COGNITIVE AND EMOTIONAL ASPECTS IN EVALUATING THE RISK OF FLOODS

Iuliana ARMAŞ*, Eugen AVRAM**
* University of Bucharest, Department of Geography
** University of Bucharest, Department of Psychology

Problem Statement: The local inhabitants of the Danube Delta live in constant fear of floods. The dimensions of the study are the following: anticipations of flood occurrence, behaviour during the event, evaluation of consequences, support factors, subjective vulnerability (vulnerability out of danger). Number of participants: 143 inhabitants.

Purpose of Study: Our objective is to reveal significant attitudes of locals with respect to this natural, probable risk. This is a case study, intending to reveal specific psychological aspects in a specific sample.

Research Methods: In a field investigation, the research agents applied one questionnaire containing free/post codified/fast answers concerning: demographic variables, perceptions about the probable risk.

Findings: Content analysis and statistical procedures revealed concrete aspects of subjects’ perceptions:
- cognitive contents – in risk areas inhabitants consider the authorities responsibility for risk management and flood effects,
- emotional aspects – in risk areas inhabitants are concerned for the propriety damages, health, family, psychological health,
- support expectations – inhabitants hope to receive financial support, work participation, moral support.
- behavioural anticipation- people with a low educational level exclude the authorities responsibility, the risk on daily life, anticipate a great damage in household, expect support from family members; those with moderate educational level feel prepare to face the floods, anticipate damages in community social relationships; those with educational a bigger level expect authorities intervention and support.

Conclusions: There is need for risk management interventions: risk maps, communication between authorities and inhabitans, information, training for skills in flood events, education about natural risks.

Keywords: flood, local inhabitants, subjective vulnerability.
THE RELATIONSHIP BETWEEN THE PROFESSIONAL MODELS OF THE PARENTS AND THE ADULT PROFESSIONAL ROUTE OF THEIR CHILDREN

Andreea ARSENE*, Marinela TANASE*, Burioiu NATALIA*
*University of Pitesti

Problem Statement: the relationship between the professional models of the parents and the adults professional route of their children. The issue is a constant topic, especially in systemic psychotherapies field, in the human sciences.

Purpose of Study: the purpose of this work was to determine if those whose parents are working especially, in professions involving direct contact with people are more inclined to prefer the social sciences field. It comes to find out if the professional models of the parents are a strong reason in sons and daughters chooses. The results can help in self-knowledge, professional counselling, in the therapy interventions preventing the job issues.

Research Methods: genealogical tree method, interview guide related to patterns of family, Holland test.

Findings: parents, sons and daughters of another system of values must contend with the challenges of a new lifestyle, with jobs that challenge with a new social stratification. So, it comes naturally to choose the known and familiar coping for the life’s challenges. There are a lot of contemporary families in which at the adulthood age the descendants follow the parents’ professions as a result of the unconscious mimesis, especially in the fields that carriers offer recognition and social status. The results, shortly, point in the most family trees there are at least two-tree relevant persons which have had a “social” professional background. In the same part, the grid of Holland revealed that only a small amount of students had indeed social skills. The guide related to patterns of family is based on the Family of origin questionnaire and add a plus of information to the survey: beside the professional models of parents, another reason in choosing psychology profile was the unconscious desire to “save” the family.

Conclusions: the family patterns are more and more obviously in the future professions of their sons. It can be supportive in choosing the proper educational and professional way for each teenager. In the same time, it is known that the pressure and the unhappiness from the job issues, are responsible for a big amount of mental problems like panic attacks, depression, anxiety and more.

Keywords: family patterns, career line, coping, profession, counselling
Problem Statement: A new direction of study in psychosexology and in workplace safety is represented by the job determinants and other psychological aspects in videochat show providers/ female dancers. Considering the human factor in erotic show agencies we consider the importance of psychological research in service providers.

Purpose of Study: Our objectives are to open, improve the interest for a new research direction in the psychology of sexuality and made an exploratory study on psychological aspects of women involved in intimate video-chat shows. Sample: given the difficulties of such kind of study the authors succeeded to investigate 30 female dancers in a show agency under ethical condition of acceptance and confidentiality.

Research Methods: The method consisted of a short 11 opened items questionnaire referring at two domains: 1. psychological determinants in video-chat working (family background, motivation, decision for choosing this job, job satisfaction factors, stress factors, job expectancies); 2. the impact of video-chat working on private life (on sexual motivation/drive, effects on the relationship with the life partner, level of sexual satisfaction, the sense of professional accomplishment, the intention to quit the job/ turnover).

Findings: This research is an exploratory one. The descriptive statistics showed the following: financial difficulties and troubled family relations favours to a large extent a woman’s predisposition for such a job, financial gain represents the main motivation, satisfaction is related to the group relationships and to workplace organization, stress is determinate almost by the clients behaviours, colleague ones, and by revealing their intimacy at an unknown person; video-chat work is not likely to affect their relationship with the life partner; erotic dance does not generate an increase in the intimate satisfactions as far as their personal love life is concerned; more than half of the studied sample consider video-chat work as a temporary one.

Conclusions: The results suggest that video-chat working is based on extrinsic motivations, it is determined by a poor quality of life, it implies stress, and it has no impact on personal life satisfaction. This is a solution for survival in jung women having small opportunities in life.

Keywords: Internet, video-chat, female dancer, erotic show.
Problem Statement: This study highly supports the role of empowerment in a health organization.

Purpose of Study: The aim of the study is to emphasize the impact of empowerment dimensions (access to information, resources, workplace support, and development opportunities) over the workplace satisfaction, commitment, justice and stress.

Research Methods: A 125 items questionnaire was administered to 108 hospital workers (84 medical assistants and 24 nurses). The instrument has 13 scales referring to variables like: information access, support, resources access, development opportunities, autonomy, work satisfaction, affective commitment, procedural/ distributive/ interactive justice, role ambiguities, exhaustion, negative emotional experiences. The internal consistency of these scales is acceptable (between 0.70-0.78).

Findings: Using regression with explanatory purpose we revealed the following Findings: access to information increases work satisfaction; procedural justice diminishes role ambiguities; support helps engender a positive perception of interactional justice, affective commitment and reduces the feeling of exhaustion and role ambiguities; resource empowerment decreases the probability of role ambiguities, exhaustion and increases satisfaction; development opportunities explain an increase in affective commitment and a decrease in role ambiguities.

Conclusions: Management should promote the empowerment practices in healthcare organizations (access to information, resources, workplace support, and development opportunities). Also, the management practice should pay attention to the monitoring of empowerment practices effects on employees attitudes and performances.

Keywords: workplace empowerment, health services, work satisfaction, workplace commitment, stress.
TRAUMA-RELATED DISSOCIATION MAY EXPLAIN THE PSYCHOPATHOLOGICAL FEATURES OF THE DIFFICULT-TO-TREAT BPD PATIENTS – A PROPOSED MODEL

Dana BICHESCU-BURIAN
University of Ulm, Medical Faculty / Centre for Psychiatry Südwürttemberg, Germany
Knowledge Based Society, Iasi, Romania

Problem Statement: Among borderline personality disorder (BPD) patients, there is a difficult-to-treat core group characterised by utmost severe psychopathology including chronic dissociation, history of severe early traumatisation, high rates of morbidity, mortality, functional impairment, and use of mental health services. Reviews of research findings conclude that the advance of treatment strategies for BPD calls for extension of etiological knowledge, especially for highly traumatised BPD patients with comorbid trauma-related disorders.

Purpose of Study: This paper investigates the evidence for trauma-related dissociation explaining psychopathological features of those severe BPD cases. It proposes an evolutionary-based model of trauma-related dissociation that will be explanatory of the etiology of severe pathological dissociative phenomena in BPD.

Research Methods: I will describe the evolutionary-based etiological model of dissociation for trauma-related disorders elaborated by Schauer & Elbert (2010). Afterwards, I will extensively review the research literature on pathological dissociation in BPD and I will analyse whether available research findings deliver supporting evidence for the proposed explanatory model.

Findings: According to recent findings in clinical and neurophysiological research, trauma-related dissociation seems to play a significant role among aetiologic factors of the psychopathology in BPD. Available evidence coming from several areas of research, such as epidemiological and clinical studies, as well as physiological and neurobiological research, indicates the validity of the proposed model in explaining the pathological features of BPD patients.

Conclusions: The proposed model incorporates in a systematic, logical and consistent frame most of the facts and existent observations regarding dissociative defence reactions to life-threatening events. This model has not been explicitly investigated in the area of BPD. Further evidence and elaboration of this model could be obtained from studies using clinical and psychophysiological investigations with a focus on the dissociative phenomena in BPD patients. This would have important clinical and therapeutic implications.

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Keywords: Dissociation, Traumatic Stress, Borderline Personality Disorder, Dissociative Disorders, Complex PTSD
Problem Statement: There are different ways of becoming ill because of being male or female and this is due not only to biological differences but also to gender inequalities. Thus, gender is a category for analyzing social constructions about men and women. Different studies show that men’s health behaviors are significantly related to their conformity to traditional masculine norms (Cuellar-Flores & Sánchez-López, 2011; Mahalik et al., 2006). These studies also prove the importance of the nationality (Kenyan, American and Spanish).

Purpose of Study: The aim of this study is to determine if adapting to gender norms is related to some health variables in a sample of Romanian people living in Spain.

Research Methods: We used questions related to the state of health (self-perceived and list of aches and pains, tobacco consumption, alcohol consumption and use of medicines). Conformity to Masculine Norms Inventory (CMNI-Mahalik et al. 2003) and Conformity to Feminine Norms Inventory (CFNI-Mahalik et al., 2005) were applied to measure attitudes, beliefs and behaviours associated with masculine/feminine gender roles, both traditional and non-traditional.

All instruments were adapted to the Romanian language following the International Test Commission Guidelines for Translating and Adapting Tests. Participants: 123 Romanian people (72 women and 51 men).

Findings: Pearson correlations and point-biserial correlations have been calculated, in order to analyse the relationship between the variables of this study.

There are significant correlations between some of the subscales of the CMNI/CFNI and some health variables.

Conclusions: The degree of conformity with gender norms in our study maintains relationship with some of the health indices contemplated. These conclusions have important implications for action on health, since they show how important masculine/feminine gender identity is with regard to health behaviour, the use of medicines and presence or recognition of these same illnesses. This knowledge has potentially practical use in health programmes and in social health activities, and stresses the need to introduce the gender perspective into research and action related to health. We consider that studies on men’s health and women’s health will need to bear in mind the heterogeneity within each group, with the purpose of refining analyses, detecting subgroups at risk and promoting more effective techniques for health promotion.

Keywords: Health indices, Conformity to Masculine Inventory Norms, Conformity to Feminine Inventory Norms, Romanian people
TRAIT-ANXIETY, VISUAL SEARCH AND MEMORY FOR FACIAL IDENTITIES IN PRESCHOOLERS: AN INVESTIGATION USING TASK-IRRELEVANT EMOTIONAL INFORMATION

Lavinia CHEIE, Laura VISU-PETRA, Mircea MICLEA

a Developmental Psychology Lab, a,b Department of Psychology, Babeş-Bolyai University, Romania

Problem Statement: The most influential model that accounts for the relationship between anxiety and memory is the Attentional Control Theory (ACT; Eysenck, Derakshan, Santos, & Calvo, 2007). According to ACT, anxious individuals engage in task-irrelevant worry that depletes available cognitive resources. This impacts processing efficiency (response time, mental effort) to a greater degree than processing effectiveness (accuracy). The effects should be more visible when greater executive demands are imposed by the task. Considering information with emotional valence, it suggests that anxiety increases attention towards threat-related stimuli, enhancing performance when the required responses primarily involve the stimulus-driven attentional system.

Purpose of Study: The present study aimed to investigate early precursors of anxiety-related memory specificities by testing the ACT’s predictions in a sample of participants belonging to an under-investigated developmental period (4-7 years).

Research Methods: We used a visual search task (with or without a memory load) in a sample of 65 preschoolers (33 girls; mean age = 5.19 years, SD = .83) classified as high- or low- trait anxious. Detection and memory for facial identities was evaluated. The facial stimuli from the NimStim faces inventory (Tottenham et al., 2009) contained task irrelevant emotional information (angry, happy and neutral facial expressions).

Findings: The results partially confirmed ACT’s predictions, as children with high levels of trait anxiety were took longer time to complete the visual search task when the executive demands were higher (i.e. in the memory load condition). However, variation in stimulus valence did not significantly affect children’s performance.

Conclusions: The findings suggest that high levels of trait anxiety significantly disrupt performance efficiency and confirm previous developmental findings concerning anxiety’s deleterious effect on working memory, but they do not reveal a clear-cut pattern of memory bias as a function of the anxiety group or stimulus valence. The findings are discussed within the framework of the ACT and considering the dynamic interplay of individual differences across development.

Keywords: working memory, trait anxiety, preschoolers, updating, task-irrelevant emotional information
STUDY OF LATENT INHIBITION AT HIGH-LEVEL CREATIVE PERSONALITY

Cristina CHIRILA, Aneta FELDMAN
University of Bucharest, Faculty of Psychology

Purpose of Study: Creativity and its link with mental health have always been much speculated about. This paper attempts to address the relationship between the two, reviewing all the historical and empirical data that had linked artistic creativity to affective disorders. We are approaching these issues in terms of cognitive connections and personality traits common to creative and mentally disturbed individuals. We were expecting that highly creative individuals would have information processing strategies similar to those who register high scores at clinical scales and that IQ will be a mediating variable between creativity and latent inhibition. We also think that there is a significant correlation between high level creativity and the scores registered on clinical scales.

Research Methods: To verify our hypothesis, we conducted a latent inhibition task analysis (latent inhibition test) and we applied several questionnaires (Torrance Tests for Creative Thinking, Raven and DA 307). The test for latent inhibition consists of two auditory discrimination tasks. In the preexposure condition we used a masking material that bursts the target stimuli. Participants in the test phase were shown a video tape with the same recording from the preexposure condition, only this time the target auditory stimuli appeared at the same time as some yellow disks were revealed on a video screen. Participants were asked to determine what auditory stimulus signaled the appearance of the yellow disks. The individuals’ score for the task was determined by the number of yellow disks visible on the screen when the correct answer was given.

Findings: The results of our research indicated a significant relationship between some creativity indicators and low scores of latent inhibition that were related previously with the presence of mental illness. Analysis conducted on high IQ samples also demonstrated that highly creative achievers had significantly lower LI scores than low creative achievers. The study also shows how creativity can be associated with high scores on the clinical scales.

Conclusions: Individuals with high creativity levels have the privilege to access more unfiltered stimuli and increased chances to develop more original ideas. This way, although latent inhibition is more common in pathology, it may become an advantage of creativity in the presence of high levels of IQ.

Keywords: Creativity, mental disorder, latent inhibition, IQ
HOW CAN WE IMPROVE THE EXISTING ASSESSMENTS USED IN ART-THERAPY? A META-ANALYSIS ON ART THERAPY ASSESSMENTS

Cristina CHIRILA, Aneta FELDMAN
University of Bucharest, Faculty of Psychology

Problem Statement: Numerous studies have found that that creative outputs can be used as a form of therapy because they often represent the expression of human tensions, problems or conflict. The therapy is relying on projective identification processes, bringing the unconscious at the surface, in a controlled way during therapy sessions, so the client can experience chatarsis, releasing all the negative emotions. The concrete function of the drawing represents a way of externalizing language.

Purpose of Study: Our study aims to achieve a meta-analysis of the existing assessments used in art therapy so in the future the researchers could develop a new instrument that will overcome their limits.

Research Methods: To prove that there is no heterogeneity among the study variables identified in art therapy instrument literature, we used meta-analysis techniques. We analyzed large population studies about this topic, treating dependent studies as cluster in order to attempt a comprehensive integration of previous research, using procedures and statistical analysis methods like the global effect size to verify our assumptions. We tried to identify problems in statistical methods used by primary researchers in order to provide remedies and information that could improve the development of art therapy assessments. The tools examined in the analysis were DDS (The Diagnostic Drawing Series), PPAT (Person Picking an Apple from a Tree), BND (the Bird’s Nest Drawing), DAP (Draw a Person), FEATS (Formal Elements Art Therapy Scale), DAPA (The Descriptive Assessment of Psychiatric Art).

Findings: We found out that confusion appeared in describing the diagnoses, treatment effects and research methodology. There is also a major problem in art therapy that comes from the fact that a lot of therapists use evaluation instruments without knowing their applicability and without understanding the implication of using a nonstandardized assessment.

Conclusions: We concluded that art therapy assessment and rating instrument literature reveals that flaws in the research conduct are numerous, and that much work has yet to be done. It has been demonstrated that art therapists use and develop assessments and rating instruments, and that there is a need to improve the validity and reliability of these tools.

Keywords: art therapy, assessments, rating instruments, meta-analysis, size effect
THE IMPORTANCE OF SEDENTARISM IN THE DEVELOPMENT OF DEPRESSION IN ELDERLY PEOPLE

Constantin CIUCUREL *, Elena Ioana ICONARU *
*University of Pitesti

Problem Statement: There is limited data about the role of lack of exercise as a risk factor for depression in elderly people. It seems that the beneficial effect of physical exercise in the prevention of depression is achieved only by regular and at least moderate exercise, as in recreational circumstances.

Purpose of Study: The aim of this case–control study was to explore the association between the sedentary behaviour and the risk of depression development in elderly.

Research Methods: We evaluated 348 subjects (average age 68 years, 182 men, 166 women), randomly selected from general population, regarding the exercise regime and the clinical signs of depression. The exercise antecedents were retrospectively obtained (for the past 5 years), asking subjects in what type of regular exercise they had participated (frequency, time and energy expenditure in metabolic equivalents MET). The association between exercise and depression (diagnosed by clinical criteria) was analyzed using a conditional logistic regression technique that estimates the relative risk (RR) and the 95% confidence interval (CI) for RR.

Findings: Subjects were included in two categories of exercise activity: class 1 (78.2% of subjects) – less than an average of 59 minutes/day light-moderate aerobic exercise (less than 5.9 MET) and class 2 (21.8% of subjects) – more than an average of 60 minutes/day vigorous exercise (more than 6 MET). On the entire group we reported a depression prevalence of 14.9%, but this prevalence ranged from 10.3% on the class 2 subjects to 31.6% on the class 1 subjects (p=0.001). The results of this study showed an important association between depression and sedentarism in elderly: RR = 3.06 (95% CI = 1.89-4.90). The association was stronger in men (RR = 3.78, 95% CI = 2.06-6.79) than in women (RR = 2.22, 95% CI = 0.99-4.78).

Conclusions: The exercise regime is important in determining individuals who are more susceptible to depression and this is a significant issue for the sanogenetic interventions. The reversibility of depression associated with sedentarism in elderly is under discussion and further studies are necessary in order to provide the basics of a prophylactic approach of these patients.

Keywords: depression, sedentarism, elderly
**Problem Statement:** Both metabolic syndrome and depression have been increased as incidence in last decade in elderly. The association between metabolic syndrome (MS) and depression remain unclear, especially in elderly, due to comorbidity which increases with age. Some recent researches indicated that MS is highly prevalent among elderly with current major depression (Heiskanen et al., 2006).

**Purpose of Study:** The aim of this study was to examine the association between MS and the depression in a group of old people and to explain the relation between these variables.

**Research Methods:** We applied on a group of 42 old people with MS (average age 68.6 years, sex ratio 1/1) the Yesevage Geriatric Depression Scale (GDS) and we compare the scores with the ones of a healthy elderly witness group (N=42, average age 69.2 years, sex ratio 1/1).

**Findings:** We calculated the differences between our groups regarding the presence of depressive symptoms: the first group scored higher than the second one (p<=0.001) and we can conclude that MS is directly associated with depression in elderly. In addition, it seems that gender do influence the onset of depression, independently of the presence of the MS, women being more affected than men (p<=0.001) for both groups.

**Conclusions:** We reported a direct association between MS and depression, the absence of MS representing a protection from the onset of depression at third age patients, especially for men. In the same time, the presence of MS raises the risk of depression onset in elderly population, especially for women. In these circumstances, the prophylactic approach of the MS may reduce the incidence of depression in elderly. Future researches on larger groups are necessary in order to identify which criteria of the metabolic syndrome (obesity, hypertension, insulin resistance, glucose intolerance and dyslipidemia) are mostly correlated with the presence of depression in elderly.

**Keywords:** metabolic syndrome, depression, elderly
RISK FACTORS FOR NON-LETAL SELF-INJURY DUE TO SUBSTANCES ABUSE

Tudor CIUHODARU*, Magdalena IORGA**, Sandy-Narcis ROMEDEA***

*Center for Health Policy and Ethics, UMF Iasi
**Educational Sciences Department, Technical University Iasi & Center for Health Policy and Ethics, UMF Iasi
*** UMF Iasi

Problem Statement: Suicide and self-injury represents a problem that falls under public health concerns, the frequency of which being higher and higher in Romania. At the same time, the number of patients with drugs abuse problems is alarmingly rising.

Purpose of Study: The present research has as an objective to identify the population which is more vulnerable to non-lethal self-injury behaviours through voluntary ingestion of drugs and other noxious substances.

Research Methods: The research has been carried on with a group of 581 patients that have been present in the ER of the Emergency Hospital Saint John Iasi for 620 times, for self-injury due to substances abuse. There have been recorded personal data, age, living environment, professional statute, psychiatric and autolysis antecedents, association with alcohol and drugs, accepting or refusing the treatment and the necessity of hospital admittance. The data has been processed using SPSS 17.0 software for Windows, using the descriptive and frequency analysis of the data, the cross-sectional analysis, average comparison tests (ANOVA, T-test) and non-parametric tests (chi-Test).

Findings: The group was structured into 39,7% men (N=246) and 60,3% women (N=374) with an average age of 34,48 and standard deviation of 13,7 years. 61,3% were from the urban area and 44,7% were unemployed. The arrivals in the ER were at their maximum during June and September, during the weekends (39,8%) and between 6 a.m. and 2 p.m. (45%). The ingestion of drugs, especially benzodiazepines was proffered by 75% of the patients. 17,5% of them associated it with alcohol. The depressive syndrome was observed in 36,8%. 27,7% of the patients needed hospitalization and a very high percentage, 36%, refused the therapeutic measures.

Conclusions: Most patients that use this type of self-injury are women from urban areas, many times unemployed. They prefer the ingestion of drugs, mostly benzodiazepines and often do this because of the existence of a pre-depressive syndrome and also because of the intoxication with alcohol. The severity of the intoxication required hospital admittance for less than a third of the patients and the fatalities were very rare — 0,5% (N=3)

Keywords: Self-injury, substance abuse, vulnerable population
Problem Statement: Many studies show that 5 to 15% of the survivors of an autolytic behavior try again and commit suicide and different factors were identified being responsible, like: culture, profession, personality treats, geographical regions, age, period of the year, psychiatric data (etc).

Purpose of Study: The study identifies the risk factors for iterative non-lethal self-injury behaviors for both men and women hospitalized in one of the main hospitals in north-east of Romania.

Research Methods: The survey is taking into consideration 47 patients arrived in the emergency unit of “Saint John” Hospital of Iasi and hospitalized in 2010 for 85 times. The anamnesis data included in the research refers to personal data like age, living conditions, socio-professional membership, psychiatric antecedents, alcohol and drugs association, accepting or refusing the treatment and the necessity of hospitalization. The data has been analyzed using SPSS 17.0.

Findings: 47 patients were several times hospitalized during 2010 for autolytic behavior. 59.57% men and 40.32% women with an average age of 32.4±10.7 years. 68% live in urban area and 36.1% were unemployed; 68% of the patients choose the ingestion of drugs for the first attempt and those who use drugs are doing the same for the second time. For the first attempt, 19.1% has ingested alcohol, which was rarely associated in recurrences. 36.1% presented depressive syndrome. 17% needed hospitalization for the first attempt and almost 50% for the following attempts. Men and women are acting differently: the female patients have exclusively used the ingestion of drugs for all attempts. Up to 50% of the recurrent patients didn’t have psychiatric antecedents in their medical recordspaper.

Conclusions: The highest number of recurrences is represented by males from urban area, many times unemployed. They preferred, for the first attempt, the ingestion of drugs. Men who used mechanical methods recurred the same way. The percentage of the hospitalized patients increases for multiple recurrences. The study is pointing the vulnerability of iterative self-injury subjects due to health policy and the necessity of psychiatric evaluation and psychotherapeutically support.

Keywords: Iterative self-injury, substance abuse, drugs, mechanical method, vulnerable population
CONVERGENT VALIDATION OF EATQ-R QUESTIONNAIRE AGAINST EYSENCK’S PEN MODEL OF PERSONALITY

Aurel Ion CLINCIU
Transilvania University of Brașov

Problem Statement: Following Strelau and Angleitner’s studies, temperament has fully entered the area of modern psychological research. The biological substantiation which has been clearly demonstrated, early occurrence in behavior, heritability of its dimensions and connection with basal components of personality make temperament be present in great models of personality.

Purpose of Study: The research aims at the way in which Rothbart’s experimental model (1981), comprising emotional reactivity and self-regulation, overlaps with Eysenck’s PEN tri-factorial model of personality. I investigated metrical qualities of EATQ-R, mainly internal consistency, by comparing with the American sample to find proofs concerning trans-cultural stability of model. I tried to outline differences between age, gender and parental level of education regarding the investigated temperamental dimensions.

Research Methods: The instruments used in research were: the romanian version of EATQ-R, provided by the author herself, Eysenck’s EPQ-Junior, and a demographical data questionnaire. The instruments were administrated on 231 participants, out of which 113 males and 118 females, aged between 11 and 17 years, from secondary and high school levels.

Findings: Internal consistency of EATQ-R variant is generally less than the American variant, especially for four of the 12 dimensions. Factorial analysis finds the same dimensions of the original model, i.e. emotional reactivity in self-regulation, to which there is added a third minor factor, Ascendance/Timidity. The best overlapping with the PEN model is between this factor and extraversion, followed by emotional reactivity and neuroticism. The study also shows characteristics in connection with gender and parental level of education for the analyzed temperamental model.

Conclusions: The study confirms the organization of the two temperamental dimensions of Rothbart’s model into a three-factor model which overlaps well with Eysenck’s PEN model. There are particularizations of gender and parental level of education for some of these temperamental dimensions. Future researches aim to a new EATQ-R translation and to studying its temporal stability on the adolescence ages as well.

Keywords: temperament, EATQ-R, EPQ-Junior, PEN model, age, gender
PROBLEM STATEMENT: The publication of Lazarus’ theory (1966) represents a major step that leads the research in the field of stress to another direction that the one existing so far and to the birth of a new paradigm, the transactional paradigm. A major role in this paradigm is played by the evaluation. Among the professions strongly affected by stress, being a teacher is on the top of the list.

PURPOSE OF STUDY: Objective:
1. The identification of the incidence of emotional distress among the teachers in the pre-university education system;
2. Highlighting the degree of association between the high emotional distress, the irrational thinking and high automatic thinking;
3. Highlighting the connection between the high level of distress and some moderating variables as age, sex, length of service;

RESEARCH METHODS: The Profile of Emotional Distress (PED) evaluation scale; automatic thoughts questionnaire (Hollon and Kendall, 1980), for the evaluation of dysfunctional thinking IR - R; the attitude and conviction scale – for the evaluation of irrational beliefs (ATC); The sampling is a random one being used available subjects from Mureș, Harghita and Covasna.

FINDINGS: The evaluation of 834 teachers emphasizes the presence of a high level of distress at only 7.9% among those investigated. However, we identified strong positive correlations between the high level of distress and high irrationality and high automatic thinking. We also noticed interesting associations between distress and moderating variables, namely length of service, age and sex.

CONCLUSION: The results of the study could stand as foundation for the implementation of efficient distress management programs able to intervene in the cognitive evaluation processes, namely the intervention through rational emotive and behavioral education

KEYWORDS: irrational thinking, automatic thinking, emotional distress, teachers
THE ROMANIAN INTERPERSONAL REACTIVITY INDEX: ADAPTATION OF AN INSTRUMENT FOR EMPATHY RESEARCH

Alina COVACI*, Petru-Madalin CONSTANTINESCU**
* Babes-Bolyai University, ** University of Bucharest

Problem Statement: Past research on empathy heavily relayed on Interpersonal Reactivity Index (Davis, 1980) which is an instrument adapted and validated in many cultures and which assess empathy as a multidimensional construct and thus it could be used in Romania in many ways as a research and a diagnosis tool.

Purpose of Study: IRI has demonstrated in previous research high test-retest reliability and high convergent validity (Davis, 1980). Until now there was no attempt to translate and adapt IRI in Romania. Since IRI could be an important assessment instrument for psychological diagnosis and research use, we translated and established some initial preliminary psychometric properties (test-retest reliability and internal consistency) of IRI with the purpose of seeing whether IRI could be an appropriate measure in Romania.

Research Methods: Following International Test Commission guidelines (Bartram, 1999), IRI has been translated by using translation back-translation method (Brislin, 1970) and the translation has been tested by using bilingual test-retest method (Butcher and Gur, 1974). Additionally, we performed alpha Cronbach to see the internal consistency of the resulted instrument. This was accomplished by recruiting 25 bilingual students (13 boys and 12 girls, M=22.5 years, SD=2.5 years) who accepted to participate on a voluntary basis. We administered the romanian and English version of IRI at 2 weeks interval. Participants were informed about confidentiality of the results.

Findings: Results showed an accurate translation (t=0.83, p>0.05), a very high test-retest reliability of the instrument (r=0.90, p<0.01) and a good internal consistency (α=0.80).

Conclusions: The instrument is now suitable for empathy research in Romania. However, the sample is too small and uncontrolled in order to generalize the results, thus present results should be considered rather preliminary. Future research should focus on assessing the factor structure of the instrument in Romania as well as further establishing the validity, reliability and norming, in order that the instrument could be used as diagnosis tool as well. Future research should also try to include a larger and more controlled participants sample, considering the fact that this preliminary findings are promising.

Keywords: Interpersonal Reactivity Index, translation back-translation, bilingual test retest method, empathy
GENETIC COUNSELLING IN REPRODUCTIVE DISORDERS

Georgeta Camelia COZARU*, Lăcrămioara Ionela BUTNARIU**, Eusebiu Vlad GORDUZA**
*“Andrei Şaguna” University, Constanta
**UMF “Gr. T. Popa” Iaşi, Medical Genetics Department

Problem Statement: Reproductive disorders represented by sterility (inability of an individual to form viable gametes) and infertility (the inability of a couple to conceive a healthy child) are an important medical problem, affecting 10-15% of couples of reproductive age. Theirs causes include: genetic, anatomical, endocrine, infectious or psychogenic factors. They can affect both sexes equally. The main genetic factors in human reproductive disorders are the chromosome abnormalities, implied in >50% of early abortions and 5% of stillbirth. Also, psychological factor is important, aspect shown that about 10% of couples have a reproductive disorder induced by a psychogenic cause. For the couples with reproductive disorders is very important to be informed about their genetic risks and reproductive options.

Purpose of Study: Thus, our goal was to give genetic counselling of couples with reproductive disorders in order to identify genetic causes for the granting of proper counselling and to provide necessary support to reduce the psychological impact of genetic diagnosis of infertility.

Research Methods: We analysed 229 couples with reproductive troubles (149 with recurrent abortions and 80 with sterility) investigated in Cytogenetic Laboratory of University of Medicine Iaşi, in the last 10 years.

Findings: We identified 33 chromosomal abnormalities (14.41%): 3 translocations, 12 inversions and 18 gonosomal anomalies (5 mosaics 45,X/46,XY, 6 XXY trisomy, 5 mosaics with X isochromosome and 2 sexual inversions). We observed that peoples, who request a genetic consultation to investigate their infertility, often experience the distressing emotions and after notification of a possible genetic cause, typical reactions include depression, anger, and frustration. Often, couples dealing with infertility may avoid social interaction and may struggle with anxiety-related sexual dysfunction and other marital conflicts.

Conclusions: Based on the assumption that no biomedical event occurs without psychosocial repercussions and on our observations, we recommend to all infertile couples psychological counselling and care. Thus, one of the goals of counselling should be detection and management of psychosocial problems and difficulties that present barriers to the fertility of the couple and may lead to negative consequences of treatment.

Keywords: infertility, genetic counselling, recurrence risk, psychological impact
GENETIC CONSIDERATIONS IN SYNDROMIC AUTISM

Georgeta Camelia COZARU, Adrian PAPARI
“Andrei Șaguna” University, Constanta, Romania

Problem Statement: Autism is a complex disorder that affects a child's ability to think, communicate, interact socially and learn. For most children with autism, symptoms develop gradually, with onset usually between ages 18 and 24 months. Currently, in only 15% - 20% of individuals with autism the etiology can be identified. In the present, the etiology of autism is divided into nongenetic and genetic causes. The principal nongenetic cause of autism is prenatal viral infection (Piven, et al., 1993). Also, prenatal toxoplasmosmosis, rubella, syphilis and varicella (Markowitz, 1983), perinatal or neonatal trauma, hypothyroidism and maternal alcohol use during pregnancy (Gillberg, et al., 1996) have been linked to cases of autism. There is considerable evidence that genetic factors play a role in the pathogenesis of autism.

Purpose of Study: This paper aims to review the current understanding of the etiologies and the multiple pathogenetic pathways that are likely to lead to the autistic phenotype. We want to emphasize the importance of genetic causes in evaluating the correct assessment of prognosis and risk of recurrence.

Research Methods: We present five genetic syndromes in which autism has been described as one of the possible manifestations and was diagnosed by specific genetic investigations to our department. In all cases presented, the diagnosis of autism was made by a psychologist or a neuropsychiatrist, and because of the presence of minor or major birth defects, genetic consult was requested.

Findings: The symptoms and deficits may be associated in a variety of forms, levels of intensity or severity, the impairment of various functions (eg. cognitive), behavior or skills and abilities may differ substantially from one individual to another - leaving the impression of mosaics generated by diverse etiology and genetic heterogeneity.

Conclusions: We appreciated that it is essential to recognize the genetic etiology of autism cases to estimate the correct prognosis and risk of recurrence. Early identification and intervention on this disorder is critical not only to the individual patient but also for the entire family. For this reason, we consider very important that the evaluation strategy for all individuals with autism should include a multidisciplinary team, such: psychiatrists, clinical psychologists, geneticists, pediatricians, speech therapists, special education teachers and social workers.

Keywords: autism, genetic heterogeneity, risk of recurrence
THE RELATIONSHIP BETWEEN PERFECTIONISM, PROCRASTINATION AND ANXIETY

Barbara CRĂCIUN, Ruxandra RĂȘCANU, Steliana RIZEANU
Bucharest University

Problem Statement: Perfectionism is defined as an attribute of human personality. Studies show that perfectionism is formed in a family environment where love and approval are conditioned by performance. In those situations parents are responsible for their children acquiring a perfectionism scheme through adopting certain behavior and attitudes. In this study were measured three aspects of perfectionism: self-oriented perfectionism, other-oriented perfectionism, and socially prescribed perfectionism.

Procrastination is a behavior characterized by delaying actions or tasks for later. A such pattern of behavior leads to a guilty feeling and losing one’s productivity. The anxiety state is considered as a transitory emotional state that can be occasionally felt by any person with a different frequency and duration. Feeling the anxiety for long time periods, as well as the general tendency of seeing the world as threatening and dangerous are dimensions used as markers of such pattern of behavior. People with high levels of trait-anxiety are more vulnerable in situations implying evaluations from others because the low self-esteem and lack of self-trust. Also, a high level of trait-anxiety is associated with the negative evaluations offered by parents, teachers or peer-groups.

Purpose of Study: The main objective of this study was to examine the relationship between perfectionism dimensions, procrastination, state-anxiety, and trait-anxiety.

Research Methods: The study participants were 120 persons employed in a call center aged between 25 and 43 years. The perfectionism was measured with the Multidimensional Perfectionism Scale (Hewitt & Flett, 1991). Also, the participants filled out the Lay Procrastination Scale (Lay, 1987) and State-Trait Anxiety Inventory Form Y (Spielberger, 1983).

Findings: The results have shown that other-oriented perfectionism is strongly correlated to trait-anxiety. Also, participants with a high levels of perfectionism and procrastination reported a high level of state-anxiety.

Conclusions: The findings of the present study should be cautiously generalized. The results provide some insight about the relationship between perfectionism, procrastination and state-anxiety.

Keywords: perfectionism, procrastination, state-anxiety, trait-anxiety.
THE RELATION OF CLINICAL EMPATHY TO SECONDARY TRAUMATIC STRESS

Irina CRUMPEI, Ion DAFINOIU
Universitatea “Al. I. Cuza”, Iași
Facultatea de Psihologie și Științe ale Educației

Problem Statement: A growing body of empirical research shows that health professionals working with survivors of traumatic events may develop traumatic symptoms themselves. Empathy is one of the main risk factors while being associated with clinical competence and patient outcome.

Purpose of Study: Seventy seven medical workers from the emergency and the intensive care units were surveyed to determine the presence of secondary traumatic stress and explore the distinct relations to sympathy and empathy.

Research Methods: All participants completed a series of questionnaires. Secondary traumatic stress was assessed using the Professional Quality of Life Scale and the Impact of Event Scale. To measure sympathy and empathy we used the Big Five and the Jefferson Scale of Physician Empathy. T Tests were used to compare medical workers’ level of traumatic stress to a control group. Pearson Correlation coefficients were calculated to establish the relation between secondary traumatic stress, sympathy and empathy.

Findings: Sixty five percent of the sample was found to have a moderate to severe traumatic stress response to their work with traumatized patients. Nurses exhibit significantly higher degrees of intrusive symptoms and distress than physicians. Low to moderate positive relations were found between sympathy and secondary traumatic stress. Altruistic, cooperative, sympathetic health professionals are most vulnerable. On the contrary, clinical empathy is not significantly related to traumatic symptoms.

Conclusions: The distinction between sympathy and empathy in patient care needs further attention and study. Assessment has to be connected to prevention and intervention efforts to ensure effective management of secondary traumatic stress among medical workers.

Keywords: secondary traumatic stress, empathy, sympathy, medical staff
THE EXPERIENCE OF THERAPEUTICAL CHANGE FOR PSYCHOLOGISTS PREPARING TO BECOME PSYCHOTHERAPISTS

Gabriela DIMA*, Mihaela Dana BUCUȚĂ**
*Spiru Haret University Brașov, **Lucian Blaga University Sibiu

Problem Statement: Existing research demonstrate the commonality of personal therapy among psychotherapists, and encourage further use for professional training, clinical practice, and therapist self-care (Orlinsky, Schofield, Schroder, Kazantzis, 2011). Training programs in psychotherapy differ in relation to their requirements for personal therapy, which is either a compulsory or an optional condition. According to Yalom and Leszcz (2008) essential components of the training program to become a psychotherapist are the personal psychotherapeutical activity and group experience.

Purpose of Study: The present study aims to reveal the experience of therapeutical change and importance of emotional, experiential learning for a future psychotherapist. There are two research questions: how do psychologists preparing to become psychotherapists experience and make sense of therapeutical change, and how do they experience and make sense of the group experience. Another objective is to present the value of a relatively new qualitative method for the field of psychotherapy research in Romania, the Interpretative Phenomenological Analysis (IPA) (Smith, 1996).

Research Methods: The study is of qualitative nature using Interpretative Phenomenological Analysis (IPA) as a research method and Psychodrama group therapy as an intervention method. The study sample comprises of 6 psychologists who participated for 20 – 25 sessions in a psychodrama group. Data were collected using phenomenological interviews and analysed with IPA.

Findings: The matrix of themes that emerged refers to: ‘the group experience’, ‘the therapeutical journey’, ‘the experience of change’, ‘the authentic self’, ‘the experience of psychodrama therapy’, ‘the therapeutic relationship’. The contributions to self-development and change made by the interrelation of therapeutic group factors, psychodramatic techniques and change mechanisms, therapeutic relationship, motivation for change are vividly highlighted.

Conclusions: The IPA approach managed to bring an indepth understanding and sense-making into the subjective experience of personal therapy - the process of change and experiential, emotional learning – of psychology students preparing to become psychotherapists. Findings show a clear progress towards a more authentic and stronger self through a unique, transformative experience. The recommendation is that an indepth personal therapeutical experience should be a precondition to become a therapist to be taken into consideration by all therapy training schools.

Keywords: training in psychotherapy, personal therapy, psychodrama, interpretative phenomenological analysis
Problem Statement: Diabetes mellitus is a chronic disorder that has a significant physical and emotional impact, involves difficult lifestyle adjustments, and requires complex and long term treatment. Successful diabetes care requires not just efficacious tests and treatments but a patient-centred practice, designed expressly to help patients manage their condition and optimize health outcomes. Previous studies have shown that patient’s satisfaction with medical care is a good predictor for adherence to treatment. Nevertheless, the magnitude of the relationship between satisfaction and adherence, and the most predictive dimensions remain to be clarified.

Purpose of Study: The purpose of this study was to investigate the predictive value witch can have patient satisfaction dimensions, patient socio-demographics (age, education, and places of residence), clinical factors (presence of co-morbidity, duration and disease severity) frequency of medical visits during previous year and self-efficacy on Type 2 diabetes’s general and specific adherence behaviours.

Research Methods: 78 outpatients diagnosed with Type 2 diabetes completed Patient Satisfaction Questionnaire II I, The Medical Outcomes Study Adherence Questionnaire (General and Specific Adherence Behaviours), The Diabetes Empowerment Scale and a demographic questionnaire. The questionnaires were administrated by interview in a diabetes clinic from Cluj-Napoca, Romania.

Findings: Multiple (linear) regression was used to examine the relationship between patient satisfaction, patient socio-demographics, clinical factors, self-efficacy and adherence to treatment. Multivariate regression indicates that place of residence (urban, rural) and self-efficacy were independent predictors for general adherence behaviours, accounting for 15,1% of the variance. Diabetes severity, doctor’s interpersonal style and self-efficacy were independent predictors for specific adherence behaviours, accounting for 24,5% of the variance.

Conclusions: Identifying factors that influence patient adherence to treatment facilitates the development of strategies to optimize this health behaviour with high benefits for quality of life of diabetic patients.

Keywords: adherence to treatment, patient satisfaction, type 2 diabetes mellitus
EXPERIENTIAL PSYCHOTHERAPY IN GERIATRIC GROUPS

Rozeta DRĂGHICI
psychologist at «Ana Aslan» N.I.G.G. Bucharest, psychotherapist at SPER

Problem Statement: Geriatric patients with depressive and anxious disorders are difficult to treat as their psychological problems are accompanied by physical and social troubles. Different authors (Bleandonu G., Morrin J.) made appeal to group therapy. The psychodynamic and cognitive-behavioural methods do yield the same treatment results, they tend to see the patient’s mental problems in isolation. The present study turned its attention to creative ways and visual-plastic expressions of psychotherapy.

Purpose of Study: The objective was to validate an experiential psychotherapeutic model for elderly people diagnosed with depressive and anxious disorders. More specifically, it aims to see whether Gestalt and expressive-creative methods used with geriatric patients may yield positive results as they have not been used with such patients before. This study also tested whether geriatric patients undergoing this treatment would present any improvement of their symptoms, their global functionality or their interactional behaviour.

Research Methods: Expressive-creative methods (drawing, painting, collages, and metaphorical portraits) were used with four groups - 30 geriatric patients with depressive and anxious disorders. The experiment was carried out along eight sessions. Besides testing-retesting (HDRS, HARS, WMS, GHQ, SDS) and observational procedures, patients were asked to draw specific topics such as the colours of life and they were asked to talk about their feelings. The drawing in itself is the basis on which the psychotherapist can work, the element that was further explored

Findings: Faced with tasks involving expressive-creative elements, patients showed improvement on all levels as shown by quantitative and qualitative analyses. At the end of the therapeutic process it was observed that patients’ need of assistance when facing the world can be fulfilled by means of supportive and relaxing methods. During treatment they became aware of the need to resolve their old conflicts and they even tried to. This therapeutic approach also showed that the restoration of patients’ confidence, of their communication abilities and feelings of group membership were clear benefits.

Conclusions: Gestalt and expressive-creative methods used in treating geriatric groups have shown experiential psychotherapy in small groups reduces depressive and anxious symptoms, personal or relation difficulties as it is a form of supportive therapy that could increase patients’ adaptation to a new phase of their life. Such a holistic approach is suitable to most hospitalised patients usually isolated and involved into fewer communicative environments.

Keywords: experiential psychotherapy; geriatric workgroup
THE RELATIONSHIP BETWEEN ANXIETY, DEPRESSION AND SELF-ESTEEM AFTER SURGERY IN WOMEN WITH BREAST CANCER

Rodica Gabriela ENACHE
Ovidius University Constanta, The Faculty of Psychology and Educational Sciences

Problem Statement: Most women experience at least some psychosocial distress during the course of their breast cancer diagnosis and treatment. Cancer-related distress can be expected to dissipate with time for the majority of individuals diagnosed with cancer. Psychosocial distress can be related to physical problems like illness or disability, psychological problems, and family issues and social concerns such as those related to employment, insurance, and supportive care access.

Purpose of the Study: In the present study we investigated 30 patients diagnosed with breast cancer who underwent surgery. We correlated the results obtained for the following: the level of postoperative anxiety, the level of postoperative depression, the self-esteem, the level of psychosocial postoperative reintegration.

Research Methods: Self-Esteem Scale (S.E.S) author Rosenberg, Burns Anxiety Inventory, Beck Depression Inventory and a personal tool - Psychosocial postoperative reintegration. This is a questionnaire containing 20 items grouped into four categories: integration at work, family reintegration, networking couple and reintegration into the group of friends.

Findings: Following the application research tools that we found between depression and the level of psychosocial reintegration level, there is a significant indirect correlation r= -0.82 at a significance level p<0.0001, thus the level of depression is even higher, resulting in difficulties in networking and psychosocial reintegration. Between the level of anxiety and the self esteem level experienced by women operated of breast cancer there is a significand correlation r=0.79 at a significance level p<0.0001. Anxiety is accompanied by feelings of disability leading to lower self-esteem. Thus people who had masectomy surgery exhibit depression and anxiety, which correlate with poor social relationships and low self-esteem.

Conclusions: Getting diagnosed incidentally causes stupefaction, disbelief, confusion and a lot of suffering. All this could be avoided if the person diagnosed with cancer received a psychological evaluation and also psychological counselling after surgery. The traumatic surgery and recovery period than physical drive to install a depression manifested by social isolation, low self-esteem, anxiety and suicidal thoughts. These can be reduced through experiential counselling.

Keywords: breast cancer, anxiety, depression, self-esteem, counselling
FUNERARY IMAGINARY, SOCIAL RELATIONSHIP AND PULSIONAL CORRESPONDENCES. AN ETHNO-PsyCHO-ANALYTICAL STUDY BASED ON A PROJECTIVE APPLICATION

Matei GEORGESCU
Spiru Haret University

Problem Statement: The social original and the evolution of social relationship represented one of the major versants of the Freudian theory, developed in the shape of a psycho-analytic anthropology, of a multifarious complexity, due to a multitude of factors, starting with the psychic (re)sources of Culture (the topics of the psychic instances) and continuing with the elements of the Oedipean constellation seen from a metapsychological perspective.

Purpose of Study: What we propose is to explore the rapport between the evolution of the social relationship, imaginary and funerary practices, Oedipean valences and personality instances in psychoanalytical order, starting from the results of Szondi test, applied on subjects from Novaci village, Gorj county, within the field research coordinated by the romanian anthropologist Vintilă Mihăilescu.

Research Methods: The comparative study of the results of Szondi test, applied on two 50 subject-lots, constituted on the criterion of affiliation to the populations called pământeni (the natives) and ungureni (non-native outsiders) and its integration in the theoretical context of psychoanalytic anthropology and in the perspective of the Culturalist school (Kardiner-Linton model, Francis Hsu model).

Findings: The modal differences of the forefront profile obtained as a result of Szondi test is centered on the Sch vector, p factor. The Ego of the native population is “disciplined”, characterized by the repression of the aggressive drives, a well articulated Superego’s function of ideal and massive projection, as opposed to the Ego of the non-native population, which is “compulsive”, defined by its capacity of acting out aggressiveness.

Conclusions: The drive chart obtained as a result of Szondi test is articulated both with the characteristics of the imaginary and funerary practices of the native population (whose particularity is the funerary ritual of the symbolic burial during life time), characteristics understood within the logics of the Freudian metapsychology and with the evolution of the social relationship in the sense of its shift from the predominance of maternal coordinates to the paternal ones, as it is sketched by Freud.

Keywords: psychoanalytical anthropology, funerary imaginary, Oedipean constellation, Superego
THE VALENCES OF THE HARMONIC MUSICAL INTERVALS AS STIMULUS-MATERIAL OF A PROJECTIVE TEST

Matei GEORGESCU
Spiru Haret University

Problem Statement: In the context of projective techniques, the use of the material-stimulus addressed to the visual perception modality is preferential. As regards the projective instruments that use the sound, we remark the Auditory Apperception Test (A.A.T.), a constructive projective test that consists in presenting some low-level sounds by means of a tautophone.

Purpose of Study: Our purpose is to explore the valences of the simplest musical sound (the bichord) in order to create a projective test dedicated to the clinics of depression.

Research Methods: Applying (on an experimental lot of 20 subjects, diagnosed with depression and a control lot of 100 subjects) a sound stimulus consisting of the bichords of perfect fifth, major third, minor second, minor third, perfect fourth and major second, concomitantly with a semantic differentiator (Osgood), the tree test (Koch), a focused interview and a self-esteem index (Hudson). Applying (SPSS) U tests (Mann-Whitney) and chi-square to determine the differences between the two lots.

Findings: The lower the average of the semantic medium valences of a musical interval, the farther it will be from the generating sound (farther from perfect fifth and closer to major second) in the superior harmonic resonance. The extreme semantic values will be determined by the extreme positions of the musical intervals in natural resonance. What can be noticed is the displacement of the predisposed zone of the graphic act (the tree drawing) to the lower left corner of the page, concomitently with the shifting to the diaphonic of the sound stimulus.

Conclusions: The results show a parallel movement between the harmonic (the diaphonic-symphonic axis), semantic (disphoric-euphoric axis) and the predisposed graphic zone, which can be taken as a reference point in creating a projective instrument which has the bichord as its material stimulus.

Keywords: projective test, natural resonance, harmonic musical intervals, semantic halo, depression
THE USE OF ERICKSONIAN HYPNOSIS IN SOMATIC DISORDERS

Irina HOLDEVICI*, Barbara CRĂCIUN**
*Titu Maiorescu University, **Bucharest University

Problem Statement: Ericksonian hypnosis represents an important process in the treatment of many psychosomatic disorders. The role it plays while ameliorating these disorders starts from the link between somatic and psychic structures, making possible the intervention over emotional side and the patient’s attitudes. Clinical study results has shown that the most motivated patients will respond better to hypnotherapy, next to those who practice relaxation by themselves. The treatment’s efficiency is emphasised by the fact that the patients that call on to a hypnotherapist are better motivated to let go of the symptoms that cause them strong discomfort.

Purpose of Study: The main purpose of this study is to evaluate the efficiency of a psychotherapy program based on Ericksonian hypnosis techniques of reducing symptoms and managing psychosomatic disorders, such as migraines, asthma, or gastrointestinal disorders.

Research Methods: A number of 92 patients diagnosed with psychosomatic disorders, of whom 30 suffering from migraines, 32 asthmatics, and 30 with gastrointestinal disorders, respectively chronic gastritis, gastroesophageal reflux and ulcers have been tested pre and post-applying Ericksonian hypnosis techniques. The pain was measured with the Patients’ Attitudes Toward Pain Scale (Jensen, Karoly, & Huger, 1987) and McGill Pain Questionnaire (Melzack, 1975). Also, the participants filled out the SF-36 (Ware et al., 1996). In order to investigate the differences was performed an Analysis of Variance. It must be brought out that the hypnotic treatment included ego strengthening suggestions and symptom removal, along with daily practicing of auto relaxation for the subjects.

Findings: The results have shown that using Ericksonian hypnosis suggestion lead to decreasing the level of pain and re-orienting these patients to a healthier life style.

Conclusions: While further studies with larger samples are needed, our results suggest that interventions with Ericksonian hypnosis techniques can substantially contribute to treating psychosomatic disorders, caused and maintained by psychological factors.

Keywords: Ericksonian hypnosis techniques, psychosomatic disorders, symptom removal, auto relaxation, pain, life style, psychological factors.
THE INCIDENCE OF THE BEHAVIORAL TYPES ANGER-IN AND A IN
PATIENTS WITH CARDIOVASCULAR DISEASES

Ioan Bradu IAMANDESCU*, Alexandru CHIŢU */**, Cristina Alice BARBU *
* U.M.F. “Carol Davila” Bucharest
** University of Bucharest, Faculty of Psychology

Problem Statement: Is there a correlation between behavioral types, stress, and different diseases of the modern society? Both psychologists and doctors were looking forward to having an answer for this question. Together they concluded that behavioural types can be related to cardiovascular diseases. Any kind of stress can be produced by the continuous fight for body adaption to the environment when an imbalance between the environmental requirements and the ability of adaption of the organism, occurs. The opportunities for adaption are marked by the behavioral type of the individual.

Purpose of Study: The study reveals the possibility of dividing the patients with cardiovascular diseases in two groups regarding the psychological background.

Research Methods: We have studied one group of 104 patients with hypertension and one group of 80 patients with myocardial infarction.
They were given two questionnaires to complete:
1. The Jenkins questionnaire (whose answers can prove the integration in the A behavioral type)
2. The Anger-in questionnaire (for anger-in behavioral type)

Findings: By analyzing all the 184 questionnaires we have noticed that the percentage of the A behavioral type for hypertensive patients is 65,5% and for patients with myocardial infarction is 34,5%. It has been confirmed that the cases with myocardial infarction show major tendencies towards internalization in a percentage of 97,1% (anger-in behavioral type), unlike the hypertensive group(2,9%). Most of the patients from both sections, specified that a strong emotional impact moment from their past experience could have been the trigger for their organic imbalance. The occurrence of A behavioral type in the hypertensive patients reaches 65,5%, and the myocardial infarction cases show a morbid tendency to internalize (97,1%).

Conclusions: We may conclude that the category of individuals showing A behavioral type is liable to the hypertension. Beside a vicious lifestyle, internalized individuals showing anger-in behavioral type may be prone to cardiovascular diseases such as myocardial infarction. The study emphasizes the harmful effects of any kind of stress on human organism. Doctors and psychologists can work together for emotionally and organic healing of the patients.

Keywords: stress, hypertension, myocardial infarction, behavioral types
ETHNOBOTANICAL USE AMONG FRESHMAN ENGINEERING STUDENTS

Magdalena IORGĂ*, Tudor CIUHODARU **, Daniela Tatiana (Corodeanu) AGHEORGHIESEI ***, Sandy-Narcis ROMEDEA ****

*Technical University Iasi & Center for Health Policy and Ethics, UMF Iasi,  
**Center for Health Policy and Ethics, UMF Iasi,  
***Health Policy and Ethics, UMF Iasi, Economics and Business Administration Faculty, UAIC Iasi  
****UMF Iasi

Problem Statement: For more than two years, the ethnobotanicals were considered legal substances in Romania, easily found in “weedshops” - special magazines in the university campus and in schools area, or even online. An important number of victims, teenagers, college or university students, arrived in emergency units with clear signs of drug intoxication. The use of ethnobotanicals was declared intentional and for entertainment, in clubs, parties or school events.

Purpose of Study: The aim of the survey is to identify the rate of ethnobotanical use in the university campus, the reason of consumption and the student’s believes and good knowledge of ethnobotanicals’ effects among freshman engineering students.

Research Methods: From February to April 2011, 269 freshman students from 9 faculties within a technical University in Romania, voluntarily and anonymously answered to a questionnaire about ethnobotanicals. The items with multiple-choice or open answers refer to the following issues: consumption and motivation, private or public places where they usually consume “legal drugs”, friends’ or colleagues’ consumption habits, different methods of procuring the drugs and proper information about the effects of the ethnobotanical use in combination with alcohol or not. The data have been analyzed using SPSS 17.0 program.

Findings: The research concludes that 16,36 % of freshman students consumed ethnobotanicals at least once and 6,32% repeatedly. None of the consumers declared that is addicted to it. The students’ opinion regarding the motivation revealed the following data: curiosity (36.4%), rebelliousness (14.5%), peer influence (29%), pleasure (33.5%), addiction (12.3%) and personal problems (29.4%). 13.01% of the surveyed students consider that the consumption should not be prohibited. 87.36 % of them know that the combination with alcohol makes drugs more dangerous. More than 1/3 of the subjects saw consumers on the university campus (student apartments, clubs or discos on the campus or in the faculty).

Conclusions: Two conclusions are essential to this study: 1. a considerable number of freshman students experienced ethnobotanicals in previous years; 2. no matter if he is a consumer or not, the student is nonetheless exposed to ethnobotanical consumption on university campus.

Keywords: ethnobotanical, legal drugs, university field, freshman student, weedshop
SOCIAL-PSYCHOLOGICAL EFFECTS OF LAWS THAT PROHIBIT THE MARKETING OF THE PLANTS, EXTRACTS AND SUBSTANCES KNOWN AS “ETHNOBOTANICALS”

Magdalena IORGA*, Tudor CIUHODARU**, Sandy-Narcis ROMEDEA***, Ion COPOERU****

*Center for Health Policy and Ethics, UMF Iasi & Educational Sciences Department, Technical University Iasi
**Center for Health Policy and Ethics, UMF Iasi
***UMF Iasi
****Center for Health Policy and Ethics, UMF Iasi & Center for Applied Philosophy, Department of Philosophy, “Babes-Bolyai” Cluj-Napoca

Problem Statement: For several years, the plants, extracts and substances known as “ethnobotanicals” were considered legal substances in Romania and could easily be found in specially designed shops or even online. A considerable number of victims, most often teenagers, arrived in emergency units with clear signs of drug intoxication.

Purpose of Study: The aim of the survey is to show the effects on consumers of the governmental ordinance that prohibits the marketing of ethnobotanicals, on consumers’ profile. The survey is taking into consideration patients arrived in the emergency unit of “Sfantul Ioan” Hospital of Iasi.

Research Methods: From January 2009 to December 2010, 242 subjects arrived in the emergency unit in „Sfantul Ioan” Hospital in Iasi with several symptoms induced by the consumption of ethnobotanicals. The anamnesis data included in the research refers to gender, age, area of origin, socio and professional group membership, withdrawal symptoms and necessity of hospitalization. The study included data registered in the medical recordspapers, comparing two groups of patients from before (N=121) and after (N=121) the application of the government’s ordinance No. OU 6/2010 from April 2010. The data have been analysed using SPSS 17.0 program.

Findings: The research findings reveal that, after the implementation of the Government law, more men than women are consuming ethnobotanical drugs. The consumption has increased in the urban areas and has decreased in rural areas. The male subjects are starting to consume 2 years earlier on average, the age decreasing from 18 to 16 years, while the female consumer is usually middle-age. Another result indicates that more unemployed subjects use “ethnobotanicals” than before. The consumption among students and employed subjects decreased, while the number of college students has remained relatively constant. More subjects present withdrawal symptoms (4.1 vs.10.7).

Conclusions: the study reveals that after the ordinance that prohibits the sale of ethnobotanicals went into effect, the numbers of male consumers increased, the consumer’s age decreased and more patients with withdrawal symptoms are searching for help in first emergency units.

Keywords: ethnobotanical, prohibition, drug consumer, first emergency unit.
A CROSS-CULTURAL COMPARISON BETWEEN EDI RESULTS OF ROMANIAN AND GERMAN STUDENTS

Oltea JOJA*, Jörn VON WIETERSHEIM **

*C.I.Parhon Institute of Endocrinology & Titu Maiorescu University, Bucharest
**Department of Psychosomatic Medicine and Psychotherapy, University of Ulm

Problem Statement: Sociocultural factors play an important role in the etiology of eating disorders, which were linked to the Western culture’s obsession with slimness. The sociocultural changes in Eastern Europe, with the embracing of Western models and lifestyles, might be accompanied by a rise in symptoms of eating disorders among female population. After 1989, few studies were conducted in Eastern European countries investigating cognitions and disturbed eating attitudes and behaviors among young women.

Purpose of Study: The aim of this study was to investigate whether there are differences in eating attitudes and behaviors between non-clinical samples from Romania and Germany. Romania is an Eastern European country with remarkable changes in female roles during the last two decades, while Germany was subjected to fewer social and cultural changes.

Research Methods: Two hundred and seven romanian female students and one hundred and ten German female students completed the Eating Disorder Inventory (EDI) and measurements of height and weight were taken. In addition, EDI data were assessed for seventy-eight romanian and one hundred and sixty-one German bulimia nervosa patients.

Findings: The romanian students showed significantly higher values on five EDI-subscales compared to the German students. They had markedly higher drive for thinness scores although their body mass index was significantly lower than that of the German students. The largest effects were observed for the perfectionism and maturity fears subscales, with age and BMI as covariates not influencing these results. The German students showed higher scores on the body dissatisfaction subscale, which positively correlated to their higher BMI values. When comparing the romanian and German bulimia nervosa patients only the differences on the maturity fears subscale remained significant after controlling for their age.

Conclusions: The present results correlate with those of a number of other studies, which showed EDI differences between different countries and cultures. Interpretations of comparative research data have to be confined, as societies might deal differently with the ideal of slimness and culture specific underlying factors may influence the development of specific cognitions and of disordered eating behaviors.

Keywords: Eating Behavior, Eating Disorders, Bulimia Nervosa, Cross-cultural Comparison, Female Roles
HEALTH RELATED QUALITY OF LIFE OF DIABETIC AND CHRONIC RENAL FAILURE PATIENTS

Adina KARNER-HUȚULEAC
Center for Ethics and Public Healthcare Policies, University of Medicine and Pharmacy "Gr. T. Popa" Iasi; Department of Health Psychology and Special Education, "Al. I. Cuza" University, Iasi

Problem Statement: Health related quality of life (HRQoL) is one of the best predictors for morbidity-mortality for chronic patients and one of the main indicators of medical treatment effectiveness. Diabetes mellitus affects to some extent the level of HRQoL (Alonso et al., 2004; Sprangers et al., 2000). Additionally, the quality of life of the patient with chronic renal failure can be altered by the various side effects of dialytic therapy, as well as several psycho-social factors (Lowrie et al., 2003).

Purpose of Study: In this study we have proposed two major objectives: (1) identify the level of health related quality of life of patients diagnosed with diabetes mellitus (DM) and chronic renal failure (CRF), (2) identify socio-demographic and biomedical variables that influence the quality of life of chronic patients.

Research Methods: We used an quasi-experimental design, with one independent variable, medical condition, with four levels: CFR (34 participants), DM1 (82 participants), DM2 (82 participants) and control group (101 participants clinically healthy) and two dependent variables: physical health and mental health (as instrument SF-36).

Findings: Chronic patients had significantly lower scores on physical health, which means that they self-reported a significant limitation of domestic and professional activities, and patients with CFR and DM1 obtained a significantly lower score to mental health (limitation in social activities). It also obtained significant interaction effects between group variable and two socio-demographic variables in terms of health related quality of life; and a significant interaction effects between group variable and two of biomedical variables: retinopathy and myocardial infarction.

Conclusions: This study found that chronic illness leads to lower quality of life. Because this subjective indicator is shown as the best predictor for morbidity-mortality, we emphasize the importance of clinical psychologist should intervene to modify perceptual, cognitive and affective aspects.

Keywords: quality of life, diabetes mellitus, chronic renal failure, SF-36
ASSESSMENT OF EXECUTIVE FUNCTIONS FOR ESSENTIAL HYPERTENSION PATIENTS

Adina KARNER-HUŢULEAC

Department of Health Psychology and Special Education, "Al. I. Cuza" University, Iasi

Problem Statement: This study is part of the current trend of the neuropsychological research of evaluation of cognitive functions in conditions of diffuse affectation; we have assessed patients with high blood pressure, medical condition which can lead to a global deterioration of all cognitive systems by affecting the nervous cell at structural and functional levels, even if it was prescribed an appropriate treatment (Amenta et al., 2002, Murray et al., 2002).

Purpose of Study: The aim of the present study was to investigate the level of executive deficits at patients with essential hypertension. In our study all patients received the same antihypertensive treatment.

Research Methods: We used an quasi-experimental design, with one independent variable, medical condition, with two levels: 83 hypertensive patients and one control group (92 participants clinically healthy) and three dependent variables: mental flexibility (Wisconsin Card-sort Test), verbal fluency (Fluency Test), and psychomotor speed (COD Test, Wechsler). Patients and control group have been matched for age, academic degree and sex.

Findings: Hypertensive patients present the the executive performance which is significantly lower for psychomotor speed and verbal fluency only for the first half of the test, which means that patients with hypertension shows a significant improvement in executive performance in the second half, even if this return is made with a significant loss in terms of accuracy performance.

Conclusions: It is found that hypertensive patients have some executive difficulties especially in the new information processing speed area, but not a lack of mental flexibility. Patients are able to manage new life situations (planning, decision making), even if they have a higher latency time and a significantly lower accuracy.

Keywords: essential hypertension, executive functions, cognitive deficits, neuropsychology
ROLE AND INVOLVEMENT OF EDUCATIONAL ISSUES, HEALTH BEHAVIOURS, AND COLLABORATIVE PARTICIPATION OF THE PACIENTS WITH DIABETES IN CURRENT TREATMENT PRACTICE: A PRACTITIONERS' PERSPECTIVE

George Florian MACARIE, Ovidiu GAVRILOVICI, Ana Voichiţa TEBEANU
Center for Ethics in Health Policies, University of Medicine and Pharmacy “Gr. T. Popa”, Iasi, Romania.

Problem Statement: Medical care in chronical illnesses involves a long-term relationship between pacients and health care professionals and involves a collaborative process in order to improve the long-term health outcomes (Guttman, 2001). That is, health psychology researchers consider that optimal disease management can be achieved only through the partnership and active participation of a knowledgeable motivated pacient and staff (Graham, Yount & Rudnicki, 2003).

Purpose of Study: To determine how educational issues, health behaviors, and collaborative active participation of the pacients with diabetes are evaluated and considered in current treatment practice by the health care professionals.

Research Methods: In a qualitative cross-sectional study we follow the appreciations of health practitioners involved in treatment of diabetes ill pacients through two focus groups. These have been carried on general by practitioners and diabetologists (one focus group for each category of health practitioners) in the Iasi county, where is located a regional Clinical Center for Diabetis, providing health services for the Moldavia region in Romania (8 counties). Focus-group topics included pacients' participation and involvement in therapy, behavioural changes, appreciations of the role of health care practices and structuring in health outcomes etc.

Findings: Thematic categorial analysis of assessments provided by the treating physicians during the two focus groups suggest efforts of practitioners in providing informational support about insulin administration and self-monitoring and a high importance given to these patients' willingness to develop pro-health behaviors, but poor educative demarches due mainly to time restraints. Considerations about the influence of treatment schemes and collaboration with other specialists show a number of areas which might be subject for improvement in order to establish a good collaborative patient-practitioner relationship.

Conclusions: Appreciations of health professionals suggest that necessary factors for good health outcomes are only partially met; information about insulin administration and self monitoring are provided; but poor education about collaborative relationship, health behaviours and other medical implications still exists.

Keywords: Diabetes treatment, health care practitioners, focus group
Problem statement: This research started on the premises that the subconscious, using the nervous system levers, both at the central and the sympathetic levels, can act as a transducer of the emotional energies in thermic, electric and electromagnetic energies, at the level of the physical body.

Purpose of Study: By the comparative experimental research performed we aimed to highlight the significant difference between the transduction results at two distinct moments: before and after applying a relaxation technique.

Method: The participants were 36 students from the Faculty of Psychology, University of Bucharest, aged between 19 and 37 years old (m=23; S.D.=5.18), rural and urban areas, male and female. The instruments were: The technology of emphasizing the human quantum field Aura Vision 5.1, The equipment is based on the data interpretation about the differential electro-dermal activity of hands-fingers in terms at the level of quantum vortex activity to each finger.

General Hypothesis: Relaxation technique influence statistically significant the following variables: The activity of quantum vortex, The body temperature in different areas and The electric activity of skin – EDA.

Findings and Results: Applying Wilcoxon signed-rank test a non-parametric statistical hypothesis test used the research hypotheses were confirmed (p<0.05).

Conclusions and Recommendations: Based on energy level schedule the different energy channels are measured and is mainly based on electro-dermal activity. Hence, The Indigo Channel(1) representing the intuitive energy, The Green Channel (2) representing the mental energy, The Blue Channel (3) representing the emotional energy and The Red Channel (4) representing the physical energy were statistically significant modified by the action of relaxation techniques. The participants were relaxed not only mental but physiological statistically significant.

Keywords: subconscious, transducer, emotional energy, relaxation
CHARACTERISTICS OF COMPUTER AND INTERNET USE AMONG ADOLESCENTS IN IASI COUNTY

George Florian MACARIE*, Gabriela Elena CHELE*, Cristinel ŞTEFĂNESCU*, Ana Voichiţa TEBEANU**
* University of Medicine and Pharmacy “Grigore T. Popa”, Iasi, Romania.
** University “Politehnica” of Bucharest

Problem Statement: Although research on the effects of computer use by children is still ambiguous, some initial indicators of positive and negative effects are beginning to emerge. D.N. Greenfield (2000) suggests that the unique characteristics of the computer and the Internet may contribute to the addictive tendencies. These characteristics include: easy access, stimulation, anonymity, autonomy, timelessness, visual stimulation; also, excessive Internet use may instigate potential adverse effects upon the psychosocial development of adolescents (Tahiroglou, 2008).

Purpose of Study: This study intends to highlight some aspects of computer and Internet use among adolescents (accessibility, time spent, online activities and interests) related to demographic and individual characteristics in an adolescent sample.

Research Methods: A representative sample of 289 school students on 10th grade (15-16 year old) from the Iasi county was drawn (41.0% boys, 59.0% girls). They answered to a 52-item self-reported questionnaire including demographic data (parents’ status and education, living area, etc.), information regarding the nature and extent of the Internet and computer use. Statistical analysis provides descriptive as well as correlational and difference data.

Findings: 85.1% of participants have a computer at home and 60% in their own room, and 94.8% have used the Internet. Everyday use is affirmed by 39.2% of participants for 3-5 hours in weekdays (29.9%), or weekends (26.7%); 72.2% are members in at least one social network. Most frequent activities on the Internet are social networking (61%), instant messaging (48%), watching and downloading movies or music (more than 60%). Also, there is little interest about news, political debates, sexual or medical information (less than 20%). The status or education of the parents seem to have a role in the onset and daily Internet or computer use or school performance, but not in what regards the time spent or gaming. Also, the school grades, living area and parents’ professional status seem to influence the online interests as informational research and communication (social networking, instant messaging).

Conclusions: Easy accessibility and online adolescent preferences as found suggest a secondary role of demographic characteristics on Internet, bringing advantages and risks altogether.

Keywords: Computer and Internet use, influence factors, adolescents
ELABORATING AND IMPLEMENTING AN EXPERIENTIAL-SYSTEMIC COUNSELLING MODEL (E.S.C.) FOR ADOLESCENTS VICTIMS OF INTRA-FAMILY VIOLENCE

Iolanda MITROFAN*, Petruța COMAN**
*University of Bucharest, **University of Pitești

Problem Statement. Any form of violence manifested within the family system may lead to dysfunctional behaviours based on the adolescents’ reluctant and antisocial reactions. Consequently, the need for specialized psychological intervention has become increasingly higher.

Purpose of Study. The main objective of our research is to elaborate and to experiment a model of prevention and supportive intervention – experiential-systemic counseling (E.S.C.) for adolescents who are victims of intra-family violence. We started from the assumption that this counselling model has a compensatory role in the adolescents’ personality development.

Research Methods. Hypothesis: the model E.S.C. has a significant effect on: a) emotional stability; b) self-esteem; c) autonomy; d) intimacy. Instruments: - Three Dimension Self-Esteem Scale (P. Coman, 2010); - Rosenberg Self-Esteem Scale (Rosenberg, 1965); - The Origin Family Scale (A. Havestadt et al., 1985); - Guilford-Zimmerman Questionnaire. Subjects: 45 adolescents distributed in three groups: - a control group; - a working individual group; - a working together with family group. All subjects have been evaluated before and after applying the counselling model. The intervention program has been administered during a period of 10-12 sessions. The themes of the sessions have been structured along three directions: - situation elucidation; - relationships and blockage exploring; - behavior changes.

Findings. Variance method ANOVA has been used in order to confirm our research hypothesis. Data analysis has demonstrated that the level of emotional stability, self-esteem, autonomy and intimacy is significantly higher for adolescents working with families than for those working individually or within the control group. Thus, the model of psychological intervention proposed and implemented has been validated.

Conclusions: Applying the model of experiential-systemic counselling with adolescents victims of intra-family violence together with their parents represents a significant new research direction because it certifies the possibility of intervention within the adolescents’ family. Thus, this model validates our assumption that prevention and change of dysfunctional behaviour with adolescents is possible.

Keywords: model of experiential-systemic counselling, adolescents, family, emotional stability, self-esteem, autonomy, intimacy
COMPARATIVE ANALYSES OF THREE DIFFERENT CREATIVE MODELS TO OPTIMIZE THE DEVELOPMENTAL PROCESSES OF PRE-SCHOOL CHILDREN

Iolanda MITROFAN, Andreea Simona OLTEANU
Faculty of Psychology and Educational Sciences, Bucharest University

Problem Statement: This research is part of a PhD project called “Optimization of developmental processes of pre-school children”. The aim of this project is to identify practical and efficient methods to be used in the developmental process of pre-school children. The necessity of research emerged from the reality of a poor educational method of work in the Romanian state run kindergardens and the difficulty to implement the results of previous studies conducted on children developmental processes. The model we suggest for the analysis is named D.C.I.- development through creative interaction. The fundamental of this model are Albert Bandura’s concept of reciprocal determination and the method of unification experiential psychotherapy (P.E.U.). The two methods we suggested to be compared started from the analysis of the existing models from educational method and models of intervention of applied psychology. We named it passive creative (P.C.) and dynamic creative (D.C.) models.

Purpose of Study: The objective is to create a working paradigm based on creative methodology and to implement it in pre-school education in order to improve the developmental processes of children. Work hypothesis: using D.C.I. model we are expecting an increase in indexes of developmental processes in pre-school children measured by the applied tests which are different from the other two suggested models.

Research Methods: Applying the three models D.C.I., P.C. and D.C. in weekly groups of pre-school children over five months. The population sample included 120 pre-school children between 3-4 years old in state run kindergardens divided in four groups (one witness group and three working groups). The application method of the instruments used in research (D.A.P., 5 sub-scales of NEPSY, feedback questionnaires for teachers and parents) was test-retest.

Findings: Analysing the results of using D.C.I. model we identified a growing of developmental processes indexes significantly different from the ones of the two creative models used.

Conclusions: Further research are needed on extensive sample of pre-school children to validate and implement the model.

Keywords: pre-school, developmental processes
SELF IMAGE AND EXCESSIVE CONCERN OVER WEIGHT

Laurentiu MITROFAN
University of Bucharest

Problem Statement: The distortion of the bodily image may achieve multi-dimensional characteristics, involving aspects about one’s perception, attitudes and behaviours as it was indicated by Cash and Brown (1989) and Thompson (1990).

Purpose of the study: In this study we wish to point out that, if the concern over weight is excessive and thus receives high importance, it will have negative influences not only on the way one sees one’s body, as we may think at first sight, but also on the entire self-image, by decreasing it. Young women will build their self-image from the image of the perfect silhouette, as it is promoted by society, which will determine them to consider themselves as inadequate, and thus become extremely preoccupied with their body weight. Moreover, we wish to demonstrate that young women’s high and sometimes exaggerated concern for their silhouette has greater effects on their assessment of their body image.

Research Methods: The working hypotheses are: We assumed that there is a correlation between the increased concern over weight and negative self-image assessment; We assumed that there is a correlation between increased concern over weight and negative body image assessment; We assumed that there is a correlation between increased concern over weight and negative assessment of one’s psychological traits; We assumed that there is a correlation between increased concern over weight and negative assessment of established social relations. Participants: 100 young women, aged between 20-26 years old. For the assessment of the variables, we used the following questionnaires: Concern over Weight and Dieting Scale (COWD) and Self Image Questionnaire (SIQ).

Findings: All the hypotheses of the research were confirmed. We therefore conclude that excessive concern over weight is harmful to self-image and to the other variables investigated, as well.

Conclusions: We can thus raise the attention both of society, which promotes standards too high, and of women, as well, who let themselves influenced by these standards.

Keywords: body image, concern over weight, psychological traits, social standards
THE UEP METHOD IN CLINICAL PSYCHOLOGY, PERSONAL DEVELOPMENT AND EDUCATION-THEORETIC AND METHODOLOGIC SPECIFIC, VALIDATION, APPLIED DOMAINS

Iolanda MITROFAN
University of Bucharest

Problem Statement: The unifying experiential psychotherapy method (UEP) has been elaborated, implemented, published, and validated as a personalized method during the last 15 years on quite an extensive large number of persons (aprox. 10.000) of romanian nationality.

Purpose of Study: Our metaanalysis integrates the results of multiple pilot studies, conducted at the University of Bucharest, and other romanian universities, the SPER Institute as well as other clinics and hospitals.

Research Methods: The main objectives of UEP and unification personal development (UDP) method: unblocking personal and collective development; reinforcing resources and creative intentionality, psycho spiritual growing and increasing the capacity to adjust to the pace and specific character of the changes in the existential reality through rediscovering the meaning of growth; getting involved in a realistic and creative change of one’s life scenario; adequately assuming and integrating identity roles; initiating and improving the psychic polarities; using individual differences through complementarity, tolerance and harmonization; exercising free democratic involvement in the community development.

Findings: The validation studies are grouped into three reference fields: 1. Clinical Psychology (individual, family and transgenerational pathology); 2. Personal and social development (children, adolescents, adults, couples, organizations); Education (pre-university, university and post-university), permanent training for adults – psychologists, educators, doctors, social workers, theologians, teachers and other professionals working in domains with socio-human impact.

Conclusions: The results obtained in the UEP and UDP process are re-current and they have an unifying effect of all individual manifestations at the family and organization level and, on a long term, at the community level.

Keywords: unifying experiential psychotherapy, unification personal development, validation studies, applied domains
THE AETIOLOGY AND RECOVERY OF ADDICTIONS IN EASTERN CHRISTIAN PSYCHOTHERAPY. A CONTRIBUTION TO THE PERSON CENTERED HEALTH CARE

Sebastian MOLDOVAN
Reader in Theology, Lucian Blaga University of Sibiu
Post-doctoral fellow in bioethics, Gr T Popa University of Medicine and Pharmacy, Iasi

Problem Statement: Psychological, social, and biological causes are assumed to play a role in all psychological disorders. Moral models dominating for centuries the explaining the aetiopathogenesis of addictions have been rejected during the last decades. As religious inspired therapies still make considerable contribution to the care of dependent persons, moral/spiritual perspectives should not, however, be underestimated. Interest in the relationships between mental health and religion/spirituality has recently seen a noted come-back, though a proper integration of spirituality with other aetiological and therapeutic models is lacking. Eastern Christian psychotherapy (ECP), a definite corpus of mental healing theories and practices of the Eastern Churches, is largely overlooked by academic research, but its integrative merits are worth examining.

Purpose of Study: To compare the ECP view of addictions with some of the major biological, psychological and social models of nowadays in order to assess its contribution to a holistic approach to the management of addictions.

Research Methods: A conceptual analysis of the origin, dynamics, and cure of addictive behaviours (“passions”) according to the ECP’s most representative theoretical writings (the Philokalia), in a comparative framework with current dominant explanatory models - the disease model, psychological theories (behavioural, depth psychology, ego-psychology, family psychotherapy), and social theories (social learning, dislocation theory).

Findings: ECP accounts for the complexity of addictive behavior in its somatic, psychological, micro- and macro-social dimensions. Transformational experience, coping with relapses, re-motivation and therapeutic community are particular features that make it highly relevant for person-centered, recovery oriented health care services.

Conclusions: ECP can be seen as an integrative approach able to support clinical intervention and to extend it towards long-term recovery through self-management, mutual support, and professional care, at both personal and community levels.

Keywords: addiction, aetiology, recovery, Eastern Christian psychotherapy, person centered healthcare
ADOPTIONS OF CHILDREN IN ROMANIA: APPLYING ATTACHMENT 
THEORY

Ana MUNTEAN*, Violeta STAN**, Mihaela TOMITA***, Roxana 
UNGUREANU****

*West University in Timisoara, Director of the Research Centre on child-parent interaction 
(CICOP), **Medical School In Timisoara, member of CICOP, *** West University in 
Timisoara, member of CICOP, ****social worker, member of CICOP

Problem Statement: Domestic adoptions are always a sensible topic and not enough 
researched and known. Attachment theory is the framework of understanding the evolution 
of the process of child’s adoption.

Purpose of Study: Our study is done within a national research project FISAN, aimed to 
highlight the factors which are involved in successful national adoption. The project is 
funded by Minister of Education in Romania, for the period 2009-2011.

Research Methods: Clinical interviews are use with children (Friend and Family’s 
Interview -FFI) and parents (Parent development Interview- PDI) in order to identify the 
quality of child’s attachment. The interviews are congruent with the other 2 instruments 
used in our assessment: CBCL( Child Behavior Checklist/ ASEBA) and School Success 
Profile (SSP).

Findings: Among the 40 adopted children assessed within our research project, half have a 
good score for being included within the securely attached category. There are nuances of 
attachment quality which we will discuss and try to explain within our presentation.

Conclusions: When parents are aware about their role in promoting and sustaining the 
child attachment, children develop secure attachment (B). This conclusion can have a 
practical application in the training offered by child protection structures to the parents 
candidates for adoption; introducing basic elements of attachment theory within parents’ 
training appear to be an easy way to facilitate the success of adoption.

Keywords: attachment theory, succesful adoption, adolescents, adopted child, adoptive 
family
**Problem Statement:** From the perspective of Bowen’s multigenerational theory, the family-of-origin experiences are an influencing legacy for an individual’s development along his life-span, including marital relationship (Lee & Ok, 2002; Sabatelli & Bartle-Haring, 2003; Whitton et al., 2007). It is not the family-of-origin itself that influences someone’s life and close relationships, but his or her construction about the reality of family-of-origin. Some authors have shown the role of romantic attachment in marital relationship (Feeney, 1999; Marchand, 2004; Volling, Notaro & Larsen, 1998).

**Purpose of Study:** Our study aimed testing a structural model of causal links between family-of-origin, the romantic attachment style, and adjustment to marital relationship. We hypothesized that romantic attachment plays a mediating role in the link between individuals’ construction of family-of-origin and marital adjustment.

**Research Methods:** A number of 164 married adults aged between 20 and 59 (m = 37.01, SD = 8.26) filled out four scales: Family Adaptability and Cohesion Evaluation Scale (Olson & Killorin, 1985), Differentiation in the Family System Scale (Anderson & Sabatelli, 1992), Experiences in Close Relationship Scale (Wei et al., 2007) and Revised Dyadic Adjustment Scale (Busby et al., 1995). The testing of study hypotheses was performed by path analysis using AMOS 16.00. The unit of analysis was the individual.

**Findings:** The romanian version of the four scales proved a good internal consistency. There were statistically significant correlations among all variables of interest. The parameters’ estimations of the model showed no significant direct effect of family-of-origin on the level of adjustment to current marital relationship ($\beta = .03; p > .05$). The family-of-origin had a significant effect on the romantic attachment style ($\beta = -.38; p < .001$). On the other hand, the effect of romantic attachment style on marital adjustment was significant ($\beta = -.98; p < .001$). The mediation hypothesis was not supported.

**Conclusions:** The results suggest that the individuals’ constructions of family-of-origin predict romantic attachment pattern, while the romantic attachment predict marital adjustment. Some limitations and implications of the results for clinical practice in family and couple therapy are discussed.

**Keywords:** family-of-origin, romantic attachment, marital adjustment, structural links
FAMILY TEST USED AS AN EXPERIENTIALIST METHOD FOCUSED ON EMOTIONAL INTELLIGENCE DEVELOPMENT

Laura-Elena NĂSTASĂ*, Anca-Daniela FĂRCAŞ**
*Faculty of Psychology and Educational Sciences / Transilvania University of Brasov
**Faculty of Medicine / University of Medicine and Pharmacy “Iuliu Hatieganu” Cluj-Napoca

Problem Statement: We live in a rapid changes period that requires those personal competences that are comprised in one of the most controversial concept of psychology – emotional intelligence. Defined in terms of consciousness, understanding and expression of emotions, emotional intelligence along with cognitive intelligence helps a person to adapt more easily to situations and challenges that emerge in personal and professional life.

Purpose of Study: The present research proposes the use of family test and a variation of it in a formative manner in order to increase emotional intelligence in psychology students.

Research Methods: Fourteen psychology students were involved (7 males, 7 females) during 18 months period in an experiential group centred on the development of emotional intelligence. In the course of meetings, family test was adapted in a formative approach to facilitate expression of life situation in a „here and now” modality and to help participants to improve their emotional intelligence and its components (self-consciousness, empathy, social abilities, motivation and self-regulation). Participants completed, both in pretest and posttest, four instruments for assessment of emotional intelligence development (used by Wood and Tolley, 2003, Roco, 2001, Segal, 1997 and Schutte et al, 1998).

Findings:
Participants had the opportunity to clarify different aspects regarding their family, the relationship with parents, maladjustment habits that may exists in their origins family and which may generate difficulties in subsequent relationships. Also they were provoked to identify, and to use constructive patterns of interaction that can help them in maintenance of satisfying contacts with other persons.

Conclusions:
The use of family test in a formative approach triggered the participants to become aware of the personal perceptions, thoughts, emotions, feelings, fears, barriers and vulnerabilities, and then to consciously assume them and transform them through finding new meanings and to gain control over them and their owns. Results sustain the use of family test in trainings focused on emotional intelligence development, with major implications on personal and professional development of future psychologists.

Keywords: family test, emotional intelligence, empathy, motivation, self-regulation, self-awareness, social abilities
Problem Statement: As linguistic hypothesis states, the spoken language contains all relevant descriptors of personality. A number of observations during psychotherapy work indicated us that people use easily metaphors for describing their inner experiences. In this light, our research perspective can be seen as an extension of standard linguistic hypothesis, focusing on the metaphorical expressions used in spoken language and their potential to describe personality.

Purpose of Study: The aim of the study was to demonstrate that metaphorical expressions can be used as descriptors of personality. The subsequent objective was to develop personality measures using metaphorical items.

Research Methods: We developed a selection procedure of metaphorical expressions from romanian language using groups of experts. In the first phase we focused on developing a metaphorical anxiety scale and in the second one on assembling a large list of metaphors in order to develop a metaphorical personality inventory. Different pilot studies were carried in order to investigate the psychometric properties of the anxiety scale and to illustrate convergent correlations between metaphorical expressions and other personality constructs, measured using standard psychometric instruments. Participants consisted of a few different groups of students that were used as respondents for each pilot study. The psychometric instruments used were: CPI434, EQL, NPQ, NEO PI-R, BFA, STAI, STAXI, EAB, MAQ (metaphorical anxiety questionnaire), MPI (metaphorical personality inventory).

Findings: The studies demonstrated reasonable psychometric properties of the metaphorical anxiety scale and also a number of significant correlations between metaphors and personality constructs. These correlations were used as a base for selection of metaphors in the constructions of the inventory scales.

Conclusions: As collected data suggest, numerous metaphorical expressions identified in romanian spoken language can be used to describe personality traits and to formulate items for personality assessment instruments. The scales developed using metaphorical items demonstrated reasonable psychometric properties.

Keywords: Personality, Methaphors, Assessment
A FEW VARIABLES OF INFLUENCE IN THE CONCEPT OF MARITAL SATISFACTION

Emilia OPRISAN*, Daniel CRISTEA**

* University of Bucharest, Faculty of Psychology and Educational Sciences, Department of Special Education
** DGASPC Sector 1, Bucharest

Problem Statement: The studies about marital satisfaction have a long history but we still don't have a solution to assure marital success, and the proof is the high rate of divorces, in our days. Because marital satisfaction is a subjective experience and opinion, individuals are usually satisfied when their needs, expectations and desires are being met, so the relation can last longer.

Purpose of Study: We assume that low self-esteem, unhappy partners and difficult negotiations in couple, influences the perception of marital satisfaction, regardless of relationship duration. We considered the following assumptions: low self-esteem influences the unhappiness in couples, negotiating in couple is correlated with partners self-esteem, unhappiness in couples make difficult negotiations between marital partners.

Research Methods: The study involved 40 couples, aged between 22 and 55 years, divided into two groups with a duration of marriage between 1-15 years and 15-30 years,. The data has been processed using statistical methods (average, standard deviation and correlation coefficient). Instruments: „Kansas Marital Satisfaction Scale”, „Life Distress Inventory”, „Questionnaire for evaluating self-esteem”, „Kansas Marital Conflict Scale”, „Suell Questionnaire”.

Findings: After statistical processing was found that the variable self-esteem correlates significantly with relational distress, but the relation between variable indicate that high self-esteem involves relational misery, but in relation to the standards of life satisfaction. On the other hand, self-esteem and negotiations have a directly proportional relation, meaning that a very good self-esteem involves a very good negotiations. Distress related to the life satisfaction variable correlated significantly with negotiations, but the two coefficients are negative. Using this variables we compared the group of subjects between 1-15 years married and married group of subjects between 15 to 30 and we find out that there are no significant differences.

Conclusions: In this study we find out that satisfaction or dissatisfaction does not depend on years spent in a marital relationship, that self-esteem, ability to communicate in a couple and elements of life satisfaction helps build and maintain a fulfilling marital life.

Keywords: marital satisfaction, low self-esteem, unhappy partners, difficult negotiation in couple
PSYCHIC MOVEMENTS BETWEEN INTERNAL AND EXTERNAL REALITY

Brînduşa ORĂŞANU
“Titu Maiorescu” University, Bucharest

Problem Statement: The psychoanalytic concept of drive is placed at the limit between psychic and somatic reality. Drive is the psychic representative of the somatic stimuli, stimuli that impose a certain process to the psychic apparatus. On the one hand, a certain Freudian model of the psychic apparatus presents it as having two exit directions of the drive: perception and motricity. On the other hand, deficits in the psychic process (especially regarding the capacity of mental representation) can lead to somatisation, that is the manifestation of the psyche on a somatic ground.

Purpose of Study: The paper proposes outlining a comparison between the psychosomatic phenomena and other exit directions of the excitation from the psychic apparatus: on the one hand, the dream as hallucination of the perception, on the other hand, the act as a motricity’s manifestation towards the exterior.

Research Methods: Theoretical study with clinical support of two fragments illustrating a borderline psychopathology.

Findings: Psychic movements are headed as expressions toward soma, behavior (act) and psychism (representations, dream, and thinking). A comparative discussion regarding the somatisation process in relation with act and representation reveals the difference between body and soma. While the body is located in the psychic territory of the reversible subjective time, the soma is located at the border of the psychic space, towards the external reality of the irreversible objective time.

Conclusions: The pathology of the evacuation of the psychic tension supposes a certain confusion or non-differentiation between body image and soma, as well as between internal and external reality.

Keywords: Psychic movements, body, soma, internal, external, representation
Problem Statement: resolution of intrapsychic conflict (type inferiority complex) in teenagers from disadvantaged families, using experiential techniques (art therapy: design, modelling, collage, working with story, painting, dance, personal awareness techniques).

Purpose of Study: Overcoming intrapsychic conflict by achieving the following objectives: Increased self-esteem, Awareness of personal values, Taking control of the emotional stress and acute negative emotions.

The inferiority complex has become widely understood and used due to the importance it holds in Adler’s Individual Psychology. There are a lot of studies on groups using elements of art therapy (E. Vladislav, E. Anghel, S. Skaife and Huet, H. Wadeson, P. Allen, S. Deco).

Research Methods: - Interview; - Observation; - Projective psychological tests: Draw a person, House- tree-person, etc.

Findings: Projective tests and the art therapy techniques have revealed a low self – esteem, inadequacy in relation to the environment, opposition in some cases, focus on material interests, poor emotional development.

Conclusions: Research hypothesis: expressive type experiential techniques (art therapy) have a positive impact on the development of "social sense", social interest, which is manifested by satisfying interpersonal relationships, fostering self-assessment skills to achieve an adequate:
- Communication skills and action (verbal, vocal, body, touch)
- Mental abilities, which can be obtained by creating internal language, the new and realistic rules and appropriate perceptions.
- Reflection of feelings and physical reactions.

A person with an inferiority complex tends to lack social interest. Teenagers suffering from an inferiority complex isolate themselves from others and become preoccupied with their feelings of inferiority. As they grow up they are unable to face failure and they feel they don’t have what it takes succeed in life. As the group is a social micro cosmos, by transferring knowledge gained in group life outside the group, might be established more satisfying relationships and a better life. This study could help psychotherapists, parents, teachers to understand better the teenagers with such an issue and for a better approach of them and open the way for other studies.

Keywords: intrapsychic conflict, art therapy, teenagers
SELF-EFFICACY SURVEY: A NEW ASSESSMENT TOOL

Teofil PANC, Alexandru MIHALCEA, Ioana PANC,
Titu Maiorescu University Bucharest

Problem Statement: Self-efficacy is a key protective factor against psychological stress. The construct claims for a valid and reliable measure targeting various fields of a person daily life.

Purpose of Study: The study presents a measure of a person’s representations about his or her own competencies in various functional areas. The questionnaire is based on socio-cognitive theory of self-efficacy developed by A. Bandura. The present instrument offers a multidimensional assessment of self-efficacy in ten functional areas: intellectual, family, educational, professional, social, religious, erotic, moral, life-standard and health. This new instrument can be used along with other well-known assessment tools, such as General Self-Efficacy Scale (Ralf Schwarzer & Matthias Jerusalem) focused on general self-efficacy.

Research Methods: Using the inductive model of item elaboration, an initial pool of 130 items (ten scales) was administered to 246 participants (age range from 20 to 55 years, 49% females and 51 males). After performing the item analysis, internal consistency was estimated resulting in the removal of 20% of the items. The final pool of 104 remaining items was administered to 180 participants (with the same characteristics as the first group). The participants also completed a set of assessment instruments (Survey of Work Styles, Jackson Vocational Interest Survey, General Ability Measure for Adults, NEO Personality Inventory Revised, Achievement Motivation Inventory) and the results were correlated with the ten scales of the present self-efficacy instrument.

Findings: In order to estimate the internal consistency of the ten scales, the coefficients Alpha-Cronbach were computed resulting in values above .75 for all of the ten scales. The test-retest reliability was also estimated. For the ten scales, the test-retest reliability ranged from .74 to .82. The sustainability of the concurrent validity has been proved by the significant associations between scores of the new instrument and scores on criteria. These findings are consistent with the literature regarding the strong correlation between self-efficacy and other traits, such as low neuroticism, agreeableness, low anxiety, assertiveness, competence and self-discipline (Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, Measures in health psychology: A user’s portfolio. Causal and control beliefs (pp. 35-37). Windsor, UK: NFER-NELSON).

Conclusions: The new assessment instrument has proved satisfactory psychometric qualities. It can be useful in counselling practice for various purposes and in further studies of self-efficacy.

Keywords: self-efficacy, questionnaire, validity, reliability, internal consistency
A COMPARATIVE STUDY OF ANXIETY AND DEPRESSIVE
SYMPTOMS, AND PERCEIVED STRESS BETWEEN AROMANIAN AND
ROMANIAN POPULATIONS IN CONSTANTA COUNTY

Adrian C. PAPARI*, Georgeta COZARU*, Cristiana GLAVCE**
*“Andrei Şaguna” University, Constanţa, România
**“Fr. I. Rainer” Institute of Anthropology, Bucharest. Romania

Problem Statement: Aromanians, their origin, their language or various aspects of socio-economic and spiritual life, represented over time, a constant concern for specialists in various fields.

Purpose of Study: In the present study, we wanted to address aromanians in light of health risk behaviours and to highlight possible psycho-behavioural features of the members of this ethnic and cultural entity. The present study is a descriptive one, conducted on a sample of 240 subjects of which 120 aromanians and 120 romanians, aged between 25 to 75, from both urban and rural areas with a M/F ratio of 1/1. One research hypothesis refers to the fact that people between 25 - 35 present health risk behaviour more often than those over 36, regardless of ethnicity.

Research Methods: In order to complete the search, we have used several instruments: the clinical evaluation form, a custom made questionnaire to identify the health risk behaviour, HAD scale (Zigmond & Snaith, 1983) and the Perceived stress scale (Cohen & Williamson, 1988).

Findings: In analyzing the health state of a population, generally is taken into account the pathological deviations and the declared morbidity. The results showed that 86% of Aromanians have a normal or mild anxiety, compared to 66% of Romanians. Also, 1/4 of Aromanians and over 1/3 of Romanians were diagnosed with mild or moderate depression. Moderate levels of perceived stress were recorded at a similar percentage in the two ethnic groups, but a significant percentage of Aromanians presented a low level of perceived stress, compared with the Romanians (19% vs. 4.5%).

Conclusions: We noted differences in the levels of anxiety, depression and perceived stress in the two ethnic groups, differences that could be linked to living and working environment and cohesion within the social group. Also, we have noticed differences in health risk behaviours. For example, at Aromanians, diet is rich, but they rarely make excesses in terms of alimentation. Most of them have a regular food schedule and a lower alcohol consumption rate. This may explain the presence of cases of longevity. People over 35 are more cautious regarding their health risks behaviour, regardless of ethnicity, although younger people are more aware of the risks taken.

Keywords: aromanian, health risk behaviour, morbidity
Problem Statement: Based on classical models of facial identity recognition that postulate separate functional routes for processing facial identity and facial expression, the paper is trying to combine them with recent research studies which have shown that facial expressions influence the encoding of new facial identities.

Purpose of Study: Starting from the universality of facial expressions theory presented by Darwin, and being in accordance with recent studies – Ekman, P. (2003), D'Argembeau et al. (2010) – the research aims to highlight the influence of facial expressions on the performance of identifying new facial identity.

Research Methods: The research was conducted through the experimental method, choosing the 2x2 factorial experimental design, on four experimental and independent groups, each group with 20 participants. In the study there are used images of people, men and women who displayed positive facial expressions – happiness – and negative facial expressions – anger. The set of images was taken from "Radboud Faces Database" (Langner, Dotsch, Bijlstra, Wigboldus, Hawk, and Knippenberg, 2010) with the right to use in scientific research. Each group received the same set of images, showing facial expressions in both the initial presentation and the subsequent presentation, when subjects had to recognize the faces.

Findings: Being in accordance with previous recent studies, the research shows that the images, with people, shown in the initial presentation with positive facial expressions were recognized in a higher significantly, statistically number than the set in which there were presented images displaying negative facial expressions, regardless the combination of experimental sequences which was chosen.

Conclusions: The results of this study show that anger has a negative influence in the process of recognizing the given images. Also, facial expressions of happiness had a positive effect on recognition performance. Furthermore, research findings suggest that the recognition process is not independent, taking into account only physical characteristics of people from pictures, but that facial identity is in a relationship of interdependence with facial expressions. The results of this research can be used in different branches of psychology: consumer and advertising psychology, clinical and organizational psychology.

Keywords: facial expression, memory, facial identity, experiment, anger, happiness.
VISUAL SEARCH FOR REAL EMOTIONAL FACES: THE ADVANTAGE OF ANGER

Irina PITICA*, Georgiana SUSA*, Oana BENGA*, Mircea MICLEA**

*Developmental Psychology Lab, Department of Psychology, “Babes-Bolyai” University, Cluj-Napoca
** Department of Psychology, “Babes-Bolyai” University, Cluj-Napoca

Problem Statement: The evolved fear system is believed to be characterized by pre-attentional and attentional sensitivity to angry expressions (Ohman & Mineka, 2001). Previous research indicates that angry expressions are detected faster than happy ones, but most data comes from studies employing schematic faces (Ohman, Juth, & Lundqvist, 2009). It is important to investigate this anger superiority effect with real faces. If an anger advantage in processing is part of our cognitive architecture, it might be modulated by trait anxiety, such modulation having implications for the aetiology of anxiety disorders.

Purpose of Study: The present study looks into the differences in visual search performance in a sample of adults confronted with displays of neutral and emotional expressions of different individuals in an effort to replicate the finding that angry real and not just schematic faces are detected faster compared to happy faces (Pinkham et al., 2010).

Research Methods: For this purpose we employed in a sample of healthy adults a visual search task displaying photographs of 9 individuals with expressions of anger, happiness and neutrality. Participants searched for the discrepant happy or angry face among other neutral or emotional faces. We compared detection speed and accuracy between the angry discrepant face conditions and the happy discrepant face conditions. We measured state and trait anxiety with the romanian version of the State and Trait Anxiety Inventory (STAI, Spielberger, 1970; Pitariu & Peleasa, 2007) and looked for anxiety modulation on search performance.

Findings: Results suggested that angry faces were detected more efficiently compared to happy ones when they were the discrepant stimulus in a crowd of faces and this effect was not modulated by anxiety, though the small sample size might have obstructed this effect from reaching significance. Anxiety, however, was negatively related to overall reaction times.

Conclusions: We discuss the implications for the further understanding of the fear reaction and the connection to anxiety. The main contribution of the present study consists in offering evidence for a general attentional bias towards facial threat. Moreover, the facilitated detection of angry faces was observed in an experimental task created to resemble a real-life social situation of searching through a crowd.

Keywords: anger superiority effect, visual search, anxiety, adults
ATTACHMENT STYLES - FROM THEORY TO INTEGRATIVE INTERVENTION IN ANXIETY DISORDER AND DEPRESSION

Mara PRICEPUTU
romanian Institute of Integrative Psychotherapy, Bucharest

Problem Statement: Integrative Psychotherapy seeks a more complete approach to the etiology of mental disorders, to develop more effective models of intervention. Bowlby's principles developed in the attachment theory, can provide a framework for redefining the therapist’s role and the therapeutic relationship as the main vectors in the therapy’s effectiveness.

Purpose of Study: The present study analyses the connection between the ways of attachment and anxious and depressive symptoms and the development of intervention models of integrative type.

Research Methods: The research has a non-experimental type, correlational, in which the presence and the intensity of anxious and depressive symptoms, was associated with the "attachment type" operationalized using the scores obtained from the attachment styles questionnaire. In a sample of 100 students (the mean age of participants was 25.8 years; standard deviation was 6.485) were applied the following tools: Relationship Scales Questionnaire (RSQ), Beck Depression Inventory (BDI-II) and Beck Anxiety Inventory (BAI).

Findings: Preoccupied attachment style (ambivalent) was associated with anxiety symptoms ($r = .26$, $p < .05$). Avoidant attachment style was significantly associated with depressive symptoms ($r = .71$, $p < .001$) and anxiety symptoms ($r = .52$, $p < .001$). Disorganized attachment style was significantly associated with depressive symptoms ($r = .48$, $p < .001$). Secure attachment style was not significantly associated with depressive symptoms and anxiety, measured by the instruments used.

Conclusions: The study shows the link between insecurity and specific vulnerabilities of attachment styles and depressive symptoms and anxiety. The benefit of this research may result in the establishment of role models for intervention with repair and restructuring role for the attachment style in the psychotherapeutic practice.

Keywords: Attachment style, integrative intervention, anxiety, depression
CONSCIOUS VERSUS UNCONSCIOUS OPTION OF PSYCHOLOGY STUDENTS CONCERNING THE PSYCHOTHERAPY ORIENTATION TRAINING

Nicoleta RABAN-MOTOUNU, Geanina CUCU CIUHAN
University of Pitesti, Romania

Problem Statement. A previous study showed that, when they choose a training direction, there is a significant difference between the students’ conscious and unconscious option for psychotherapy orientation. The conscious option was associated with personality traits, and the unconscious option was connected to specific interpersonal problems.

Purpose of Study. The objective was to determine how the students’ option for a therapeutic orientation to be trained in could be improved considering their beliefs about themselves, the self-acceptance and the theoretical knowledge. Hypothesis: Knowledge about the different psychotherapy orientations influences the students’ conscious and unconscious choices for training in a psychotherapy school.

Research Methods. An experiment with a pre-post-test design was conducted. The subjects were 100 undergraduate psychology students: 50 in the experimental group, and 50 in the control group. The intervention combined theoretical lectures and practical seminars during a compulsory Psychotherapy orientations course for the students in the experimental group. Instruments: Young Schemas Questionnaire – Short Form, Unconditional Self-Acceptance Questionnaire, and a questionnaire for the student’s preferences concerning psychotherapy training we had constructed.

Findings: For the control group, the conscious option had a significant correlation with the unconscious option only for CBT (rho Spearman = .271, p=.049). The conscious and unconscious options were differently connected with the interpersonal problems only for CBT and psychodynamic psychotherapies. For the experimental group, several cognitive schemas correlated with the unconscious option for each psychotherapeutic orientation at pretest, but no correlation between the conscious options and unconscious preferences was found. At posttest, for the same group, no significant difference for conscious preferences for any psychotherapeutic orientation was observed when compared with the pre-test assessment, but a significant correlation between conscious and unconscious preferences existed for both humanistic psychotherapies (rho Spearman=.305, p=.039) and CBT (rho Spearman = .364, p=.013).

Conclusions: Unconscious and conscious preferences for psychotherapy orientations training are not associated, except for CBT, initially. A minimum of knowledge in the psychotherapy theory and practice changes the students’ option criteria from vulnerabilities to personal strengths and it increases the association between conscious and unconscious options.

Keywords: psychotherapy training, psychotherapy orientation, personality traits, interpersonal problems
THE OPENNESS TO EXPERIENCE QUESTIONNAIRE: CONSTRUCTION AND VALIDATION

Nicoleta RABAN-MOTOUNU, Geanina CUCU CIUHAN
University of Pitesti, Romania

Problem Statement. Openness resulted as an important personality dimension when an integrative model of assessing personality was made, like the Big Five. As the new trends in psychotherapy research tend to discover psychotherapeutic change mechanisms, new instruments have become necessary.

Purpose of Study. The main objective of this research was to develop and to validate a self-assessment questionnaire dedicated to an important concept in experiential psychotherapy: the subject’s openness to experience. In addition to the studies dedicated to the Openness factor from the Big Five model, our purpose was to find the proper way to assess the subject’s openness to experience at a more phenomenological level, centred on the systemic, synergetic functioning.

Research Methods. The experts method was used to create the questionnaire as follows: a group of experiential psychotherapists came with a definition of the construct “openness to experience”; seven dimensions resulted. A second group of 50 experts were asked to come with five items that address each dimension. A third group solved the reallocation task. At the end, the questionnaire contained 182 items. It was experimented on 112 subjects. The convergent validity of the questionnaire was examined with the Philadelphia Mindfulness Scale (PHLMS), Consciousness Quotient Inventory (CQ-I), and The Unconditional Self-Acceptance Questionnaire (USAQ).

Findings. The Cronbach’s alpha was 0.925 for the entire questionnaire, and between .543 and .810 for the subscales. The convergent validity coefficients of the questionnaire were: with the PHLMS total score varying from .219, p=.022 to .269, p=.004 for the subscales, and from .191, p=.046 to .464, p<.001 for PHLMS consciousness scale; with the CQ-I it was .072, p>.05 for the total score, varying from .265, p=.036 to .385, p=.002 for the subscales; and with USAQ it was .299, p<.05 for the global score, with the highest correlation with the capacity to decide free from evaluation and misconceptions in the present (.519, p<.001).

Conclusions: The concept as we have defined it is different from the perspective other instruments have previously proposed, starting from theory. It allows measuring especially resources, helping identifying mechanisms of psychotherapeutic change.

Keywords: openness to experience, experiential psychotherapy, validation, psychological resources
ASPECTS OF SOCIO-PROFESSIONAL ADJUSTMENT OF SCHIZOPHRENIC PATIENTS WITH GOOD INSTRUCTION LEVEL.

Ruxandra RĂȘCANU, Ofelia POPESCU, Alexandra PIROIU
University of Bucharest, Faculty of Psychology and Educational Sciences

Problem Statement:
Schizophrenia is one of the main problems of psychiatry today. It differs from other psychic diseases because of its high occurrence rate, especially in youths – modifying efficiency, creativity, adaptability and perseverance. It requires special therapy, though still a controversial domain of study.

Purpose of Study:
We studied the clinical and socio-professional adjustment in a group of patients, viewing personality as a global concept, for both normal and sick individuals, in an attempt to find out the real familial and socio-professional adjustment possibilities, to estimate the correlations between the above-average cognitive operational level and the possibility of adjustment to the micro-group.

Research Methods:
For our group (100 subjects – 30 men, 70 women, ranged among high education graduates) our research tools were: direct and indirect observation, individual anamnesis question-card devised by us, discussions with all members of the family, the health and psycho-social questionnaires, the psycho-clinical complex investigation file.

Findings:
Patients with attention and memory disorders showed a certain degree of recovery with elements of their socio-professional adjustment obtained from the careful dosage of standard treatment, as well as from psychotherapeutic attempts undertaken at the family level (educational group). Thus, only 7.69% had “good rehabilitation” 38.46% a “poor” one and 55.84% a defective one.

Conclusions:
Remained problematic both in terms of diagnosis and prognosis, schizophrenia leaves the sick highly vulnerable to socio-professional adjustment. Perceptive, cognitive and other sorts of disorders are related to genetic propensities toward disharmonic development. The schizophrenic’s family can contribute to his recovery by maintaining a positive climate and by observing the complex therapy indicated by the clinician.
ATTITUDINAL AND EMOTIONAL STRUCTURES SPECIFIC FOR INFERTILE WOMEN

Ruxandra RĂȘCANU*, Simona VLADICA**

*University of Bucharest, Faculty of Psychology and Educational Sciences
**Spiru Haret University Brașov, Faculty of Psychology – Pedagogy

Problem Statement: Conceiving a child was before, and will be a milestone for more and more couples; the inability to have a child means pressure, sufferings for the couple, emotional and spiritual pain.

On a global scale but also in Romania, infertility has become a health issue, affecting one out of 10 couples and its effect on the couple is compared to the suffering induced by terminal diseases; for us, studying its effects has proven a true challenge.

Purpose of Study: Our intention has been to realize a thorough study of this phenomenon and we established an experimental design for a group of 20 women diagnosed with infertility and a witness group of 20 women with children, in order to find psycho-therapeutic solutions for psychological trauma determined by infertility.

Research Methods: Our research tools were: the observation, the semi-structured questionnaire designed by us - the value adjustment index BILLS – (IAV), - the health and psycho-social questionnaires, the psycho-clinical complex investigation file (based on the psycho-clinical history).

Findings: Our findings, with rather different values obtained for each of the 2 groups (both groups with ages between 30 and 40, all women admitted to “Panait Sarbu” Hospital for Obstetrics and Gynaecology in Bucharest), highlight a set of reactions that became behavioural stereotypes for infertile women, especially after failure to conceive. These reactions, with an attitudinal and emotional pattern of the personality structure for the women who hardly accept or even reject infertility - perceived as inferiority - present a large range of psychological outcomes, from the anxiety-depressive state, fear for an uncertain future, to low self-esteem, anger, jealousy in front of the couples with children, isolation, etc.

Conclusions: Due to their urge to have children, the programming of the sexual act according to the ovulation period, as well as a strict observation of the medical recommendation lead to a counter-balance of the couple relationship, translated through frustration, discrepancies of the self at the level of social identity, marital stress, loss of sexual desire and of passion (a robot like behaviour).
PSYCHOLOGICAL HEALTH IN CHILEAN WOMEN BASED ON THE HISTORY OF MISTREATMENT

Raquel RIVAS-DIEZ, María del Pilar SÁNCHEZ-LÓPEZ, Andreea Catalina BRABETE

Universidad Complutense de Madrid, Spain.

Problem Statement: Upon recognition of violence against women as a serious social problem, in recent decades there has been a considerable increase in research on gender violence. To define this form of violence is necessary to use the Declaration on the Elimination of Violence Against Women, the first international instrument of Human Rights that explicitly addresses gender violence. The first article provides a descriptive concept of this kind of violence, considering that “…any act of gender-based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life.”

Purpose of Study: The main objectives of this research were: first, to examine the circumstances of family violence and psychopathology in a simple of Chilean women, and secondly, to determine the most relevant circumstances of abuse from a psychopathological perspective. Hypothesis: the psychopathological severity is related to the circumstances of the abuse (duration, intensity, background).

Research Methods: Participants: 97 battered women. Instruments: GHQ-12 consists of 12 items, each one assessing the severity of a mental problem. Scale Severity Symptom Post-Traumatic Stress Disorder to assess symptoms and severity of the disorder. Specific interview developed for the study (history of the problem and physical health). Design: It has been used a descriptive design using a cross-sectional assessment of the victims, the sample was evaluated in a single moment.

Findings: The situation of women in relation to living with the abuser is associated with Post-Traumatic Stress Disorder (PTSD) and a poorer mental health. In this sense, battered women who were cohabiting with the offender showed greater severity in these two factors.

Conclusions: Violence against women may cause intense psychological and physical discomfort. The results support previous research data about post-traumatic symptoms and physical health consequences. Various questions arise that would be interesting to investigate in future studies: What factors are associated with a victim remains for so long with the aggressor? Why take so long to get help?

Keywords: Gender Violence, psychological health, anxiety, depression, PTDS, chilean women
ELDERLY INSTITUTIONALIZATION AND DEPRESSION

Patricia-Luciana RUNCAN
Department of Social Sciences, Faculty of Sociology and Psychology, West University of Timisoara

Problem Statement: Separation is hard at any age for almost anyone. More so, the separation from their homes for the elderly who lived a lifetime there is perceived as a feeling of exasperation that leads to despair. In many cases, the institutionalization of the elderly leads to loneliness, isolation and eventually to depression. When a person chooses or is forced to change residence to another, growing environmental pressures and the elderly are increasingly challenged to test their own limits. If demands are too high for the elderly, he/she is experiencing an overload or excessive stress that can lead to physical and spiritual imbalance. Many people react adversely to the institutionalization of the elderly, because they fear that this is the last way that will not be able to come back home to their loved ones and their belongings.

Purpose of Study: The purpose of this study is the discovery of the intrapersonal perspective regarding the effects of institutionalization and loneliness on the occurrence of depression in elderly.

Research Methods: The research in this paper aims to analyze if loneliness and the institutionalization of the elderly can generate depression. We used the questionnaire survey method and the research instruments used were:
Opinion QUESTIONNAIRE on institutionalization and loneliness, as well as elements of depression;
BECK SCALE measuring depression, the short form.
The general hypothesis of this research is that in the case of the elderly, any major event with negative emotional load can increase the risk of depression. The research sample is composed of 50 subjects, elderly institutionalized pensioners from the Elderly Home in Timisoara. The questionnaires were personally applied to each subject during March-May 2009.

Findings: The results of the research present the fact that depression in the institutionalized elders questioned is present 100%, out of which 4% suffer a light depression, with a score of 0.51-1.20, then 62% suffer from a severe depression, with a score of 2.01-2.50 on the Beck Scale for measuring depression.

Conclusions: Institutionalization leads to the appearance of depression, determining a narrowing of social contact, loss of interest for various activities, death-oriented thoughts and even suicidal thoughts!

Keywords: elderly, depression, institutionalization, loneliness, support.

Doina Ștefana SĂUCAN*, Mihai Ioan MICLE*, Ana-Maria MARHAN*, Gabriel OANCEA**

*Institutul de Filosofie si Psihologie „C. Radulescu Motru” al Academiei Romane
**Serviciul de probatiune de pe langa Tribunalul Bucharest

Problem Statement: Cognitive behaviorism started being used for the rehabilitation of offenders when the “what works” approach became popular in the correctional field. Classic interventions were focused mainly on solving specific educational, professional and social problems, whereas the cognitive approach is centered on solving the cognitive distortions which led to crime.

Purpose of Study: The present paper has the following objectives: the description of the main characteristics of the approach to the rehabilitation of offenders, based on structured group programs and the description of the effects (qualitative analysis) that structured group programs (“Stop! – think and change” and “Heads or tails”) have in relation to the subjects’ resources and their willingness to reconsider their attitude towards themselves, reality (justice, rules, customs etc.) and to make positive behavioral changes.

Hypothesis: there exists a possibility that following the participation of the beneficiaries to the programs, they will actualize and develop resources towards the modification of cognitive distortions and towards adopting an approved behavior.

Research Methods: Our research is based on a qualitative analysis of the evaluation reports, on an evaluation based on a preprogram interview, on the method of observation and on the consultation of the surveillance reports. The total number of participants to the both mentioned projects is 24 (16 for “Stop! – think and change” and 8 for “Heads and tails”).

Findings: The results showed that subjects who followed the mentioned programs have revised their perception of the objective reality; they were able to make a cost-benefit analysis with a focus on a socially desirable decision. It was validated that through the reconfiguration of their attitude and through the redesigning of the decisional and control processes and of their way of thinking, the offenders become capable of identifying pro social ways of solving their problems and of thus attaining decisional autonomy.

Conclusions: The solutions that were identified are a better familiarization of the judges with the program and the preparation of the beneficiary before his joining the program. It could be very fruitful for the understanding of recidivism if the specialists will profoundly explore the differences in experiencing the large register of the programs for offenders in order to reduce recidivism.

Keywords: cognitive-behavioral program, probation, recidivism, pro-social ways.
LESSONS LEARNED IN THE IMPLEMENTATION OF AN INNOVATIVE PREVENTIVE FAMILY INTERVENTION SERVICE IN BUCHAREST

Dan Florin STANESCU
National School of Political Studies and Public Administration, Bucharest

Problem Statement: A severely ill person has to cope with medical procedures, hospitalisation, declines in socio-economic status, increasing dependency upon others, shifts regarding his/her future perspectives etc. If this person is a parent, the consequences of these stressor factors affect the entire family, which may result in a lasting distortion of the children's social and emotional development.

Purpose of Study: To evaluate the process of implementing an innovative family-oriented preventive psychological services for children and families with a severely acute central nervous system injured parent in Bucharest, with special regard to problems and obstacles encountered and clients satisfaction.

Research Methods: Qualitative content analysis using categorization and phenomenological analysis of descriptive progress notes during the implementation period was used, together with the FBB questionnaire for evaluation of the therapeutically intervention quality. The team members of the preventive service were defined as participant observers. Interpretations of the material were derived following the four-stage process described in detail in Smith and Osborn (2003).

Findings: Obstacles encountered were often linked to a lack of consideration being given to preventive intervention as concept. High rates of refusals were encountered. It was necessary to give special attention to providing family members and sometimes physicians with practical evidence of the value of the intervention. A real „conspiracy of silence” was adopted by many of the parents who did not want to involve the children in their problems. The tests of therapeutic satisfaction confirmed the quality of intervention through high scores of success and acceptability reported from all participants’ perspectives (child, healthy parent and therapist).

Conclusions: Implementation of preventive psychological services for families and children with one parent with acute severe central nervous system injury should carefully address patients’ fears of psychiatric stigmatization and need to consider the integration of psychological services into the neurosurgical hospital staff together with the familiarization of medical staff with the psychological drama which affects the family and especially children. Furthermore, they should increase the awareness in mental health services and the community in general about psychological problems with impact on family members when a parent is suffering from an acute severe condition. Implications for future implementation activities in this field are also discussed.

Keywords: children of somatically ill parents; central nervous system injury; mental health prevention; service development and implementation; evaluation in health services research
FUNCTIONAL IMAGING CORRELATES OF ENVIRONMENTALLY-INDUCED MEMORY CHANGES

Angelica STANILIOIU, Hans MARKOWITSCH
Physiological Psychology, University of Bielefeld, Bielefeld, Germany

Problem Statement: Remembering the past is a core feature of humans that enables them to safeguard a robust sense of personal identity. Forgetting operates in a dynamic neural connection with remembering, by allowing the elimination of irrelevant information overload and decreasing the interferences. Stress and traumatic experiences could affect this connection by inducing brain functional and/or structural changes. This might subsequently lead to various memory disturbances, including dissociative amnesia. Dissociative amnesic conditions are most frequently of retrograde nature, but occasionally they may be anterograde as well.

Purpose of Study: Our research has aimed to unravel the neural correlates of environmentally-induced (stress-related) amnesic conditions.

Research Methods: We analyzed data from over a dozen of patients (age range- 23 to 54 years) with dissociative amnesia with severe retrograde memory impairments, whom we investigated with neuropsychological methods, conventional structural brain imaging and functional neuroimaging (glucose positron emission tomography), and compared them with data from well matched healthy controls. Additionally, a systematic Medline search of English, German and French empirical literature was performed by combining the keywords “amnesia”, “psychogenic”, “functional”, “dissociative”, “functional magnetic resonance imaging”, “positron emission tomography” and “single photon emission computed tomography”.

Findings: In line with our findings from neurological patients, who after right-hemispheric temporo-frontal damage became unable to retrieve their autobiography, and with functional imaging results from normal subjects, who showed a predominantly right hemispheric activation in temporo-frontal regions when retrieving own episodes of their past, we evidenced in a relatively large sample of patients with dissociative amnesia with preponderant retrograde memory deficits a hypometabolism during resting state in the right temporo-frontal region, with a decrease in the infero-lateral prefrontal cortex.

Conclusions: Mnestic blockades could emerge in relationship to stressful and traumatic situations, especially in patients with a history of childhood or youth life adversity. They are accompanied by a disruption of the normal connectivity between brain structures of the memory network, in particular by a stress hormones-mediated desynchronization during retrieval between processing of affect-laden events (that is assumed to preferentially engage the right hemisphere) and fact-processing (that is considered to engage the left hemisphere).

Keywords: Psychogenic amnesia, dissociative amnesia, mnestic block syndrome, brain metabolism, positron emission tomography, functional magnetic resonance imaging
GENDER DIFFERENCES IN VIOLENCE AND AGGRESSION - A NEUROBIOLOGICAL PERSPECTIVE

Angelica STANILOIU, Hans MARKOWITSCH
Physiological Psychology, University of Bielefeld, Bielefeld, Germany

Problem Statement: Violence was traditionally seen as being associated with being male. This lay view has been supported by several studies showing that in general population men perpetrate violent acts significantly more frequently than women. Variations in physical aggression levels among sexes emerge early in development, suggesting roles for hormonal and genetic factors.

Purpose of Study: Our aim is identifying the neural underpinnings of gender differences in aggression and violence.

Research Methods: A systematic English-German Medline literature search of empirical studies and original reviews from 2000 to 2011 was performed by combining keywords “gender”, “sex”, “aggression”, “violence”, “antisocial”, “conduct disorder” and “psychopathy”.

Findings: Several possible contributing factors to gender differences were found:
Genetic factors:
- A significantly higher prevalence of XYY genotype among the sexually motivated homicide perpetrators than among other male offenders was reported.
- An androgen receptor gene variant with shorter CAG repeats motifs was found to be associated with violent crimes in a group of convicted males.
- The promoter polymorphism associated with in vitro lower expression of the MAO-A gene predicts higher rates of violence in Caucasian male carriers with early life severe maltreatment.
- Slightly higher heritability for physical aggression in males than in females.

Epigenetic factors:
- Sex hormones modulate the expression of genetic vulnerabilities for violence.

Hormonal factors:
- Sex hormones play roles in aggression.
- The testosterone-cortisol ratio mediates aggression and functional brain activity in response to angry faces.
- Exogenous administration of testosterone to women reduces fear and empathy.

Brain sexual anatomical and/or functional dimorphism:
- Women display higher empathy and better theory of mind capacities than men.
- Women show increased activation of mirror system areas on functional imaging in comparison to men. Larger relative total gray matter volume in women correlates with higher cooperativeness and altruism.
- Increased rates of conduct disorder and antisocial personality disorder in men.

Conclusions: Although gender differences in violence are a real phenomenon, with neurobiological underpinnings, women acts of violence might be underreported (either because women might target more frequently family members and/or they might provoke milder physical injuries).

Keywords: Antisocial personality disorder, psychopathy, theory of mind, empathy, epigenetic, genetic polymorphism
ANXIETY-RELATED ATTENTION BIASES IN PRESCHOOLERS: AN INVESTIGATION USING THE PICTORIAL DOT-PROBE TASK

Georgiana SUSA*, Irina PITICA*, Oana BENGA*, Mircea MICLEA**
*Developmental Psychology Lab, Department of Psychology, Babeș-Bolyai University, Cluj-Napoca, Romania
**Department of Psychology, Babeș-Bolyai University, Cluj-Napoca, Romania

Problem Statement: Attention biases along with other distorted cognitive information processing are hypothesized to be involved in the aetiology and maintenance of anxiety disorders. Therefore, early identification of attention biases associated with anxiety is important because it might offer a larger window for prevention and early intervention.

Purpose of Study: The present study examined in preschool aged children the effects of attention biases towards threat on anxiety symptoms. In addition, we also measured temperamental traits such as fearful temperament and inhibitory control, given that it is believed that these temperamental traits might be related to both attention biases and anxiety symptoms.

Research Methods: In order to pursue our goal we administrated a pictorial dot-probe task to 4-to 7-years old children. In this version of the dot-probe task we presented angry, happy and neutral facial expressions and, different from the previous studies with young children, we used short stimulus presentation duration (e.g. facial expressions were displayed for 500 ms in the present study compared to 1000 ms or 1250 ms used by others researchers). Temperament and anxiety symptoms were measured through parental questionnaires.

Findings: Results showed that greater attention orienting towards angry faces was associated with higher levels of anxiety. Furthermore, a marginally significant interactive effect of attention biases towards happy faces and inhibitory control on anxiety symptoms was found. Finally, the interaction between fear and inhibitory control was significant in explaining the variance in anxious symptoms.

Conclusions: These data are some of the first providing support for the presence of anxiety-related attention biases early in the development.

Keywords: Attention biases, temperament, anxiety, children
ADAPTING AND IMPLEMENTING THE WISCONSIN CARD SORTING TEST IN ROMANIA. A LOOK AT THE CLINICAL DATA

Alexandru TAŞCU*, Dragoş ILIESCU**, Eugen AVRAM***

* UMF Carol Davila University, Department of Neurosurgery
** National School of Political Studies, Department of Psychology
*** University of Bucharest Department of Psychology

Problem Statement: Executive functions are complex processes through which an individual improves his performances (in achieving tasks) in a situation demanding for the operationalization of a number of cognitive processes (“basic ones”); these are cognitive processes of a higher level facilitating new patterns of behaviour and improving the subject's behaviour in unfamiliar circumstances. Many practical issues use the Wisconsin Card Sorting Test (WTCS). Therefore, the aim of this research is to contribute for the adaptation of WCST norms in romanian population.

Purpose of Study: Studies of the executive function conducted on a clinical romanian population represented a specific objective in establishing normative data. The romanian clinical sample consisted of 210 participants, of which 74(35.24%) are women and 123 (58.57%) are men. For the remaining 13 (6.19%) gender has not been documented. As far as age is concerned, they range between 14 and 83 (A= 48.06, SD= 15.00). The division of the sample in clinical groups was made based on the following handbook criteria: 1. frontal (lesions to the frontal lobes); 2. frontal plus (lesions involving both frontal and nonfrontal areas, including bilateral frontal); 3. diffuse (lesions occurring in three or all four of the brain lobes); 4. nonfrontal (lesions limited to one or two areas in the nonfrontal lobes).

Research Methods: WCST has been used and implemented according to the procedures documented in the handbook.

Findings: The results revealed comparative data for the various categories of participants. There are significant differences between normal subjects and those suffering from clinical disorders; between those manifesting frontal patologies and those displaying non-frontal pathologies (e.g. The number of completed categories, the number of trials, the total number of errors, attempts to complete the first category, the percentage of answers on a conceptual level); between patients with localised disorders and those with extended ones (the total number of errors, the percentage of errors, attempts to finish the first category, the percentage of answers on a conceptual level).

Conclusions: The resulting clinical data contribute, along with those accomplished from studying non-clinical subjects, to developing and implementing WCST norms on romanian subjects.

Keywords: Executive function, WCST, norms, evaluation.
BODY IMAGE SCREENING QUESTIONNAIRE FOR EATING DISORDER EARLY DETECTION: A ROMANIAN REPLICA


* Faculty of Psychology and Educational Sciences, University of Bucharest
** Facultad de Psicología, Universidad de Salamanca,
*** Facultad de Psicología, Universidad Nacional de Educación a Distancia.

Problem Statement: Eating disorders adversely affect physical health, eating habits, social and family relationships, as well as mood, work and studies school performance, and, ultimately, the quality of life of patients and their environment. This field currently faces several challenges. First, conceptual issues related to the diagnosis of these disorders and the criteria of medical severity. Second, vigorexia and orthorexia are unexplored by current studies. Third, the most commonly used measures for the assessment of eating disorders do not include previously mentioned disorders.

Purpose of Study: First, to test for cross-cultural validity of the Body Image Screening Questionnaire (BISQ), a screening measure validated in Spain, which assesses potential eating disorders related to anorexia, orthorexia, perception of obesity, and vigorexia, in a romanian sample. Second, to identify if there are significant differences in scores based on risk factors for participants such as being part of a clinical vs. general sample, gender, type work, health history and first-degree relatives’ health issues.

Research Methods: We used the BISQ with a romanian sample from both clinical and general populations. A total sample of 150 subjects, who after confidentiality was guaranteed participated voluntarily, was utilized for the analyses. Reliability analyses (Cronbach’s Alpha) were calculated for the total scale and subscales. Sensitivity and specificity of the measure were calculated as well. Parametric tests (Analysis of variance) were utilized to test for differences among groups, and non-parametric (chi-square) tests were utilized with categorical variables.

Findings: Concerning psychometric properties of the measures, all the factors and total scale showed adequate internal consistency. The measure also allowed distinguishing clinical vs. general subsamples. Significant differences between participants based on clinical characteristics were obtained, according to our predictions.

Conclusions: These results are consistent with the literature and support the experimental validity of the measure with romanian population. The measure can be utilized as screening tool that could help select those individuals who may need further assessment. It can also be used to prioritize primary intervention strategies with at risk population.

Keywords: Eating Disorders; Assessment; Screening; Measure
Problem Statement: Psychological implications derived from an organic disease are already well known by a large number of researchers. The theoretical background is based on modern psychosomatic theories (Dunbar, Alexander) with branches in psychodynamic concepts of Luban Plizza and Serban Ionescu.

Purpose of Study: We are based on the following hypotheses: the existence of a common profile of the psychosomatic patient and not several profiles based on the illness; we believe that this profile will have as central marks the tension, insecurity, the need of other’s approval, and also from the anxiety and dependency sphere including an not adaptive coping; we also believe that there is a close link between personality factors, defence mechanisms and social, economic, environment factors.

Research Methods: The study was made on 386 patients grouped in ten categories based on psychosomatic illness () We used the following instruments for testing: projective test Szondi; defensive questionnaire DSQ – that shows the defence mechanisms grouped in styles; CAQ personality inventory – validated on romanian population and substantiated with a ROC curve superior to MMPI type 1.

Findings: The results were obtain after a large statistical analysis and shows the correlation of psychosomatic pathology with aspects from traumatic sphere and emotional climate in excess, tension, anxiety, isolation. Predictive possibilities are referring to the early tracing of personologic disabilities that can born a psychosomatic pathology.

Conclusions: The operational highlight of the elements concerning the adaptive incapacity and the recovery index for these patients. Predicitive posibilities concerning a real increase of therapeutic perspectives.

Keywords: psychosomatic, defense mechanisms, psychical tension, insecurity
Problem Statement: The physicians often meet an unsolved mourning with a depressive state. Beyond this superficial level, always a mourning send us to foliation’s dimension and multiple generations vein. Theoretical aspects are based on Masud Khan Cumulative Trauma theory that is derived from an older concept of Otto Fenichel.

Purpose of Study: This paperwork is a case study with a psychoanalytical approach during one year of therapy (still underway). During this therapy we made some concentric steps in patient life history; the unsolved mourning problem was not directly faced but through its collateral implications.

Research Methods: The basic method was the one of free association; the actual results are: “defusing” of defense mechanisms that were extensive used by the patient, “breakdown” of upset, discovery of screen memories, building a more adaptive setting of current difficult life of the patient.

Findings: The impact is major not only for the past but also for the future of the patient, with huge echoes for entire family, with situations rollover and unexpected implications, maybe for one or two generations.

Conclusions: Therapy prognostic is well seen; once the mourning effort face to dead sister began, the patient manage to focus her psychic energy on emotional life of her own family; generational pathology of multiple deaths in her original family had a negative impact of her relation with the husband and son.

Keywords: mourning, generational pathology, psychoanalytical psychotherapy, defense mechanism, upset
Problem Statement: Errors are generally considered dangerous, humiliating and/or harmful, and to dismiss that fact would be insincere. But what if our attitude toward them play a decisive role in decreasing their probability?

Purpose of Study: Unlike the usual research paper that struggle to sketch an answer to a specific question, in the present article I rather intend to device some worth answering questions. Inspired by Schultz’s (2010) work, I ventured into a non-paradigmatic approach of error. More precisely, the objective of this article is to advance the scientific knowledge by proposing a new research program that investigates the role of attitudes and their relationship with the frequency and amplitude of human errors.

Methodology: The proposed research program contains both correlational and experimental designs. Within the correlational designs, it might be worth testing whether participant’s attitudes toward error (measured at both the explicit and implicit level) are somehow related with the actual number of errors recorded during a behavioral task. It could be that, the more participants accept the possibility of erring, the fewer errors they make. Within the experimental designs, it might be worth investigating whether priming a certain concept (i.e., error or success) affects participant’s error rate in a subsequent behavioral task. As a priming procedure, either subliminal stimuli, or the scrambled sentences task could be used. Clarifying these relationships is interesting because it could reveal the underlying psychological mechanisms between cognition (activated at the explicit or implicit level) and participant’s behavioral performance (i.e., number of errors).

Conclusions: When the same research idea is investigated from more than one perspective and in more than one context researchers have the opportunity to better understand the underlying mechanisms. However, we should not underestimate the risks associated with non-paradigmatic approaches, that could leave behind a minimal set of facts (possibly, about how things are not). Nevertheless, for the overall advancement of psychological science, these data might prove crucial for a creative future scientist who is directed toward a more promising alley.

Keywords: error, being wrong, (implicit) attitude, research program
Problem Statement: In recent decades there was an increasing impact of the technological development, felt most strongly in the area of information and communication technology (ICT). ICT have become present in many areas of activity and in increasingly more households, transforming our world in the so-called Information Society (Castells, 2000). Nowadays we cannot ignore the changes in people’s lives brought by the Internet and its accessories. This led to the breakdown of the geographical barriers, and the development of real-time, instantaneously, of certain activities that are based on cognitive functions. (Dimaggio et al., 2001).

Purpose of Study: This study focuses on the possible consequences of the use of digital technologies (more specific: Internet activities, games etc.) on cognitive processes. Our approach evaluates the impact of frequent use of “Internet based activities” on the cognitive functions through analyzing the cognitive style and other factors (Garcia et al., 2005). The paper seeks also possible implications of cognitive changes in the whole personality.

Research Methods: The paper is a theoretical approach, analyzing the literature in the area and studies conducted in the last years, presenting also some relevant results.

Findings: Emphasized using of the computer in the last decades appears to have lead to different changes in PC operators’ cognitive functioning. Furthermore, some studies have been focused on cognitive changes that have emerged among children and adolescents using frequently the computer (internet, chat etc.). Tardieu and Gyselinck discuss (on empirical evidence) about working memory constraints and about the need to consider the limitations of cognitive resources available to a user of a multimedia system (Oostendorp, 2003). Jirrlelti and Htkkinen develop a socio-cognitive model for analyzing Web-based interaction (Id.).

Conclusions: It is generally considered as the digital era and especially the Internet based activities negatively affects children and adolescents. There are even some opinions that IT technology is one of the factors underlying exponential growth of certain disorders, such as ADHD. Yet increasingly more results suggest that adaptive cognitive changes occur from the intensive use of digital technology and these changes don’t influence in a negative manner the human functioning within the modern society.

Keywords: cognition, changes, ICT, digital era
EFFICIENCY IN A NEW APPROACH: IDENTITY STRUCTURES THERAPY

Cristian VASILE
Petroleum-Gas University of Ploiesti, Romania

Problem Statement: The techniques or procedures (approaches) having palliative or curative effects upon any mental, emotional and behavioral disorder (Reber et al., 2009) are more and more required to demonstrate their effectiveness by empirical evidence (evidence based therapy). Within this context one of the major factors in the therapeutic process consist in an effective assessment, as the point of starting a successful changing process. According to the Agency for Healthcare Research and Quality the critical features of a good evidence-based research are: identifies answerable questions within the clinical decisions; locates the best evidence that is valid and applicable; evaluates the evidence for its validity and usefulness; estimates benefits and harms for individuals; evaluates clinical performance; identifies gaps in the science (2011).

Purpose of Study: This is an exploratory research studying the efficiency of the assessment instrument called Identity Inventory (former SPIS - Perception and Fulfillment of the Self Scale) in the clients’ evaluation for the psychotetahapy/counselling process (Identity Structures Therapy).

Research Methods: The Identity Inventory was applied to a small sample of clients, of Identity Structures (IS) counseling or psychotherapy sessions (Vasile, 2007; 2011). Sample preliminary data: 21 participants (men and women) aged between 19 and 43 y.o. (M = 31.190). Preliminary correlations with the counseling or therapy outcomes were conducted. The paper also describes shortly one case study for a better understanding of the evidence of this particular assessment instrument and IS therapy.

Findings: The main finding: a very good Pearson coefficient was found between the Identity Inventory results and the IS therapy results. This could be considered as a positive evidence indicator of the assessment effectiveness by the Identity Inventory. Also other findings will be discussed. Further longitudinal research on representative samples will be conducted in order to validate the findings of the pilot study.

Conclusions: Knowing that the Identity Inventory tracks the well-being feeling on seven basic personality directions, the deficit of one of the directions provides crucial data for the psychotherapeutic process. Depending on the results of the preliminary evaluation, the therapy will follow a direction or another.

Keywords: Identity Inventory, Identity Structures therapy, evidence-based therapy, assessment
Problem Statement: More and more in the last years, the process of career development was a central issue in many studies, that emphasized the need to integrate professional and personal-emotional difficulties in a holistic and systemic perspective on careers. There is a large amount of researches that focused on personality factors, such as neuroticism and consciousness, involved in shaping individual careers, and many intervention programs were structured to optimise such factors. Using metaphors in the process of career exploration and development becomes a more effective method to integrate individual sensitive, affective, intellectual, social, and spiritual dimensions, and to help people with various career issues.

Purpose of Study: We propose to structure an intervention program (the independent variable), based on a holistic and systemic perspective. Our program combined experiential techniques and some new, original metaphoric elements consistent with some recent career theories and practices, and is reflective of some of the social and economic changes that are impacting working life. The program had two parts, first of seven sessions, and second of five sessions, 42 hours both. Through this program we propose to increase the emotional stability, the self-acceptance and self-efficiency, and to optimise self-esteem (the dependent variables), as elements involved in the process of career development.

Research Methods: To accomplish these objectives we used two groups: an experimental and a control group. Each group had 12 participants, students in the University of Pitesti (mean of age 20.25). The following psychodiagnostic instruments were used: Revised NEO Personality Inventory (NEO PI-R), Self-Esteem rating Scale (SERS), and Dysfunctional Attitudes Scale, Form A. Statistical methods were used, too.

Findings: There were significant statistical differences considering all the variables involved in the study.

Conclusions: The proposed combined group program was an effective method to challenge the difficulties that young people face in the process of career development, and to facilitate, using the experiential strategy, a more direct and natural access to self-knowledge (an essential part of the individual career).

Keywords: metaphoric approach, experiential intervention, career development.
RESEARCH ON THE USE OF THE HAND TEST IN CLINICAL ASSESSMENT OF CHILDREN AND ADOLESCENTS

Elena Otilia VLADISLAV*, Gabriela MARC**, Elena Mirela AGRAVRILOAEI ***, Irina MĂRĂCINEANU****, Luiza ȘTEFAN****

* Faculty of Psychology and Educational Sciences, University of Bucharest
** Clinical Psychologist of Child Welfare Bucharest
*** Alexandru Obregia, Hospital, Department of child neurology
**** Alexandru Obregia Hospital, Department of child psychiatry
***** Edmond Nicolau College

Problem Statement: The Hand Test (Edwin E. Wagner, Ph.D., 1983) has not been adapted and standardised for romanian subject even if there are numerous clinical studies (Stoner 1984, Hilsenroth 1990, Pichot 1990, Clemence 1999, Smith 2005 to name just a few) that confirm the usefulness of this test for clinical assessment.

Purpose of Study: Our presentation has been triggered by our investigation of the clinical validity and use of this test in the assessment of children and adolescents with psychological disorders. Our goal was to see whether there is any specificity of the results for each clinical category: epilepsy, internalising disorders and externalising disorders.

Research Methods: We evaluated the following groups:
1. The non-clinical group was made up of 131 children and adolescents (73 boys and 58 girls) with ages between 7 and 17 (M age=11, 75).
2. The clinical group was made up 174 children and adolescents split in three pathological subgroups: 37 epileptic patients (17 boys and 20 girls) with ages between 7 and 17 (M age = 11, 75), 58 patients with externalising disorders (40 boys and 18 girls) with ages between 7 and 15 (M age = 10, 66), 69 patients with internalising disorders (31 boys and 38 girls) with ages between 7 and 17 (M age = 11, 75). Twenty-six quantitative and qualitative Hand Test variables were compared considering the non-clinical group contrasted with each pathological group.

Findings: Our study shows that there are significant differences between non-clinical and clinical groups for several scores: EXH, DIR, AGG, INT, TEN, MAL, PATH, AOR. The main part of our presentation will be dedicated to the proper and detailed analyses of our findings.

Conclusions: Our research has proven once more that the Hand Test is indeed a useful projective tool and that it can be adapted to romanian specificity.

Keywords: The Hand Test, clinical assessment, children, adolescents, epilepsy, internalising disorders, externalising disorders.
THE SELF-CONCEPT AT ADOLESCENTS: BETWEEN NORMALITY AND PATHOLOGY

Elena Otilia VLADISLAV
Faculty of Psychology and Educational Sciences, University of Bucharest

Problem Statement: Adolescence is a very significant period of the development of the Ego, a phase of complete and profound reorganization of the Self. All adolescents go through inner turmoil, but not all live the identity crisis. Adolescents who have good knowledge of their Self experiment less anxiety and depression and are less vulnerable to external negative influences. In my psychotherapeutic practice with adolescents I noted that the manner in which they perceive themselves is the nucleus of their psychological disorders. These empirical observations have determined me to seek a therapeutically method which may improve the development of the Self-concept at clinical adolescents. Therefore, my presentation analyses the differences existing between the development of the Self-concept at normal adolescents and those with psychological disorders.

Purpose of Study: “The Genesis of Self Perception”, an instrument of assessment developed by Rene L’Ecuyer in 1993, has been adapted to suit the Self-concept of Romanian adolescents.

Research Methods: The first goal was to determine the Self-concept profiles of normal adolescents, within non-clinical groups. I evaluated 480 adolescents, half boys and half girls, with ages between 14:6 and 18:6. These adolescents were students in eleven Bucharest High Schools. The second goal was to identify the disturbances of the development of the Self-concept at adolescents with internalising and externalising disorders. The clinical group was made up of 60 adolescents with emotional disorders (half boys and half girls) and 60 adolescents with behaviours disorders (half boys and half girls) with ages between 14:6 and 18:6. All of them were patients of the four clinics of psychiatry with which I collaborated.

Findings: The results of the assessment identified the most important dimensions of the Self-concept at adolescents. The changes have emerged once age advanced. I also found significant differences between girls and boys. The results of my research indicate that the most meaningful change occurs around the age 16-17. Thus, age is a very important for the development of the Self-concept at adolescents. The analysis and interpretation of the results have shown significant differences between the Self-concept of non-clinical and clinical adolescents. Both the quantitative and qualitative analyses of the data show that there are specific profiles of the dimensions of the Self-concept in different clinical groups.

Conclusions: The present study has shown that the The Genesis of Self Perception is an important tool in identifying and in the assessment of the problems that may appear in the development of the Self-concept of adolescents. As a consequence of my research I developed a psychotherapeutic experiential method that can be applied with Romanian adolescents faced with problems of the Self-concept.

Keywords: adolescents, Self-concept, internalising disorders, externalising disorders, assessment.
THE RELATIONSHIP BETWEEN POSITIVE EMOTIONS, COPING STRATEGIES AND EGO-RESILIENCY: A MEDIATION MODEL

Alina VULPE, Ion DAFINOIU
Alexandru Ioan Cuza University, Iasi, Romania

Problem Statement: Even there are studies which suggest that positive emotions foster broader coping (Fredrickson & Joiner, 2002) and that positive emotions build resilience (Cohn et al., 2009), as psychological resources, no studies created a connection between these three variables in a single model. Coping represents behavioral and cognitive efforts to deal with stressful encounters (Lazarus, 1999). Ego resilience (Block & Kremen, 1996) is a fairly stable personality trait that refers to an individual’s ability to adapt to changing environments. The Broaden and Build Model of Positive Emotions (Fredrickson, 1998, 2001) is the main theoretical approach that explains the relationship between positive emotions, coping and ego-resiliency. The model advances two principal hypotheses: (1) the broaden hypothesis, which states that positive emotions expand one’s attention, cognition and behavioral repertoires, and (2) the build hypothesis, which advocates that even though positive emotions are short-term affective states, they have long-term effects, specifically by determining significant increases in individuals’ physical, psychological, cognitive and social resources.

Purpose of Study: Our research investigates the relationship between positive emotions, coping strategies and ego-resiliency and proposes a mediation model for these three variables.

Research Methods: Our model, obtained through this research, includes and integrates the following explanatory variables: positive and negative emotions, adaptive and maladaptive coping and ego-resiliency which were assessed for each participant. Standardized questionnaires were used to measure each variable. This is a correlational study which includes an opportunity sample of 150 Romanian workers; conceptually the dependent variable is ego-resiliency, positive emotions are the independent variables, and the intermediate variables are coping strategies.

Findings: Results showed that the relationship between positive emotions and ego-resiliency is mediated by adaptive coping. Specifically, positive emotions predict adaptive coping strategies which, in turn, foster higher ego-resiliency.

Conclusions: The results obtained through this study represent more empirical support for the utility of psychotherapeutic interventions with the purpose of stimulating the experiencing of positive emotions in a therapeutic context, in order to facilitate the individual’s change, given the fact that positive emotions predict adaptive coping strategies which in turn foster higher ego-resiliency – the individual’s ability to adapt in changing environments.

Keywords: positive emotions, coping strategies, ego-resiliency, mediation model
Problem Statement: The construct „Consideration of Future Consequences” (CFC) was developed by Strathman, Gleicher, Boninger & Edwards (1994) and reflects the extent to which people take into account immediate or future consequences of their behaviour. CFC Scale was designed in order to measure this construct, for which the authors conducted psychometric studies on a sample of students from Missouri and California Universities. The results revealed an internal consistency ranging between 0.78 and 0.86. Moreover, test-retest reliability indicated a high level of stability (r=0.76; p<0.01, after 14 days) and the correlation of the scores acquired at DGS (Ray & Najman, 1986), and ZTPI (Zimbardo, 1990) attest its validity.

Purpose of Study: Taking into account that the examination of temporal orientation is a good predictor regarding the risks for general health state and alcohol abusive consumption (Beenstrock, 2011), juvenile delinquent behavior, workplace performance (Dane, 2011), and persuasion resistance, we considered the cross-cultural adaptation of this test and achieving a reliable, stable, valide and standardized version a matter of utmost importance.

Research Methods: For the cross-cultural adaptation, we followed the guidelines of ITC (Hambleton, 2011) and for establishing an equivalent romanian form we used the translation and back-translation, double blind, with 4 independent translators. romanian and English versions were applied after 10-14 days to a number of 87 students, aged between 19 – 33 years (x= 21,35), 64 woman and 23 men.

Findings: The psychometric results shown that romanian version of the CFC-S has a high level of internal consistency reliability (α = 0.80). Inter-item correlation certified that the items included in romanian version of CFC-S are correct. Mean scores for CFC-S and RO-CFC-S is resemblable and also after using Wilcoxon test (two dependent samples), no statistically differences were identified.

Conclusions: In conclusion, RO-CFC-S is to be temporary considered a transcultural version of CFC-S, exclusive for equiva populations with the ones used in the psychometric procedures mentioned above. RO-CFC-S is an useful instrument which can be used in studing consumer behaviour, health psychology (addictions) and in career counselling.

Keywords: temporal orientation, cross-cultural adaptation, consideration of future consequences.