lost so much during this major global pandemic by exploring how the mental health community can address the challenges that have been identified as well as create protective strategies and policies including collaboration with schools to strengthen youth to meet the major challenges of their future from a place of resilience.

3128KA
Imperatives of psychology in governance and sustainable development

Zamani E. Andrew *Nasarawa State University Keffi, Nigeria*

The role of psychology in governance and bilateral relations is crucial and cannot be argued. Its applications in this regard by leaders of corporate and national formations impact significantly on organizational health, peace and security. Incidentally, this role is not formalized through specializations in organizational behaviour, social or political psychology to demonstrate the impact of the discipline in shaping human experience and outcomes of relationship building styles by national and global leaders on the wellbeing of citizens. Global mental health statistics are analysed to show how these influence the expression of traumatic experiences, clinical syndromes, cultural adaptation patterns and political agitations which breed vicious cycles of conflicts and insecurity. The paper argues that global security and sustainable development are not attainable outside the strategic and critical use of psychology to reshape human experience and influence positive social change.

ORAL PRESENTATION

4394
A Longitudinal Network Analysis of PTSD Symptoms among Chinese Male Firefighters

Zhongying Wu (1), Qun Yang (1), Xulong Ma (1), Hongyi Chen (1) *1. Air Force Medical University, China*

Background: Posttraumatic stress disorder (PTSD) often follows severe traumatic events. Certain professions, such as firefighters, carry a particularly higher risk of exposure to traumatic events, inducing higher prevalence for PTSD. Network models on mental disorder offer novel ways of understanding PTSD. However, few studies explored the dynamic process of the PTSD networks and thus the causal relationship among PTSD symptoms remain unclear. Therefore, this study aimed to model cross-lagged network (CLPN) of PTSD with longitudinal data to unveil symptom relationships. Methods: A sample of 637 Chinese male firefighters were assessed with Post-Traumatic Stress Disorder Checklist-civilian Version (PCL-C) for two waves. Two cross-sectional networks and one cross-lagged panel network were examined to model the contemporary and temporal associations between components of PTSD. Results: The cross-sectional network results showed that the central symptoms of PTSD changed over time, with central symptoms scattered across different dimensions in the early stages and focused on the avoidance dimension in the later stages. The CLPN demonstrated that irritability and nightmares significantly predicted other PTSD symptoms from baseline to follow-up. Conclusions: The current study investigated the dynamic process of PTSD networks in Chinese male firefighters and proposed that future clinical therapies could benefit from reducing irritability and nightmares in this specific population.

4259
Heal the Healer: Managing our experiences of care in adverse situations

Lili M. Sardiñas *Grupo Nexos Inc., Puerto Rico*

In response to Hurricane Maria in Puerto Rico first responders had to put aside their own needs to attend to those of the citizens, which is why many were at risk of suffering from post-traumatic stress disorder, vicarious trauma, and/or burnout syndrome. Research shows the most frequent impact after a natural disaster is physical health problems, anxiety, and depression, among others. It is important to minimize the impact and emotional effects of such disasters in first responders so they can better support the different populations they serve. Heal the Healer: Managing our Care Experiences in Adverse Situations, is an evidence informed intervention with the following objectives: (1) Provide a safe space and unconditional acceptance to vent experiences and emotions after the adverse event; (2) Present what are typical reactions after a natural disaster and when it is necessary to seek help; (3) Teach to recognize signs of mental and emotional overload; (4) Provide strategies to manage emotions and thoughts. The intervention is a voluntary 3 h workshop that was offered to 17 groups of school personnel in public schools around the island impacting 1,012 participants. 752 pre-test and post-test instruments were analysed. Participants reported an increase in knowledge about trauma after a natural disaster of 14.5%. There was also an increase in perception of knowledge, skills, and ability to manage trauma in their students and in themselves by 10.3%. Perception of skill in managing traumatic reactions in the classroom increased by 15.9%. The workshop was implemented with 91.6% fidelity. After Hurricane María, Puerto Rico has faced consecutive crises (hurricanes, earthquakes, and the pandemic), it is expected that this intervention will continue to provide emergency response personnel a safe and reliable support space to promote resilience so they can keep serving vulnerable communities.

4257
Emergency Psychology regulation in Europe: A Review

Candela Carrera (1), Daniel Martín (2), Laura Herrera (3), Jaime Martín (3), Laura Alvarez (4) *1. Universidad Pontificia de Comillas, Spain; 2. Universidad de Córdoba, Spain; 3. Universidad Jaume*

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I, Spain; 4. Universitat Internacional de Catalunya, Spain

Emergency, crisis, or disaster psychology represents an evolving domain within our professional landscape. With increasing interest among psychologists in this field, there is a growing concern regarding its regulation. This oral presentation aims to assess the situation of the emergency psychologist as a profession across Europe. Conducting a review of the main pathways of recognition at both national and European levels, this evaluation reveals that the profession of emergency psychology largely remains unregulated. The exception lies in the recognition and accreditation of national associations of psychologists, which, depending on the country, impose varying requirements for obtaining recognition in specialising in this branch of psychology. Despite the absence of European-level regulation, there are noteworthy international initiatives encouraging psychological support during crises and disasters. Although Europe does not lack educational programs in emergency and psychosocial aid, this underscores the necessity for further exploration and regulation of competencies within the field of emergency psychology. Addressing regulatory gaps and acknowledging the concerns within this professional domain, this presentation offers emergency psychologists and aspiring professionals a comprehensive analysis of the current situation of emergency psychology regarding its education, specialisation, and regulation in Europe. Therefore, recognizing the growing need for psychological aid during emergencies, we acknowledge that the role of the emergency psychologist largely lacks regulation. It is essential that we work towards establishing regulatory frameworks across Europe to ensure the provision of quality professional assistance to citizens.

4058

Heal the healer CONVOCA: A mindfulness-based wellness and trauma management program

Lili M. Sardiñas *Grupo Nexos Inc., Puerto Rico*

Heal the Healer CONVOCA is a comprehensive 5-phase mindfulness-based wellness and trauma management program that was implemented with staff of Puerto Rico's largest child-care service provider, Head Start and Early Head Start. This initiative addresses the emotional well-being of child-care professionals grappling with the aftermath of multiple crises, including hurricanes, earthquakes, and the pandemic. The program specifically targets a diverse range of staff, encompassing teachers, assistants, educational coordinators, specialists, coaches, regional directors, and administrative personnel. Aligned with the Disaster Cross Cultural Counseling Model (DCCC), in accordance with the International Society for Traumatic Stress Studies and the United Nations' post-disaster support guidelines, the project utilizes a tailored approach to cater to individual needs. Following the Institute of Medicine's continuum of care prevention classifications – Universal, Selective, and Indicated – participants are categorized based on their risk levels and specific requirements. The DCCC's five phases provide a structured framework for program facilitators to progressively intervene, fostering a sense of personal control, coping skills, and psychological stability among the staff. The introduction phase (Phase I) involves project orientation and assessment of coping strategies. The development of new skills to navigate post-disaster realities is the focus of Phase II, utilizing the evidence-based FRIENDS curriculum. Phase III introduces Mindfulness-Acceptance Based Behavioural Therapy for personnel exhibiting trauma-related symptoms during assessments. Phase IV offers Cognitive Behavioural Therapy focused on trauma for individuals requiring personalized reinforcement due to persistent trauma indicators post-mindfulness intervention. Phase V, integrated throughout, ensures ongoing reflective group supervision to maintain facilitators' clinical competence and intervention fidelity. This multifaceted program seeks to comprehensively address the diverse needs of child-care professionals, promoting their emotional resilience and well-being in the face of complex challenges.

3615

Symptom severity in PTSD: A latent profile analysis among general population in South Korea

Gaeun Son (1), Jihee Jang (1), Euntaek Hong (1), Subin Park (1), Kee-Hong Choi (1) *1. School of Psychology, Korea University, South Korea*

Research has shown that there is heterogeneity of symptom severity in Post-Traumatic Stress Disorder (PTSD). Previous LPA studies on PTSD symptom differences mostly examined specific trauma related populations such as veterans and refugees. Research on the prevalence and symptom profile of PTSD in the general population could expand our knowledge about PTSD. The present study aimed to identify symptom severity classes among 236 Korean adults using latent profile analysis (LPA) method. Also, the study investigated whether type of potentially traumatic event, depression, anxiety, and suicidality predicted the class membership using multinomial logistic regression. We conducted an online survey of 1,000 Korean adults (487 male, 522 female) on October 6–12, 2023. Experiences on potentially traumatic events and symptom severity were assessed with Life Events Checklist for DSM-5 (LEC-5) and the International Trauma Questionnaire Korean version (ITQ-K). The level of depression, anxiety and suicide risk was assessed with PHQ-9, GAD-7 and the Mental Health Screening Tool for Suicide Risk (MHS:S). Among the 236 participants (23.6%) classified as having PTSD symptoms according to ITQ-K, LPA identified three distinct profiles of symptom severity, which is featured by low-, middle-, and high- PTSD and DSO (disturbances of self-organization) symptoms, respectively. Final proportions for the latent classes were estimated (Low: 21.3%, Mid: 57.1%, and High: 21.5%). Participants with higher levels of suicidality were significantly more often in the high PTSD-DSO class. Depression and anxiety levels did not predict class membership although there were significant depression and anxiety score differences between the classes. The domain of traumatic events and the number of types of directly experienced events did not differentiate between symptom classes. Results suggest that individual differences in DSO symptoms and suicide risk should be considered in PTSD assessment and intervention.

3603

Determining how COVID-19 experiences are related to moral injury in a collegiate population

Katherine Boyce (1), Mara Poole (1), Emma Ryan (1), Richard Metzger (1) *1. Stevenson University, USA*

Objective: Moral injury (MI) has been defined as "perpetrating, failing to prevent, bearing witness to, or learning about acts that transgress deeply held moral beliefs and expectations" (Litz et al., 2009). Young people have experienced a wide range of pandemic-related events that could trigger moral injury, including knowingly or unknowingly exposing vulnerable individuals to the virus, being required to receive or refuse vaccination, and feeling betrayed by public and government agencies. A newly developed COVID-19-specific MI scale for a collegiate population is based on Chaplo and et al. (2019) Moral Injury Scales for Youth, which includes five subscales: Commission with Agency, Commission Under Duress, Omission, Witnessing, and Betrayal. This paper aims to identify which pandemic experiences were related to undergraduate experiences of moral injury. Methods: Participants were undergraduate university students ($N = 94$; 77 female) at a small, Mid-Atlantic (US) liberal arts university. Participants completed the Coronavirus Moral Injury Scale for Youth (Boyce 2023), the Coronavirus Impact Scale (Stoddard et al. 2021), a COVID-19 Exposure Scale (Poole 2023), the Socially Desirable Response Set Five-Item Survey (SDRS-5), and demographics. Results: Preliminary analysis of the results indicated that specific pandemic experiences such as lockdown measures were more related to moral injury experiences of witnessing. Betrayal was the most reported category of moral injury. Further, the adjustment for social desirability supported the validity

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of the data. Conclusions: Preliminary findings indicate COVID-19 impacts are related to different aspects of moral injury, supporting previous research indicating the relationship between moral injury, gender, and betrayal. These results suggest increasingly specific data regarding COVID-19 and moral injury may offer more guidance regarding vulnerable populations, provide foundational data to assist in prevention and treatment of pandemic related mental health issues, and be useful in measuring moral injury among populations that have experienced natural disasters and other pandemics.

3570
Shared traumatic reality experienced by psychologists treating patients during the war in Ukraine

Becky Leshem (1), Larysa Zasiekina (2), Neil Gutterman (3), Ruth Pat-Horenczyk (4) *1. Achva Academic College, Israel; 2. Lesya Ukrainka Volyn National University, Ukraine; 3. New York University (NYU), USA; 4. Hebrew University of Jerusalem, Israel*

The construct of shared reality refers to the situations where mental health professionals and their patients are exposed to similar traumatic events. We explore the effects of shared traumatic reality of the war in the Ukraine on Ukrainian psychotherapists, identifying factors that promote resilience and coping. Focus group interviews were held with 20 Ukrainian therapists, living and working in Ukrainian war zones while treating civilians and soldiers. The transcribed recordings of two ten-participant focus groups were analysed using Parker and Tritter's (2006) two-stage inductive thematic methodology, identifying common themes. All participants reported experiencing shared traumatic reality with multiple negative effects, including secondary traumatization and compassion fatigue. Resilience factors were classified into four environments: Individual (active coping, regaining control and self-care); family and friends (mutual sharing, social support, altruism and volunteering); professional (compassion satisfaction, professional and spiritual growth); intergenerational environment (transgenerational transfer). We concluded that mental health professional training and support should address the context of shared traumatic reality, both theoretically and practically. Training should increase caregivers' awareness of traumatic growth and to cope with the effects of shared trauma. At work, caregivers should be provided with professional support, and social support, and be encouraged to use all possible support sources, including self-care.

3535
Collective trauma and grief: The role of volunteerism among refugees in their own country

Ruth Pat-Horenczyk (1), Miriam Schiff (1) *1. Hebrew University of Jerusalem, Israel*

The 7/10/2023 traumatic events in Israel created a multilevel traumatic experience including graphic exposure to massacre and atrocities, an unprecedented large number of casualties, hundreds of kidnapped citizens and soldiers, massive evacuations of communities that were under immediate threat on the borders, followed by unprecedented long and ongoing war on many fronts. Our sample of 909 participants (age 18-75, 75% women) was based on a large community survey of the citizens of the city of Sderot who were evacuated to numerous hotels in several safer areas in Israel. The measures included the assessment of risk factors of exposure, ASD, needs assessment, protective factors (social support, coping flexibility, voluntarism) and PTG. The results showed that almost 60% indicated their willingness to volunteer to help others. This attitude of peri-traumatic volunteerism predicted higher levels of perceived coping and PTG. Living all their life on the border with accumulated exposure to terrorism and war (reaching now nearly 24 years) predicted higher posttraumatic related distress. The models for predicting both ASD and PTG as well as the moderating factors between exposure to ASD and PTG will be discussed.

3534
Consigned to oblivion: Revisiting the history of the South African Cape coloured corps

Danille E. Bester (nee Arendse) *University of Pretoria, South Africa*

The South African Cape Coloured Corps officially came into existence for the First World War and was regarded as a colonial project. Despite the integral role played by these Coloured soldiers, their participation in both the World wars and subsequent military history of South Africa has become marginalised and even forgotten. As a result, these Coloured soldiers have not received the recognition or honour earned by war veterans. This paper aims to critically analyse the suppressed history of the South African Cape Coloured Corps by paying attention to their racialized identity as Coloured men. The racial classification of Coloured was created to divide people of colour as part of a divide-and-rule strategy and to facilitate social control in South Africa. The Coloured classification is however argued to be socially constructed and is complicated by experiences of hostility, inferiority, shame and stereotyping. Furthermore, Coloured identity is burdened by the perception that persons with mixed ancestry have inherently negative traits. Since their identity cannot be separated from their silenced history as soldiers, they are caught up in a continuous wounding. By connecting their silenced history as part and parcel of Coloured identity, the paper grapples with the need for repair and why it is essential for social justice. The author argues that it is necessary to facilitate a recognition of that which is lost and may never return, thereby acknowledging their contribution and restoring dignity to both the veterans and dependents of the South African Cape Coloured Corps. Revisiting the history of the South African Cape Coloured Corps is thus a resistance against being consigned to oblivion.

3504
Relocation experiences and psychological aspects: Example of 2023 Kahramanmaras earthquakes

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This study aimed to understand experiences of disaster survivors regarding relocation and associated psychological processes including psychological reactions and coping after the 2023 Kahramanmaras earthquakes in Turkey. In this regard, face-to-face or phone interviews were conducted with people who came to Ankara, Turkey after the earthquakes which resulted in over 50,000 fatalities. Interviews were conducted with 22 earthquake survivors who have been still living in Ankara or lived here long enough to experience the relocation processes albeit temporarily. Qualitative data were analysed using thematic analysis. The responses of the participants' have been grouped under three main themes: (1) earthquake experiences; (2) transition processes before relocation; and (3) post-relocation process. In the main theme of experiences related to earthquakes; sub-themes including physical, emotional, and cognitive responses related to the earthquake experience were coded. In the main theme of the transition processes before relocation; awareness, ambiguity/uncertainty, necessity/search for solutions, and familiarity were among the sub-themes. Sub-themes such as longing for the past, disruption of routine, difficulties related to housing and financial difficulties, separation from family and loved ones, lack of a sense of belonging, negative aspects related to helping behaviour of others, and coping have been grouped under the main theme of post-relocation processes. Understanding the experiences of survivors who have relocated after disasters and discerning the negative and positive aspects might entail the needs of individuals during the displacement process following possible future disasters. The results are expected to guide decision-makers, non-governmental organizations, and individuals providing psychosocial support in their work with those affected by disasters.

3470
Accumulated changes due to patient deaths: medical students'

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expectations and staff's experiences

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Objectives: This study aims to explore the discrepancies between medical students' pre-patient-death expectations and healthcare professionals' post-patient-death experiences regarding accumulated global changes due to patient deaths (AGC), identify heterogeneous expectation patterns among students, and reveal risk factors for worthy-of-concern expectation patterns. Method: Cross-sectional survey data of 231 professional caregivers and 405 medical and nursing students were used, and AGC was measured by the 15-item AGC Subscale of the Professional Bereavement Scale. After measurement invariance tests, independent t-tests were run for staff-student comparisons in AGC total score and factors scores. Latent profile analysis (LPA) was used to identify heterogeneous expectation patterns among students, and logistic regressions were run to explore risk factors for the worthy-of-concern pattern. Results: Students scored higher than the staff in four AGC factors, namely new insights, more acceptance of limitations, more death-related anxiety, and better coping with patient deaths. LPA identified four latent expectation patterns, among which the "over-optimistic" (27.8%) group is worthy-of-concern as students overestimated positive changes of new insights, more acceptance of limitations, and better coping with patient deaths and underestimated the negative change of more death-related anxiety. The more a student's studying medicine is motivated by "interest", "want the career opportunities" and "want to improve medical services in hometown" rather than "by chance", and the higher the student scored on the death attitude of "neutral acceptance", the more likely he or she would hold over-optimistic expectations. No basic information or past experience variables significantly predicted the over-optimistic pattern. Conclusion: In general, students tend to overestimate the long-term impacts of patient deaths. However, about 1/4 students hold over-optimistic expectations, which are predicted by motivations to study medicine and death attitude. Tailored education is needed to prepare medical and nursing students for the unavoidable encounters of patient deaths and prevent maladaptive professional bereavement outcomes.

3266

How parenting programs can help families in a traumatic world: An intervention component analysis

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Living in an era with global humanitarian crises, including armed conflict, violence, and disasters, it is of paramount importance to identify and implement effective and efficient strategies to support the well-being of trauma-exposed children and families. Parenting programs have demonstrated effectiveness in enhancing resilience and well-being among those families across a wide range of outcomes, yet common intervention components and implementation processes in a global context remain relatively unexplored. To address this gap, the current study (pre-registration at PROSPERO CRD42023363675) aimed to provide a comprehensive review of intervention components and implementation processes in parenting programs for trauma-exposed families globally, with a specific focus on socio-political trauma. In total, 29 parenting programs from 15 countries/regions were identified from electronic databases and reference searches. Those programs served families ($N = 3{,}922$ children, mean age = 9.38, 50% girls) who experienced various types of traumatic events, including war/conflict exposure, internal and interpersonal displacement, terrorism, and community violence. Built upon various theoretical frameworks, eight core intervention components were identified, including psychoeducation, stress management, behavioural parenting skills, communication and relationship enhancement, emotion socialization, trauma processing, attachment building, and ancillary services. Implementation processes, especially cultural adaptation and fidelity were also discussed in detail. Unfortunately, the absence of quantitative effect sizes and lack of details about included interventions limited our ability to detect effective components and implementation. Nevertheless, by highlighting the core components and implementation processes that address the complex interplay between trauma, family dynamics, and individual well-being, this research can inform future development and implementation of tailored, culturally sensitive parenting programs to effectively support diverse trauma-exposed families around the globe.

3209

The implications of embodied cognition theory in post-disaster psychotherapy

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The Embodied Cognition Theory provides a theoretical foundation and important insights for the embodied cognitive perspective in post-disaster psychotherapy. Embodied Cognition Theory posits that cognition is rooted in the individual's body and its interaction with the environment. Its key points include: the mind is experiential; thinking is mostly unconscious; an individual's thinking about abstract concepts is mainly based on metaphor, which is grounded in bodily and environmental interactions. The embodied cognitive perspective in post-disaster psychotherapy emphasizes the roles of sensation, perception, action, and the environment in cognition and post-disaster psychotherapy. These elements play a positive role in intervening in cognition, emotions, and behaviour. Experiential, interactive, contextual, and generative characteristics are important features of the embodied cognitive perspective in post-disaster psychotherapy. The Embodied Cognition Theory offers a potentially powerful counselling framework for post-disaster psychotherapy. In this context, bodily experiences provide crucial entry points for understanding the visitor's issues and treatment plans. Metaphors, not just as linguistic devices but as a means of understanding abstract ideas (such as relationships) through more concrete experiences (such as journeys), are an indispensable dimension of human understanding and experience. Therefore, when a visitor says, "I am in a huge whirlpool," they are not only using a common linguistic metaphor but also providing important information about how they conceptualize post-disaster cognition, emotions, and trauma experiences. In terms of psychological diagnosis, the embodied cognitive perspective in post-disaster psychotherapy helps identify and explore the symptoms and causes of a visitor's cognitive, emotional, and behavioral issues. In terms of psychotherapy, this perspective aids in emotional expression, unconscious tracking, and cognitive and behavioural restructuring for the visitor. [Acknowledgment: The research was supported by Science Foundation of Hebei Province (C2012205046), Science and Technology Project of Hebei Province (22556202K), and Social Science Foundation of Hebei Province (HB20JY020, HB14JY031).]

3198

Efficacy of video-based relaxation technique to minimize stress in young adults during the COVID-19

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The uncertainty of the pandemic and rapid changes brought forth stressors for young adults as learning shifted to the online mode and most recreational activities required screen time. The objective was to evaluate the effectiveness of video-based diaphragmatic breathing relaxation techniques in the reduction of stress levels among young adults during the COVID-19 pandemic. A quasi-experimental design with a sample size of 30 young adults undertook pre-and post-tests of subscale of Depression, Anxiety, and Stress Scale 21-items (DASS-21), negative emotion

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questionnaire, and hair cortisol concentration through enzyme-linked-immunosorbent assay technique. The findings indicate that there was a reduction in stress levels as the majority of the items on the stress subscale of DASS-21 revealed lower stress at a significant level. In addition, post-intervention participants reported a reduction in their experience of negative emotions. Therefore, this indicates that the diaphragmatic-focused video-based intervention was effective in lowering stress and negative emotions.

3190
Codification of traumatic memories in bilingual contexts: Methodological challenges

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We asked 22 Spanish-English bilinguals to speak for five minutes about personal narratives of events where they experienced strong/traumatic emotions and of routine-nontraumatic events, with the language of the narrative randomly counterbalanced. Our main hypothesis was that the language in which the experience took place will register greater emotions. We assess the presence of Referential Language (RA) for each narrative using Maskit's Discourse Analysis Attributes Program (DAAP10.1.4) (2014), which provides sematic information related to emotions. We also used the Semantic Analysis and Cognition Engine (Crossley et al., 2017) to extract average proportion of words associated with 'Fear', 'Anger', 'Sadness', and 'Joy'; and the Voice Analysis Pipeline (VAP) (Zhang et al., 2019) to examine acoustic information. A greater proportion of English trauma narratives was found to have greater RA than their neutral counterparts ($T = 2.165$, $p < .05$) but not in the Spanish narratives. Findings from emotional words and acoustic properties supported our hypothesis (-7.483, $p < .001$) where trauma narratives had greater proportions of words associated with 'Anger' ($T = -2.119$, $p < .05$), 'Fear' ($T = -5.175$, $p < .001$), and 'Sadness' ($T = -4.101$, $p < .01$). Spanish trauma narratives were found to have a greater density of words associated with 'Fear' ($T = -5.239$, $p < .001$) and 'Sadness' ($T = -3.755$, $p < .001$), with the difference in anger words to reach near statistical significance ($T = -2.037$, $p = .054$). Finally, other linguistic aspects associated with emotional expression (AVFs, F0, and MF4) were found to be significantly different only in the English (not the Spanish) narratives, with greater levels of MFCC4 than the trauma narratives observed in the English neutral narratives ($T = 2.109$, $p < .05$). Findings are discussed in terms of the methodology challenges in measuring emotions with bilingual subjects and provide some recommendations.

3184
Psychosocial prediction model for the subjective well-being of Ukrainians during the 2nd year of war

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This study aimed to develop and test a multivariable psychosocial prediction model of subjective well-being in Ukrainian adults ($n = 1248$) 1.5 years after the 2022 Russian invasion of Ukraine. The research design followed the methodology of the "Transparent reporting of a multivariable prediction model for individual prognosis or diagnosis" (TRIPOD) checklist. The online survey combined a questionnaire on sociodemographic characteristics and specifics of living in wartime, as well as validated self-reported inventories: The Modified BBC Subjective Well-being Scale, Acceptance and Action Questionnaire version 2, and Connor-Davidson Resilience Scale-10. The initially developed model was tested via regression analysis, which revealed nine variables as predictors of the subjective well-being scores within the sample, explaining 49.3% of its variance. Among them, the strongest were living with a friend and Systematic receiving mental health care. They were almost twice as influential as Forcible displacement abroad and Trauma exposure, which predicted lower well-being, and Living with a spouse, which forecasted higher well-being scores. Two Resilience subscales – Adjustment and Restoring and Resistance – as predictors of better well-being and Perceived Unsuccess in life and Age as predictors of lower well-being were relatively weaker but statistically significant. The obtained results support the previous evidence on the essential role of accessible mental health services and social support in times of war, as well as the deteriorative effect of trauma exposure and forcible taking refuge on subjective well-being.

2857
Parents' experience during wartime: Vulnerability, complexity and parental functioning

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Abstract Objective: The current qualitative study sought to examine parents' experiences, thoughts, and feelings during a particularly stressful period. Specifically, we aimed to investigate parents' experience during the "Swords of Iron" war initiated following the terrorist attack that occurred on October 7, 2023 in Israel. Method: Twenty parents aged 32.35 on average (SD= 4.83) who had at least one infant or young child were recruited through convenience sampling. Participants were interviewed using a semi-structured approach via the Zoom platform, during the first month of the war. After the interviews were transcribed, the material was analysed according to the thematic analysis approach by both authors. Results: The analysis raised three main themes, each consisting of several sub-themes. The first theme, an Experience of Vulnerability, consists of three subthemes: Sensing shock and uncertainty vs. internalization and clarity; Feelings of abandonment; and Fears about oneself, others, and the unknown future. The second theme, Parental Functioning, comprises three subthemes: Actual parental functioning; unexpected parental functioning; and self-criticism and praise of parental functioning. The third theme, Handling Complexity and Uncertainty, consists of two subthemes: Complexity acceptance; and uncertainty management. Conclusions: During the war, parents showed a sense of vulnerability and mental distress, as can be expected, but concurrently some of them overcame this experience and functioned effectively. Nevertheless, there was an incongruence between parents' descriptions of their functioning and their own perceptions, which were characterized by self-criticism, guilt, and shame. Parents also differed in their capability to acknowledge the complexity of the stressful situation and their ability to cope with the apparent uncertainty. This seems to have significantly affected their future thoughts and emotions. The findings may expand the current understanding of the multiple challenges parents have to deal with during military conflicts and build adequate psychological support and intervention programs dedicated to parents.

2749
Impact of the 2023 earthquakes on disaster preparedness and associated factors in Istanbul, Turkey

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The purpose of this study was to examine how the levels of preparedness and psychosocial factors associated with preparedness have been influenced by the experience of the major earthquakes in Kahramanmaraş on February 6, 2023, which resulted in a death toll over 50,000. The values of these variables before and after these devastating earthquakes were compared in a sample residing in İstanbul, a

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province outside of the earthquake affected region. Istanbul was not directly affected by the 2023 earthquakes but was heavily affected by the 1999 Marmara earthquake and a probable earthquake is expected to occur in the future, making such investigation crucial for understanding how perceived disaster preparedness changes after experiencing an earthquake relatively indirectly. Household earthquake preparedness levels and the psychosocial factors that are related to preparedness were examined using a representative sample. Data were collected in June 2022 and July-August 2023. 400 participants among 1706 participants who had been assessed in the first phase of a larger study were reached in the second phase of the study. It has been found that perceived preparedness (both the level of total subcomponents) significantly increased following the earthquakes, except for the component of psychological preparedness. For related psychosocial factors, results were mixed. While levels of risk perception, critical awareness, social capital, sense of responsibility, and social norms increased; scores on the scales of fatalism, self-efficacy, coping, and empowerment decreased after the earthquakes. This study has provided a significant opportunity to evaluate the impact of earthquake experience on these factors and examine changes. Understanding the impact of earthquake experience on preparedness and related variables would contribute to the design of public educational programs to enhance preparedness.

2583
The third-person effect in COVID-19 crisis

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The global pandemic caused by COVID-19 imposed significant changes in social relationships, workplace practices and everyday life. Our report presents an intersectional study on the subjective perception of the crisis' impact in relation with the "third-person effect", conceptualized in the field of media studies. Data is collected via an online survey, conducted in August-October 2022 in Bulgarian sociocultural context. The sample (N = 520; age range 18–91) includes representatives of vulnerable groups - working parents with little children (0–12 y.o.), people with chronic diseases and people with multiple vulnerabilities, as well as a control group with no indicated vulnerabilities. We use a structured questionnaire to explore the intergroup differences in the perception of the immediate health risk (risk of infection with COVID-19), the perception of the overall effect of the pandemic on life, and the perception of the effect of media representations of the crisis. Although results demonstrate "third-person effect" in these aspects, there are also significant differences between the groups. In addition, according to our study, the self-reported impact of media coverage of the COVID-19 crisis on mental well-being is strongest for working parents with little children and also strong but with decreasing effect among those with multiple vulnerabilities and respondents without vulnerability indicators. The effect is weaker for those with chronic diseases. The results have both practical and theoretical implications, as they shed light on the effects of perception in times of crisis and emphasize the specificities of different vulnerable groups in the society.

2580
Personality predictors of perceived stress in vulnerable groups: Mediating role of social support

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The report presents an intersectional study exploring the role of personality characteristics on perceived stress experienced by vulnerable groups in Bulgarian socioeconomic context. Data was collected via an online survey ($N = 520$), conducted in August–October 2022. Participants included working parents with young children (0–12 y.o.), people with chronic diseases and individuals with multiple vulnerabilities as well as a control group with no indicated vulnerabilities. The effect of trait anxiety and resilience as well as pessimism and optimism (as generalized expectations) on perceived stress were explored. In addition, the mediating role of perceived social support was tested. Although results showed no significant between-group differences in the levels of perceived stress, the effect of most studied personality factors on the perceived stress proved to be significant. Both main and multiple effects of anxiety, mental resilience and pessimistic expectations were found to vary among groups. For optimism, no significant effect on the perception of stress was found. Perceived social support proved to mediate the effect on perceived stress in the group of working parents as well as in individuals declaring multiple vulnerability, but not for the chronic sufferers and the control group. The results shed light on the role of some personality tendencies for the perceived stress in different groups in the society and emphasize the crucial importance of perceived social support.

2459
The role of spirituality in coping with grief and loss amidst the COVID-19 pandemic

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The COVID-19 pandemic has not only posed a global health crisis but has also led to unprecedented levels of grief and loss. A large number of people across the globe have lost their loved ones and have also suffered serious health risks due to this pandemic. In addition, the pandemic has also resulted in pay cuts, job loss etc. All these have resulted in extreme grief experienced by many. Spirituality, often deeply intertwined with one's beliefs, values, and sense of purpose, emerges as a profound source of solace amidst the turmoil of the pandemic. The present research was undertaken to explore the role of spirituality as a potent tool for individuals to navigate and cope with grief and loss during these challenging times. Using a qualitative research paradigm, 20 individuals who lost their family member during COVID-19 pandemic were interviewed. True narratives about their experiences regarding their loss, feeling of grief and potential role of spirituality in coping with grief and loss were collected. The thematic content analysis of the narratives revealed that following the death of their loved ones, participants initially have a strong sense of loss and resultant grief and were unable to focus on anything be it their daily routine or important tasks. However later they moved on spiritual practices which had a positive effect on coping from grief and loss. It helped them to come in terms with the loss they had experienced and develop spiritual practices to give them strength. These findings are important as it helps to understand the way spirituality has influenced individuals in coping from grief and loss. And it also provides valuable insights for promoting mental well-being and facilitating the healing process in the aftermath of COVID-19-related losses.

1925
The process of transmission of the traumatic experience between family

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Secondary trauma theory suggests that trauma-related symptoms can be transmitted and that relatives of people who experience trauma may be "infected" by these symptoms. In the family system, when one of the family members is traumatized, the effects of trauma can spread to the whole family. Therefore, everyone in the family may be at a higher risk of traumatic stress, and family functionality can be impaired. Considering the trauma literature, it is seen that trauma transmission is generally studied intergenerationally. In this study, the effects of one family member's trauma on the family system were investigated separately. In the research scope, it was aimed to provide comprehensive information on the effects of a traumatic experience on the family and the process of transmission of the traumatic experience between family members. The Centrality of Events Scale, The Posttraumatic Cognitions Inventory, The Brief Symptom Inventory, The Healthy Family Scale, The Relationship Satisfaction Scale, and the TSD checklist for DSM-5 were used

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to collect data. A total number of 202 families consisting of mothers, fathers, and children who have traumatic experiences were reached. In the presence of a family member who has been exposed to a traumatic experience in the family, how the family members are affected by the trauma and how the process of transmission of trauma between family members was examined through many detailed quantitative statistical analyses. According to these findings, inferences were made about how traumatic experiences affect all family members, and it was seen that taking precautions before all family members are affected by possible traumatization is the most striking result of this study. In addition, since the transfer of trauma between family members was examined in detail in this study, it is expected to guide for updating existing treatment approaches and the development of new treatment approaches.

1912
The relationship between intolerance of uncertainty, cognitive appraisals and anxiety in COVID-19

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The 2020 COVID-19 pandemic posed unprecedented challenges, triggering widespread anxiety across the globe. People's daily lives have changed significantly as a result of pandemic-related rules like restrictions, remote working and education, lockdowns, social isolation, and so on. These regulations have forced them to adjust to changing life and expectations by adopting safety habits, dealing with contamination anxiety, accepting real responsibility for the health of others as well as their own, and sustaining a stable life under such conditions. During the previous pandemics, the relationship between anxiety and intolerance of uncertainty was studied and showed a significant relationship (e.g. H1N1). The current study explores the relationship between Intolerance of Uncertainty (Inhibitory and Prospective), Cognitive Appraisals (Threat, Centrality, Self-control, Other-control, Uncontrollable), and Anxiety during this tumultuous period. The analysis of the study was done by Structural Equation Model (SEM). The results show that certain variables have significant direct effects on anxiety levels. Specifically, low centrality and self-control are linked to increased anxiety, whereas a perceived threat increases anxiety levels. High prospective anxiety is associated with increased feelings of threat and uncontrollability, as well as a reduced sense of self-control. These findings shed light on how people with high levels of prospective anxiety perceive the future as scarier and more unmanageable, leading to a perception of decreased self-control. Significantly, the study found that the prospective factor has an indirect effect on anxiety, which is mediated by threat perception or self-control. Individuals with greater prospective anxiety during the COVID-19 epidemic, who perceive the circumstance as either a significant threat or out of their control, had higher anxiety levels. This study provides vital insights into the psychological mechanisms at work during times of uncertainty and crisis, with implications for mental health interventions and coping tactics in comparable settings.

1883
College students' experiences with psychological crisis intervention in China: A qualitative study

Shuhui Fan (1), Chaihua Li (1), Wen Gu (1) *1. Beijing Normal University, China*

To obtain a deeper understanding of the current landscape of psychological crisis intervention in Chinese colleges and universities, this study selected a university in Beijing as its sample. Interviews were conducted with college students to explore their experiences with psychological crises during their academic journey. The primary objectives of the study were to investigate their crisis coping mechanisms, as well as to gather insights into their attitudes and suggestions regarding how the institution addresses such crises. The interviews encompassed two distinct groups of students. The first group consisted of individuals who had not personally experienced a crisis but had peers around them who had (a total of 17 students were interviewed). The second group comprised students who had personally navigated a crisis, with a total of 19 students participating in interviews. The findings of the interviews can be summarized as follows: Firstly, participants expressed a significant demand for psychological service resources from the university, particularly those who had personally experienced a psychological crisis. Many participants acknowledged the supportive role played by the school's counselling centre and departmental life coaching offices, along with the challenges associated with waiting for psychological resources. However, participants also revealed a lack of full awareness regarding the available resources within the school. Secondly, both groups of students conveyed their expectations for mentors and psychological support peers in terms of enhancing their competence in dealing with psychological crises. They desired more genuine and heartfelt discussions with mentors and sought clearer roles and improved competence from psychological support peers. Lastly, participants raised concerns about the standardization of the school's crisis intervention workflow and expressed apprehension about potential privacy breaches affecting their relationships with mentors and psychological support peers.

1608
The impact of attitude towards death and illness cognitions on PTSD after myocardial infarction

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Aims: To investigate the association between attitude towards death, illness cognitions, posttraumatic stress disorder after myocardial infarction (post- MI PTSD) and psychiatric comorbidity in Iraqi patients. Methods: 200 patients with first MI experience were recruited from two hospitals in Iraq and completed the Posttraumatic Stress Diagnosis Scale, the General Health Questionnaire-28, the Death Attitude Profile-Revised and the Illness Cognitions Questionnaire. Results: Fear of death and avoidance of death were positively associated with helplessness about the illness and negatively associated with acceptance of the illness and perceived benefits. In contrast, death acceptance was negatively associated with helplessness in illness and positively associated with illness acceptance and perceived benefits from illness. Illness helplessness was positively associated with PTSD and psychiatric comorbidity, while illness acceptance and perceived benefits were negatively associated with the above two outcomes, respectively. Indirect effects were found between attitudes towards death and the impact of illness cognitions on distress. Conclusions: Patients may present with PTSD and other psychological symptoms after their MI. The severity of these symptoms is influenced by their attitudes towards death and their perceptions of the illness.

1607
Linking PTSD after myocardial infarction with distorted cognitions, Type D and locus of control

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Background: It has been suggested that trauma can distort cognitive perceptions of self and the world. However, little is known about whether posttraumatic stress following myocardial infarction (post-MI PTSD) is related to cognitive distortions which then influence psychological symptoms. This study also considers Type D personality and health locus of control as they may be related to cognitive distortions. Aims: To investigate whether post-MI PTSD correlates with cognitive distortions to influence psychological morbidity through Type D personality and health locus of control. Methods: 200 Iraqi patients with first MI experience participated in the study and completed the Posttraumatic Stress Diagnosis Scale, the General Health Questionnaire-28, the Cognitive Distortion Scales, the DS-14 and the Multidimensional Health Locus of Control. Results: PTSD correlated positively with cognitive distortions. Cognitive distortions

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correlated positively with Type D personality and health locus of control, which also correlated positively with psychological morbidity. Chance locus of control significantly mediated the effects of cognitive distortions on psychological morbidity. Conclusions: Following a MI, Iraqi patients may develop PTSD that can affect the way they perceive themselves and the world. These cognitive changes may affect their emotions, their relationships with themselves and others, and their beliefs about the controlling forces of their illness. The belief that chance or fate can mainly control their illness can increase psychological distress.

1497
Relationship between childhood trauma and emotional abuse in intimate relationships

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This study investigated the mediating role of experiential avoidance in the relationship between childhood trauma and emotional abuse within intimate relationships among Turkish university students. Stratified random sampling with gatekeeper approach, was used to gather data from 348 university students with a mean age of 22.66 (SD = 3.87). The study employed mediation, regression, and correlation analyses to explore the relationships between the key variables. Findings revealed that experiential avoidance partially mediated the relationship between childhood trauma and perpetration of emotional abuse in intimate partnerships. However, experiential avoidance did not mediate the relationship concerning emotional abuse victimization. Furthermore, the study confirmed a strong link between childhood trauma and both emotional abuse perpetration and victimization in intimate relationships. This research highlights the significance of childhood traumatic experiences in predisposing individuals to later abusive behaviours and that experiential avoidance has a role in this dynamic. The need for further research to break this cycle of abuse is emphasized.

1463
The role of shame- and guilt-proneness in re-victimization among Turkish women

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Intimate partner violence (IPV) is one of the most prevalent forms of violence against women. It appears that women with a history of childhood traumatic events are under an enhanced risk for IPV in adulthood, often referred to as "re-victimization". Even though previous studies provide evidence that re-victimization is common, the mechanisms that explain how women with childhood trauma become more vulnerable to experiencing IPV are understudied. In the present study, we explored the role of two emotional mechanisms that might explain the increased risk for IPV: shame- and guilt-proneness. More specifically, we tested the mediator role of shame- and guilt-proneness in the association between childhood traumatic events and IPV using a multiple mediation model. The sample consisted of 596 women, ages ranging from 16 to 70 ($M = 29.53$; SD = 10.83), who reported being in a romantic relationship at least for one year at the time of the study. Data was collected via an online survey. Our results showed a significant and positive relationship between childhood traumatic life events and IPV, providing evidence for re-victimization. Shame-proneness partially mediated the relationship between childhood trauma and IPV. Guilt-proneness, on the other hand, was not a mediator in this relationship. Findings suggest that shame-proneness, but not guilt-proneness, may play a role in re-victimization after experiencing childhood traumatic events. Differences between shame and guilt, and clinical implications of findings will be discussed.

1444
SEJIWA 119 ext. 8: Indonesia's hotline for mental health support

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Indonesia is diverse with little mental health support, which is not distributed equally. This is exacerbated during COVID-19 pandemic when distress increases. In responding to this situation, the Chief of the Indonesian Presidential Staff Office mandated a mental health hotline from April 29, 2020, until today. SEJIWA (Layanan Psikologis Untuk Sehat Jiwa or Psychological Service for Mental Health) became the title of the service with 119 extension 8 dedicated as the hotline number. SEJIWA is a collaboration between the Indonesian Psychological Association (or HIMPSI in Indonesian acronym), Indonesian Telecommunication Company (Telkom Indonesia), Indonesian Presidential Staff Office, and Ministry of Health. SEJIWA builds on existing hotline infrastructure in which an operator picks up and forwards incoming calls. We have 629 volunteers from HIMPSI which are trained collaboratively by HIMPSI and Telkom Indonesia. We have on average 14.218 calls a month and 189.568 calls per year. Currently, this is the country's only sustainable mental health hotline. This paper provides information on both management and users' profiles of the service. On the management aspects, this paper describes the nature of mental health service provided by SEJIWA, its operation arrangement, demographic profiles of volunteers, and, most importantly, evaluation on the challenges in providing the service. Furthermore, users' profiles in terms of demographic data and types of problems reported are also displayed. Presentation of these data is valuable to gain insight on the improvement opportunity since the country is currently evaluating the service and upgrading the system to be more sustainable.

1061
Parental loss in childhood and women's attachment and separation anxiety

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Losing a parent in childhood is often associated with traumatic responses and painful emotions. The study examined attachment and Adult Separation Anxiety (ASA) among women who have lost a parent in childhood. We hypothesized that: (1) higher levels of insecure attachment and ASA will be found among women who have lost a parent in childhood, compared to women whose both parents are alive; (2) there would be a positive association between insecure attachment and ASA from a partner. A hundred and twenty women, aged 18–62, who were in a relationship with a partner participated. Sixty lost one or both parents and 60 have parents who are alive. Participants filled-out the Adult Separation Anxiety Questionnaire and the Short Attachment Questionnaire. Results indicated that compared with the women whose parents are alive, women who have lost a parent demonstrated higher levels of anxious attachment and ASA; however, the groups did not differ in avoidant attachment. Second, attachment was associated with ASA. Third, an interesting finding was that there were no differences between women who have lost a father or a mother in attachment and ASA. Finally, age was negatively associated with the study variables. In conclusion, we suggest that: (a) an early death of a parent may increase insecure attachment (anxiety) and ASA from a partner; (b) as women age, the effect of childhood trauma or anxious insecure attachment may somewhat lessen and create less distress. It seems that age is an important factor that can be associated with the healing process after a traumatic loss.

1041
The role of locus of control on the COVID-19 anxiety and mental help seeking initiative of students

Hector M. Perez *Professional Regulation Commission, Philippines*

The COVID-19 pandemic has radically altered human existence across the globe. College students experienced abrupt changes in their academic life that resulted in the change of classroom delivery. Online classes, quarantine restrictions and internet connectivity issues surfaced during the pandemic coupled by the

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threats of infection of the virus and impending mental health concerns. The study aims to determine the role of locus of control on the COVID-19 anxiety and mental help seeking intentions of college students during the pandemic. This study underscores whether students' tendency to perceive outcomes in life as a result of one's action or determined by external factors would influence their anxiety associated with COVID-19 and their intention to seek help from mental health professionals if they had a mental health concern. This study utilized a predictive analysis on the role of locus of control from a sample of 784 college students from different universities in Manila, Philippines. Outcome measures of COVID-19 Anxiety Scale (Silva, Brito, & Pereira, 2020), Mental Help Seeking Intention Scale (Hammer, 2018) and Locus of Control Scale (Rotter, 1966) were utilized in this study. Results yielded that there is no significant relationship between locus of control and COVI-19 anxiety and mental help seeking initiative of the sampled respondents. The regression model also pointed out a value of $F = 0.856$, $p = .425$ which means that locus of control is not a significant predictor of COVID-19 anxiety and mental help seeking initiative albeit COVID-19 anxiety mean scores showed the possible presence of anxiety and higher tendency to seek help for mental health concerns was evident.

1040

Compassion fatigue, compassion satisfaction and burnout among Filipino frontliners in the COVID-19

Hector M. Perez (1), Marie Lenore N. Delos Santos (2) *1. Professional Regulation Commission, Philippines; 2. Far Eastern University, Philippines*

Since the onset of the COVID-19, it has significantly challenged the patients and the frontliners, helping professionals who have had incessantly cared for patients afflicted by the virus may experience compassion fatigue. It is known as the "cost of caring," an emotional burden that a carer may experience due to helping or wanting to help a suffering person. This study highlights the Filipino frontliners in their struggle to meet the demands of the increasing COVID-19 cases whether they were medical or non-medical frontliners. Likewise, this study delves into finding the significant differences of the variables based on their presenting demographics and finding out the relationship between compassion fatigue, compassion satisfaction, and burnout using the tool Professional Quality of Life Scale (ProQOL) by Beth Hudnall Stamm, Ph.D. (2009). Using descriptive research design, this study involved 86.84% medical and 13.16% non-medical who were surveyed during the first few months of the quarantine period. The results showed that there is a significant difference between male and female respondents on the burnout variable, $t\,(74) = 2.680$, $p < .05$, with males having higher mean scores than the female counterparts. However, no significant differences were noted on compassion fatigue and compassion satisfaction with gender, setting and years of service of the frontliners. Further, there exists a significant inverse relationship between burnout and compassion satisfaction, $r\,(74) = -.245$, $p < .05$ while a positive relationship between burnout and compassion fatigue, $r\,(74) = .289$, $p < .05$. Hence, the study concluded that burnout is a psychological variable evident among the frontliners in this time of COVID-19 pandemic and this would impact their compassion satisfaction and compassion fatigue in working with COVID-19 patients.

974

Powering mental health: Energy independence in ongoing disasters

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For decades, the Puerto Rico (PR) archipelago has grappled with a prolonged disaster, exacerbated by sustained economic recession and natural events, including hurricanes and earthquakes. This ongoing crisis has significantly damaged PR's electrical grid with detrimental health consequences for people with energy-dependent chronic health conditions. This, in turn, has negatively impacted the mental health of those living in the archipelago. Recurrent blackouts and structural difficulties unequally affect PR municipalities, causing those in rural areas to find themselves in a disadvantaged position due to geographic isolation, government neglect, and high levels of poverty. Still, the impact of this energy insecurity and the ongoing disaster situation on PR's mental health remains unexplored. Casa Pueblo, a community organization in Adjuntas, PR's poorest municipality, has initiated a community-driven effort to install solar panels on residents' homes to impact their health outcomes positively. Our study, funded by the US National Institutes of Health, currently explores the influence of solar panel access on the mental health and overall well-being of Adjuntas' residents. As part of our transdisciplinary and multi-method research design, we conducted 45 in-depth semi-structured qualitative interviews with individuals aged 50 and older living with chronic illnesses. The sample was divided into three groups based on their access to solar panels: (1) direct access ($n = 15$), (2) indirect access ($n = 15$), and (3) no access ($n = 15$). We used GIS technology to document geographical facilitators and barriers to energy access. Participants in all groups expressed stress, anxiety, and depression stemming from frequent power outages. Access to solar panels markedly reduced these psychological burdens, enhancing participants' mental well-being. The results of this initial stage of the study can contribute to fostering an in-depth discussion about the importance of structural interventions to improve people's mental health and well-being, considering the need to address the complex challenges faced by disaster-impacted contexts.

916

Walking in their shoes: An auto ethnographic perspective of a Romani psychologist addressing trauma

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Abstract: The aftermath of geopolitical upheavals in Ukraine has triggered a substantial refugee movement to neighbouring regions, with the Romani community constituting a distinctly vulnerable segment of this displaced population. This presentation offers an intimate auto ethnographic account from my vantage as a Romani psychologist specializing in trauma, working closely with Romani refugees from Ukraine in Poland. Through this unique intersectionality of cultural identity and professional expertise, I attempt to unravel the deep-seated psychological scars, societal prejudices, and adaptation challenges faced by the Romani refugees. By leveraging personal narratives and professional encounters, this exploration aims to uncover the multi-faceted barriers - from trauma manifestation, cultural stigma, to systemic challenges - while also shedding light on potential therapeutic approaches and coping mechanisms. This narrative not only reflects my own journey of introspection and growth but also underscores the imperative for culturally attuned interventions and support structures in aiding the Romani refugee community's resilience and integration. Keywords: Romani, Trauma, Ukraine, Refugees, Poland, Auto ethnography, Psychology, Cultural Adaptation, Resilience.

814

Effects of burnout and detachment on secondary trauma among professionals serving war refugees

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Mental health professionals providing crisis care for war refugees face unique challenges. This study investigates the intricate relationships among burnout, detachment, and secondary traumatic stress (STS) within a cohort of 96 dedicated specialists working with war refugees. Rooted in the Conservation of Resources (COR) theory and the Maslach Burnout Model, our research delves into how these factors interact and influence crisis mental healthcare delivery. Our findings emphasize the central role of burnout, as per the Maslach Burnout Model, which includes emotional exhaustion, detachment, and reduced personal accomplishment. Data collection employed three questionnaires: the Experiences Questionnaire, Secondary Traumatic Stress Scale, and Professional Quality of Life Scale. Subsequent statistical analyses, conducted using SPSS, include descriptive statistics, Pearson correlation coefficients, multiple linear regression analysis, and interaction analysis. Our results unveil a robust and statistically significant positive relationship between burnout and STS ($\beta = 1.446$, $p = .001$). As burnout levels rise, the likelihood of experiencing STS also increases, aligning with COR theory's concept of resource depletion. In contrast, detachment does not exhibit a statistically significant direct effect on STS at the conventional significance level ($\beta = 0.232$, $p = .252$). While detachment remains crucial for mental health professionals' emotional experiences, its direct influence on STS remains uncertain in this study. Intriguingly, the interaction between burnout and detachment suggests a non-statistically significant effect on STS ($\beta = -0.698$, $p = .070$). This implies that the combined impact of burnout and detachment may yield nuanced effects on STS. These findings have profound implications for mental health organizations and policymakers involved in refugee care, emphasizing the urgent need for proactive measures to safeguard the well-being of these dedicated humanitarian workers, especially as the global community responds to ongoing crises.

697

Exploring the comprehensive effects of learners violence on educators in the Mopani West district.

Thobile P. Badimo *University of South Africa, South Africa*

Exploring the Comprehensive effects of learners Violence on Educators in the Mopani West District, Limpopo Province, South Africa Experiencing or witnessing violence in the school settings can induce emotional and psychological discomfort on educators. Frequent exposure to violence can cause emotional fatigue and make it difficult for educators to focus on their everyday obligations. This paper presents a subset of the findings of a study on the effects that learners' violence has on educators. Drawing from the Socio-ecological system theory and its concept that violence arises from the complex interplay of individual, relational, community, and societal factors within an interconnected system. Educators continue to be victims of this concept by their learners. This prompted the question: What are the effects of learner's violence on educators and their coping mechanism? This qualitative exploratory design study was informed by 11 educators, collected through the semi-structured interview in the Mopani West District of Limpopo province. Although the experiences shared by the participants were unique, the thematic analysis revealed commonalities in the stories constructed by the participants. The findings reflected two identifiable themes, the effects of learner's violence on educators and the coping mechanism utilized by educator's post-victimisation. One of the study's recommendations is that the Department of Education and the South African Council of Education (SACE) investigate violence against educators and formulate policies and procedures to reduce violence in our school.

441

Humanitarian aid workers' mental health: Organizational support and trauma healing considerations

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The mental health risks inflicted on humanitarian aid workers resulting from a high stress work environment and security related incidents are well-documented (Macpherson & Burkle, 2020; Jachens, 2019). As a result, experiencing vicarious, secondary, or direct trauma symptoms are likely in humanitarian aid work, especially when working in high conflict regions of the world. Recognizing an organization's duty of care, there have been calls to prioritize the mental health of aid workers and for greater support of staff well-being (Solanki, 2015). In this paper, the authors present one agency's response to this call to action to address the mental health and psychosocial support needs of its staff. Using one agency's examples to critical incident response to conflicts, disaster, and security events, the authors will share practices to illustrate the importance of organizational support when it comes to strengthening psychosocial support of humanitarian aid workers including just-in-time psychosocial support, mental health resource dissemination, well-being focused messaging, and increased efforts to link staff to specialized mental health care when appropriate. Clinical and cultural considerations for working with international humanitarian aid workers will be shared.

394

Decreased adaptability and increased social media use of Chinese female students during COVID-19

Shixiu Ren (1), China, Danhui Zhang (1), Manlu Zhang (1), Chengwei Zhu (1) *1. Beijing Normal University, China*

College students' adaptability is challenged by the stress of a large social environment during an epidemic, as well as by universities' epidemic-related management strategies. Studies found that female students experienced more life disruption and distress than males during COVID-19. Research has shown that students' adaptability significantly influences their mobile phone use and fear of missing out (FOMO). Nevertheless, two research questions remain unclear: 1) how adaptability among female college students dynamically changed, and 2) how the change trajectories of adaptability, social media use, and FOMO co-vary with each other. Therefore, the study recruited 335 female college students to complete the Freshmen Adaptability Scale, Fear of Missing Out Scale, and Social Media Use Questionnaire to address these questions. Unconditional latent growth curve models revealed that female students' FOMO (βslope = -0.258, p = 0.013) and adaptability (βslope = −0.381, $p = .014$) decreased significantly over time, while their social media use increased significantly (βslope = 0.200, $p = .027$). Results of the intercept relationship in the multivariate latent growth curve model revealed that adaptability negatively related to FOMO ($\beta = -0.378$, $p < .001$), whereas FOMO positively related to social media use ($\beta = 0.351$, $p < .001$). Besides, results revealed that students' adaptability at baseline negatively related to the increase rate for social media use ($\beta = -0.302$, $p = .003$), which indicated that students who are less adaptable tend to increase the frequency of using social media use at a faster rate. Finally, results also revealed that the change trajectory of adaptability was negatively associated with that of FOMO ($\beta = -0.517$, $p < .001$), which means that students who decrease adaptability to college more over time are more likely to decrease FOMO less. These findings highlighted the importance of adaptability among female students, especially during the COVID-19 lockdown.

377

Intergenerational humiliation and historical injustices in South Africa

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While intergenerational transmission of trauma has been widely studied, there is a paucity of literature on intergenerational humiliation. Furthermore, humiliation is regarded as a significant feature of transgenerational transmission of trauma and revenge production. Therefore, the present study aimed to contribute

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to addressing this paucity and to explore and understand intergenerational humiliation as experienced by 20 children and grandchildren of victims of apartheid-era gross human rights violations. Conceptually, historical trauma theory framed the study. A hermeneutic phenomenological methodology was used to achieve the aims. Through purposive-criterion sampling, data was collected and analysed using interpretive phenomenological analysis. Results show that the consequences of intergenerational humiliation are varied as feelings of hurt and loss perpetuate through the generations. Although positive influences counter these feelings within a generation, they remain alive in memories. This has implications on ethnic and racial inter-group relations as transitional societies such as South Africa seek social cohesion.

299
Interplay of positive personality and social support in protecting against PTSD: A prospective study

Yi-Jen Su *Chang Gung University, Taiwan*

Background: Individuals with severe burn injuries may develop posttraumatic stress disorder (PTSD). Information on protective factors against PTSD is limited in the burn population. The present study aimed to prospectively examine the protective effects of received social support and positive personality characteristics (resilience, grateful disposition, and dispositional forgiveness) on PTSD symptoms post-burn. Method: This longitudinal study included five assessment waves over two years after burn. Initial participants included 118 adult burn patients consecutively admitted to the largest burn centre in Taiwan. Majority were males (75.4%), with a mean age of 42 years (SD = 12) and a mean %TBSA burned of 18.3 (SD = 16.6). Participants completed a baseline assessment during hospitalization or soon after discharge (Wave 1), and then reassessed at 3, 6, 12, and 24 months (Wave 2 to 5) post-burn. Results: After adjusting for sociodemographic and burn characteristics, received social support and positive personality qualities uniquely explained 20.0%, 19.9%, 19.4%, and 21.5% of the variance of PTSD symptoms at 3, 6, 12, and 24 month post-burn, respectively (all ps < .003). Posttraumatic social support remained a significant predictor across waves. However, none of the positive personality characteristics were significant predictors across waves. According to the moderation analyses, grateful disposition moderated the effect of received social support on 12 month (Incremental $R^2 = .051$, $\beta = -1.51$, $p = .020$) and 24 month PTSD symptoms (Incremental $R^2 = .044$, $\beta = -1.36$, $p = .049$). Resilience (Incremental $R^2 = .043$, $\beta = 2.05$, $p = .047$) and dispositional forgiveness (Incremental $R^2 = .112$, $\beta = 3.09$, $p = .001$) moderated the impact of received social support on 24-month PTSD symptoms. Conclusions: Findings highlight the complex interplay between positive personality and social support in protecting against PTSD symptoms long after burn injury. The direction of moderating effects varied across positive personality characteristics.

262
Prevention, protection, mitigation and response for disasters

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A disaster is an event or series of events that cause widespread, severe damage, injury, death, or loss of property, and can overwhelm a person's ability to cope. Over the last decade, countries most frequently hit by natural disasters included China, the United States, the Philippines, Indonesia, and India. The need for disaster planning for schools is particularly important given the fact that children represent nearly 25 percent of our population who are in schools and childcare are particularly vulnerable because they are away from their families, and are reliant upon adults for sustenance, decision-making, and emotional support. In a disaster, a local community cannot cope successfully without outside aid. The school is but one partner in the disaster prevention, mitigation, preparation, response, and recovery processes. How schools and communities can prepare for disasters and community-wide events is addressed in this chapter. It covers prevention, protection, and mitigation; how external agencies are involved in the disaster response; typical reactions to disasters and various coping mechanisms individuals use when exposed to trauma; recovery from disaster including acknowledgment, expression, and reengagement and ways to help empower individuals to understand coping mechanisms and learn effective coping strategies toward healing; and supporting disaster victims. How a disaster might differ from other school and community crises is examined. Practical expertise is shared by experts who have intervened in many high-profile disaster events including during the aftermath of the deadly mass shooting at the Tree of Life synagogue in Pittsburgh, Pennsylvania, in the aftermath of the 911 attacks, and many others.

57
The role of hope in supporting recovery from experiences of sibling sexual abuse

Helen Kambouridis *Australia*

Sibling sexual abuse is 3–5 times more prevalent than sexual abuse perpetrated by a father/step-father. While the literature seeking to explain the dynamics involved in the occurrence of sibling sexual abuse has continued to grow, there has been a lesser focus on how best to work with families who have experienced such abuse. Guidelines for therapists to follow in undertaking such work are lacking, as are strategies to support therapists to facilitate the work with families. The current paper will provide an overview of such guidelines that have been developed in a child sexual abuse centre in Melbourne, Australia, with a particular focus on the power of hope and compassion satisfaction in supporting therapists to hold families through their therapeutic journey. The experience of sibling sexual abuse is one that leads to a complicated array of distress, ambivalence, confusion, shame, anger, and guilt for families. Hope is often the furthest thing from their minds. For therapists working with families who have experienced such abuse, the potential to become mired in that same lack of hope, to find themselves caught in the roller coaster that has hijacked the family and pulled to align with different parts of the family system against others can be exhausting. The power of hope, however, together with time to consult with colleagues and engage in reflective practice, to support therapists in this work so that they can best support families, cannot be underestimated.

56
My Space: A pilot evaluation of psychoeducational groups for young people with a history of childhood abuse

Helen Kambouridis *Australia*

Young people with a history of childhood abuse, including sexual abuse, neglect and family violence, are vulnerable to further abuse and exploitation throughout their lives as well as poor relationship outcomes. Similarly, young people who engage in harmful sexual behaviours (often resulting from earlier abuse), are also vulnerable to negative outcomes in their futures. Our Space is an 8-module psychoeducational program developed in a Melbourne based child sexual abuse service, initially for and delivered to, young people identified as vulnerable to sexual exploitation. The program was developed using focus groups of young people to guide the content development. The program was subsequently piloted with a group of young people with an identified history of sexual abuse and another group with a history of engaging in harmful sexual behaviours. The current presentation will provide an overview of the program and the results of the evaluation, including feedback from participants, their parents/carers and the facilitators of the groups. Results indicated that the modules were relevant and useful to the young people, that they learnt information that they had not previously known about topics including respectful relationships, consent, sexual health, etc., and that the online group process was of benefit to the participants. Recommendations from the evaluation included expanding the criteria for inclusion to

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the groups and highlighting the importance of incorporating feedback from the participants in the revision of modules.

POSTER PRESENTATION

4305

Parasomnias in Hungary. A high association with adverse childhood experiences

Vivian M. Correa (1), Anna Szűcs (1) *1. Semmelweis University, Hungary*

To assess the prevalence, types, family accumulations, dangerous activities, and the occurrence of adverse childhood experiences in Hungary. A cross-sectional survey of 1000 adults (aged ≥ 18 years) representing the Hungarian population was performed in 2023. A non-probability quota sampling with a random walk method and a structured face-to-face interview was used. A multi-criterion weighting procedure was applied to correct bias along the main sociodemographic variables to the data available. Binary logistic regression was used to analyse the association between sleep activities and sociodemographic variables, which provides a 95% confidence interval and probability of statistical significance. For middle-aged adults, the odds of sleepwalking were significantly lower than for younger adults (OR 0.28; $p = .029$). One-third of the people reporting parasomnias reported a significant physical or psychological trauma in childhood and seven times more with family history (OR 7.1, $p = .001$). People who reported adverse childhood events or traumas were around six times more (OR 6.2; $p < .001$) likely to have parasomnia than those who did not. This is the first population survey in Hungary aiming to assess the prevalence, dangers, types, family accumulation, and childhood traumatic events preceding adult parasomnias. The prevalence and family accumulation are slightly different from European data. Reported risky behaviours occurred in 18% and sleep eating in 4.6 of sleepwalking persons, pointing to the need for safety measures and prevention. The significant association of adverse childhood events among those with parasomnias needs attention and further analysis.

4252

Psychological condition and support refugees teenagers

Elene Makaridze *Ivane Javakhishvili Tbilisi State University, "Psychea", Georgia*

We supposed that implementation of new integration program should help improvement of integration and psycho-social condition of refugee teenagers. Research and Analysis of refugees (teenagers) Psychological Conditions and quality of integration: Georgian and Ukrainian The Research involved 250 refugee teenagers (from Georgia) and 100 (from Ukraine) Assessment Scales: Anxiety, depression, stress assessment scales and scale scores, which evaluated the integration of young have been used in the research Results – Anxiety: High levels of the anxiety was detected in 92% of respondents. 90% of detected anxiety comes from the current being of the persons, 10% is due to their personal characteristics. Such results are directly related to recent psychological trauma of the respondents, and are closely connected to their current life. The ongoing problems of IDP and their unclear future – "Fear of the Future" is also a big source of anxiety. After program: Anxiety had been 37%, from this figure 11% of personal anxiety, situational - 26% Results - Depression: 13% has not detected depression; 51% light depression (50-59 points); 32% medium Depression (60–69 points); 4% heavy depression (70 points or higher) After: 63% has not detected depression; 20% light depression (50–59 points); 16% medium Depression (60–69 points); 1% heavy depression (70 points or higher) Results – Stress: 78% of the respondents showed very low ability to overcome stress. After: Only 12% of the respondents showed very low ability to overcome stress. Results- Evaluation of integration quality: 72% of youth noted that it is difficult to integrate with the local youth. After: Just 17% of youth noted that it is difficult to integrate with the local youth. The results clearly showed the correctness of our opinion that the use of the integration programmes improves psychological condition and quality of integration.

4175

Influence of bereavement on prosocial behaviour among the Indian population

Simar Sahu (1), Gargi S. Kuravinakoppa (1), Rameshbabu Tamarana (1) *1. CHRIST University, India*

Objective: Bereavement, the profound sense of loss following the death of a loved one, shapes the emotional landscape of individuals. Bereavement's emotional impact not only shapes individual loss experiences but also fosters a sense of connection with others in suffering. This shared emotional journey can lead to increased pro-social behaviour and a desire to support those in need. This study aims to explore the relationship between bereavement and prosocial behaviour among the Indian population and understand how loss stimulates empathy and altruism. Methods: A quantitative research method was used in our study and preliminary data were collected via surveys distributed as questionnaires among 120 participants. Simple linear regression and mediation analysis were employed to analyse the obtained data. The study utilized a correlational research design to explore the dynamics between bereavement, grief, and prosocial behaviour. Results: Preliminary analysis revealed significant findings: 85% of participants reported engaging in prosocial behaviour following the death of a loved one. Grief emerged as a significant mediator in this relationship, highlighting its role in shaping individuals' altruistic actions. Conclusion: The study provides initial insights into the relationship between bereavement and prosocial behaviour in the Indian context. These findings shed light on the profound impact of loss on individuals' empathic responses and altruistic tendencies, highlighting the importance of understanding and addressing the emotional needs of those coping with bereavement. Further investigation is underway to deepen our understanding of these relationships and their implications for supporting individuals coping with loss.

4098

A dead child: The unbearable stranger of ourselves

Leda V. Tfouni (1), Juliana Bartijotto (1) *1. University of Sao Paulo (USP), Brazil*

This presentation deals with the serious social issue of refugees and takes as object of analysis the photo of Aylan Kurdi, a 3-year-old Syrian Kurdish child found dead on a beach in Turkey, which mobilized and haunted the world. He drowned while attempting to cross the Mediterranean with his family in a flimsy dinghy in order to escape the war in his country. This photo, depicting the later moment, when the officer collects Aylan's body and carries it in his arms (as if he were a sleeping child) horrified and buried the world. In this work, we try to understand the photo and its reverberations by the media, taking the photo as a discursive event that updated a memory of what it is to be a child and resignified what it is to be a refugee today. Departing from the exclusion effect of capitalism, we detected a reversal attempt: to include the excluded. However, the excluded (socially) is always likely to become Unheimlich, and appears under the most different representations, clueing the inequality between classes. Hence came an incessant search for new words that could designate the horror of the scene and what it symbolizes. An intense paraphrastic and polysemic movement (a constant tension between already known meanings and other inaugurations) marked the headlines of newspapers and other means of dissemination of Aylan's photo around the world, in order to give symbolic body to the trauma caused by the scene and the enigma it represents:

3346

Childhood adversity and suicide risk: Focused on the multiple mediating effect of cognitive factors

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Suicide is a prominent global public health issue, and South Korea is no exception. The

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impact of traumatic experiences and the emergence of posttraumatic stress disorder (PTSD) are widely recognized as critical factors that substantially increase the likelihood of suicide, as evidenced by numerous studies on PTSD. Notably, events like child abuse can result in severe PTSD, amplifying the risk of suicide. In an examination of traumatic histories among individuals in Seoul, the capital city of South Korea, based on large representative community samples, it was observed that approximately 49.2% of a total of 1,000 individuals had experienced at least one negative event during their childhood, such as physical, emotional, or sexual abuse. Furthermore, 81.6% of these individuals acknowledged that such experiences had a significant impact on their health. Notably, adverse childhood experiences were found to be directly linked to an increased risk of suicide, with a higher frequency of negative experiences during childhood correlating significantly with an elevated suicide risk. Identifying factors influencing these relationships is crucial to reducing suicide risk and improving mental health throughout one's life. In this context, we aimed to investigate the hypothesis that positive changes experienced following traumatic events (post-traumatic growth) could act as protective factors against the progression of adverse childhood experiences to suicide. To examine this, we constructed a multi-mediation model incorporating cognitive factors in the relationship. The results revealed that in the direct pathway from adverse childhood experiences to suicide risk, cognitive reappraisal strategies, negative cognitive experiences following trauma, and the relationship with post-traumatic growth collectively played a mediating role, mitigating the risk of suicide. Our findings suggest that, to mitigate the risk of suicide associated with adverse childhood experiences, cognitive interventions may be necessary. Through these interventions, positive changes, such as post-traumatic growth, can potentially lower the risk of suicide.

3273
An implementation of a trauma-informed system in Japanese schools

Yozo Takino (1), Masahiro Iwakiri (1), Yugo Nakamura (2) *1. Osaka Kyoiku University, Japan; 2. Doshisha University, Japan*

This presentation reports on a case study of a long-term school-based intervention for over 20 years following a traumatic experience in a Japanese school, discusses the implementation of a support system by school staff and the effectiveness of the long-term school intervention, and proposes the implementation of trauma-informed systems in Japanese schools. The tragic incident occurred on June 8, 2001, when a man entered a school and stabbed students and teachers, killing eight students and seriously injuring 13 students and two teachers. Many students witnessed the scene and were traumatized. Within hours of the incident, a "Mental Support Team," a task force of 10 agencies including universities, police, government ministries, and counselling centres, was organized to provide a 24 h hotline, outreach programs, free counselling for families and teachers, and psychological education for teachers and parents. After the acute phase, MST remained at the school and continued to support students, teachers, and parents, reducing students' post-traumatic stress-related symptoms, physical complaints, functional impairment, and anxiety due to the school crisis. After early intervention, the program continued to provide support in the form of psychoeducation, counselling, and consultation regarding classroom content and school events. The implementation of a support system by school staff over a period of 20 years and the effectiveness of long-term school intervention are discussed in terms of positive and negative aspects. Based on this experience, we promote a concept of trauma-informed systems in schools, which requires addressing not only the impact of school incidents, accidents, and natural disasters, but also the impact of adverse stress, which is a recurrent and prolonged lack of support for students before and after school, as well as training and consultation for teachers and staff. We also consider the introduction of trauma-informed practices into schooling through training and ongoing consultation for teachers and staff.

3254
Exploring the lived experiences of adult female survivors of image-based sexual abuse in Taiwan

Xi-Hua Ye (1), Chao-Mei Chiang (1) *1. National Taiwan Normal University, Taiwan*

In light of the frequent occurrences of Image-based Sexual Abuse (IBSA), many people are deeply affected, facing consecutive challenges in their lives. They are trying to coexist with the trauma caused by IBSA. However, there is limited scholarly understanding of how survivors of IBSA cope with these effects in their daily lives. Further exploration is needed to comprehend how to assist these survivors effectively. Therefore, this study aims to explore the phenomenon of IBSA within the cultural context of Taiwan. It seeks to gain a deeper understanding of the impact of IBSA on adult female survivors and how they employ resilience to cope with it in their lives. Furthermore, the study aims to investigate the factors influencing recovery from IBSA. This study builds upon the master's thesis research conducted by the first author. It is scheduled to commence participant recruitment in the spring of 2024, with a target of 5–6 participants. A semi-structured, in-depth interview approach will be employed to gain insights into the lived experiences of survivors of IBSA. This study uses a phenomenological approach to elucidate and comprehend the lived experiences of research participants, employing thematic analysis for data analysis. The findings will be explored and discussed from a feminist perspective, with a particular focus on gender and power. Finally, based on the preliminary research findings, recommendations will be proposed to benefit other survivors of IBSA, the general public, and helping practitioners. Implications for future research will be presented.

3227
Mental strength and satisfaction with life before, during and after the COVID-19 pandemic

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Objective: The Covid-19 pandemic, but also the measures taken in order to slow down the spread of the virus, impacted people and their life satisfaction. These impacts may also depend on individual characteristics. This study investigates the effects of mental strength on the perceived satisfaction with life before the Covid-19 outbreak, the life satisfaction during the pandemic and the expected life satisfaction after the pandemic. Methods: Participants ($n = 632$) completed the Mental Toughness Questionnaire (MTQ) and the Temporal Satisfaction with Life Scale (TSWL). Data were collected online in May and June 2020. Results: A principal component analysis (PCA) of the MTQ suggests the two components commitment and challenge, and confidence and control. A PCA of the TSWL indicates the components past (satisfaction before the Covid-19 outbreak), present (satisfaction during the pandemic) and future satisfaction with life (expected satisfaction after the pandemic). Three multiple regressions show highly significant effects (all $p < .001$) of the component confidence and control, but no effects of the component commitment and challenge on past, present and future satisfaction with life. The regression models can explain variance between 13% and 23%. Conclusions: The component confidence and control, which can be understood as one's self-belief and faith in the control of one's destiny, promotes past, present and expected satisfaction with life, whilst the component commitment and challenge, which can be understood as competitiveness and low levels of anxiety, shows no effects. Accordingly, people should primarily strengthen their sense of self-belief and their faith that they control their own destiny. Results indicate that believing in oneself and in the control of

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one's destiny serves as a mental shield during long-lasting crises.

2858
Psychological supports for hematologic disease patients admitted to COVID-19 wards

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We report psychological support for hematologic disease patients admitted to the COVID-19 ward. The high psychological risk of them in the COVID-19 disaster has been reported in previous studies. In their hospitalization after infection, they needed special support systems. Between April 2020 and September 2022, 16 hematologic disease patients were admitted to the COVID-19 ward, including 5 hematopoietic cell transplantation (HCT) patients. The average age was 74, and the outcomes were 10 discharges and 6 deaths. Patients reported shock, intense fear of becoming seriously ill and being in a contaminated ward, confusion, and anxiety about not being able to see their haematologist in person. 3 HCT patients recalled the HCT hospitalization and expressed strong fears. The collaborative supports of psychologists and medical staff were based on understanding the specific anxiety for hematologic disease patients, such as high risk of serious illness, routinely educated that INFECTION CAN BE FATAL, significant differences in isolation experience between haematology ward and COVID-19 ward, rules of haematology wards and COVID-19 wards are very different (frequency and presentation of blood tests, nurse involvement, their haematologist visits the room morning and evening). We took into account the individuality of the patient based on previous medical records, and clearly showed the difference in ward rules, how to contact their haematologist (telephone, letter, through the window), and treatment outlook to the patients. Psychologist also offered self-care information upon admission and discharge, with an emphasis on "yo-jyo", and direct interview with the patient if desired. For patients with recurrent psychological pain at the time of HCT, the psychologist continued to meet regularly with them in COVID-19 ward, reminding that it is natural and not strange in isolation and uncertainty, and that both leukaemia and COVID-19 were serious mishaps the patient was not responsible for. No patients showed prolonged mental ill health as a result.

2661
Posttraumatic stress disorders among black, indigenous, people of colour (BIPOC) first responders

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Objective: First responders are at risk of experiencing posttraumatic stress disorder (PTSD) symptoms due to their constant exposure to potentially traumatic events and hazardous work environments. It is estimated that more than 40% of first responders in Canada report more than one mental health symptom, including PTSD. First responders with marginalized identities, such as Black, Indigenous, and People of Color (BIPOC), face additional challenges due to institutional racism. The present study centralizes the voices of BIPOC first responders to understand how factors such as adult attachment and emotion regulation impact PTSD severity. A growing body of research has shown that insecurely attached individuals are more likely to exhibit PTSD severity after exposure to trauma due to difficulties in regulating emotions. To this end, we aim to understand the role of emotion dysregulation in the association between insecure attachment and PTSD severity in a trauma-exposed BIPOC first responder sample. Method: A total of 369 trauma-exposed BIPOC first responders in Canada completed research questionnaires. We used PROCESS 4 to examine the direct and indirect effects. Results: The bias-corrected bootstrap revealed a statistically significant indirect effect emotion dysregulation in the relationship between insecure attachment and PTSD severity (attachment anxiety: $B = .13$, SE = .03, 95% CI [.07, .20]; attachment avoidance: $B = .16$, SE = .04, 95% CI [.09, .25]). Discussion: BIPOC first responders with higher attachment anxiety tend to endorse heightened emotional reactivity, which is associated with more PTSD severity, including negative mood and alterations in arousal and reactivity. BIPOC first responders with greater attachment avoidance tend to inhibit experienced emotions. This tendency may paradoxically lead to more intrusive thoughts, flashback memories, as well as self-destructive behaviours. Implications: Our research enables the development of culturally-congruent trauma-informed treatment for PTSD by targeting emotion regulation for insecurely attached BIPOC first responders.

2639
Social cognition deficit mediates the association between insecure attachment and PTSS

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Objective: According to the social cognition model of trauma, insecure attachment history may cause poor social cognition. Insecure-attached individuals cannot learn how to read others' minds from their caregivers in negative interactions, so the development of social cognition ability of insecure-attached individuals could be affected, such as misunderstanding others´ emotions or thoughts. This social cognition impairment may further impact the functional disability of people with a trauma history and lead to posttraumatic symptoms after trauma. Therefore, the current study aimed to examine the possible mediating role of social cognition impairment in the association between insecure attachment and posttraumatic symptoms. Methods: In a cross-sectional research design, we recruited 67 adults (18–54 years old; 52 female) who were exposed to trauma from the community in Taiwan. All completed self-report questionnaires on insecure attachment and posttraumatic symptoms, and a computerized task to assess social cognition. Results: Social cognition impairment significantly mediated the association between insecure attachment and posttraumatic symptoms, in which insecure attachment increased posttraumatic symptoms through social cognition impairment. Discussion: The finding revealed that, with a history of insecure attachment, social cognition impairment may play as a risk factor for increasing post-traumatic symptoms among traumatized individuals.

2462
Historical trauma in the former Czechoslovakia "Operation Asanace": Studying primary victims

Radek Heissler (1), Nikola Doubková (1), Marek Preiss (1) *1. National Institute of Mental Health, Czechia*

Objective: Historical trauma can be studied in the Czech Republic by studying Operation Asanace (meaning "cleansing") victims from the 1970s and 1980s. This operation aimed to expel Charter 77 activists and regime adversaries through systematic abuse. This study explores the experience of several persecuted individuals to understand their experience of continuous persecution, forced migration, or displacement, and compares their results with a control group that hasn't faced persecution. Methods: Experimental group: 18 individuals (12 men; age 58–79) from the first generation who have undergone traumatic events during Operation Asanace. Control group: 19 paired participants (11 men; age 58–79) that didn't sign Charter 77 nor were persecuted during communism. Mixed study approach – interviews and focus groups with the experimental group, together with administered methods for both groups: PTSD Checklist for DSM-5, Impact of Event Scale – Revised, Centrality of Event Scale, Brief Resilience Scale, and Brief-COPE. Results: The participants shared their stories of resisting authoritarian power and regime's physical, psychological and systemic abuse. Nearly 50 years later, these events remain vivid in their lives,

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affecting also their relatives through e.g., confused identity and perception of homeland. Social support during resettlement was crucial, and they found some positive aspects of the events, such as new job opportunities, social contacts or expanding worldview. Results of the quantitative methods haven't found significant differences between both groups (all ps > .05). Conclusion: Despite the systematic persecution, our participants have shown resilience in navigating challenging situations, adaptation to adversities throughout their lives, maintaining an active mindset, alongside evidence of post-traumatic growth. Our study identified influences on subsequent generations and family, together with feelings of otherness and alienation. As the methods didn't show differences between the groups, we can suggest that the experimental group managed to cope well with the traumatic events.

2343
Posttraumatic growth and time perception of childhood disaster experience: A case study

Sachie Yamada (1), Yoshiko Yabe (2) *1. Tokai University, Japan; 2. National Institutes for Quantum Science and Technology, Japan*

In recent years, natural disasters such as earthquakes, volcanic eruptions, and floods have occurred frequently around the world. We have also experienced many events, such as the pandemic of the new coronavirus that have drastically changed our lives. Unfortunately, there are wars going on all over the world, such as Russia-Ukraine, and Israel-Hamas. What kind of transformation does such an unstable world bring about in human time perception? How individuals view their past, present, and future, their personal time perception, has been shown to be associated with human behaviour and mental health (e.g., Newman et al., 2019). Beiser and his colleagues, who conducted a study using the Circle Test (CT) on refugees, showed that the majority of refugees chose the pattern of optimism and the pattern of hope. On the other hand, the non-refugee subjects did not show any specific preference. Several studies of people who experienced disruptive events that significantly impacted their lives have suggested an association between their mental health and spatially expressed temporal orientations (e.g., Shigemune et al., 2021). Post-traumatic growth is positive psychological transformation experienced as a result of distress in a very difficult situation (Tedeschi and Galhoun, 1996; 2004) and experienced by those who have experienced an event that has shaken their previous worldview. Although various studies have been conducted on PTG, only a few have addressed its relationship with time perception. In this study, we interviewed three participants who experienced the Great East Japan Earthquake during their childhood. In addition, we conducted the Circle Test and the Sphere Test to examine their time perception. This study is a case study. We report on their post-disaster life, PTG, and time perception.

1970
A proposal for the implementation of a trauma-informed system in Japanese schools

Yozo Takino (1), Masahiro Iwakiri (1) *1. Osaka Kyoiku University, Japan*

This presentation reports on a case study of a long-term school-based intervention for over 20 years following a traumatic experience in a Japanese school, discusses the implementation of a support system by school staff and the effectiveness of the long-term school intervention, and proposes the implementation of trauma-informed systems in Japanese schools. The tragic incident occurred on June 8, 2001, when a man entered a school and stabbed students and teachers, killing eight students and seriously injuring 13 students and two teachers. Many students witnessed the scene and were traumatized. Within hours of the incident, a "Mental Support Team," a task force of 10 agencies including universities, police, government ministries, and counselling centres, was organized to provide a 24 h hotline, outreach programs, free counselling for families and teachers, and psychological education for teachers and parents. After the acute phase, MST remained at the school and continued to support students, teachers, and parents, reducing students' post-traumatic stress-related symptoms, physical complaints, functional impairment, and anxiety due to the school crisis. After early intervention, the program continued to provide support in the form of psychoeducation, counselling, and consultation regarding classroom content and school events. The implementation of a support system by school staff over a period of 20 years and the effectiveness of long-term school intervention are discussed in terms of positive and negative aspects. Based on this experience, we promote a concept of trauma-informed systems in schools, which requires addressing not only the impact of school incidents, accidents, and natural disasters, but also the impact of adverse stress, which is a recurrent and prolonged lack of support for students before and after school, as well as training and consultation for teachers and staff. We also consider the introduction of trauma-informed practices into schooling through training and ongoing consultation for teachers and staff.

1924
Radiation anxiety among residents in affected areas a decade after the Great East Japan earthquake

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The psychological impact of the Great East Japan Earthquake continues to reverberate among people living in the affected areas. In particular, the stress induced by sustained exposure to low-dose radiation resulting from the Fukushima nuclear power plant accident is expected to have a significant long-term impact on residents of this prefecture. This study will assess whether residents of the Fukushima Prefecture are still anxious about radiation compared to those living in neighbouring prefectures even approximately 10 years after the disaster. In February 2021, 200 men and women aged 20–59, living in either Fukushima or Miyagi (neighbouring prefecture), and having minor children were surveyed online. They were asked to respond to The Radiation Anxiety scale. A three-factor analysis of variance (between-subjects design) was conducted with radiation anxiety as the dependent variable and prefecture (Fukushima/Miyagi), sex (male/female), and age (20s and 30s/40s/50s) as independent variables. The main effect of the prefecture was significant, with Fukushima residents having higher radiation anxiety than their Miyagi counterparts (Fukushima>Miyagi, $F(1,188) = 4.338$, $p < .05$). The second-order interaction of prefecture × sex × age was also significant ($F(2,188) = 4.092$, $p < .05$). A subtest showed that Fukushima residents in their 40s (men) and 50s (women) were more anxious about radiation compared to Miyagi residents. Previous surveys suggested higher radiation anxiety among young women, regardless of the prefecture of residence. However, the present survey noted that Fukushima Prefecture residents, regardless of gender, exhibited heightened anxiety in their middle age than in their younger years, compared to Miyagi Prefecture residents.

1885
Current state of crisis intervention on Chinese university campuses: A survey

Shuhui Fan (1), Chaihua Lin (1), Wen Gu (1) *1. Beijing Normal University, China*

To investigate the occurrence and willingness to seek help regarding psychological crises among college students in China, this study conducted an online survey on the current status of psychological crises, coping strategies, and attitudes toward seeking assistance among undergraduate and graduate students. A total of 1688 valid responses were collected, including 342 students who had experienced psychological crises during their campus life and 1346 students who had not. The results indicate that regardless of the severity of the psychological crisis, issues related to career planning and adaptation to university life significantly troubled college students. For students who

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have experienced psychological crises, managing emotions such as anxiety, depression, and irritability posed the most significant challenges during these crises. When faced with psychological issues, college students demonstrated a high willingness to seek help. The survey results reveal that over 82% of students would proactively seek help when experiencing psychological crises or difficulties. Both active seeking of assistance from on-campus and off-campus resources, as well as passive seeking (support provided by others who recognized their psychological crises), were more pronounced among students with crisis experiences compared to those without. Reasons for not seeking help proactively included concerns about being judged by peers or faculty and a lack of knowledge about whom to turn to. Additionally, students with crisis experiences expressed more concerns about the professionalism and confidentiality of current on-campus resources compared to their counterparts without crisis experiences.

1872
Effect of COVID-19 fear on aggression among residents of Great East Japan earthquake affected areas

Hideo Okamoto (1), Seiichi Saito (2), Yuriko Norisada (3) *1. Nara Women's University, Japan; 2. Osaka Shin-Ai Gakuin University, Japan; 3. Wakayama University, Japan*

High stress levels are one of the most important factors affecting aggression. The aftermath of the Fukushima Daiichi Nuclear Power Plant accident, triggered by the Great East Japan Earthquake (2011), has cast a prolonged shadow of low-dose radiation fear over people living in Fukushima and other parts of the Tohoku region. Furthermore, the advent of the COVID-19 pandemic in 2020 introduced various stressors, including fear of infection, worsening economic conditions due to behavioural restrictions, and increased responsibilities toward children due to school closures. The purpose of this study is to elucidate whether these various stressors have led to an increase in aggression among residents in the areas affected by the Great East Japan Earthquake, with an emphasis on considering effective responses for future interventions. In February 2021, we conducted a survey involving 156 men and women aged 20–59, specifically targeting elementary and junior high school students living in the Fukushima, Miyagi, and Tokyo prefectures. The respondents were asked to complete the Bass-Perry Aggression Questionnaire, the Fear of Radiation Scale, the Fear of COVID-19 Scale, and the Resilience Scale. Additional factors included the extent of income loss due to the pandemic, age, sex, and school closures impacting children. In a multiple regression analysis (stepwise method) with aggression as the dependent variable, higher anxiety about COVID-19, lower resilience, and being male influenced higher aggression. Based on these results, we discuss how we can alleviate aggression among residents in the affected areas.

1851
Effects of radiation anxiety from the Great East Japan Earthquake on COVID-19 Anxiety and stress res

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The Great East Japan Earthquake has had various psychological effects on people living in the affected areas. In particular, stress induced by low-dose radiation following the nuclear power plant accident is expected to have a significant long-term impact. Notably, people living in Fukushima continue to grapple with heightened radiation anxiety, even more than five years after the disaster. Amid these circumstances, the advent of the COVID-19 pandemic in 2020 may have subjected residents of affected areas to unprecedented stress. In addition, the radiation anxiety might have increased their overall apprehensions about COVID-19. Therefore, this study aims to investigate whether radiation anxiety affected not only stress reactions but also COVID-19 anxiety. An online survey was conducted in February 2021, involving 55 males and 45 females aged 20 to 50 years, all having minor children and living in Fukushima Prefecture. Path analysis was carried out, assuming that radiation anxiety affected COVID-19 anxiety and stress reactions, and COVID-19 anxiety contributed to stress reactions. After retaining only significant paths, it was revealed that radiation anxiety indeed affected COVID-19 anxiety and stress reactions. All path coefficients were positive, and the value was larger for radiation anxiety → stress reaction (chi-square(1) = .525, p = .469, GFI = .996, AGFI = .979, CFI = 1.000, RMSEA = .000). Radiation anxiety affected not only the stress reaction but also COVID-19 anxiety. Thus, it is evident that even 10 years after the disaster, radiation anxiety continues to have a serious impact on the mental and physical wellbeing of the disaster victims.

1622
The effect of trauma centrality on PTSD and posttraumatic growth: Self-concealment as moderator

Fangsong Liu (1), Na Wang (2), Hongxiang Peng (3) *1. Jiangxi Normal University, China; 2. Huazhong University of Science and Technology, China; 3. Shenzhen Longgang Ping'anli School, China*

Background: Although trauma centrality was positively associated with posttraumatic stress disorder (PTSD) and posttraumatic growth (PTG), few studies have examined the factors that may influence the strength of these associations. Aims: This study aimed to investigate whether self-concealment would moderate the effects of trauma centrality on PTSD and PTG. Methods: A total of 211 Chinese college students (77.3% female; age: M = 19.86, SD = 1.85) participated in this cross-sectional study. These participants completed a battery of measures for trauma centrality, self-concealment, PTSD, and PTG. Results: Trauma centrality was positively associated with both PTSD and PTG. The moderating role of self-concealment in the effect of trauma centrality on PTSD and PTG was statistically significant. Specifically, self-concealment was found to strengthen the relation between trauma centrality and PTSD, while mitigating the relation between trauma centrality and PTG. Conclusions: The extent to which trauma centrality contributes to PTSD and PTG might be determined by self-concealment among Chinese college students. The implications of these findings were discussed.

1621
The relationship between PTSD, self-consciousness, eating disorder and psychiatric comorbidity

Na Wang (1), Man C. Chung (2) *1. Huazhong University of Science and Technology, China; 2. Zayed University, United Arab Emirates*

The association between posttraumatic stress disorder (PTSD), psychiatric comorbidity and eating disorder symptoms has been established, but little is known about whether this association could be found in Emirati female university students and whether self-consciousness may play a role in influencing this association. 398 female university students were recruited from a university in the United Arab Emirates. They completed the Posttraumatic Stress Diagnostic Scale, the Self-Consciousness Scale-Revised, the General Health Questionnaire-28 and the Eating Attitude Test-26. PTSD was positively correlated with self-consciousness, which was only correlated with eating disorder symptoms. Self-consciousness mediated the impact of PTSD on eating disorder symptoms. After trauma, Emirati female students may exhibit posttraumatic stress symptoms and increase their self-consciousness. These psychological responses may influence the severity of eating disorder symptoms but have a limited impact on general psychological symptoms.

1620
The network structure of type D personality, contamination fear, PTSD and psychiatric comorbidity

Na Wang (1), Man C. Chung (2), Zilan Ye (3), Fangsong Liu (4) *1. Huazhong*

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University of Science and Technology, China; 2. Zayed University, United Arab Emirates; 3. Guangdong Medical University, China; 4. Jiangxi Normal University, China

Aims: While there is evidence of an association between fear of contamination and COVID-19, little is known about the relationship between this fear, COVID-19 PTSD and psychiatric comorbidity. It is also not known whether this association can be influenced by personality traits, notably, Type D traits. Methods: 1089 citizens from China completed measures regarding contamination fear, PTSD, psychiatric comorbidity, and Type D personality. Results: Using network analysis, alterations in arousal and reactivity, anxiety and negative affectivity were identified as the most central nodes. Contamination fear, alterations in arousal and reactivity, negative affectivity and depression were identified as the most influential bridging nodes. The bridging edge effect of contamination fear and avoidance was the strongest among all bridging edges. Conclusion: After the outbreak of COVID-19, people may increase their arousal, increase fear of contamination, show negative affect, posttraumatic stress and other general psychological distress symptoms. These reactions are not independent of each other but are related in a specific way. People who have a fear of contamination are likely to show PTSD symptoms, while people with Type D traits are more likely to experience general distress symptoms. These Type D individuals, especially those with depression, tend to be preoccupied with the threat of the disease.

956
Implications of feminist therapy on trauma and sexual abuse survivors: A Systematic review

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Background: Sexual abuse against individuals is a widespread social issue affecting a large set of population. Forms of sexual abuse, including domestic violence, molestation, rape and others are traumatic experiences that commonly result in severe psychological and social damage requiring a different perspective of therapeutic treatment than the conventional methods. Feminist Therapy, being woman-centred and focusing on individual environment, fills the appropriate required treatment for sexual abuse and it's emotional scarring. Objective: To conduct systematic analysis on implications of feminist therapy on sexual abuse survivors to build a better understanding about how individuals who go through sexual abuse can benefit from a therapeutic alliance that is influenced from the struggles of women in history and stems to collectively empower those individuals to lead better quality of lives throughout. Methodology: Major inclusions were qualitative studies exploring Feminist Therapy for treatment of sexual abuse and trauma, clear narration and analysis of paper. Databases like PsycInfo, PubMed, Web of Science, Scopus, and Google Scholar were searched for four decades of studies. Among the 200 studies identified, 25 papers were included in the final reviews. The studies were reviewed and the secondary data was interpreted using Thematic Analysis. Results: Relevant data was summarized and collated to make a narrative account of the findings. 25 studies reported wide range of motivations and benefits of Feminist Therapy in the treatment of sexual abuse, trauma and other mental health complications. The review emerged with three main themes that contributed to advantages of Feminist Therapy including-Empowerment, Client-Therapist Alliance and Societal Influences on Identity. Conclusion: There is hardly any therapeutic intervention that focuses on society's notions of gender issues in trauma. Further research requires an integrated approach to treat repercussions of trauma and sexual abuse using notions of Feminist Therapy and desensitize it for all individuals.

887
Predictors of PTSD and CPTSD self-reported symptoms among trauma-exposed Ukrainians in wartime

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After the 2022 Russian invasion of Ukraine, researchers suggested a high risk of CPTSD symptoms development among adult Ukrainians, which would compound mental health issues that emerged after the 2014 Russian invasion and the COVID-19 pandemic. This study used the methodology of "Transparent reporting of a multivariable prediction model for individual prognosis or diagnosis" (TRIPOD) to evaluate prediction models aimed at the prognosis of PTSD and CPTSD symptoms in trauma-exposed Ukrainians ($n > 700$) by several variables: type of traumatic experience (war-related or not), current location (within Ukraine or abroad), household (living with a partner, friends, relatives, children, pets of along), gender, age, Acceptance and Action Questionnaire (AAQ-2), Connor-Davidson Resilience Scale (CD-RISC-10) and The Modified BBC Subjective Well-being Scale (BBC-SWB). Assessment of linear regression models revealed the difference in factors that contribute to CPTSD and PTSD within the sample. CPTSD model succeeded in explaining 41.4% of cases via 8 predictors, including war-related trauma ($p < .001$), well-being separate scales ($p < .001$), acceptance levels ($p < .001$), and several sociodemographic variables ($p < .05$). PTSD evaluation with the same list of variables explained only 18.4% of cases via 5 predictors, including war-related trauma ($p < .001$), one BBC scale ($p = .002$), AAQ-2 ($p < .01$) and living with a friend ($p < .05$). Resilience was not mediating the PTSD or CPTSD scores in this study. The results proved the difference between factors contributing to PTSD and CPTSD development among trauma-exposed people. The core findings are related to the role of the social environment (especially the household) in mediating long-term impact of trauma.

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Preparing for the next pandemic: Understanding COVID-19 work struggles

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The novel Coronavirus, also known as COVID-19, triggered much fear and anxiety at the initial phase of the pandemic due to its unknown nature and an absence of cure. Past research on infectious diseases indicated that non-pharmaceutical interventions (NPIs) were the most effective way to curb the spread of COVID-19. This essentially encourages social distancing, defined as 'physical distancing between individuals, where individuals are expected to keep a physical distance between themselves and others who are not from the same household. It requires individuals to stay at least two metres from each other, not to gather in groups and to stay out of crowded places and avoid mass gatherings' (CDC, 2020), which minimizes or prevents transmission by reducing contact between individuals (Haug et al., 2020). However, the implementation of SDMs have created many challenges and disruptions organization work processes and the delivery of mental health care amidst the pandemic. Through thematic analysis of 16 individual interviews, this study highlighted specific work challenges which Mental Health Professionals (MHPs), comprising psychologists, case managers, occupational therapists and medical social workers from a tertiary mental health hospital, faced during strict SDMs during COVID-19. These challenges ranged from disrupted patient care, lower work efficiency, increased workload, longer work hours and stress from having to comply with ever-changing infection control. These will help to identify gaps in pandemic work processes which leaders can address in future pandemics. Hopefully, these can better support and maintain the wellbeing of public mental health service providers and allow them to continue to deliver quality care in future pandemics.

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Relationships between hurricane related trauma, spiritual support and social support

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Background. There has been a paucity in the literature on the protective effects of spiritual and social support as it pertains to trauma symptoms following a disaster. This secondary analysis investigated: (a) the longitudinal analysis of the effect of perceived spiritual support (PSS; measured using PSSS-S2) on posttraumatic stress symptoms (PTSS); and (b) the effect of social support and Wave-1 PTSS results on Wave-2 PTSS among Hurricane-Katrina (H-K) volunteers. We hypothesized that, 1. The short form PSSS-S2 would have an adequate one-dimensional structure in our H-K sample; 2. PSSS-S2 would be inversely related to Wave-2 PTSS, after controlling for Wave-1 PTSS and other disaster factors; and 3. Wave-2 perceived social support would be inversely related to Wave-2 PTSS. Methods. In 2005, researchers of universities in the Deep South conducted a questionnaire survey on H-K volunteers, some of whom were also disaster victims ($N = 542$; age $= 29.66 + 9.10$, Black $= 55\%$). The Wave-1 survey was delivered at three-months after H-K, the Wave-2 survey was delivered six-months after H-K. Robust Confirmatory Factor Analysis was used to verify the single-item structure of PSSS-S2. Multiple regression analysis was employed using SPSS27. Results. The Robust CFA results indicate good fit. In our final regression model, Wave-1 PTSS ($\beta = .527$, $p < .001$) and other H-K stressors ($\beta = .154$, $p < .035$) were positively associated with Wave-2 PTSS. Being older, having experienced less PTSS in Wave-1, and perceiving higher rates of social support were negatively related with Wave-2 PTSS. The present study demonstrated the lasting nature of PTSS. Conclusions. The present study demonstrated the lasting nature of PTSS. The six-month follow-up is important because it was the time a diagnosis of posttraumatic stress disorder (PTSD) could be established for volunteers. Our findings underscore the importance of social support and perceived spiritual support in fending off the negative role of disaster-induced stressors.

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Children's social-emotional development 11 years after the Fukushima nuclear accident

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The accident at the Fukushima Daiichi Nuclear Power Plant (FDNPP) psychologically impacted mothers and children living in Fukushima Prefecture, such as strong anxiety and stress about health hazards caused by radiation. This study examined the impacts of the accident on the socio-emotional and psychological/behavioural development of children who spent their infancy in Fukushima Prefecture, a low-dose radiation-contaminated area. Method: The survey was conducted in elementary schools in Fukushima City in January 2022. At the same time, surveys were conducted in areas outside of Fukushima Prefecture that were not affected by the nuclear accident. The Fukushima group included 732 mother-child pairs; the other prefecture group had 356. The following scales were used: (1) Psychological Symptom Scale for Radiation Disaster (for mothers) and (for children), (2) Radiation Protection Behaviour Rating Scale, (3) ADHD-RS, (4) Temperament in Middle Childhood Questionnaire (TMCQ), and (5) Child Behavior Checklist (CBCL). Results and Discussion: As a result of the analysis, the psychiatric symptoms of the children in Fukushima were higher than those in the other prefectures in all factors of depressiveness, anxiety/fear, and anger/restlessness, and the psychiatric symptoms of their mothers were also higher than those in the other prefectures. The mothers in Fukushima still showed higher levels of radiation protection behaviour than those in the other prefectures, suggesting the possibility of continued radiation anxiety. As Tsutsui et al. (2020) pointed out, negative parenting by parents who experienced the nuclear accident may have affected their children's development, which may have led to the present results. Reference: Tsutsui Y, Ujiie T, Takaya R, Tominaga M (2020) Five-year post-disaster mental changes: Mothers and children living in low-dose contaminated Fukushima regions. PLoS ONE 15(12): e0243367. (275 words)

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War impact on mental health and quality of life among Ukrainian help profession women

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Background: The Russian invasion of Ukraine has increased the demand for professional intervention (i.e., services provided by psychologists, doctors, nurses, social workers, etc.). More than 70% of these professionals are women and little is known about the impact of war on their mental and physical health, quality of life and well-being. Methods: A total of 249 Ukrainian help profession women were surveyed on-line from February to April 2023. Valid and reliable survey instruments were translated to Ukrainian language and used to gather data about war-caused trauma, resilience, burnout, loneliness, depression, quality of life, health, and substance use. SPSS Version 25 was used for analysis. Findings: Severity of war-caused trauma was significantly associated with resilience, burnout, depression, other health related conditions including somatic symptoms, anxiety, sleep problems and sexual behaviour ($p < .01$). One-way ANOVA shows a high level of loneliness associated with war caused trauma, burnout, depression, low resilience and health problems ($p < .001$). Overall, WHOQOL-BREF domain mean scores evidence poor respondent quality of life. Severity of war-caused trauma was significantly associated with all QOL physical health, psychological, social relation and environmental domains. Also, one-way ANOVA shows a high level of loneliness significantly associated with low quality of life ($p < .001$ for all domains). *T*-test shows an increase of last month's substance use significantly associated with war-caused trauma, burnout, depression and poor health conditions. Discussion: Present results show war-caused trauma significantly associated with physical and mental health, substance use, and quality of life among Ukrainian help profession women. Further research is needed to confirm this finding, across locations and over time, that is expected to have implications for policy and service provision for Ukrainian help profession women.

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