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expressing emotions and is reported in a wide range of psychiatric disorders in adolescents.

Objectives: The aim of this investigation was to study Alexithymia and its relationship with anxiety, depression and self-esteem in adolescents.

Method and material: In this study, 119 (55 girls and 64 boys) senior high school students in Shahinshahr were selected using cluster sampling. The subjects were assessed by Toronto Alexithymia and Beck Anxiety and Depression, and Rosenberg self-esteem Scales. Data were analyzed by descriptive indices, Pearson's correlation coefficient, analysis of variance, and regression analysis. **Results:** Alexithymia showed a positive association with anxiety and depression and a negative association with self-esteem. Also, gender differences were significant and girls had higher Alexithymia score averages compared with boys ($p \leq 0/01$).

Conclusion: The relationship of Alexithymia with anxiety, depression and self-esteem emphasizes its relationship with psychological vulnerability indicators in adolescents.

Keywords: Alexithymia, Anxiety, Depression, Self-esteem, Adolescents

PM12- An Analytical Study of the Relationship between Sleep and Temperament in Infants and Young Children

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Introduction: Some studies have shown that sleep problems in early life is associated with child temperament so that children with difficult temperament have lower sleeping time during the night and have more sleep problems compared to easy children.

Objectives: The purpose of this study was to examine the results of those studies that investigated the factors influencing the development of sleep problems in infants and young children. It was also aimed to investigate the reciprocal relation between sleep problems and temperament in children.

Method: A library study and review of the literature was conducted.

Results: Results showed that many factors can cause sleep problems in infants and young children including sleep environment, culture, age, gender, nutrition, physical, psychological and genetic problems, sleep-wake schedule of the child, parental psychopathology, quality and quantity of their sleep, family distress and so on. Results also demonstrated that children's temperament has a mutual relationship with sleep problems of infants and young children. Furthermore, the child's temperament may affect the quality and quantity of his sleep, ability to regulate attention, processing, and interactions.

Conclusion: There are different reasons for sleep problems of infants and young children. Therefore, services for this age group should be provided by a team of experts. Diagnosis and treatment of sleep problems in children may prevent some negative behavioral consequences.

Key words: sleep, sleep problems, temperament, infants and young children

PM13- The Relationship between Infantile Attachment Styles and Identity Styles and Comparison of Gender Differences

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Introduction: Attachment is defined as a profound affective bond with special individuals. Mother-infant attachment is a primary need that has an important role in the personality and social development of any child. Identity is subjective and the psychological image of the self is unique for every individual.

Objective: This study investigated the relationship between attachment styles and identity styles, gender differences in these components and relationship between participants' age and identity styles.

Methods: Eighty undergraduate students of Tabriz university were selected by cluster-random sampling. Hazen and Shaver Attachment Inventory and Bennion-Adams Objective Measure of Identity Status (OMEIS-2) were used for data collection. Pearson correlation coefficient and Independent group T test was used for data analysis.

Results: Research findings demonstrated a significant positive relationship between secure attachment style and achieved identity style ($r=0/247$, $p<0/05$), avoidant attachment style and diffused identity style ($r=0/332$, $p<0/01$), anxious attachment style and diffused identity style ($r=0/352$, $p<0/01$), anxious attachment style and moratorium identity style ($r=0/249$, $p<0/05$). Furthermore, a significant positive relationship was found between participants' age and identity style ($r=0/272$, $p<0/05$); and no significant relationship was observed between gender and attachment styles and identity styles.

Conclusion: Infantile attachment styles are good predictors for identity styles. With increase in age, the number of people with achieved identity style increases, and the number of people with identity diffusion decreases. The findings of this study were confirmed by previous studies. Contrary to earlier researches, significant relationship was not found between gender and attachment styles and identity styles.

Key words: Attachment styles, Identity styles, Gender

PM14- A survey on the Effect of Cartoon Movies on Improving Attention and Concentration in ADHD Children

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Introduction: One of the characteristics of hyperactive children is inattention, which in most cases is along with attention problems.

Objectives This research aims to evaluate the effect of watching cartoon films on improving attention and concentration of hyperactive children.

Method: The research was semi experimental. In this study, 8 children who had hyperactivity with inattention were evaluated, and randomly positioned in to two groups of experimental and control. Both groups were evaluated by ADHD Signs Check List. Then, the experimental group received therapeutic intervention, while the control group did not receive any intervention. Experimental intervention included cartoon films which each child watched