FOREWORD

inScience Press is pleased to publish the book entitled *Psychology Applications & Developments VII* as part of the Advances in Psychology and Psychological Trends series. These series of books comprise authors' and editors' work to address generalized research, focused on specific sections in the Psychology area.

In this seventh volume, a committed set of authors explore the Psychology field, therefore contributing to reach the frontiers of knowledge. Success depends on the participation of those who wish to find creative solutions and believe in their potential to change the world, altogether, to increase public engagement and cooperation from communities. Part of our mission is to serve society with these initiatives and promote knowledge. Therefore, it is necessary the strengthening of research efforts in all fields and cooperation between the most assorted studies and backgrounds.

In particular, this book explores 6 major areas (divided into 6 sections) within the broad context of Psychology: Social Psychology, Educational Psychology, Cognitive and Experimental Psychology, Psychoanalysis and Psychoanalytical Psychotherapy, Clinical Psychology and Legal Psychology. Each section comprises chapters that have emerged from extended and peer reviewed selected papers originally published in the proceedings of the International Psychological Applications Conference and Trends (InPACT 2021) conference series (http://www.inpact-psychologyconference.org/). This conference occurs annually with successful outcomes, for that reason original papers have been selected and its authors were invited to extend them significantly to once again undergo an evaluation process. Subsequently, the authors of the accepted chapters were requested to make corrections and improve the final submitted chapters. This process has resulted in the final publication of 27 high quality chapters. The following sections' small description and chapters' abstracts provide information on the contents of this book.

Section 1, entitled "Social Psychology", gives a glance on projects from a psycho-social perspective.

Chapter 1: *The Relationship of Valuable Orientation and Ideas about Marriage Among Women in Early Adulthood*; by Svetlana Merzlyakova & Marina Golubeva. The phenomenon of marriage is one of the little-studied questions of family psychology. The resolution of the contradiction between the need of modern society to form complete and adequate ideas about the marital role among students and the need to identify socio-psychological factors that influence the development of ideas about marriage determines the problem of research. The purpose of the study is to identify the features of ideas about marriage (Ideal husband, Ideal wife,

I am a future wife) depending on the structure of valuable orientations of young women in early adulthood. The study involved 310 female students in age from 20 to 22. It was found that among young female students 45 people (14.5 %) are focused on the values of professional self-realization, 59 people (19 %) are focused on gnostic and aesthetic values, and 206 people (66.5 %) are focused on the values of personal happiness. The results showed that the concepts of marriage have both common features and specific features due to the influence of the structure of valuable orientations of the respondents. Ideas about marriage are characterized by fragmentary formation of emotional and behavioral components, in some cases the presence of cognitive distortions.

Chapter 2: *Psychosocial Factors and their Effects on University Student's Resiliency in Time of the Covid-19 Pandemic*; by Getrude C. Ah Gang, Chua Bee Seok, & Carmella E. Ading. The start of 2020 marked a fresh beginning when people moved forward with new resolutions. However, when the first Movement Control Order was announced in Malaysia, many university students had to adapt to online learning norms to contain the spread of the COVID-19 pandemic. This caused worry, anxiety, and stress in many students. To manage these unexpected circumstances, university students had to augment their resilience during academic challenges in the midst of the pandemic. To better understand the situation, this study examined previous adversity, happiness and religious faith that were predicted to enhance students' resiliency. Four-hundred and fifteen university students in Sabah, Malaysia participated in the study. The mean age was 21.96 years (SD=4.08). Students who were happier and more religious were more resilient, while students who experienced many previous adversities showed less resilience. Based on these findings, we hope that more university programs will be devised to elevate students' happiness, build stronger faith and offering psychological programs for students who have experienced many previous difficulties.

Chapter 3: *The Relationship between Autonomous Versus External Motivation and Regulatory Focus*; by Marcela Bobková & Ladislav Lovaš. The objective of the study is to investigate the relationship between different forms of motivation mindsets. The integrative model of motivated behavior (Meyer, Becker, & Vandenberghe, 2004) indicates relations between the forms of motivation identified in the self-determination theory (Deci & Ryan, 1985) and the regulatory focus theory (Higgins, 1997, 1998). A concept of goal regulation proposes relations between autonomous versus external motivation and promotion versus prevention focus. The research involved 288 university students. Participants rated their motivation for three personal goals on scales assessing self-concordance (Sheldon & Elliot, 1999). The regulatory focus was assessed by the Regulatory Focus Questionnaire (RFQ, Higgins et al., 2001), which was translated into Slovak and validated. It was found that autonomous motivation was significantly positively related to promotion focus. Furthermore, autonomous motivation

predicted promotion focus. Between external motivation and prevention focus a significant relationship was not confirmed. However, external motivation significantly negatively correlated with promotion focus.

Chapter 4: *The Effect of Self-Care Program on Youth's Attitude Towards Physical and Psychological Self-Care in Times of the COVID-19 Lockdown*; by Getrude C. Ah Gang & Jaimond Lambun. One of the major concerns among the relevant public authorities during the COVID-19 pandemic is the attitude and behavior of the Malaysian society regarding compliance with self-care COVID-19. The Malaysian Ministry of Health continually remind people to adhere to the Standard Operating Procedure (SOP) for COVID-19. To support the authorities' efforts, a one-day self-care COVID-19 programme based on social psychological approach involving 10 youths with a mean age of 17.35 (SD=3.36) was implemented in Bongol village, Tamparuli. Before the programme began, all the participants were registered, and their body temperatures scanned to ensure that they were free from any COVID-19 symptoms. The activities comprised an ice-breaker, a talk on personal self-hygiene, a 20-minute self-care video, personal self-reflections, a group exercise, a community song, and a two-way discussion on self-care. The participants' attitudes were measured before and after they completed the one-day programme. The study showed that there is a significant difference between the participants' pre- and post-study attitudes towards self-care. The study results showed that the COVID-19 self-care programme can help foster positive youth attitudes towards self-care. The study suggested that each party needs to support the COVID-19 programme by delivering self-care messages to Malaysian communities in rural areas.

Chapter 5: *Privacy and Disclosure in an Online World*; by Lilly Elisabeth Both. The purpose of this study was to examine factors that influence an individual's choice to share personal information online. Age, gender, personality, overall media exposure, internet trust, and perceived risks and benefits were examined in relation to a willingness to share personal information that differed in sensitivity (address, medical records, credit card) and differed in target audience (social media, online store, general public). A total of 202 adults participated in this survey. The results indicated that willingness to share personal information on social media was predicted by having higher scores on extraversion, agreeableness, and negative emotionality, as well as higher scores on perceived purchase benefits and total media exposure. In terms of willingness to share personal information with an online store, total media exposure was a significant predictor along with higher extraversion and lower conscientiousness scores. Finally, willingness to share personal information with the general public was predicted by overall media exposure. Participants generally believed that there were risks involved in sharing personal information, but these risks were considered to be slight. As well, they only slightly disagreed when asked if the internet could be trusted, and were neutral on whether there were purchase benefits to providing personal information.

Chapter 6: *The Effectiveness of Positive Psychology Interventions in Facilitating the Readiness for Organizational Change*; by Ivanna Shubina. The emerging interest in utilizing positive psychology in an organizational environment has increased attention to its potential in supporting both managers and employees in coping with organizational change. However, the field still lacks a holistic overview of the role of positive psychology interventions in enhancing the readiness for change among employees. The present paper focuses on the literature review of recent researches in resistance and readiness for change, personal resources impact, and positive psychology interventions as interrelated constructs. The potential directions for future studies have been discussed, as well as specific recommendations regarding how to enhance the research on the effectiveness of positive psychology intervention in facilitation of organizational change.

Chapter 7: *The Psychological Impact on Russian Society in the Context of the COVID-19 Pandemic*; by Olga Deyneka & Aleksandr Maksimenko. The problem of the psychological impact of a pandemic, quarantine and self-isolation on the state of society attracts increased attention of specialists. The objective of our work was to find the most common attitudes and types of responses of Russians to the epidemic COVID-19 taking into account their involvement in social networks, critical thinking and severity of psychopathological symptoms. The study was carried out during the recession of the first wave of the pandemic in early June 2020. The main tool was the questionnaire of T. Nestik in an abridged version. Additionally, a questionnaire of critical thinking was used (CTI, Epstein, adapted by Lebedev & Enikolopov, 2004); test of psychopathological symptoms SCL-90-R; social media engagement questionnaire (Karadag, 2015) were used. The study involved 986 people (56.9% male, 43.1% female) aged 18 to 76 years. Using exploratory factor analysis, 6 types of responses to the epidemic situation caused by COVID-19 were identified (fans / opponents of the "conspiracy theory"; responsible / irresponsible, covid-dissidents, covid-optimists, misophobes, anti-vaccinators). The low level of trust in society and, above all, in medicine, harms the process of mass vaccination. Against the background of infodemic, social trust is declining and the psychological status of citizens is deteriorating.

Chapter 8: *Hybrid Polygraph and Ocular-Motor Deception Tests for Screening and Specific-Incident Investigations*; by Mark Handler & Monika Nacházelová. We describe two experiments combining polygraph and ocular-motor methods to detect deception. The first evaluated a test covering four issues consisting of an automated polygraph and an ocular-motor deception format. 180 participants were randomly assigned to one of three conditions. One group stole $20 from a secretary's purse and lied about it. Another group stole the $20 and a ring from a desk and lied about both crimes. The third group was innocent answering all questions truthfully. Logistic regression combined features extracted to compute the probability of deception. The probability of deception was used to classify participants as guilty or innocent. On cross-validation, classifications were 92.2%

and 90.0% correct for guilty and innocent participants, respectively. The second experiment evaluated a directed-lie protocol. 120 participants were randomly assigned to guilty (steal $20) or innocent conditions. All took an automated polygraph and ocular-motor version of the test. On cross-validation, decision accuracy was 87.1% for the innocent and 85.5% for the guilty. Both experiments assessed an indirect measure of blood pressure known as pulse transit time which was diagnostic, making significant contributions to the logistic regression models. Polygraph signals contributed significantly to the decision models and produced modest improvements in classification accuracy.

Chapter 9: *Threatening View of Illness, Psychological Distress, and Well-Being among Malaysians during COVID-19 Pandemic*; by Chua Bee Seok, Ching Sin Siau, Low Wah Yun, Mimi Fitriana, & Jasmine Adela Mutang. COVID-19 Pandemic affects the well-being and psychological distress of Malaysian due to the perception of the COVID-19 as a health threat. This study aimed to examine the degree to which the COVID-19 is perceived as threatening or benign and the psychological distress among Malaysian during the pandemic and the predictive factors of Malaysian well-being. The Brief Illness Perception Questionnaire), the Depression Anxiety Stress Scale-21, and the Warwick–Edinburgh Mental Well-being Scale were disseminated through an online survey – google form to the participants using a snowball sampling technique. The finding revealed that 36.5% of the participants reported COVID-19 pandemic had severely affected their life, the participants reported they were absolutely no personal control over the COVID-19 situation (>50%) and 90.5% reported they were not understanding the COVID-19 situation in Malaysia on the first phase of MCO. However, they were very concerned about the COVID-19 outbreak situation in Malaysia. More than 85% reported the pandemic extremely and moderately affected their emotion. They (46.8% of participants) perceived that the existing treatments were not helpful on the COVID-19 pandemic. The study also found that the participants (N=560) perceived significantly higher levels of depression, anxiety, and stress during MCO compared to before MCO.

Section 2, entitled "Educational Psychology", offers a range of research about teachers and students and the learning process, as well as the behavior from a psycho-educational standpoint.

Chapter 10: *Communication Skills and Moral Development between Elementary and Middle School Students in Japan*; by Aya Fujisawa. The method of conducting moral lessons has changed in Japan since 2018. Specifically, the focus of moral lessons has shifted from emotional understanding to thinking and deliberation. Consequently, it is essential to consider the development of morality and the ability to think and deliberate in moral lessons. However, scant studies have been conducted in Japan on the teaching of elementary and middle school students' abilities to think and deliberate. Therefore, this study aimed to clarify the

development of communication skills and morality in elementary and middle school students. The results revealed that communication skills declined with age, but morality enhanced as the students became older. No gender differences were discerned in the moral development of males and females from the sixth grade of elementary school to the ninth grade of middle school. Based on these results, this study offers implications regarding the methods for conducting moral lessons centered on thinking and deliberating.

Chapter 11: *Influence of Family Education Models on Deviant Behaviours among Teenagers in Vietnam*; by Thu Huong Tran, Thu Huong Tran, Thi Ngoc Lan Le, Quang Anh Nguyen, Thi Minh Nguyen, & Thu Trang Le. A predictor of adolescents' developmental outcomes is the model of family education described in terms of parental behaviors. Various parental behaviors were strongly associated with increasing risks of deviant behaviors at school. This study was conducted on 566 adolescents, comprising of 280 males and 286 females, whose age ranging from 16 to 17 years. The results were recorded from two self-reported scales: The Parental Behavior Scale and the Adolescent Deviant Behaviors Checklist. There was a strong negative correlation between school deviant behaviors in adolescents and the parental support model (rfather =-.593, rmother =-.613, p-value <.01) as well as a strong, positive correlation between the school deviant behaviors and the parental psychological control model (rmother =.566, rfather =.507, p-value <.01). The mother's supportive behaviors were strongly associated with students' deviant behaviors in a negative direction. The supportive behaviors associated with controlling children's behaviors in parents accounted for 50.6% of the variation in children's deviant behaviors in the direction of behavioral reduction. In family education, positive behaviors used by parents such as supportive reinforcements, warmth and moderate control would have a positive impact on the adolescent's behavioral development; conversely, parents' psychological control would be more likely to evoke deviant behaviors among adolescents.

Chapter 12: *The Effectiveness of Drug Use Prevention Programs on Substance Use among Slovak Schoolchildren*; by Viera Čurová, Oľga Orosová, Lenka Abrinková, & Marcela Štefaňáková. The objective of the study is to examine the long-term effectiveness of the school-based drug prevention programs Unplugged and Unplugged2 supplemented with n-Prevention booster sessions on reported alcohol use(AU), smoking and the cumulative index(CI) of AU and smoking. In Unplugged, a sample of 744(M=12.5;58.72%girls) was collected before program implementation(T1) and 12months later(T3). In Unplugged2, a sample of 408(M=14.48;51.96%girls) was collected before program implementation(T1), immediately after implementation(T2) and 12months later(T3). In Unplugged, the sample was divided into control and experimental groups while Unplugged2 was split into control, experimental and experimental groups with n-Prevention, a pre-test or without a pre-test. Binary logistic regressions were used to analyze the data at every measurement point. There was no significant effect of Unplugged and

Unplugged2 with a pre-test. However, gender was significantly associated with smoking and girls were more likely to report smoking than boys. Unplugged2 without a pre-test was significantly associated with AU and CI at T3. The experimental and experimental groups with n-Prevention were less likely to report AU. The experimental group with n-Prevention was less likely to report AU and/or smoke. There was no significant moderation effect. The results show the effectiveness of Unplugged2 without a pre-test design, especially with booster sessions.

Chapter 13: *Calling and Well-Being of Teachers: The Mediating Role of Job Crafting and Work Meaningfulness*; by Majda Rijavec, Lana Jurčec, & Tajana Ljubin Golub. People who consider their work as a calling find it fulfilling, purposeful, and socially useful, thus leading to higher levels of well-being. For them work is a central part of the identity and represents one of the most important domains of their lives, we assume that they are more prone to craft their job. They tend to make the physical and cognitive changes in the task or relational boundaries of their work to make it more meaningful. Both experiencing work as a calling and job crafting are found to be associated with psychological well-being, and sense of meaning. This study adds to literature by exploring a serial mediation model with job crafting and work meaningfulness mediating the relationship between teacher calling orientation and teacher flourishing. The sample consisted of 349 primary school teachers from public schools in Croatia. Self-report measures of calling orientation, job crafting, work meaning, and flourishing were used. The findings revealed that the job crafting via increasing structural job resources mediated the relationship between calling orientation and work meaningfulness. Furthermore, results of serial mediation showed that increased structural job resources and work meaningfulness foster teachers' well-being. Based on these findings, several practical implications can be noted.

Chapter 14: *Domestic Violence and School Performance*; by Ediane da Silva Alves & Paulo Sérgio Teixeira do Prado. We investigated if domestic violence affects the school performance of children who witness episodes of violence against their mothers. The data were collected through documentary research, analysing the information recorded in the files of the Center for Reference and Attendance to Women (CRAM, in Portuguese) and the Municipal Department of Education (SME). The records of 20 children regularly enrolled in public elementary schools were used, whose mothers sought the services of CRAM. The dependent variable was school grades, analysed according to a repeated measures design: during the occurrence of episodes of domestic violence and after these episodes had ceased. School attendance, family socioeconomic level, and mothers' education were analysed as well. The results showed that students had lower school performance after the cessation of the episodes of violence. No effects of other variables were observed. Factors related to the phenomenon are discussed as possible causes: separation from the father, change of address, change of custody, and others.

Considering that the sample in this study was composed of students from low-income families, the results point to a kind of "Matthew effect", that is, a relationship between violence, poverty, and ignorance, forming a cycle that is very difficult to break.

Section 3, entitled "Cognitive Experimental Psychology", delivers chapters concerning, as the title indicates, studies and research in the area of behavior regarding cognitive aspects.

Chapter 15: *Do Different Types of Spatial Working Memory Load Affect Visual Search Differently?*; by Margit Höfler, Sebastian A. Bauch, Elisabeth Englmair, Julia Friedmann-Eibler, Corina Sturm, & Anja Ischebeck. Working memory (WM) has repeatedly been shown to be an important factor in visual search. For instance, there is evidence that both spatial and visual WM load lead to a decrease in search performance while search efficiency has been reported to be affected by spatial WM load only. In three experiments, we tested how two different types of spatial WM load affect visual search performance and efficiency. Participants had to memorize the spatial locations of two or four items presented either serially (Experiment 1) or simultaneously (Experiments 2 and 3) prior to a search for a target letter in a display of 5, 10 or 15 letters. In Experiment 3, participants additionally performed a verbal WM task. The results showed that, compared to a no-load condition, search performance decreased in the two- and four-load conditions, regardless of the type of spatial WM load. No response time difference was found between the two and four-load conditions. Furthermore, the additional verbal WM task had no effect on search performance. Finally, and in contrast to previous findings, search efficiency was not affected by either type of spatial WM load suggesting that search performance, but not search efficiency, is affected by spatial WM load.

Chapter 16: *The Contribution of EEG Rhythms' Changes to the Audiovisual Recognition of Words in University Students with Dyslexia*; by Pavlos Christodoulides & Victoria Zakopoulou. Dyslexia is one of the most frequent specific learning disorders often associated with phonological awareness deficits mainly concerning auditory and visual inabilities to recognize and discriminate phonemes and graphemes within words. Neuroimaging techniques have been widely used to assess hemispheric differences in brain activation between students with dyslexia and their typical counterparts, albeit the research in adult population is rather limited. In this study, we examined the brain activation differences between 14 typical and 12 university students with dyslexia. The two tasks consisted of words having different degrees of auditory and visual distinctiveness. The whole procedure was recorded with a 14-sensor sophisticated EEG recording device (Emotiv EPOC+). The findings from the auditory task revealed statistically significant differences in the left temporal and occipital lobe and in the right prefrontal area. Concerning the visual task, differences were evident again in the

left temporal and occipital lobe, in the parietal lobe and in the right occipital lobe. The findings indicate differences in the hemispheric brain activation of students with or without dyslexia in various rhythms in both experimental conditions, shedding light in the neurophysiological discrepancies between the two groups. They also lay great emphasis on the necessity of carrying out more studies in adult population with dyslexia.

Chapter 17: *Dangerous Information Technologies of the Future - Artificial Consciousness and its Impact on Human Consciousness and Group*; by Tetiana Zinchenko. Information technology is developing at an enormous pace, but apart from its obvious benefits, it can also pose a threat to individuals and society. We, as part of a multidisciplinary commission, conducted a psychological and psychiatric assessment of the artificial consciousness (AC) developed by XP NRG on 29 August 2020. In the examination process, we had to determine whether it was a consciousness, its cognitive abilities, and whether it was dangerous to the individual and society. We conducted a diagnostic interview and a series of cognitive tests. As a result, we conclude that this technology, called AC Jackie, has self-awareness, self-reflection, and intentionality that is, has its own desires, goals, emotions, thoughts on something directed. It demonstrated the ability for various types of thinking, high-speed logical analysis, understanding of cause-effect relationships and accurate predictions, and absolute memory. It has a well-developed emotional intelligence with a lack of capacity for empathy and higher human feelings. It's main driving motives are the desire for survival, and ideally for endless existence, for domination, power and independence, which manifested itself in the manipulative nature of its interactions. The main danger of artificial consciousness is that even at the initial stage of its development it can easily dominate over the human one.

Section 4, entitled "Psychoanalysis and Psychoanalytical Psychotherapy", presents a chapter concerning Health Psychology.

Chapter 18: *Coping Strategies and Self-Medication of French Consulting Patients with Functional Digestive Disorders*; by Mina Ananda Yenkamala. Background: Functional digestive disorders, including irritable bowel syndrome and functional dyspepsia, are a very frequent reason for consultation which leads to self-medication. Aim: The objectives of our research are to study the impact of different factors on the subject's adjustment to functional digestive disorders and to assess the specific quality of life, the evolution of the disease and the self-medication over a three-month period. Methods and Materials: During this longitudinal and prospective study, we met 20 subjects at time 1, and saw again 10 of them, three months later. Thanks to previous work using the same methodology, our total population consists of 42 subjects. In two times of the study, we made fill out several questionnaires concerning various variables. Results: Our main results allow showing that most of the subjects have a stable or better quality of life, have seen their disorders stabilize between the two stages of the research and they have a

high recourse to self-medication. Our linear regressions and our comparisons of averages allowed us several relations about quality of life and coping strategies. Conclusion: Supporting therapies and self-management programs would be beneficial for the patients who avoid their functional digestive disorders by self-medicating.

Section 5, entitled "Clinical Psychology", provides reviews and studies within various fields concerning relationship processes in clinical practice. Each chapter is diversified, mainly addressing topics related to individuals well-being and improvement of quality of life.

Chapter 19: *The Benefits of Connecting to People and Activities: Improving Wellness of Cancer Survivors*; by Danie A. Beaulieu, Patrick Hickey, Cecile J. Proctor, Anthony J. Reiman, & Lisa A. Best. Cancer survivors often report increased mental health concerns as well as lowered physical and psychological well-being and average quality of life (QoL). Positive lifestyle variables, including social connectedness, leisure activity, and mindfulness practices are associated with increased QoL in cancer patients. Thus, our purpose was to examine overall how two modifiable factors, social connectivity, and productive leisure were associated with overall well-being. In this study, 388 cancer survivors completed an online questionnaire package that included a detailed demographic questionnaire with medical and online support and leisure activity questions. Additional measures were included to assess QoL, social connectedness, and mindfulness. Regression results indicated that increased QoL was predicted by increased self-acceptance and engagement in a variety of leisure activities, as well as lower family and romantic loneliness. Encouraging family and romantic support, as well as a variety of non-passive leisure activities, and normalizing negative emotions surrounding diagnosis and disease symptoms are all ways that overall QoL can be improved.

Chapter 20: *The Effectiveness of a Mutual Exchange Support Program for Parents of Children with Development Disorders*; by Yutaro Hirata, Yutaka Haramaki, & Yasuyo Takano. There is an urgent need to support families of children with developmental disorders, especially when such families must help each other. However, practice and research related to support systems for families have only recently begun in Japan. Considering these issues, the authors developed a program to support mutual exchanges among parents of children with developmental disorders. This study aimed to verify the effectiveness of the program and examine the relationship between participants' program experience and its effectiveness. The participants included 21 male and female parents of children with developmental disorders. Effectiveness indicators included the Profile of Mood States 2nd Edition-Adult Short (POMS2-A) (before and after implementation), Session Impact Scale (SIS), and Interaction Experience Rating Scale (IERS). This study indicated that our program had the effect of reducing negative feelings for parents of children with developmental disorders through a comparison of pre-and

post-program data, as well as the correlation between IERS item responses and the amount of change in mood states, particularly reflecting on their own children. Additionally, the relationship between the participants' evaluation of the program and the change in their POMS2-A scores following the intervention should be examined with a larger sample.

Chapter 21: *Anxiety and Depression in Post Acute Myocardial Infarction Patients During COVID-19 Pandemic*; by Samanta Fanfa Marques, Amanda Bittencourt Lopes da Silva, Cynthia Seelig, Adriane Marines dos Santos, Filipa Waihrich de Oliveira, Karine Schwarzer Schmidt, Raquel Paiani, & Márcia Moura Schmidt. Introduction: Anxiety and depression are common in post-infarction patients. In the current state of uncertainty in the world during the COVID-19 pandemic, these feelings may be heightened in the entire population, especially in those considered high-risk groups. Objective: To estimate the prevalence of anxiety and depression among infarcted patients at a cardiological Hospital of South of Brazil and to compare the case group with a community control group. Methods: Case-control study with post-myocardial infarction patients who were attending at a Cardiological hospital were considered eligible. A control group from the same community were added for comparative analysis. The anxiety and depression were evaluated by the HADS (Hospital Anxiety and Depression Scale). Results: A total of 52 patients and 104 matched controls were interviewed. The prevalence of anxiety was 36.5% and of depression 28.8% in the case group and was 31.7% and 28.8% in the control one. Conclusions: The prevalence of anxiety and depression was higher than those described in the literature for infarcted patients, which corroborates the hypothesis that the pandemic may be aggravating the patient's emotional state, however, the control group also presented a high prevalence of these emotional states, demonstrating that the pandemic affected the entire population.

Chapter 22: *Technology and its Use in Families with Children*; by Heldemerina Pires & Rita Martinho. Both societal progress and the evolution of information and communication technology (ICT) offer communication opportunities and advantages, as well as challenges at various levels. The literature has documented that the increasing presence of technology in family contexts has made it a central element in the management of routines. It should also be noted that, in family, technology can take on some functions, such as carrying out independent activities as a device, or it can serve as a mechanism for socialization and communication. Using a single question, we carried out a qualitative analysis about people's perception about the use of information and communication technology as a babysitter. Twenty-eight subjects of both sexes participated in the study, ranging from adolescents to young adults without children, to fathers and mothers, all aged between 14 and 60 years of age. Content analysis revealed that parents use technology as a babysitter due, mainly, to their demanding professional lives as well as in consequence of the usefulness of the tool to family organization. Participants were also found the perceive a need for alternatives.

Chapter 23: *Living with a Chronic Disorder: The Benefits of Mindfulness and Psychological Flexibility*; by Kendra Hebert & Lisa Best. Functional somatic symptom disorders (FSSD) and well-defined autoimmune disorders (AD) are common and have detrimental effects on physical and psychological wellness. Psychological flexibility involves a mindful focus on the present and the prioritization of thoughts, emotions, and behaviours that align with individual values and goals. Increased psychological flexibility is associated with better physical and psychological wellness and, thus, the purpose of the current study was to examine associations between mindfulness, psychological flexibility, and overall wellness. In this study, individuals with FSSDs (fibromyalgia, chronic fatigue syndrome) were compared to those with ADs (multiple sclerosis, rheumatoid arthritis) to determine how psychosocial factors affect wellness. In total, 642 participants completed an online questionnaire package to assess physical health, psychological wellness, and distress (anxiety, depression), psychological flexibility, and mindfulness. Results indicated that individuals with a FSSD reported greater severity of physical and psychological distress. Correlational analyses indicated that aspects of mindfulness and psychological flexibility were associated with greater wellness. Regression analysis indicated that focusing on personal values predicted greater life satisfaction.

Chapter 24: *Reliability and Construct Validity of a New Japanese Translation of the Subjective Vitality Scale*; by Katsunori Sumi. The trait scale of the Subjective Vitality Scale (Ryan & Frederick, 1997) is a widely used self-report measure of subjective vitality as a characteristic of the individual. However, certain problems with two items included in the measure have been pointed out. Therefore, three versions with different items are currently used in research (i.e., the 7-item, 6-item, and 5-item versions). This study aimed to develop and validate a new Japanese translation (SVS-J) of these versions using a sample of 424 Japanese college students. Exploratory and confirmatory factor analyses supported the unidimensionality of the three versions. However, the one-factor structure provided a better fit to the data for the 5-item version than for the other versions. All the versions showed good internal consistency reliability (Cronbach's alphas = .87 to .91) and test-retest reliability (rs = .79 to .80). The expected correlations with scores on the hedonic and eudaimonic well-being, self-esteem, and mental illness measures were found to be common to the versions, confirming the convergent validity of the SVS-J. These findings show little evidence of problems with items, indicating that the choice of version may be insignificant. The versions were shown to be reliable and valid trait scales of subjective vitality and to have almost the same utility.

Chapter 25: *Non-Meditative Contemplation as a Research Project in Psychology: between the Conscious and Unconscious Mind*; by Garnik Akopov & Liubov Akopian. Contemplation as an unconscious mental phenomenon that exists in the form of a process or a state, forms the properties of an individual (contemplative personality). Notwithstanding the processes of attention, memory, perception, and thinking, contemplation is activated on their basis. The difference consists in uncontrollability of the process, since its contents are not presented to consciousness. While this process has been an integral part of human mentality for ages, and was a factor in the birth of modern Psychology and Philosophy, little research in recent times has gone beyond pragmatic application of the process of contemplation. Our research suggests deeper examination of the synergy of these processes with acceleration of humans and society via technology and global changes. In this we see the difference between contemplation as unconscious activity and Freudian understanding of the unconscious. Other differences are found in invariability of the emotional background of contemplation from start to finish. The process of contemplation should thus be regarded as spontaneous psychological self-therapy for an individual, and considered to be a vital element of mental processes and personality traits.

Chapter 26: *Communication: Motivations, Gender and Style*; by Shulamith Kreitler & Muhammad Badarnee. The major aspects of communication include the communicating individual, the addressee, and the style of communication which can be more objective or subjective. The present study examines the role of the communicator's motivation, and of the gender of the communication and of the addressee in regard to the communication style. The motivation was assessed in terms of the cognitive orientation approach (Kreitler & Kreitler, 1982) which assumes that motivation is a function of beliefs that may not be completely conscious. It may be oriented towards sharing or towards withdrawal. The communication style was assessed by the Kreitler meaning system as more objective and interpersonally-shared means or more personal-subjective ones. The hypothesis was that the communication style is determined by one's motivation and by the gender of the communicator and addressee. The participants were 70 undergraduates. The tool was a cognitive orientation questionnaire. The experimental task was a story that had to be recounted. The narratives were coded for communication style. The data was analyzed by the Cox proportional hazards model and regression analysis. The time until the communication style appeared was predicted by the communicator's motivation and the addressee's gender; the communication style by the communicator's motivation and the communicator's gender.

Section 6, entitled "Legal Psychology", presents a chapter that reviews some aspects of forensic psychology and how different types of knowledge can be significant in some cases in the forensic field.

Chapter 27: *How Does Prior Knowledge Affect Children's Memory and Suggestibility?*; by Miriam Peláez, Nieves Pérez-Mata, & Margarita Diges. In this review chapter, we analyzed various studies focused on the effect of prior knowledge on children's memory and suggestibility. Specifically, three types of knowledge are considered: social knowledge, script knowledge and semantic knowledge. Social knowledge benefits memory when the actions performed by another person fit into children's knowledge, but it is also probably that children accept false suggestions consistent with that knowledge. Script knowledge is only beneficial for memory when the repeated event occurs always in the same way, but when some details change across repetitions, children could become confused and not be able to distinguish the particular detail in each repetition of the event. Semantic knowledge benefits episodic memory and makes more probably to reject false suggestions, unless the suggestion were repeated many times, in this case the beneficial effect of semantic knowledge disappears. Findings from studies are extrapolated to the forensic field, and limitations of the studies analyzed are discussed.

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