

FOREWORD

inScience Press is pleased to publish the book entitled *Psychology Applications & Developments IX* 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 ninth 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 4 major areas (divided into 4 sections) within the broad context of Psychology: Clinical Psychology, Educational Psychology, Social Psychology and Cognitive and Experimental 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 2023) 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 20 high quality chapters.

The following present a small description of each section and the chapters' abstracts to provide an overall information on the contents of this book.

Section 1, 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 1: *Translation, Reliability, and Construct Validity of the Japanese Version of the Attitudes Toward Forgiveness Scale*; by Katsunori Sumi. Although numerous forgiveness measures have been developed, only a few are useful for assessing the value of forgiveness. This study examined the reliability and construct validity of the Japanese translation (ATF-J) of the six-item Attitudes Toward Forgiveness Scale to assess individuals' value of forgiveness. The

participants were 234 Japanese college students (39.3% women; mean age = 20.85 years, SD = 1.27) who completed the questionnaire on two occasions separated by four weeks. The one-factor structure of the ATF-J was confirmed through exploratory and confirmatory factor analysis. Internal consistency reliability (Cronbach's α s = .71 and .73) and test-retest reliability over a 4-week period ($r = .61$) were acceptable. Construct validity was supported by the expected correlations with scores for dispositional forgiveness of others, hedonic and eudaimonic well-being, psychological stress, trait empathy, and trait anger. However, contrary to expectations, no significant correlations were found between ATF-J scores and depression and anxiety symptom scores. Overall, these findings provide preliminary support for the reliability and construct validity of the ATF-J. Therefore, the ATF-J is a useful tool for assessing the value of forgiveness in the Japanese population.

Chapter 2: *Surviving Strangulation: A Critical Literature Review of the Consequences from a Psychological Perspective*; by Emma de Lautour, Richard Fletcher, Darrin Hodgetts, & Robyn Vertongen. This critical review examines the literature on strangulation in the context of intimate partner violence, discussing in particular the neuropsychological and psychological consequences that have been associated with strangulation. Neuropsychological outcomes of strangulation have been predominantly derived from medical or forensic data and detail loss of consciousness, headaches, dizziness and memory loss as common consequences. Yet to be explored is the compounding effect of multiple instances of strangulation may have neuropsychologically, despite this being thought as a common experience to victim-survivors who have disclosed being strangled. PTSD and depression have been noted by researchers as a likely consequence of strangulation, however, the psychological consequences beyond diagnostic criteria are an area for further exploration. While informative, existing research has not yet examined how these consequences impact victim-survivors of strangulation within intimate partner violence. Having a more nuanced understanding of how strangulation impacts victim-survivors is imperative to tailoring support services to best meet their needs and this critical review concludes by highlighting key areas for future research.

Chapter 3: *Mindfulness and Eating Disorders: The Mediation Role of Dysmorphic Concerns*; by Nadia Barberis, Danilo Calaresi, Marco Cannavò, & Teresa Iona. Previous research suggests that mindfulness can improve body satisfaction and reduce problematic behaviors like body comparison, which is linked to dysmorphic concerns and eating disorders. This study aimed to explore whether mindfulness's impact on eating disorders is mediated by dysmorphic concerns. 288 individuals aged between 18 and 35 years old were recruited on social media and filled an online survey measuring mindfulness, dysmorphic concerns, and eating attitudes. Structural equation modeling was used to analyze the data. The hypothesized model showed good fit indices: $\chi^2(24) = 49.45$, $p = .002$; CFI = .99,

RMSEA = .06 (90% CI = .04 – .09), SRMR = .03. Significant paths were found from mindfulness to dysmorphic concerns ($\beta = -.37$) and from dysmorphic concerns to eating disorders ($\beta = .51$), but a non-significant path was found from mindfulness to eating disorders ($\beta = -.04$). However, the indirect relation of mindfulness with eating disorders through dysmorphic concerns was statistically significant ($\beta = -.19$). The findings suggest that lower mindfulness may increase susceptibility to dysmorphic concerns, highlighting the potential of mindfulness-based interventions to reduce dysmorphic concerns in eating-related psychopathologies.

Chapter 4: *The Relation Between Mood Disorder and Mental Health Consultations: The Role of Family and Friend Satisfaction*; by Madison Herrington, David Speed, & Lilly E. Both. The purpose of this study was to examine the role of social support from family and friends in seeking mental health consultations in people with and without a mood disorder. Data from the 2017/2018 Canadian Community Health Survey were analyzed from individuals aged 12 to 80+ years ($N = 26,448$). The results indicated that stress predicted the presence of a mood disorder, but this relation was not moderated by family or friend support. Moreover, having a mood disorder significantly increased the likelihood of mental health consultations. Interaction terms between mood disorder and family satisfaction and mood disorder and friend satisfaction were examined. The linear effect of family satisfaction and friend satisfaction on mental health consultations for individuals with a mood disorder was positive, albeit non-significant. In contrast, the linear effect of family satisfaction and friend satisfaction on mental health consultations for individuals without a mood disorder was negative. Thus, in the absence of a mood disorder, higher satisfaction with family and with friends is associated with lower mental health consultations. Further research should continue to investigate the influence of friend and family support on seeking mental health consultation in people with mood disorders.

Chapter 5: *Personality and Motivations of Maltese Clinical and Counselling Psychologists: The Darker Side*; by Greta Darmanin Kissaun & Gottfried Catania. The aim of the current study is to explore the personality traits and motivations of Maltese clinical and counselling psychologists, from the perspectives of their colleagues. Five clinical and five counselling psychologists were interviewed by means of the Repertory Grid Technique and data was analysed according to Repertory Grid procedures. Findings suggest that besides altruistic motives to pursue the profession, psychologists are also driven by “darker” motivators which have been under-researched so far. These include power, financial gain and the need for self-affirmation. Additionally, results underscore the existence of traits which could potentially interfere with the outcome of psychotherapy, such as unethical attitudes and behaviours, an inflated sense of self, and difficulties with empathy. These findings have pragmatic value in that they can inform reflective practice and render clinical and counselling psychologists aware of their less desirable personality traits and motivations for practicing the profession. This

could prove useful both when prospective psychologists are considering entry into the profession, and to inform the personal psychotherapy and supervision of existing psychologists. The results therefore have implications for the selection, training and supervision of clinical and counselling psychologists.

Chapter 6: *Defensive Styles of Coping and Attitudes Toward Eating in Women with Anorexia Nervosa, Bulimia Nervosa, Binge Eating, and in Women Without Eating Disorders Diagnosis*; Angelika Kleszczewska-Albińska. Eating disorders are tied with disturbed emotion regulation. Anorexia nervosa is connected with a tendency for emotion suppression, there is no homogeneous pattern of emotion regulation specific for bulimia nervosa, and no data on binge eating disorders. It is interesting to check whether patients suffering with various eating disorders differ in their tendency toward repression or sensitization. In the study 127 women, aged 18-69 participated. There were 61 persons without clinical diagnosis, 21 women with anorexia nervosa, 23 with bulimia nervosa, and 22 with binge eating disorder (all diagnosed by psychiatrists). Respondents filled in the Eating Disorder Inventory and Eating Attitudes Test. Results showed that for women without diagnosis low anxiety and repression were most popular, for anorexia nervosa repression was most frequent, for bulimia nervosa the most popular was high anxiety, for binge eating disorder low anxiety was the most frequent. The relations between type of disorder and defensive coping style were statistically significant. It was also proved that there were statistically significant differences between groups identified according to the coping style in their mean attitudes towards eating. It might be stated that repressors, high anxious, and sensitizers are more prone to having eating problems than low anxious persons.

Chapter 7: *The Aesthetic Experience of Dance in People Living with Psychotic Illness*; by Maja S. Vukadinović & Jelena Berklović. The chapter aims at exploring the structure of the aesthetic experience of dance performances by focusing on the differences between people with psychotic illness and control group. A pilot study included the individuals without a clinical diagnosis of mental illness, people diagnosed with schizophrenia spectrum disorder (clinically stable outpatients at the time of the research) and people with bipolar disorder currently in a manic episode and subjected to hospital treatment. As stimuli, Spanish dance (Sevillana) was presented in the form of a short live performance. Twelve unipolar seven-point scales covering three dimensions (Dynamism, Exceptionality and Affective Evaluation) were used to measure aesthetic experience. The results showed that there are no significant differences between these groups of participants in assessing the aesthetic experience of dance. However, within the subgroups of participants, different “aesthetic profiles” singled out. The “aesthetic profiles” of clinically stable participants with schizophrenia and the control group are not significantly different, unlike that of the participants diagnosed with bipolar disorder who were hospitalized due to a current manic episode. These results are discussed in the context of the stage of the participants’ mental illness. The methodological limitations of the study as well as perspectives for future research are elaborated.

Chapter 8: *The Fear of Coronavirus-19, Emigration Intentions and Adolescent Alcohol Consumption*; by Oľga Orosová, Beáta Gajdošová, Jozef Benka, & Viera Čurová. The aims of this study were to investigate (i) the relationship between pre-departure alcohol consumption and post-pandemic emigration intentions to study abroad among Slovak adolescents, (ii) the internal mechanism of the associations between the fear of Coronavirus-19 and the pre-departure health indicators related to the Coronavirus-19 pandemic measures in adolescents (emigration intentions and alcohol consumption). A cross-sectional survey design was used. A paper and pencil and online survey were carried out between October and November 2021 on a total sample of 296 adolescents from the eastern part of Slovakia (50.7% girls, M= 17.7 years). A higher level of post-pandemic study abroad intention was found among girls and adolescents who reported alcohol consumption. The data supported a long-way serial mediation (fear of Coronavirus-19 → self-efficacy → negative affect → emigration intentions → alcohol consumption). A direct negative effect of the fear of Coronavirus-19 on alcohol consumption was confirmed. This study contributes to the understanding of the pre-departure migration – health indicators relationship. Innovative school-based prevention programs would benefit from such knowledge and should incorporate supporting general self-efficacy, health-related behaviour and a healthy openness to new experience among adolescents before they leave their home countries.

Chapter 9: *The Effects of Cognitive Training Intervention on Quality of Sleep in Older Adults with Insomnia: A Systematic Review*; by Iris Haimov. The risk of both — reduction in sleep quality and cognitive decline — increases with advanced age, raising the question of whether cognitive training intervention could improve sleep quality in older adults with insomnia. The current study aims to characterize existing literature on the possible effects of cognitive training intervention on sleep quality in older adults with insomnia. Evidence suggests that among older adults with insomnia cognitive training intervention (either personalized or in a group) improved sleep quality. The possibility of improving the sleep quality of these patients with a non-pharmacological treatment is an encouraging new concept that requires in-depth testing.

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: *Selected Internal Assets, Perceived External Resources of Resilience and Life Satisfaction*; by Lenka Abrinková, Oľga Orosová, & Viera Čurová. Perceived external resources (PER) of resilience along with internal assets (IA) are key factors in life satisfaction especially when facing adversity. The aim of this study is to investigate the mediating role of IA (self-control and self-esteem) and PER (support and meaningful participation within home, school, community, and

peers) between individual home adversity factors (conflict, antagonism and punishment with parents) and life satisfaction. 132 (53% female) early adolescents (mean age = 13.45; SD = 0.52) participated in the research. A parallel mediation model with multiple X-variables was used to analyze the data. The result regarding IA shows that the relationship between antagonism with parents and life satisfaction is mediated by self-control and self-esteem and the relationship between conflict with parents and life satisfaction is mediated by self-control. Regarding PER the mediation analysis showed an indirect effect of antagonism with parents on life satisfaction through home meaningful participation and school connectedness. In conclusion, antagonism and conflict with parents undermined IA and PER which led to a lower level of life satisfaction. Thus, home adversity effects broader social environment than expected and not only intervention in the home environment is recommended but also the promotion of other resilience factors.

Chapter 11: *The Impact of a Nature-Based Retreat on the Self-Care and Peer Support Intentions of Students Enrolled on Post Graduate Training in Educational and Child Psychology in Ireland: A Pilot Study*; by Therese Brophy. Time spent in nature is purported to impact positively on nature connection and psychological restoration. This paper reports on the impact of a nature-based retreat on the peer support and self-care intentions of a cohort of educational psychologists in training in Ireland. The nature-based retreat facilitated re-engagement of the group in a socially -distanced manner following Covid restrictions. The retreat took place at a location in the Mid-West of Ireland in early Autumn. The habitat included flora and fauna, a river, a pond, a woodland area and natural buildings. The retreat was comprised of individual, pair and group tasks, including nature connection activities. Following the retreat, participants (n=10) were invited to complete a survey on the impact of the retreat on their intentions with regard to self-care and peer support. Findings from the survey indicated that participants were positive about the experience of the group, nature-based retreat in terms of self-care and peer support prioritization and intentions. A conceptual framework for understanding nature-based self-care is proposed. Directions for future research are considered, particularly in the domains of professional training in educational psychology, self-care and peer support practices, and the potential of nature-based settings in other areas of EP practice.

Chapter 12: *Comparing Online and Virtual Reality Moral Dilemma Discussions: Focusing on Morality, Perspective-Taking, and Communication Skills*; by Aya Fujisawa. This study explored the educational effects of online and virtual reality moral dilemma discussions (OMDD and VRMDD, respectively) among university students. In Study 1, participants were randomly assigned to an OMDD or VRMDD condition, participating in both conditions in acquainted pairs. The acquainted pairs discussed Heinz's dilemmas (1) and (2). The Standards for Public Space (SPS) and Communication Skill (CS) scales were measured separately

before and after the experiment. Results revealed significant differences in the main effect of both conditions for the SPS subscales. Participants scored higher on the SPS egocentric and peer standards subscales in the pre-test than in the post-test, which had significant main effects at the time of the survey. OMDD and VRMDD practice showed decreased SPS subscale scores with a narrow social perspective (egocentric and peer standards) and were not related to the subscales with a wider social perspective (regional standards, care for others, and public values) and the CS scale. Similar to Study 1, VRMDD was conducted in the same manner in Study 2. SPS and the Interpersonal Reactivity Index scales were measured before and after the experiment. The results of Study 1 were replicated, and VR perspective-taking was confirmed.

Chapter 13: *What is the Relationship Between Creativity and Boredom?*; by Yusuke Yamazaki. The connection between creativity and boredom has received attention from researchers but with contradictory findings on whether boredom has a positive or negative influence on creative outcomes. To examine this issue, this study investigated how the state of boredom affects creative performance, assessing four dimensions of creativity: fluency, flexibility, originality, and elaboration. There were 25 participants, half of whom completed a boredom task before completing a creativity task. The results suggested that the influence of boredom on creativity varied depending on the dimension of creativity. The study highlights the importance of specifying dimensions of creativity and suggests that taking on tedious tasks may help individuals achieve more creative performance.

Chapter 14: *Development of Environmental Moral Judgment with Specific Teaching on Sustainable Development*; by Amélie Lesenecal & Annamaria Lammel. Research on the development of environmental moral judgment in children has been conducted in recent years (Hansla, Gamble, Juliusson, & Gärling, 2008; Persson, Sahlin, & Wallin, 2015). Kahn and colleagues (Kahn & Lourenço, 2002; Kahn & Peter, 2003; Kahn, Saunders, Severson., Myers & Gill, 2008) made an important contribution by identifying three types of environmental moral reasoning: homocentric, biocentric and isomorphic. Our study studies the influence of sustainable development education on the environmental moral reasoning of 1st and 2nd grade students. Our main hypothesis suggests that students exposed to specific education will have a bio-centered moral reasoning in relation to their peers. In this study, 116 participants were divided into two groups: one receiving a specific education on sustainable development (n = 60) and the other without teaching (n = 56). To assess the moral reasoning of children, we designed scenarios incorporating environmental elements. The student's T-tests revealed a predominant tendency to bio-centered reasoning among all participants. Children who did not receive targeted education found it very difficult to formulate moral judgments and reasoned responses to scenarios. These results highlight the crucial role of environmental education in providing additional cognitive tools essential to the development of their reasoning abilities.

Section 3, entitled “Social Psychology”, gives a glance on projects from a psycho-social perspective.

Chapter 15: *Pink is for Girls, Blue is for Boys: Attitudes Towards Masculinity and Effeminacy in Men*; by Andrea Catania, Gottfried Catania, & Mary Anne Lauri. The idea that “boys will be boys” has been used as an excuse for many behaviours, both by men and towards them. With the recent burst in attempts to bring back “masculine men” and the rise of the hegemonic norms most may wish were left in the 1920s, this study attempted to explore the attitudes towards masculine and effeminate men held by a sample of Maltese participants. Specifically, any associations between one’s attitudes and their age, gender, and self-perception of their own gender were sought. The goal of the study was to determine which stereotypes about men are the most believed. Questions from the BSRI-12, the MRNI-SF, and the AFNS were used to construct an anonymous questionnaire. Hypotheses were tested using data obtained from 410 participants aged 18-78. It was found that older age groups endorse traditional attitudes more strongly than younger ones, and use more dated adjectives to describe masculinity. Additionally, men were found to have more dated traditional views than women. Participants who perceived themselves as having low femininity endorsed traditional attitudes more than those high in femininity. These findings highlight which groups need to be targeted to encourage changes in the way that men are perceived and consequently judged.

Chapter 16: *A Sustainable Model to Evaluate Training Impact in Healthcare*; by Sara Cervai & Gabriele Blasutig. The aim of this chapter is to introduce a sustainable model to evaluate the impact of training in the healthcare sector. Existing approaches in the literature tend to focus on quantitative methods. However, many of these tools and models are often deemed too complex and time-consuming, leading to their underutilization or improper use. To address these challenges, the TIE-H model (Training Impact Evaluation - Healthcare Model) offers a sustainable approach to evaluate training impact. The model is designed to be implemented within the organizational processes and standard procedures without external consultants. The model has been developed through a 4-year Action Research intervention in a large Italian healthcare organization. It was tested on over 350 training courses. One key feature of the model is that the process of evaluating training impact begins during the planning phase. This involves classifying each training based on three impact criteria, setting goals, identifying indicators, and determining the evaluation timeline. The TIE-H model not only provides a new process for evaluating training impact but has also demonstrated effectiveness by aligning the planning phase with the training objectives. This facilitates the identification of training result expectations and serves as a guiding framework for training planning.

Chapter 17: *The Role of Psychological Job Demands and Supervisor Support in Predicting Exhaustion - A Study Among Italian Funeral Directing During the Covid-19 Pandemic*; by Annalisa Grandi, Marco Rizzo, & Lara Colombo. During COVID-19, the exponential increase in the mortality made critical the working conditions of funeral directing services (FDS) workers as a greater number of funerals had to be handled. Few studies to date have examined the psychosocial conditions of FDS during the pandemic. The present study aimed to increase the knowledge about this phenomenon in Italy, investigating whether psychological job demands, and supervisor support could predict work-related exhaustion in a sample of Italian FDS workers during the pandemic. The sample consists of 142 FDS workers, 82.4% men, mean age 41.77 years ($SD = 20.73$), mean seniority 13.14 years ($SD = 11.97$). The hierarchical regression results showed that psychological job demands were positively related to exhaustion, whereas supervisor support was negatively related to exhaustion. Regarding differences between groups, older workers, women, senior workers, and on-call workers had higher scores on psychological job demands; regarding supervisor support, women reported higher scores; no significant differences were found regarding exhaustion. This study offers new insights into the factors related to the wellbeing of death care workers, one of the professions most concerned with coping with the impact of the COVID-19. It also confirms the importance of supervisor support during difficult times in the workplace.

Chapter 18: *Kidstime and Mindful Schools: Social Interventions for Children and Adolescents from Families Affected by Parental Mental Problems*; by Henner Spierling & Miguel Cárdenas. About one in five children lives with a parent with a mental illness. These children usually face many obstacles like stigma, social isolation and feelings of guilt. Many of them take a role as a young carer, thus taking over more responsibilities within and outside the family than they can really bear. The workshop will introduce children of parents with mental illness (COPMI) as a group and explain the impact of parental mental illness on children. We will provide examples of approaches that can help children in this situation, using the Kidstime Workshop model as a case study. We will describe the approaches of the Kidstime practice model and explain how a combination of family therapy and systemic therapy influences, together with drama, can create an effective multi-family therapy intervention. It will describe the impact of the Kidstime model and highlight the evidence in support of preventive approaches, as well as the barriers to securing investment for these interventions. The workshop also shows a concept of how to better address mental health in school context. In this way it supplies a generic approach to raise resilience within a whole school project. The workshop will conclude with recommendations for practice.

Section 4, entitled “Cognitive Experimental Psychology”, delivers chapters concerning, as the title indicates, studies and research in the area of behavior regarding cognitive aspects.

Chapter 19: *Visuospatial Processing in the Resolution of the Corsi Block-Tapping in Bilingual and Monolingual Children*; by Samira Bouayed, Annamaria Lammel, & Louise Goyet. Several studies (Grosjean, 2019) have shown that bilingualism provides an advantage in executive functions. Visuospatial Working Memory (vs WM) is a component of “working memory” responsible for the temporary storage and manipulation of visual and spatial information. The aim of this study is to identify and compare vs WM information processing strategies and to highlight different cognitive profiles between monolingual and bilingual children. The methodology of this research is situated within an experimental framework using the Corsi Block-Tapping Test (Corsi, 1972), which specifically assesses Visuospatial Working Memory. The test comprises two conditions: direct spatial memory and indirect spatial memory. In these tasks, the participant needs to tap the blocks shown by the experimenter in direct or indirect order. To gain a better understanding of the characteristics of the presumed cognitive functioning in Corsi Block-Tapping Test success, this study focused on analysing the nature of errors in the "direct" and "indirect" conditions of the Corsi Block-Tapping Test. This comprehensive error analysis allowed for a deeper exploration of how individuals approached Visuospatial Working Memory tasks and provided insights into their cognitive decision-making processes during the test.

Chapter 20: *States of Consciousness: Their Nature and Function*; by Shulamith Kreitler. The objective of the chapter is to clarify the nature and role of states of consciousness. The major tools are the constructs of consciousness, cognition and meaning and their interrelations. After clarifying the relations of consciousness with awareness and cognition, meaning is presented as the understructure of cognition. The next section deals with meaning – its definition, the meaning variables, its properties, its assessment, and the manifestations of meaning in the domains of cognition, personality and emotions. The following part is devoted to states of consciousness: their description, definition, properties, causes, their dependence on meaning-based relations, and their evocation as a function of enhancing the role of specific meaning variables. The potential contribution of states of consciousness for deepening an extending the control of action and experiencing of human beings are described.

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