

Poster



22nd World Congress on

PSYCHOLOGY AND BEHAVIORAL SCIENCE

July 31-August 01, 2019 | Amsterdam, Netherlands

Towards a recovery orientated mental health service: Findings from a national consultation with mental health service users in Ireland

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Background: In 2006, in a policy document entitled A Vision for Change, Ireland undertook to move towards a modern, recovery orientated public mental health service characterised by holistic care, individualised care planning, the provision of accessible support, increased involvement of service users in decisions about their treatment and care and greater continuity of care across the mental health services. More than a decade on, it remained unclear to what extent Irish mental health services had progressed towards the modern, recovery orientated system outlined in A Vision for Change.

Aim: Mental Health Reform's My Voice Matters project aimed to address this by examining the views and experiences of mental health service users and the evidence for progress towards a recovery orientated public mental health service in Ireland. This project was the first large-scale national consultation in many years to provide detailed and up-to-date service user feedback.

Method: 1,188 participants who had accessed mental health services in Ireland in the last two years completed an in-depth online survey. The analysis was mainly descriptive in nature. However, an ordinal logistic regression was carried out to examine key factors associated with service user's overall experience of/satisfaction with the mental health service in Ireland.

Findings: Findings were mixed at best with a minority of participants experiencing services consistent with a recovery orientated approach as outlined in A Vision for Change. On average overall satisfaction was low with 42 percent of participants reporting a poor overall experience in the last two years. However, findings from the ordinal logistic regression indicated some ways in which service user experiences may be improved, which are consistent with modern, recovery orientated mental health care. Alongside age, the provision of individualised care plans, accessible support in the form of a key worker, service user involvement in decisions about their treatment and care, and continuity of care were found to be significant predictors of service user satisfaction. Calculated odds ratios showed, for example, that service users who reported having a written recovery/care plan and those who reported being involved in decisions about the medications they take were 2.2 and 2.5 times more likely to report a good overall experience, respectively.

Conclusion: More work is needed if Ireland is to achieve the modern, recovery orientated system envisaged in A Vision for Change more than a decade ago. However, key pillars of the recovery orientated approach, such as individualised care planning and increased service user involvement, have the potential to improve service user's experiences going forward.

Biography

Pádraig Ó Féich is currently a research officer with Mental Health Reform, Ireland's leading national coalition on Mental Health. An experienced mixed-methods researcher and former University College Dublin Scholar, he was awarded a PhD by the School of Psychology in UCD in 2016. After that, he completed a post-doctoral project working with University College Dublin and the Childhood Development Initiative on a housing policy paper. He has a history of research in the charity and community sectors, is currently a volunteer director of an inner-city community organization in Dublin, and has a strong interest in advocacy-based research.

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Use of hypnosis in stoking the fire of creativity

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Background of the study: Hypnotherapy has been found to be very useful in various areas of physiological and psychological domain. However, there is little research in the areas of enhancing creativity amongst individuals as the results are inconsistent possibly due to methodological inconsistency. The article is prepared to examine both similarities and differences in the areas of creativity and hypnotisability.

Objectives of the Study: To find possible new areas of research in linking creativity and hypnosis.

Method (Qualitative/Quantitative): Qualitative analysis of existing research based on the lead writers' personal experience as a hypnotherapist.

In this article, the lead author and hypnotherapist, examine the role of hypnosis in enhancing creativity amongst individuals. In general, Hypnosis is very successful amongst creative people in handling anxiety, dealing with negative self-talk, motivating to stop procrastination, building self-confidence and the release of the creative power of the subconscious.

While examining the existing research literature, the author finds that there are various range of observations by researchers. There are some who feels that hypnosis facilitates generation of new ideas or images and that it facilitates the retrieval of ideas and images into phenomenal awareness. On the other extreme are researchers who feel that no real facilitation of creative insight takes place because of hypnosis. The neo-dissociation theory is used to support this view.

There are various areas where hypnosis and creativity appear to be related constructs, and this has both an observed and a theoretical foundation.

Creativity is examined considering stable personality trait and hypnotisability, especially in relation to 3 interrelated constructs – absorption, imaginative involvement and fantasy proneness. Some type of modification in awareness takes place in the 4 stages of creative process: preparation, incubation, illumination and verification.

Effortlessness is the critical link in understanding similarities between the process underlying hypnosis and creativity. The creative individual as well as the highly hypnotisable subject both have greater than normal capacity for transition from active to a passive mode of thinking.

Attempts have been made to list down various methodological differences which do not lead to confirm whether creative performance increases during hypnosis. Similarly, attempts to study whether motivation and goal directed behaviour alone can influence creativity is also examined. Methodological problems in the study of hypnosis and creativity is attributed to conceptual differences and future research in this direct is essential to unlock this mystery.

Biography

Dipankar Patra has been working in the corporate sector largely in the BFSI and the IT sector for over 36 years as an Engagement Director. During his long tenure, apart from his supervisory role in the organizations, he has been mentoring, counselling and training individuals to achieve corporate and personal goals. He is armed with Masters Degree in English (Jadavpur University, Calcutta), Library & Information Science (University of Calcutta), Counselling and Psychotherapy (IPMS, Mumbai) and Applied Psychology (Annamalai University). Currently, he is pursuing his Doctoral Dissertation in Applied Psychology (Hypnotherapy) from Annamalai University. He has been into the practice of Hypnotherapy for over 2 decades and has completed his PG Diploma in Clinical Hypnotherapy from Charotar University, Gujrat. He has participated in various conferences and organised workshops in Hypnotherapy and post his voluntary retirement this year, he intends to take his passion of healing and teaching Hypnosis full time.

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Accepted Abstracts



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Suffering and multiple selves theory

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This paper seeks to integrate perspectives from psychology, cognitive science, and behavioral economics to address how multiple selves theory relates to the science of pleasure. Drawing attention to one's different selves can affect the experience of suffering, and more importantly, how and why someone may gain pleasure from pain. For instance, pain serves as a psychological anchor, emphasizing the awareness of one's current self. This physical suffering may dissolve away the concerns of the future self, leaving the current self both intact and salient. However, under certain conditions, the current self can dematerialize in response to pain. This destruction of self creates an empty vessel of a human being, which can be filled with a new identity in extraordinary circumstances. Even without the complete destruction of self, reduced higher-level awareness could provide the current self with the possibility of seeking out entirely new abstract, conceptual representations. The author ends by proposing three precursors, which outline when such transformative experiences may occur.

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Hip-Hop Therapy: An approach to working with young offenders with severe mental health conditions

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Rap music is one of the most popular forms of music among youth (Dyson, 1996). Rap music emerged over four decades ago as a struggle for self-determination following North American slavery and oppression. The Hip-Hop culture was founded on this adversity and illustrates a form of social protest, promoting messages of social awareness, personal consciousness, activism, pleasure and power (Miller et al., 2013). As such the lyrical content of rap music has widely focused on social issues, drug use, crime, violence, religion, culture, alienation and disenfranchisement. Research to date has supported the therapeutic efficacy of rap music for at-risk young adults (Levy, 2012; Alvarez, 2011; Elligan, 2000). Although, Hip-Hop Therapy is a relatively novel and unconventional mode of therapy for young people, engagement with rap music programs have found to be increasingly high compared to Treatment as Usual (TAU; Elligan, 2000). As such, Hip-Hop therapy remains an effective but underutilized treatment approach targeting at-risk youth and currently, there are few similar programs in the community or correctional settings in Australia. The Rhythm & Rhymes Adolescent/Adult Program (RRAP) or Hip-Hop therapy, is a therapeutic group program for young and adult offenders with severe mental health disorders. The objectives of the group were to use rap music and song writing to increase prosocial activities, facilitate positive behaviour change, increase engagement in therapeutic programs, improve coping skills, depression, anxiety and hopelessness in young people with severe mental health disorders. Forty adolescent and adult patients from a high secure Forensic Hospital in Sydney, Australia completed a voluntary 12-week Hip-Hop Therapy group. A mixed methods study design was utilised. Pre and post group measures were collected, individual lyrics were qualitatively analysed and post group interviews were conducted.

Results found that there were improvements in prosocial behaviours, engagement in therapy, depression, coping skills, anxiety and hopelessness. Overall, this study illustrates how rap music has the potential to promote prosocial behaviour, increase engagement in treatment, improve empowerment, self-efficacy and distress tolerance skills in correctional and forensic settings.

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How emotional intentionality operates in the intimate life of people affected by narcissistic personality disorder

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In this paper I'm going to examine how emotional intentionality operates in the intimate life of people affected by Narcissistic Personality Disorder(NPD). Focusing on emotional intentionality (Husserl, 2001) and interaffectivity (Fuchs, Jagher 2009) I will investigate the intentional structure of the major emotional choices that shape NPDs emotional personality and their intimate life. Henceforth, the paper will briefly discuss the way in which Husserl's phenomenology describes intentionality and then, it will move to the description of the narcissistic wound and the way in which it interacts with intentional and interaffective dynamics.

I believe that such a clarification would increase NPDs' chances to rehabilitate to a healthier life as they would overcome the 'intentional' blockage' that prevent them from exploring the intentional content of their lived-experience. If given the tools to this exploration, they might restore an inter-affective space and accordingly regain a way to a more flourishing intimate life with their beloved ones.

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Unrestricted sexual behavior in modern Russian society: Personality disorders and cultural pathology

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Unrestricted sexual behavior (promiscuity) is a phenomenon of modern Russian culture and one of the characteristics of personality pathology. There were two samples in the study.

Sample 1: 492 people (235 men and 237 women) were surveyed anonymously through the website, specifically created for this study. Methods: revised Sociosexual Orientation Inventory (SOI-R), the scale of dysfunctional beliefs with BPD (PBQ-BPD). Conclusions: The SOI-R method, first used in Russian sample, fully confirmed its traditional structure. Unrestricted sexual behavior is widespread in modern Russian society: 24% of the sample had more than three partners per year, 17,5% had more than 10 "one night stand" partners, 50% agreed with the statement that "sex without love is fine." The analysis showed that 16,7% of the sample show promiscuous behavior (5 or more sexual partners per year), which is close to the level of European countries. There is a progressive growth of all indicators of unrestricted sexuality (behavior, attitude, desire) from age group 18-25, to age group 26-35, to age group 36-41 and to age group 41-52 - unrestricted sexual strategies become confidently fixed with age. Contrary to initial expectations, it was found that the percentage of persons with BPD among people that meet the criteria for unrestricted sexual behavior does not exceed the general population (2%). It can indicate the leading role of cultural trends in the phenomenon of unrestricted sexual behavior as a trend to normalize it. It was found that two factors characterizing BPD — dependency factor (reflecting fears of abandonment and helplessness) and protection factor (reflecting the tendency to impulsivity) — are connected in opposite ways with different factors of unrestricted sexual behavior: expressed dependence reduces promiscuity and expressed impulsivity increases it.

Sample 2: 50 men with profiles on a dating website. Methods: revised Sociosexual Orientation Inventory (SOI-R), short version of the Personality Beliefs Questionnaire (PBQ-SF), Symptom Checklist-90 Revised (SCL-90-R). Conclusions: beliefs that promiscuity is accepted are linked to the beliefs specific to dependent, obsessive-compulsive, antisocial, schizoid and paranoid personality disorders. Promiscuity is related to hostility and distrust to people, first of all, to intimate partners.

Analysing the eating habit of the children who has autism spectrum disorder and children with typical development and the eating attitudes of parents with regards to some demographic variables

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Eating problems may accure during early childhood. If the eating problems origin is not physiological, it can make think the primary relations. For this reason, the aim is analysing of the eating habit of the children who have Autism Spectrum Disorder (ASD) and children with Typical Development (TD) and the eating attitudes of parents how is affected from children age, gender, birth time; parent ages, educations, jobs; family types and siblings.

180 parents who have children's aged 3-5, 90 TD and 90 ASD took a part of the research from preschools and special education and rehabilitation centres during January-May, 2018 in Turkey. Brief Assessment of Mealtime Behavior in Children (BAMBI) and Children's Eating Behavior Questionnaire (CEBQ) are used for indicating the children's eating habit and Parents Mealtime Action Scale (PMAS) is used for indicating the parent's mealtime attitudes toward their children. In addition, personal information form used to get demographic information. The data which gather from 180 parent's analysis with statistical pocket programs. T testi, ANOVA, Mann Whitney U and Kruskall Wallis were used depend on number of category numbers and normality distributions.

Regarding to results; children with ASD have more food refusal and disruptive behavior at mealtime when their age is 3. Mothers ages 20-29, their children with ASD and with TD have more food refusal at mealtime. Contrary, of children with ASD have a sibling, they are more enjoyment of food and food responsiveness than no sibling and children with TD. Parents who have a children with ASD have more attitudes that insistence on eating and snack limits.

It considers as an important investigation to intervention and identification the early step of eating problems thanks to analysis eating habits of children with ASD, TD and parents feeding attitudes to compare with demographical features.

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Neurodevelopmental profiles of individuals suspected of having Fetal Alcohol Spectrum Disorder (FASD) with sentinel facial features in Angeles City

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Alcohol, a neurobehavioral teratogen, directly penetrates the placenta therefore causing aberrant embryonic development leading to lifelong constellation of structural, behavioral and neurocognitive anomalies termed as Fetal Alcohol Spectrum Disorder (FASD) (Raghavendra & Pratima, 2008). Despite the rampant alcoholic consumption in the Philippines (World Health Organization, 2004), there is still an apparent paucity of information pertinent to the pervasive implications of exposure to alcohol in utero. Hence, through a descriptive research design, the current study sought to delineate the neurodevelopmental profiles of individuals suspected of having FASD with Sentinel Facial Features in Angeles City. Out of the 4,000 grade one students initially screened, 13 were found to exhibit the cardinal facial anomalies associated with the condition. Notably, one limitation of the study is that only five consented to undergo the neurodevelopmental assessment. Relative to the assessment findings, it was identified that impairments cut across the evaluated neurodevelopmental domains, with an apparent deficits in learning and behaving appropriately. These challenges are relative to low scores on tests which evaluate cognitive functioning, language, memory, attention, executive functioning, affect regulation and adaptive behavior. In general, the results of the assessment per se is akin with the existing literature but with marked variations particularly in neuroanatomy, processing speed, adaptive functioning, mathematical computational skills, motor coordination and visual-motor skills. Given that this is a follow-up study of the pioneer FASD research in the Philippines, it is therefore the researchers' hope that the results of the paper would pave way to an increase public awareness relative to the dangers of prenatal alcohol exposure, leading to greater prevention techniques and increment in support movements to those affected and even to their families.

Bullying in the countryside: Prevalence, factors and coping mechanism

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Bullying, though old, is now becoming widespread and a worldwide problem, especially among schools. Incidence of bullying even in the countryside are becoming observable. The prevalence of bullying needs special attention as current literature confirms its adverse effect on both the bully and the bullied. This study was initiated primarily to determine the common bullying experiences of pupils in two central schools in the province of Romblon, Philippines that may serve as a basis for an effective guidance and counseling program for bullying problems. The study is descriptive, employing a combination of the quantitative and qualitative method using questionnaire and interview as techniques in gathering the data. A total of 187 grade VI pupils, two school heads from two central schools in the District of Romblon, Division of Romblon participated in the study. Findings revealed that the most prevalent physical bullying experienced by the respondents are: being pushed, punched, and kicked. These happen more than once to 7 out of 10 pupils. The most common verbal bullying experienced by the respondents is: being insulted, spoken with bad words, and being teased. These happen more than once to 6 to 8 pupils out of 10. The usual coping mechanism done by the respondents when bullied includes: telling their parents, teachers, and friends. The factors associated with bullying behavior are: a) in terms of family, harsh discipline from parents; b) in terms of peer, influenced by friends; c) in terms of school, lack of policy against bullying; and d) in terms of environment and exposure to violent films.

Effective sexual assault treatment as viewed jointly by survivors and expert therapists

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Rape and sexual assault have been widely linked to severe psychological sequelae, the recovery from which often requires professional help. Thanks to the current shift in societal attitudes towards sexual violence, the victim's perspective is increasingly being heard. The present study is yet another step in that direction. Through the investigation of what recovered survivors of sexual assault identify as the therapeutic interventions that most assisted them in overcoming their trauma, guidelines for optimal sexual assault treatment are established. These receive further support from a comparison with expert therapists as to what they view as being most conducive to recovery from rape. In-depth semi-structured interviews were conducted with 15 survivors who have experienced a successful course of therapy, and 15 therapists with extensive expertise in the field. The results document considerable agreement between the two perspective, which share much in common. First, irrespective of the specific techniques involved, both survivors and therapists placed the greatest importance on a respectful and validating therapeutic relationship, that operates to counter the dehumanization and degradation entailed in the assault. In addition, specific interventions were identified, which include the reprocessing of all rape-specific peri-traumatic reactions coupled with the intentional countering of their consequences within the therapeutic relationship. Together, these reports provide a detailed account of post-rape treatment needs and the interventions required for their effective resolution.