



SCAP 2019

# Singapore Conference on Applied Psychology 2019

PROGRAMME & ABSTRACT BOOK

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# Programme Book

20th June 2019

Venue: Grand Copthorne Waterfront Singapore Level 3 (Galleria Ballroom)

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**REGISTRATION: 09:30 – 09:50**

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**SCAP 2019 OPENING: 09:50 – 10:00**

Dr Jane Montague

Discipline Lead for Psychology; Assistant Head of School of Human Sciences,  
University of Derby

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**KEYNOTE SESSION I: 10:00 – 10:45**

*Progressing compassionate mind training in school settings to improve well-being – An international research study*

Dr Frances Maratos

Associate Professor (& Reader in Emotion Science), University of Derby, UK

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**COFFEE BREAK: 10:45 – 11:15**

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**KEYNOTE SESSION II: 11:15 – 12:00**

*Experiencing the role of ‘informal carer’: Insights from a UK context*

Dr Jane Montague

Discipline Lead for Psychology; Assistant Head of School of Human Sciences,  
University of Derby, UK

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**LUNCH: 12:00 – 13:30**

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**SESSION I: 13:30 – 15:00**

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**Room: Galleria Ballroom I**

**Session Chair: Thomas E Hunt, University of Derby, UK**

*Humor that Builds Trust between Leaders and Followers*

Brian M Harman, Pepperdine University, USA

*The Process of Clients' Self-Transformation in Coaching through a Single Session of Assessment Feedback*

Keiko Muromatsu, Toyo University, Japan

*How to work with emotions in coaching*

Roberta Pagliarulo, Executive and Team Coach, Italy

*The Effect of Barrage on Video Advertisement Processing*

Lina Chen, Qingrong Chen, Nanjing Normal University, China

**Room: Galleria Ballroom II**

**Session Chair: JoAnne Yong Kwan Lim, Singapore University of Social Sciences, Singapore**

*The Effects of Gender and Sexual Orientation on Facial Recognition Memory*

Christie Chung, Mills College, USA

*Bodily discontent of women: A Holistic therapeutic approach*

Katy Eleanor Addinall, Sol Plaatje University, South Africa

*The Influence of Evolutionary Psychology on Human Mating and Sexual Behavior.*

Nida Fayyaz, United Arab Emirates University, UAE

*How Distress Manifests Itself in the Dreams of Mothers During Pregnancy and After Child-Birth*

Nozomi Yamane, Yamaguchi College of Arts, Japan

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**COFFEE BREAK: 15:00 – 15:30**

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**SESSION II: 15:30 – 17:00**

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**Room: Galleria Ballroom I**

**Session Chair: Jane Montague, University of Derby, UK**

*Evaluation of maths anxiety in health professional students: a multi-institution sample*

Thomas E Hunt, University of Derby, UK; Patricia Harris, University of East Anglia, UK

*Development of personal identity among adolescents - representatives of indigenous peoples of the Far North of Russia*

Flotskaya Natalya, Northern (Arctic) Federal University named after M.V. Lomonosov, Russia; Bulanova Svetlana, Northern (Arctic) Federal University named after M.V. Lomonosov, Russia; Ponomareva Maria, Northern (Arctic) Federal University named after M.V. Lomonosov, Russia; Tatiana Konopleva, Northern (Arctic) Federal University named after M.V. Lomonosov, Russia; Flotskiy Nikolay, Northern (Arctic) Federal University named after M.V. Lomonosov, Russia

*The Psychological Problems of Adolescents Separated from Parents and the Efficacy of Brain Equilibrium Time (BET) and Memory Retrieval Therapy (MRT)*

Joseph C M, Don Bosco, India

*A first exploration into psychological distress and character strengths in Cambodian students.*

Adriaan Cornet, CamEd Business school, Cambodia

*Does our understanding of how emotion serves to prioritise visual processing need reconsideration?*

Frances Maratos, University of Derby, UK

**Room: Galleria Ballroom II**

**Session Chair: Roberta Pagliarulo, Executive and Team Coach, Italy**

*Artificial Intelligence (AI) as Alternative Methods of Psychological Measures*

Nathan Mondragon, HireVue, USA; Joshua Liff, HireVue, USA

*Getting the Word Out: Digital Press Releases in Equity Crowdfunding*

JoAnne Yong Kwan Lim, Singapore University of Social Sciences, Singapore; Lowell Busenitz University of Oklahoma, USA

*The relationship of participant motivation factors with level of education, health indices and lifestyle decisions for rugby players competing at the Golden Oldies World Rugby Festival*

Ian Tim Heazlewood, Charles Darwin University, Australia

*The importance of emotion regulation, compassion, self-criticism and personality in the development of obesity*

Emma E Sharpe, University of Derby, UK

**21st June 2019**

**Venue: Grand Copthorne Waterfront Singapore Level 3 (Galleria Ballroom)**

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**SESSION III: 09:00 – 10:30**

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**Room: Galleria Ballroom I**

**Session Chair: Emma E Sharpe, University of Derby, UK**

*Clarifying Inconsistencies in Shared Mental Model Research*

JoAnne Yong Kwan Lim, Singapore University of Social Sciences, Singapore

*The Relationship between Job Demands and Organizational Citizenship Behavior:  
“IMPRESS” Intervention to Manage the Negative Effect of Job Demands*

Fahima Irfani Rodhiya, Universitas Indonesia, Indonesia; Endang Parahyanti, Universitas Indonesia, Indonesia

*The influences of sex and age on the successful aging of selection, optimization, and  
compensation model for civil aviators in Taiwan*

Chian-Fang G Cherng, National Yang-Ming University, Taiwan

*Secret Opinion Light – An interdisciplinary approach to foster collective decision-making*

Klaus Harnack, University of Münster, WOP, Germany

**Room: Galleria Ballroom II**

**Session Chair: Joseph C M, Don Bosco Psycho-Social Support Centre, India**

*Domains count and belief matters: The differences in reflective thinking on persistence after  
academic vs. non-academic failures in a Confucian cultural context*

Bih-jen Fwu, National Taiwan University, Taiwan; Tong-Rong Yang, National Taiwan University, Taiwan; Yi-Kai Chen, National Taiwan University, Taiwan

*Significance of Research in Realistic Optimism and Its Future Prospect -new concept of realistic optimism adopting philosophical thinking*

Hideo Kato, Sunbrella Hire, Japan; Aneesah Nishaat, Soka University, Japan; Haruo Magari, Soka University, Japan

*Happy, Carefree College Life – Fact or Fiction? : Preliminary findings from an exploration of well-being among Indian students*

Pulkit Khanna, GD Goenka University, India

*Relationship between Realistic Optimism and Subjective Well-being: A Study on Japanese University Students*

Aneesah Nishaat, Soka University, Japan; Haruo Magari, Soka University, Japan

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**COFFEE BREAK: 10:30 – 11:00**

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**SESSION IV POSTER PRESENTATION: 11:00 – 12:00**

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**Room: Galleria Ballroom I & II**

*Subjective perception of the city's functions among its inhabitants*

Eugenia Mandal, Institute of Psychology University of Silesia Katowice, Poland

*The Effects of Prior Rewards on Framing Effect*

Munseon Yun, Yonsei University, S.Korea; Kwang-Hee Han, Yonsei University, S.Korea

*The Effect of Self Concept on the Association of Job Seeking Anxiety and Interaction between Nursing Students and Professor*

Eunsu Jang, Daejeon University, S.Korea; Yunyoung Kim, Andong University, S.Korea

*The Understanding of Face Attractiveness Using Face Inversion Effect*

Yujin Jung, Yonsei University, S.Korea; Kwang-Hee Han, Yonsei University, S.Korea

*Causes and Correlates of Delinquency in Adolescent Girls*

Elsie Mishra, National Institute of Technology Rourkela, India

*The role of Fear of Negative Evaluation as a mediator between Body Focused Repetitive Behaviours (BFRBs) and Anxiety*

Jamie Rachel Smith, Australian Catholic University, Australia

*Research on the Key Factors of Adolescent Game Transfer Phenomena and Their Influences*

Fu-Yuan Hong, Dayeh University, Taiwan; Shao-I Chiu Chiu, Dayeh University, Taiwan; Tzu-Yu Lai, Dayeh University, Taiwan

*Preliminary Analysis of Perception of Support and Direction in the pairs of Counselling supervisor and supervisee*

Chiung-Miao Lan, National Kaohsiung Normal University, Taiwan; Szu-Fan Chen, Chang Jung Christian University, Taiwan

*The Effect of Perceived Parental Overprotection on Morality in College Students*

Sunghyun Cho, Yonsei University, S.Korea; Seung-Ah Lee, Yonsei University, S.Korea

*Satisfaction on Physical Appearance among survivors of childhood cancer*

Myung Ah Rhee, Yonsei University, S.Korea; Siyung Chin, Yonsei University, S.Korea; KyongMee Chung, Yonsei University, S.Korea

*The relationship between perceived parental overprotection and self-control of adolescents*

Sunghyun Cho, Yonsei University, S.Korea; JOO-EUN JUNG, Yonsei University, S.Korea

*Using PBL to Improve Multicultural Counseling Skills - A Case Study*

Yi-Chen Wu, National Tsing-Hua University, Taiwan

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**LUNCH: 12:00 – 14:00**

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CONFERENCE NETWORKING: 14:00 – 17:00

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END OF CONFERENCE

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VIRTUAL PRESENTATION

Available on [scap.ear.com.sg](http://scap.ear.com.sg) on 10<sup>th</sup> June 2019

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*Yoga Therapy: Does it really work?*

Niranjan Prasad Yadav, University Dept. of Psychology, T.M.B.U., Bhagalpur, Bihar, India

# Abstract Book

20th June 2019

Venue: Grand Copthorne Waterfront Singapore Level 3 (Galleria Ballroom)

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**REGISTRATION: 09:30 – 09:50**

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**SCAP 2019 OPENING: 09:50 – 10:00**

Dr Jane Montague

Discipline Lead for Psychology; Assistant Head of School of Human Sciences,  
University of Derby

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**KEYNOTE SESSION I: 10:00 – 10:45**

**Progressing compassionate mind training in school settings to improve well-being – An international research study**

**Dr Frances Maratos**

Associate Professor (& Reader in Emotion Science), University of Derby, UK

**Abstract**

There is growing evidence that focusing on the cultivation of compassion-based emotions has important effects on mental states and well-being. Very recently, compassion based initiatives have begun to be embraced within wider public sectors e.g. health, education, business. Yet, within education, no rigorous evaluation of these interventions has been progressed. Consequently, as part of an international large-scale study we are assessing the feasibility of conducting compassion-based interventions in school settings, as well as evaluating their efficacy. In this talk, I will provide an introduction to the work we are doing and why, as well as an overview of our 6 module staff curriculum. This curriculum has now been trialled with over 350 staff working within education across the UK and Portugal. Preliminary results concerned with implementation efficacy, and the effects of compassionate mind training on indicators of psychological and physiological wellbeing will be presented. I'll further discuss some of the difficulties in conducting applied research in such settings, but why such research is invaluable when progressing and evaluating any new initiative in the public sector.

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**COFFEE BREAK: 10:45 – 11:15**

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**KEYNOTE SESSION II: 11:15 – 12:00**

**Experiencing the role of ‘informal carer’: Insights from a UK context**

**Dr Jane Montague**

Discipline Lead for Psychology; Assistant Head of School of Human Sciences,  
University of Derby, UK

**Abstract**

The number of individuals performing the role of informal carer in the UK population is growing at a rapid rate (12% or approximately five million people: NHS Information Centre, 2010) and an increasing focus on the experiences psychological wellbeing of those undertaking this role is necessary. In the first of two studies reported here, the service provided by a local Derbyshire carer’s support organization commissioned an evaluation of their service. The consultation took a mixed methods approach with the qualitative part combining focus groups and diaries to gain both retrospective and ‘in the moment’ accounts of the day-to-day experiences of adults and young people within their informal care role. Building on insights from this study, and focusing on the specific experiences of South Asian (SA) carers, the second study consisted of a series of semi-structured interviews. Both sets of data were analysed separately using thematic analysis. This highlighted various similarities across both groups, including, for example, demands on time, battling against authorities, relying on the help of others, and issues of carers’ health and wellbeing. The SA group also reported some additional issues relating to their cultural norms and expectations. Specific recommendations resulted from the first study such as provision of respite; enabling wider social networks; and enabling carers to take care of themselves without guilt. These are also relevant for the group included in the second study along with specific interventions that draw in the cultural angle.

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**LUNCH: 12:00 – 13:30**

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**SESSION I: 13:30 – 15:00**

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**Room: Galleria Ballroom I**

**Session Chair: Thomas E Hunt, University of Derby, UK**

**Humor that Builds Trust between Leaders and Followers**

**Brian M Harman**

Pepperdine University, USA

**Abstract**

According to Gallup (2017) research, only one third of any given organization's employees are engaged. Consequences of low engagement include burnout, low morale and productivity, and compromised organizational performance. Common approaches for addressing the problem of low engagement range from employee engagement surveys and local interventions to manager training and defining clear engagement goals. These approaches appear to have only marginal effect, signaling that the core issues plaguing engagement may remain undetected and unaddressed. One such core issue may be low trust among coworkers. Although trust can be built through regular use of humor by leaders and followers (Romero & Pescosolido, 2008), individuals often don't understand how to effectively use humor in the workplace, while others fear the risks and potential reprisals from doing so (Decker & Rotondo, 1999). This suggests the need for education, intervention, and coaching related to the effective use of humor in the workplace. This paper is in advance of the researcher's Ph.D. dissertation and will outline the design of an interactive humor workshop intended to raise the level of trust within intact workgroups. Workshop participants will learn about the forms, mechanisms, and uses of business humor, take part in in-class humor exercises, and learn humor techniques to apply in the workplace. The presentation will feature an interactive discussion of the study background, plan, and methodology as the researcher prepares for submission to the Institutional Review Board. This paper adds to the body of literature on business humor by applying the concepts to intact workgroups and adds to leadership and team literature and practice by outlining a practical intervention for enhancing leader-member exchanges and team dynamics.

## **The Process of Clients' Self-Transformation in Coaching through a Single Session of Assessment Feedback**

**Keiko Muromatsu**

Toyo University, Japan

### **Abstract**

Successful professionals, even those with high personal integrity, may find it necessary to change their behaviors, but find it difficult to do so (Goldsmith, 2003). There are strong needs for such professionals to self-transform themselves, and coaching is expected to help them achieve this goal. While the coaching industry flourishes, academic evidence of its effectiveness is scarce and in need.

There are several types of coaching, one of the most frequently used types being assessment-coaching, which provides feedback for individuals, typically conducted within one session. This study focuses on coaching with one session of assessment-results feedback, and investigates: 1) whether one sixty-minute session of assessment feedback is effective as a form of coaching, in particular whether it brings self-transformation to clients, and if that is the case, 2) what the process of clients' self-transformation is.

In this study, the participants were administered an assessment and received one session of feedback on their assessment results from the coach. Based on the results, they were asked to set goals on their own and to make efforts to achieve their goals for twelve weeks without any further coaching. After their twelve weeks of effort, in-depth open-ended questionnaires were administered. The feedback results from the assessment were administered to all participants by the same professional coach, the author of this paper. The same person conducted both the coaching and the analysis of the study. This served as a control factor, guaranteeing that feedback was uniform: the study results were not confounded by differing levels of feedback skill of different coaches.

The study found that one session of assessment result feedback is effective as a form of coaching, bringing self-transformation to clients, but only if it is accompanied by some kind of task. The process of self-transformation was revealed to involve specific steps.

## **How to work with emotions in coaching**

**Roberta Pagliarulo**

Executive and Team Coach, Italy

### **Abstract**

During my speech I will share with the audience the way, as an ontological coach, I work with emotions in coaching. An ontological coach helps clients to reach their goals supporting them to face what is missing in different domains of their lives, work, family, career and so on. Dealing with blindness is the job of an ontological coach who enables people to better serve themselves, broadening their horizons and acting more effectively to design their future. Ontological coaching originates from the philosophies of Martin Heidegger, J.L Austin and John Searle together with the work of Humberto Maturana, Fernando Flores and Rafael Echeverria. Ontological coaching considers a human being in 3 domains, body, language and emotions. Skilled coaches are able to observe themselves and others in these domains and to bring about shifts in their own or their client's way of being. In a coaching conversation I help my clients: to legitimate their emotions, to accept the emotions unconditionally, then investigate the reasons, thoughts and opinions. This means analyzing the validity of their opinions, their standards, distinguishing facts from opinions, in order to change the way, they observe the reality and their decision. According to the ontological coaching, emotions are linked to the particular type of observer that we are of reality, we feel emotions following the way we interpret reality. We do not have access to what happens to our clients, we can only access the "translation" of what happens to them. I help my clients to translate their emotions into language through powerful questions. Emotions in my coaching model are predispositions to action, they can be used as resources and they can be considered as obstacles while the clients are working to reach their goals. It is useful, in my experience, to transfer the ability of a coach to work with emotions, in other conversations in organizations and in life: feedback conversations, meetings, family conversations to help people to become aware of their emotions and to learn to translate them into language.

## The Effect of Barrage on Video Advertisement Processing

Lina Chen

Nanjing Normal University, China

Qingrong Chen

Nanjing Normal University, China

### Abstract

Barrage refers to the interactive comments that pops up when watching a video on the Internet. Recently, there has been increased interest in creating advertisement based on barrage to capture attention. However, to the best of our knowledge, very few researches examine the effects of barrage-based advertising on the consumers. The current studies aim to explore whether online barrages influence the processing of video advertising. In Experiment 1, 40 participants (20 females, mean age = 22-28 years,  $SD = 1.81$  years) watched commercial advertisements with and without barrages. They were asked to rate advertising effectiveness including cognition, attitude, and purchase intention when the experiment was over. The total scores from above-mentioned measures were also computed. Planned comparisons adopted linear mixed-effects models (LMM) using the lme4 package in R. The regression model included fixed effects (e.g., with or without barrage) and the maximal random effects structure with by-participants and by-items random intercepts and slopes. The results showed that barrage-based video advertisements scored higher on all measures than the advertisement without online barrages ( $|t|s > 2.3$ ,  $ps < 0.03$ ,  $|\beta|s > 1.50$ ). In Experiment 2, we investigated whether the size (large, standard, and small) and position (top and bottom) of barrages affected the effectiveness of video advertising. Sixty participants (36 females, mean age= 22-30 years,  $SD = 1.51$  years) watched six types of commercial advertisements and rate as Exp.1. LMM results showed that there were significant effects of position and font size on all measures (Cognition:  $F_s > 19.97$ ,  $ps < 0.001$ ; Attitude:  $F_s > 19.11$ ,  $ps < 0.001$ ; Purchase intention:  $F_s > 6.56$ ,  $ps < 0.001$ ; Total points:  $F_s > 18.54$ ,  $ps < 0.001$ ). Interestingly, a significant interaction between position and font size was observed (Cognition:  $F = 8.93$ ,  $p < 0.001$ ; Attitude:  $F = 6.09$ ,  $p < 0.002$ ; Purchase intention:  $F = 3.44$ ,  $p < 0.03$ ; Total points:  $F = 5.79$ ,  $p < 0.001$ ). Further analysis revealed that the large-sized barrage at the top had the best effect ( $|t|s > 3.26$ ,  $ps < 0.016$ ,  $|\beta|s > 1.46$ ), and the small-sized barrage at the bottom was the worst ( $|t|s > 2.31$ ,  $ps < 0.01$ ,  $|\beta|s > 1.68$ ). We interpret the results within a selective attention, interactive cognitive processing and emotion constructive framework and outline the implications for future work on the luck of barrage-based effects on video advertisement processing.

**Room: Galleria Ballroom II**

**Session Chair: JoAnne Yong Kwan Lim, Singapore University of Social Sciences, Singapore**

**The Effects of Gender and Sexual Orientation on Facial Recognition Memory**

**Christie Chung**

Mills College, USA

**Abstract**

Understanding the effects of gender identity and sexual orientation on facial recognition is crucial in applied settings, such as eyewitness testimony. In our study, we examined the effects of gender identity and sexual orientation on young adults' memory for faces of various gender identities. Young participants (aged 18- to 30) studied 25 faces (female, male, and gender non-conforming) at a rate of 3.5 seconds per image on a computer screen. In the recognition memory test, participants answered yes/no to 25 studied and 25 new faces. After the recognition phase, participants rated all faces by valence, their perception of the person's gender identity, and attractiveness. The faces were diverse in race, ethnicity, age, and gender identity. We found that female participants were significantly more likely than male participants to recognize gender non-conforming faces. This supports existing findings that females generally score higher than males in face recognition tests, although female recognition of gender non-conforming faces has never previously been tested. We also found that LGBTQ+ participants exhibited significantly higher false alarm rates for gender non-conforming faces, indicating that LGBTQ+ participants were more likely to believe they had seen a gender non-conforming face, even when they had not. This result suggests that LGBTQ+ participants were likely responding based on familiarity processing rather than recollection. We also found that heterosexual male participants were more likely to recognize young female faces than LGBTQ+ male participants. This finding could be explained by a heightened motivation for encoding because heterosexual, male participants might see young females as potential mates. Taken together, our results clearly indicate that sexual orientation and gender identity play crucial roles in facial recognition and processing.

## **Bodily discontent of women: A Holistic therapeutic approach**

**Katy Eleanor Addinall**

Sol Plaatje University, South Africa

### **Abstract**

Women's bodily discontent is a widespread problem and it is present in all age groups, on every socioeconomic level, in all occupations, all cultures and religions. Bodily discontent is a broad term that is used to vary from normal discontent of a woman about one or more of her physical attributes to extreme negative causes, for example an eating disorder. South African women were examined and an empirical qualitative study was done to evaluate the women's thoughts and feelings. The causes and effects of bodily discontent were also examined. Social science literature was used to determine the ethology of bodily discontent, which confirmed that it is multi-factorial. A variety of therapeutic aids were studied and cognitive behavioral therapy appears to be the most effective for the women that are dissatisfied with their body image. Every woman is an individual with an individual body image and must be approached as individual holistic beings. Thus, a holistic pragmatic model was developed as a possible aid in the woman's healing process.

## **The Influence of Evolutionary Psychology on Human Mating and Sexual Behavior**

**Nida Fayyaz**

United Arab Emirates University, UAE

### **Abstract**

Over the course of history, human beings have taken keen interest in mating activity. The survival of the human species has been dependent on sexual mating and human reproduction; the need for sexual companionship has played a pivotal role in building societies and establishing social as well as intimate relationships. To overcome the problem of finding a suitable sexual partner, men and women adopt different strategies, based on their roles in the society. This paper discusses the impact of Evolutionary Psychology on Human mating and sexual behavior. David Buss's Sexual Strategies Theory is considered one of the major research programs to investigate how this relationship works. This paper aims to provide an emotional and cultural perspective on how evolutionary psychology has influenced human sexual and mating behaviors. It can be said that Buss's theory, despite being one of its kind, has failed to look at the complete picture. These limitations are due to various reasons; such as over emphasis on the polygamous nature of men, the evaluation of parental investment of both sexes, the problems each of the sexes can solve by using these strategies and how mating is

considered an individual activity instead of a cooperative one. The cultural, philosophical and emotional take on the evolution of human sexual behavior brings a fresh and creative outlook.

## **How Distress Manifests Itself in the Dreams of Mothers During Pregnancy and After Child-Birth**

**Nozomi Yamane**

Yamaguchi College of Arts, Japan

### **Abstract**

The increase of child abuse related incidences pertaining to postpartum mothers with mental disorders is a very serious issue in Japan. To solve this problem, it is necessary to reveal what distresses Japanese women during pregnancy and after child-birth. As many psychologists insist, it is useful to interpret dreams as a means to reveal what is causing a patient's distress. This qualitative study, aimed to provide an overview of maternal distress by using a representative sample of 183 dreams, taken from five Japanese primiparae, which were reported during their pregnancies and after child-birth. All five participants in the study shared similar traits, in that they were well educated and highly respected by others. After the subjects dreamed, they described their dreams giving their own interpretations, then periodically sent this information via e-mail to the author of this study. Interviews with the subjects were conducted several times, to better analyze the meanings of their dreams in greater detail. The results of the analyses, indicated overall that the subjects felt distressed by (1) restrictions on diet and exercise, (2) unfamiliarity with labor pain, (3) their social and economic disadvantages as compared with men, (4) the possibility that baby would be handicapped, and by (5) the heavy burden of caring for the baby after child-birth. In addition, the analysis indicated that the dreams also functioned as a means to reduce stress while forming stronger bonds between the mothers and their newborns, because of (1) the joy of having a healthy fetus (2) the availability of physical and psychological care from their husbands and family, (3) their empathy with other women, and (4) the dreams illustrating their affections towards their baby. These findings suggest that dreams during pregnancy and after child-birth represent primiparae psychological stress states, as well as function to create conditions that can positively affect a mother's state of wellbeing. This study has found that the analysis of maternal dreams can effectively be used for maternal counseling, to prevent child abuse, and to help primiparae develop positively as mothers.

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**COFFEE BREAK: 15:00 – 15:30**

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**SESSION II: 15:30 – 17:30**

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**Room: Galleria Ballroom I**

**Session Chair: Jane Montague, University of Derby, UK**

**Evaluation of maths anxiety in health professional students: a multi-institution sample**

**Thomas E Hunt**

University of Derby, UK

**Patricia Harris**

University of East Anglia, UK

**Abstract**

Incorrect dosage is the most common medication error (Armitage, in Pentin & Smith, 2006) and medication errors (estimated via adverse drug reactions) are thought to cost the UK National Health Service £98.5 million per annum (Elliott et al., 2018). Research has shown a consistent effect of maths anxiety on drug calculation performance among healthcare students, particularly pre-registration nurses and the findings of a recent review of the literature highlighted that more research is needed to increase patient safety in the context of drug calculation errors (Williams & Davis, 2016). Whilst previous researchers have found relationships between maths anxiety and performance amongst nurses (McMullin et al., 2012; Bull, 2009) no work has been conducted to understand the exact nature of the relationship. We surveyed 286 students across a range of nursing and healthcare programmes from two UK universities. Our survey included a range of demographic measures along with measures of maths anxiety, previous maths experience and drug calculation scores. Here we present our findings, which will contribute to our understanding of this important issue.

**Development of personal identity among adolescents - representatives of indigenous peoples of the Far North of Russia**

**Flotskaya Natalya**

Northern (Arctic) Federal University named after M.V. Lomonosov, Russia

**Bulanova Svetlana**

Northern (Arctic) Federal University named after M.V. Lomonosov, Russia

**Ponomareva Maria**

Northern (Arctic) Federal University named after M.V. Lomonosov, Russia

**Tatiana Konopleva**

Northern (Arctic) Federal University named after M.V. Lomonosov, Russia

**Flotskiy Nikolay**

Northern (Arctic) Federal University named after M.V. Lomonosov, Russia

**Abstract**

**Introduction:**

Personal identity is one of the fundamental needs of an individual. The most significant period in the development of a person's identity is adolescence. The development of personal identity is influenced by national identity, socio-cultural conditions, natural and climatic living conditions, and more. The focus of this study is, therefore, the development of personal identity among adolescents - representatives of indigenous peoples of the Far North.

**The purpose and methods of the research:**

The aim of this research was to determine the peculiarities of the development of personal identity among adolescents-Nenets and adolescents of Russian nationality living in the subarctic territories of the Russian Federation. The study used an instrument measure developed by Kuhn and McPartland "Who am I?" that allows to analyze the following components of personal identity: gender, social, ethnic, family, professional, individual, physical, undifferentiated, as well as component of hobbies. The respondents in this study are Nenets teenagers between 12-13 and 14-15 years old and who live in the Nenets Autonomous District, as well as Russian teenagers who are 12-13 and 14-15 years old and living in the Arkhangelsk region.

**Results:**

The present study identified the particularity of personal identity among adolescents of Nenets nationality in comparison to their peers of Russian nationality. The dynamics in the components of personal identity among boys and girls of Nenets nationality during the

transition from the age of 12-13 to 14-15 was revealed. The features of personal identity among Nenets boys and Nenets girls were determined.

**Conclusion:**

The personal identity among adolescents of Nenets nationality has specificity when compared to the personal identity among adolescents of Russian nationality. The personal identity among adolescents varies significantly within the age period. The personal identity of Nenets boys and Nenets girls varies.

### **The Psychological Problems of Adolescents Separated from Parents and the Efficacy of Brain Equilibrium Time (BET) and Memory Retrieval Therapy (MRT)**

**Joseph C M**

Don Bosco, India

#### **Abstract**

Parents are traditionally believed to have a constant and continuous influence on the growth and development of adolescents. Emotional attachment with parents has been a vital ingredient in formulating the personality patterns of adolescents. Though getting separated from parents is natural, its effects are found to be deleterious, if it occurs during adolescence. In today's world, the economic and the social factors encourage people to leave their homes in pursuit of better prospects. But unfortunately, this has resulted in the separation of many adolescents from their parents. Consequently, these adolescents are highly likely to experience serious problems. This study is an attempt to find out the psychological effects of separation on adolescents from parents. The study specially focuses on the levels of psychological problems experienced by adolescents whose both parents are away, one parent is away and who are living with both parents. Further, the study proves the efficacy of Brain Equilibrium Time (BET) and Memory Retrieval Therapy (MRT) founded by Dr. Berkman Koyical, as an intervention tool to harness the psychological effects of separation on adolescents.

**A first exploration into psychological distress and character strengths in Cambodian students**

**Adriaan Cornet**

CamEd Business school, Cambodia

**Abstract**

Worldwide, psychological distress in students is ever increasing. Cambodian students are facing unique challenges in dealing with this distress. The resources for mental health care are very limited in Cambodia, the country has a young history of violence and war and is currently developing lightning fast. Although the need for mental support and health care is high, there is a severe lack of research that is specified on the Cambodian population and their mental health. This paper attempts to analyse common character strengths in Cambodian students from CamEd Business school in order to explore character profiles of Cambodian students and thereby opening the door for development of fitting interventions to reduce psychological distress. The VIA-IS 120 was used to measure strength profiles of 61 students (age 17 - 22). Results show that the character strengths: Honesty, Kindness, Fairness, Teamwork & Leadership are reported the most. This is different from commonly reported character strengths in the total South East Asian population. The findings indicate a need of interventions targeted on the strengths: Hope and Gratitude. Both strengths are reducing various symptoms of psychological distress in students and are reported less often in this studies population. More research is needed to specific characteristics of psychological distress in the general Cambodian student population with a bigger range of students from different educational providers in Cambodia. This paper serves as a first attempt to collect data on Cambodian students and can be used for the development of positive psychology interventions that are tailored to the characteristics of this population.

**Does our understanding of how emotion serves to prioritise visual processing need reconsideration?**

**Frances Maratos**

University of Derby, UK

**Abstract**

Emotion is fundamental to our being, and an essential aspect guiding behaviour when rapid responding is required. Given this, a common tenet is that threatening information is the biggest single driver of stimulus processing and biases visual attention, so that rapid responses can be

initiated. However, in this talk I will challenge this dominant approach and instead argue that to understand how emotion influences visual processing, we need to adopt a ‘motivational relevance’ approach. That is, to more fully understand what is, or is not, prioritised for visual processing one must also consider: (i) relevance, as well as (ii) stimulus ambiguity and perceptual saliency; (iii) task demands such as cognitive and/or perceptual load; and, (iv) endogenous/affective states of the individual. I will further present evidence that the brain basis allowing for visual prioritisation is also multifactorial in nature. Taken together, this questions our current understanding, and dominant theory, of how emotion serves to prioritise visual processing.

**Room: Galleria Ballroom II**

**Session Chair: Roberta Pagliarulo, Executive and Team Coach, Italy**

**Artificial Intelligence (AI) as Alternative Methods of Psychological Measures**

**Nathan Mondragon**

HireVue, USA

**Joshua Liff**

HireVue, USA

**Abstract**

Artificial Intelligence (AI) and its sub-components (Machine Learning and Deep Learning) are being used in a variety of environments to facilitate human decision making. In this paper, we will discuss the use of AI as an alternative method to psychologically profile job applicants for a variety of job roles. First an employability framework will quickly be described as the basis from which job applicants should be profiled. Then a detailed description of AI methods will be presented such as Natural Language Processing, Semantic Analysis, Emotion Categories, and Thinking Styles. These methods are used to provide a rich set of profile data variables from Personality Traits to Cognitive Abilities. Analysis of Video Interview answers and Game play behaviors will be used to describe the way AI methods mentioned above are used to extract the psychological measures. We will present Construct Validation evidence of these psychological measures establishing significant relationships between the AI measures and traditional psychological tools ( $r$  values range from .60 to .76). Additionally, we will present Criterion Validation evidence ( $r$  values range from .25 to .62) documenting significant relationships between the AI-based psychological measures and job outcome measures (e.g., hard metrics of job performance, turnover/tenure, promotability). Finally, a discussion of AI and Bias will be

provided and how algorithmic bias can be mitigated if planned for and monitored. Conclusions on how AI-based methods of psychological measures may impact the work of Psychologists today and in the future can be discussed along with areas where further research is needed.

### **Getting the Word Out: Digital Press Releases in Equity Crowdfunding**

**JoAnne Yong Kwan Lim**

Singapore University of Social Sciences, Singapore

**Lowell Busenitz**

University of Oklahoma, USA

#### **Abstract**

Digital press releases (i.e. online press releases) have drawn significant attention from scholars. Previous work has highlighted that digital press releases can shape individuals' purchasing behaviours and the way people consume news. This research extends this work by shedding light on how digital press releases affects funding in the context of equity crowdfunding. Equity crowdfunding involves individuals launching their venture campaigns online with the objective of seeking funding for their ventures. The current research investigates whether digital press releases launched before an equity crowdfunding campaign can play a role in inducing funding in technology-related versus non-technology related ventures and how venture stage further shapes the relationship. Results show that in general, the use of digital press releases is crucial in drawing funding from the internet audience. However, the relationship plays a differential role based on venture type (technology versus non-technology related ventures) and venture stage (early versus late stage). Specifically, for technology-related ventures, digital press releases will draw more funding in the early stage than in the late stage (i.e., after seed funding). By contrast, for non-technology related ventures, digital press releases will attract funding more in the late stage than in the early stage. This research highlights that for early stage technology-related ventures, it is vital for entrepreneurs to have digital press releases prior to equity crowdfunding campaigns whereas for late stage non-technology related ventures, it is vital for entrepreneurs to do so to facilitate funding in the campaigns. This current research adds a new perspective of how entrepreneurs can take advantage of digital press releases to elicit funding before launching their campaigns online. This current research also contributes to the digital media research by delving on the intersection between digital press releases and humans.

**The relationship of participant motivation factors with level of education, health indices and lifestyle decisions for rugby players competing at the Golden Oldies World Rugby Festival**

**Ian Tim Heazlewood**

Charles Darwin University, Australia

**Abstract**

**Introduction:**

Participant motivation based on Motivations of Marathoners Scale (MOMS) (Masters, Ogles B & Jolton, 1993; Marcus & Forsyth, 2009) evaluates factors, which enhance or impede motivation to participate in competitive sport. Factors as to health orientation, weight concern, personal goal achievement, competition, recognition, affiliation, psychological coping, life meaning and self-esteem. Previous research indicated a hierarchy of importance of these in Rugby players, however scores on these factors did not predict training frequency and type ((Heazlewood et al., 2018). However, at the Masters Pan Pacific multisport competition total weekly training session in males were predicted by goal achievement and affiliation, whereas in females the predictor set was goal achievement, affiliation, health orientation and psychological coping for Masters Pan Pacific multisport competition athletes (Heazlewood et al., 2016). The research aim was to extend upon the previous research designs to evaluate relationships between the MOMS nine factor participant motivation concepts with level of education, health indices and lifestyle decisions for Rugby players competing at the 2010 Golden Oldies World Rugby Festival.

**Methods:**

Participants were males competing at the 2010 Golden Oldies World Rugby Festival, Sydney, Australia (n=216, mean age=51.27, s.d.=8.04 years; age range 35 – 72 years) and completed an online survey prior to competition using the Limesurveytm interactive survey system where they completed Motivations of Marathoners Scale (MOMS), which measured nine participant motivation factors related to health orientation, weight concern, personal goal achievement, competition, recognition, affiliation, psychological coping, life meaning and self-esteem. Level of education was classified as diploma-trade-technical, high school completion, undergraduate university and post graduate university. Health indices/markers were BMI, waist circumference, systolic and diastolic BP, HDLs, LDLs, triglycerides, fasting plasma glucose (FPG) and HbA1C. Lifestyle decisions were drinker/non-drinker and frequency and current/ex-smoking, non-smoking and frequency. Correlation and ANOVA analyses were applied to evaluate the many possible relationships. Results: No significant differences were observed

between level of education and the nine participant motivation factors. The correlations of health indices with the participant motivation displayed no relationship with BMI; waist circumference positive with psychological coping, health orientation and weight control ( $r = .140 - .154$ ,  $p < .05$ ); no relationship for systolic and diastolic BP; positive for HDLs ( $r = .242$ ,  $p = 0.042$ ), and LDLs ( $r = .278$ ,  $p = .028$ ), with psychological coping; positive for triglycerides with psychological coping ( $r = .275$  and  $p = .035$ ), health orientation ( $r = .276$ ,  $p = .034$ ), competition ( $r = .314$ ,  $p = .018$ ) and goal achievement ( $r = .362$ ,  $p = .005$ ); FPG significantly negatively correlated with self-esteem ( $r = -.435$  and  $p = .016$ ), life meaning ( $r = -.374$  and  $p = .029$ ), health orientation ( $r = -.345$  and  $p = .045$ ), affiliation ( $r = -.458$  and  $p = .006$ ) and competition ( $r = -.353$  and  $p = .040$ ) and no relationship for HbA1C. Results for lifestyle decisions were all correlations were non-significant for drinks/wk with nine factors. Comparing drinkers to non-drinkers MOMS scores was unrealistic as most players were drinkers. All correlations were non-significant for cigarettes/wk with nine factors. However, ANOVA displayed higher scores for psychological coping for non-smokers compared to current smokers (score  $4.21 > 2.95$ ,  $p = 0.48$ ) and almost significant for health orientation as non-smokers had higher scores than current smokers ( $5.03 > 3.62$ ,  $p = 0.54$ ).

#### Discussion:

Level of education is usually regarded as a positive indicator of increased physical activity and positive perceptions toward exercise, however not with this cohort. Some interesting findings concerning health indices as waist circumference, HDLs, LDLs, triglycerides and FPG, and indicators of metabolic syndrome and health risk, were positively associated with psychological coping, weight control, health orientation, competition and goal achievement suggesting links to participant motivation perceptions. However, such correlations were low to moderate. Significant FPG negative correlations are a result of lower FPG value (a better the test result) to higher positive scores for five of the nine factors and a more positive profile in participant motivation. Lifestyle decisions in terms of drinking and smoking indicates frequency of drinking is non-predictive of participant motivation and a similar trend displayed by frequency of cigarettes/wk. In terms of the different categories for smoking/non-smoking, non-smoking players indicated psychological coping was an important participant motivation factors as compared to smoking players. Therefore, player health indices have a higher relationship to participant motivation factors and may reflect participant motivation is partially driven by a health belief model for physical activity in this cohort.

## **The importance of emotion regulation, compassion, self-criticism and personality in the development of obesity**

**Emma E Sharpe**

University of Derby, UK

### **Abstract**

#### **Introduction:**

Difficulties regulating emotional experience are frequently implicated in the development of disordered eating (Schmidt & Treasure, 2006). Previous research has suggested that disordered eaters may lack access to effective emotion regulation strategies so turn to food restriction or binge eating as a means of comfort (Aldao, Nolen-Hoeksema, & Schweizer, 2010). More recently, self-compassion has been shown to function as an adaptive emotion regulation strategy (Trompetter, de Kleine, & Bohlmeijer, 2017). Self-compassion describes a caring and non-judgemental attitude towards the self, especially when faced with negative or stressful situations (Gilbert, 2009). In a similar manner, levels of criticism towards the self may influence the effectiveness with which an individual may be able to deal with emotional information. Finally, research suggests that personality may have an impact on successful emotion regulation (Borges & Naugle, 2017). For example, in moderate quantities, some ‘dark’ personality traits (i.e. narcissism) have been associated with adaptive emotional functioning (Konrath et al., 2014). To date, previous work has failed to examine the combination of factors which may impact upon successful emotion regulation. The extent to which these factors may contribute to disordered patterns of eating is also yet to be understood. Thus, this exploratory study aimed to investigate the contribution of emotion regulation, compassion, self-criticism and personality on the development/maintenance of obesity.

#### **Method:**

300 participants (228 females, 68 males) were recruited using opportunity sampling (face to face on campus at the University of Derby and at weight loss groups), via social media (Twitter, Facebook and Reddit) and through Weight Loss forums. Participant BMI's ranged from 14.06 to 50.21 (mean = 25.52). Alongside estimates of height and weight, participants were asked to complete measures of emotion regulation, compassion, self-criticism and personality. Multiple linear regressions were carried out to investigate links between the key variables of interest.

#### **Results:**

Regression analyses revealed no significant relationship between personality, compassion, self-criticism and BMI. However, as significant correlations were apparent between other key variables an exploratory SEM model was proposed (with BMI excluded). Findings revealed

that emotion dysregulation was a significant predictor of high self-criticism. Self-criticism was also found to predict lower compassion for self. Contrary to our predictions, emotion dysregulation did not influence compassion for others. However, the dark personality traits (psychopathy, narcissism, sadism, Machiavellianism) were predictive of low levels of compassion toward other people.

**Discussion:**

The findings of this study help to further our understanding of compassion by proposing a clear distinction between the factors influencing compassion for self and those influencing compassion for others. Specifically, emotion dysregulation coupled with high self-criticism was predictive of low levels of self-compassion. However, compassion for others appeared to be influenced primarily by personality. This highlights the need to target emotion dysregulation in treatment given its impact on self-criticism and self-compassion – both of which are known to contribute to the development of psychopathology (e.g. MacBeth & Gumley, 2012). Finally, although no link between emotion, compassion, personality and BMI was found within the current study, investigating the relationship between these variables and aspects of disordered eating more generally (i.e. attitudes and behaviours relating to eating) may be an important avenue for further investigation. This research may also help to provide insights into future treatments for disordered eating given the lack of suitable alternatives.

**21st June 2019**

**Venue: Grand Copthorne Waterfront Singapore Level 3 (Galleria Ballroom)**

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**SESSION III: 09:00 – 10:30**

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**Room: Galleria Ballroom I**

**Session Chair: Emma E Sharpe, University of Derby, UK**

**Clarifying Inconsistencies in Shared Mental Model Research**

**JoAnne Yong Kwan Lim**

Singapore University of Social Sciences, Singapore

**Abstract**

Scholars have purported the importance for a team to hold shared mental models (SMMs) to facilitate task performance. However, research in SMMs has yielded inconsistent results. We shed light on this issue from both theoretical and methodological perspectives. Theoretically, we highlight that the requisite to hold similar mental models across specific team members depends on the task decomposition mechanisms employed: (a) team structure, (b) task modularity and (c) workflow interdependence type. Methodologically, we propose the following various concerns of previous studies : (a) the measurement of SMMs must be performed across specific team members based on the task decomposition mechanisms, (b) the measurement of SMMs must correspond to the construct used in the hypotheses, (c) an appropriate use of referent term in SMMs surveys and; (d) the need to incorporate within-group agreement in SMMs measurement. By suggesting new insights into when mental models should be similar as well as proposing how SMMs can be more accurately measured, we provide understandings to why previous research that investigated the relationship between similar mental models and team effectiveness is ambiguous. We believe we have contributed in significant ways to our collective understanding of SMMs and, more generally, to group functioning. We conclude with a discussion of practical implications.

**The Relationship between Job Demands and Organizational Citizenship Behavior:  
“IMPRESS” Intervention to Manage the Negative Effect of Job Demands**

**Fahima Irfani Rodhiya**

Universitas Indonesia, Indonesia

**Endang Parahyanti**

Universitas Indonesia, Indonesia

**Abstract**

Active participation in the Agent of Change team at X Company represents organizational citizenship behavior (OCB) because there is no formal reward from the company to engage in such behavior. However, there are members of the Agent of Change (AoC) who join the team by direct assignment instead of voluntarily involved in the Agent of Change team. They did not register voluntarily as AoC because very high job demands prevent them from carrying out other roles outside of their main work. Therefore, this study examines the relationship between job demands and OCB. The results showed that the type of job demands that had the highest negative correlation with OCB were work-family conflict ( $r = -0.42$ ;  $p < 0.05$ ). Other job demands, such as quantitative demands, cognitive demands, and work pace were not correlated with OCB. From these results, an intervention program called "IMPRESS" was designed and implemented to help AoC manage the work-family conflict they faced so that they could continue to display OCB. The intervention increased participant's skill on scheduling, priority scale, and mindfulness, so they can allocate the personal resources in order to reduce the work-family conflict.

**The influences of sex and age on the successful aging of selection, optimization, and compensation model for civil aviators in Taiwan**

**Chian-Fang G Cherng**

National Yang-Ming University, Taiwan

**Abstract**

Based on Helmreich & Merritt (1998), aviation works require high levels of interpersonal collaboration, communication and coordination. Stress copings and interpersonal skills are important in the workplaces of aviation. Since most of the civil pilots are male. There may be different between male and female pilots in terms of the stress copings and interpersonal skills. In addition, it has been an aged society in Taiwan since the year of 2018. Due to the extension of work tenure in the aged society, it is crucial to keep civil pilots' aging successfully for flight safety. In terms of the successful aging, Baltes and Baltes (1980, 1990) proposed the selection,

optimization, and compensation (SOC) model to assess the degree of a person's successful aging. Specifically, selection refers to an individual focusing attention on fewer, more important goals. Optimization involves engaging in goal-directed actions and means. Compensation maintains a given level of functioning in the face of loss and decline by individuals investing in compensatory strategies. The key concept of SOC is a general process of adaptation that an individual is likely to engage in life and is essential for the achievement of higher levels of functioning. It is worthwhile to explore the pilots' sex difference among the different aged groups in successful aging of SOC model in Taiwan. A total of 759 airline pilots aged 40 to 63 participated in this study. Most of them are Taiwanese (88.4%) and male (97.8%). The questionnaire consisting of 67 forced-choice items was used in this study. Two-way ANOVAs showed that there are no significant main effects of age and sex on the scores of selection. However, there are significant sex main effects on the scores of optimization, and compensation. There are no interaction effects on the age and sex for all the analyses. The current results have shown that there are the same levels of SOC in the aged pilots of 40 to 63 in Taiwan. It is needed to strengthen the rationales and strategies in organizing training programs for pilots' successful aging and health improving. Moreover, the current results are of value especially for reducing age or sex discriminations in aviation. Based on the current results, it may also provide some useful advices for the enhancing aging successfully and stress copings for the aviation settings.

**Secret Opinion Light – An interdisciplinary approach to foster collective decision-making**

**Klaus Harnack**

University of Münster, WOP, Germany

**Abstract**

Collective decision-making processes are often characterized by barriers that hinder individual group members to participate and enrich the decision process. Although research has identified several psychological obstacles like the hidden profile paradigm (Wittenbaum & Stasser, 1996), practical and applied procedures to overcome these obstacles are rare. The Secret Opinion Light (SOL) as an instance of Democratic Tableware (Harnack & Mühlenberend, 2018), which is an interdisciplinary open source project incorporating principles of design and psychology, is an applied example to over these barriers. SOL is a smartphone application in combination with a portable, battery supported multi-coloured LED lamp, with a wireless LAN adapter. It is designed to measure and express nuances of opinions and direct votes via lighting in brightness, colours, and light effects. The psychological reasoning behind SOL is to lower

the threshold for expressing individual opinions in groups. This is especially useful in large group setting, in situations of time pressure and in hierarchical group-settings and societies. In addition, it is designed to overcome the phenomenon of groupthink and to reduce the personal fears, thereby rectifying any imbalance of power and dominance within a group. The aim of the present contribution is to introduce the negation tool SOL and the concept of Democratic Tableware in order to encourage negotiation practitioners to use these tools that help people to ascertain and express their own interests, and to protect the decision-making process from biases.

**Room: Galleria Ballroom II**

**Session Chair: Joseph C M, Don Bosco Psycho-Social Support Centre, India**

**Domains count and belief matters: The differences in reflective thinking on persistence after academic vs. non-academic failures in a Confucian cultural context**

**Bih-jen Fwu**

National Taiwan University, Taiwan

**Tong-Rong Yang**

National Taiwan University, Taiwan

**Yi-Kai Chen**

National Taiwan University, Taiwan

**Abstract**

Research has shown that Dweck's entity theory explains students' performance and their learning behavior. Fwu et al. (2018) proposed a B-3A (Belief-Attribution-Affect-Action) model of reflective thinking process and found that the entity belief of ability has little predictive power in explaining learners' attribution of academic failure, negative emotions, and persistence, whereas effort beliefs significantly predict attribution, indebtedness, and subsequent effort-making in Confucian-heritage cultures (CHCs) such as Taiwan. Chen et al. (2019) further found that a majority of Taiwanese students hold effort belief in the academic domain. In CHCs, academic pursuits, mainly based on high parental expectations, differ significantly from non-academic pursuits. This study investigated (1) whether B-3A model holds in academic and non-academic domains, (2) what differences in reflective thinking process effort belief holders experience following academic vs. non-academic failures, and (3) what differences in reflective thinking process effort belief vs. entity belief holders experience after non-academic failures. A valid sample of 1,279 Taiwanese 8th graders were assessed for

attribution, negative affect and persistence after failure, with 730 students in academic domain and 549 students in non-academic domain, respectively. Latent class analysis (LCA) was conducted to analyze the data. The results showed that (1) B-3A model held in both academic and non-academic domains; (2) after academic failures, effort belief holders tended to suffer from indebtedness and were motivated to work harder to obtain better performance; however, following non-academic failures, they tended to experience hopelessness before finally giving up; (3) following non-academic failures, those who believed in entity theory were more likely to quit due to an attribution to the lack of ability and were more likely to suffer from hopelessness, whereas effort belief holders were more likely to persist due to an attribution to the lack of effort and as a result, were more likely to experience indebtedness. Failing to differentiate academic vs. non-academic pursuits in CHCs may explain why empirical research has found inconsistent results in applying Western achievement theories to the East Asian context.

**Significance of Research in Realistic Optimism and Its Future Prospect -new concept of realistic optimism adopting philosophical thinking**

**Hideo Kato**

Sunbrella Hire, Japan

**Aneesah Nishaat**

Soka University, Japan

**Haruo Magari**

Soka University, Japan

**Abstract**

This study describes the new concept and thinking in terms of realistic optimism. The study also demonstrates a new optimism scale, optimist's coping strategies in their life and its future agenda.

Many studies have been conducted in optimism and several studies found the tendency of people to be unrealistically optimistic about future life events. This indicates people with optimism tend to think good things will happen to them more than bad things (e.g. Weinstein, 1980; Scheier & Carver, 1985).

Schneider (2001) described "realistic optimism" as follows; "The hopes and aspirations associated with realistic optimism are coupled with a focus on possible opportunities to increase the likelihood of desirable and personally meaningful outcomes contingent on

situational constraints". She believes that optimism needs to be realistic, which means it should not take an extreme in internalising good events and externalising negative events.

Based on Schneider's idea of realistic optimism, Magari (2016, 2018) defined realistic optimism as "a way of thinking and a way of life that can give good prospects for the future, even if people encounter various difficulties". Considering both the philosophical viewpoint and Seligman's attributional style (1991), Magari (2018) proposes the concept of realistic optimism is composed of three factors ("flexibility", "will/courage", and "future orientation/hope"). In addition, Magari places "resilience" as a core concept among three factors and explains how realistic optimism should be applied in actual life. In this vein, Anisha & Magari (2018) conducted the study and developed the realistic optimism scale, considering resilience as an external criterion to check convergent validity in the scale.

The study develops a new realistic optimism scale, composed of 12 items, based on Haraguchi's scale (2016) and explains how Magari's new concept is supported with other studies (e.g Iida, 2017), who have employed grounded theory approach.

Quantitative data was collected from 278 university students who completed a realistic optimism scale and resilience scale using a 5-point Likert scale. After factor analysis, four core categories were identified ("Will", "Intention for future", "a flexible way of thinking" and "formative factor for optimism").

Based on the results, in terms of human strength, the study highlights how important it is to provide support with children, considering resilience and positivity ("Zest for life"), which is an educational objective in Japanese schools.

## **Happy, Carefree College Life – Fact or Fiction? : Preliminary findings from an exploration of well-being among Indian students**

**Pulkit Khanna**

GD Goenka University, India

### **Abstract**

Most adults reminisce about their college years as a happy, free spirited phase of life. However, statistics pertaining to mental health and well-being status of youth, both in India and globally seem to suggest otherwise (e.g. Deb et al., 2016; Fatusi & Hindin, 2010). Given that India is home to nearly 600 million people below 25 years of age, and ranks miserably low in the UN Happiness Index, youth well-being in the Indian context merits urgent attention. The present study is part of an ongoing research to explore well-being among college students from the National Capital Region in India. Using mixed methodology, over 200 students (boys and girls

in the age-group of 18-25 years) were surveyed about their idea of happiness and factors affecting their well-being. Additionally, all participants were administered the Positive and Negative Affect Schedule (PANAS-GEN; Watson, Clark, & Tellegen, 1988), and the Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) to understand their current levels of subjective-wellbeing. Preliminary findings suggest that many of the participants experienced below par levels of life satisfaction and positive affect. Further, majority of the students reported the absence of any initiatives to support mental health and wellness in their educational setting. Emergent findings will be discussed. Study findings have the potential to benefit both individual students as well as educators / policy makers in designing suitable interventions to enhance happiness among college students; besides building a discourse around the need to focus on student well-being as an intentional goal. Considering India is a 'young nation', investing in the well-being of Indian youth promises to reap rich dividends in the future. Keywords: youth well-being, happiness, life satisfaction, college students

**Relationship between Realistic Optimism and Subjective Well-being: A Study on Japanese University Students**

**Aneesah Nishaat**

Soka University, Japan

**Haruo Magari**

Soka University, Japan

**Abstract**

Background:

In our present work, we have developed scales to measure realistic optimism and subjective well-being, clarified the structure of the factors of both scales, and examined the relationship between realistic optimism and subjective well-being.

Method:

For the realistic optimism scale, we corrected items of the conventional scale and added a number of items to create realistic optimism scale of 16 items (the original scale). Using the original scale, a preliminary survey was conducted on 260 university students. Using factor analysis, 13 items of 3 factors (hope/future orientation, flexibility, and will/courage) were extracted (the provisional scale). Next, we conducted a second survey on 841 university students using the provisional scale. 3 factors consisting of 12 items were extracted finally

using factor analysis. For the subjective well-being scale, 60 correspondence course students were asked to freely answer the questions: "What is happiness?" and "When do you feel happy?". The answers were classified using the KJ method. As a result, a total of 28 provisional items and 5 factors on well-being were extracted for developing the subjective well-being scale. Finally, 18 items of 4 factors (sense of fulfillment, evaluation by others, sense of academic accomplishment, and sense of usefulness) were extracted by using factor analysis. Following this, another survey was carried out on 894 university students using both scales. To test statistical significance in the data set for the realistic optimism and subjective well-being scales, analysis of variance (ANOVA) was performed. The score of realistic optimism was categorized into low, medium, and high groups. Gender and realistic optimism are independent variables, whereas subjective well-being is a dependent variable.

**Result:**

A significant positive relation was found between subjective well-being and realistic optimism ( $F = 267.15, p < .001$ ). Moreover, a significant interaction was observed between gender and realistic optimism ( $F = 5.71, p < .01$ ). In addition, we examined the relationship between 4 factors of subjective well-being and realistic optimism. Interactions were significant between gender and realistic optimism in factors of, "evaluation by others" and "sense of academic accomplishment" ( $F = 3.26, p < .05$   $F = 3.62, p < .05$ ). For "sense of fulfillment", "sense of usefulness" the interaction was not significant.

**Discussion:**

In a nutshell, this research suggests that the degree of subjective well-being as a whole, along with each of its factors, increase ( $p < .001$ ) with a rise in the degree of realistic optimism.

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**COFFEE BREAK: 10:30 – 11:00**

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**SESSION IV POSTER PRESENTATION: 11:00 – 12:00**

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**Room: Galleria Ballroom I & II**

**Subjective perception of the city's functions among its inhabitants**

**Alan Mandal**

Faculty of Earth Sciences, University of Silesia, Katowice

**Eugenia Mandal**

Institute of Psychology University of Silesia Katowice, Poland

**Abstract**

The concept of the city's function was introduced the first time in the geography in 1891 by Friedrich Ratzel, who compared the city to a living organism. Nowadays, the issue of cities and their functions is an important topic in the field of urban studies in geography, sociology, environmental psychology, and applied social psychology. It is related, inter alia, to the issues of quality of life, place attachment, development, teaching, transformation, social exclusion spatial and functional changes, demographic processes. The aim of the study was to investigate the subjective perception of the city's functions among the people living there. The research was conducted on a group of 230 subjects (19 - 49 years old), residents of the Silesia conurbation in Poland. The study was conducted using qualitative research. The respondents answered the question: "What functions does your city fulfil for you?" The respondents provided answers at the time convenient for them, no time limits were applied. The results showed that the city is frequently seen as learning and work centre, a place of meetings, entertainment, cultural events and as a place of residence. The city has also many psychological functions related to person's identity, the sense of attachment, the home, the little country, being brought up as a child, growing up, going into society. Some respondents pointed to the lack of functions and negative functions of the city. Women more often than men perceived the city as a place of rest and recreation, a place of learning and work, a place of development, a place with social functions, while men more often than women perceived the city without any functions or a negative place.

## **The Effects of Prior Rewards on Framing Effect**

**Munseon Yun**

Yonsei University, S.Korea

**Kwang-Hee Han**

Yonsei University, S.Korea

### **Abstract**

Recently, studies of decision making found out that people are not rational. According to the framing effect, although expected values of two options are identical, people prefer sure gain than risky gain in the gain frame while they prefer risky loss than sure loss in the loss frame. But previous studies related to the framing task have randomly shown rewards of choice or not mentioned about rewards. If then, when the probability of prior rewards (POPR) is manipulated, will the framing effect be different? Thus, we implement 3(POPR: 25%, 50%, 75%) X 2(frame: gain, loss) within-subjects experiment. Thirty-four undergraduates in Yonsei University participated (17 females, mean age=22.58, SD=1.99). Experiments had two tasks. In the Single roulette task, participants played a risky roulette and gained (lost) virtual coins according to the POPR for 36 times. After that, in the Framing task, participants chose a preferred option between sure roulette and risky roulette (Experienced or New) for 17 times. To investigate the effect of the POPR on the selection frequency of risky options in the framing task, 3(POPR: 25%, 50%, 75%) X 2(frame: gain, loss) two-way repeated measured ANOVA was conducted. As a result, in the framing task with pre-experienced risky options, the more the POPR experienced, the more the selection frequency of risky options regardless of the frame ( $F(2,66)=4.93, p<.05, \eta^2=.13$ ). Particularly, the reversed framing effect occurred in the high POPR ( $F(2,66)=6.41, p<.01, \eta^2=.16$ ). Additionally, the selection frequency of risky options increased as the POPR went up in the framing task with new risky options that had not been experienced ( $F(2,66)=13.94, p<.001, \eta^2=.29$ ). It indicates that the POPR was encoded as a kind of rule. Our results show the fact that the framing effect is influenced by the external factor. And these have practical implications. For example, it is possible to use advertising individually based on data about experience pattern of consumers. On the other hand, in relate to illegal acts, people should avoid the experience of getting rewards through strong punishments in the early stages so that they do not repeat illegal activities. Therefore, we expect to be able to make strategies to cope with various situations considering the people's prior experience and the frames.

## **The Effect of Self Concept on the Association of Job Seeking Anxiety and Interaction between Nursing Students and Professor**

**Eunsu Jang**

Daejeon University, S.Korea

**Yunyoung Kim**

Andong University, S.Korea

### **Abstract**

The aim of this study was to reveal the effect of professional self concept on the association of job-seeking anxiety and interaction between professor and nursing college students. This study with a cross-sectional design was conducted from Dec, 2017 to Jan, 2018 in three cities of the nation. The number of 314 nursing students' data was collected. The structured self-report questionnaire was used to assess job-seeking anxiety, professional self concept, and professor-student interaction among nursing college students. Twenty questionnaire data was abandoned because of it's deficiency contents. The total of 294 data were analyzed with descriptive statistics, Pearson's correlation coefficient, t-test, ANOVA, and multiple regression using the SPSS 24. The analysis of mediated effect was performed according to the Sobel test. Significant p was .<05. The association between professional self-concept and interaction was 0.449 (p<.001) and job-seeking anxiety was -.415 (p<.001) This study showed a significant mediated influence of professional self-concept on the relationship of job-seeking anxiety and interaction between professor and student ( $Z=-0.86$  , p<.001). This finding suggests that professional self concept may play a key role in increasing the effect of professor-student interaction on job-seeking anxiety. Therefore, this study underline the necessity to regard ways of intensifying professional self concept for nursing college students.

## **The Understanding of Face Attractiveness Using Face Inversion Effect**

**Yujin Jung**

Yonsei University, S.Korea

**Kwang-Hee Han**

Yonsei University, S.Korea

### **Abstract**

Profile image is the first and important step before we socialize in an online environment. In this study, we wanted to figure out how people perceive the attractiveness of people's profile image when they see it first. It is well known that face recognition is disrupted when the face is shown inverted because people holistically perceive the face. Like this, we tried to find out

that attractiveness of profile image is holistically processed as well. Therefore, we hypothesized that the attractiveness score of high-attractiveness images would go down when these images are inverted (rotated), while the score of low-attractiveness images would go up when inverted (rotated). For this study, 45 undergraduates in Yonsei University (29 female, 16 male) were recruited. We designed 2 (upright image's score: high-attractiveness, low-attractiveness) X 4 (orientation: 0°, 90°, 180°, 270°) within-subjects. Here, we added other angles (90°, 270°) to see these also affect evaluating attractiveness. Participants were all asked to use a chin rest to prevent turning their heads. They evaluated the attractiveness of 64 images (16 images in four different angles) using a 7-point Likert scale. 32 male and 32 female stimuli are randomly shown. The experiment was programmed by E-prime and proceeded with a computer monitor and keyboard. Repeated measures two-way ANOVA was conducted, and two of the participants were excluded in the analysis due to the programming error. Results were separately analyzed by the sex of stimuli because the previous study showed that female had a higher score than male when rating attractiveness. In female data, there was a significant interaction,  $F(2.71, 97.49) = 27.76, p = .00, \eta^2 = .44$ . For male stimuli, we found out a significant interaction as well,  $F(3, 117) = 29.41, p = .00, \eta^2 = .43$ . Post-hoc analysis revealed that the score of rotated (90°, 180°, 270°) images were all lower than the high-attractiveness upright (0°) images ( $ps = .00$ ). Also, rotated images were highly scored than the scores of low-attractiveness upright images ( $ps = .00$ ). These significant results were shown in both female and male data. These results indicated that these scores tend to gather around the mean score when they are rotated because image inversion and rotation impair the holistic processing of attractiveness. This study extends the understanding of the holistic approach of attractiveness which is known as a high-level processing.

## **Causes and Correlates of Delinquency in Adolescent Girls**

**Elsie Mishra**

National Institute of Technology Rourkela, India

### **Abstract**

Adolescence is considered to be highly crucial stage in human life which may engender deviancy in behavioral patterns. Neighborhood disorder, ineffective parenting, poor school achievement and youths' involvement with deviant peers are considered to be major risk factors associated with deviant behavior during adolescence. Both girls and boys experience similar risk factors during adolescent phase. The influence of certain risk factors like abuse in the family, prior victimization, lack of parental trust and interaction, deviant peers etc have a

significant role in developing deviance in girls. Bad neighborhood and improper schooling to some extent leads to development of behavioral problems in girls. The primary purpose of this paper is to find out the major risk factor/s that leads an adolescent girl into deviancy. The study further focuses on explaining correlation between various social as well as psychological risk factors causing behavioral problems in adolescent girls. 16 female juvenile delinquents present in Government run Observation and Special Homes for Women in the State of Odisha, India are taken up for the study. Descriptive statistics (mean, standard deviation, percentage) and case study methods are used to show the relevance and correlation between various risk variables on juvenile offenders. The study has found the following results: first, 85% of the juvenile delinquents belong to poor rural neighborhood whereas 15% of the juvenile delinquents belong to urban poor neighborhood (slum/ platforms/ roadside). Second, 90% of the juvenile delinquents have not received proper guidance and supervision from their parents. Third, 60% of the juvenile delinquents have committed crime under peer influence. Fourth, 75% of juvenile delinquents have been victims of some kind of abuse and have committed crime for self protection. Finally, in majority of the cases abuse faced by the girls in the hands of family and others seems to be a major cause of violent crimes by girls. Influence of peers and lack of parental interest and trust on the girl child also act as contributors of female juvenile offending. It is therefore, important to identify protective factors for improving community, family, and peer group functioning as well as to create awareness regarding abuse and harassment faced by girls to reduce juvenile female crime rate, which is on rise.

### **The role of Fear of Negative Evaluation as a mediator between Body Focused Repetitive Behaviours (BFRBs) and Anxiety**

**Jamie Rachel Smith,**

Australian Catholic University, Australia

#### **Abstract**

Background:

Body-focused repetitive behaviours (BFRBs) are repetitive, ritualised behaviours focused on the body, involving compulsively damaging one's physical appearance or causing physical injury. BFRBs include excoriation, trichotillomania, onychophagia, and lip or cheek biting and chewing. Prior research has found significant positive relationships between BFRBs and anxiety. Fear of negative evaluation (FNE) may be an important factor in understanding this relationship. Fear of negative evaluation is the fear that one will be judged negatively by others. This study examined the relationships between BFRBs, FNE and anxiety in a nonclinical adult

sample. In line with existing literature showing that FNE plays a mediating role between eating disorders and anxiety, FNE was hypothesised to serve as a mediator in the relationship between BFRBs and anxiety.

Method:

Participants (N = 1378) completed an online survey with self-report measures, and were recruited from Australian undergraduate psychology students as well as the broader community.

Results:

Positive correlations were found between BFRBs, anxiety, and FNE. Meditational analysis was conducted and FNE was found to be a partial mediator between trichotillomania and anxiety, excoriation and anxiety, and lip or cheek biting and chewing and anxiety. However, full mediation was observed between onychophagia and anxiety.

Conclusion:

These findings contribute to an improved understanding of the relationship between BFRBs and anxiety, and offer potential for developing appropriate interventions aimed at reducing anxiety in individuals with BFRBs by targeting FNE.

## **Research on the Key Factors of Adolescent Game Transfer Phenomena and Their Influences**

**Fu-Yuan Hong**

Dayeh University, Taiwan

**Shao-I Chiu Chiu**

Dayeh University, Taiwan

**Tzu-Yu Lai**

Dayeh University, Taiwan

### **Abstract**

Some adolescents hear, see, think, or unconsciously perform behaviors of characters from video games due to addiction. This is called “GTP” (Game Transfer Phenomena). However, few studies in the literature explore the current GTP of adolescents through the lenses of their physical and mental developments, nor do they thoroughly analyze the key factors of adolescents’ GTP and any subsequent effects. In order to fill in this gap in the literature, this study is divided into two years. The research purposes in the first year are the following: (1) design and produce measurement tools for the key factors of adolescents’ GTP, set up a GTP scale, and design and produce measurement tools for the effects of GTP; (2) test group

differences using different background variables that relate to the key factors of adolescent GTP and the outcomes of GTP; (3) construct explanatory models of the key factors of adolescent GTP and the outcomes of GTP. The study will treat 2,160 junior high school, senior high school, and vocational school students as the subjects. Through descriptive statistics, independent sample t test, one-way ANOVA, product-moment correlation analysis, and structural equation modeling, the study will conduct in-depth data analysis. The research purpose, samples, and research method during the second year are the following: (1) in order to explore the effects of game categories and time of game playing on GTP, the study will recruit 16 vocational high school students and will adopt multi-factor experimental design analysis; (2) in order to recognize the important predictors of GTP as well as the cause and effect of GTP and to explore the cause and effect between GTP and the outcomes, this study will adopt Cross-Lagged Panel analysis and trace 720 subjects in central Taiwan during the first year for analysis. Finally, according to the findings, it will propose various beneficial suggestions to governmental policy makers, educators, counselors, parents, and adolescents.

**Preliminary Analysis of Perception of Support and Direction in the pairs of Counselling supervisor and supervisee**

**Chiung-Miao Lan**

National Kaohsiung Normal University, Taiwan

**Szu-Fan Chen**

Chang Jung Christian University, Taiwan

**Abstract**

The purpose of this study is to explore the situation of both supervisors' and supervisees' perception about the support and direction provided or accepted in the supervision. The participants are four pairs of supervisors and supervisees. The research adopts semi-structured in-depth interviews of qualitative research to collect information and utilizes analytic inductive method for data analysis. The results of this study have been found that: (1) Most supervisors and supervisees perceive high support in the supervision. (2) Most supervisors are supervisee-centered (based on their needs, expectations, preferences, and speed of learning) in the supervision. When the supervisors demonstrate respect and encouragement, the supervisees feel their own autonomy. (3) Supervisors often provide directions in the form of adjustment, reminding, suggesting, inspecting, and questioning. (4) The perception discrepancy in the level of direction is between supervisors and supervisees. The supervisees sense high direction when they have suggestions, clear norms or methods from supervisors. For supervisees, it doesn't

belong to high direction when supervisors use the way of reminding, questioning, inspecting, and promoting reflection.

### **The Effect of Perceived Parental Overprotection on Morality in College Students**

**Sunghyun Cho**

Yonsei University, S.Korea

**Seung-Ah Lee**

Yonsei University, S.Korea

#### **Abstract**

Parental overprotection is known to have negative effects on their children's development such as low independence, immature emotion regulation, and immoral behaviors. However, the literatures on the impact of parental overprotection on morality among college students were limited. This study investigated the effects of parental overprotection on Korean college students' moral behaviors. In order to test the hypothesis that overprotected participants are more likely to show immoral behaviors in moral dilemma situations, we measured perceived parental overprotection using Korean-Parental Overprotection Scale(K-POS) and the participants' level of morality using two types of online experimental tasks consisting of a visual-perception task and a word-searching puzzle for 492 college students. Based on the scores on the perceived overparenting, participants of the top 20 percent ( $n = 66$ ) were assigned to high perceived overparenting student group, and the participants who ranked between 40 to 60 percent( $n = 53$ ) were assigned to the control group. As data in this study were not normally distributed, non-parametric Man-Whitney U test was conducted. Results revealed that there were no significant differences in immorality in the visual-perception task ( $U = 657.5, p > .05$ ). However, high perceived overparenting group submitted significantly more untruthful answers compared to the control group in the word-searching puzzle ( $U = 1116.5, p < .05$ ), yielding inconsistent results for the relationship between. Further implications and limitations of the study are discussed.

## **Satisfaction on Physical Appearance among survivors of childhood cancer**

**Myung Ah Rhee**

Yonsei University, S.Korea

**Siyung Chin**

Yonsei University, S.Korea

**KyongMee Chung**

Yonsei University, S.Korea

### **Abstract**

#### Background:

Childhood cancer is not only a life-threatening disease in children, but also an event that affects health and development throughout life. Many of the childhood cancer survivors reported they are suffering from physical and psychosocial late effects (Kazak & Noll, 2015). One of the late effects is changes in appearance (Wallace, Harcourt, Rumsey, & Foot, 2007). Several studies reported that childhood cancer survivors have negative self-concept and body image, low satisfaction with own physical appearance (Fan & Eiser, 2009; Pendley, Dahlquist, & Dreyer, 1997). Many studies have reported that low satisfaction with their physical appearance have a negative impact on psychological health, especially, at adolescent developmental stage. The purpose of this study was to compare the physical appearance satisfaction score of survivors with the control group and to compare the scores of the satisfaction between children and adolescent survivors.

#### Methods:

The 330 participants comprised of pediatric cancer survivors aged 6-18 years (N=165), age-/gender-matched non-cancer peers (N=165). Survivors were recruited from a long-term follow-up clinic, Seoul, Korea. Age-and gender-matched non-cancer peers and their mothers were recruited through the Internet community or their school teachers. Physical appearance satisfaction (PAS) subscale of the Self-Concept Inventory was used to measure how participants view their own body (Lee & Ko, 2006). 2 versions of the scale were used; the elementary and middle/high school versions. The scores below the 30T (more than 2 standardized deviations below the mean of normative data) indicated that participant having a negative PAS. Z scores were used to compare the PAS differences across to age.

#### Findings:

No statistical differences founded between all survivor group and control group in PAS score and percentage of numbers of participants who have negative PAS. Only female adolescent survivors showed low PAS compared to their peers and child survivors ( $p < .5$ )

Discussion: The following clinical implications can be found through the analysis; it may be worthwhile to deal with problems related appearance changes as a component in psychosocial program for childhood cancer survivors. Psychosocial experts and caregivers need to be careful about how survivors are adapting to appearance changes. To improve the QoL of survivors, information about the types of cancer with severe appearance changes, such as testicular cancer and eye cancer, should be shared with medical team and psychosocial experts.

### **The relationship between perceived parental overprotection and self-control of adolescents**

**Sunghyun Cho**

Yonsei University, S.Korea

**Joo-Eun Jung**

Yonsei University, S.Korea

#### **Abstract**

Background:

Parental overprotection, or helicopter parenting is characterized by excessive involvement and controlling in the lives of offspring, which could lead to less opportunities for youth to have behavioral autonomy and strengthen self-control. According to the self-control theory, parenting is one of the most important factors influencing self-control. Therefore, it was hypothesized that parental overprotection may have negative influence on the development of self-control of offspring in this study. Present study aimed to identify how parental overprotection influence on adolescents' self-control behaviors in terms of four domains of self-control: the control of thoughts, impulses, emotions, and performance.

Methods: Korean-Parental Overprotection Scale (K-POS) was administered to a total of 884 high school students in order to assess the level of perceived parental overprotection. Students reporting the scores that are 2 SD above the mean (n=28) were assigned to experimental group and same number of students were randomly selected from those who reported average scores for control group. White bear experiment (thought control), delay discounting task (impulse control), go/no-go task (performance control), and emotional image tolerance task (emotion control) were computerized for this study based on previous research to assess self-control abilities of participants.

Results:

Overprotected group reported significantly lower level of self-control in all four domains compared to control group. Overprotected group showed more thought suppression failures,

higher false alarm rates in go/no-go task, higher impulsivity, and lower emotional distress tolerance.

Discussion:

The results of present study are supportive of the hypothesis that parental overprotection has negative influence on the self-control development of adolescents. These findings highlight the importance of parenting that promotes age-appropriate autonomy and independence of adolescents.

### **Using PBL to Improve Multicultural Counseling Skills - A Case Study**

**Yi-Chen Wu**

National Tsing-Hua University, Taiwan

#### **Abstract**

The history of multicultural education can be traced by to the year of 1973 when American Association of Teacher Education issued a statement on multicultural education (Commission on Multicultural Education, 1973). Regardless of one's theoretical orientation, all counselors and counselor trainers should employ a culture-centered approach in order to provide sufficient therapy for individuals whose issues may be influenced by sociocultural, ecological, and other contextual factors. However, after 3 decades, researchers and practitioners are still searching for a better way to help counselors and psychologists to develop multicultural counseling skills as an important part of clinical training programs (Pope, Pangelinan, & Coker, 2011; Chae, Foley & Chae, 2006). Some critiques about current design of multicultural education and/or training includes focusing almost exclusively on White trainees and lacking connection between theory and lived experiences (Barden, Sherrell, & Matthews, 2017; Shannon-Baker, 2018). Therefore, the goal of this study was to demonstrate and present a teaching model that intended to include the needs of trainees from culturally diverse backgrounds and bridge the gap between theory and practice.

This study employed problem-based learning (PBL) model to addressed the problem found in multicultural counseling training. PBL is a student-centered teaching methodology that emphasized the needs of students (Savery & Duffy, 1998). Instead of relying on teacher's lecture and answer, students were encouraged to form knowledge and skills by exploring their life experiences and finding an authentic problem in the real world. By working together as a team, students will investigate the problem, actively gaining knowledge by doing research and finding information, and improving skills in critical thinking and problem solving when they

try to come up with a plan to respond to the problem, they found in lived experiences (Barrows, 2002).

Based on action research method, this study showed how a multicultural counseling course in master-level training program could be designed by using the PBL's 7 steps proposed by Delisle (1997). Researcher would also elaborate in detail how the course was taught and the challenges that was faced during the experience of using PBL in multicultural counseling course. To evaluate the effectiveness of the course, researcher collected trainees' experiences with PBL method in multicultural counseling course by conducting qualitative and quantitative feedback at the end of each class. Additionally, this study also used Multicultural Counseling Competence and Training Survey (Holcomb-McCo & Myers, 1999) as a research tool for a pre- and post-test to showed increased multicultural competency in trainees who participated in PBL training model. Finally, researcher will provide reflections on teaching experiences and give suggestions that will help future researchers and instructors to use PBL training model to promote multicultural competency skills in counselors and psychologists.

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**LUNCH: 12:00 – 13:30**

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**CONFERENCE NETWORKING: 13:30 – 17:00**

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**END OF CONFERENCE**

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## VIRTUAL PRESENTATION

Available on [scap.ear.com.sg](http://scap.ear.com.sg) on 10<sup>th</sup> June 2019

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### **Yoga Therapy: Does it really work?**

**Niranjan Prasad Yadav**

University Dept. of Psychology, T.M.B.U., Bhagalpur, Bihar, India

#### **Abstract**

The time tested Yoga therapy was empirically tested as to its efficacy in treating a common psychosomatic illness (i.e. blood pressure). A group of incidentally chosen volunteers (N=30) were subjected to yogic intervention (such as asan and pranayam) for 6 months in addition to allopathic treatment. Another group (N=30) of volunteers served as the control group as they were treated for the same ailment only through allopathic medicines. Volunteers from both the groups were suffering from high blood pressure for the last six months or more. The two groups were equal in terms of severity of the said disease (as ascertained by their medical prescription and the doctors treating them). The volunteers were asked to rate their condition in improvement on a 5 point self-rating measure ranging from very bad to very good the score ranged from 1 to 5 progressively indicating higher point as better in condition. Statistical treatment of the findings (through t-test) indicated that the first group of volunteers rated their condition after treatment as better than the second group. Thus, it can be deduced that the curative power of Yoga therapy increases further when combined with allopathic treatment. The implications of the findings can be assessed in view of the growing popularity of Yoga therapy all over the world in recent times with the advent of Yoga gurus and the declaration of 21st June as Yoga Day by the UNO.



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