SECTION 1: CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY

PAPER 11. THE FEELING OF THE UNCANNY, CRUELTY AND THE PRINCIPLE OF SYNCHRONICITY – A CASE STUDY BASED ON MULTIPLE COINCIDENCES

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Problem statement: The feeling of the uncanny is the effect of the paradoxical run-over between the familiar and the unfamiliar, amid narcissistic regression, the split-off of the Ego and the return of the identical. In the context of the following clinical vignette, there will be an exploration of the way the felling of the uncanny can be triggered both in the theoretical context proposed by E. Bergler and as effect of a cruelty movement, as phantasm of destroying the physical limit, which implies the suppression of the psychic limit between the interior and the exterior, reality and phantasm.

Purpose of Study: Starting from the issue of the uncanny, one explores the way the limit between the internal and the external reality can be punctually and reversibly transgressed. At the same time, the valences of the synchronicity principle are being discussed (C. G. Jung, W. Pauli) amid a scene of cruelty, as well as the relationship between cynicism and omnipotence.

Research Methods: A case study of a first and unique session based on a qualitative psychoanalytical research method, mainly on the latent content analysis in a metapsychological perspective.

Findings: In the context of the case study, the principle of synchronicity is understood as an elaborative result of a regressive state. Cynicism, as a form of cruelty, implies an a-dimensional space from which the object is excluded, and the interpretation is impossible provided it allowed for triggering an analytical processuality extremely painful for the patient. The cynic is the mirror of the Other reduced to the non-subject status, which is why the destructive aggressiveness is transposed into action and provokes countertransferentially, through the concurrence of the circumstances of the coincidental external reality, the feeling of omnipotence and the uncanny.

Conclusions: In the cynical relationship there is no interpretation, because it might trigger an extremely painful process, an objectual dimensional space. By means of the cynicism mechanism, the Superego remains captive and the destructive aggressiveness enters in action, which triggers in the analyst the feeling of omnipotence and the feeling of the uncanny through random settings of the coincidences.

Keywords: uncanny, omnipotence, cruelty, cynicism, synchronicity
PAPER 13. COGNITIVE HYPNOTHERAPY IN ADDRESSING THE POSTTRAUMATIC STRESS DISORDER

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Problem statement: The posttraumatic stress disorder (PTSD) is the only mental disorder with an easily identifiable etiology. If individuals suffering from PTSD are in a spontaneous dissociative state during and immediately after the trauma, hypnosis can be helpful in getting to traumatic memories by recreating that precise kind of mental state. People who have suffered trauma are rather easily hypnotizable, because patients with PTSD present dissociative symptoms and in hypnosis they can evoke traumatic memories.

Purpose of Study: The article presents a case study in which the posttraumatic stress disorder was approached in an integrative, psychiatric and psychotherapist manner. With the aim of improving treatment outcome, hypnosis was added to cognitive-behavioral treatment. The client, a highly hypnotizable person aged 65, diagnosed with PTSD and panic attacks, required, on the psychiatrist’s recommendation, specific pharmacotherapy combined with psychotherapy.

Research Methods: The psychotherapeutic intervention consisted of 23 sessions using cognitive-behavioral hypnosis techniques. The case was approached through systematic desensitization, cognitive restructuring, the emotional bridge and the age regression and progression in hypnosis, combined with self-hypnosis.

Findings: This case study highlights the characteristics of an integrative approach that combines psychological and psychiatric intervention techniques. At the end of the treatment, the patient no longer needed psychiatric treatment. The client's strengths were the high level of hypnotizability and an increased motivation for psychotherapy.

Conclusions: The present case study adds further evidence to the accumulating research that integrating hypnosis with cognitive-behavioral treatment may increase benefits for clients suffering from PTSD.

Funding: This work was supported by the Sectoral Operational Programme for Human Resources Development though the project “Developing the ability for innovation and research impact increase through post-doctoral programmes” POSDRU/89/1.5/S/49944, “Alexandru Ioan Cuza” University of Iași.

Keywords: posttraumatic stress, hypnosis, cognitive-behavioural therapy
Problem Statement: In the last years, efficacy studies of cognitive therapy for schizophrenia have demonstrated durable effects on positive and negative symptoms. Cognitive-behavioral therapy has a proven role as an adjunct to antipsychotic medication. Positive symptoms, depression, and overall symptoms appear to be viable treatment targets for cognitive behavioral therapy.

Purpose of Study: This paper aims to be a presentation of a cognitive behavioral approach of a patient with residual schizophrenia. It will illustrate the advantages that this type of therapy may have for treating this kind of patients, but also the challenges that they may bring for the clinical psychologist and the limitations that the institutional environment can rise.

Research Methods: In this case study were used methods and techniques specific for this type of therapy. The goals were: anxiety level decrease, amelioration of the social behavior, improvement of the relationship with the others and support for maintaining family connections of the patient. In order to decrease anxiety, relaxation techniques, ego strengthening suggestions, healing suggestions and rhythmic breathing exercises were used. To ameliorate the social behavior, the client was encouraged to participate in occupational therapy and interact with the others, to make contact with the community environment, to achieve assertiveness techniques.

Findings: There were also some problematic aspects of the therapeutic approach: cognitive functions deterioration, the anxiety generated by the mental patient status, labels applied by staff and other patients, hostility manifested from and towards other patients, resistance towards change and therapeutic tasks. In spite of all these obstacles, the objectives were accomplished. During the therapy, the anxiety level of the client decreased. The main progress regarded the interpersonal relationship. The patient acquired assertiveness and communication skills, managed to take part at the group activities, although the reclusion tendency is still present.

Conclusions: The cognitive behavioral therapy has major advantages in treating the patients with schizophrenia. Although, the clinical psychologist must surpass not only the client’s resistances, but also the obstacles that rise from the institutional environment – such as: inadequate collaboration between the staff and the patients, negative attitude towards clients, rejection and blaming attitude of patients towards one-another.

Keywords: institutional environment, residual schizophrenia, cognitive behavioral psychotherapy
PAPER 49. THE INCREASE OF THE DIFFERENTIATION LEVEL OF THE SELF THROUGH UNIFYING PERSONAL DEVELOPMENT

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Problem Statement: The differentiation of the self is a premise of the formation of a solid self, of the psychic maturity as a sign of psychic health. In order to study the process and the dynamic of the differentiation of the self in this study, we turned to the harmonious conjunction of two important psychological theories: Murray Bowen’s systemic and multigenerational theory and the fundamental theory of Iolanda Mitrofan’s therapy of unification.

Purpose of Study: – to study the efficiency of an experiential program of analysis and personal development focused on unification, on the differentiation of the self.

Research Methods: The study sample consisted of 120 students from the Psychology Faculties, divided in two groups: the experimental group (60 subjects) and control group (60 subjects). A program of analysis and personal development focused on unification was applied to the experimental sample. The retest took place two months after the closure of the 112-hour unifying personal development program (UPD).

Findings: All the means of the variables regarding the differentiation of the self have increased due to the attendance at the UPD, in the experimental group. In the control group, there have been very small and statistically insignificant increases and decreases of the variables. Thus, hypothesis 1 has been confirmed: the attendance at the UPD program has led to the statistically significant increase of the differentiation level of the self (increase with 8.15). In the control group, the increase has been very small and statistically insignificant (0.97). This statistical analysis was accomplished by using the t test for paired samples. Significance threshold: p<0.001. Also, hypothesis 2 has been confirmed: there are strong connections of this level with anxiety and depression (negative correlations), as well as with self-satisfaction and emotional intelligence (positive correlations).

Conclusions: The results obtained validate the unifying personal development program, addressed to psychology students, that increases the differentiation level of the self. The practical relevance of the results obtained is that the differentiation level of the self can be increased in a relatively short period (18 months), by means of a unifying personal development program. This program can be applied to any person. However, it would be best if psychology students or young psychologists benefitted from its advantages right after graduation.

Keywords: differentiation of self, maturity, personal development
Problem statement: Using sand play we succeed to touch profound aspects concerning counter-transference, the relation between therapist and patient, and the pre-verbal affective systems. The approach is analytical/ Jungian psychology.

Purpose of Study: What is the specificity of supervision in analytical psychology, especially when working on deep levels of the psyche? A large variety of experiences are associated, experiences that are not common for the usual control of our thoughts and actions, but they are characteristically for a state of mind in which unconscious is activated with the free play of fantasy expressing the inside human nature. In order to touch the emotional preverbal levels we used in supervision the sand play process.

Research Methods: Qualitative research: Study case

Findings: The therapist is involved in the patient process and if there are still unresolved problems in his/her own psyche the projections are interfered with the patient’s materials, mirroring the same mutual type of problem. In the SP process this type of contents are made visible, and we may work upon them in supervision to disentangle the syntonic valuable insights, about the patients’ condition and in the same time about the therapists’ condition

Conclusions: The study case shows the emotional attunement that occurs nonverbally; resonant with this attunement, the images appear from the maternal profound experiences of the nonverbal. SP provides the free space in which takes place the expression and experience of these realms between all involved in the process: supervised, supervisor and patient. Transformation arises in silence at the level of being. Both the affective neuroscience and infant observation and research show that the key in the transformational process is the relationship between the mother and infant by holding, mirroring and presence. The using of SP in the supervision provides for the therapist to meet the supervised in this space of being and the creation mirrors the transformational experience.

Keywords: counter-transference; supervision; analytical psychology, sand play; psychic transformation
PAPER 53. THE EFFECTS OF UNIFYING CREATIVE MEDITATION ON DRIVERS’ ATTENTION

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Topics: Consciousness, Efficient learning practices, Mind-body problems, Therapy practices and promoting health

The paper aims at revealing the effects of unifying creative meditation on the subjects’ performances (amateur drivers) at attention tests, as well as the existence of some significant differences between genders regarding the receptivity to stimuli such as unifying creative meditation. Thus, the following hypotheses underlie our paper: we assume there is a statistically significant difference regarding attention performances between the subjects benefiting from a training based on creative meditation and those who do not benefit from such a formative program. We assume there are some statistically significant differences regarding the subjects’ receptivity to the training based on unifying creative meditation according to gender.

In order to test the hypotheses of this study, we used both pencil-paper (Prague Test and the Distributed Attention Test) and computerized tests (VIG test and TAC test from the RQ PLUS PSI-RUTEVA battery).

Keywords: unifying creative meditation, attention, performance, driver
Problem Statement: The question underlying our current study is which ADHD subjects are reported as developing mental illness? The co-morbidity between attention impairments with mental illness confronts us with a dilemma referring to the ADHD subjects risking the development of mental illness.

Purpose of Study: The main objective of our research was to identify the most significant factors, from the statistic point of view, that might explain the development of major mental illness (hereafter MMI) amongst attention deficit disorder with hyperactivity (ADHD) and attention deficit disorder (ADD) carriers. Our further study objective was to examine gender dependency of ADHD and sorts of major mental illnesses.

Research Methods: Our research instruments were “data collecting questionnaires” (presented as an Appendix), school and parents interviews, to get to the necessary information for our study. The information referring to all our subjects was collected through: school files, subjects’ or parental interviews, medical documentation. We differentiate two stages in our research procedure, according to its objective. In order to examine the background factors that might explain the development of MMI amongst ADHD carriers, our research group included 120 subjects – the first group of 60 subjects included 30 males and 30 females, ages 18-22, priory diagnoses as ADHD carriers, suffering from MMI and hospitalized in mental institutions; the control group also included 60 subjects, 30 males and 30 females, aged 20-22, priory diagnosed as ADHD carriers, well-functioning and without any psychiatric history.

Findings: There is a diagnostic difference between the genders: males are diagnosed while females have “unspecific” attention impairment or ADD: males are first diagnosed at an earlier age than females; females are more exposed to corrective learning than males; males leave school at an earlier stage, unless they go through a psychological treatment which brings them to a stage similar to that of a female. Our first research hypothesis was partially established: The psychological treatment, by itself, has no effect on the attention impaired developing MMI. Also, parents with a low education and a strong socio-economic background are a reducing factor for MMI possible development; parents’ academic education and a strong socio-economic background raise the risk for MMI development.

Our assumption referring to typical sorts of MMI among ADHD gender dependent was established. MMI gender depended, in general, indicate the following: major depression is twice as common in women, based on several researches; Schizophrenia affects men and women equally; Bipolar disorder characterizes women rather than men; Eating disorder reflects environmental as well as personal differences rather than inborn or gender dependent factors.

Conclusions: Gender dependency was not found referring to schizophrenia among the general population while ADHD carriers show significant gender depending results and
appears as female MMI (90%) compared to males. Eating disorder was reported as secondary impairment based on environmental conditions while it was found as characterizing females among ADHD carriers. Para suicidal disorder was reported, in several studies, as a side effect of depression. In our study we could not reach conclusive results referring to males and females. Although the psychological treatment as a sole intervention was not found effective for ADHD (mostly characterizing males) its contribution for less extreme types of attention impairment was found most significant. Furthermore, in further studies, the behavioural psychotherapy was found as an effective treatment for ADHD carriers. Behavioural treatment teaches skills to parents and teachers that help them deal with ADHD children. They also teach skills to children with ADHD that will help them overcome their impairments.

**Keywords:** Attention Deficit Disorder with Hyperactivity (ADHD), Attention Deficit Disorder (ADD), Major mental illness (MMI)
Psoriasis is a disease that covers a large scale of sufferings and gravity. Another characteristic of this disease is the unpredictable evolution, still impossibly to being controlled. The main issue is the fact that not even one patient with mild psoriasis could exclude the sudden possibility of developing an aggravated form of the disease, thus enhancing greater discomfort, this disease having a tendency to becoming chronic. Thus, an evaluation of the quality of life for a patient with psoriasis means taking into consideration some global parameters (physical, psychological, social), together with the effects of the specific factors.

Keywords: psoriasis, quality of life, case study
Problem Statement: lately it seems that pathologies begin to surface in cyberspace – roughly called technological addictions. We have quite little empirical evidence that computing activities are truly addictive. There is, however, an indication that the typical “addict” is a teenager, usually male, with little or no social life, and little or no self-confidence.

Purpose of Study: Our objective for this microstudy is to identify the incidence of computer addiction in a group of teenagers from a high-school in Bucharest and to pinpoint a series of characteristics, common to those presenting such an addiction; Proving the existence of a relationship between the addiction and the time spent in front of a computer, given the family situation; Observing the relationship between the hobby and the computer addiction; Identifying the relationship between the gender of the subject and the time spent in front of a computer.

Research Methods: The investigation methods we used were: CIDC and the 20 Items Scale used to observe the subjective experience of time, Draw-a-Tree (DAT) test and Draw-a-Person (DAP) test (cited in [4] Dumitrașcu, N., 2000)

Findings: According to our hypotheses for the female subjects, we obtained confirmation as follows: a hobby seems not to be an essential factor for starting or supporting the computer addiction; and for our male subjects the confirmed hypothesis is the one concerning the relationship between computer addiction and time frame.

For our subjects the economical status of the family members, family background and hobbies are used as an indicator for social insertion, competitiveness and group membership and computer addiction might be a secondary effect. Our subjects (33 high school students, 17 boys/16 girls, aged between 16-17) do not manifest the characteristics specific for the personality profile given in DSM IV TR [5]. There is a high risk to develop such an addiction when speaking of pupils, but it may be considered latent for now, depending on a set of factors and our group of study does not allow such a generalization.

Moreover, many of our subjects were highly intelligent adolescents, with good school results, interested in various domains, skilled with all kinds of new technological devices, more integrated in the reality of nowadays life that one would expect. Quick response to stimuli was another gain for these teenagers.

Conclusions: Investigating computer addiction present even in a latent form to the high school students may present itself as one facet of the research, from a psycho-social perspective. A deeper investigation, conducted on larger groups of teenagers is necessary in order to observe the dynamics between how they chose to spend their time and how immersed they are in the activities offered by a computer. Temptation to use the computer does not generate, as a rule, a change of the personality, as in developing addiction, but the technical gains induce not only “performances” but also a deep knowledge of the biopsychosocio-cultural development of the teenager.

Keywords: teenagers, computer addiction, addiction profile
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. Men die younger than women in most countries around the world (World Health Organization, 2000). This is due, partly, to health behaviors such as tobacco and alcohol use, diet, exercise, use of social support, safety practices, and efforts to prevent disease (e.g., annual medical check-ups). Recent studies estimate that 50% of morbidity and mortality is due to this type of modifiable health behaviors adopted by men and women (Mokdad, Marks, Stroup & Gerberding, 2004).

Purpose of Study: The objective of this study is to determine whether adaptation to gender norms is anyway related to tobacco and alcohol use.

Research Methods: 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. There were applied two questions for ascertaining tobacco and alcohol consumption.

Participants: 750 Romanian people (489 women and 261 men).

Findings: 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 these behaviors.

Conclusions: These findings show that gender socialization of masculinity and femininity is related to these behaviors. Therefore, it is important to assess the conformity to masculine and feminine norms is important in psychological research and practice, because it intends to understand men’s and women’s health in order to suggest potential preventive and remedial interventions for improving both health behaviors. In practice, it has been noted that the cognitive restructuring worked in the case of the gender patterns (e.g. Barrowclough et al; Hensley et al., 2004). The aim of these techniques is to change the gender patterns for men and women (Mahalik, 1999) that interfere with health behaviours. This will work on the question of prevention in order to reduce risk behaviours and increase health-promoting behaviors.

Keywords: tobacco use, alcohol use, conformity to Masculine Inventory Norms, conformity to Feminine Inventory Norms, Romanian people
PAPER 66. ART-GENOGRAM EFFECTS ON DYADIC RELATIONSHIP DYNAMIC AS A UNIFYING TRANSGENERATIONAL PSYCHOTHERAPY TECHNIQUE

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Problem statement: the art-genogram (Mitrofan, 2004, Mitrofan & Stoica, 2005) is an innovative technique of the author’s Unifying Transgenerational Psychotherapy (Mitrofan 2000, 2004, 2008), which was validated by doctoral research (Mitrofan & Petre, 2011). The symbolic recreation of the psychogenealogical tree, the exploration and valuable use of its significance in diagnosis and psychotherapy, could much better be accomplished by creative meditation associated with the constructional improvisation of the genogram (Schutzenberger, 1998, McGoldrick et al, 2008) using natural elements as symbolic-projective means.

Purpose of Study: to evaluate the effects of the art-genogram psychotherapeutic intervention on relationship dynamic.

Research Methods: a quantitative research following an experimental design with a control sample, the pre/post-test. We used Dyadic Adjustment Scale (DAS) (Spanier, 2001, 2004), which was adapted by Iliescu & Petre (2004). All subjects (N=100) were assessed with DAS before and after the art-genogram intervention. To evaluate the significant differences between the scores obtained with the pre/post test, we use SPSS t-test for paired samples.

Findings: firstly, we compared the DAS scores obtained by the control group. The results showed no highly significant differences between the pre/post test. We used the same procedure within the experimental group, with the following results: a significant increase of dyadic satisfaction (p = 0.001, 2-tailed, t = -3.184) and dyadic consensus (p = 0.047, 2-tailed, t = -2.037); an extremely significant increase of affectional expression (p = 0.000, 2-tailed, t = -5.527) and dyadic adjustment (p = 0.000, 2-tailed, t = -4.797); a highly significant increase of dyadic cohesion (p = 0.003, 2-tailed, t = -3.100).

Conclusions: the results obtained certainly prove that Unifying Transgenerational Psychotherapy by art-genogram has significant effects in terms of increasing satisfaction, cohesion, affectional expression, consensus and adjustment in relationship dynamic. The subjects have gained and consolidated abilities focused on identifying their own and partners’ psychological needs, and the capacity to act in order to accomplish them.

Keywords: art-genogram, psychotherapy, psychogenealogy, symbolic-projective techniques, creative meditation
Introduction: Schizophrenia is the most severe and disabling psychosis, with poor growth potential. Other features of schizophrenia identified in literature are: eclecticism, multifactoriality, the multidimensional aspects and the high variability among cultures and regions. Schizophrenia is associated with cognitive impairment.

Objectives: to verify the possibility of identification and assessment of the positive, negative and derangement symptoms, in patients with a diagnosis of schizophrenia with PANNS Scale; to verify the possibility of identification and assessment of the cognitive deficits in patients with a diagnosis of schizophrenia through cognitive tests; to assess the changes of the cognitive functioning in schizophrenic patients who underwent any treatment with antipsychotic drugs.

Method and Subjects: To verify the work hypothesis were used: the evaluation Scale of the positive, negative and derangement symptoms (PANNS Scale, Stanley, Lewis and Abraham, 2006); a battery of tests aimed to measure some constructs and cognitive functions frequently disturbed in schizophrenia

Subjects: The study began with a group of 55 patients diagnosed with schizophrenia.

Results: In schizophrenia there is a deterioration of cognitive level possible to be highlighted by specific tests. There are significant differences between the type and severity of the symptoms measured with PANNS Scale before and after the patients’ treatment with atypical antipsychotics.

Conclusion: There is a significant relationship between the scores of the clinical symptoms evaluated with PANNS Scale, the performance of the tests which measured the cognitive functions efficacy of treatment with atypical antipsychotic drugs. Maintaining the values of the correlation coefficients relatively at the same level as in the initial evaluation shows that cognitive deficits manifested in negative symptoms are more resistant to change even when an antipsychotic treatment is applied.

Keywords: schizophrenia, cognitive impairment, tests, treatment
PAPER 75. PECULIARITIES OF EMOTIONAL REGULATION WITH MVP PATIENTS: A STUDY OF THE EFFECTS OF RATIONAL-EMOTIVE THERAPY

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Topics:
The present study examines the characteristics of the emotional experiences of patients with mitral valve prolapse (MVP) and indicates ways to develop emotional regulation and to reduce clinical implications in MVP patients through the use of rational-emotive psychotherapy. We examined 290 MVP patients and 73 healthy subjects. The data show that MVP patients are distinguished from healthy subjects by increased hypersensibility in emotive situations and by anxiety, low recognition of one’s needs and emotions, and a decline in the ability to regulate emotions. The psychotherapy produced good results: a sound tendency toward the development of personality reflection; improved structuring and recognition of emotional experience; and a reduction in the physical aspects of MVP.

Keywords: emotional regulation, mitral valve prolapse, rational-emotive psychotherapy, personality reflection, emotional experience
Topics: The purpose of the study was to investigate the specifics of emotional regulation under conditions of experimental stress modeling in patients with hypertension (HTN): essential HTN, stress-induced HTN, and “HTN at work.” We examined 85 subjects with HTN at work, 85 patients with essential HTN, and 82 healthy individuals. It was shown that subjects with HTN demonstrate a specific complex of psychological and physiological features that reliably distinguish them from people in the control group. Patients with HTN at work demonstrate mainly repressive types of reactions, characterized by a lowering of the level of anxiety, increasing blood pressure, fluctuant aspirations, and also a scarcity of behavioral manifestations in combination with an abundant variety of facial expressions.

Keywords: hypertension at work, emotional tension, emotional regulation, redundant emotional repression, weakness of emotional control
Problem statement: Researchers warn about negative reactions among health professionals who work with traumatized clients. Clinicians exposed to the victims’ traumatic material may develop secondary traumatic stress. The cognitive behavioral paradigm underlines the importance of dysfunctional beliefs in people’s reaction to stress.

Purpose of Study: One hundred thirty two medical workers from the emergency and intensive care units were surveyed to determine the presence of secondary traumatic stress and explore the importance of dysfunctional beliefs.

Research Methods: All participants completed a series of questionnaires. Secondary traumatic stress was assessed using the Impact of Events Scale. To measure dysfunctional beliefs we used the General Attitudes and Beliefs Scale. Pearson Correlation coefficients were calculated to establish the relations between secondary traumatic stress and different dysfunctional beliefs. Multiple linear regression was used to further examine the relationship between trauma symptoms and dysfunctional beliefs.

Findings: Thirty eight percent of the sample was found to have high to very high levels of dysfunctional beliefs. The need for achievement and the absolutist need for justice were the beliefs with the highest scores among medical workers. Moderate to high positive relations were found between dysfunctional beliefs and secondary traumatic stress in nurses, but not in physicians. The total score for dysfunctional beliefs explains a significant percent (16.5%) of the variance of secondary traumatic stress only in nurses. Global assessment of others and the need for approval are the strongest predictors. They explain together thirty six percent of the variance of secondary traumatic stress in nurses ($F = 20.18, p < .001$).

Conclusions: Dysfunctional beliefs are often associated with higher levels of secondary traumatic stress in nurses. These findings are of great importance for prevention and intervention planning.

Keywords: secondary traumatic stress, dysfunctional beliefs, medical staff
Problem statement: It has long been known that somatic illness in a parent is a risk factor for later psychiatric disorders in children (Rutter, 1966), and despite this, little attention has been paid to children's mental health when a parent is severely ill. To integrate and balance the varied range of emotions associated with this new life situation, children will approach various strategies of coping, directed either toward managing their inner world, or towards solving practical problems.

Purpose of Study: The purpose of this qualitative study of adolescents having one parent affected by a severe central nervous system injury is to explore the children's coping process and to identify certain patterns of coping or strategies.

Research Methods: Qualitative content analysis using categorization and interpretative phenomenological analysis of 20 counseling sessions with 5 adolescents (4 sessions per child) ages ranged from 14 to 17 years old was used. The counseling sessions took place during a five month period as it follows: a week after the injury occurred, one month later, three month later and five months later. Interpretation of the material was derived following the four-stage process described in detail in Smith and Osborn (2003).

Findings: The coping styles used by adolescents cover closeness strategies (seeking social support, parentification, cognitive restructuring, reframing), but also avoidance strategies such as distraction, internalization or resignation. Some vehement externalizations of grievances were found, ranging up to conflictual outbreaks towards parents.

Conclusions: The research is even more important as the studies on the subject are nearly inexistent and it is focused on a category of utmost value—children. At the same time, it brings a new insight on the topic of children of somatically ill parents using "first hand" information coming from those directly involved in this situation (Smith, Flowers & Larkin, 2009).

Keywords: coping, children, somatically ill parents, qualitative study
PAPER 88. THINKING STYLES AND PSYCHOLOGICAL TREATMENT EFFECTIVENESS IN CAREGIVERS: A PILOT STUDY

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Problem statement: There is international consensus that psychological treatment is important in improving caregivers’ mental health and well-being (Sörensen, Pinquart & Duberstein, 2002). However, in order to advance in its effectiveness, it is necessary to know more about what kind of treatments are effective with what type of caregivers (Zarit, 2009). The way caregivers interpret and evaluate events plays a key role on how well they cope (Limiñana, Corbalán & Sánchez-López, 2009). Nevertheless, no research has specifically focused on psychological factors related to selection and processing of information that mediate between caregiver stress and the psychological interventions’ effectiveness.

Purpose of Study: to examine caregivers (N=36) to determine if thinking styles can be associated with the effectiveness of a psychoeducational group treatment based on health and caregiver burden indicators.

Research Methods: All participants were invited to take part in the psychological treatment and gave informed consent. After completing all pretreatment assessments (Socio-demographic data; Millon Index of Personality Styles; GHQ-12; Self-perceived health; and Zarit Burden Interview), caregivers were assigned to receive the psychoeducational treatment (10 sessions). Posttreatment assessment (GHQ-12, Self-perceived health and Zarit Burden Interview) was completed the last session.

Findings: Most of the participants were medium age (M = 55.5 years, SD = 12.94), married (75%) and had a low educational level (75.7% had primary or secondary studies). No participant missed more than three sessions. Using SPSS Student’s t test no significant pre-posttreatment differences were found. Multiple Regression Analysis results show that Externally focused (b=-0.461; p<.01) explains 24% of the variance in mental health change. Feeling-Guided (b=-0.05; p<.01), and Internally focused (b=0.02; p<.01) explain 30% of variance in self-perceived health. Feeling-Guided was associated with a lower improvement and Internally focused with a greater recovery. Conservation-seeking (b=-0.422; p<.05) was associated with a lower change in subjective burden, and explains 11% of its variance.

Conclusions: For these caregivers, the Internally Focused thinking style, defined as a tendency to use one’s own thoughts and feelings as resources, is a key indicator of potential psychological change. Focusing on external resources for information (Externally focused) and cognitive processes based on emotion (Feeling-Guided) has negative implications—the psychological intervention effectiveness is lower. Likewise, a low use of a reflective and systematic thinking style (Conservation-Seeking) has negative implications, because it predicts less change in burden. Taking into account the personality can increase the effectiveness of psychological interventions with caregivers, because it may help respond to the psychological variability in caregivers.

Keywords: Group psychoeducational therapy, caregivers, treatment effectiveness, thinking styles.
Problem Statement: There is an international consensus that concept of body image is used in many disciplines. At the cognitive level, can be made a basic distinction between two body representations of high level which were named body image and body scheme.

Purpose of Study There are meaningful differences between a person who ask many aesthetic surgery procedures based on its motivation on dissatisfaction regarding self-image, comparing with the person who apply for repairing surgery after an accident or an illness because of these they remained heavy affected. We had two samples. The first sample it was made by 20 patients who addressed to the clinic of plastic & reconstruction surgery and burns with the aim to perform their selves aesthetic surgeries and the second sample it was made by 15 patients who had accidents or health problems.

Research Methods We applied tests BIAQ-body image;ICI-locus control;SERS-self-esteem.

Findings First sample. BIAQ. Women: 11 scores over 70; 4 scores between 60-65. Men: 4 scores over 70; 1 score 55. Results female and male body image is a negative one and there are tendencies which accompany disorders body image. ICI. Women: 10 scores between 40-50: external locus control, unsure, no self-confidence, social constraint addiction; 4 scores between 60-70: external locus control, uncertainty, distrust in own person. SERS. Women: 11 scores between –70 and -60; 4 scores between -30 and -20. Majority have a very low self-esteem. Men: 3 scores between -60 and -50; 2 scores between -20 and -10. Values are for low self-esteem. Second sample. BIAQ. Women: 6 scores between 20 and 40; 2 scores between 50 and 60. Majority have a positive body image. Men: 7 had normal interval scores. ICI. Women: 5 scores between 50 and 60, external locus control; 3 scores between 60 and 70, external locus control. Men: 5 scores between 50 and 60, external locus control; 2 scores between 70 and 80, internal locus control. SERS. Women: 6 scores between -25 and -15, normal self-esteem; 2 scores between -30 and -20, inferior normal interval. Men: 6 scores between -25 and -10; 1 score between -20 and -25; normal interval.

Conclusions During this period of time self-esteem, body image, locus control there are in normal limits because the patients in greatest part they are not conscious of the modifications of body scheme, their attention went towards survival.

Keywords: Self-esteem, body image, body scheme, plastic surgery
Problem statement: Traditionally, Western approaches on psychotherapy divided the human being in soma and psyche. Drawing on Cartesian dualism, this conception presents mind and body as distinct substances, with different characteristics and functions. According to this philosophy, mind is equivalent with thinking; as an opposite, the body is incapable of thinking. That understanding led to a dichotomy that opposed mind to the body.

The one who created dualism was not Descartes, undoubtedly; human beings needed to perceive realities in dichotomist terms from early times: good and bad, internal and external, male and female, East and West, and so on. In evolutionary terms, we suggest that this early dualism was a prerequisite for survival of the human species. As human species learned to control the environment, early mechanisms of adaptation seem futile in present-day world. As dysfunctional coping strategies, they did not have the time to adapt themselves to present-day conditions, and we suggest that this may have led to an internal need of splitting of the mind.

This paper aims at indicating the convergence points between what is habitually understood as a pair of opposing terms: mind (as in thinking) and body (as in sensation). Structural models in psychotherapy (transactional analysis, psychoanalysis, etc.) conceptualize human mind in terms of levels of information processing (both internal and external information). At another level of analysis, human mind is seen simultaneously in intrapsychic and interrelational terms. As many authors suggests, mind is born out of early experiences with the environment. As the environment provides with stimuli the developing human being, mind as an internal sensation-processing apparatus is shaped. We suggest that a mental split between mind and body leads to a feeling of estrangement from self, as well as an estrangement from external world.

Drawing on relational approaches on psychotherapy, we suggest that focusing on perceiving own sensations does not necessarily imply a state of personal isolation from outside world; rather, this simultaneously means the perceiving and acceptance of “otherness”. Self-exploration simultaneously implies an exploration of the “other”. Moreover, in the same, it implies the experiencing of self as being a part of a whole.

Keywords: psychotherapy, internal splitting, mind, body, self-exploration.
PAPER 115. PRODROMAL SYMPTOMS AND INITIAL EPISODE OF DEPRESSION-GENETIC AND EMOTIONAL CORRELATIONS

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Problem statement: This study is based on the theoretical conceptualizations and models of prodromal symptoms of depression and of the course of depressive episodes (Young et al., 1991, 2008; Jackson, et al., 2003; Fava & Tossani, 2007) in relation to genetic and emotional vulnerability to depression (Hammen, 2005, 2009; Timmermans et al., 2008).

Purpose of Study: This study aimed to explore the relations between prodromal symptoms, the deficits occurring after the 1st depressive episode and the individual’s genetic and emotional vulnerability to depression.

Research Methods: 139 in-patients (84.9% females and 15.1% males), who have been hospitalized for four years at the Clinical Ward no. 1 of the « Prof. Dr. Alexandru Obregia » psychiatric hospital, with light and medium intensity depressive episodes, have been investigated. Data were collected by using the anamnestic and clinical interviews elaborated based on the DSM-IV-R (American Psychiatric Association, 2000) and the Research Diagnostic Criteria (RDC, Spitzer et al., 1978, SADS-L, Endicott& Spitzer, 1978).

Findings: The one-way analysis of variance shows that the genetic vulnerability statistically differentiates the presence of cognitive disorders, disabilities, negative symptoms and difficulties of social integration in prodrome (F (4, 134) = 3.35, to 7.89 p < .02 to .001, η² = .03 to .11). The emotional vulnerability differentiates the difficulties of social integration, the ampleness of prodromal symptomatology and the association of stressed life events, the loss of interpersonal relationships and the collapse of life quality after the first depressive episode (F(4, 134) = from 2.57 to 5.12, p = from < .04 to .001, η² = .02 to .11). The analysis of regression has revealed the fact that the ampleness of the prodromal symptomatology influences the ampleness of the deficits subsequent to the first depressive episode (β = .39, t(137) = 4.48, p < .001; R² =.203).

Conclusions: The results contribute to a better understanding of the natural course of depressive disorders, to early diagnosis and to the management of the difficulties subsequent to acute depressive episodes and to the elaboration of some appropriate primary and secondary prevention programs focused on the personal and social consequents of depression.

Keywords: prodromal symptoms of depression; depression; genetic vulnerability; emotional vulnerability to depression
Problem statement: This study is based on the psychosocial assumptions regarding the role of social factors during the entire history of depression (Stanley-Eitzen et al. 1988, Blatt 2004, Blazer 1994).

Purpose of Study: The current study had two goals: 1) to enhance the understanding of the social factors of depression; 2) to explore the relations between social vulnerability and the different aspects of the history of the depressive disorder.

Research Methods: 139 patients with light and medium intensity depressive episodes (84.9% females and 15.1% males) have been investigated. As far as the educational level is concerned, 21.6% graduated the 4th -8th grade, 44.6% the 9th – 12th grade and 33.8% finished more than 13 years of study. 60.4% of the patients are single and 39.6% have a partner. Regarding the economical level, 19.4% report a low level, 66.9% an average level and 13.7% a high level. Data were collected by using the interview (anamnestic and clinical) elaborated according to the DSM-IV-R (American Psychiatric Association, 2000) and the Research Diagnostic Criteria (RDC, Spitzer et al., 1978, SADS-L, Endicott & Spitzer, 1978).

Findings: Differential analysis (One-way analysis of variance, t-test for independent samples) showed statistically significant differences in social related depressive symptoms according to the patients’ gender, marital status, economical and educational level. The correlative analysis revealed a series of negative correlations between the economical level and the patient’s treatment until the next hospitalization (\( r = -.32, p < .001 \)) and the collapse of life quality after the first depressive symptom (\( r = -.22, p=01 \)). It also revealed correlations between social vulnerability and the time span between episodes (\( r = -.21, p = .02 \)), as well as positive correlations between the level of social adaptation and the time span between the episodes (low level of adaptation means a short time span between episodes) (\( r = .23, p = .01 \)).

Conclusions: By confirming the assumptions, the results obtained can contribute to the elaboration of some appropriate primary and secondary prevention programs focused on the depressive persons’ social support network (family, friends and partners) in order to facilitate the recovery from depression and the reduction of the symptomatology intensity.

Keywords: Depression; social vulnerability; social factors of depression.
PAPER 117. THE ROLE OF ERICKSONIAN HYPNOSIS IN REDUCING ESSENTIAL AND SECONDARY HYPERTENSION

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Problem statement: The Ericksonian Hypnosis dynamics propose a series of techniques applied in a permissive manner. Indirect suggestions helping the patients to use their own abilities to respond more adequately to health problems they confront.

Purpose of Study: The present study has the main objective to evaluate the efficiency of Ericksonian Hypnosis intervention in treating hypertensive patients.

Research Methods: The instruments used for this research were: The SF-36 in hypertension (36 Short Form-used to measure health related quality of life in hypertension), The Perceived Stress Scale (PSS, Cohen, Kamarck and Mermelstein, 1983), Depression Anxiety Stress Scales (DSSS, Lovibond et al, 1995) and a semi-structured clinical interview.

Findings: Pearson’s correlation was utilized to assess the correlation between the scores obtained for the quality of the patient’s life and the perceived stress, (r = 0.46; p=0.002). The correlation analysis reveals a significant correlation between the quality of life and the variables of Depression Anxiety Stress Subscales (r = 0.37; p=0.001). In this study the scores for the quality of life that are related to reducing essential and secondary hypertension of the experimental group respondents who benefited from the Ericksonian hypnosis program were evaluated by the Mann–Whitney U test. Results showed that they are significantly higher compared to the pre-intervention phase (U=23.7; N=52, p< 0.05 two-tailed). The scores reporting the stress perceived by the patients in the experimental group are lower than the scores reported at the beginning (U=109.5, N=52; p=0.003). Also, the Mann-Whitney (U) test reported significantly lower DASS scores in the experimental group (U = 41.5; N=52; p< 0.05 two-tailed).

Conclusions: The results have shown that an Ericksonian hypnosis program is efficient in reducing essential and secondary hypertension among the patients. As for their life quality, it has been evaluated by the respondents as being better after applying the Ericksonian hypnotic treatment.

Keywords: Ericksonian Hypnosis, essential hypertension, secondary hypertension.
Problem statement: Health promotion is a global issue that has drawn much attention from health professionals and the public. According to the hypothesis that guides the first line of research, some personality variables predispose individuals to behaviors that could be dangerous to their health. The identification of such variables, and the analysis of their association with different kinds of behavior, would permit the assessment of the individual’s vulnerability and facilitate the identification of variables on which we should focus to improve the individual’s health.

Purpose of Study: Our aim was to investigate whether attractiveness, confidence, social physique anxiety, social comparison, shyness, sociability, self-reported oral health status and oral-health-related behaviors were associated.

Research Methods: The present study sample consisted of 198 first year medical students, 19.75 (1.35) years old. Data were collected through a Romanian structured, anonymous self-administered questionnaire, specifically developed for this study and addressed the following: (1) socio-demographic factors, (2) perceived oral health status, (3) oral health habits. The questionnaire included information about attractiveness, confidence (Robson Self-Concept Questionnaire), social physique anxiety (Hart Social Physique Anxiety Scale), social comparison (Gibbons and Buunk Iowa-Netherlands Comparison Orientation Measure), shyness and sociability (Cheek and Buss shyness and sociability).

Findings: Significant correlations were observed between attractiveness, the first component of self-concept, and satisfaction with appearance of own teeth and self-rated gingival status, while self-confidence was associated with self-reported oral health status, presence of current non-treated caries, extracted permanent teeth and self-rated gingival status. It was also revealed a strong correlation between dental visit pattern (reason for dental visiting and frequency of dental visiting) and social physique anxiety scale, shyness and sociability. The multiple linear regression analyses showed a strong association of student’s attractiveness and self-rated gingival health status as dependent variable, as well as between sociability and tooth brushing frequency and reason for dental visit.

Conclusions: The result suggested that attractiveness, confidence, social physique anxiety, social comparison, shyness, sociability are psychosocial risk markers correlated with self-reported oral health status and behavior.

Keywords: attractiveness, confidence, social physique anxiety, social comparison, shyness, sociability, oral health
Problem statement: Acknowledging the importance of psychological factors in structuring human relationships, addressing this issue through the complex correspondence established between patient child and pediatric dentist (paedodontist, orthodontist) is particularly useful in pediatric dental praxis.

Purpose of Study: The aim of this study was the emotional and pain state assessment in children with various orthodontic problems.

Research Methods: A prospective study was undertaken in Iasi Pediatric Dental Clinic. 110 children, aged between 6-11 years who presented with various orthodontic problems were asked to answer a 10 open and closed items questionnaire.

Findings: The average age of children in group analysis by gender showed no statistically significant difference (p = 0.35, 95% CI). Fear of dentist behaved girls 2.46 times higher than boys (OR = 2.46, p = 0.025, 95% CI). 35.5% of children reported bad experiences at the dental office and a high percentage (56.4%) was represented by children with relatively neutral or pleasant experience. There was a significant association between child’s age and labor thus generating dental fear (p = 0.0086, $\chi^2 = 33.6$, 95% CI) as well as between the estimated age of the children and the fear of dentist ($r = 0.68$, $p = 0.002$, 95% CI). Nonparametric correlation test results indicated the presence of a significant correlation between the presence of fear in parents and finding it to their children ($r = 0.74$, $p < 0.01$, 95% CI). Analysis of children's responses revealed a high degree of dissatisfaction concerning teeth and facial appearance. A percentage of 74.54% of the children considered necessary orthodontic treatment.

Conclusions: Therapeutic approach for the harmonious development of the child's dental-maxillary system as for an appropriate psycho-aesthetics cannot be completed successfully unless the patient is seen in the complexity of his personality, thus foreshadowing future adult quality of life.

Keywords: children apperception, dento-maxillary abnormalities, dental fear.
**PAPER 123. TYPE-C COPING, SELF-REPORTED ORAL HEALTH STATUS AND ORAL HEALTH-RELATED BEHAVIORS**

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**Problem statement:** In recent years, intensive research has been directed towards identifying risk factors that predispose individuals to behaviors that could be dangerous to their health. Personality factors may play a key role in explaining individual differences in health behaviors, with impulsivity, psychoticism, neuroticism, anxiety, and hostility having been associated with risky behaviors, while conscientiousness, agreeableness, optimism, hardiness, and self-efficacy have been shown to predict health-promoting behaviors.

**Purpose of Study:** Our aim was to examine the impact of type C personality on students’ self-rated oral health and oral health-related behaviors.

**Research Methods:** The subjects of the study were 212 first year dental students at the University of Medicine and Pharmacy “Carol Davila” who were invited to this survey using the two anonymous questionnaires, at the beginning of the academic year. The questionnaire included information about socio-demographic factors, self-reported oral health status and oral health behaviors. The Type C of personality was measured with the Type C Personality Inventory (TCPI) (Rahe and Solomon, 1997).

**Findings:** Conflict Avoidance and Suppression of Emotions were correlated with current non-treated caries, current extracted teeth, self-reported gum bleeding, mouth rinse frequency and last dental visit. Over-giving and Self-sacrifice was correlated with flossing while Lack of Assertiveness was correlated with self-reported gum bleeding, with last dental visit frequency and reason for last dental visit. Strong correlations were noted between Power (Hopeless and Helpless) and perceived dental health, current non-treated caries, satisfaction with appearance of own teeth, toothache last time, self-reported gingival condition and reason for the dental visit. In multiple regression analysis Power (Hopeless and Helpless) added 10.81% and 10.30% to the variance explained in self-rated oral and gingival health, after socio-demographics, non-treated caries, satisfaction with appearance of own teeth, extracted teeth, dental pain, and gum bleeding were entered in the model (P<0.0001).

**Conclusions:** The results support the view that there is an increased risk for impaired dental and periodontal health among subjects with type C personality.

**Keywords:** type C personality, assertiveness, oral health behavior, oral health status
Problem statement: There is international consensus that there is a clear relationship between the oral hygiene, periodontal diseases and psychological factors. According to previous studies, tooth brushing frequency is associated with various psychological traits, including self-esteem, self-efficacy, life satisfaction, optimism, sense of coherence, anxiety, depression, locus of control, stress and cynical hostility.

Purpose of Study: Our aim was to investigate whether narcissism is associated with self-reported oral health status and oral-health-related behaviors.

Research Methods: The subjects of the study were 120 first year medical students at the University of Medicine and Pharmacy “Carol Davila” who were invited to this survey using the two anonymous questionnaires, at the beginning of the academic year. Data were collected through a Romanian self-administered questionnaire and the Narcissistic Personality Inventory (NPI-16). A structured, anonymous questionnaire was specifically developed for this study and addressed the following: (1) socio-demographic factors (age, gender, smoking), (2) perceived oral health status (dental health, non-treated caries, extracted teeth, satisfaction by appearance of own teeth, dental pain, gingival condition, gum bleeding), (3) oral health habits.

Findings: When oral health status was evaluated, significant differences were observed on narcissism scale according to current extracted teeth (others than the third molars) and self-reported gingival condition (P<0.05). Persons who evaluated their oral health status as being very good/excellent presented higher values of narcissism scores as compared to those who rated their oral health status as being normal (0.59±0.18 vs. 0.46±0.25, P<0.05). When oral health behaviors were analyzed we observed that tooth brushing frequency once a day or less was reported mainly in persons with high-levels of narcissism (0.63±0.22 vs. 0.48±0.22, P<0.01). Moreover, individuals who visit their dentist mainly when treatment is needed or when pain were compared with persons who visit their dentist mainly for check-up or for tooth cleaning and scaling they showed lower levels of narcissism (0.44±0.19 vs. 0.52±0.14, P=0.001).

Conclusions: The results suggest that subjects with high levels of narcissism tend to rate their oral and gingival health status as being very good/excellent and to who visit their dentist mainly for check-up or for tooth cleaning and scaling.

Keywords: narcissism, self-esteem, oral health
Problem statement: Gambling is an enjoyable leisure activity for many people; for others, participation in gambling can lead to problems. Pathological gambling represents the end spectrum of gambling behaviors. This compulsive behavior affects the gambler’s family and friends and the most obvious consequence of gambling problems is a poor private economy. Because of substantial growth in gambling turnover and the increased availability of betting games, society has recently shown increasing interest in the field of gaming.

Purpose of Study: As a harm minimization intervention, the gambling industry, represented by Novomatic Romania, in collaboration with Aquamarin Clinique introduced „Responsible Gaming” project which works to reduce gambling risks by creating and delivering innovative awareness and information programs. This project’s plan of action is to describe and assess the need to prevent problem gambling, the need for psychological treatment and the need to provide the problem gambler and his family with information.

Research Methods: For this purpose, the project has a website, www.joacaresponsabil.ro which provides a gateway to information about compulsive gambling; it also explains how to get advice for gambling related problems. The website includes extensive information and self-help tools to assist in identifying, and dealing with, problem gambling. If any person have questions or concerns about his own gambling or about that of a friend or family member, a good place to start is our free, confidential help-line on: 0800 800 099. The project has also a gambling help service which offers professional, confidential and free face to face counseling, both for the person with the gambling problem or significant others.

Findings: The project’s psychologists use as a treatment for pathological gambling a cognitive-behavioral model of therapy which attempts to change the thoughts and behaviors that are fundamental to maintaining this disorder; the South Oaks Gambling Screen (SOGS) is the main instrument for the general screening of gambling disorders.

Conclusions: The Responsible Gaming program is intended to create in the future local self-help groups, such as “Gamblers Anonymous”, using the same pattern as others self-help groups. Any gambler who joins the project has also at his disposal a self-help book: Pathological gambling. Practical guide for gamblers and their family (Rizeanu, 2012).

Keywords: pathological gambling, Romania, responsible gaming, prevention.
Problem statement: Like other multifactorial syndromes, bronchial asthma with psychogenic trigger (BAPT) onset is influenced by psychological stimuli, supplementary to organ-specific factors (allergens, viruses, bacteria, physical or chemical irritants etc.). Demonstration of the psychogenic etiology was made by questionnaires applied to asthmatic patients, with respect to the stressing circumstances of asthma crises, including the observations of physicians and, especially, by recording the clinical (acoustic) and ventilator variations during experimental distresses.

Purpose of Study: The objectives of the studies were: 1. evaluation of BAPT incidence; 2. evaluation of bio-pyscho-social background factors for BAPT patients; 3. measuring the ventilator response (VEMS variations) and modification of salivary cortisol level during two stress-inducing experiments (stress test-Iamandescu 1977 and TSST-Hellhammer 1998).

Research Methods: The results of studies conducted by Iamandescu & col. between 1977 and 2010 have been compared to data in the literature, systematized towards the characteristics of the subpopulation of asthmatic patients with psychogenic-triggered attacks, susceptible to medical and especially psychological treatment.

Findings: We found: a) the incidence of BAPT between 25% (in young patients, suffering from asthma for less than 10 years) and 64.5% (for pts. with asthma history of more than 10 years); b) the biological background of BAPT revealed an increased incidence in women with endocrine dysfunctions (especially thyroid and ovarian), increased frequency of viral respiratory infections, easy onset of asthma attacks caused by nonspecific factors (meteorological, smoking, air pollutants), sensitization to aspirin and derivates; c) the psychological background, characterized by a general vulnerability to stress, dominated by anxiety, leaning towards depression, high scores in one or more MMPI scales and high frequency of some psychiatric symptoms; d) ventilator alterations (PEF decreased with >15%, almost exclusively in pts. with initial bronchial obstruction during stress test-Iamandescu 1977); e) low salivary cortisol response during TSST – Serghiescu & col. 2006.

Conclusions: All these results suggest the general conclusion that BAPT patients, having an increased vulnerability to stress -based on a complex background (genetic and acquired) and involved in the immune response- have consumed their adaptative “reserves” in biological and psychological stresses they suffered before/during the illness, in final having available a much reduced reserve of cortisol (the main stress hormone).

Keywords: bronchial asthma, psychogenic trigger, cortisol
Problem statement: In the past years, professional literature has shown an increase of aggression and anxiety among the population of institutionalized teenagers. Society nowadays is in continuous change, having behavioral changes followed by malfunctions as a consequence.

Purpose of Study: The present study has the main purpose of evaluating anxiety and aggression level in a group of institutionalized teenagers. This fact will be reported by comparison with the results of a non-clinical group of students.

Research Methods: We used the following questionnaires: STAXI, State Trait Inventory and The Aggression Questionnaires Buss-Perry Scale. Age range 14-18 years and group of subjects : (clinical =30 and non-clinical = 30)

Findings: Using SSPS, the correlation analysis has shown a significant and positive connection between the scores of anxiety and aggression level in the clinical level (N=30), where $r=0.54$, $p<0.05$. No significant correlation was identified in the non-clinical group (N=30).
We used the Mann Whitney U test to analyze the anxiety scores for the two U test, $Z=0.68$, $p=0.046$. As for the level of aggression, $Z=0.71$, $p=0.053$.

Conclusions: The evaluation of teenagers’ aggression has shown a higher level of this trait in the clinical group compared to the non-clinical group. As for the anxiety, a higher level was also identified in the clinical teen-agers’ group compared to the non-clinical ones. An extended analysis and investigation of a larger sample are necessary in the future researches.

Keywords: anxiety, adolescence, institutionalized, aggressive behavior, pronounced trait.
Problem statement: Access to information among teenagers in recent years has led to unrestrained manifestation of aggression. Often this was seen in the increased number of adolescents institutionalized for aggressive behavior.

Purpose of Study: The current study aims to evaluate the aggressive behavior in two forms: the form of trends violation of rules and the form of aggressive behavior in a group of institutionalized adolescents. This will be compared with results reported in a not institutionalized group of adolescents.

Research Methods: We used the following questionnaires: Youth Self-Report (YSR) Achenbach System of Empirically Based Assessment (ASEBA). Age range 14-18 years and group of subjects: institutionalized=30 and noninstitutionalized= 30).

Findings: Differences between groups were identified with T-test. The results obtained in the group of teenagers non institutionalized (N = 30) for rule violation behavior were significantly lower than those recorded in the group of institutionalized adolescents (N = 30) t (df = 58) = 4.887, p <0.05 bilaterally. Aggressive behavior scores also showed a high level within the group of institutionalized adolescents.

Conclusions: Aggressive behavior and form of violation of the rules seem to be getting institutionalized adolescents. The results obtained in this research showed that regarding the aggressive behavior, the level was higher in group adolescents identified institutions. Management of aggressive behavior in adolescent units is a challenge.

Keywords: anxiety, adolescence, institutionalized, aggressive behavior, pronounced trait.


PAPER 155. AN EVALUATION OF SELF-ACCEPTANCE IN ADULTS

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Problem statement: Albert Ellis and Carl Rogers have suggested that conditional self-worth is associated with psychological distress, but unconditional self-acceptance is a condition that support the personal adjustment and well-being (according to Flett et al., 2003) and scientists has gone so far as to suggest that people with extremely high self-esteem are vulnerable individuals because they are often characterized by conditional self-acceptance as well as an excessive focus on evaluations, including social comparisons with other people.

Contemporary research on individual differences in unconditional self-acceptance indicated that low unconditional self-acceptance is detrimental to well-being and, in some cases, could lead to some mental disorders.

Purpose of Study: Within this study a sample of adults (N=62) were investigated to determine the level of their unconditional self-acceptance and the relation between: self-acceptance and gender; self-acceptance and study level. The correlation with age was also discussed.

Research Methods: Unconditional Self-Acceptance Questionnaire (USAQ) was used together with basic info questionnaire referring to subjects’ personal details: age, gender, study level. The variation of self-acceptance for the studied sample was represented and discussed. SPSS and Excel worksheet were used for data analysis.

Findings: An interesting similarity was found between the two genders. Using Excel worksheet, the analysis was conducted by statistical functions and graphs. Two different variables were used, one at a time: gender and study level (school). The subjects obtained scores between 43 and 107 (males: 43 – 107; females 48-105). The medium scores both by sample and by genders were over 80.

Conclusions: The medium score for the entire sample indicates a low unconditioned self-acceptance. By genders, the scores are in the same area, indicating for most of the subjects a low unconditional self-acceptance. Correlation between USAQ scores and the probability of the occurrence of some disorders was discussed. Social implications also were highlighted for the studied sample.

Keywords: self-acceptance; adults; self
Topics: Addictive behaviours – prevention, treatment and curative strategies
Several people confess their problems, which have pushed them to consume alcohol and which they think that is the cause of their suffering. Viewed up close, a series of psychological reasons, such as concerns, loneliness, misunderstanding, unemployment or working conditions, does not explain the real reasons, but rather represents the consequences of abuse. Drinkers call them “alibis”. It is true that during the life, people can encounter lots of difficulties that approach them and yet not all seek refuge in alcohol. This study aims to identify the effects that excessive drinking has on individuals' physical, social, intra- and interpersonal and existence/absence of motivation to change this behavior.

Keywords: alcohol drinking effect, motivation for changes, addictive behavior
Problem Statement: The evolution of cerebrovascular accidents with neuro-motor and partially cognitive recovery often complicates with psychiatric hospitalization, as a result of both mnezico-prosexic and logical operational changes but especially of moderate depressive episodes which left undiagnosed determine a difficult boundary between Depression and Sustainable personality changes.

Purpose of Study: Early administration of antidepressive treatment in moderate depressive episodes that occur after vascular accidents increases the quality of life and we believe that prolongs survival therefore the debated concepts gain new values. The inventory of personality changes and the establishment of the resulting profile on a group of 10 patients which have a history of cerebrovascular accident with neuro-motor repercussions partial recovery, affecting the cognition to a downfall on the MMSE of 25 points. The patients were treated with one tablet of 30 mg of Valoxan in the evening, for a period of 6 months after which a new psychological / psychiatric evaluation, in which the central concepts where social functioning, cognitive functioning and rebalancing of the personality

Research Methods: The following instruments were used: MMSE, Attention and memory scales, cognitive tests, scales from WAIS, Personality questionnaires

Findings: Confirmation of general hypothesis and of specific work hypothesis. Under the treatment with Agomelatin: the new intrapsychic functioning is attributed to the Ego, under the circumstances of early diagnose of the elements from the depression area through an action mechanism that emerges immediately and removes the possibility of a sustainable change of personality to develop, which could have occurred on the organic background

Conclusions: The treatment with Valdoxan for patients diagnosed with moderate depressive episodes occurred after ischemic vascular accidents increases the area of possibilities for recovery, in terms of counseling and the management of life style with implications of family support.

Keywords: ischemic vascular accidents, antidepresives, valdoxan, recovery, cognitive function
Problem Statement: Mental health is a perfect precursor of any and all types of activity and thereupon exists an international consensus. The cognitive-behavioral paradigm explains that what underlies emotional and behavioral problems are irrational beliefs about the self, the world and life. If a person holds rational beliefs about themselves, about the others and about life in general, and can consider themselves a valuable human being, regardless of their behavior, this individual shall experience positive or negative emotions, according to the dynamics of life events and personal goals and shall not experience invalid / dysfunctional emotions.

Purpose of Study: evaluation of psychological vulnerability in freshmen students within a social sciences faculty. Identification through screening procedures of the subjects with high and very high scores for irrational beliefs that operationalize anxiety and depression, which, according to theoretical conceptualization and test handbooks, stand for vulnerability factors in such emotional problems.

Research Methods: in the production of the psycho-diagnosis we used psychological screening applied to all 1st year students within that faculty (N=205) and the following instruments: the Dysfunctional Attitude Scale (DAS-A) and the Attitude and Beliefs Scale 2 (ABS-2) applied without a time limit, in order to single out the individuals with high scores in certain cognitive patterns that can be regarded as vulnerability towards the psycho-emotional disorders herein approached.

Findings: Using the SPSS we conduct a score-frequency analysis in both tests and these results are interpreted from a psychological viewpoint.

Conclusions: One global feature may be observed on both scales: the subjects with a high risk to develop emotional disorders ranged a 27.3 percent on the DAS-A scale (respectively, 56 participants with attitudes predisposing to depression) and 40.5 percent on the ABS-2 scale (i.e. 83 participants with a very high levels of irrationality). There are situations in which the results of the two scales are in a comorbidity relationship, thus accounting for a more complex psychological vulnerability. As the psychological screening was applied to a population chosen on non-clinical premises, I conclude that the percentages uncovered were rather high and therefore justify the introduction of certain psychological education programs within the university curricula.

Keywords: psychological vulnerability, cognitive-behavioral paradigm
PAPER 48. COGNITIVE TRAINING ENHANCES WORKING MEMORY CAPACITY IN HEALTHY ADULTS. A PILOT STUDY

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Problem Statement: Working Memory (WM) was previously conceptualized as heritable trait resistant to extraneous influences. Recently, emerging evidence suggests that WM capacity can be improved by repeatedly using it as part of a cognitive training.

Purpose of Study: In this pilot study, a new online cognitive training program is proposed. Research Methods: Twenty-five young healthy adults completed the training on their home computers. Before and after the training participants’ WM and attention capacity were measured.

Findings: Results demonstrated that a short (i.e., three week) cognitive training produce significant improvements in participants’ WM (d = 0.91) and attention capacity (d = 0.66).

Conclusions: It appears that healthy adult participants (without noticeable cognitive deficits) benefit from such a cognitive training. However, the conclusions drawn from this study are limited by the lack of transfer measures, active control group, and follow-up. More replications, efficacy tests, and clearer estimations of real world benefits should be conducted before confidently using such programs on a wider scale.

Keywords: working memory, cognitive training, attention, computerized/Internet training, cognitive abilities
Problem statement: ADHD is a neural developmental disorder characterized by non-adaptive levels of sustained attention, impulsiveness and hyperactivity (DSM-IV, 2001). This disorder is one of the most prevalent neurobehavioral conditions of childhood, affecting a substantial proportion of the population. This research is based on the ADHD Brown Model that includes the following clusters: Activation, Focus, Effort, Emotion, Memory and Action.

Purpose of Study: The first objective of our study has been the assessment of the incidence of ADHD symptoms in 8-12 years old children (N=142) using a new model of conceptualization and investigation. The main cognitive components were analyzed (memory, attention, effort, hyperactivity). Attention focused on the role of emotions regulation in ADHD symptomatology and diagnosis and correlation with other cognitive components.

Research Methods: The Brown ADD Rating Scales for Children (8-12 years) were used in clinical interview as component of a comprehensive assessment of children for possible ADD/ADHD and executive functions investigation.

Findings: Primary the respondents were classified in three ADHD highly probable, ADHD probable but not certain and ADHD not probable. In first group were identified the three categories of ADHD types. The aspects of affective and cognitive functioning in children and their relations with ADHD diagnosis were analyzed with statistical methods (SPSS 15). The results proved the existence of a significant variance between affective interferences and groups of predominant types of ADHD (F = 3.85; Sig. = 0.03) confirming our hypothesis. The values of Pearson correlation coefficient suggested also the existence of linear correlation between affective interferences and ADHD types. The age and gender differences were also studied.

Conclusions: The results showed a high number of children (N=22) with ADHD highly probable, 17% of the total sample, and also an considerable number of children with ADHD probable but not certain (N=45), 35.2% from the total sample. The results verified a significant relation between emotion regulation and the diagnosis markers (action/hyperactivity, total disattention and total combined). In clinical group is no correlation between affective interference and total disattention and in preclinical group is no correlation between affective interference and total combined. The most affected cognitive component resulted attention concentration.

Keywords: Emotion Regulation, ADHD symptoms, Cognitive Components, Attention, Concentration, Hyperactivity.
Problem statement: Recent research on cognitive vulnerability to postpartum depression (Church et al. 2009; Phillips, 2010) has focused on the hypothesis of two subtypes of postpartum depression. Each is supposed to be associated to general and/or specific cognitive vulnerability. After reviewing the literature for self-report instruments suitable for assessing cognitive vulnerability to postpartum depression, strengths and weaknesses of existing measures emerged.

Purpose of Study: Therefore, we report the development and piloting of an instrument designed to identify underlying specific beliefs related to postpartum depression, based on the REBT theory for psychopathology (Ellis & Dryden, 1997).

Research Methods: A pool of items was generated to reflect cognitive themes associated with postpartum depression in qualitative studies and in other perinatal attitudes questionnaires. The phrasing of the items reflected the core constructs in the REBT theory: demandingness (20 items), global evaluation/self-downing (20 items), low frustration tolerance (10 items), awfulizing (5 items). The prenatal MABS form was piloted on 36 pregnant women and the postnatal MABS form was piloted on 32 postpartum women.

Findings: Data indicates that both the prenatal and the postnatal forms of the scale are good measurements of the maternal specific attitudes and beliefs during the perinatal period. The prenatal form of MABS achieved a Cronbach alpha coefficient of .87, showing good internal reliability. The postnatal form of MABS achieved a Cronbach alpha coefficient of .96, showing very good internal reliability. MABS scores significantly correlated with scores on the Beck Depression Inventory (BDI-II), the Edinburgh Postnatal Depression Scale (EPDS), the Attitudes and Beliefs Scale-2 (ABS-2), the Dysfunctional Attitudes Scale (DAS-A) and the Maternal Attitudes Questionnaire (MAQ). Although MABS has good internal reliability and it has been validated against established psychological measures, further research is needed. The scale needs refinement with a larger sample, factor analysis and exclusion of redundant items.

Conclusions: This self-report instrument provides a good insight into maternal specific attitudes and beliefs during the perinatal period, contributing to the understanding of postpartum depression etiology. Further on, MABS could prove to be a useful tool both for research and for clinical use.

Keywords: maternal attitudes and beliefs, self-report instrument
Problem statement: Although the link between cognitive style and vulnerability to depression is well established, the link to postpartum depression has not been extensively investigated and findings are less conclusive. However, recent research focused on the hypothesis of subtypes of postpartum depression associated to general versus specific cognitive vulnerability offers new insights.

Purpose of Study: Therefore, the aim of the present study was to explore general and maternal specific cognitive vulnerability to postpartum depression.

Research Methods: In a cross-sectional design study, 41 postpartum women completed measures of depression (EPDS, BDI-II), general cognitive vulnerability (DAS-A, ABS) and maternal specific cognitive vulnerability (MAQ, MABS).

Findings: Women with high postpartum depression rates had more dysfunctional cognitive styles than women with low postpartum depression rates. Results are similar for maternal specific cognitive vulnerability and for general cognitive vulnerability. Women with elevated postpartum depression symptomatology were characterized by a high level of dysfunctional beliefs and a high level of irrational maternal specific beliefs. Data offered additional information on relations unexplored before, between different types of beliefs and postpartum depression and between specific content areas of irrational beliefs and postpartum depression. Regression analysis indicates that cognitive vulnerability is a predictor of postpartum depression, conferring a specific risk factor for postpartum onset of depressive episodes.

Conclusions: Besides supporting the predictive role of irrational beliefs and dysfunctional attitudes in the onset of postpartum depression, data offered additional information on the role of maternal specific attitudes and cognitions in the onset and maintenance of postpartum depression.

Keywords: postpartum depression, cognitive vulnerability
PAPER 110. IMPROVING THE PSYCHOMETRIC PROPERTIES OF THE CONSCIOUSNESS QUOTIENT INVENTORY: TWO QUALITATIVE STUDIES.

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Problem statement: After developing Consciousness Quotient Inventory-CQI (Brazdau, 2008), researches made by the Consciousness Quotient Institute in order to establish its psychometric properties, revealed some limitations of the instrument when used by people with low education level, and thus 2 studies of improvement of CQI have been undertaken.

Purpose of Study: To adapt and improve the CQ Inventory by revealing how demographically heterogeneous participant group (N=12) cognitively evaluate the life situations described by the CQI items.

Research Methods: After an extensive literature research regarding theories and empirical findings on the topic of consciousness as a research variable in psychology (Baars, 2003), the CQI was revised and an expert appraisal was conducted (Study #1). To empirically test the revision, we used Willis's cognitive interviewing methodology (1999), which was considered very appropriate, since Brazdau's (2010) definition of consciousness involves access to and processing of information which is traditionally considered one of the topics of cognitive psychology. We developed basic probes for the CQI items and conducted individual Cognitive interviews (Study #2), so that we could gather valuable information and formulate suggestions for further improving the items after discussion of the research team.

Findings: The main outcome of the research was revealing the cognitive processes of the participants, when confronted with the life situations presented in the CQI items. Alternative items suggestions have been a target of the research as well. The article gives a detailed account of the reviewing process of the CQI using library research and cognitive interviewing approach, presenting also the revised instrument, actually free to use for research purposes. The entire item pool was improved according to suggestions made by the researchers, based on the results of the cognitive interviewing.

Conclusions: The results of the qualitative study showed few content shortcomings of the CQI and also other improved forms of the items according to the revealed cognitive processes, tested through cognitive interviewing method. Further quantitative study to be published will show the improved psychometric properties of the CQI.

Keywords: Consciousness Quotient Inventory, consciousness, cognitive interviewing, psychometrics
Problem statement: Guilt is considered one of the self-conscious emotions and also a moral emotion as it affects moral intentions (Haidt, 2003; Tagney, Stuewing, and Mashek, 2007). It is considered to elicit moral behavior and to make individuals put other's interests before their own (Haidt, 2003), making it one of the moral emotions that favor prosocial behavior. On the other hand, guilt is considered to have maladaptive effects being associated with child internalizing problems, depression, eating disorders, and also obsessive compulsive disorder (Alexander, Brewin, Vearnals et al., 1999; Burney and Irwin, 2000; Lee and Turner, 2001; Wilson, Drozdek, and Turkovic, 2006; Rakow et al., 2011). Recently, the widely accepted beneficial effects of guilt have been questioned, as the results show that guilt has positive effects for the victim and negative effects for the others involved (De Hooge et al., 2011).

Purpose of Study: Considering the conconsistencies in the research dedicated to guilt and the implications it has, our purpose is to investigate the strategies used to induce guilt in laboratory studies.

Research Methods: We conducted a data-based search using the key-words guilt and morality, guilt, induction and guilt and prosocial behavior, and guilt aversion.

Findings: There are three categories of strategies used to induce guilt: some studies ask participants to recall an event from their past, some studies use moral dilemmas and others involve real life actions that are prone to induce guilt.

Conclusions: There are only a few studies that investigated the implications of guilt in the moral domain by manipulating this moral emotion. Some of the methods discussed might be better suited for inducing guilt before decision-making and some are more ecologically valid. Future applications of the strategies used to induce guilt are discussed.

Keywords: guilt, moral emotions, moral decision-making, morality, prosocial behavior