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Research Area: Clinical**Session Type: Papers****Building capacity for mental health treatment in the developing world: Developing and assessing the success of cognitive behavioural group treatment of anxiety disorders in a group of Tanzanian men***Rehman Abdulrehman University of Manitoba, Canada*

Psychology plays a very limited role in most of the developing world; many countries' health systems are run without any mental health policy. According to the World Health Organization, developing countries have significantly fewer resources to treat mental health problems. Pharmacological treatment is the primary mode of treatment, but is difficult to access and costly. Since CBT is proven to be very effective treatment for the most common mental health problems (i.e., anxiety and depression), and is more cost effective than pharmacological treatment, a model to develop CBT in developing countries may prove useful. An alliance of psychologists from the University of Manitoba and the Muhimbili National Hospital (in Dar es Salaam, Tanzania) conducted a group CBT program for anxiety disorders. The group consisted of seven male outpatients from the university hospital who were diagnosed with an anxiety disorder and were open to exploring non-pharmacological treatment as the primary means of treatment. The group was run by a local psychologist, clinical psychology student, and remotely supervised by a psychologist who specializes in CBT of anxiety disorders, at the University of Manitoba, in Canada. This workshop presents the development of this project, the course of treatment, evaluation by the researchers and by participants, and challenges along the way. This method of training and treatment may serve as a possible model for future training of health care workers in developing countries for the treatment of common mental health problems, and therefore build capacity for overall availability of mental health treatment.

Prevention programmes on mental health: A systematic review*Samia Abreu Universidade de Brasilia, Brazil; Sheila Murta*

Mental health disorders are a public health problem worldwide, with high costs to countries and suffering for patients and families. Preventive programmes have been seen as effective in promoting quality of life and reduced spending. The aim of this study is to identify prevention programmes in mental health, evaluate the interventions' characteristics and describe their results. We performed a systematic review of the international literature about those programmes, published between May 2005 and May 2011. Although 51 articles have been found, only 12 of them had experimental designs. The evaluated programmes have been effective in their preventive goals, using resources of easy execution and low cost. There are few experimental studies, based on the guidelines of Evidence-Based Psychology, with no homogeneous geographical distribution and published recently,

in 2009, 2010 and 2011. This shows a promising branch, which should be nurtured. The results offer implications for psychologists studies and practice, as well as for reconsidering their role in public health, social welfare and education policies.

The role of problem solving, locus of control in the relationship between obsessive beliefs and OCD*Nil Adali Okan University, Turkey; Ismail Gulum Okan University, Turkey*

Studies which are conducted on obsessive compulsive disorder mostly underline cognitive processes, control feelings and automatic-obsessive beliefs. The purpose of this study is to examine the effects of obsessive beliefs on OCD symptoms and the possible mediating role of problem solving behaviours, locus of control, and depression symptoms in the relationship between obsessive beliefs and OCD symptoms. For this purpose, 176 participants were recruited from a non-clinical population (123 female and 53 male). It was a convenient sample with an age of 25.81 (S.D= 5.36). All participants were asked to fill out online forms via the Internet: A demographic information form, Problem Solving Inventory, Maudsley Obsessive Compulsive Inventory, Obsessive Beliefs Questionnaire, Beck Depression Inventory and Locus of Control Scale. Data have been analyzed via SPSS software so as to constitute answers for the research. We have tested the mediating role of problem solving behaviours, locus of control, and depression symptoms on the relationship between obsessive beliefs and OCD. The data was analysed with stepwise regression analysis. The results of the study revealed that there are significant relationships among obsessive beliefs and OCD symptoms, interpersonal problem solving behaviours, locus of control and depression symptoms. Moreover, problem solving behaviours, depression symptoms and locus of control levels partially mediated the relationship between obsessive beliefs and OCD symptoms. The findings of the study were discussed in the light of the related literature.

Effectiveness of cognitive behavior therapy with incarcerated women*Sajida Agha King Saud Bin Abdul Aziz University, Pakistan*

The present study investigated the efficacy of cognitive behavior therapy on incarcerated women in a Pakistani women's jail. It was hypothesized that cognitive behavior therapy would help female inmates manage their anger and self-harm behaviors, with a subsequent improvement in their self-esteem and adaptive coping mechanisms. It was a one group pre-test post-test study conducted on 17 convicted female inmates. The women were divided into two groups, each group receiving ten sessions of cognitive behavior therapy for anger management. A third group was then formed of the self-harming incarcerated women who received six further sessions of cognitive behavior therapy to deal with their maladaptive coping mechanism. The participants' self-esteem, level of state anger, frequency of deliberate self-harm and coping strategies were assessed both prior to and following the sessions. Post therapy evaluations did not yield statis-

tically significant results but there was an overall improvement in the mean scores of all the variables studied. The inmates and the prison administration reported positive changes in the behavior of the participant women. Both the participants and the jail officers requested ongoing therapeutic sessions. These tentative findings, though not generalizable due to the small sample size, strongly indicate that the application of cognitive-behavioral therapy can be successful in producing positive outcomes in jail settings.

Stigma and discrimination faced by asymptomatic schizophrenics*Japneet Ahluwalia Kasturba Hospital, Manipal, India; Krishna Kadam; Usha Ram*

Stigma and discrimination faced by individuals diagnosed with a psychiatric disorder who are currently asymptomatic has been minimally researched. The aim of the present study was to explore the experiences of stigma and discrimination by people suffering from schizophrenia (now asymptomatic) in rural and urban environments. A cross-sectional design, with a convenience sample of 132 patients aged 15-60 years, diagnosed with schizophrenia (any sub-type) according to the International Classification of Disease – 10, asymptomatic for at least 6 months, with less than 6 years duration of illness, attending outpatient services of psychiatric units of two hospitals in Pune, India, during the period January 2009 to August 2009, were selected for the study. The Stigma and Discrimination Questionnaire (Murthy, 2005) was administered in English/Marathi. The data obtained were analysed using descriptive statistics and Chi-square testing. The findings indicated no significant difference between rural and urban residents who had suffered from schizophrenia in facing shame, ridicule and discrimination. Urban residents were found more likely to hide their illness as compared to rural residents. Rural and urban respondents significantly differed in terms of worry about avoiding neighbours' physical abuse, giving another diagnosis as a strategy to fight stigma, avoidance of disclosure of the illness, being turned down for a job due to mental illness even though qualified, as well as the nature of stigma in social and marital areas. The findings highlight persisting maltreatment for psychiatrically diagnosed individuals and its variation in urban and rural populations.

The effectiveness of cognitive behavioural spirituality therapy on anxiety in students*Syedhabiballah Ahmadi Isfahan University, Islamic Republic of Iran; Mohammadbagher Kajbaf*

The purpose of this study was to investigate the effectiveness of cognitive behavioural spirituality therapy on the rate of anxiety in students. In an experimental study, 18 students who were clients of a counseling center in Isfahan University were randomly selected and assigned to one experimental (N = 9) and one control (N = 9) group. Eight weekly sessions of cognitive behavioural spirituality therapy were administered to the experimental group. The Beck Anxiety Inventory was used as the pre-test and post-test for both two groups. Result: Ancova showed a significant difference between the two groups in anxiety scores in the post-test

stage ($p < 0.005$). Conclusion: Cognitive behavioural spirituality therapy is effective in the reduction of anxiety in students.

Comparison of the attachment styles of mothers of children with oppositional defiant disorders and mothers of normal children

Mahnaz Aliakbari Dehkordi Payame Noor University, Islamic Republic of Iran; **Asad sadeghkhani; Aliasghar Jooybari**

The current research has been conducted to compare the attachment styles of mothers of children with oppositional defiant disorders and mothers of normal children. This research is a post-incidence comparative one in which 60 mothers of children with oppositional defiant disorders and mothers of normal children were chosen by random categorising sampling in Ilam city. The child behaviour list (reporting from the parents and the teacher) was used as a selector tool, and a questionnaire of attachment styles of the adults was used to survey the mothers' attachment styles. The results of this research showed that there is a significant difference between the attachment styles of mothers of children who suffer from oppositional defiant disorders and the mothers of the normal children in the three styles of insecure (avoiding), insecure (ambivalent) and secure attachment at the level of $p < 0.05$. Undoubtedly, the mother and her secure feelings about others have an important role in the behavioural and social evolution of the child, because a secure mother who is mentally healthy has a sense of belonging, friendship and confidence towards others and, more generally, the world. In relationship with others, she feels happiness, calmness and a lack of opposition towards the other.

The effect of Pivotal Response Treatment training to mothers of autistic children on family functioning

Mahnaz Aliakbari Dehkordi Payame Noor University, Islamic Republic of Iran; **Narges Chimeh; Ahmad Alipor; Tayebeh Mohtashami**

This study was designed to evaluate the effect of Pivotal Response Treatment (PRT) training with the mothers of autistic children on family functioning. The statistical population of this study included all mothers of autistic children in Tehran. Twenty mothers were selected in the sample by means of non-convenience sampling and randomly assigned to two control and experimental groups. The research used a pretest-post-test design with control group and follow-up. The experimental group were trained in PRT for three months. The Parents Self-efficacy Questionnaire, Parental Stress Scale, Family Functioning and Family Satisfaction Scale were used in this study to measure family functioning. The results showed that training in PRT was significant in reducing maternal stress, increasing self-efficacy and family functioning ($p < 0.05$). No significant effect was seen on the family satisfaction scale. Since the PRT training was effective in reducing stress and increasing self-efficacy and family functioning, it is recommended that this treatment method be taught to mothers, along with conventional methods in the field of autism, because it could be effective in improving family functioning.

Attachment, defense mechanisms and emotion usage in children in institutions during middle childhood

Zaytoon Amod Wits University, South Africa; **Megan Robinson**

Although the importance of attachment in the normal development of a child has repeatedly been shown (Bowlby, 1961; 1979) there is a limited amount of research into its relationships with the usage of defense mechanisms and emotions. This research, therefore, investigated the relationships between attachment type, defense mechanisms and emotions during middle childhood (8-12 years) in 64 children from 4 children's homes and 1 hospital in the Gauteng area. The children completed the Deferential Emotions Scale IV (DES-IV), the Attachment Story Completion Test (ASCT) and the Attachment Security Scale (ASS). The legal guardians of the children completed the Comprehensive Assessment of Defense Scale (CADS). Significant correlations were found to exist between the usage of defense mechanisms and emotions. The results obtained from the analyses therefore suggest a complex interplay of relationships between attachment, defense mechanisms and emotion during middle childhood for the children in these institutions. For example, the research found that certain defense mechanisms and emotions were found to be correlated in a complex and interrelated system of interactions. Similarly, although no significant associations were found between attachment, defense mechanisms and emotions, the frequency distributions provided detailed information suggesting that attachment does influence the defenses used and emotion during middle childhood. These findings suggest that further research needs to be conducted in this area to further this knowledge base and to inform the caregivers and staff at such institutions.

Brain-based therapy

John Arden Kaiser Permanente Medical Center, United States of America

This seminar will examine the role of attachment in development of affect regulation and hemisphere asymmetry. Apply a brain-based approach to treating depression, anxiety, OCD, PTSD, mood and attention deficit disorders. Understand which elements of traditional psychotherapy are relevant and which are counter-therapeutic. Discover how the synthesis of neuroscience, evidence-based treatment and attachment theory fosters optimum therapeutic outcomes. Understand the role of memory and attention in the therapeutic process. Understand how diet effects and can improve your brain. Applying the Latest Developments in Neuropsychology to Everyday Practice. Recent advances in the neurosciences have increased our knowledge of how and why people change. Brain-based therapy synthesizes neuroscience, evidence-based treatment, and attachment theory into a hybrid therapeutic model. This model helps identify which elements of theoretical psychology are relevant and which may be counter-therapeutic. Brain-based therapy envisions the therapeutic process as a method to change the brain in order to change mood and behavior, using evidence of brain function and activity and moving beyond the theoretical school paradigm. This seminar will examine the use of brain-based psychotherapy to enhance outcomes with a variety of client populations. Partici-

pants will identify the role that brain function plays in mood, memory and behavior. You will evaluate the latest research indicating certain aspects of traditional theoretical psychology that may be counter-therapeutic. Using a synthesized model of neuroscience, attachment theory and evidence-based treatment, you will learn how to more effectively treat clients with depression and anxiety disorders as well as PTSD and OCD. Participants will develop a new way of looking at the therapeutic process to move beyond the traditional theoretical school approach. You will learn how to use this information in the therapy session to educate your clients and make the goals of treatment understandable. Course Content Brain-Based Therapy: Brain-based therapy approaches to treating anxiety, depression, trauma and attention deficit disorders. Translate knowledge of the brain into client education and motivation strategies

Assessment of self-esteem, locus of control and management of low self-esteem among psychoactive substance abusers in federal neuropsychiatric hospital, Yaba, Lagos, Nigeria

Oyeyemi Ayeni University of Lagos, Nigeria; **Esther Ayeni**

This study was designed to assess level of self-esteem and locus of control as well as to manage low self-esteem among psychoactive substance abusers as carried out in two stages. In the assessment stage, the Index of Self Esteem (ISE) and Nowicki-Strickland Locus of Control Scale (N-SLCS) were administered to 50 substance abuse patients aged between 18 and 53 years. Participants were randomly selected from a population of inpatients in the drug unit of the Federal Neuropsychiatric Hospital, Yaba. In the management stage, 20 participants manifesting low self-esteem were constituted into treated and untreated (control) groups. The treated group had 10 sessions of Group Cognitive-Behavioural Therapy (CBT) over 5 weeks before post-treatment assessment of the two groups. Analysis of the data with Pearson's product moment correlation and t-test showed that substance abuse patients had lower self-esteem than non-abusers and the locus of control of non-abusers was more internal than those of the abusers. Also, a significant positive correlation coefficient was found between ISE and N-SLCS. Furthermore, the group that had the CBT treatment had significantly lower ISE scores than the control group. The results were discussed in terms of the efficacy of the group CBT in managing low self-esteem among substance abuse patients. The use of CBT for substance abusers by clinical psychologists and other practitioners was recommended.

Burnout as correlate of psychopathology

Esther Ayeni University of Lagos, Nigeria

The main objective of this study was to investigate the relationship between burnout and psychopathology among lecturers in a tertiary institution. It also aimed at examining both gender and age differences in the manifestation of burnout and psychopathology. Three hypotheses were formulated and tested to realize the objectives: (1) There will be a significant positive correlation between the scores of the participants in MBI and PSC. (2) There will be a signif-

icant difference between male and female participants in the manifestation of burnout and psychopathology. (3) There will be a significant difference between age groups in the manifestation of burnout. The study was carried out at the University of Lagos, Akoka-Lagos, Nigeria using 550 participants (340 and 310 male and female participants respectively). Two instruments (MBI and PSC) were used to collect data. Participants' age ranged from 25 to 68 years. Three major findings resulted from the study. First, a significant correlation was found between the scores of MBI and psychopathology. Second, a significant positive difference was found between male and female participants in the manifestation of burnout and psychopathology. Third, different age groups manifested burnout differently. Some of the recommendations made include: (1) Public enlightenment on causes of burnout should be taken seriously by both government agencies and NGOs. (2) Organizations should put in place activities for employees' relaxation and incentives for belongingness.

Psychotherapists' views on themselves and the therapeutic change process

Pallavi Banerjee *Bethune College, Kolkata, India;*
Jayanti Basu

The study aimed at exploring psychotherapists general understanding of the therapeutic change process in individual psychotherapy and their understanding of themselves as psychotherapists. Method: The participants of the study were twenty psychotherapists from four professional backgrounds – Psychoanalyst, Clinical Psychologist, Psychiatrist, and Trained Psychotherapist (psychotherapists not belonging to the above three categories). They responded to semi-structured interviews focussing on their clinically acquired overview of the change process and filled the Indian version of the Development of Psychotherapists Common Core Questionnaire (DPCCQ). Content Analysis was used for analysing the data obtained from the semi-structured interviews. Chi square test, Kruskal Wallis H Test and Mann Whitney U Test were used to compute the significance of difference in the response of the four categories of psychotherapists. Results: The results indicate reasonable uniformity in the psychotherapists views on themselves and the therapeutic change process. Implications: The findings underscore the need to research the core psychotherapy processes, across therapist communities.

Therapeutic relationship as a change agent in psychotherapy: A qualitative study

Jayanti Basu *University of Calcutta, India;* **Pallavi Banerjee** *University of Calcutta, India*

This study explored the clients' and the psychotherapists' perspectives on the therapeutic relationship as a change agent in psychotherapy in the case of 16 successfully completed therapies. The psychotherapy participants belonged to four professional backgrounds: Psychoanalyst, Clinical Psychologist, Psychiatrist trained in psychotherapy, and Trained Psychotherapist not belonging to the above categories. The age of the clients ranged between 16 – 65 years and each of them had successfully terminated therapy in the last one year before the interview. Semi-structured interviews, conducted with the clients and their psychotherapists, separate-

ly, were analysed qualitatively using Interpretative Phenomenological Analysis (IPA) following Smith, Flowers, and Larkin (2009). The themes that emerged from the IPA were broadly classified as 'The Therapeutic Relationship operating as a Vehicle for Emotional Processing' and 'The Therapeutic Relationship Offering Corrective Emotional Experience'. Under the first theme, further sub-themes emerged. These are, 'Empathic listening and non-judgmental attitude of the therapist leading to emotional unburdening', 'Security/trust of the therapeutic relationship leading to activation, endurance and validation of previously unacknowledged emotions' and 'Operation of Transference and Counter-Transference'. The therapeutic relationship was envisioned as activating several change processes. Notably, relationship emerged as a vital change agent, mainly in case of psycho-dynamically oriented therapies.

Therapeutic Accompaniment as a resource in the mental health care field to treat psychoses

Natasha Bazhuni *Universidade de São Paulo, Brazil*

This paper focuses on Therapeutic Accompaniment (TA) as a practice introduced in the mental health care field during the psychiatric reform in Brazil during the 1960s. TA aims to develop social reintegration strategies to enable patients suffering from severe mental illness to reintegrate with society, while respecting their individual peculiarities. The purpose of this paper is to verify which theoretical, ethical and epistemological foundations are in the psychological science field as TA does not exclusively practice in these areas. In order to do this, the paper is based on articles highlighting this topic which have been published by psychologists in Brazil since 1990. Results have shown that the basis for this clinical practice largely stems from Winnicottian and Lacanian psychoanalysis. It is concluded that TA may be theoretically sustained, based on principles that guide psychoanalytical practice with psychoses, as a practice that sustains withdrawals and lessens the severity and allows individuals to experience social bonds.

Anxiety in children and adolescents: The roles of attachment and emotional dysregulation

Patrick Bender *University of Copenhagen, Denmark;* **Francisco Pons;** **Mikael Soemhvd;** **Barbara Hoff**

Within the last decades, research on child and adolescent anxiety has shown evidence of strong links to both attachment and emotional dysregulation. However, the way in which these three factors interact, is still a matter of debate. The present study investigated the interrelations between anxiety, attachment, and emotional dysregulation by the means of structural equation modelling (SEM) in a sample of 944 typically developing children and adolescents (510 girls and 434 boys) in the age of 9-16 years. Anxiety was assessed using the Screen for Child Anxiety Related Emotional Disorders-Revised (SCARED-R). Emotional dysregulation was measured by the Difficulties in Emotion Regulation Scale (DERS). Attachment was assessed using the Security Scale. The SEM indicated that attachment predicts anxiety in children and adolescents. How-

ever, when emotional dysregulation was entered into the model as a mediator between attachment and anxiety, the previous, direct effect became insignificant, replaced by a significant mediation effect of attachment on anxiety via emotional dysregulation. Findings are discussed with respect to theoretical implications and future research.

A study of delinquency in relation with aggression, personality and early deviance

Shaina Bhatia *Ambedkar University, Delhi, India*

The present investigation was designed to study aggression, personality and early deviant behaviour in juvenile delinquents. In all, 60 respondents - including 30 males and 30 females - were taken from an observation home in Ajmer, Rajasthan. Delinquents in the study were apprehended for various crimes and were awaiting trials. They were administered the Buss and Perry (1992) Aggression Questionnaire, Eysenck's (1959) Maudsley Personality Inventory and an Early Deviance Behaviour checklist. The results indicated high levels of anger and hostility in both male and female delinquents. Males scored higher on physical aggression and anger while females scored high on verbal aggression. The total aggression in both the sex groups was much higher than the norms for normal adolescents. Both male and female respondents scored very high on neuroticism (compared to norms for normal adolescents) and low on extraversion. On the Early Behaviour Deviance Checklist, both males and females scored very high - males showing significantly greater deviance than females. Dimensions of physical aggression, anger and hostility were correlated with neuroticism and deviance for both sex groups. In addition, neuroticism and deviance were related with verbal aggression for females. The results were discussed in light of major theoretical formulations of psychology.

The experiences of siblings of individuals with autism

Sunette Bishop *University of Stellenbosch, South Africa;* **Charmaine Louw**

Autism Spectrum Disorder (ASD) affects every aspect of a child's interaction with his/her world and therefore should also have a detrimental effect on the siblings of individuals with Autism as it undermines social responsiveness, ability to communicate, and feelings for other people (Mash & Wolfe, 2005). However, little research has been done on the experiences of the siblings of individuals with ASD. Results regarding adjustment of the siblings of a child with a disorder are contradictory. Some studies presume that the presence of a sibling with a disability has negative effects on the adjustment of children, some show positive effects and other studies show no difference. Many studies are quantitative studies which measures and compares aspects like strengths and weaknesses, development, adjustment of siblings, family problems and psychosocial adaptability. This study will aim to explore what the experiences of the siblings of individuals with ASD are without preconceived ideas and without having to prove a hypothesis. The study shall take the form of a qualitative interpretive design. Data will be collected through semi-structured individual interviews with siblings, and questionnaires completed by parents. The research is still in progress.

Challenges in professional selection to a clinical masters programme in South Africa: Experienced hurdles

Linda Blokland University of Pretoria, South Africa; Maria Marchetti-Mercer

A professional masters programme in clinical psychology is a popular choice for post-graduate psychology students wanting to make a career in the discipline. The training itself typically demands intense academic and personal training of the students, as well as placing a drain on resources from the departments in which these training programmes are housed. Of all the applicants who enter the selection process with high expectations, only about 4% are accepted at the larger university departments. In the absence of research on the topic, this paper examines what literature is available in the area of selection to these programmes, and also discusses the risks faced by university departments while engaging in the process. South African training institutions face certain specific challenges in addition to the need to be fair, ethical and sensitive. The paper draws on some experiences of a clinical programme in a South African university.

Self-regulation, psychopathology and gender in a group of university students

Karel Botha North-West University, South Africa; Wilma Breytenbach; Anke Cloete

Self-regulation is a psychological skill that helps individuals to flexibly plan, execute and monitor their own behaviour. Although it is clear that poor self-regulation is associated with psychopathology, the role gender plays is not well understood. The aim of this study was therefore to determine the relationship between self-regulation, psychopathology and gender. Participants were graduate university students (N=384) from different gender and ethnic groups. Self-regulation was measured with the Shortened Self-Regulation Questionnaire (SSRQ) of Carey, Neal, and Collins (2004). In this study, the factor structure proposed by Potgieter and Botha (2009), based on a factor analysis of the SSRQ in the South-African context, was used. Psychopathology was measured with the General Health Questionnaire (GHQ) of Goldberg and Hiller (1979), as well as with a self-compiled Alcohol and Eating Risk Questionnaire (AERQ). Data were captured and analysed using SAS. A negative association was found between self-regulation and psychopathology, but results were significantly stronger for male students. Self-regulation was found to be more important to males regarding alcohol use and to females regarding eating behaviour. Gender differences in the relationship between self-regulation and psychopathology are probably due to differences in the tendency to rely on self or others, as well as to differences in socio-cultural and control mechanisms regarding alcohol and eating behaviour.

Family psychology and therapy: Scientific advances in understanding and treating couples and families

James Bray Baylor College of Medicine, United States of America

Scientific study has advanced our understanding of couples and families and this research has facilitated the development of evidenced-based interven-

tions. This paper will review recent advances in couple and family process research. Application of these findings to evidence-based practice will be discussed. In addition, this talk will review the status of current evidence-based couple and family therapies and discuss future areas for research in couple and family psychology and therapy. The learning objectives of this talk are to: Understand current family process research and its application to couple and family therapy; understand current evidence-based couple and family therapies.

Inducing rumination and differentiating between mood and ruminative process

Jay Brinker The Australian National University, Australia

A vast amount of research has examined rumination and its relation to depressed mood and other psychological variables. Much of this research is based on Nolen-Hoeksema's definition, measure and experimental induction of rumination. The contribution of this seminal work has been invaluable, but is limited in its ability to differentiate the unique influence of rumination vs. mood. This project compared typical mood inductions, traditional rumination/distraction inductions, and novel rumination inductions on their influence on mood and cognitive performance measures. Typical mood inductions involved participants reading a series of 24 mood-valenced statements while listening to corresponding music (positive, negative and neutral). The traditional rumination and distraction conditions were those designed by Nolen-Hoeksema and colleagues. Finally, the novel rumination inductions consisted of participants reading 3 repeating mood-valenced statements with no corresponding music (positive, negative and neutral). The effects of the inductions on mood were as expected with the 2 negative inductions and the rumination induction producing similar increases in negative mood, the positive rumination inductions producing increases in positive mood, and the neutral inductions producing no change in mood. Interestingly, when comparing only the two neutral conditions (sequential or repeating phrases), the novel rumination condition showed significantly more errors of attention on the cognitive performance measure, suggesting that without any change in mood, the repetitive nature of the task is affecting cognitive processes. Implications for research methodologies will be discussed.

ADHD in adults, sensation-seeking, and type-A behaviour: All the same?

Alban Burke University of Johannesburg, South Africa

Although the DSM-5 will accommodate ADHD in adulthood to a greater extent than in the past, there is still little consensus about the clinical picture. In this paper I will argue that one of the reasons is that this disorder is viewed one-dimensionally from a DSM perspective. Drawing on empirical research I will argue that the constructs (as mentioned in the title) are intertwined and that we need to look wider, including (but not limited to) "normal" personality traits that can be misconstrued as pathology. People with Type-A behaviour are often described, inter alia, as aggressive, hostile, or impatient, and that they experience interpersonal problems. These char-

acteristics have also been described in adults with ADHD. Sensation-seeking can superficially be described as a tendency to pursue sensory pleasure and excitement. High sensation seekers typically pursue novel, complex, and intense sensations, and they tend to become easily bored without high levels of stimulation. Once again, these are typical characteristics of adults with ADHD. The ultimate aim of the study is to investigate whether these three constructs share neuropsychological substrates, however, in this paper only correlations between these three constructs will be reported. This is based on survey that was done on approximately 400 young adults. The measurement of the constructs were done by means of the Jenkins Activity Scale, Arnett Sensation Seeking Scale and the Zuckerman Sensation Seeking Scale. Preliminary findings indicate a significant relationship between ADHD, Type-A behaviour and Sensation Seeking.

Parental acceptance-rejection, locus of control, and social support in Turkish adolescents

Canan Buyukasik Colak Middle East Technical University, Turkey; Tulin Gencoz

The aim was to examine the factors associated with the psychological maladjustment of Turkish adolescents. Participants were 375 high school students (age range 14-18, M= 16.07, SD= .93). For this aim, several measures namely, Parental Acceptance-Rejection Questionnaire/Control: Child Version, Social Support Appraisals Scale for Children, Nowicki-Strickland Locus of Control Scale for Children, and Personality Assessment Questionnaire: Child version were administered to the students. Hierarchical regression analyses revealed that having more than one sibling and being male were associated with psychological maladjustment. Additionally, after controlling for the effects of demographic variables, perceived social support from family, from teacher, and from friends was negatively associated with psychological maladjustment. Moreover, after controlling for demographic variables and social support, external locus of control was found to be positively associated with psychological maladjustment. Lastly, maternal hostility/aggression was found to be positively associated with psychological maladjustment. The results were discussed in the light of the literature.

Effects of treatment focused on trauma in victims of intimate partner violence

Eduin Caceres-Ortiz Universidad Catolica de Colombia, Colombia; Francisco Labrador

The purpose was to evaluate the adherence to and effects of a group treatment focused on the trauma of women victims of intimate partner violence (IPV). The participants were 47 women, 82.5% with complex trauma and 17.5% with only IPV. The instruments used were: attendance and assignment records, scales of satisfaction with the treatment and change perceived, and follow-up interviews. Participation in the treatment was 85.1%, with a 14.9% abandonment rate. Of the 40 women who completed therapy, 95% attended the eight sessions and 5% attended six. The easiest assignments and techniques used during and after treatment were breathing, problem solving and stop

thinking. The least used and of greatest difficulty were cognitive restructuring and carrying out of pleasing activities. The perception of change and satisfaction with the treatment was high, as was the adherence of the therapists. Follow-ups show that 75.8% of women use the techniques learned in couple conflicts and other situations. The conclusion is reached that the treatment was effective, with good indices of adherence of participants and therapists. It is recommended to review the exercises of the cognitive component.

Holding addiction and relapse in mind: The psychotherapy of addictive behaviour

Alexander Carter *UCT, South Africa*

A broad body of theory and clinical knowledge has developed over the last 25 years that has led to new developments in understanding the theory of mind, self and affect regulation. Mentalizing has been a conceptual cornerstone in these developments and is understood as the psychological process people develop in order to hold mind(s) in mind. Mentalizing as a theory has roots in attachment, developmental neurobiology and contemporary psychoanalytic thinking. In clinical practice, mentalizing holds powerful explanatory potential and evidenced value in psychotherapeutic practice. Substance Dependence Disorder is currently largely understood as a brain disease and recidivism as inevitability a consequence of the disease's process. This suggests psychotherapeutic interventions have a somewhat limited role to play in the treatment of SDD. This paper presents themes from the preliminary analysis of transcripts of interviews with ten counseling dyads (counselor and patient) in a residential addictions treatment context. The paper will aim to show, from the point of view of critical psychology and mentalizing, how 'collapses' in mentalizing occur in the counseling relationship in the addiction treatment context. It is posited that these 'collapses' in mentalizing play a significant role in the efficacy of addictions counselling. The paper further aims to explore mentalizing in the context of addictions counselling regarding what influence adopting this frame of reference may have on understanding recidivism and Substance Dependence Disorder (SDD). This paper argues for the validity and therapeutic value of mentalizing as a concept, therapeutic process and intervention in the domain of addictions psychotherapy.

Endophenotypic strategies for schizophrenia research for psychologists: A link between genetics and clinical manifestations

Raymond Chan *Institute of Psychology, China*

The identification of genes with large effects that contribute to susceptibilities to neuropsychiatric disorders such as schizophrenia has not been very successful. Increasingly powerful molecular genetic approaches exist (new Nature S. Purcell et al. 2009), not unlike the state of affairs for type-2 diabetes (Zeggini et al., 2008). One possible limitation of these studies is that carriers of vulnerable genotypes may be classified as 'normal' unless they exhibit a full symptom manifestation of them as a diagnosis. Psychiatric diagnoses are likely to be heterogeneous as not all people with the same diagnosis carry the same susceptibility genes. A new encouraging direction is the identification of

endophenotypes, characteristics upstream of symptoms and downstream of genetic polymorphisms, which may be more closely linked to gene expression. A substantial number of studies, especially of at-risk offspring, have suggested that neurocognitive dysfunctions are among the most promising of the candidate endophenotypes. Neurological indicators in schizophrenia have been recognized as among the 'target features' through which genetic and non-genetic processes lead to neuro-integrative defects that later manifest in neurocognitive systems. As such, aberrant neurological indicators have been suggested as potential endophenotypes in schizophrenia. In this presentation, we will review the substantial evidence for the utility of quantifiable neurological soft signs as potential endophenotypes for schizophrenia spectrum disorders. Recommendations for additional research to further elucidate the potential use of neurological soft signs for schizophrenia research are made.

Event-based prospective memory deficits in depression: Evidence from eye movements

Siyi Chan *Beijing Normal University, China; Renlai Zhou*

To date, only a few studies addressed PM (prospective memory) and its correlates in depression. Previous results are in line with the cognitive-initiative account of depression-related cognitive deficits. The purpose of the present study was firstly, to test the prediction that clinically depressed patients have deficits compared to non-depressed control participants on the PM task commanding attention resources, and secondly, to explore further which processes may result in failures in PM of depressed patients by combining behavioural measures and eye-tracking methodology. Participants with depression ($n=19$) and healthy participants ($n=19$) were asked to perform a visual image searching task which embedded the PM task, and complete a self-report about intention retrieval after the experiment. The performances of patients with depression in event-based PM were worse than controls, especially in the condition of target plus cue trials; both patients with depression and controls showed a larger number of fixations and longer first and average fixation durations for PM conditions than ongoing conditions; patients with depression showed a larger amount of fixations and longer first and average fixation duration than controls in both ongoing and PM conditions; most patients reported they saw the prospective cue but made wrong responses. Results revealed that patients with depression may have deficits in event-based PM relative to controls, resulting from a lack of effective strategic monitoring processes or deficits in the process of inhibiting distractors, because of a reduction of overall cognitive capacity.

Case study: Substance use disorder, seizure disorder and organic mood disorder

Nandita Chaube *Aligarh Muslim University, India; Roomana Siddiqui; Sanjay Pattanayak*

The objective of the study was to illustrate the importance of psychotherapy, assessments and strong therapeutic alliances in an adult male with substance use disorder with the occurrence of sei-

zure and organic mood disorder. Mr. R.D. came with the complaints of irresponsible behavior, stubbornness, irritability, extravagance, increased consumption of Alprazole and increased frequency of seizures. No history of alcohol dependence or consumption, inconvenience of urine or stools, fever, conversion, dissociative signs or psychiatric illness except the present one were found, but a history of brain hemorrhage, clouding of consciousness and loss of consciousness was found. There was no history of any psychiatric illness or any significant medical illness in the family. On MMSE the patient showed cooperation with the examiner. The rate and quantum of the speech was increased in comparison to the normal. Thoughts were preoccupied with feelings of guilt and the patient was sensitive about his children. No delusions were present. No perceptual disturbances could be found. Subjectively, the mood was reported sad and objectively the mood was observed anxious. Sixth grade insight was present. The patient also showed a disturbed profile on a Sentence Completion test and 16 PF. In conclusion, the patient showed a marked improvement over a number of interventional sessions focusing on catharsis, relaxation and rational emotive behavior therapy (REBT).

Technological adjuncts to increase adherence to therapy: The role of mobile phones

Bonnie Clough *Griffith University, Australia; Leanne Casey*

Homework is an important part of many therapy styles, providing continuity between sessions and allowing clients to apply therapeutic techniques in real world settings (Freeman & Rosenfield, 2002). Homework adherence has been related to treatment outcome in a linear fashion, with greater adherence being associated with better outcomes (Scheel, Hanson, & Razzhavaikina, 2004). However, many psychologists still experience difficulties with patient adherence to homework. Although compliance with clinical medications has been estimated at approximately 50%, adherence with behavioural regimes is often even lower (Haynes, McDonald, & Garg, 2002). A therapeutic Smartphone Application was developed which contains electronic, interactive versions of homework tasks. This application allows patients to complete homework via the mobile phone, whenever and wherever they choose. Homework can be carried with the patient at all times, is easily accessible and usable, and can be accessed by therapists between therapy sessions. A Randomised Controlled Trial is currently being conducted, involving 120 outpatients diagnosed with an anxiety disorder. Treatment involves an eight week therapy programme utilising the Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (Barlow et al., 2010). Participants in the experimental group are provided with loan Smartphones and access to the therapeutic application. Measures of adherence are collected during the course of therapy by self-report ratings and therapist observation. Measures of outcome are taken at baseline, end of treatment, and six month follow up. Preliminary results of the application are discussed in terms of impact on homework adherence, treatment outcome, maintenance of treatment gains, and patient satisfaction.

Gruesome twosome: A literature review on the male coerced female sexual offenders
Charmaine Collins-Mckinnell UNISA, South Africa; Elmaire Visser

Mathews, Mathews, and Speltz (1991) have developed a typology of female sexual offenders. In this paper the focus will be on male coerced female sexual offenders and their relationship. The media often sensationalises female sexual offenders; this creates an inaccurate perception of this phenomenon. When there is a co-perpetrator this picture becomes complex and perplexing. The media often considers the phenomenon in a linear manner, further distorting the picture by classifying her as the 'victim' or the 'perpetrator', thereby only considering part of the phenomenon. The aim of this paper is to consider literature on this phenomenon focusing on the family systems perspective. This perspective focuses on the system as a whole and seeks to explore the patterns of interrelationships that maintain problem behaviour. Problem behaviour may be seen as dysfunctional to the community but at the systems level it is functional (Becvar & Becvar, 2009). Hetherington's (1999) study illustrates that sexual offences committed by females are hidden to idealise women and because of her care giving responsibilities. Another explanation for the phenomenon could be that her actions were as a result of domestic violence. Current literature provides some insight; but it only takes into account certain aspect of this phenomenon. There is a need to explore the relationship and the dynamics of the relationships between the female and her co-perpetrator and the factors that maintain this relationship.

Father involvement and children's psychological adjustment

Victoria Del Barrio UNED, Spain; Miguel Carrasco
 This study explores the relationship between children's perceptions of their fathers' involvement in children's psychological adjustment, controlling for the effects of perceived maternal and paternal acceptance as well as fathers' power and prestige as perceived by children. The sample was composed of 313 Spanish children (47% boys), ages 9 through 18 years ($M = 12.05$; $SD = 2.08$). Correlational and multiple regression analyses showed that children's perceptions of maternal and paternal acceptance significantly mediated the way children experienced their fathers' involvement. More specifically, perceived father involvement no longer made a significant contribution to children's psychological adjustment when the influence of perceived maternal and paternal acceptance were controlled. Moreover, results varied by the level of children's perceptions of their parents' (fathers' versus mothers') power-prestige. That is, the perceived acceptance of high power-prestige fathers made a stronger contribution to children's psychological adjustment than did the perceived acceptance of lower power-prestige fathers. Additionally, in families where fathers were perceived to have higher power and prestige than mothers, perceived paternal acceptance made the greatest contribution to children's psychological adjustment. On the other hand, in families where mothers were perceived to have higher power and prestige than fathers, perceived maternal acceptance made the greatest contribution to children's psychological adjustment.

Dialectical behaviour therapy (DBT) for adolescents with emotional and behavioural problems

Giada Del Fabbro University of the Witwatersrand, South Africa
 Dialectical Behaviour Therapy (DBT) is a system of therapy that combines standard cognitive-behavioural techniques for emotional regulation and reality testing with concepts of distress tolerance, acceptance and mindful awareness (Linehan, et al., 1991). This paper details the process of implementing a DBT programme for an adolescent patient population manifesting these behavioural and emotional difficulties, as well as signs of emerging personality pathology. This paper will discuss the adaptation of DBT skills from an initial unsuccessful weekly programme implementation to a one day workshop which has proved a more successful format. In addition, such a programme has been paired with a parallel parent workshop that equips parents with skills for managing such behaviour utilising the principles of DBT. The development and adaptation of the traditional DBT programme to this format is detailed and evaluated, together with its strengths and weaknesses, and future avenues for its development and continued implementation are explored.

Measuring object relations in therapy sessions with the object relations rating scales (ORRS)

Louis Diguier Universite Laval, Canada; Juergen Gallinat; Dominick Gamache; Olivier Laverdiere
 Object relations theories assume that object relations are internalized as mental representations of self-object interactions laden with cognitive, affective and experiential information about the self, the others and their interaction. These representations are used to organize interactions with others, including psychotherapists. The aim of this study was to examine how object relations activated in therapy sessions can be reliably measured with the Object Relations Rating Scales (Diguier, 2001). 40 patients in the early phase of psychotherapy participated in the study. Results on interrater reliability and convergent validity (using Blatt's scales of object and self representations as well as Diguier et al. (2001) personality organization scales [PODF]) reveal sound psychometric properties.

Evidence-based psychotherapy: Implications for the globalization of mental health services

Keith Dobson University of Calgary, Canada
 The governments of many countries attend to the scientific body of evidence when they consider which health services they should include in their regulated and publicly funded health services. Within the field of psychotherapy, there have been great strides in the development and recognition of an evidence base that can be defended in the public arena, although challenges also remain. The current presentation reviews some recent developments in Western societies, and argues that psychology is now in an extremely strong position to advocate its inclusion in public health systems that focus on mental health problems. At the same time, these developments may or may not be appropriate for

other cultures and health care systems. Opportunities for the globalization of mental health services, as well as challenges are discussed. It is argued that existing international organizations, such as the World Health Organization, need to be involved in the further development, evaluation and dissemination of evidence-based psychotherapy.

Healing the dragon: Heroin dependence recovery; treatment and policy recommendations

Monika Dos Santos FPD, South Africa
 The consequences of heroin dependence can be extremely difficult to escape from, resulting in unpleasant and potentially terrifying experiences. Contrary to popular belief, the reality is that many people do eventually recover. Despite the vast sums of money devoted to intervention for heroin dependents in South Africa and worldwide, the processes by which recovery occurs remain fairly unclear. Moreover, relatively little is known about the contribution of interventions and processes in facilitating such recovery. An initial descriptive study of the experiences and suggestions of 40 long-term voluntary abstinent heroin dependents was undertaken. Ongoing academic and research studies have informed policy recommendation. The findings revealed that behavior modification and the promotion of recovery occurred mostly through psychosocial/pharmacological intervention, producing a range of positive effects that facilitated natural recovery processes. Other contributors in promoting behaviour modification, and reducing HIV/AIDS risky behaviour, were identified and discussed as well. A number of challenges to successful intervention were also identified. In conclusion, clear support was obtained for the maturing-out hypothesis of heroin dependence. Although many interventions and procedures have begun to be integrated routinely into clinical practice within the South African context, pragmatic and evidence-based public health policies and interventions designed to reduce the harmful consequences associated with heroin use and HIV/AIDS need to be implemented within the South African context.

Layers of responsibility: Managing conflicting treatment, training and research interests

Marna Dreckmeier-Meiring University of Pretoria, South Africa
 The Health Professions Council of South Africa states in its introduction to the Ethical Code of Conduct that healthcare professionals shall first 'do no harm'. This principle seems sound and simple, especially to those who intend to do good; however, as soon as professionals engage in their work as clinicians, trainers or researchers, good intentions often fall short when it comes to managing the interests of various role players. This is especially true in multiple-participant contexts such as family therapy. If you add a one-way mirror and reflecting team as well as an academic context (focused on professional training of clinical psychologists and on research) to the family therapy context, the coordinator of such a project has their work cut out for them. This paper explores ethical concerns encountered in the initial phases of a family therapy training and treatment project at the department of psychology at the University of Pre-

toria. It explores the multiple roles of the project coordinator and considers guidelines for ethical conduct that could promote positive outcomes for client-families and student psychologists and also enhance the project's contribution to research in family therapy.

Mirror neuron theory and socio-emotional processing in Anorexia Nervosa: Implications for intervention

Elizabeth Du Preez Auckland University of Technology, New Zealand

This paper offers a brief review of the literature on mirror neuron theory, socio-emotional processing and its implications for the development and maintenance of interpersonal difficulties in Anorexia Nervosa. Current research supports the presence of difficulties in social interaction prior to the onset of Anorexia Nervosa. Implications of these constructs for the therapeutic relationship and intervention strategies will also be discussed.

Flexing the frame: The impact of employing multiple ports of entry in psychoanalytic parent-infant/child psychotherapy

Nicola Dugmore University of the Witwatersrand, South Africa

Daniel Stern coined the term "ports of entry" to describe the basic elements of the parent-infant system that may be the immediate object of the therapist's technical clinical focus. Within the parent-infant psychotherapy literature this concept is widely accepted. An extended definition is employed in this interrogation of the impact of using different ports of entry on the process of parent-infant/child psychotherapy, and particularly on the psychoanalytic frame. Multiple ports of entry introduce complexity to the therapeutic process given the presence of triadic versus dyadic relationships, systemic versus individual diagnostics, competing therapeutic alliances and oscillating transferences. The maintenance of a psychoanalytic frame is challenged by issues that include shifts in the identification of 'patient', the use of developmental guidance, non-exclusivity of the therapeutic relationship, non-traditional sites of intervention and variations in therapy duration. Illustrative clinical material will be used to explore these complexities and challenges. Multiple ports of entry allows for an inclusion of multiple theories, approaches and relationships. These multiplicities are reflected in the developmental period that constitutes early childhood and early parenthood. An argument for greater flexibility of the psychoanalytic frame is presented. This is an important conclusion in the development of parent-infant/child psychotherapies suited for application across South African public, private and community settings, particularly given the numerous and various pressures such settings impose on psychoanalytic practice.

An investigation into pain and stress-induced analgesia during self-harm

Katie Dykes Salamanca Psychology, Australia; Janet Haines

The aim of the study was to investigate the relationship between pain and stress-induced analgesia

by comparing responses of individuals who reported pain (n=10) and did not report any pain sensations (n=10) during self-harm. A cold pressor test was administered under a stress and no-stress condition as a measure of tolerance and threshold to pain. In addition, participants attended a laboratory session where they were presented with three personalized guided imagery scripts (self-harm, emotionally neutral and accidental injury) while psychophysiological measurements of heart rate and respiration rate were taken. Visual analogue scales were used to measure individuals' subjective responses to the guided imagery scripts. Cold pressor results indicated a significant effect for condition for the measure of tolerance, with individuals recording a higher pain tolerance during the stressful condition compared with the non-stress condition. Imagery results indicated a significant script by stage by group interaction for the VAS measure of pain. Results indicated that both groups experienced a higher tolerance to pain during a stressful condition than a non-stress condition. It is speculated that individuals engaging in self-harm experience increased levels of anxiety and a decreased ability to utilize adaptive coping skills. This distress increases the likelihood of experiencing a dissociative episode during times of high stress. Furthermore, it is proposed that individuals who experience stress-induced analgesia during self-harm have an increased propensity to experience dissociation resulting in a stronger dissociative experience and, therefore, lower levels of pain during the act.

Narrative exposure therapy

Thomas Elbert University of Konstanz, Germany, Germany; Maggie Schauer

In narrative exposure therapy (NET), the patient, with the assistance of the therapist, constructs a chronological narrative of his life story with a focus on the traumatic experiences. Empathic understanding, active listening, congruency and unconditional positive regard are key components of the therapist's behavior. The autobiography is structured according to their chronological order with the help of the therapist. The aim of this procedure is to transform the generally fragmented reports of the traumatic experiences into a coherent narrative. For traumatic stress experiences the therapist asks in detail for emotions, cognitions, sensory information (visual, auditory, tactile, olfactory and gustatory) and physiological reactions, probes for respective observations and records this information. The patient is encouraged to relive these emotions while narrating without losing the connection to the 'here and now': using permanent reminders that the feelings and physiological responses result from memories, the therapist links the experiences to episodic facts, i.e., time and place. The exposure to the traumatic experience is not terminated until the related fear reaction presented and reported by the patient does show a significant diminution. In this way, the narrative is driven forward in a supportive but rather directively guiding style by the therapist, in order to counter avoidance and to recover the full implicit information of the traumatic experience. If requested by the client, a written report may be used for rights and human rights advocacy.

Physiological measurement of the process of perspective shift in the imagery of anger

Ekin Eremsoy Dogus University, Turkey; Abdulkadir Özer; Emel Kromer

The effect of using a field vs. observer perspective on emotional experience when imagining an event has mostly relied on the subjective and retrospective self-reports of the participants. The present study aims to measure and justify the effects of the process of perspective shift on the experience of anger by using physiological responses. One hundred participants were asked to imagine themselves in a situation in which they have experienced high levels of anger. Once the original perspective they used during the imagery process was established, they were asked to shift to the other perspective and then back to the original one. Gender differences were found only in surface electromyography responses. Gender collapsed results indicated that heart rate decreased significantly when those starting with an observer perspective shifted to a field perspective. However, for fielders, heart rate responses were not influenced by perspective shift. Similar trends were observed in electromyography responses. This result may indicate that in anger as an emotion, holding an observer perspective has an increasing effect on level of emotional experience. The findings provide physiological evidence that perspective shift affects emotional experience. However, the effects of perspective shift in imagery of anger were quite different than the effects observed in test anxiety.

A comparison of depression and anxiety of Iranian women using hard weight loss diets

Maryam Esmaeili University of Isfahan, Islamic Republic of Iran; Saeideh Mahdavi; Shahrzad Shariati; Zohreh Latifi; Safura Hoseini; Bahareh mohebi

Despite the existence of a large volume of literature and research on depression and anxiety of the general population, very few studies have focused on depression and anxiety of Iranian women using Hard Weight Loss diets (totally omitting bread, rice, carbohydrates, sugar and fat). The aim of this research was to compare the depression and anxiety levels of Iranian women on this diet as opposed to no dietary regime. Subjects were selected randomly from nutrition centers: 180 women aged 20-35, 90 single and 90 married, in Isfahan City. They were assigned to two groups: experimental (Hard Weight Loss diet) and control group (non diet). We performed a SCL90R questionnaire (validity in Iranian version=0.92) for the experimental and control group individually. The results of ANOVA showed that there was a significant difference between the experimental group and control group in depression and anxiety ($p \geq 0.002$). We believe that can use this finding only for Iranian women and suggest that this research be done for different kind of diets used by women elsewhere.

The use of therapist's self in psychotherapy

Dianne Everitt UNISA, South Africa; Boshadi Semanya UNISA, South Africa

Traditional psychotherapy models emphasise the acquisition of various techniques for becoming a therapist, maintaining that neutrality is required for

effectiveness. The therapist is required to wear the mask of "expert", and to remove the self from the therapeutic encounter. A shift toward a postmodern and social constructionist paradigm places the self of the therapist as central to the process of therapy. Social constructionism argues for the adoption of a 'not-knowing' position, meaning that the therapist is not the expert, but is open to co-constructing a unique story with the client. According to these paradigms, the self of the therapist cannot be removed from therapy, as the therapist and client are seen to co-construct meanings and reality through language. What is important then, within the context of training and in continued practice of therapy, is the self-knowledge and self-reflexivity of the therapist. Cheon and Murphy (2008) argue that the development of self and self-reflexivity might be as important in the training of therapists as the acquisition of techniques. I argue that the use of self in therapy may be a greater catalyst for change than any technique. The therapist must learn to utilise the self in a way that is an effective catalyst for change. This paper explores how the development of the self of the therapist takes place, and how the therapist can make use of the self to effect change within the context of therapy.

Exploring the cognitive origins of excessive reassurance seeking in depression

Lyndsay Evraire University of Western Ontario, Canada; David Dozois

In 1976, Coyne proposed an interpersonal theory of depression that emphasised the importance of examining the social context of individuals with depression. Central to this theory is the interpersonal behaviour of excessive reassurance seeking (ERS), defined as the relatively stable tendency to excessively and persistently seek assurances from others regardless of whether such assurance has already been provided. In the beginning, others willingly provide the requested support. However, when the individual seeking reassurance questions the authenticity of this support, close others may become frustrated. The subsequent deterioration of relationships leads to symptoms of depression and creates an environment of social isolation. A paucity of research has elucidated the mechanism(s) by which individuals come to engage in ERS. In the present study, three hundred and three undergraduates completed measures assessing early core-beliefs, ERS, and depression. Anxious attachment, avoidant attachment, and an abandonment/instability schema added to the prediction of ERS. Although ERS did not mediate the relationship between early core-beliefs and depression longitudinally, it did moderate the prospective relationship between avoidant attachment and depression and an abandonment/instability schema and depression. Furthermore, individuals who received an interpersonal partner or friend prime reported significantly higher levels of ERS than did individuals presented with the academic prime. These results are consistent with the idea that individuals seek reassurance as a result of early core-beliefs reflecting insecurity in relationships. The findings also suggest that it may not be ERS behaviour per se, but rather characteristics of the individual in combination with ERS that are associated with depression.

Stigma schizophrenia and art: A discourse analysis

Kirsten Farquharson Rhodes University, Grahamstown, South Africa; Trudy Meehan Rhodes University, Grahamstown, South Africa

This paper situates itself in the study of stigma in mental illness. In particular, we aim to explore the potential for art making and exhibiting in reducing stigma for those with a diagnosis of schizophrenia. The paper explores one aspect (the exhibition stage) of an 'art as therapy' project. The exhibiting of one's art work aims to counter limiting 'patient' identities by allowing those labeled as psychiatric patients to extend their self identity to an alternative identity of the 'artist'. However, this idea only stands strong if the art work created is not discriminated against as 'naïve art' and is accepted or at least considered for acceptance as legitimate non-professional artwork. This research explores the ways in which art created by in-patients with a diagnosis of schizophrenia is received by the general art viewing public at the National Arts Festival in Grahamstown, South Africa. The study uses a discourse analytic framework to analyse the interviews of members of the public who attend the art exhibition of patient art work. We examine the ways in which the public construct the art works and how they position the makers of this art across a continuum, from patient to artist. The results of this paper have implications for rehabilitation practices for people with a diagnosis of schizophrenia particularly with regard to opportunities to 'perform' alternative identities in public spaces.

Enhancing relationships and relationship interventions through prayer: Fact or fiction?

Francis Fincham Florida State University, United States of America; Frank Fincham

Approximately 4.54 to 5.92 billion people profess some religious faith. Yet social scientists have tended to keep "their distance from religion and spirituality" (Hill & Pargament, 2003, p. 65) and this is especially true regarding the role of religious and spiritual resources in the prevention of couples and family problems. The present paper addresses this omission by examining how prayer may influence intimate relationships. Colloquial, petitionary prayer is used to illustrate how specific religious and spiritual practices may be helpful in the prevention of marital distress and in strengthening marital relationships. It presents data from a randomised clinical trial with African American couples (n=393) in which prayer was added to an empirically-supported preventive intervention, the Prevention and Relationship Enhancement Programme (PREP). Although both PREP and prayer enriched PREP were equally efficacious following the intervention, prayer enriched PREP showed significantly greater maintenance of gains at a 12 month follow-up. In addition to discussing the theoretical and practical implications of such findings, this paper describes a programme of basic research. Using data from both laboratory and daily diary studies, this programme of research examines the impact of prayer on variables that may protect relationships (e.g., forgiveness, gratitude) as well as variables that are known to be risk factors for relationships (e.g., infidelity, alcohol consumption). The presentation concludes by placing the research described in the context of an emerging empirical

literature on the impact of prayer much of which, it will be argued, is both scientifically and theologially misguided.

Individual therapy in rural community settings?

Lindsay Fredman South Africa

It is well documented that psychological services do not reach the marginalised and vulnerable communities in South Africa. Provision of services has focused on providing primary mental health care, and it is perceived that individual psychotherapy does not meet the criteria for an efficient and cost effective treatment modality. This paper examines the provision of mental health care in the form of individual psychotherapy being provided by an experienced psychotherapist as opposed to using lay counselors or other modalities such as group psychotherapy. The provision of individual psychotherapy from a resourced first world model to recipients in an under resourced peri-urban or rural third world environment is described. Using the work done with child and youth care workers from Isibindi projects initiated by the National Association of Child Care Workers (NACCW), this paper will examine the challenges and successes of individual psychotherapy provision in these settings.

Symptomatic heterogeneity in depression: A longitudinal study of depressive symptoms in medical residents

Eiko Fried Freie Universitaet Berlin, Germany; Srijan Sen; Randolph Nesse

Major depression has many causes and contains heterogeneous symptoms that vary dramatically among individuals. Prior research suggests that symptoms vary systematically depending on the cause. This study addresses how baseline and state predictors of depression influence mood symptoms in a longitudinal study. We assessed 760 medical residents at five time-points spanning one year. We measured baseline predictors, including neuroticism, early family environment (EFE), gender, family history (FHD) and history of depression (HD), and state variables, including ten adverse life events (ALE) and workload. We studied the influence of these variables on nine depression symptoms as measured by the Personal Health Questionnaire Depression Scale (PHQ-9). We used mixed models to determine whether different symptoms were predicted by different covariates. We then ran growth mixture models to explore latent classes within each symptom. Residents exhibited a dramatic increase in depressive symptoms over time. In the mixed models analyses, some variables significantly predicted depressive symptoms in general (neuroticism, workload, EFE, HD, specific ALE), while others predicted only single or few symptoms (FHD, specific ALE, gender). Growth mixture modeling analyses found latent classes in seven symptoms, which were predicted by different sets of covariates. We provide evidence that baseline and state variables have dramatically different effects on depressive symptoms and latent classes within symptoms in a longitudinal study. Altogether, our findings document the heterogeneity of depression symptoms and that symptom patterns can be predicted by baseline and state variables and their interactions.

The clinical application of psychotherapeutic drumming as a complimentary addiction therapy

Kim Gabriel Lentegeur Psychiatric Hospital, South Africa; Garth Newman

Substance abuse among South Africa youth and the associated risk/vulnerability to psychotic disorders is of growing concern in South Africa. These youth present with quite a unique set of therapeutic needs focusing on treatment of both psychosis and substance abuse/addiction. Psychotherapeutic drumming has been an integral part of the therapeutic programme at the Lentegeur Adolescent Psychotic Recovery Unit. It was found to be a useful vehicle for engaging often overtly psychotic and manic patients in a fairly interactive, non-threatening way. Benefits included anxiety reduction, sensorimotor coordination and integration and an increase in bodily awareness, concentration and social relatedness. Moreover, the use of drumming also addresses multiple needs of substance addicted patients: Physiologically by inducing the relaxation response, psychologically by reinforcing self awareness, insight and psychological integration, and socially, by providing group connectedness and interpersonal support. Drumming is of particular significance in the South African context as it draws on traditional polyrhythmic beats that have its origins in African culture, providing a rich source of resonant creative expression, with observable and reported therapeutic benefits. This paper will reflect on both facilitators' and participants' subjective experience of the shared psychotherapeutic drumming experience.

Long-term levels of anxiety and depression in victims of terrorism attacks in Spain

Maria Paz Garcia-Vera Complutense University, Spain; Clara Gesteira; Natalia Moreno; Alejandro Zapardiel; Sara Gutierrez; Beatriz Cobos

This study is aimed to examine long-term levels of anxiety and depression in victims of terrorist attacks and to compare them to those in the general population. The Association of Victims of Terrorism (AVT) of Spain assisted in obtaining a sample made up of more than 300 adults who live in Spain and who had suffered a terrorist attack or who are direct relatives (parents, spouses, and children) of someone who had died or had been injured in a terrorist attack. Using the Beck Anxiety Inventory for Primary Care (a short version of the Beck Anxiety Inventory or BAI) and a short form of the Beck Depression Inventory-II (BDI-II), we assessed by phone members of that association who agreed to voluntarily participate in the study. We examine the relation of scores on the BAI-PC and the short form of the BDI-II with the degree of exposure to the terrorist attacks, the presence of physical sequelae, and the time elapsed since the attacks occurred. We also compare victims' scores with those obtained by adults selected from the Spanish general population (a sample of 470 Spanish adults who completed the BDI-II and a sample of 249 Spanish adults who completed the BDI-II and the BAI). Results are discussed in terms of the long-term psychopathological repercussions of terrorist attacks and the need of providing psychological attention at the short, medium, and long term to direct and indirect victims.

A woman's prison: Gender, trauma and psychic space

Diane Gartland United States of America

Women's prisons have often gone unrecognized as unique in the penal system. While male prisons have a reputation for callous machismo and indifference, a close inspection of female prisons yields a very different picture. Nearly all women in prison have been found to suffer the effects of trauma, most of them from early life experiences, and consequently exhibit a number of characteristics that, due to gender and circumstance, differ markedly from those of male inmates. A resulting atmosphere of chaos within one such women's prison in the US has defied attempts to establish coherence and constraint as boundaries are relaxed and psychic space collapses. The introduction of a third psychic element mediating toxic relationships has been used with some facility in men's prisons but, in a prison housing and staffed only with women, regressions to developmentally early behaviours are commonplace and intractable. The establishment of a triangular mental space for creative intellection within which to pursue psychological healing is continually burdened with difficulty. Wanting a reliable and certain, but benign, structure that is gender specific, the imprisoned woman may have a more promising future if her own rhythm is found, understood and complemented with, beneath the psychological wounds. This paper is based on the author's work managing large programs in men's and women's prisons, as well as relevant readings in trauma, development and gender.

Adult patients' perceptions and expectations of clinical psychologists

Catherine Geils UKZN, South Africa

The perceptions and expectations of clinical psychologists and psychological services by members of the South African public have received little attention. In this study, 'perceptions and expectations' include beliefs about, attitudes towards, and knowledge and understanding of clinical psychologists and the services they offer. Beliefs and expectations significantly impact on utilisation patterns and treatment outcomes. There are suggestions from the literature that state psychological services are underutilised, and both the literature and the authors experience suggest a high drop-out rate of referred patients after only one or two consultations. This study included all patients over 18 years who were referred for the first time to clinical psychologists at district hospital and community clinic settings. Participants were given a questionnaire to complete after signing informed consent. The questionnaire sought to examine patient's beliefs about the reason for referral as compared to the referring agent, knowledge about the job of a psychologist and how they came to know this. In addition, their knowledge about or expectations of the intervention methods used by clinical psychologists, how long this would take, and their perceptions of stigma attached to consulting a psychologist were also assessed. It is hoped that the results of this study will inform how to educate the public on the role of a psychologist and assist with greater concordance between the public's expectations and service provision, thus reducing drop out of patients referred and encouraging greater utilisation of and benefit from psychological services by the public.

The effects of grateful intervention on female adolescents: Test of broaden-and-build theory

Amir Ghamarani University of Isfahan, Islamic Republic of Iran

The main purpose of this study was to explore the effects of grateful intervention on hope in Iranian female adolescents, based on the broaden-and-build theory (Fredrickson, 2004). A total of 80 female adolescents (40 experiment subject and 40 control subjects) participated in the grateful intervention program and respond to the adult hope scale (Snyder, 1991). Results showed that the effect of gratitude intervention on female adolescents' hope was significant. Based on this result, the efficiency of the broaden-and-build theory was confirmed in the Iranian culture.

Depressive symptoms in association with socio-demographic factors, family functioning and classroom environment in a Malaysian secondary school population

Siti Raudzah Ghazali University Malaysia Sarawak, Malaysia; Azizah Azhar

The increasing prevalence of depression among adolescents has sparked concern among many healthcare providers. The objectives of this study were to determine the prevalence of depressive symptoms among secondary school students and their associated factors including socio-demographics, perceived general family functioning, and perceived school environment. A cross sectional survey was employed: 386 students were recruited, aged between 13 to 16-years-old. Stratified random sampling was performed to choose four secondary schools: two schools were from the rural area and another two were from the urban area of the district. The rate of depressive symptoms among secondary school students in this area was quite high (34%). Two socio-demographic characteristics were significantly associated with depression; ethnicity and location. Chinese adolescents were more depressed compared to other populations. Students staying in rural areas were less depressed compared to students staying in urban areas. Perceived school environment was also significantly associated with depressive symptoms. Students who were depressed were significantly more likely to perceive that their school environment was less conducive to a positive outlook. Gender, family functioning, type of schooling, parental arrangement, number of siblings, birth order, family history of depression, staying with extended family members and area of residence had no significant association with depressive symptoms. Findings in this study highlight that socio-demographic characteristics and school environment should be given consideration in health promotion and intervention programmes. Thus, health care professionals should recognise that depression among adolescents may become one of the top public health issues in the near future.

Personal ethics as a guide to therapeutic practice

Michael Guilfoyle Rhodes University, South Africa

Can a client's personal ethics function as a platform for the construction of a therapeutic agenda and goals? The narrative practice of 're-authoring' sometimes involves the privileging of clients' eth-

ical values and personal commitments, which are then used as a guide for ongoing therapeutic action. This paper suggests that this practice can be enhanced and theoretically developed through Foucault's notion of the 'ethical subject.' While narrative therapy is built on much of Foucault's work, attention has not been given to this particular notion. Foucault's vision of the ethical subject is put forward as one way of thinking through the person's capacity to exceed the constraints imposed upon him or her by discourse and power dynamics. Some of the main features of the ethical subject will be described, and it will be argued that an ethical relationship with oneself can facilitate a critical engagement with the way in which one has been constituted. This makes it a useful conceptual tool for therapeutic practice. A therapy case study is used to highlight the active nature of ethical subjectivity, and to explore its utility as a guide for the therapeutic process.

The efficacy of cognitive behaviour group therapy based on religious attitudes on quality of couples marital relationship

Najmeh Hamid Shahid Chamran University, Islamic Republic of Iran

The purpose of this research was to study the efficacy of cognitive-behavioural group therapy based on religious attitudes and quality of couples' marital relationships. The research method was experimental with pre- post-test, follow up, and control group. The sample consisted of 40 couples with marital problems referred to psychotherapy and counselling clinics in Ahwaz. They were matched by age, educational status, duration of marriage and other criteria considered in this research, then randomly divided into two groups as experimental and control group. We used 12 sessions of cognitive behavioural therapy based on religious attitudes for experimental group, the control group didn't receive any intervention. The instrument was marital relationship inventory. The results revealed that there was a significant difference between two groups in quality of marital relationship, and style of communication ($P < 0.001$). The rate of marital relationship and styles of communication in experimental group, were significantly higher in comparison with pre-test and control group. Also, these results were significantly persistent in follow up period.

Music preference, impulsivity and suicide ideation in Zanjan adolescents

Habib Hasani Shahid Beheshti Teacher Training College, Islamic Republic of Iran; Akbar Mehdiloo Shahid Beheshti Teacher Training College, Islamic Republic of Iran; Behrouz Cheraghi

The issue of youth suicide is one of the most important issues facing human societies that, despite the different fields of science, as well as many related factors is unknown. Understanding the music preferences of individuals is a window into their world, may be useful in the evaluation of individuals internal reality that reflects the values, attitudes and emotions they experience. Thus, this study aimed to investigate the role of music in impulsivity and suicidal ideation in male high school students in Zanjan. Study subjects were 162 male high school students, selected randomly,

and responded to the Barrat impulsivity scale (BIS), Beck scale for suicidal ideation (BSSI) and Music preference questionnaire. The results showed that there is a significant relationship between suicide ideation and music preference. Students who tended to metal music have higher score in suicide ideation scale than other groups. There is a significant relationship between suicide ideation and impulsivity. There is no significant relationship between music preference and impulsivity. There is a significant relationship between suicide ideation and academic achievement. Tendency to suicidal thoughts in the students with lower scores was more than the other groups. No significant relationship between academic orientation and impulsivity and suicidal thoughts were found. Although the relationship between impulsivity and music preference was not significant, impulsivity can be used as an intermediate variable, to explain the relationship between music preference and tendency to suicidal thoughts.

Self-help for anxiety disorders. A meta-analysis and meta-regression of effects and potential moderators.

Thomas Haug Helse Bergen, Norway; Odd Havik; Lars-Goran Öst; Tine Nordgreen

Self-help treatments have the potential to increase the availability and affordability of evidence-based treatments for anxiety disorders. Although promising, previous research results are heterogeneous, indicating a need to identify factors that moderate treatment outcome. The present article reviews the literature on self-help treatment for anxiety disorders among adults, with a total sample of 56 articles with 82 comparisons. When self-help treatment was compared to wait-list or placebo, a meta-analysis indicated a moderate to large effect size ($g = 0.78$). When self-help treatment was compared to face-to-face treatment, results indicated a small effect that favored the latter ($g = -0.20$). When self-help was compared to wait-list or placebo, subgroup analyses indicated that self-help treatment format, primary anxiety diagnosis, and procedures for recruitment of subjects, were related to treatment outcome in bivariate analyses, but only recruitment procedures remained significant in a multiple meta-regression analysis. When self-help was compared to face-to-face treatment, a multiple meta-regression indicated that the type of comparison group, treatment format and gender were significantly related to outcome. We conclude that self-help is effective in the treatment of anxiety disorders, and should be offered as part of stepped care treatment models in community services. Implications of the results and future directions are discussed.

Quitting or cutting back? Predictors and stability of individualised treatment for pathological gambling

David Hodgins University of Calgary, Canada; Jonathan Stea

As legalised gambling expands world-wide, many jurisdictions are struggling with providing effective treatment options for individuals diagnosed with gambling disorders (pathological gambling). However, even when treatment is available, the large majority of sufferers do not seek treatment. Offering flexible therapeutic goal choice (e.g., abstinence versus moderation) has been thought to be one way

to increase treatment seeking and decrease treatment drop out. Nevertheless, there is a dearth of research that examines the predictors and stability of goal selection, as well as its influence on treatment seeking, attrition, and outcomes. This study presents findings related to the predictors and stability of goal selection in a randomised controlled trial of brief motivational treatment for problem gambling (Hodgins, Currie, el-Guebaly, 2001; Hodgins, Currie, el-Guebaly, Peden, 2004). The results demonstrate that particular predictors (male, employment, greater problem gambling severity, history of treatment) are related to initially choosing an abstinence goal. Additionally, the results demonstrate that goal selection is fluid over 24-months, with more participants choosing abstinence than moderation; more participants switching from abstinence to moderation than vice versa; and 15% of participants switching their goal more than once. The results are discussed with respect to implications for goal setting in clinical work and with respect to the small research literature on goal selection in gambling disorders.

The value of art in the context of mental health: In-patient's experience of the art group as therapy

Minnon Holtzhausen Rhodes University, South Africa

This paper explores mental health patients' experiences of an art group. In particular, we aim to examine the personal experience of psychiatric in-patients with a diagnosis of schizophrenia, who participated in an art-making and exhibiting project, with a particular focus on the impact of the art-making process on the construction of self. Schizophrenia is regarded as an 'I am' illness, as it becomes the 'master identity' through re-defining and overtaking the identity of the individual. This research explores whether self-expression facilitated through art enhances an alternate and richer sense of identity through integrating different aspects of the self. The study uses an in-depth qualitative design. An interpretive phenomenological approach was taken to examine six psychiatric in-patients' individual experience of the art group. The participants are residents in a rehabilitation hospital in the Eastern Cape, South Africa, who have been involved in the art group for a period of three months or more. Transcripts from semi-structures will be analysed. The results of the research are pending.

Efficacy of TIP treatment for primary insomnia: A randomised controlled trial

Lan Hong Guang'anmen Hospital, CAMS, China; Qian Diao; Weidong Wang; Xueyu Lu

To evaluate the short-term efficacy of the sleep regulation technique of Thought imprint Psychotherapy in lower resistant state (TIP) for the treatment of primary insomnia, we adapted a randomised, single-blind study. 30 hospitalised outpatients with primary insomnia were included according to DSM-IV criteria. Outpatients from a sleep medical clinic of Guang'anmen Hospital were randomised in a 2:1 ratio to a TIP or Zopiclone (ZPL) group. In the TIP Group, patients received sleep regulation technique of TIP twice per week. The ZPL group received ZPL 3.25mg or 7.5mg; the

treatment lasted one month. We used Pittsburgh Sleep Quality Index (PSQI) and Polysomnogram (PSG) to assess sleep quality. 27 patients completed the trial: TIP (N = 18), ZTP (N = 9). In an inter-group comparison, sleep time, sleep latency, sleep quality, daytime function and total score of PSQI in TIP group significantly improved. In ZPL group, sleep latency, sleep efficiency and sleep quality improved significantly. As to PSG, in the TIP group, sleep efficiency was significantly increased; in the ZPL group, sleep latency was shorter and sleep efficiency were increased. In inter-group comparison, there were differences in daytime function, hypnotic drug and total score items, of PSQI between TIP and ZPL groups. TIP group manifested better results. There was no significant difference in PSG between the two groups. Our study provides evidence for the effectiveness of the sleep regulation technique of TIP for primary insomnia. Because of some limitations of the current study, further studies are necessary to verify the result.

The effectiveness of schema therapy on self esteem and anxiety patients with chronic social phobia

Atefeh Hosseini University of Isfahan, Islamic Republic of Iran; **Mohammad Reza Abedi; Hamid Taher Neshat Dust; Ahmad Abedi**

This study investigated the effectiveness of Schema Therapy on self esteem and anxiety patients with Chronic Social Phobia. The present study has a single-subject method with multiple baselines across participants. In this study, four participants that were selected by purposeful sampling were studied through sixteen individual sessions of schema therapy. Afterwards, they were given follow up tests after 2 successive weeks of treatment. Research instruments were early maladaptive Schema scale and social phobia, anxiety and self esteem inventories. The results of the data chart analysis were based on descriptive statistics' and visual analysis. The obtained results revealed that the intervention has been effective on all four individuals. Findings of this study showed that this intervention (schema therapy Approach) can effectively increase self esteem and results in the decrease of anxiety in these kind of participants.

Trauma, why me? A hypnotherapeutic investigation into the unconscious dynamics of trauma

Debbie Howes South Africa; **Bahramali Ghanbari-Hashemabad; Ali Mashhadi**

The author is a clinical psychologist in a private practice in Johannesburg. The author incorporates the principles of hypnotherapy into a therapeutic model of the unconscious mind. The technique includes a projective story telling and drawing technique. The logic of the unconscious mind is that of a child. Each person when in a trance will tell a different story. The way in which they tell the story will illustrate and outline the repetitive unconscious belief systems and emotional patterns. Missing conscious information occurs from that perspective. Direct correlations and parallels are investigated relative to the way in which an individual tells the story and the concurrent trauma experienced. The balance of mother-father-child is therapeutically reprocessed and the individual is re-parented. The

degree to which the unconscious mind has confusion between truth and illusion is illustrated. The technique serves to instill constructive coping skills and answers many questions posed by individuals relative to trauma. By desensitizing and reprocessing the story, a new reality emerges which mirrors these inner changes. The possibilities for empowerment and prevention of trauma from recurring are investigated. Case studies are discussed. The author has written a book entitled 'Little Red Riding Hood Revised, A hypnotherapeutic interpretation, analysis and application', runs regular training workshops, and has appeared as a guest on SABC TV2 House Call.

Anger management, a hypnotherapeutic investigation into the unconscious dynamics

Debbie Howes South Africa

The author proposes a hypnotherapeutic technique which serves to illustrate the process of transmuted anger in an individual from the destructive, irrational and volatile form of expression, to the more constructive and rational manner where results are elegantly achieved. Conscious information that an individual has relative to how to express anger is lost when the individual resorts to the irrational, explosive ways that spontaneously emerge when least expected. An individual often experiences a loss of control where they may act in inappropriate ways that correspondingly result in feelings of guilt, humiliation and self hate. A projective story telling and drawing technique is discussed which serves to illustrate and explain this process from the logic of the unconscious mind. The unconscious mind has the logic of a child. When we become angry, we resort to becoming the child. The technique illustrates how to bridge the child aspect of an individual to the conscious, adult male aspect in a split second. The unconscious mind is addressed via the story telling process while the client is in a mild trance via Ego-state and Eriksonian hypnotherapeutic principles. Each person will tell a different story which will indicate the relevant missing information. Anger that is impulsive is a precursor for depression, suicide and self-mutilation. The interchangeable relationship between guilt and anger is also illustrated relative to the management of anger. Case examples are cited.

Exploring psychological sense of community in narcotics anonymous

Hillary Howrey Nova Southeastern University, United States of America; **John Lewis; Christian DeLucia; Amy Heinowitz**

Substance use disorders account for approximately 5% of the world's diseases. Narcotics Anonymous (NA), an international 12-step organisation hosting 58 000 meetings weekly across 131 countries, represents a popular treatment option. Although research suggests 12-step organisations are effective in lowering substance use, less is known about mechanisms of action. Social support is one mechanism that has garnered empirical support. The present study will extend prior work by focusing on an additional support-related construct, psychological sense of community (PSOC). Although at a macro level the United States (US) is considered an individualistic society, 12-step societies place an explicit focus on community and communal orien-

ation. As such, we hypothesise that the PSOC engendered in NA will be associated with indicators of psychological well-being, over and above basic social support measures. Participants (~N=135) are NA members with 1-33 years of clean time who completed an online survey. In addition to PSOC and social support, demographics, 12-step recovery practices (e.g., step work, service), and measures of well-being will be examined. Analyses will progress in two phases. First, we will use factor analytic techniques to examine the factor structure of the PSOC measure. Given prior theory and measurement work, we will likely use a mix of exploratory and confirmatory methods. Next, we will examine whether PSOC dimensions are associated with measures of well-being, over and above social support. Implications of these data for US cultural values will be explored.

Role of supervision as a protective factor among mental health workers in Turkey

Ferhat Jak Icoz Istanbul Bilgi University, Turkey

Due to its very nature, psychotherapy involves empathic engagement, exposure to disturbing memories and various re-enactments that might affect a mental health worker's psychological well-being. In the training phase of new psychotherapists, supervision has become an integral part of many training programmes. Some psychotherapists choose to take supervision sessions after their training as well as gaining collegial professional support. However, results about supervision's role as a protective factor in current literature are mixed. This study aims to take a closer look at supervision's effect on mental health workers' psychological well-being in terms of vicarious traumatisation and burnout of workers who work in Turkey. It is hypothesised that supervision would decrease levels of both vicarious traumatisation and burnout among mental health workers. In addition to this main aim, the present study investigates supervision behaviours of mental health workers in Turkey across gender, age, work setting, geographical region, experience, educational level, occupation, trauma work, populations worked with and personal trauma history. Results indicate that mental health workers who take supervision sessions score significantly lower in vicarious traumatisation. Similarly, mental health workers who take supervision sessions have a lower degrees of burnout. In conclusion, this study provides support for supervision, as taking supervision appears to be a protective factor against burnout and vicarious traumatisation. However, results also indicate that taking supervision is not solely at the discretion of mental health workers. Socio-economical factors dictate largely the possibility of taking supervision.

Postpartum depression: The role of self-esteem, social support and age

Chinwe Ifeacho University of Nigeria Nsukka, Nigeria; **Solomon Mumah; Agatha Ogwo**

The study examined the role of self-esteem, social support and age on postpartum depression. 200 puperal mothers presenting in 5 hospitals for postpartum check-ups participated in the study. In this single cross-sectional survey, the mothers were individually administered the Index of Self-esteem, Edinburgh postnatal depression scale and

the Social provision scale. A three-way ANOVA with unequal sample sizes was used for data analysis. Results indicated that 58% of these respondents exhibited postpartum depression (a score of 9 and above in the Edinburgh postpartum depression scale). Of these, 20 mothers were selected from Anambra State University Teaching hospital, 19 from Ikechukwu hospital and maternity, 17 from Regina Caeli hospital, 14 mothers from Christ the King hospital and maternity, and 46 from Nnamdi Azikiwe Teaching hospital, Ukpou complex. On self-esteem, mothers with low self-esteem experienced more postpartum depression than mothers with high self-esteem ($F=14.097$; $p<.05$). Additionally, there were no significant differences in postpartum depression between younger and older mothers. These findings underscore the importance of assessing postpartum women for depression. Evidence suggests that long-term effects of postpartum depression on mothers may be devastating. Thus integration into social networks and provision of high levels of social support are key to mental health, well-being and improved self-appraisal/self-esteem.

The narrative of loss: Conducting grief therapy in a diverse context

Carmen Inoa Vazquez NYU School of Medicine, United States of America

Narratives extend to groups and nations, which create their own history and cultural tales that become part of the cultural values of individual members. When narratives are challenged, particularly during grief and acculturation, the meaning-making process for individuals can become chaotic, disorganised, and disrupted, leading to complicated or pathological grief that interferes with the final resolution of grief. Narratives can clash when there are two different points of view, such as when viewed from the mainstream culture or from a culture that differs from the patient's belief system. The author will discuss the connection between grief through death, loss of health and immigration. Through clinical examples, this presentation will offer a clear understanding of the narrative of loss of Latin Americans. The integration of culture specific beliefs in grief therapy will be presented focussing on a resolution of the grief process. This clinical work has been conducted by the author for the past twenty five years with a large diverse population in the United States. This work has culminated in a recently published work under the title 'Grief Therapy With Latinos: An Integration of Culture for Clinicians'. The usefulness of this work is based on an integration of well-recognized grief therapy models from different theoretical points that have been adapted to apply in a diverse context.

Does heightened Depression, Dissociation, Absorption and PTSD predispose one to having episodes of sleep paralysis: Findings from the general population of Egypt?

Baland Jalal The American University in Cairo, Egypt; **Devon Hinton**; **Joseph Simons-Rudolph**

Previous research indicates that sleep paralysis (SP) is a distressful experience (e.g., Hinton, Chhean, Pich, & Pollack, 2005), associated with heightened psychopathology, including depression and a number of anxiety disorders (e.g., Ohayon & Shapiro,

2000). While studies have shown that SP is likewise a distressful experience in non-Western cultures, very little research has looked at the relationship between SP and symptoms of psychopathology cross-culturally. This is particularly relevant given that research has found rates of SP to vary across ethnic groups. In the current study, The Sleep Paralysis Questionnaire (Yeung, Xu, & Chang, 2005) was used to compare lifetime frequency of SP among individuals recruited in Egypt ($N = 123$) and Denmark ($N = 59$). We subsequently examined the association between Depression (BDI-II; Beck, Steer, & Brown, 1996), Dissociation (DES; Bernstein & Putnam, 1986), Absorption (TAS; Tellegen & Atkinson, 1974) (a personality trait), and SP among Egyptians. Results suggest that lifetime frequency of SP is significantly higher among Egyptians compared to Danish individuals ($P = .001$). Moreover, lifetime frequency of SP was associated with higher Depression symptoms ($r = .55$, $P = .017$) among Egyptians; on the other hand, a lifetime frequency of SP was not associated with higher levels of Dissociation and Absorption. To further investigate whether lifetime frequency of SP is associated with PTSD, a follow-up study will be conducted. Our findings will thus provide insight into whether the relationship between SP and psychopathology generalise to other cultures, and how psychopathology may predispose to having episodes of SP.

Religiosity and spiritual interpretations of sleep paralysis

Bamo Jalal The University of Copenhagen, Denmark; **Devon Hinton**; **Baland Jalal** The University of Copenhagen, Denmark

While the phenomenology of sleep paralysis (SP) displays great similarities across cultures, interpretations of SP vary greatly. Recent research (Jalal, et al., under review) suggests that a high number of Egyptians (48%) having experienced SP believe it to be caused by the Jinn, spiritual beings with roots in Islamic tradition. To date very little research has examined the relationship between cultural interpretations of SP and psychopathology. In the current study we addressed whether the belief that SP is precipitated by spiritual forces is associated with increased fear of the experience, prolonged paralysis during SP, and symptoms of psychopathology among Egyptian adults. The Sleep Paralysis Questionnaire (e.g., Yeung, Xu, & Chang, 2005) was administered to individuals ($N = 123$) from Egypt. Participants were also asked to complete the BDI-II (Beck, Steer, & Brown, 1996) and the DES (Bernstein & Putnam, 1986). We found that higher levels of religiosity and believing that SP was caused by spiritual forces were associated with prolonged paralysis during SP ($ps < .01$). Likewise, individuals who believed SP to be caused by spiritual forces were more fearful of the experience ($p < .05$). While believing that SP was caused by the supernatural was not associated with higher dissociation symptoms, believing that the Jinn had caused SP was associated with higher depression symptoms ($p < .05$). A follow-up study will examine the relationship between spiritual interpretations of SP and PTSD. These data suggest that particular interpretations of SP may moderate the relationship between SP and specific symptoms of psychopathology.

Prevalence rates of isolated sleep paralysis in Egypt and Denmark

Baland Jalal The American University in Cairo, Egypt; **Danielle Beck-Ellsworth**; **Devon Hinton**

The prevalence rates of isolated sleep paralysis (ISP) vary across cultures, with some studies reporting prevalence as low as 6% (e.g., Ohaeri, Awadalla, Makanjuola, & Ohaeri, 2004) and others as high as 40% (e.g., Wing Chiu, Leung, & Ng, 1999). Moreover, there is data to suggest that ISP may be more prevalent among certain ethnic groups (e.g., Paradis & Friedman, 2005). To our knowledge no studies have compared prevalence rates of ISP in Egypt and Denmark. In the current study we compared the mean lifetime frequency rates of ISP of 137 individuals from Egypt and 61 individuals from Denmark. The Sleep Paralysis Questionnaire (e.g., Yeung, Xu, & Chang, 2005) developed by coauthor, Devon Hinton, was orally administered to participants. We found that participants from Egypt had a significantly higher mean lifetime frequency of ISP compared to participants from Denmark ($p < .01$). Moreover, follow-up analyses revealed that in the Danish sample, non-ethnic Danish individuals ($N = 21$) had a significantly higher mean lifetime frequency of ISP relative to ethnic Danish individuals ($N = 36$) ($p < .05$). Furthermore, Egyptian individuals with low SES ($N=91$) had a significantly higher mean lifetime frequency of ISP relative to high SES Egyptians ($N=48$) ($p < .05$). Our data is consistent with previous literature that has found rates of ISP to be higher in populations with heightened social stressors and in ethnic minority groups.

Predictors of sleep paralysis hallucinations with a supernatural theme

Bamo Jalal The University of Copenhagen, Denmark; **Devon Hinton**; **Baland Jalal**; **Joseph Simons-Rudolph**

During rapid eye movement (REM) sleep an individual may experience sleep paralysis (SP) which is a brief period of bodily paralysis where the person is unable to move or speak (Hobson, 1995). Symptoms of SP include hallucinatory experiences, either hypnagogic (upon falling asleep) or hypnopompic (upon awakening). It has been found that members of certain cultural groups report hallucinations with a supernatural theme (e.g., seeing spirits and ghosts, and even space aliens (McNally & Clancy, 2005)). In this study we explored whether the likelihood that an individual would experience SP hallucinations with a supernatural theme could be predicted in a combined sample of Danish and Egyptian individuals. The Sleep Paralysis Questionnaire (e.g., Yeung, Xu & Chang, 2005) was orally administered to 195 participants from Denmark and Egypt. Out of these 195 participants, 58 (30%) reported either hypnagogic and/or hypnopompic hallucinations. Logistic regression analyses found lower levels of education and SES, and higher levels of religiosity to be significant independent predictors of SP hallucinations with a supernatural theme (ps

Psychotherapeutic group work with children diagnosed with Asperger's Syndrome or high-functioning Autism

Ann Janks South Africa

The article presents psychotherapeutic work done in groups with children who have been diagnosed with

Asperger's Syndrome or high functioning Autism. Initially I worked with these children on an individual basis with limited outcome. I began to explore the interactions between children within a group context with exciting results, far superior to working on an individual basis. I shall present how the groups developed from the initial semi-structured, time-limited, closed group with a maximum of six youngsters to its current form of (max) four children in a semi-structured, open-ended and open group. We will explore the criteria of the diagnosis of Aspergers Syndrome (according to Gilbert). We will describe each of the participants and their developments within the group process. Vignettes of interaction will be discussed. Several worksheets will be made available. The article is focused on how to assist interaction between the group participants and so interactive questions will be encouraged.

Immune power personality and the somatic and mental health indicators in a general population sample

Konrad Janowski University of Finance and Management, Poland; **Konrad Skrztek**; **Tomasz Jedynak**; **Martyna Piasecka**

Immune power personality (IPP) is a term proposed by H. Dreher to describe seven personality traits which had previously been found in empirical research to be associated with better functioning of some aspects of the immune system. These traits included the ACE (attend-connect-express) factor, the capacity to confide, assertiveness, healthy helping, the affiliative trust, hardiness and self-complexity. In this study, it was assumed that IPP would correlate with better immune function and the latter would lead to better health outcomes. Therefore, the objective of this study was to verify whether the IPP traits reveal the hypothesized associations with the health status in a general population sample. 300 subjects from the general population were recruited to take part in the study. The sample was closely resembling the structure of the general population with respect to such parameters as age, gender, level of education and place of residence. The IPP traits were measured by a previously developed psychometric instrument. The somatic health status was assessed by a self-report questionnaire gathering data on various aspects of health (frequency of various somatic symptoms, occurrence of different diseases, hospitalizations, use of medications, etc.). The mental health status was measured by General Health Questionnaire-28. Additionally, sociodemographic life-style data (e.g. smoking, alcohol consumption, exercise, dietary habits) were controlled. The results showed statistically significant links between some of the IPP traits and various indicators of both somatic and mental health, with generally stronger associations for mental health indices.

Memory functions and general cognitive status in alcoholics remaining in abstinence

Konrad Janowski University of Finance and Management, Poland; **Włodzimierz Gajewski**

Alcohol dependence and chronic alcohol abuse increase the risk of changes in the brain, which may translate into impaired cognitive functioning. Memory functions were reported to be particularly vulnerable and sensitive to chronic alcohol abuse.

However, what happens with the alcohol-induced cognitive impairment when an alcoholic starts to maintain abstinence is not yet fully understood. Therefore, the objective of this study was to assess memory functions and general cognitive status in alcoholics who preserve abstinence from alcohol. Fifty-four alcoholics, who were abstinent at the time of the study, took part in research. They were assessed on a battery of memory tests (Choynowski's Memory Scale) and Mini-Mental State Examination to measure cognitive functions. Additionally they were interviewed, and the data were collected on a range of socio-demographic and clinical variables, including those relating to the history of alcohol abuse and abstinence. The results showed that the subjects' scores were significantly different from the age-adjusted norms on only the two subtests of Choynowski's Memory Scale measuring verbal learning rate and memory for associate pairs. However, both the general cognitive status and most of the measured memory functions showed statistically significant negative correlations with the length of the period of alcohol abuse and statistically significant positive correlations, with the length of the period of remaining in abstinence. These findings suggest that chronic alcohol abuse is a risk factor for cognitive dysfunction, however, prolonged abstinence can lead to reversal of such impairment.

The complementary roles of cognitive behavior therapy and psychodrama in managing complex trauma

Umme Habiba Jasmine Scottish Livingstone Hospital, Bangladesh; **Mohammad Rahman** Scottish Livingstone Hospital, Bangladesh; **Herb Propper**

Cognitive Behavior Therapy (CBT) focuses on addressing distorted perceptions and modifying habitual responses to identified stimuli whereas psychodrama focuses on both making insights through the use of role theory, which provides some cognitive clarity and framework by identifying certain roles that include thoughts and emotions and facilitating cathartic emotional release. This paper aims to demonstrate the combined impact of using CBT and psychodrama on an acute trauma case, aged 31, female, through qualitative case study design. She was unpredictably stabbed by her partner causing permanent physical disabilities. 14 psychotherapy sessions were administered; the process starting with CBT. After eight sessions, psychodrama was introduced when the client became blocked by painful emotions, hindering her capacity to process emotions, to seek support from significant others and improvement in psychotherapy. CBT worked on managing traumatic symptoms, dealing with feelings of guilt, anger, insecurity, mistrust, sadness and dysfunctional thoughts. When CBT became inadequate to deal with her blocked emotions, psychodrama facilitated her emotional expression through being in different roles and role reversals with significant others. It also contributed in her sense of security, adequacy and power, and insight about separation of her different roles and the means to deal with emotions, especially anger. CBT and Psychodrama combined managed her trauma symptoms and dysfunctional thoughts. Here, these two modes of intervention reinforced one another by having a joint effect, in which psychodrama accelerated the gains produced by

CBT, and CBT helped to anchor the results generated from psychodrama.

Use of narrative therapy and Reflecting team to empower Latino families

Aida Jimenez Carlos Albizu University, Puerto Rico

The purpose of this presentation is to share a theoretical model that shifts the focus of narratives that are charged with problems to a narrative of possibilities. Narrative therapy and the use of a Reflecting team are used as methods to enhance empowerment among Latino families. The principles of the theory will be discussed, as well as the use of a Reflecting team. This post-modern, constructivist perspective challenges the dominant discourses of our society that are reflected in the families' dominant stories, saturated by problems, creating the space for the construction of alternative stories that are more empowering. We will discuss the use of a Reflecting team as a tool to facilitate and promote an alternative story among family members. The 11 reflections that are covered during the intervention are: (1) Offering a different perspective, (2) Emphasising something positive, (3) Normalising, (4) Casting in a positive light, (5) Defining a problem as dyadic, (6) Using metaphor, (7) Suggesting an experiment, (8) Suggestions for managing past situation, (9) Telling story about a reflector, (10) Telling story about other couple, and (11) Suggestion on how a past incident could have been managed in a different way. The reflectors as well as the therapist will identify the dominant narratives that constrain the relationships and organise their perceptions and behaviours, and will also identify the language and metaphors used by each family member, as a mean to create alternative narratives unnoticed or forgotten.

Follow-up of patients treated at an inpatient psychotherapy unit: Research challenges

Emma Johnston Town Hill Hospital, South Africa

Inpatient psychotherapeutic services for patients suffering high levels of psychological distress and trauma are scarce in South Africa. Furthermore, follow-up research with patients receiving this type of mental health care is also limited. The present study focuses on patients treated at an inpatient psychotherapeutic unit offering individual and group psychotherapies to adults, by assessing their experiences since admission to the unit. Patient's experiences during their admission and since discharge from the unit, mental health status since admission, compliance in terms of outpatient mental health care, current quality of relationships with family and friends, and impact of patient's mental illness on their work situation are examined. The results are discussed within the context of broader therapeutic, infrastructural and training challenges within the South Africa context. The challenges encountered in such research are also explored.

Pathological organisations and psychic retreats in eating disorders

Yael Kadish University of the Witwatersrand, South Africa

A set of characteristic symptoms allow for the relatively straightforward diagnosis of eating disorders. Simultaneously and paradoxically a wide

variety of personality organisations / disorders underlie them, stretching from the neurotic to the borderline, narcissistic, even conditions approaching psychosis. This paper will argue that the inherent commonalities can be ascribed to pathological organisations of a similar nature and quality, operational across the spectrum of eating disorders and functioning in a particular, sadomasochistic way. The typical forms that eating disorders take are based on the specific ways that food and the body are used i.e. symptom manifestation. These distinctive symptom manifestations appear to be related to Steiner's (1982; 1993) notion of a psychic retreat. Pathological organisations and psychic retreats are latent until called upon either sporadically or continuously. When activated, these defensive structures operate like a complex psychic skeleton around which the unique psychodynamics of each patient becomes rearranged and thereby transformed.

A psychoanalytic consideration of the influence of culture in eating disorders

Yael Kadish *University of the Witwatersrand, South Africa*

A comprehensive understanding of eating disorders usually necessitates engagement with the role of modern culture and the media. Feminists and critical social theorists have made significant contributions in this regard. Using two clinical cases, this paper contemplates the interface of culture and psyche, proposing a psychoanalytic conceptualisation underpinned by John Steiner's (1982, 1987, 1993) theory of pathological organisations and psychic retreats. Two conceptual terms will be introduced namely 'the normalised body order' and 'the abject body object' to develop the argument. One of the two clinical cases presented will be used to explore a particular kind of therapeutic impasse that can occur when therapist and patient are both female. In this particular case, the normalised body order emerged temporarily obstructing therapeutic progress; the impasse was understood to be an example of the so-called anti-analytic third (Straker, 2006).

Perceptions of contributing factors to substance abuse: A family case study approach

Zuhayr Kafaar *Stellenbosch University, South Africa;*
Alexis Haupt-Pullen

Substance abuse has debilitated social and interpersonal interactions, particularly in families. Recently, the importance of the familial context in terms of its bearing on the user has been the focus of research. Local as well as international literature highlights the importance of considering the impact stressors have on substance initiation. Salient stressors that were considered included family substance abuse, parental attitudes, quality of parent-child relationship, lack of support, substance-abusing peers, peer pressure, socio-economic status, living conditions and peer influence. This study explores perceptions of the factors contributing to substance abuse by utilising a case study approach with one South African family. This study unpacks and critically discusses many of the identified risk and protective factors noted in previous research. It introduces a new perspective by including both parent and sibling perspectives which enabled an in-depth analy-

sis of the differences and similarities in perceptions. Participants were asked about their perceptions of what contributed to their or their child's addiction. Thematic analysis revealed that: peer pressure; low self-esteem; sibling substance use; divergent parental styles; parental detachment; and community factors were perceived to contribute to substance abuse. There was consensus that continued marital discord, disconnection from family members and feeling misunderstood by their parents continued to pose a challenge. The findings suggest that parents and siblings as well as peers contribute to substance abuse, thus prevention programs should include the family as a unit as well as other microsystems such as the peer group.

A case study of the impact of substance abuse on relationships within a family with multiple substance abusers

Zuhayr Kafaar *Stellenbosch University, South Africa;*
Alexis Haupt-Pullen

Research examining the impact of substance abuse on families is limited. Much of the literature examining families of substance abusers has been conducted with families of alcohol abusers. Family members experience "decreased psychological and social adjustment, deterioration of the relationship with the drinker, reduced family cohesion, more interpersonal conflicts and stress, increased prevalence of illness and increased domestic violence". One should be circumspect in generalising these findings as there are distinct differences between the use of alcohol and that of illicit substances. Few researchers have explored how substance abuse in the family impacts on relationships within the family. This study explores the perceived impact of substance abuse on family relationships by utilising a case study approach with one South African family. Participants were asked about relationship dynamics before, during and after addiction. Thematic analysis revealed that substance abuse impacted on the family through: deterioration of relationships; ineffective communication; interpersonal conflict; domestic violence; maternal resentment; increased illness; marital discord and detachment from others. Two opposing views regarding familial relationships were evident after addiction, viz. that family functioning had improved and that family dysfunction had been reduced. These findings suggest that the family was instrumental in the rehabilitation of the user. It is evident that family therapy be indicated before, during and after rehabilitation as unaddressed dysfunctional family patterns may become entrenched, which may increase the risk of relapse.⁷

The actual state and prospects of the imagery communication psychotherapy in China now

Rong Kai *Beijing Forestry University, China*

This study observes the imagery communication of psychotherapy overall. Imagery communication psychotherapy was set up in the early 90s and has been developed over twenty years. This branch of psychotherapy has become the hot spot in Chinese psychology circles. In the last two to three years, this psychotherapy has also spread abroad. This study attempts to expand its horizons, collect comprehensive documentation and conversational material in order to systemically unscramble and integrate this

type of psychotherapy. We try to draw the outline of the development of imagery communication psychotherapy, analyse the main theoretical concepts and the problem of strategy in practice. This study also points out the State of the Field and dynamic state which promotes creative exploration and practice in the area. The paper has four parts. The first part introduces the correlation studies of imagery communication in China and proceeds to a general survey of the studies. The second part elaborates the early development of the imagery communication psychotherapy. The third part collates ideological systems and action research during rapid transmission stage. The fourth part generalises and summarises the whole article and proposes the orientation for the future.

The impact of life skills training on self efficacy of couples in Iran

Mohammad Bagher Kajbaf *University of Isfahan, Islamic Republic of Iran;*
Amir Ghamarani; **Mojgan Arefi;** **Setareh Kousha**

The present study aims to investigate the effect of life skills training on couple's self efficacy in Iran. Twenty couples completed the Shere and Madox Self Efficacy Questionnaire in pre and post test, and attended nine sessions of life skills training. The result of covariance analysis indicated that life skills training increased self efficacy of couples (plt was concluded that life skills training had good properties for use in counseling situations.

An assessment of the relationship between early maladaptive schemas and meta-cognitive states

Hamid Kazemi Zahrani *University of Esfahan, Islamic Republic of Iran;*
Sara Motahari; **Hamid Kazemi** *University of Esfahan, Islamic Republic of Iran;*
Maryam Ghorbani

Cognitive therapists believe that early maladaptive schemas are the oldest cognitive components and even sometimes happen before a child's language learning, and most of the times, apply their effect on the information processing under the consciousness threshold and has automatic mode. The aim of this study is to identify the relation between meta-cognitive components and different kinds of maladaptive schemas in third level high schools and guidance schools of Esfahan. The sample of this study consisted of third level students of a guidance school, first and second grade of high school students of Esfahan. 100 students (50 girls and 50 boys) in the range of 14-18 years were chosen randomly and filled out the meta-cognitive questionnaire (Onil and Abedi, 1996) and the Young questionnaire (205 form, 2007). The analysis of data shows that the total score of maladaptive schemas ($R = -0.22$ and $p < 0.05$) has negative and meaningful relation with score of meta-cognitive states in students. Multi variable regression analysis shows that among 16 available schemas, Shame and Defection ($R = -0.34$, $p < 0.001$), Mistrust ($R: 0.39$, $P < 0.05$), Emotional Inhibition, ($R = -0.45$, $P < 0.05$) Unrelenting Standards ($R = 0.49$ and $P < 0.05$) show meaningful correlation. According to the mentioned findings, it seems that students who suffer more from these maladaptive schemas encounter deficits in meta-cognitive processing and have more cognitive and emotional distress during the learning process.

Prevalence of behavioural problems in school children

Waheeda Khan *Jamia Millia Islamia University, India*

The mental health and well-being of children require our attention, as nearly one in five children and adolescents will have emotional and behavioural disorders at some point of time in their youth regardless of region or socioeconomic status. However, child and adolescent mental health has been largely a neglected area in India. Therefore, the present research was designed to study the nature and extent of behavior problems (i.e. neurotic, antisocial and undifferentiated) in school children. 1,200 boy and girl students of VI, VII & VIII standards were selected from both public and government schools (N=600) and, by administering the Rutter Child Scale B2, teachers ratings were collected. Multinomial logistic regression analysis showed significant results for the three categories of behaviour problems (neurotic, antisocial and undifferentiated), and type of school was observed to be a significant risk factor on the neurotic dimension. Government school children were 3.57 times more at risk to be neurotic as compared to public school children. However, on the undifferentiated category, government school children were 2.60 times more likely at risk as compared to public school children. Gender, age and school were significant risk factors in the case of antisocial behavioural problems. In view of the above findings, it is highly imperative that longitudinal epidemiological studies in early childhood be carried out for better preventive, curative and rehabilitative implications.

Effectiveness of teaching life skills to increase of communication skills in elementary school students in the second and third base in Tehran

Abolghasem Khoshkonesh *University of Shahid Beheshti, Islamic Republic of Iran; Amene Sharifi*

The purpose of this study was the effect of life skill educating on enhancing communication skills and self-esteem in the second and third grade of primary schools. The method of the research was experimental and the population consisted of all primary school girls in the city of Tehran. Two primary schools were randomly selected as the sample of the study of which two groups of 15 students (control) and 15 students (experimental) were also randomly selected. Two tests, POP self-esteem (1989) and the Khamseh- assertiveness test (an Iranian test, 2002), were given to both groups as pretest and posttest. The girls in the experimental group received their life skill educating program during 10 weeks and over 10 sessions on focusing on Bandura theory. Results showed the experimental group performed significantly better than the control group. Thus, there was a significant effect of life skill educating on enhancing self-esteem overall – social activities in the experimental group were more enhanced than the control group.

Whiteness re-visited in psychoanalytic psychotherapy in South Africa: The Other and potential space

Zelda Knight *University of Johannesburg, South Africa*

In this paper I explore the subtleties of racialized subjectivities (a psychodynamic category) as op-

posed to race (a social category) in psychoanalytic psychotherapy. The paper takes the form of the author's response to the contemporary writings within psychoanalysis regarding racialized subjectivities as well as an exploration of the experience of racialized selves in therapy when the client is Black and the therapist is White. It is suggested that the honest exploration of the racialized (inter)subjectivities with its unconscious communication, can lead to a deeper understanding of identifications, difference and the Other. The context is South Africa and the broader theme is one of the Other or difference and the dynamics of potential space as a source of transformation and healing.

Psychosocial rehabilitation: Are we all on the same page?

Anne Kramers-Olen *Fort Napier Hospital, South Africa; Anthony Pillay*

The concept and practice of Psychosocial Rehabilitation (PSR) has been gaining increasing recognition in mental health facilities providing care to patients with chronic mental disorders. However, the extent to which such programs are implemented in poorer countries is of concern, given the financial and training implications. In this context the authors investigate various aspects relating to mental health professionals' perceptions, training, attitudes and beliefs regarding PSR programs. The study is being conducted at a state psychiatric hospital for long-term chronic mentally ill patients in South Africa. Staff in the departments of nursing, clinical psychology, psychiatry, social work, occupational therapy and pharmacy will be surveyed to examine some of the following issues: understanding of PSR, perceived aims and goals of PSR, adequacy of their professional training to implement PSR, availability of resources to facilitate PSR, and views of chronic mentally ill patients, including their functional skills, needs and prognosis. The results will be presented and discussed in the context of such national issues as economics, training and mental health service development.

Opinions of health care professionals who treat patients admitted for non-fatal suicidal behaviour.

Anna Kritzinger *Medunsa University, South Africa; Linda Blokland* *Medunsa University, South Africa*

Suicidal behaviour is a concerning phenomenon that continues to place increasing demands on the time and resources of health care professionals in South Africa and abroad. Research shows that a non-fatal suicide attempt increases the risk of a possibly fatal suicide significantly. Therefore, interventions at health care facilities providing care for patients admitted for the reason of non-fatal suicidal behaviour (NFSB) are crucial in the attempt to decrease alarmingly high suicide rates. However, health care professionals in South Africa struggle with multiple obstacles in terms of staff shortages, a lack of facilities and resources, as well as other limitations. The aim of this study will be to record the views and opinions of health care professionals who treat patients admitted for NFSB. By means of a qualitative investigation, the researchers hope to clarify the perceptions of medical doctors, nurses, clinical psychologists and social workers at a tertiary level hospital in Ga-Rankuwa, with regard to

their experiences and feelings about NFSB admissions. Ideally, the availability of this information might have a positive impact on policy development and medical management in terms of enabling a health care environment that treats such admissions more efficiently; possibly contributing to a decrease in fatal suicide statistics.

Youth's perception of family functioning as a predictor of suicide risk

Jennifer Kyle *Queens College, United States of America*

Family and social support are protective factors for minority youth at risk. The reason for living inventory (RFLI), a standard clinical instrument for the assessment of protective factors, has been used to predict risk in clinical and non-clinical samples. However, RFLI does not directly assess the quality of social or family support as it relates to suicide risk. Therefore, this study examined protective factors in a diverse non-clinical sample of youth to address the following questions: (1) Can social support and family functioning in addition to RFLI predict suicidal behaviours? (2) With regard to family functioning, is there a difference in youth's perception of family functioning that predicts suicide risk? Participants (n = 243) completed self-report instruments to assess the following variables: Suicidality, social support, family functioning, and reasons for living. Participants' age ranged from eighteen to fifty-six. The largest ethnic groups represented were Hispanics followed by Asians and Middle Easterners. Logistic regression was used to investigate the relationship between the predictor (independent) variables and to estimate the probability of the outcome variable i.e. suicidal behaviors. Data analysis shows that a comprehensive model of protective factors, including reasons for living, family functioning, and social support can be effective for predicting those at risk. Further, suicidal youth perceived their family as controlling, stressing the adherence to values and/or perceived their family as lacking in emotional involvement. These findings suggest that prevention and clinical intervention strategies need to address youth's perception of available support to assuage risk.

Treatment of anxiety disorder in a university clinic of psychology

Francisco Labrador *Complutense University of Madrid, Spain; Laura Gomez; Ignacio Fernandez-Arias; Pablo Alonso; Francisco Ballesteros; Manica Bernaldo de Quiros; Carmen Blanco; Francisco Estupia*

Anxiety disorders are problems which usually lead to sufferers asking for psychological help. The objective of this study is to identify the characteristics of the patients who demand psychological help, and the clinical variables referred to this demand and its treatment. Descriptive and quasi-experimental study of a group was undertaken. The group comprised an incidental sample of patients, with assessment performed in pre-treatment and post-treatment. A sample of 292 patients who sought aid at the psychological clinic of the Complutense University was studied. The typical profile of patients was that of young unmarried women with university studies, and having received a previous treatment, especially of a pharmacological type. The three more frequent diagnoses of anxiety were: Non-Specific

Anxiety Disorder, Social Phobia and Panic Disorder with Agoraphobia, which include 50% of the cases. The average length of the assessment was 3.5 sessions, and the average length of the treatment was 14 sessions. The percentage of discharges was of the 70.2%. The average cost of the treatment was approximately 840€. The results are discussed, highlighting the value of empirically supported treatments for anxiety disorders.

Does adding pharmacological treatment improve the results of psychological treatments in anxiety disorders?

Francisco Labrador Complutense University of Madrid, Spain; **Francisco Estupia; Carmen Blanco; Ignacio Fernandez-Arias; Pablo Alonso; Laura Gomez**
The goal of this work is to determine whether, in a welfare clinical context, the use of the empirically supported psychological treatments (ESTs) combined with pharmacological therapy (PT) has any beneficial effect compared with the use of ESTs only, in anxiety disorders (AD). A descriptive, quasi-experimental study of two groups (ESTs + PT, and ESTs), without random allocation, made up of an incidental sample, was performed. Participants were 287 patients of a psychology clinic who were diagnosed with AD. 25.1% received ESTs+PT, and 74.9% received EST. The sociodemographical, clinical and treatment variables of both groups were analyzed using t-tests. Those susceptible to covariation were included in a general linear univariate model to control for their influence on the analysis of intergroup differences in attendance and punctuality, task performance, and successful treatment outcome. Significant differences appeared in age and percentage of married patients (higher in group EST+PT). Also, the group EST+PT received more previous treatments (40% more than EST). The treatment in group EST+PT was significantly longer (16.58 vs. 13.04 sessions). The percentages of discharges, compliance with treatment and task performance were similar in both groups. The dubious benefits that PT might add to ESTs for AD and its implications in terms of efficiency are discussed.

Clergy sexual abuse: Facts, myths and questions

Hugh Lagan South Africa

A sustained and meaningful public dialogue about the sexual victimisation of children in faith communities, and in wider society, has emerged in recent years, resulting in part from revelations of child sexual abuse by clergy. Within an area of public interest wrought with emotion, and driven by preconceived assumptions, empirical research has helped to objectively deconstruct the complexities of clergy sex abuse, and open up much-needed understanding. Clarity of terminology, and accuracy of understanding, remain essential prerequisites in commencing any study of clergy sexual abuse. The more the facts of clergy sexual abuse are permitted to inform clinical and pastoral thinking, the better able preventative and treatment strategies can hope to respond effectively to the multiple needs of survivors and offenders. This paper will provide an overview and synthesis of the most current empirical research within the field of clergy sexual offending. It will explain how clergy sex offenders are similar to, and different from, general popula-

tion sex offenders who abuse minors. It will critique how research is helping to enhance effective treatment and supervision strategies, strengthen interventions to reduce recidivism, enable more effective screening protocols for clergy candidates, inform clergy training programs, and build safer faith communities. The collaborative and committed efforts of church leaders, faith communities, researchers, psychologists and survivors of clergy abuse can make this a reality.

A unique betrayal: Childhood sexual abuse by clergy

Hugh Lagan South Africa

The sexual abuse of minors remains a worldwide criminal and public health problem, with grievous harm often perpetrated against the victim's long-term psychological well-being. When one's perpetrator is a trusted spiritual leader and exemplar, the effects of childhood sexual abuse cut to the core of one's *raison-d'être*. The sexual abuse of children and adolescents by ordained clergy entails an added violation of meaning as well as persons. As such, clergy abuse engenders not only physical, emotional, and psychological trauma, but also a profound existential and spiritual crisis that reverberates through their entire lives. It is this existential and theological crisis which sets clergy abuse apart from other forms of sexual abuse. This paper will seek to give voice to the experience of survivors of clergy perpetrated childhood sexual abuse, their families and others impacted by this profound betrayal. It will also seek to advance our understanding of the unique traumatic impact of clergy perpetrated sexual abuse. Utilising culturally informed research studies with clergy sex abuse survivors from USA, Europe and Africa, this paper will examine best practice in the domains of intervention, assessment, treatment and prevention.

Guilt and shame in PTSD: A review of the dynamics

Tania Lambert NMMU, South Africa; **Kempie van Rooyen** NMMU, South Africa; **Tanya Dutton** NMMU, South Africa

The Diagnostic and Statistical Manual of Mental Disorders (DSM-IV) does not include guilt and shame in the diagnostic criteria for posttraumatic stress disorder (PTSD). However, a growing body of literature discusses the influence of these two self-conscious emotions on the dynamic development of PTSD. These self-conscious emotions are proposed to be included in the DSM-V and it is therefore important to understand how they might influence the disorder. The presentation discusses findings from a review of the last twenty years' research findings on the influence of guilt and shame on the dynamics of PTSD. While the overall methodology is not that of a fully-fledged systematic review, articles were only incorporated if they contained information on how shame and/or guilt dynamically influence the various elements of PTSD. While findings indicated that both shame and guilt may have a significant influence on the aetiology, maintenance, symptom severity and treatment of PTSD, research in this important area is sparse and inconsistent. The information that is available is contextualised against a cognitive model of PTSD in trying to delineate how these emo-

tions may impact the development and expression of PTSD. Recommendations (based on this synthesis) are made regarding practitioner vigilance the therapeutic management of shame and guilt in PTSD. Finally, ongoing empirical research on shame and its relationship with cognitive vulnerabilities is presented as an example of how future research in this area can be designed.

Physical and social functioning as mediators between stress and depression in multiple sclerosis patients

Sylvia Lara University of Barcelona, Spain; **Teresa Kirchner**

Multiple Sclerosis is a chronic neurodegenerative disease that provokes physical disability and emotional disorders. For many people the diagnosis of MS brings with it a great deal of stress. Depression symptoms have a high prevalence among these patients and have been associated with several quality of life indicators, especially physical and social functioning. The aims of the study were as follows: (1) To analyse the extent to which the quality of life indicators explain depression symptoms among multiple sclerosis patients, (2) to analyse the mediating role of the loss of social functioning between depression symptoms and the stress linked to the disease. Participants were 103 Spanish patients with a diagnosis of Multiple Sclerosis. Quality of life indicators were assessed by means of the Spanish adaptation of the SF-36 Health Survey. Depression symptoms were assessed using the Spanish adaptation of the Symptom Checklist 90 Revised. The low degree of social functioning had greater explanatory power on depression symptoms than did physical functions. It was also found that social functioning had an important mediating effect between stress and depression symptoms among these patients: Specifically, 52% of the relationship. The loss of social functioning has an important role in the psychological adjustment. These results may have noteworthy implications when designing prevention and treatment programs aimed at improving their quality of life.

Group intervention for reducing depression and anxiety in clinical menopausal women: A cognitive-behavioural treatment

Cristina Larroy Universidad Complutense de Madrid, Spain

Menopause occurs in Spain to 270,000 women annually. At least, in 50% of the cases, it results in an upheaval or problems of health for the women who suffer it. The treatment by means of hormone therapy, besides causing undesirable indirect effects, does not seem effective to reduce the depressive nor anxious symptoms. For that reason, a cognitive-behavioural intervention has been designed. 28 women, recruited in diverse city councils of Madrid, received a group intervention to reduce symptoms related to menopause, including depression and anxiety, and to improve their quality of life. They all showed clinical symptomatology. They received a group intervention with cognitive-behavioural techniques in eight weekly sessions of two hours each, including: Psycho-education, relaxation, exercises of Kegel and sexual re-education, identification and control of excessive worries

and irrational beliefs, training in problem-solving and time-management. The control group consisted of 25 women, with no treatment. Measures were made pre- and post treatment and after a 6 months follow-up. Women at the clinical group reduced the scores in their depressive and anxious symptoms in post-treatment and follow-up with respect to the baseline. Besides, the percentage of women suffering high anxiety or depression in the clinical group decreased. Women in the control group did not experience changes. Therefore, it can be considered that the proposed intervention has been effective in the reduction of the depressive and anxious symptoms related to menopause.

Reducing symptomatology in menopause: Results of a psychological intervention

Cristina Larroy Universidad Complutense de Madrid, Spain; Sonia Gutierrez

For an elevated percentage of women, menopause is associated with an important variety of physical and psychological symptoms. Diverse studies have demonstrated the efficacy of behavioural techniques to reduce several menopausal symptoms, such as hot flashes. For that reason, a cognitive-behavioral intervention has been designed and tested. Method 28 women, recruited in diverse city councils of Madrid, received a group intervention to reduce symptoms related to menopause, and to improve their quality of life. All showed clinical symptomatology. They received a group intervention with cognitive-behavioral techniques, in eight weekly sessions of two hours each, including: psycho-education, relaxation, exercises of Kegel and sexual re-education; identification and control of excessive worries and irrational beliefs; training in problem-solving and time-management. Symptoms were measured by the Kupperman and Blatt Menopausal Index (BMI), which provides information about several menopausal symptoms, as hot flashes, myalgias, melancholia, anxiety, insomnia, etc. Quality of life was measured by a questionnaire specifically designed to evaluate quality of life in Spanish middle age women (EPQ). The control group consisted of 25 women, with no treatment. Measures were made pre- and post treatment and after a 6 months follow-up. Women in the experimental group reduced significantly their scores in BMI and EPQ at post-treatment and follow-up compared to the baseline. Besides, the percentage of women suffering clinical level of symptomatology ($n \geq 20$ in BMI) in the experimental group decreased significantly after treatment. Women in control group did not experience changes.

Menstrual pain: Differences depending on age

Cristina Larroy Universidad Complutense de Madrid, Spain

Studies of prevalence of menstrual pain yield very different results, with percentages oscillating between 25% and 90% of the studied samples. This variability can be explained by various factors: The size and the homogeneity of the samples used, the age of the women of these samples, the measuring instruments used, the different symptoms considered in each study, the diversity of decision-making criteria about the intensity of the pain, and, ultimately, the lack of a clear, unanimous and explicit definition of what menstrual pain is. The aim of the

present study is to investigate how this disorder affects women in the state of Madrid, and, depending on their age, how it affects them. 1387 women aged between 13 and 52 years ($M = 23,99$); ($Sd = 9,24$) answered the Menstrual Pain Questionnaire (Larroy et al., 2001) referring to their menstrual period in the last year. The sample was divided (according to the age of the women interviewed) into four groups: Adolescents, youths, adults and elderly. The studied variables were: Prevalence of pain, its intensity, duration, location, and strategies to combat pain. The results indicate differences in all the studied variables depending on the samples. Prevalence, intensity and duration of pain are higher in the group of adolescents and youths, but present high level data in the other two groups.

Correlation study between symptoms of personality disorders and childhood traumatic experiences in Chinese college students

Hui Ling Hunan Normal University, China; Jian-ren Zhang

The aim of this study is to explore the relationship between symptoms of personality disorders and childhood traumatic experiences in Chinese college students. Personality Diagnostic Questionnaire-4+(PDQ-4+) and CECA.Q was administered to 320 college students by layered sample. Significant correlations existed between several factors of personality disorders and childhood emotional abuse experiences. The personality disorders group showed severer childhood abuse than the normal group. There was significant correlation between symptomatic level of personality disorders and childhood emotional abuse experiences.

The response style and psychopathological symptoms in subjects with cognitive vulnerability to depression

Yu Ling Hunan Agriculture University, China

The aim of the study was to explore the characteristics of response style, depressive and anxious symptoms, stress level in subjects with cognitive vulnerability to depression. The Chinese versions of the Cognitive Style Questionnaire (CSQ), the Mood and Anxiety Symptom Questionnaire-Short Form (MASC-SF), the Response Style Questionnaire-Rumination (RSQ-R) and the Students Hassles Scale (SHS) were completed by 1201 undergraduate students. Every participant's weakest-link score of the CSQ was calculated. With the mean weakest-link score for all participants being 0.48 ($SD = 0.86$), the Cognitive Vulnerability (CV) group included 151 participants who scored over 1.34 (one SD above the mean of the whole group, $0.48 + 0.86$), while the control (NCV) group included 192 participants who scored under $-0.38(0.48 - 0.86 = -0.38)$. Results indicated that there were no significant differences on average age and gender between the CV group and the NCV group. However, there were significant group differences on scores of MASC-SF, RSQ-R and SHS. The CV group had higher scores on general distress anxiety symptoms, anxious arousal, general distress depressive symptoms, anhedonic depression, rumination, reflection and hassles level than the NCV group ($ps < 0.05$). Subjects with cognitive vulnerability to depression experience more hassles in daily life, they tend to adopt negative response styles, and have more de-

pressive and anxious symptoms, which suggested intervention for subjects with cognitive vulnerability should include strategies improving their negative response style.

Clinical psychology and private practice: is it still possible to earn a comfortable income?

Rafiq Lockhat South Africa

In general Clinical Psychology is regarded as a 'calling' by those who choose to enter the profession. The profession is also generally regarded as highly interesting and personally rewarding. However as a 'calling' or not, one still has to earn a living from one's profession. In South Africa it takes seven years to qualify (including community service) and only then may you enter into private practice, although usually most Psychologists work for a few more years first, in order to gain the necessary experience. Is it worth it? The author argues that it is still possible to maintain a high standard of living but the challenges are many. With the current state of the economy, an increasingly small group of people are able to pay cash for psychological services with more and more practices becoming dependant on medical aids for payment. Medical aids however, are constantly shrinking psychological benefits, e.g. the Government Employees Medical Scheme, pays for 9 consultations per family per year making the most basic long term therapy impossible. So what is to be done? The author proposes that Clinical Psychologists will have to become experts in a range of shorter, quicker and highly effective interventions for a wider range of psychological difficulties. In this regard, universities will have to adjust their training programmes to more adequately prepare students for the real world challenges of private practice.

The effect of Ritalin on sustained attention

Dubi Lufi Yezreel Valley Academic College, Israel

The purpose of this study was to assess the effect of Ritalin (brand name Methylphenidate or MPH) upon sustained attention using a computerized test, the Continuous Performance Test (MATH-CPT). Twenty-seven Israeli adolescents, with a mean age of 13.78 years old, who were diagnosed as having ADHD participated in the study. Before the study, the teachers of each child completed the DSM-IV ADHD Behavior Checklist (Robin, 1998) in order to assess ADHD symptoms. Each participant was then tested twice with the MATH-CPT (Lufi, 2006), a computerized CPT-type test aimed at assessing attention. There was a span of one week between the administration of the tests. In one administration, the participants took medication 1.5 hours prior to being tested. In the second administration, the MATH-CPT was conducted without participants ingesting the medication prior to testing. The results of the DSM-IV ADHD Behavior Checklist showed that, as a group, the mean total of symptoms was 14.64. In order to be diagnosed as having ADHD, there is a need for 12 or more symptoms. These findings showed that the participants were diagnosed correctly as having ADHD. The results of the MATH-CPT showed that treatment with MPH improved the 'overall attention formula' in 'attention' and 'impulsivity' measures. However, MPH did not improve the performance of children who were diagnosed as

This paper examines the issue of self construction in Schizophrenia. It explores the role of exhibiting one's art work in a public space. It is argued that the practice of 'being an artist' is beneficial to inpatients with a diagnosis of schizophrenia by providing the opportunity to develop alternative and richer identity positions. The study highlights the importance of the exhibition and discusses this in relation to narrative therapeutic theories of 'performing' and 'witnessing' alternative identity constructions. The research uses a qualitative design, presenting a discourse analysis of the self construction of eight people with a diagnosis of Schizophrenia who are members of an inpatient art group in South Africa. Transcripts from semi-structured interviews are analysed, wherein focus falls on how participants construct the self in talk. The findings indicate that both the practice of making art and the process of exhibiting and having this art 'witnessed' by the public, make important contributions to the construction and maintenance of an alternative identity position to that of 'psychiatric patient'. The paper suggests that self construction in Schizophrenia can be supported by rehabilitative practices which provide opportunities for the 'patient' to practice and demonstrate alternative identity constructions in a public setting where these can be witnessed and responded to.

The national perinatal depression initiative: Advances in screening and early intervention as public health policy in Australia

Jeannette Milgrom Parent-Infant Research Institute, Australia

A national collaboration of key experts investigated the feasibility of antenatal depression screening across Australia between 2001-2006 (with support from beyondblue). This resulted in current Federal government commitment of \$85M for universal screening of perinatal depression. The National Perinatal Depression Initiative is now at the implementation phase with three main activities: screening, promoting pathways to care and workforce training. The task is to develop a framework for universal screening in consultation with key stakeholders and government departments and gain national support at all levels. The findings of the national collaboration, including the largest published study on antenatal risk factors for postnatal depression, will be presented together with a description of the screening program and acceptability findings. The ability to treat depression is a necessary pre-requisite for advocating universal screening and a review of treatment efficacy will also be presented including some of our research in developing tailored interventions: (1) Individual and group CBT-informed treatment of maternal depression shown in randomized studies to be effective when delivered by a variety of professionals. (2) An internet programme for treatment of postnatal depression. (3) Parent-infant interventions which are necessary due to the impact of maternal depression on early brain development. We have demonstrated in randomised trials both the effectiveness of prevention and early intervention in reducing parenting difficulties postnatally. The results of the public health initiative will also be discussed in the context of the debate around screening, and the challenges of training and access to services. The policy, training and models proposed will be described.

Male homosexuality and psychoanalysis: The war is over, what now?

Gareth Mitchell University of the Witwatersrand, South Africa

Historically, homosexuality and psychoanalysis have not been happy bedfellows. In fact their relationship was at best a rocky one. Following on from Freud's (1905, 1935) somewhat confused musings on the nature of homosexuality (ranging from homosexuality being a 'developmental arrest' to suggesting that there is no shame or illness in being homosexual), homosexuality was routinely pathologized and labeled a deviance from the normal path of psychosexual development. The last three decades have seen a radical shift in the standpoint of psychoanalysis towards the psychopathological nature of homosexuality. Despite these positive shifts, from a theoretical point of view, there still exists a vacuum of knowledge regarding the normal psychosexual development of the homosexual male. This has led to what Phillips (2003) has called the "conceptual confusion" existing in the psychoanalytic world with regard to homosexuality. This paper will explore this conceptual confusion, beginning with an interrogation of how Freudian and neo-Freudian psychoanalytic theory is limited in its capacity to account for normal psychosexual development in the homosexual male. Following this, the paper will examine contemporary theorizing around the notion of normal psychosexual development in the male homosexual. The paper will argue that this emerging theory requires elaboration and extension.

The risk of depression and the prevalence of suicidal thoughts among university students in Poznan, Poland.

Ewa Mojs Poznan University of Medical Sciences, Poland; Elzbieta Skorupska; Włodzimierz Samborski

The goal of the study was to evaluate the prevalence of depression and suicidal thoughts in first year university students in Poznan, Poland and to assess whether they were connected with demographic factors such as age, having brothers or sisters, social background, living arrangements, majors and the mode of study. Method: 1500 freshmen, who were 18 – 28 years old (M=19.81; SD=1.18) anonymously answered a questionnaire on the risk of depression (KADS) and a demographics survey including questions about age, having brothers/sisters, background, place of residence, living arrangements and their major. The analysis showed that 16,4% were at risk of depression and 7,3% had suicidal thoughts. Among analysed factors such as age, having brothers or sisters, social background, living arrangements, study and the mode of study, only financial status was found to have a statistically significant influence on both susceptibility to depression and suicidal thoughts. It is suggested that financial status and age – younger students are more prone to depression – but other agents leading to depression in students, were not clearly identified or taken into account in the screening tools for depression. There was a relationship between age and mode of living as a interconnecting factor in the risk of depression.

Group cognitive-behavioural intervention for social anxiety in first-episode psychosis

Tina Montreuil Douglas Research Institute, Canada

Anxiety symptoms in patients with schizophrenia have been traditionally overlooked. In the case of First Episode Psychosis (FEP), even fewer studies looked at this association. Based on scientific literature, evidence points to the possibility that social anxiety may contribute to poor clinical outcome in FEP which has been associated to poor quality of life, unemployment, increased risk for relapse, hospitalisation and suicide. We developed a brief psychosocial intervention aimed at improving symptoms of social anxiety in FEP. This study was to investigate the efficacy of group-based cognitive-behavioural therapy (CBT) for social anxiety designed to improve clinical outcome in FEP. Fourteen patients with schizophrenia and comorbid social anxiety attended a group-based cognitive behavioural (CBGT) intervention. The CBGT was provided weekly for 14 weeks in 1.5-hour sessions. Baseline and post-treatment ratings of social anxiety were measured using the Brief Social Phobia Scale, the Social Interaction Anxiety Scale; and Social Phobia Inventory. The Scale for the Assessment of Negative Symptoms and Positive Symptoms were also administered. Pre- and post-treatment measures were subjected to statistical evaluation. All outcome measures displayed significant improvements on all anxiety ratings in the intervention group respectively [$F(1, 10) = 9.91, p = .010$], [$F(1, 10) = 5.64, p = .039$], and [$F(1, 10) = 15.32, p = .003$]. CBGT for social anxiety in FEP was demonstrated to be effective as an indispensable treatment for this population. Reductions in symptoms severity of social anxiety appears to be associated to the attainment of clinical remission.

The role of spirituality in dealing with life stressors

Nirveda Moodley UNISA, South Africa

The purpose of this qualitative study was to explore the role of spirituality in dealing with life stressors. A social constructionist perspective guided the framework of the study. Four participants were interviewed based on their experience with adversity and their commitment to spirituality. Participants were expected to respond to open-ended questions based on spirituality and adversity. The method of analysis of the information procured was thematic analysis. The four themes co-constructed by the researcher and participants were spiritual coping strategies, regulation of the mind (emotions, thoughts and behaviour), spiritual support and spiritual growth from adversity. Thematic co-constructions showed that participants employed multiple spiritual activities as coping strategies such as relationship with God, scripture reading, chanting, belief in the Law of Karma, belief in the spirit soul, allotting a purpose to suffering, surrender to God and attraction to Deities. Regulation of the mind was brought about by chanting (mantra meditation), redirection of time and energy towards scripture study and/or preaching activities. Spiritual support was obtained from senior members and/or spiritual masters. Thematic co-constructions also showed that spiritual growth in the form of enhanced psychological and coping skills, stronger relationships and interactional abilities, deeper existential meaning, emotional maturity, expansive viewpoints, more compassion, empathy and tolerance for others, a deeper sense of spirituality and an elevated consciousness emanated from the adversity.

Parenting: Risk and protective factors for mothers with a history of exposure to family violence

Shereen Moolla University of Cape Town, South Africa

This study assessed the influence of intimate partner violence and early childhood abuse on women's current parenting, and to identify other factors which aid or interrupt positive parenting. Women from the greater Cape Town region who had a child between the age of 3 and 8 years were recruited from agencies contexts serving battered women or providing child care. Interviews were conducted with 203 women, and measures included the Conflict Tactics Scale, the Parent-Child Conflict Tactics Scale, the Alcohol, Smoking and Substance Involvement Screening Test, the Parent Stress Index, the General Health Questionnaire, International Child Abuse Screening Tool, the Parenting Sense of Competence, and the Eyberg Child Behaviour Index. Ninety-five percent of the participants had experienced intimate partner violence or had a history of childhood abuse. Results indicated that family violence (intimate partner violence and mother's history of child maltreatment) was significantly associated with child behaviour problems. Results indicated that maternal mental health and maternal substance abuse were not significant mediators of child behaviour and that social support did not moderate the effects of family violence on child behaviour. Parental stress, parental incompetence and parent-child conflict were identified as the key mediators of child behaviour problems in the context of family violence. Children of mothers who have suffered family violence are at high risk of behaviour problems. Mothers face challenges due to the risk factors associated with family violence such as parental stress, parent-child conflict, substance abuse, mental health difficulties, parental incompetence and inadequate social support.

A meta-analysis about researches on effect of group logo therapy on depression of elderly in Iran

Azam Moradi Payame Noor University, Islamic Republic of Iran; **Soghra Taheri**

The object of this research was a meta-analysis of research on the effect of group logo therapy on Depression in the elderly in Iran, and four studies were selection for meta-analysis. Based on the results, the effect size of efficacy of group logo therapy on Depression in the elderly of Iran was $r=0/244$. Results of this meta-analysis indicated that group logo therapy has a moderating effect on Depression in the elderly of Iran (based on Cohen's criteria for interpreting effect size).

On becoming a mother in the face of psychotherapy

Marissa Morkel University of Pretoria, South Africa; **Daleen Macklin**

Pregnancy is a unique experience in a woman's life. As therapists, we are confronted with the merge of this personal experience with the therapeutic space. By exploring the experience of an expecting therapist against the background of psychodynamic and attachment thinking, we hope to unmask the impact of being pregnant on one's therapeutic process with

patients. Whilst being pregnant, the therapist worked in an adolescent inpatient treatment facility. The patients admitted presented with a variety of psychiatric disorders, as well as disorganised attachment. In working with this population the therapist found that their internal representations of 'mother' matched her own fears of not being a 'good-enough' mother, as described by Winnicott. She strongly identified with the internal representation of the inadequate parental part-object, experiencing herself as inadequate, not just as mother but as therapist. In therapy she experienced not being able to meet the emotional needs of her patient. Possibly in an attempt to avoid the experience of being an 'inadequate mother' she became preoccupied with her maternal ideal. These narcissistic preoccupations, made it difficult to hold and contain intolerable affects for her patient. Instead, she felt attacked by her patient's projections experiencing them as potentially harming her unborn child. Pregnancy introduced a blurring of boundaries between the therapist's anxieties and the internal world of her patient. These experiences may potentially lead to anti-therapeutic enactments contaminating the therapy if not understood.

Workplace safety for nurses, from awareness to sustainable action

Babak Motamedi Islamic Azad University, Dehagh, Islamic Republic of Iran

This research aimed to explore the situation, contributing factors and management of workplace violence among nurses in the health sector of the Isfahan, Iran. A total of 250 nurses were assessed from all the health care services available in Isfahan. Quantitative and qualitative data were collected through questionnaires and interviews. Nurses were asked a series of questions about their personal experience of workplace violence in addition to their views and perceptions of violence in the workplace more generally. This can include verbal aggression or abuse, threat or harassment as well as physical violence. Violence is a problem in the workplace for almost half of all nurses. Among hospital nurses, those working in Psychiatry, Drug abuse and Screening units are more likely to report violence as a problem in their workplace. The majority of nurses experienced a form of verbal abuse and a third of them reported physical violence or abuse. Females, younger nurses, working in night shifts, having physical contacts with patients, working in crowded units and poor working experience nurses were more likely to experience violence. Dissatisfaction of service provided and with diagnosis or planned treatment was the most frequently stated reason for work place violence. Psychological backgrounds, inability to pay for hospital bill, low social security conditions were the indirect factors. Improved training, better security measures, including provision of a safe environment to treat known or potentially violent patients, prevention programmes, and health services for both nurses and patients should be provided.

Alienation, coping strategies, defence style and expression of aggression of male to female transgenders

Tilottama Mukherjee Calcutta University, India; **Akansha Moha**

Human rights violations against transgenders are on the rise in India. Transgenders are physically abused, harassed and generally discriminated against in society. In addition, they have limited access to healthcare services and are deprived of jobs despite being skilled. The present study attempts to investigate the degree of alienation, the coping strategies, defence style and expression of aggression within a transgender group (n=15; age-18-30) compared to a control group (n=15; age-18-30). The tools used were the Dean Alienation Scale (DAS), the Coping Checklist (CCL), the Defense Style Questionnaire-40 (DSQ-40) and the Rosenzweig Picture Frustration Study (RPF). The mean values and standard deviations were calculated and the t-test was applied. The results show that the transgender and non-transgender groups significantly differ from each other with respect to their subjective feelings of alienation across all domains of powerlessness, normlessness and social isolation. The two groups also differ with respect to emotion focused and problem focused coping strategies, immature defenses, group conformity rating (GCR) and across all dimensions of direction of aggression. The presentation will discuss the relevance of these results in planning therapeutic and rehabilitative interventions among transgender subjects.

Breaking down the silos: Mental health issues among the Kenyan workforce

Solomon Mumah Kenyatta University, Kenya; **Agatha Ogwo; Chinwe Ifeacho**

This study assessed the prevalence and extent of the severity of mental health cases among a selected cohort of the Kenyan workforce. The participants (academia, bankers, actuarial scientists, researchers, air transport staff, national security staff, IT specialists and workers in the hospitality industry) who presented themselves to a health facility following referral by a medic were each screened for psychosis, stress, depression, anxiety, PTSD, suicide, hallucinations, BMD and alcohol withdrawal syndromes. Results indicate that Kenyan workers exhibited high rates of depression (3-month prevalence for major depressive disorder amongst 18-52 year olds is 27%, compared with 5.7% for the entire population); stress (21%); BMD (20%); and anxiety (14%). These workers tended neither to seek professional help for mental health issues, nor use phone help lines. Could this be the long-overdue call to action? PsychHealth, based on these findings, is implementing internet-based options to provide a more effective approach for reaching the working class. Online advertising together with media communications strategies are considered in this initiative in order to design and promote a site where all cadres of workers experiencing depression and other mental health issues can be established. PsychHealth's team of qualified health psychologists are making emergency service contacts due to concerns about suicide risk and initiating a new webcam service, based on structure problem solving. This will enable workers with serious illness to be picked up, who might not otherwise be helped.

Stress and coping among adolescent orphans

Julia Mutambara Midlands State University, Zimbabwe

The aim of this study was to assess stress levels among adolescent orphans, as well as to investigate how these young people cope with stress. Usually when parents die, children become vulnerable and prone to hardships, especially with the disintegration of the extended family system which used to absorb most of the orphans. Previous studies have confirmed that adolescence is a period of storm and stress, and therefore being an orphan at this critical stage can be psychologically traumatising. One hundred and eighty (180) adolescent orphans from six high schools in Gweru's High Density Area participated in the study. A quantitative research survey method was used in this study. Questionnaires were used to elicit information on the participants' stress levels and coping skills. The study revealed that there are gender, age and educational level differences in reported stress levels as well as coping skills. Females were mainly found to have low stress thresholds compared to their male peers. Period of orphanhood and nature of guardianship was also found to be positively related to reported stress level and coping skills. Overall, stress levels were also found to be related to coping skills (emotion and problem focused coping skills).

Family health strategy work team training to deal with mental health

Camila Muylaert Universidade de São Paulo, Brazil; **Alberto Olavo Reis; Moacyr Bertolino Neto; Isabella Bastos; Michelle Vasconcelos**

The work teams from Family Health Strategy - ESF - are generalists and have to be prepared to attend different issues and resolve them. We aim to characterize the training of these professionals in order to deal with mental health problems. We applied a questionnaire of closed questions to 729 professionals from 122 ESF work teams in São Paulo State. We investigated the participation of managers, doctors, nurse auxiliaries, nurses and community health agents in training to cope with mental health issues by ESF work teams; whether or not they feel able to deal with these problems and the reasons attributed to these feelings. The doctors and nurses declared that they have received more and better qualification than community health agents and nurse auxiliaries. However, all of the professionals qualify the conditions for dealing with psychological distress as regular and the main reasons for this are lack of training and development. The quality of training received was analyzed. We discuss how the vertical, the fragmentation and the technical trends in the health field influence the subjective perspective which is necessary to cope with mental health problems.

Psychotherapy in Asia

Kumaraswamy Narasappa University Malaysia Sabah, Malaysia

Psychotherapy is a form of therapy where psychological principles are used as part of treatment. Mainly psychotherapy will be applied to treat psychological and psychiatric disorders. Psychotherapy is not very successful in Asian countries as the majority of patients still rely on Medical model. In addition most of the Asian countries still cling to the deep rooted beliefs. Still stigma towards mental illness is prevalent. Mental illness in the family is seen as a curse from God and the first

consultation will be with a traditional healer. Mental health refers to the individual's capacity for harmonious relationship with others in the environment. However, this is possible only if s/he is comfortable and happy about himself/herself. WHO recognises health as a state of physical, mental and social well-being and not merely an absence of a disease or infirmity. Psychologists have recognised that "positive health" accompanies many more dimensions, which are interdependent, and a defect in any dimension could interfere with the integration of personality. When we talk about psychotherapy in Asian countries, culture and belief play an important role. Each society has its own "belief system" which is deep rooted. Hence, in the psychotherapy sessions, the therapist should be well versed with cultural beliefs. Integrating these with the therapy will be of much benefit to patients. A few cases where "belief system" has played a significant role in the treatment will be discussed, with special reference to cases seen at Malaysia and Brunei.

Factors responsible for the onset of depression in young adulthood

Farheen Nasir University of Karachi, Pakistan

The aim of the study was to determine the factors responsible for the onset of depression in young adulthood, which could assist in designing remedial measures. The study was based on the case history of a male client aged 28 years, who experienced onset of depression at the age of 20 years. Material: Projective tests, namely Human Figure Drawing, Thematic Apperception Test and Rorschach. Method: The method applied was the single case study, where the client had initially started with catharsis, followed by free association, and cognitive-emotive exploration. Result: The responsible factors which appeared for the onset of depression were lack of parental support, lack of communication, need for perfectionism, and economic downfall; all resulting in a lack of confidence. Cognitive behaviour therapeutic techniques were finally applied for treatment. Implication: The study can help the mental health professionals, especially clinical psychologists and psychiatrists to identify the basic factors responsible for depression in young adulthood and thus to educate adolescents, young adults, parents and teachers about what measures to take in order to prevent the onset of depression.

The effect of spiritual group therapy on the reduction of depression, anxiety and stress of substance-abusers

Ghasem Naziry Islamic Azad University, Islamic Republic of Iran; **Mohammad Reza Yabandeh**

The aim of the present study was to determine the effectiveness of a spiritual group therapy approach on the reduction of depression, anxiety, and stress among male substance abusers who voluntarily attend drug-abuse therapy centers in Shiraz, Iran. The sample consisted of 20 participants selected from male abusers who attended Drug Abuse Therapy Centers in Shiraz, Iran. The participants were randomly assigned to two groups, an experimental (n=10) and a control (n=10) group. All participants were asked to complete the Depression Anxiety Stress Scales (DASS- 21) and Spiritual Well-Being Scale (SWBS-20), in a private environment as pre-test and posttest. Participants in the experimental

group underwent the spiritual group therapy for 12 sessions. Data analysis showed that there were significant reductions in anxiety ($p \leq 0/022$) and stress ($p \leq 0/004$) among the members of the therapeutic group and there were improvements in scores on Spiritual Well-Being Scale ($p \leq 0/0001$). Therefore the spiritual group therapy approach can be used as an effective treatment approach for the reduction of anxiety and stress among male substance abusers. Meanwhile it can improve the spiritual-well being of substance abusers.

Training future psychotherapists to become more reflective about patients with personality disorders

Lina Normandin Universite Laval, Canada

This study examined whether training targeting mentalisation can increase the Reflective Functioning of predoctoral psychology students regarding patients with Borderline Personality Disorder. A total of 48 predoctoral students in clinical psychology were randomised to mentalisation training or to didactic training as commonly used in academic settings and reflective functioning was assessed on three occasions: before training, midway through the training programmes and post-training. Change in reflective functioning was measured using video vignette material of patients with borderline personality disorder. Students' responses to vignette material were rated for reflective function, using the TMCS (Normandin & Ensink, 2009) a coding system of therapists' mental activity that differentiates between reflective, reactive and rational mentalising. The results of independent mixed model repeated measures analyses showed that trainees assigned to the mentalisation programme, significantly improved their reflective functioning capacities whereas those who received traditional didactic training did not. However, trainees assigned to didactic training significantly increased their effectiveness in forming diagnostic impressions and proposing treatment plans whereas those participating in the mentalisation programme, did not. The strengths and weaknesses of both programmes are discussed.

Hypnosis, music and psychotherapy

Richard Oxtoby South Africa

Given that music is a language which can be used to arouse emotions, I shall explore the possibility that it can have an important place in reinforcing the verbal communications of a therapist. One area in which this has particularly powerful application is in the induction of hypnotic trance states, where the attention-focussing power of music can be used to good effect with susceptible subjects. The use of pieces such as Debussy's *En Bateau* and Eric Satie's *Gnossienne no. 3* in enhancing the effects of a hypnotic intervention for stress-management will be demonstrated. Another rather different area of application to be examined is where the therapist is working with Jung's concept of therapy as a process of healing the splits within the psyche. Visual and verbal symbolism is widely used by therapists in their attempts to achieve this state of mental health. This paper reports preliminary research into the effects of suggesting to the client listener that different parts of some musical works be regarded as symbols for warring parts of their own psyche, and

that experiencing the composer's skill in blending disparate themes and melodies into a harmonious whole will transfer to a similarly harmonious unification of warring parts of their own psyches. This process will be demonstrated using short extracts from Beethoven's Seventh Symphony and his Fourth Piano Concerto.

Physiological measurement of the process of perspective shift in the imagery of depression

A.Kadir Ozer Dogus University, Turkey; **Emel Kromer; Ekin Eremsoy**

Previous studies on the effect of imagining an event from a field vs. observer perspective on emotional experience have mostly relied on the subjective and retrospective self-reports of the participants. The present study aims to measure and justify the effects of the process of perspective shift on the experience of depression by using physiological responses. Eighty-six participants were asked to imagine themselves in a situation in which they have experienced high levels of depression. Once the original perspective they used during imagery process was established, they were asked to shift to the other perspective and then back to the original one. Gender differences were found only in surface electromyography responses of observers. Gender collapsed results indicated that heart rate responses decreased significantly when those starting with an observer perspective shifted to a field perspective. A similar but nonsignificant trend was detected for those starting with a field perspective. Again for fielders, electromyography responses tended to decrease when they were asked to shift to an observer perspective. However, for observers, electromyography responses were not influenced by perspective shift. This result may indicate that in case of depression, irrespective of the original perspective of the imagery, changing the perspective has a decreasing effect on intensity of emotional experience. In general, the findings provide physiological evidence that perspective shift effects emotional experience. However, the effects of perspective shift in imagery of depression were quite different than the effects observed in test anxiety and anger.

CBT to treat anxiety in Parkinson's disease

Nancy Pachana University of Queensland, Australia; **Sarah Egan; Ken Laidlaw**

Parkinson's disease (PD) is a relatively common neurodegenerative disorder with significant disease burden. Anxiety symptoms are common in PD, with prevalence estimates ranging between 30 and 40%. Depressive symptoms and disorders frequently co-occur with anxiety in patients with Parkinson's disease. Such co-morbid presentations increased functional impairment. In addition, anxiety symptoms in PD may stem from reactions to the illness, may stem from a pre-existing anxiety disorder, or may reflect underlying neurochemical changes which occur during the course of PD. There has been little research on the efficacy of CBT for the treatment of anxiety in PD. Adaptations to CBT for specific neurodegenerative disorders may increase efficacy of interventions. PD-specific modifications to CBT include psychoeducation about the interaction of anxiety and PD symptoms. In this presentation modifications to a

standard CBT protocol for use specifically with older adults with PD are discussed, including coping with uncertainty about the future and concerns over disease progression, coping with grief and loss reactions in the adjustment to the diagnosis of PD, and developing active problem-solving strategies to enhance quality of life. Modifications specific to the presence of anxiety disorders include targeting strategies for dealing with PD specific anxiety concerns (e.g. social anxiety due to embarrassment over motor symptoms such as tremor when eating in public, fear about off periods with the consequent social withdrawal). Anxiety reactions to 'on/off' phases and side effects of medication will also be addressed.

Cognitive correlates of sexual dysfunction in men

Sebastian Padickarambil KMC-International Center, India; **Immanuel Thomas**

The study attempted to identify the cognitive correlates of sexual dysfunction in men, and also the differences, if any, between normal functioning and dysfunctional men in the determinants of healthy/problematic sexual functioning. The sample included 100 married men in the age range of 21-60, who met the ICD-10 DCR for failure of genital response (F52.2) or premature ejaculation (F52.4), and a matched control group of 100 men. Data was collected using standardized instruments which included: (1) International Index for Erectile function (Rosen, 1997), (2) Self Esteem and Relationship Questionnaire in Erectile Dysfunction (Cappalleri et al., 2004), (3) Sexual Modes Questionnaire (Nobre, Jose, Pinto-Gouveia, 2003), (4) Sexual Dysfunctional beliefs questionnaire (Nobre et al., 2003), and (5) Quality of Life in patients having Erectile Dysfunction (Macdonagh, Ewings, & Porter, 2002). Analysis of the data showed that the dysfunctional and the control groups differed significantly in anticipatory anxiety and performance anxiety with regard to sexual activities. Discriminant analysis revealed a canonical discriminant function consisting of 14 variables which could differentiate between the two groups with 100% accuracy. Path analysis resulted in different path models for the two groups, which revealed interesting and meaningful differences between them in terms of the most important determinants of sexual function and dysfunction. The results obtained in the study were helpful in highlighting the importance of cognitive factors in the onset and maintenance of sexual dysfunction in men. The findings are useful in designing effective sex education/premarital counseling classes, and also for designing appropriate intervention strategies.

Schizophrenia pathological or existential problem? The onto-psychological view

Gabriella Palumbo AEO and ISS, Italy

The authors will focus on the two aspects of schizophrenia: manifest or pathological, and latent. For the first aspect, to better explain theory and method, a video will be shown. Methods for enhancing positive urges of the patient will be shown, as well as teaching strategies of how to cope with daily life, improve quality of life, and psychological well being. For the second aspect (latent schizophrenia) the paper will focus on the analysis and application

of its method to social problems. It is well-known that consciousness, the historical Ego, is formed after the historical elaboration from infancy to adulthood, thus, very often, it is based on prejudices acquired right from infancy, that is, on opinion, learning, affectivity and dependence not centred on the natural identity (being). For this reason, it is particularly important to verify if the person has adequate maturity to act for social wellbeing, rather than unconsciously instigates aggressiveness and destruction. These days, proposing such "authentication" is a big challenge. We will therefore discuss the main results of two important International congresses: 'Education and Politics' and 'Education and Politics: Creativity' (organised by the International Ontopsychology Association) in which the role of authentication was discussed.

Interactional pattern analysis: A development in family therapy beyond narrative therapy

Warwick Phipps University of Limpopo, Medunsa, South Africa

Within the field of family therapy, postmodernism has been associated with the emergence of narrative therapy. This approach incorporates an emphasis on the interpretation of the individual's subjective experience. Such emphasis is consistent with the intrapsychic perspective—an earlier development—that is distinct from the later intersubjective perspective adopted in general system theory (GST) and which served as the foundation for family therapy. The intrapsychic perspective, however, is not a logical or necessary consequence of postmodernism. Consequently, the return to this perspective—as in narrative therapy—represents a deviation in the logical line of development. It is thus necessary to go beyond narrative therapy and to reconsider the development from the intrapsychic to intersubjective perspective, as incorporated by GST. Accordingly, a new development has emerged in family therapy—the interactional pattern analysis (IPA). Pioneered by Charl Vorster and overcoming the limitations of the earlier interactional approach, the IPA represents the integration of developments in communication theory, GST, and the humanistic approach. The basis of the IPA is that the client's presenting problem serves as the context for interpreting the meaning of interactional patterns of behaviour and, furthermore, that it is possible and necessary to observe these patterns in a systematic and trained manner. Drawing on the notion of trained—as opposed to the misconception of objective—observation, the IPA also highlights the potential value and role of trained observation in grounding future developments in family therapy.

Doors in the unconscious: A culturally sensitive approach to brief trauma resolution

Ana Maria Pi Carlos Albizu University, United States of America

A method for brief trauma resolution is presented. This technique is based on the notion that the mind has the ability to heal through self regulatory processes and does not require an invasive therapeutic action to establish or re-establish an adaptive balance. It comprises hypnosis, relaxation techniques, guided imagery and symbols. This therapeutic approach is useful in the treatment of PTSD, Depres-

sion, Anxiety and Phobias. Based on a Humanistic-Existential frame of reference, the freedom to make choices is a pivotal aspect of this strategy. The non-invasive nature of the technique is secured by different methods. The client is asked to activate and obtain permission from all parts of their mind to participate in the journey. The mind determines when it is appropriate to obtain insight about the information that is being processed and to resolve whatever needs to be resolved to make the journey successful. Thirty participants were screened using the Brief Symptom Inventory (Derogatis, 1993). Participants were administered the hypnosis script one week apart and were evaluated at five time points during three weekly visits using the Mood Rating Scale (Rehm, 1978), the Beck Depression Inventory-Second Edition (BDI-II; Beck, Steer, & Brown, 1996), and the Beck Hopelessness Scale (BHS, Beck & Steer, 1988). The data were analysed using a one-way repeated measure Analysis of Variance (ANOVA). Findings suggest that this hypnosis script can improve mood and decreases level of depression and pessimism in a short period of time. The results were significant at $p < .0005$.

A developmental perspective on childhood psychological maltreatment

Nia Pryde HKIHSS, University of Hong Kong, Hong Kong

Psychological maltreatment is considered to be a core issue in all childhood maltreatment, and its association with adult mental health sequelae has been well documented. In this paper, a developmental perspective is adopted with a view to understanding this association. It builds upon the results of a study of cognitive, affective and interpersonal phenomena in a non-clinical sample of young adults who experienced psychological maltreatment as children. Ninety participants in three groups of severe, less severe, and no psychological maltreatment were compared on self-report measures of interpersonal and intrapersonal characteristics. The data were subject to a series of multivariate and bivariate analyses. Severely maltreated individuals were found to be distinguished by significant object-relations deficits, a high level of internalised shame, low self-esteem, and an immature defence style. The discussion highlights the effects of psychological maltreatment on the emerging sense of self, and self in relation to others, as well as the avoidance of painful emotion through the regulation of affect. Some implications for psychotherapy are considered.

Psychotherapy outcome under outpatients conditions in China

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The authors develop a psychotherapy outcome scale and a client satisfaction questionnaire, and both have good internal reliability, content validity, empirical validity, and clinical utility. We use the client satisfaction questionnaire to evaluate the effect of outpatients' psychotherapy. Most patients are satisfied with their psychotherapy. Patient's variables, such as gender, employment, diagnosis, history of previous psychotherapy, and meditation have no statistically significant difference on client satisfaction. In terms of the patient's age, it shows the younger the better. In terms of education, it shows

the lowest the worst. In terms of family status, the satisfaction of patients living on their own are worst. In terms of income, the lowest the worst. Using dose-effect design, survival analysis indicated that 25% of patients attain clinically significant change (CS) in 5 sessions, 50% of patients attain CS in 9 sessions, and 75% of patients attain CS in 17 sessions. Psychotherapists who negotiate with outpatients about length of treatment can refer to these data.

Suicide in Botswana: Need for developing a national suicide research and prevention centre

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Suicide is quite common among the teenagers, youths, and younger adults in Botswana. There is a close link between suicide ideation and suicide attempts with the mental health status of the individual, family and community. Botswana National Policy on Mental Health (2003) acknowledges that within the Southern African region, 20% of all patients who attend general outpatient clinics, have mental health problems that often remain unrecognised. Such unrecognised and untreated mental health problems, along with high HIV positive status cases, might be the cause of the high frequency of suicide in Botswana, as HIV positive status and its consequences, have a high mental health burden. The purpose of this paper is to critically review suicide, and its associated phenomena in Botswana, which causes immense suffering to the victims and their family, resulting in high financial loss, either directly or indirectly. Based on secondary sources of published reports, personal communication, professional observation and judgements, the paper will attempt to construct a theoretical model of suicide phenomena and its prevention in Botswana, and will evaluate the existing service delivery system in this regard. In conclusion, arguments will be placed in favour of developing a comprehensive "National Suicide Research and Prevention Centre" in Botswana, in close collaboration with similar quality centres available in the world, with an aim to strengthen cross-cultural understanding of suicide phenomena around the globe in general, but with a special mission to reduce suicide attempts, and improve the mental health and quality of life of people living in Botswana.

The evaluation of a culturally sensitive programme to prevent and treat depression in women in the year following the birth of their baby

Rosanna Rooney Curtin University, Australia

The aim of the current research was to evaluate a culturally sensitive support group programme to assist Iraqi women in the year following the birth of their baby (CSSG-B) in Perth, Western Australia. Participants were twelve Iraqi Arabic speaking women, who had a baby less than twelve months of age. The programme was based on Iraqi women's explanatory models (DiCiano, Rooney, Wright & Robinson, 2010; Kleinman, 1978) of the birth and motherhood experience. A one-group pretest-posttest design was used to determine if depressive symptoms had decreased during the course of

the intervention and social support had increased. Results indicated that Iraqi Arabic speaking women found the support group intervention acceptable and relevant and there was a significant decrease in scores on the Edinburgh Postnatal Depression scale from pretest to posttest. These results suggested that the culturally sensitive group intervention was culturally acceptable and was associated with decreased levels of depressive symptomatology. A small randomised controlled trial of the CSSG-B was also carried out to determine whether a treatment effect was found in a different sample of Iraqi women. Preliminary results will be discussed. The potential to utilise the CSSG-B in a range of different culturally diverse groups in the year following the birth of a baby with further modifications will also be discussed.

Using the university student depression inventory (USDI) to investigate the effect of demographic variables on students' depression in Iran

Zeinab Rostami University of Isfahan, Islamic Republic of Iran; Nigar Khawaja; Mohammad Reza Abedi

The main purpose of this study was to investigate the Using the University Student Depression Inventory to investigate the effect of demographic variables on students' depression. The population of the study was all of the University of Isfahan female students. For this purpose, 238 of the female students were selected by simple random sampling method and the University Student Depression Inventory (USDI) and a demographic form that measured student age, year-level, academic field, employment status, financial position, parents literacy, marriage status, and average were completed. The USDI was used because it's the only standard, valid and reliable tool that up to now is known for measuring students' depression. For analysis of the results, the statistical program SPSS 15 and correlation and regression analysis (stepwise methods) were used. The results showed that there is no significant relationship between student depression and demographic variables and none of the demographic variables predict students' depression in Iran. Notwithstanding previous research that asserted there was a relationship between depression and demographic variables, according to the findings of this research it can be concluded that Iranian college students' depression has no relationship with demographic variables. It's recommended for future research the study of other variables that may predict students' depression in Iran.

The effectiveness of a drug-attention control training program on reducing detoxified drug abusers' attentional bias

Javad Salehi Fardadi Ferdowsi University of Mashhad, Islamic Republic of Iran; Zarrin Barerfan

Attentional bias for drug-related stimuli (DA) has been shown to play an important role in the substance abuse. We tested the feasibility of attentional retraining with a Drug Attention Control Training Program (DACTP). Participants were a sample of detoxified drug abusers (N=87), who were randomly divided into a group of controls and a group of trainees, who received three sessions of training with the DACTP. All participants completed Temp-

tation Questionnaire, Perceived Stress Scale (PSS), Positive Affect and Negative Affect Schedule (PANAS), Situational Confidence Questionnaire (SCQ), Readiness to Change Questionnaire (RTCQ), and classic and drug-related Stroop tests. Participants' salivation was recorded while they were exposed to drug and neutral stimuli. All participants were also tested at post-training and one month later (full follow-up). Six months later, a brief, telephone follow-up was also conducted to monitor their temptation, SCQ, RTCQ, PANAS, PSS, and the dose of their medicine and the number of relapses and lapses. Training with the DACTP reduced DA and PASS at post-treatment and the first follow-up; temptation and negative affect were reduced at post-treatment and six-month follow-up; doses of medicine at six-month follow-up; number of relapses at one- and six-month follow-ups. Moreover, the reductions were accompanied by increases in SCQ's social problem at work and positive social situations which were observed at post-test and the six-month follow-up.

Parental tolerance and behaviour and emotional problems in children: A cohort study

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In the scope of Developmental Epidemiology longitudinal studies evaluate the continuity of mental health problems in children and the factors influencing them. Parental tolerance has been one of the features that better predicts the presence of a greater degree of behavioural and emotional problems in school age children (Samaniego, 2004). The objective of this study was to determine if changes in the degree of behavioural, and emotional problems, and in the parental tolerance across time, exist and the relationship among those factors in children. An analytic cohort design study was carried out. The sample included data from 124 children from Buenos Aires City, Argentina whose parents responded questionnaires in three instances (Time 1-T1, Time 2-T2 [3 to 6 months from T1], and Time 3-T3 [12 months from T1]). Methods of data collection were the Parental Tolerance Scale (Samaniego, 2010) and the Child Behaviour Checklist (Achenbach, 1991 adapted by Samaniego, 2008). Results indicated that behavioural and emotional problems dropped across time (CBCL total score T1= 37.25; T2= 31.32; T3= 27.15, $p < .000$). The level of symptoms is the better predictor of the appearance of new symptoms. Parental tolerance is stable. The decrease of the CBCL figures may reflect a developmental effect. Parental tolerance turns out to be a more stable characteristic which reflects more a trait than a state.

Discrepancies between adolescent and mother reports of adolescents' emotion regulation difficulties: A study conducted with Turkish adolescents

Dilek Saritas METU, Turkey; Tulin Gencoz

This study concerns information about adolescents' difficulties in emotion regulation (DERS) gathered from both adolescents and their mothers. 595 first-grade high school students (300 females and 295 males, mean age 15) and 365 mothers (mean age 42) were administered the Difficulties in Emotion Regulation Scale (DERS). In order to examine possible gender and informant differences on adolescents'

DERS, a 2 (Gender) X 2 (Informant) mixed design ANOVA with repeated measures on the last factor was performed. The results yielded a significant informant main effect ($F [1, 352] = 56.24, p < .001, \eta^2 = .14$) but no significant gender main effect ($F [1, 352] = 0.01, p > .05$). Furthermore, a significant interaction effect was observed indicating that adolescents difficulties in emotion regulation changed from mothers report to adolescents own report as a function of gender ($F [1, 352] = 6.60, p < .025, \eta^2$). Post-hoc analysis with Bonforreni comparisons showed that when the mothers report is considered, there is no significant difference between male adolescents ($M = 72.97$) and female adolescents ($M = 70.15$) in terms of difficulty in emotion regulation. Similarly, there is no significant difference between males' ($M = 78.72$) and females own reports ($M = 81.90$) in terms of difficulties in emotion regulation. However, results revealed that for both males and females, adolescents reported more difficulties in emotion regulation as compared to their mothers report for adolescents difficulties in emotion regulation. Moreover, this difference was particularly salient for the female adolescents. Thus, mothers tended to underestimate the experienced emotion regulation difficulties of their children, particularly for their daughters. Findings were discussed in line with the literature.

Differences between adolescent and mother reports of maternal rearing behaviors (embu): A study conducted with Turkish adolescents and their mothers

Dilek Saritas METU, Turkey; Saritas Dilek; Gencoz Tulin

The aim of the present study was to explore the difference between mothers' reports of maternal rearing styles and adolescents' reports of perceived maternal rearing styles (EMBU). 595 first-grade high school students (300 females and 295 males, mean age of 15) and 365 mothers (mean age of 42) were administered EMBU. In order to examine possible gender and informant differences on EMBU, namely, warmth, rejection, overprotection, and comparison, 2 (Gender) X 2 (Informant) mixed design MANOVA with repeated measures on the last factor was performed. MANOVA results indicated significant Informant main effect (Multivariate $F [4, 316] = 28.44, p .05, Wilks' \Lambda = 0.99, \eta^2 = .01$) and the interaction effect were not significant, (Multivariate $F [4, 316] = 0.44, p > .05, Wilks' \Lambda = 0.99, \eta^2 = .006$). To study which of the parenting rearing behaviors were responsible for the significant difference between adolescents' reports and mothers' reports, univariate analysis with Bonferoni correction was performed, thus for univariate analysis only the alpha scores lower than .0125 were accepted as significant. This analysis indicated significant informant difference for warmth ($F [1, 319] = 91.80, < .001, \eta^2 = .22$), rejection ($F [1, 319] = 33.13, p < .001, \eta^2 = .09$), and comparison ($F [1, 319] = 26.94, p < .001, \eta^2 = .08$) subscales. Results indicated that adolescents rated their mothers as showing significantly less warmth to them ($M = 4.82$) as compared to their mothers' rate of themselves ($M = 5.29$). On the other hand, adolescents rated their mothers as significantly more rejecting ($M = 2.22$) as compared to their mothers' rating of themselves ($M = 1.91$). Similarly, adolescents rated their mothers as significantly more comparing with

other children ($M = 3.18$) as compared to their mothers' ratings for themselves ($M = 2.79$). Findings were discussed in line with the literature.

Daily interpersonal stressors and depression

Paula Schickantz Heidelberg University, Germany; Manfred Cierpka; Annette Käpfer

Stress plays a crucial role for the onset and course of unipolar depression. Besides acute stressors like major life events, chronic stress factors such as minor daily problems have shown to have a significant impact on depressive symptoms. Among those chronic stressors, ongoing strains in interpersonal relationships are particularly critical. The connection between interpersonal stress and depression seems to be reciprocal. Several researchers emphasize not only the effect of stressors on the individual, but also features of the depressed individual itself that make him or her more prone to problems with interactional partners. The present study investigates daily interpersonal stressors within depression and its immediate effects on depressive symptoms. Furthermore, it focuses on the interpersonal perceptions and behavioural patterns of the depressed individual in social situations. Using a daily process design, mildly to moderately depressed subjects and a healthy control group described their interpersonal experiences, state-affect and depressive symptoms every day during 14 days. The records of interpersonal experiences comprised perceptions of the interaction partner as well as descriptions of own behaviour within the interaction, using the Interpersonal Circumplex Model (IPC) as a conceptual framework. Effects of depression on within-person links between interpersonal experiences and state-affect are reported. The data are further analysed with regard to the interplay of own behaviour and perceived partner-behaviour, highlighting problematic interactional patterns. The results are discussed with reference to theories explaining the emergence and retention of depression.

Understanding self-injurious behavior: Affect regulation and pain in borderline personality disorder

Christian Schmahl C. I. of Mental Health, Germany; Sarah Reitz; Inga Niedtfeld C. I. of Mental Health, Germany; Teresa Knorz

Patients with borderline personality disorder (BPD) display a high prevalence of self-injurious behavior (SIB), e.g. cutting. Patients are reported to engage in SIB because of its immediate relief effects on emotional tension. To investigate the potential role of pain as a means of affect regulation in patients with BPD, we conducted two studies: (1) an event-related fMRI study using negative picture stimuli followed by thermal stimuli. (2) A study using incisions after a stress induction to model tissue damage and its influence on tension regulation. In study (1), results showed that both negative and neutral pictures led to stronger activation of the amygdala, insula, and anterior cingulate cortex (ACC) in patients with BPD than in HC. During thermal stimulation, we found decreased amygdala and ACC activation, which was independent of painfulness. Connectivity patterns between limbic and prefrontal regions differed between patients and controls. In study (2), the incision resulted in an

increase of subjective stress levels in HC, while stress levels decreased in the BPD group. In the BPD group, heart rate increased after a sham treatment, but decreased after the incision. Insula activity decreased, while DLPC activity increased after incision in BPD patients. Our data lends support to a mechanism of stress-reduction by pain in BPD. Also, we could demonstrate that incision-induced pain may be suited as a model for the mechanism of tension reduction in the context of SIB.

A training of learning skills for adolescents with ADHD - LeJa evaluation

Satyam Schramm C. v. O. University Oldenburg, Germany

Attention-Deficit/Hyperactivity Disorder (ADHD) is one of the most often diagnosed disorders in childhood and adolescence. Problems for adolescents with ADHD occur mainly in the fields of learning behaviour and organisation. In most countries there is no empirically validated specific programme to treat this special group. To close this gap, "LeJA" - a learning skills training for adolescents with ADHD - has been developed on the basis of empirical evaluation studies. The concept of "LeJA" emphasises cognitive behavioural therapy and coaching elements, but is also based on empirically identified overall efficacious psychotherapeutic methods. Goals of the training are an increase of effective learning behaviour and supporting the adolescents in coping with normative developmental tasks. Concept and results of the empirical evaluation of "LeJA" in a large scale study in pre-post-follow-up Multi-Trait-Multi-Method-Design (n = 107) with two control groups (wait-list control and alternative intervention) will be presented.

Personality traits, nature of aggression and frustration tolerance in children with conduct disorder: A study in India

Amrita Sen University of Calcutta, India; **Maria de Pinto**; **Damaris Estrella**; **Hector Rubio**

The essential features of Conduct Disorder are the repetitive persistent patterns of behaviour in which the basic rights of others or major age-appropriate societal norms are violated. The present study involved an in-depth probe into the selected personality variables of children with conduct disorder (CD) and comparison to their normal counterparts (NC) to provide a better understanding of their personality traits, nature of aggression and frustration tolerance in the Indian set-up. A sample of 30 children with conduct disorder (following ICD 10 criteria) without any co-morbidity and 30 children without any behavioural problems between the ages of 9 and 13 years were assessed. The children's personality traits, expression of aggression and frustration tolerance were evaluated using the Junior Eysenck Personality Inventory (JEPQ) and Rosenzweig Picture-frustration Study (RPFS) - Child Form. The mean values and standard deviations of the variables for each group were calculated and the t-test was used to find out whether there is any significant difference between the two groups. Statistically significant group differences were found between the children with CD and their control counterparts with respect to psychoticism and neuroticism (JEPQ). Children with CD and their control counterparts showed marked differences in the domains of ego defense and extrapuniveness in dealing with frustrating situations. Findings sug-

gest that higher psychoticism and neuroticism scores along with lower ego defense and higher extrapuniveness are important factors in CD.

An exploration of help-seeking pathways followed by patients seeking mental health care services in Polokwane-Mankweng hospital complex

Matlou Shai University of Limpopo, South Africa; **Tholene Sodi**

A number of studies have indicated that help-seeking pathways followed by individuals suffering from mental disorders and other conditions of ill-health are not random, but are structured by a range of psychosocial and cultural factors. The quality and seriousness of the distress provide the impetus to the pathway, but its direction and duration is shaped by the convergence of psychosocial and cultural factors. This study explored the help-seeking pathways followed by patients receiving mental health care services in Polokwane-Mankweng Hospital Complex (PMHC) in the Limpopo Province (South Africa). A qualitative approach was followed and participants were selected through purposive sampling. Ten participants (males = 5; females = 5) who are receiving mental health care services at PMHC and were psychotic at the time were recruited to the study. Data was collected using semi-structured interviews and analyzed using content analysis. Various themes emerged such as the knowledge of mental illness, perceived causes and management of the illness. The study revealed that various agencies and providers of health care are visited by individuals suffering from mental illness and that there is also some evidence of concurrent use of these services, i.e. Western and African. The findings emphasize that help-seeking pathways are mainly determined by the perceived causes of the illness, which are derived from cultural ideologies.

School connectedness overcomes the impact of adversity on adolescents: A longitudinal community prediction study

Ian Shochet Queensland University of Tech, Australia; **Coral Smith**; **Rachael Bellair**

Connectedness or a sense of belonging to a range of social contexts is emerging as a powerful protective factor in the domain of mental health promotion. It appears that the nature and strength of our connections to our communities, our workplaces, and our schools can have a significant effect on our ability to maintain positive mental health in the face of adversity. This paper presents a study focussing on connectedness within the school setting and the development of adolescent depressive symptoms. A sample of 483 Australian grade 7 and 8 students completed a battery of questionnaires at three time points, each six months apart. School connectedness was found to moderate the relation between negative life events and subsequent depressive symptoms. Moreover, this relation was no longer significant at higher levels of school connectedness. Students experiencing negative life events in the past six months were four times more likely to go on to develop clinically significant depressive symptoms if they initially had low as opposed to high school connectedness. Connectedness would seem to have the ability to mitigate the effects of adverse life events on

adolescent depressive symptoms. These optimistic findings emphasise the potential of connectedness to more widely promote mental health in our communities. Interventions that enhance connectedness seem likely to increase the likelihood of community members following a positive trajectory despite the presence of adverse life events.

Reproductive health status and mental health of adolescent girls in rural areas of Varanasi district

Punam Rani Shukla Kayachikitsa, I.M.S., B.H.U., India

In India, adolescent girls are at high risk for reproductive problems because they move rapidly from childhood to marriage and motherhood within the brief span of adolescence. To study the reproductive health status and mental health of adolescent girls in rural areas of the Varanasi district, a community survey was done in the Kashi Vidyapeeth block of the Varanasi district. From this community, a few villages were selected by means of simple random sampling. In selected villages, a total enumeration of adolescent girls was done. A sample of 400 adolescent girls from the age group 10-19 years was then taken in proportion from these villages by the method of simple random sampling. A semi-structured interview schedule, Mental Health Inventory and Middle Sex Health Questionnaire were administered to these adolescent girls. The results indicated that the percentage of various types of menstrual problems was high in adolescent girls of rural areas of the Varanasi district. The mean score of mental well-being was low in these adolescent girls in comparison to the normal population. In addition, they showed high mean scores of phobic and somatic anxiety in comparison to the normal population. On this basis it can be concluded that the adolescent girls of rural areas suffer from various types of menstrual problems and a low level of mental well-being.

Poverty, social grants and intellectual disability examinations

Evy-Terressah Siyothula Department of Health, South Africa; **Anthony Pillay**

The high rates of poverty in sub-Saharan Africa and several other countries are associated with desperate attempts by individuals and families to access social grant systems, where available. This paper examines the relationships between poverty, social grant applications and the role of state-employed Clinical Psychologists. While Clinical Psychologists may not wish to view this specific function as a significant component of their work, given their greater preference for psychotherapy practice, it is a reality of psychological work in poorer countries. The authors are involved in the provision of Clinical Psychology services at state-funded health care facilities in South Africa, and are regularly faced with clients or families seeking psychological examinations primarily aimed at confirming intellectual disability. In these cases families are usually hoping to receive reports that can support their applications for social grants. These include (i) disability grants, in the case of adults whose health status impairs their occupational ability, and (ii) care dependency grants for children whose health status demands constant care and supervision. The paper discusses the issues of poverty, intellectual disability and cognitive examinations, in the context of the limited

poverty alleviation programmes, and insufficient psychological services in poor communities.

Depression in adults with congenital deafness or acquired profound hearing loss

Evan Smith *NOVA Southeastern University, United States of America; Marta Tobenas; William Dorfman; John Lewis*

Research suggests that deaf adults are at higher risk for developing depressive symptoms than adults without hearing impairment. As a cultural minority, deaf adults face greater difficulties and challenges that include language barriers, stigmatisation, discrimination, inadequate access to mental health services, and under-trained practitioners that may not appropriately address their mental health needs. As such, we hypothesise that congenitally deaf adults and adults with acquired profound hearing loss (APHL) will report more depressive symptomatology than adults with no hearing impairment in a community sample, and deaf adults with APHL will report higher levels of depressive symptomatology than congenitally deaf adults. This study will utilise a community sample of congenitally deaf adults, adults with APHL, and adults without hearing impairment. We will recruit participants from local organisations for the deaf and hearing impaired. Participants will complete a demographics questionnaire to determine study groups by etiology of hearing loss and the BDI-II to measure depression in each participant. Results may suggest that deaf adults with APHL will report higher levels of depression than congenitally deaf adults and adults without hearing impairment, possibly because deaf adults with congenital onset are more adept at forming adaptive coping mechanisms that moderate the relationship of deafness and depression. Secondary analyses using information from the demographics questionnaire may provide more insight to factors affecting depression in this underserved population. This research has exploratory implications for therapeutic practice in the deaf community.

Expressive arts group therapies in psychiatric settings

Anita Solomon *Spring Grove Hospital Center, United States of America*

The author proposes to demonstrate an understanding of group therapies in in-patient hospital setting. Patients in these groups learn effective communication in resolving conflicts, gain knowledge of the use of expressive arts in learning relaxation methods, obtain appreciation of diversity through music from different countries and obtain socialization skills and self-awareness through group therapies. 30 patients in in-patient hospital setting were selected on the basis of their tendency to act violently. These patients were encouraged to attend and increase their attendance to group psychotherapies which emphasized problem solving through effective communication, conflict resolution and cognitive methods, rather than violent means. This resulted in reducing seclusions and restraints and harmful punitive measures. The study is theoretical and non empirical in view of the many variables such as movement of patients to other wards and difficulty of conducting research in this setting. However study concludes and argues for more helpful and effective techniques to demonstrate that music and poetry can lead to nonviolence.

Effectiveness of psychiatric inpatient care

Ove Sonesson *University of Gothenburg, Sweden; Tomas Tjus; Hans Arvidsson*

The aim of this study was to investigate the outcome of psychiatric inpatient care. The Global Assessment of Functioning scale (GAF) was used as a measure of outcome. Patients treated in 2009 at the Sahlgrenska University Hospital, Göteborg, Sweden, made up the studied group (N = 816). Background variables consisted of ICD 10 diagnoses, age, gender, length of stay and ward affiliation. The total mean value concerning GAF at admission was 32.55 (SD = 10.80) and the corresponding value at discharge reached 53.29 points (SD = 13.80). This resulted in an overall GAF change of 20.74 (SD = 15.95) and an effect size using Cohen's *d* of 1.67, 95% CI 1.56-1.79, corresponding to a large effect. Group of diagnoses was significant considering GAF change. Persons with other mood disorders than bipolar disorders showed the highest improvement (M = 25.16, SD = 15.00, *d* = 2.33) and persons with schizophrenia the lowest, (M = 12.09, SD = 12.23, *d* = 1.12). The effect size spectra including all groups of diagnoses ranged from 1.03 (Substance related disorders) to 2.33 (Other mood disorders), corresponding to a large effect (>0.80). Length of stay and ward affiliation showed significant changes. The results indicate that the studied inpatient care units contribute to a clinically significant improvement of the patients overall level of functioning.

Excessive gaming as a psychopathological disorder? Relating MMPI-2 addiction subscales to excessive gaming

Marloes Spekman *VU University Amsterdam, Netherlands; Peter Roelofsma; Heleen Ripper; Elly Konijn*

Should excessive gaming behaviour be considered an addiction in terms of a psychological disorder? Most voices in this heated debate tend to propose that excessive gaming behaviour should not be considered a psychopathological addiction, although it might be detrimental to one's psychosocial life. Various studies have attempted to tap game addiction, however, thus far no study explicitly related excessive gaming to the well-established addiction subscales of the Minnesota Multiphasic Personality Inventory-2 (MMPI-2). Therefore, this was the goal of the present study. We selected three MMPI-2 addiction subscales generally used to measure addiction and substance abuse: the MacAndrew-Revised (MAC-R), the Addiction Potential Scale (APS), and the Addiction Admission Scale (AAS). Furthermore, we adjusted the relevant MMPI-2 addiction subscales to be used among (lower educated) adolescent boys because the extant literature indicates that they seem the most susceptible to game addiction. A questionnaire presenting relevant items in mixed order was distributed among 824 adolescent boys (M-age = 14.14; SD = 1.39). Results show significant correlations between psychological symptoms of excessive gaming and MAC-R, APS, and AAS (*r*'s = .106, .126, and .634, respectively; all *p*'s < .01). Likewise, physical symptoms are significantly related to the three subscales MAC-R, APS, and AAS (*r*'s = .221, .290, and .213, respectively; all *p*'s < .001). Results are discussed within the context of excessive gaming as a psychopathological disorder among adolescent boys and psychopathological personality disorders more in general.

Cue-reactivity in females with pathological buying and healthy controls

Katrin Starcke *University of Duisburg-Essen, Germany; Tobias Schaller; Debora Domass; Berenike Schlereth; Matthias Brand*

It is currently under debate whether pathological buying can be considered as a behavioral addiction. Addictions have often been investigated with cue-reactivity paradigms in order to assess subjective, physiological and neural craving reactions. In the current study, 66 females (mean age = 22.93, SD = 4.34) were screened for pathological buying with the Compulsive Buying Scale and for baseline shopping craving. Thereafter, they rated shopping cues (pictures of shopping scenes) with respect to valence, arousal and subjective craving. The cues were individualized according to the participants' shopping preferences prior to the rating. Results indicate that eight participants can be considered as "pathological buyers". Correlational analyses indicate a significant relationship between the cue-ratings on the above mentioned dimensions and scores in the Compulsive Buying Scale even after controlling for baseline shopping craving (*r*'s = .27 to .32). Additionally, in a subgroup of 30 participants electrodermal reactions were assessed during cue exposure. In this subgroup, three of the eight "pathological buyers" are represented. These "pathological buyers" had higher electrodermal reactions compared to the "non-pathological buyers", which slightly failed to reach significance. However, the group difference had a medium effect size (*d* = .43). Shopping cues are considered to be suited for future studies in which subjective, physiological and neural craving reactions should be assessed in a clinical sample of females suffering from pathological buying. The results of the current study provide further support for the assumption that pathological buying can be regarded as a behavioural addiction.

Treatment of couples experiencing domestic violence

Sandra Stith *Kansas State University, United States of America; Eric McCollum*

Domestic violence has devastating effects on all members of the family as well as the larger society. This manuscript discusses a treatment approach for couples who chose to stay together after mild-to-moderate domestic violence has occurred. The manualised treatment programme and the research regarding this programme were developed from funding made available through the National Institute of Mental Health in the U.S. and are available in a book written by the speakers published by the American Psychological Association, *Couples Therapy for Domestic Violence: "Finding Safe Solutions"*. The programme includes 18 weeks of treatment (six weeks are single gender and twelve weeks are conjoint). The treatment programme is based on a solution-focused perspective. The focus of the programme is on finding solutions and building strengths. Integral to the programme is a mindfulness meditation component beginning each session, a brief motivational interview to address substance abuse issues when necessary and a focus on individual responsibility. Eighty-three couples were randomly assigned to an 18-week multi-couple group or a single couple treatment programme. The programme has been translated into Spanish and implemented in the

United States and Mexico. Presentations on the programme have been offered at the International Family Therapy Association meetings in Europe and North and South America. This paper briefly describes the format of the treatment and discusses the impact of the treatment on reductions in physical and psychological violence.

Issues and challenges in the practice of play therapy in the Philippines

Maria Caridad Tarroja De La Salle University, Philippines; **Louise Dey**; **Ma Aurora Catipon**; **Washington Garcia**

Whereas play therapy is one of the most popular therapies employed when working with children, many play therapists in the Philippines are confronted with a lot of challenges. Through an online survey, practicing Filipino play therapists were asked about the issues and challenges they encounter in their play therapy practice and strategies they have explored to address these challenges. Their responses were analysed qualitatively, looking into common patterns and themes. The first part of the study looked into the personal qualities and theoretical orientation of the 34 Filipino therapists who were surveyed. For the challenges and problems, three themes emerged in their responses, namely, challenges in working with parents, working with allied professionals, and the professional fees. Many play therapists admit the difficulty of explaining the process and the value of play therapy to parents. Some therapists feel frustrated when parents do not seem to value play therapy and expect quick results. With allied professionals, the main difficulty is the lack of co-ordination between the play therapists and the professionals. What has helped many therapists is their regular communication with the child's parents, consultations and collaboration with allied professionals and supervision. The implications of these challenges and issues to clinical practice are discussed.

Exploring sleep problems among youth internationally

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Evidence suggests that up to 43% of children ages 2 to 14 years may suffer from a significant sleep disturbance (Archbold, Pituch, Panahi, & Chervin, 2002). Research has shown that children with sleep problems are more likely to experience academic failure (Fredriksen, Rhodes, Reddy, & Way, 2004). Participants will learn about the major sleep disorders affecting school-age children, the cognitive and behavioural effects of these disorders, along with how to identify children at risk for these disorders through use of both formal and informal assessment methods. A number of assessment tools are available to assess sleep disorder risk in children. However, only the SDIS has been validated for school-based use. The SDIS is a recently developed screening instrument used to identify students with Obstructive Sleep Apnea Syndrome, Narcolepsy, Periodic Limb Movement Disorder, and Delayed Sleep Phase Syndrome, and will be discussed. Participants will also learn how to directly link assessment results to evidence-based interventions with a cultural consideration. Evidence-based behavioural interventions such as extinction, sched-

uled waking, fading, positive reinforcement, establishing developmentally appropriate bedtime routines, and sleep hygiene will be reviewed. Overall, this presentation will serve to enhance the knowledge and skills of practitioners regarding paediatric sleep disorders and the impact of sleep disorders on both academics and behaviour. Participants will be able to directly apply the knowledge gained from this presentation to their practice.

Delivering evidence-based treatment for youth with serious behaviour problems on a large scale

Dagfinn Thoegersen Norwegian Center Child Behavior, Norway; **Bernadette Christensen**

Since 1999 the Norwegian Center for Child Behavioural Development has led a national implementation of Multisystemic Therapy (MST), Functional Family Therapy (FFT) and Multi-dimensional Treatment Foster Care (MTFC). Currently the Center supports and oversees 30 teams using these evidence-based treatments (EBPs) in state child welfare. The aim of this presentation is to provide a framework for successful, long-term and large scale implementation. Experience-based knowledge on key factors for success will be presented along with the results from a recent study on implementation components. In the study, 218 therapists, supervisors and agency leaders in Norway working with EBPs completed the Implementation Components Questionnaire. The psychometric quality of the questionnaire was supported by measures of internal consistency, factor analyses of the implementation components and the comparisons of implementation profiles between programs and among respondents. The factor analysis confirmed our implementation framework in separating an individual clinical-level factor and an organisational system-level factor. The results also indicated differences in the importance of certain implementation components, across respondent groups and programs. In general, factors relevant to development of therapist clinical competency are relatively salient, while organisational factors are more often overlooked or ignored. These results underscore the importance of monitoring implementation components. Experience-based knowledge can inform how and when to work on improving these components throughout the process of implementation. Clinicians, researchers and policy makers should make use of this knowledge to provide quality services that reach out to more of those who need them.

Predicting depression and anxiety: The role of emotional and cognitive processing styles

Georgina Tolan Australian Catholic University, Australia; **Rachel Grieve**; **Kate Witteveen**

It is well established that emotion can facilitate positive or negative outcomes. How individuals cognitively process and engage with emotions contributes to the adaptive or maladaptive nature of emotion. Given the prevalence of depression and anxiety, identification of the factors that enhance and maintain these conditions is paramount. This research examined, for the first time, the roles of emotional and cognitive processing styles as risk and protective factors for depression and anxiety. Using a cross-sectional, correlational design, participants completed measures of emotional regula-

tion, emotional intelligence, alexithymia, emotional self-efficacy and cognitive processing style, as well as depression and anxiety, via self-report. It was predicted that better emotional processing and rational thinking styles would be negatively associated with depression and anxiety. Support for these hypotheses was mixed, with varying aspects of emotional and cognitive processing contributing differentially to depression and anxiety. Future research could strengthen the operationalization of emotional and cognitive processing and regulation through the use of ability rather than trait measures. It is concluded that the role of emotion and cognitive processing in depression and anxiety is complex and multifaceted, and highlights the importance of considering individual differences as risk and protective factors for these debilitating conditions.

Exploration of adolescents' perceptions of gambling

Carey Uham Stellenbosch University, South Africa; **Charmaine Louw**

In recent years the rapid expansion of legalised gambling has been associated with an increase in the rate of problem gambling and gambling disorders amongst both adults and the youth. The youth of today are raised in a society where legalised gambling is readily available, socially acceptable and presented in the media to a large extent. In a recent report, compiled in affiliation with the National Responsible Gambling Programme, it was revealed that 6% of South African adolescents gamble regularly. Adolescence is a developmental stage which is marked by an increase in risk taking, exploration and discovery. Gambling is often romanticised in popular culture. Adolescents are therefore unaware that harmless gambling can escalate to a degree whereby it could lead to decreased quality of life, addiction during their adolescent years or in later life and even other comorbid addictions. Common forms of gambling amongst South African adolescents are betting on sports games, scratch cards, flipping coins, cell phone gambling, internet gambling, dice and casino gambling. The bulk of both international and South African research has focused on adult gambling, most of which has been quantitative in nature. Limited research has been conducted on the youth as the legal age to gamble has often been utilised as an exclusionary factor for participation in various studies. The study shall take the form of a qualitative interpretive design. Data collection methods include focus group and individual interviews with grade 10, 11 and 12 adolescents. The research is still in progress.

Sabr' (patience), 'shalat' (praying), and 'dhikr' (remembrance) as spiritual intervention for reducing psychological symptoms in region of Merapi eruption in Yogyakarta, Indonesia

Qurrotul Uyun University of Leipzig, Germany

This study examined the effectiveness of spiritual intervention including 'sabr' (patience), 'shalat' (praying), and 'dhikr' (remembrance) to reduce psychological symptoms (somatization, depression, anxiety, and panic) on people in the region of the Merapi eruption in Yogyakarta, Indonesia. The intervention consisted of eight class sessions for one week, and each session ran for two hours. The

participants of the study were 68 refugees from two shelters of Merapi eruption survivors. They were between 18 and 50 years old, and were classified into two groups. One group ($n = 37$) received the spiritual intervention as the experimental group and the other ($n = 31$) served as control group (waiting list). The Brief Symptoms Inventory (BSI) was completed by each participant to measure psychological symptoms. A pre-test was given before the intervention and a post-test was given immediately after the treatment. A follow up test was given two weeks later. T-test analysis indicated that the participants who were trained performed significantly better than the control group on the measure of BSI. Based on the results it was concluded that spiritual intervention is effective in reducing psychological symptoms (somatization, depression, anxiety, and panic). Future investigations may lead to the incorporation of spiritual practices in psychological interventions.

Keeping it personal/professional: The importance of differentiation of self of the psychotherapy trainee

Sasja Van Der Merwe UNISA, South Africa; Ricky Snyders

Psychotherapy is an interpersonal encounter where a therapist collaborates with clients to facilitate a healing process. Due to the personal nature of this encounter, the therapist not only needs the necessary skills and knowledge but also a differentiated sense of self. Bumberry and Whitaker (1988) define differentiation as a balance between belonging and individuation, while Bowen (1978) explains differentiation as the ability to choose whether to be guided by one's emotions, or one's intellect. Andolfi (1983) claims that it is who we are in our relationship with the client that facilitates the healing process. Research about psychotherapy training in recent years has focused on the respective paradigms and models used at different training institutions, while the importance of supporting the psychotherapy trainee's own differentiation process has been neglected. In contemporary South Africa there is growing pressure to select larger groups of trainees which has the risk that the training would become less personal. I believe that this could bring about mechanical therapists with reduced efficiency in the personal therapeutic encounter. This paper aims to highlight the importance of facilitating a process of differentiation for the psychotherapy trainee. This includes stimulating the trainee to begin a life-long process of self-healing. I also aim to emphasise the responsibility of the trainee to be an active agent in utilising her training experience as an opportunity for continued growth, healing and praxis. Examples of, as well as suggestions for, this type of training will be provided.

Puberty, parents and peers: Tri(y) coping with bullying

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The dynamics of bullying in puberty are complex. The upsurge in information technology and social media adds to the broadening of the social environment. These social networks can easily and anonymously be accessed to display uncensored content. Victims of bullying on school grounds may also

access mobile phones to bully their perpetrators. Parents are uncertain as to how to cope with the impact of social media and the change in their relationship with their child. Consequently, parents become prone to exert relationships that resemble bullying. Coping becomes imperative. The research method included 192 children who were admitted at a private psychiatric clinic's adolescent unit and 160 parents of these children who attended parental guidance group therapy sessions. The children attended a two-week multi-disciplinary programme. Data was gathered from the parents and children through semi-structured focus group discussions over a period of one year. The results of thematic analysis of the data reflected that parents experienced being bullied by their children. The adverse impact of authoritarian parental styles and social media on children's relationships with their parents and peers was highlighted. It was concluded that the dynamics of bullying are multi-faceted. During puberty, support to the children, parents and peers may reduce their vulnerability to bullying. It is a matter of 'tri-coping' instead of 'trying to cope' as separated entities. From an eco-systemic viewpoint it is recommended that the children, parent and peers are prepared for the developmental tasks of the puberty years.

When grandiosity and vulnerability collide: Implicit and explicit self-esteem in patients with narcissistic personality disorder

Aline Vater Free University Berlin, Germany; Astrid Schuetz; Jennifer Bosson; Claas Lammers; Kathrin Ritter; Stefan Roepke; Michela Schroeder-Abe

Narcissistic personality disorder (NPD) is characterised by feelings of grandiosity including exaggerated illusions of superiority and entitlement (DSM-IV-TR, APA, 2000). Based on clinical theories (e.g., Kernberg, 1975), many researchers argue that high explicit self-esteem in narcissists masks underlying implicit vulnerability. Conversely, based on opposing theoretical assumptions on narcissism (i.e., Millon, 1981), one could assume that patients with NPD possess implicit grandiosity. This issue has not been investigated in patients with NPD. The present study examined the level of implicit (using an Implicit Association Test) and explicit self-esteem (using a self-report questionnaire) in patients with NPD in comparison to a non-clinical and a clinical control (Borderline Personality Disorder, BPD) group. According to our results, patients with NPD score higher on explicit and implicit self-esteem than patients with BPD. In comparison to non-clinical controls, NPD patients have lower scores on explicit self-esteem. Moreover, within the group of NPD patients, damaged self-esteem (i.e., low explicit, high implicit) is associated with higher narcissistic psychopathology. Our study is limited. We included patients seeking psychiatric treatment, which might be accompanied by insight into problematic behaviour. Our findings are indicative of vulnerable facets in patients with NPD (i.e. low explicit self-esteem). Furthermore, damaged self-esteem is connected to specific psychopathology within NPD patients. Further implications for research on NPD are discussed.

Risk factors for suicidal behaviour among grade 8 learners in South Africa

Naseema Vawda University of KwaZulu-Natal, South Africa

Research on suicidal behaviour among youth focuses on developed countries. Less is known about the prevalence of suicidal behaviour and associated risk factors among youth who do not present for mental health care in developing countries. This study investigated the prevalence of suicidal behavior among grade 8 learners and associated risk factors in one school in South Africa. A school where a learner in grade 8 has committed suicide was asked to participate. Demographic questionnaires and various psychometric scales were administered. Of the sample of 224 learners those who had reported suicidal behaviour (thoughts, plans or had made attempts) had higher levels of depression, perceived stress, hopelessness and anger ($p < .01$) than those who did not report any suicidal behaviour. Learners with suicidal behaviour also reported lower self esteem and perceived social support from family ($p < .01$) than those who had not reported any suicidal behaviour. Logistic regression indicated that a friend's suicidal thoughts (OR 4.27, $p < .01$); alcohol use (OR 3.08, $p < .01$); perceived stress (OR 1.05, $p < .01$) and depression (OR 1.04, $p < 0.01$) were strong predictors of suicidal behaviour. The study concludes that suicidal behaviour is prevalent in youth in a developing country and risk factors are similar to those of developed countries. These factors should be considered when assessing for suicidality and planning interventions.

Evaluation of the capacity a gay and lesbian psychotherapeutic intervention training has to change attitudes and knowledge towards this population

Miguel Vazquez-Rivera Carlos Albizu University, Puerto Rico; Sean Sayers-Montalvo; Juan Nazario-Serrano

Studies on negative attitudes towards the gay and lesbian (GL) community have been made more relevant especially in the population of psychologists and soon to be psychologists who are going to render services to the community. There are a small percentage of studies in Puerto Rico that study homophobia or negative attitudes in clinical settings. This fact can be alarming since the GL community is more prone to solicit psychotherapy services (Balsam et al., 2005). Some studies have found that psychologists' perceptions alter professional opinion towards the therapy's goals (Green, 2003). Specifically in psychotherapy, the psychologist's emotions and behaviors affect the therapeutic process at its core (Jones, 2000). The purpose of this research is to evaluate the capacity that GL psychotherapeutic intervention training has to change attitudes and knowledge towards intervention with the GL population in a group of psychology interns. Measures include the AGLP (Attitudes towards GL in Psychotherapy), CAIGL (Knowledge on Issues and Intervention with GL) Scale, and MCSDS (Marlowe-Crowne Social Desirability Scale). The MCSDS will evaluate if the interns answered using a more acceptable and culturally appropriate manner (Crowne & Marlowe, 1960). Questionnaires will be administered to a sample of 50 clinical psychology interns of a private university. The research design will be a pre/post-test with chronological series of one group (Hernández-Sampieri, Fernández-Collado & Baptista-Lucio, 2003). Results on the effect of the independent variable (the LGBT intervention training) on the dependent variables (attitudes and knowledge) will be analyzed using an analysis of variance.

The relationship of suicide ideation and unawareness of the illness, hopelessness, and auditory hallucinations

Miguel Vazquez-Rivera *Carlos Albizu University, Puerto Rico; Jordi Obiols-Llandrich; Sean Sayers-Montalvo; Francesc Arrufat-Nebot*

One of the greatest health risks for schizophrenic patients is the high incidence of suicide attempts (Altamura, Bassetti, Bignotti, Pioli & Mundo, 2003). This study's objective is to explore the relationship between hopelessness (BHS), unawareness of illness (SUMD), and auditory hallucinations and suicidal ideation (BSSI). The sample consisted of 49 schizophrenia spectrum patients from the Vic Hospital Consortium in Spain. Group assignment produced a control group of 27 participants and a suicide-history group of 22 participants. The research design is a cross sectional correlational design. BHS was the only scale that revealed statistically significant differences in measures between the two groups [$t(43.65) = 3.53, p = .001$]. Statistically significant correlations were found between the BSSI and the BHS ($r = .32, p = .02$), and the BSSI and the SUMD ($r = -.36, p = .01$). Two prediction models proved to be significant according to the Homer and Lemeshow significance test [Model 1: $\chi^2(1) = 11.60, p = .001$; Model 2: $\chi^2(2) = 21.45, p = .001$]. Findings suggest that patients who are unaware of their illness have a lower likelihood of presenting suicidal ideation and that a negative view of the future has a significant role in the decision to end their life. Professionals should focus more attention on therapies that concentrate on the development of awareness of the illness in these patients since they could increase the presence of suicidal ideation.

Attribution retraining group therapy for outpatients with major depressive disorder, generalised anxiety disorder, and obsessive-compulsive disorder: A pilot study

Chun Wang *Nanjing Brain Hospital, China; Ning Zhang; Jie Zhang; Yalin Zhang*

The aim of this present study is to examine the efficacy of attribution retraining group therapy (ARGT) and compare the responses in outpatients with major depressive disorder (MDD), generalised anxiety disorder (GAD) and obsessive-compulsive disorder (OCD). We carried out a prospective uncontrolled intervention study with an 8-week ARGT of sixty three outpatients with MDD, GAD or OCD. The Hamilton rating scale for depression, Hamilton Rating Scale for anxiety, Yale-Brown obsessive-compulsive scale, attribution style questionnaire, self-esteem scale, index of well-being, and social disability screening schedule were administered before and after treatment. Significant improvement in symptoms and psychological and social functions from pre- to post treatment occurred for all participants. The changes favoured MDD patients. Our study suggested that ARGT may improve symptoms and psychological-social functions of MDD, GAD, and OCD patients. MDD patients showed the best response.

Clinical study on thought imprint psychotherapy in lower resistant state for depression

Weidong Wang *Guang'anmen Hospital, CACMS, China; Lan Hong; Yingna Lin; Xueyu Lu*

Thought Imprint Psychotherapy in lower resistant state (TIP) is an indigenous psychotherapy which is suitable for Chinese culture. It was established and applied to Chinese patients with psychological disorders. It was used in our clinic for more than 20 years, and its efficacy for different types of mental disorder is satisfying. To assess the clinical efficacy and safety of TIP for depression, a randomised controlled study was adapted. 60 patients with depression were randomly divided into two groups according to different means of intervention: TIP group and paroxetine group. The trial was done in 12 weeks. 24 items Hamilton Rating Scale for Depression (HAM-D), Minnesota Multiphasic Personality Inventory (MMPI) and treatment emergent symptoms scales (TESS) were used to evaluate the efficacy and adverse effects. Evaluation was done before treatment, 2 weeks after treatment, 12 weeks after treatment. The results so no differences at the baseline between the two groups before treatment. After 2 weeks, the response rate was different: 23 cases in TIP group responded positively to treatment (76.7%), while 20 cases in the paroxetine group responded positively to treatment (66.7%). After 12 weeks, the total effective rate was 78.6% and 74.1% in the TIP group and paroxetine group respectively. In terms of safety, the TIP group complained of much less discomfort after treatment. TIP is an effective and safe intervention for depression which brings new insights, however, further studies are needed to prove its efficacy and to explore its mechanism.

The ripple effect of ADHD

Judith Wiener *OISE/University of Toronto, Canada*

Attention-deficit hyperactivity disorder (ADHD) is a neurobiologically-based disorder characterized by a chronic pattern of symptoms of inattention, impulsivity and hyperactivity. Individuals with ADHD have a substantial negative impact on society. Their usage of the health and mental health systems is inflated and they are more likely than others to be involved with the justice system. Their challenges with academic achievement and employment are costly. Children and youth with this disorder are at risk for greater academic, social and emotional difficulties than typically developing children and youth. In this paper I describe the ripple effect of the behaviors exhibited by children and adolescents with ADHD on their peer and family relationships. Our research has shown that Canadian children and youth with ADHD are more frequently rejected and victimised by peers, are more apt to be bullies, and have less stable friendships than other children. They tend to befriend other children with learning and behavioural difficulties, which exacerbates their behavioural challenges. Families of children and youth with ADHD are characterised by more conflict than other families. Parents of these children and youth experience very high levels of parenting stress, which affects their ability to be involved with their children's education. Although these parents believe that educational involvement is important, their self-efficacy is low with regard to their ability to help their children with schoolwork, and they claim to have less time and energy to help their children with academics than parents of typically developing children. They view their children's schools as less inviting than do other parents, and they perceive their children's teachers as being

demanding. The implication of these ripple effects of a disorder that is primarily neurobiological in aetiology is that treatment must extend beyond working with individual children and youth. Family-based interventions designed to reduce conflict and enhance positive interactions and school-based interventions to ameliorate peer relations are crucial in order to reduce the negative impact that individuals with ADHD have on society.

The problem of suicide in India: Preventive measures

Rahul Yadav *RGNUL, PATIALA, India*

Suicide is the act of intentionally causing one's own death and is often committed out of despair and/or due to an underlying mental disorder. Pressures or misfortunes, financial difficulties, and/or troubles with interpersonal relationships play a significant role. Considering the seriousness of the problem, the author would like to highlight the main causes of suicide, particularly in the context of India's youth. More than 100 000 lives are lost every year due to suicide in India. Some of the factors that play a crucial role in suicide, particularly in terms of women, are: poverty, unemployment, debts, educational problems, divorce, dowry, mental disorders, love affairs, cancellation or inability to get married (due to the system of arranged marriages), illegitimate pregnancy, extra-marital affairs and conflicts relating to issue of marriage, and domestic violence. In India, attempted suicide is a punishable offence under section 309 of the Indian Penal Code. Emergency care to attempted suicide cases is denied as hospitals/doctors hesitate to provide treatment due to legal formalities. Obtaining exact data for attempted suicides is a difficult task as many attempts are described merely accidental. The following should be emphasized as preventive measures of suicides: the role of mass-media and NGOs, guidance and counseling of children, regular games/recreational activities, effective Parent-Teacher-Associations in schools, women's education/adult education, poverty alleviation programs, effective employment policy, checking on drug abuse, etc. The law aims to prevent suicide by legal methods but suicide is a multifaceted problem and suicide prevention programs should therefore be multidimensional. Collaboration, coordination, and cooperation are needed to develop and implement a national plan.

The effectiveness of Schema Therapy on patients with body dysmorphic disorder

Sogol Yadollahi *University of Isfahan, Islamic Republic of Iran; Mohammad Reza Abedi; Hamid Taher Neshat Dust; Ahmad Abedi*

This study investigated the effectiveness of Schema Therapy on body image and self esteem and body esteem patients with body dysmorphic disorder. The present study has a single-subject method with multiple baselines across participants. In this study, four participants that were selected by purposeful sampling were studied through sixteen individual sessions of schema therapy. Afterwards, they were given follow up tests after 2 successive weeks of treatment. Research instruments were early maladaptive Schema scale and body dysmorphic, body image, self esteem and body esteem inventories. The results of the data chart analysis were based on descriptive statistics and visual analysis. Results revealed that

the intervention has been effective on the four individuals. Findings of this study showed that the schema therapy approach can effectively increase self esteem and body esteem and results in the make correction body image in these kind of participants.

Risk factors for adolescent nonsuicidal self-injury: Variable- and pattern-centred approaches to change

Jianing You Chinese University of Hong Kong, Hong Kong; Freedom Leung; Kei Fu

This longitudinal study examined adolescent personality, behavioral, emotional, cognitive, and interpersonal predictors of variations in nonsuicidal self-injury (NSSI) over a one and a half year period. Variable- and pattern-centered approaches were used, with the latter focusing on different trajectories of NSSI. Data were collected at 6-month intervals from three waves of assessment. Participants came from eight secondary schools in Hong Kong and completed the same battery of questionnaires in all three waves. At Wave 1, 5412 Chinese adolescents participated in this study. At Wave 2, 3999 (73.9%) students successfully followed. The final sample used in this study consisted of 3600 (56.6% female) students who had complete data in all three waves. The variable-centered approach showed that depression, dissociation, emotion reactivity and behavioral impulsivity were significantly associated with the current engagement in NSSI. In contrast, unstable interpersonal relationship and behavioral impulsivity predicted the increase in NSSI over time. The pattern-centered approach, on the other hand, suggested the predictive values of behavioral impulsivity and self-criticism in the increase in NSSI, as well as the protective values of lack of behavioral impulsivity and premeditation in the decrease in NSSI. These findings highlight the impulsive nature of NSSI and partly explain why NSSI is specifically chosen for emotional/cognitive regulation. Future directions and clinical implications are discussed.

Investigating the relationship between deterministic thinking and defense mechanisms among university students

Jalal Younesi University of Social Welfare, Islamic Republic of Iran; Yosef Abdoli; Vahid Manzari Tavakkoli

The purpose of this research was to determine the relationship between deterministic thinking and defense mechanisms. 124 students from technical, economy and management colleges (university of Tehran) were chosen randomly. Research instruments were the deterministic thinking scale (Younesi & Mirafzal, 2007) and a defense style questionnaire (Andrews, 1993). Data was analyzed by using mean scores, standard deviation, MANOVA, Pearson correlation coefficient and Stepwise multiple regression. Findings demonstrated that there is significant negative correlation between absolute deterministic thinking and prediction of future deterministic thinking with mature defense mechanisms and significant positive correlation with immature defense mechanisms ($P < 0/01$). There are not relationships between other components of deterministic thinking with mature, neurotic and immature defense mechanisms ($P < 0/01$). The results are discussed through the effect of deterministic thinking and defense mechanisms on mental health.

The association of basic temperaments with emotional symptoms

Mostafa Zarean Shahid Beheshti University, Islamic Republic of Iran; Faezeh Pourshahla-Nobari

In the last two decades, there was a renaissance of interest in the associations between temperament and psychopathology (Watson & Clark, 1994; Watson et al., 2005; Clark, 2005). As an Asian case, we examined the relationships between temperament and character with broad dimensions of emotional symptoms within Iranian university students. A sample of 295 undergraduate students (219 girls and 76 boys) from Tehran universities completed the Temperament and Character Inventory (TCI-125), the Farsi Version of Inventory of Depression Anxiety Symptoms (FiDAS), the Regulation of Emotion from Modified Schutte Emotional Intelligence Scale (MSEIS), the Beck Depression (BDI-II) and Anxiety Inventories (BAI). Data were analysed using Pearson's correlation and multiple regression analyses. Results from correlation analysis showed that some aspects of temperament (novelty seeking and harm avoidance) and character (self-directedness and cooperativeness) had a significant association with almost all of the emotional symptoms. However, reward dependence, persistence and self-transcendent correlated with specific dimensions of anxiety and depression (insomnia, well-being and panic). In regression analyses, self-directedness, harm avoidance and cooperativeness have the most chance to explain symptom's variance (52, 38 and 23% respectively). Our conceptualisation of temperament as described above, showed similar findings in the broad relation to anxiety and depression, consistent with previous research; albeit, three of them (i.e. reward dependence, persistence and self-transcendent) couldn't follow our expected module. According to the current studies, it seems that return to temperament as a basis for psychopathology (Clark, 2005) maybe is the most important mission for contemporary theorists and psychopathologists.

Family environment as a predictor of depression among adolescents

Shahin Zehra Aligarh Muslim University, India; Faraha Khanam Aligarh Muslim University, India; Shaheen Zehra

A family is a social system where each family member influences, and is influenced by, the other members producing a family environment. A healthy family climate helps youth to deal effectively with all the problems that they confront related to different areas of life. The aim of this research was to study the effect of family environment on depression among adolescents. 200 students (100 male and 100 female) comprises the sample. Tools used were Beck Depression Inventory-II by Beck (1996) and Family Environment Scale by Vohra (1998). SPSS 16 version was employed for data analysis. Results of Stepwise Multiple Regression Analysis showed that out of seven dimensions of family environment: moral orientation, independence, and expression significantly predicted depression among adolescents. Further, findings of the t-test showed that there is no significant difference between male and female adolescents of vocational stream. However, on the basis of mean score, females showed higher levels of depression as compared to male adolescents. Also professional course students showed higher level of

depression as compared to non-professional course students. Consistent with earlier research, this study provides association between family environment and depression among adolescents. Adolescent emotion regulation functions as a mechanism through which temperament and family processes interact to increase the vulnerability to develop depression. Above findings suggest that female adolescents, as well as professional course students, need more attention to facilitate a better career.

Internet-related behaviour characteristics of adolescents with internet addiction

Shijie Zhou Central South University, China; Zhihong Tang

The aim of this paper is to explore the internet-related behaviour characteristics of adolescents with internet addiction. A total of 490 and 606 college students were collected in Yongzhou city and Changsha city, Hunan province, respectively, and were assessed by Internet Addiction Diagnostic Questionnaire (IQ), Internet Addiction Test, and Internet behaviour questionnaire. The addicted group begin to use the internet significantly earlier than the non-addicted group. The addicted group spent significantly more time online than the non-addicted group. Whereas the addicted group spent an average of 23.73 hours per week online, the non-addicted group spent 7.57 hours online. The addicted group used predominately two-way communication functions such as chat rooms, role-playing games or email. The addicted group spent more time searching cybersexual pages. The addicted group experienced higher level of internet anxiety, and internet gratification, and made more negative evaluations about the internet than the non-addicted group. The number of hours spent online and the internet content preference are predictors for determining Internet addiction.

The experience of persons diagnosed with schizophrenia of their first admission to a South African psychiatric hospital ward for acute psychosis

Yumna Zubi University of Witwatersrand, South Africa

Schizophrenia is said to be one of the most critical and severe mental illnesses affecting one percent of the population globally (Torrey, 2001). First time admission to a psychiatric hospital has been reported to be extremely traumatic and has not been adequately researched, more so in the South African context. Thus, this study explored the experience of persons diagnosed with schizophrenia of their first admission to a South African psychiatric hospital ward for acute psychosis. Semi-structured individual interviews with seven participants diagnosed with schizophrenia were conducted. These were analyzed using thematic content analysis. From the analysis it was evident that each participant had a different experience of their first hospitalization. While some had more positive experiences, the majority of the participants had frightening, distressing, emotionally painful or traumatic experiences during their first hospitalization. The first hospital admission was also described as having huge implications for the person with the diagnosis of schizophrenia as it makes them feel isolated and stigmatized which further hinders them from recovering

from symptoms and reintegrating into society. This study therefore draws attention to further research projects that may illuminate areas of intervention in the first admission process to psychiatric wards in South Africa.

Session Type: Posters

Psychopathology masking abnormal personality traits, dilemmas to success: A psychotherapy case study

Japneet Ahluwalia Kasturba Hospital, Manipal, India; Shweta Rai; Eun Yeon

A 20 year old single female with predominant personality traits of emotional instability, low frustration tolerance, impulsivity, dramatic emotionality and anxious traits, with a history of multiple episodes of sexual abuse, presented in September 2010 with complaints of feeling increasingly anxious in the presence of strangers, excessive vigilance and scanning of the environment, autonomic arousal and panic attacks, a vague sense of apprehension and restlessness, occasional use of alcohol and tobacco, with one attempt of intentional self-harm in the past year. She also reported feeling sad with occasional crying spells for about a year. The symptoms left her experiencing a fluctuating self image, anxious cognitions, mood swings, decrease in self-worth, thereby affecting her ability to cope with educational, occupational and interpersonal demands of life. She was diagnosed with Anxiety NOS and Mixed Personality Disorder (Cluster 'B': Emotionally Unstable and Histrionic). Psychotherapy targeted the anxiety symptoms, but eventually these were found to be overdramatised, attention-seeking and a self-pity attempt. Considering this, the childhood dynamics of the patient, and the nature of the complaints, Cognitive Analytical Therapy was conducted. A total of 20 sessions were carried out followed by a follow-up after 4 months. The patient has benefited in all her presenting complaints as she reported a significant decrease in her anxiety and depressive features. She is able to plan her life ahead and is amenable for the further intervention plan for her maladaptive personality traits.

Effects of a school-based depression prevention programme for Japanese adolescents

Ogata Akiko Hiroshima University, Japan; Hiroshi Sato; Shin-ichi Ishikawa; Yasuko Togasaki; Shoji Sato; Yoko Sato

Adolescence is probably the optimal period in which universal prevention programmes to treat depression can be implemented. The present study evaluates the short- and long-term effects of a school-based depression prevention programme for Japanese adolescents. Participants were 176 students from the seventh to ninth grade. The eight-session cognitive-behavioural programme comprised social-skill training, cognitive restructuring, and problem-solving skills training. Students completed Children's Depression Inventory (CDI; Kovacs, 1983), Social Skills Scale (Fujieda & Aikawa, 2001), and Children's Cognitive Error Scale (Ishikawa & Sakano, 1993) before and after intervention. The CDI scores of 578 students from the seventh to ninth grades were used to compare depression symptoms with those of the intervention group. The result showed that depression in the intervention group decreased signif-

icantly from the pre- to post-intervention stage. Moreover, compared to the normative group, those in the intervention group showed fewer depression symptoms at post-intervention, although this finding was not statistically significant. Cognitive error and social skills improved significantly from the pre- to post-intervention stage. Improvement of social skills and cognitive error had an effect of reducing [A1] depression. Furthermore, as maintenance procedure, 24 students of the seventh grade, from the intervention group, participated in four booster sessions in each of the two years following intervention [A2]. Compared with the normative group, those in the intervention group showed significantly fewer depression symptoms one year after intervention. Our study partially validates the prevention effectiveness of universal prevention programmes for depression.

Prevalence and extent of internalising and externalising disorders among elementary school boys

Mahnaz Aliakbari Dehkordi Payame Noor University, Islamic Republic of Iran; Asad Sadeghkhani; Aliasghar Jooybari

This study explored the prevalence and extent of internalising and externalising disorders among elementary school boys in Ilam city. This study used a descriptive and cross-sectional design. The statistical population consisted of male students educated in elementary schools within Ilam city, during the educational year 2010-2011. The sample consisted of 342 students who were selected by random categorical sampling methods among four schools. The Child Behaviour Checklist (parents reporting form) was used as a selector tool. Among the total of 342 students, 5/6% had internalising disorders and 5/6% externalising disorders. The prevalence of internalising and externalising disorders at boundary level were 12/3% and 9/6% respectively. The most epidemic internalising disorders were stress (6/7%) and physical disorders (6/7%). The most epidemic externalising disorders were Conduct Disorder (5/6%). In sum, the findings show that internalising and externalising disorders in Ilam city as compared with available research have a middle prevalence. However, the extent of internalising and externalising disorders at boundary level have a high prevalence. These conclusions show that the prevention or treatment of internalising and externalising disorders in elementary schools requires medical services and consultation.

Parenting practices of mothers of children with oppositional defiant disorders and mothers with normal children

Mahnaz Aliakbari Dehkordi Payame Noor University, Islamic Republic of Iran; Asad Sadeghkhani; Aliasghar Jooybari

The current research intends to compare the parenting practices of mothers with children with oppositional defiant disorders and mothers with normal children. The current study is comparative post-incidence research in which about 60 mothers of children with oppositional defiant disorders and mothers with normal children were chosen using random categorising and sampling in Ilam city. The child behaviour list (reporting form for the parents and the teacher) was used as the selector tool. A

questionnaire of parenting practices (Diana Bam Rend) for the survey of mothers' parenting methods was used. The results of this research showed that there is a significant difference ($p < .05$) between the methods of parenting of mothers with children with oppositional defiant disorders and mothers of normal children in terms of powerful, autocratic and slighting educational patterns. The methods that parents use to parent their children play an important role in providing for the mental health of their children and it is under an accurate relationship that we can recognise the needs of our children and try to supply and meet their needs. So, we should inform parents about methods of parenting and their effects on children.

Investigating the effect of behavioural - motor therapy on decreasing ADHD symptoms in children

Ali Akbar Arjmandnia University of Tehran, Islamic Republic of Iran; Gholam Ali Afrooz; Keivan Kaka-barraee

This research is a 2-group experimental study with pre- and post-test, to investigate the influence of Behavioural - Motor Therapy on decreasing the symptoms of Attention-Deficit/Hyperactivity Disorder. The sample group consists of 18 male children (8 in experimental group & 10 in control group) between the ages of 6 to 11, who had been diagnosed with ADHD. They were chosen by available sampling and placed randomly in the research groups. The Long form of Conners' Parent Rating Scale-Revised was administered before and after the treatment. The experimental group participated in 16 sessions (16 hours) of the therapy, twice a week, supervised by a trainer. To answer the research questions, data were analysed by Mann-Whitney U-test, paired and independent sample t-test and ANCOVA statistical methods. Results show that core symptoms of attention-deficit and hyperactivity-impulsivity were decreased significantly as a result of motor-behaviour therapy. Also, there was a significant decrease in comorbid symptoms. Symptoms of attention-deficit and hyperactivity-impulsivity were affected in the same way as motor-behaviour with no significant difference. According to the results, the use of Behavioural - Motor Therapy would be beneficial for decreasing symptoms of ADHD. Further research is required to assess academic performance and to compare other treatments with Behavioural - Motor Therapy to aid in the expansion of these results.

Prevalence of domestic violence and differential profile in addicted patients

Alfonso Arteaga Universidad Publica de Navarra, Spain; Javier Fernandez-Montalvo; Jose J. Lopez-Goni Universidad Publica de Navarra, Spain

The main objectives of this study were to determine the prevalence rate of intimate partner aggressors among users of a drug addiction treatment programme, and to establish the differential profile between addicted patients with and without associated gender violence. A sample of 125 addicted patients (95 male and 30 female) in the Proyecto Hombre addiction treatment programme in Pamplona, Spain, was assessed. Information about socio-demographic variables, presence of intimate partner violence (assessed by the Conflict Tactics

Scale and Inventory of Distorted Thoughts about Woman and Violence), socio-demographic and addiction related variables (EuropAsi), psychopathological symptoms (SCL-90-R) and personality variables (STAXI-2, BIS-10 and Inadaptation Scale) was collected at participants' entry to the therapeutic programme. The prevalence rate of gender violence was 33.6% (94.9% of them with psychological violence, 84.6% physical violence, 43.6% sexual aggression, and 71.8% had caused injuries to their partner). Violent addicted patients showed higher severity than nonviolent patients in psychopathological (depression, anxiety, hostility) and personality (sate-anger, motor impulsivity) variables. The results of this study showed a high prevalence rate of intimate partner violence among addicted patients, as well as a significantly higher score on psychopathological and personality variables in patients with domestic violence. These findings indicate the need to assess the presence of gender violence problems in addicted patients, and to study the effectiveness of treatment programmes for drug addicted patients who present this kind of violent behaviours.

Does stress management intervention affect depression, anxiety, stress, obsessive and compulsive symptoms in patients with psychosomatic dizziness?

Neda Asemi University of Isfahan, Islamic Republic of Iran; Karim Asgari; Anis Jahanbazi; Ahmad Chit-saz

We hypothesise that stress management intervention would be an effective treatment for symptoms of depression, anxiety, stress and obsessive-compulsive symptoms in patients with psychosomatic dizziness. 30 patients with psychosomatic dizziness were randomly selected from those who were referred to neurology clinics in Isfahan city. They were randomly assigned into two groups: an experimental and a control group. Each group consisted of 15 patients. Ten sessions of stress management intervention were performed for the experimental group; the control group received no treatment. Instruments DASS-42 scale and obsessive-compulsive subscale of SCL-90-R were performed on both groups before and after treatment. The data were analysed by ANCOVA. Statistical analysis revealed a significant difference in the scores of depression, stress, anxiety, and obsessive-compulsive symptoms between two groups after intervention. Findings of this study suggest that stress management intervention can significantly, and effectively, decrease psychological symptoms in patients with psychosomatic dizziness.

Correlation between attitude to mortality and psychological symptoms in students of Isfahan University

Neda Asemi University of Isfahan, Islamic Republic of Iran; Kurosh Namdari

This study was aimed to study the correlation between attitude to mortality with psychological symptoms in students of Isfahan university of 1388 students. 100 students were selected by a simple sampling method. Short form of SCL-90-R questionnaire (25 items) and Jean Louise mortality questionnaire were completed by students. The data were analysed by SPSS-16 in descriptive and inferential parts. The results, using Pearson correlation

coefficient revealed that attitude to mortality has a significant correlation with all of the sub-scale of SCL-90-R except paranoia and somatisation. Also, the result of stepwise regression analysis showed that Interpersonal sensitivity and depression are the best predictor for attitude to mortality. Findings of this study revealed that mental health and the absence of psychological symptoms are related with attitude to mortality in people. Also psychological symptoms are less in people who have a logical attitude to mortality than in others.

The effectiveness of spiritual group therapy on the treatment of depression and anxiety in people with love trauma syndrome

Sara Bagheri Research and Science University, Islamic Republic of Iran; Ghaseem Naziri Research and Science University, Islamic Republic of Iran; Jafar Bolhari

Love trauma syndrome is a collection of symptoms that appear after a romantic relationship ends. The sample consisted of 20 university students referred to the investigator, because of a love relationship failure. The subjects were randomly assigned to two groups: experimental (n=10) and a control (n=10). All subjects were asked to complete the LTI, BDI, BAI as pre- and post test. The subjects in the experimental group underwent 10 spiritual group therapy sessions. Data analysis showed that there were significant reductions in depression ($p \leq .002$) for the members of experimental group, while there was no significant difference between two groups' anxiety scores ($p \leq .07$). The results suggest that spiritual group interventions such as prayer, resigning to the will of God, and forgiveness have significant positive therapeutic effects on the treatment of depression in people with love trauma syndrome.

Psychosocial factors in the lives of mothers of children with an autistic spectrum disorder

Claudia Baxter Midrand Graduate Institute, South Africa; Lynn Hendricks

Mothers of children with a diagnosis on the autistic spectrum, are under a large amount of strain and the pressures of daily life sometimes prove unbearable. Social support systems have been shown to relieve some of the burden of stress that mothers perceive, which in turn may influence the coping mechanisms enlisted by these mothers. The purpose of this study was to explore the stressors, systems of social support, coping mechanisms and needs of mothers of children diagnosed with an autistic spectrum disorder. In depth qualitative investigations into the needs of mothers of children with autistic spectrum disorders are limited within the South African context. This study reports the findings of individual interviews with eight mothers. Findings show that the main causes of stress for mothers were financial, familial, leisure-time, social-life, medical, educational, grieving of parents, behavioural, and world-view stressors. In terms of social support systems, most mothers viewed their significant others and friends as unsupportive, with the parents of the mothers playing a more supportive role. Additionally, the results of this study showed the unique ways this sample adopted emotion-focused and problem-focused coping strategies. Mothers reported challenges in the provision of financial

assistance from the government and educational facilities for them to receive parental guidance.

Evidence of improved quality of life and communication ability with Autism in a long-term intervention programme

Silvia Blatter Uni Innsbruck, Psychology, Austria; Barbara Juen; Harald Bliem

The purpose of this study is to analyse the efficiency of an intervention programme for autistic people which is characterised by a structured and increasingly complex communication format that enables a better understanding between caregiver and client. Assessment of improvement was done by a detailed observation tool. Four years ago the institution for people with intellectual impairment started up special interventions for autistic people. One of the main-interventions was to enable autistic people to use and understand a simple way of visual communication, with the aim of a steady increase in communication complexity. The intervention was based on the hypothesis that a gain in specific communicative features of the interaction between autistic persons and caregivers, results in an increase in the quality of life of the autistic people. Quality of life was defined by an increase in positive, and a decrease in negative aspects of behaviour. The daily caregivers assessed different aspects of behaviour for each client and scored them several times a day over the whole period of four years. The results show an increase in the scores on aspects of the quality of life of autistic people, derived from studies of Schalock (2002) and Saldana et al. (2009). The autistic persons, as well as the caregivers, could improve their specific communication skills. In most cases there was also a significant decline in negative factors of behaviour, e.g. compulsive behaviour.

Internet sex addiction: The role of sexual arousal, subjective craving and internetsex preferences

Matthias Brand University Duisburg-Essen, Germany; Christian Laier; Frank Schulte

It is still under debate whether the anticipation of sexual arousal and gratification motivates individuals to excessively consume pornography on the Internet or whether they aim at compensating limited sexual activities in social reality (Young, 2008). Here, we investigated potential predictors of excessive consumption of Internet pornography in 176 heterosexual males (mean age 24.37, SD= 5.15 years). A 12-item version of the Internet Addiction Test (IAT; Young, 1998) modified for Internetsex (IATsex; Brand et al., 2011), as well as questionnaires assessing craving, Internetsex preferences, sociosexual activities, and personality were administered. Additionally, 100 pornographic pictures were rated by all participants with respect to how much these pictures trigger sexual arousal, emotionality and overall attractiveness (all scales' reliability $\alpha > .8$). While rating the sexual arousal, the viewing times were recorded. The mean IATsex score was 18.73 (SD= 6.21). In a hierarchical regression analysis, the sexual arousal while watching pornographic pictures in combination with the viewing times ($R^2 = .096, p < .001$), the current need to masturbate after watching the pictures (changes in $R^2 = .05, p = .002$), and the range of preferred sexual practices when consuming Internet pornography

(changes in $R^2 = .077$, $p < .001$) explained 22.3% of IATsex variance ($p < .001$). The extensiveness of sociosexual activities was not a significant predictor. Results support the hypothesis of gratification and sexual arousal being main factors in developing and maintaining an Internetsex addiction. One limitation is that the results are only valid for heterosexual men.

An experience of clinical supervision in the person-centered approach

Fernanda Bruck Faculdade Nobre, Brazil; **Rosenei Moura**; **Jamile Dias**; **Angeleide Costa**; **Gabrielle Batista**; **Nadilsara Marques**; **Olivia Correa**

The supervised training in clinical psychology at the Faculty Noble - Feira de Santana - Brazil, during the second half of 2011, consisted of five students of the eighth semester of psychology and one student of the 10th semester of psychology. The stage consisted of various activities such as role-play, videos developed by Carl Rogers' calls, reading and text production, awareness and supervision of clinical cases. Based on Person-Centered Approach of Carl R. Rogers, concepts such as empathic understanding, unconditional positive acceptance and consistency needed in a helping relationship, were worked out in theoretical terms but also in the experiential group supervision. As these concepts were better understood, so experiential, for each trainee in the group and the relationships between them, there was a significant learning effect, giving support to the theory of Person-Centered Approach. The theory was presented and meaningful to the trainees when they could experience it and not only understand it rationally. While trainees, therapists deepening their reflections to their customers in the therapeutic setting occurred concomitantly with changes in their self-concepts, a greater understanding of the human being and development of a more sensitive listening capacity, were generated and nourished in group supervision. The Person-Centered Approach of Carl Rogers makes sense, as to the applicability in clinical psychology intern, when it is experienced in the subjectivity of the trainee.

Psychological effects on male victims of domestic violence by female partners

Paul Campbell Paul Campbell Psychology, Australia; **John MacDonald**; **Andrew Day**; **Jeanna Sutton**

While there is little dispute that male victims of domestic violence exist, there is disagreement about the number of victims, the severity of the abuse, and extent to which specialist services are required, or how those services screen for male victims of domestic violence. This review examines the evidence relating to the prevalence of male victimisation, the attitudes of clinicians, and service providers, towards domestic violence, and discusses the effects of domestic violence on male victims, before raising some possibilities for service provision in this area. The conclusion of the review is that additional services may be required to meet the needs of the small, but largely unrecognised, group of men who most appropriately can be regarded as victims of violence.

A national survey on the professional backgrounds of the practitioners of psycho-counselling and psychotherapy in China

Yu Ping Cao Mental Health Institute, China; **Ya Lin Zhang**

To explore the professional backgrounds of the practitioners of psycho-counselling and psychotherapy in China, multi-stage sampling by regions and cities combined with cross-control quota by disciplines were used, and face-to-face interviews were conducted. According to the administrative divisions by Chinese government, the whole of China was divided into 6 regions. In each region, the sampling cities were divided into 3 city-levels such as A for the developed, B for the medium developed and C for the underdeveloped, based on the developmental level of psycho-counselling and psychotherapy. A quota sample of 200 practitioners was selected from each region. Because of uneven development by the region, sampling number of the practitioners was based on city-level. Each discipline covered one third of sampling both in each region and each city-level. A total of 1232 practitioners were face-to-face interviewed. Of them, only 49.6% of the practitioners had a professional background in psychology. In non-psychologists, 61.7% of them learned psychological knowledge from a training class, 22.2% learned from a conference, 39.6% from a refresher course, 27.7% from a supervisor, 19.6% from web-based training, and 51.4% learned by themselves. It can be seen less than half of the practitioners of psycho-counselling and psychotherapy in China have a background in psychology, and more than half of them learned by themselves. It is suggested that the practitioners of psycho-counselling and psychotherapy in China need more normalised guidelines and training.

Assessment of an adolescent living with intellectual disability and Prader-Willi syndrome

Charlotte Capri Lentegeur Psychiatric Hospital, South Africa

This study underscores the importance of in-depth assessment when attempting to better understand those who live with intellectual disability (ID). The study reports on the assessment of a 15 year old girl from a low-income community in the greater Cape Town area living with ID, Prader-Willi Syndrome (PWS), and past sexual abuse. Severe behaviour problems and life threatening obesity prompted a crisis admission to a psychiatric facility. Literature on PWS suggests identifying specific phenotypic indicators, investigating discrepant functional abilities, appreciating the patient's lived experience, and formulating a sustainable outpatient treatment. Systems theory and an idiographic case study design were employed. Quantitative data were collected by means of cognitive assessment, a neuropsychological test battery, and assessment of adaptive behaviour. Qualitative data were collected by projective testing, assessment for psychotherapy, multi-disciplinary inpatient clinical observations, and standard clinical interviews with primary caregivers. Results showed executive function impairments, fine motor deficits, expressive language capabilities, little performance anxiety on neuropsychological tasks, acute personal sensitivity during projective testing, and a need for external structuring. These are in keeping with the described PWS behavioural phenotype, and encouraged further diagnostic considerations. By collecting quantitative and qualitative assessment data,

the study illustrates how a systemic approach to assessment can facilitate diagnostic and treatment recommendations. In doing so, it contributes to knowledge of assessment and therapeutic work with children and families living with ID and PWS in lower-income communities.

Professionals' perceptions on the role of support among individuals diagnosed with anorexia nervosa

Yihua Chen University of Witwatersrand, South Africa; **Leonie Human**

Anorexia Nervosa has shown to be the most dangerous disorder amongst the eating disorders because of its highest mortality and suicide rates (Arcelus, Mitchell, Wales, & Nielsen, 2011). Pro-anorexia websites have begun to emerge over the Internet in recent years. Such websites may motivate or enable the continuation of disordered eating behaviour. Individuals diagnosed with Anorexia Nervosa are often attracted to these websites because they tend to isolate themselves and they lack support systems in the real world. Given that medical professionals are the primary support persons in the treatment process, this research explored medical professionals' perceptions on the role of support among individuals diagnosed with Anorexia Nervosa. A convenience sample consisting of four psychologists and one professional nurse were interviewed using semi-structured interviews. Thematic content analysis was used to analyse the results. From the results it was evident that Pro-anorexia websites have a dual role to play. This is discussed with reference to dealing with individuals diagnosed with Anorexia Nervosa in professional practice.

College athletes' competitive stress coping processes

Lizhong Chi Beijing Sport University, China; **Wenwen He**

The Scenario Test of College Athletes' Competitive Stress Coping Processes was used to explore the cognitive appraisals, coping strategies, coping effect and their relations on college athletes, when they faced the three specific stressors. The results revealed a notable difference between male and female in individual-item athletes, while the collective-item athletes showed differences in sex and skill level. Additionally, there were notable interactions among sex and skill level for collective-item athletes. The stepwise discriminant analysis method was also used in the study, to predict the coping strategies by using stressor's and cognitive appraisal's observational variables, and to anticipate the coping effect by using the variables of stressor, cognitive appraisal and coping strategies. Finally, the whole coping process of college athletes was examined with SEM method.

Parental stress in families with children with cognitive disabilities: Links with sibling relationships

Blanka Colneric Faculty of Arts, Slovenia; **Maja Zupancic**; **Mojca Petric** Faculty of Arts, Slovenia

Research suggests that families with children who have cognitive disabilities (CD) experience extended child care problems, related to higher levels of parental stress, compared to families with normative

children, or those with a chronically ill child. However, the quality of sibling relationships in families with a child with CD was not found to be significantly lower. The present study investigated the links between sibling relationships in families with a child with CD and parental stress. Parents of 95 children with CD (Mage=7 years; CD of different etiology and level) having an older normative sibling (Mage gap= 3.4 years) reported on their parental stress separately, employing the measures of general (Abidin, 1995) and specific parental stress related to child disability (Friedrich et al., 1983). Both parents also provided views on the quality of their children's sibling relationships, using the PEPC-SRQ (Kramer, 2001). Parent-perceived warmth, agonism and rivalry/competition in sibling relationships were considered. The child's level of CD was predictive of general and specific parenting stress in both parents. Parental defensive scores (a component of general parental stress) were also linked to specific parental stress. Controlling for the same rater-bias, ratings of sibling relationship dimensions were associated with parental stress; the perceived warmth between siblings was associated with lower levels of parental stress. Except for place of residence, demographic characteristics of the family were not significantly related to parental stress. The parents living in cities reported on higher levels of specific stress than those residing in towns or rural areas.

What makes a preventive stress management work?

Ana Carolina Conceicao BRB, Brazil; **Samia Abreu** BRB, Brazil

Stress associated with genetic factors and health risk behaviours may trigger physical and mental illness. In a Brazilian private health care facility, called "Saúde BRB", more than half of its workers are vulnerable to diseases due to stress, according to a survey of their health profiles. As a preventive and health promotion, the institution implemented a preventive stress management programme for its employees. The programme's goal was to reduce the symptoms of stress and to identify the mediators of behavioural change involved in the expansion of both physical and mental health. It offered psycho-educational intervention, with eight sessions, lasting 1 hour and 30 minutes weekly. At the end of each session, the facilitators completed a Process Evaluation Form (PAF), assessing organisational context variables, participants' progress and limitations. 18 employees completed the intervention and, from a PAF content analysis, the following mediators were found: (a) the importance of integration of the group, (b) shared experiences, (c) cognitive restructuring of maladaptive beliefs and (d) social skills development. The results indicated changes in: physical symptoms, self-care practices, beginning physical activity and leisure, emotional control, decreasing impulsiveness and increasing tolerance, and positive feelings about the company. The programme presented satisfactory results, however ergonomic and occupational changes would greatly assist in the prevention of stress.

The use of evidence based practice amongst therapists with patients who have post-traumatic stress disorder

Michelle Cordero-Soto Carlos Albizu University, Puerto Rico

This exploratory study consisted of a qualitative design, known as Grounded Theory. The purpose of this study was to investigate if a group (n=10) of psychologists, (both Psy.D. and Ph.D.) with current clinical practice, use evidence based practice when treating patients with Post-Traumatic Stress Disorder (PTSD). Since 2006, APA's Task Force on Evidence Based Practice (EBP), has made an effort to disseminate and implement the use of clinical practice, that has been demonstrated to fully benefit the patient's psychotherapy process (with a size effect of over.80). Research shows that there are a number of therapists, in the USA, who reject EBP. Until now, there are few studies in Puerto Rico that demonstrate if these patterns of rejection are the same amongst Puerto Rican psychologists. This study explored the attitudes, knowledge and use of EBP among these psychologists. The sample, which was obtained by availability, showed few psychologists had a clear definition of EBP and a majority of psychologists who were resistant and reluctant to use EBP when treating PTSD.

Comparing coping strategies among Puerto Rican adults

Melody Coste Carlos Albizu University, Puerto Rico; **Tamara Martinez** Carlos Albizu University, Puerto Rico; **Angelica Crespo**; **Michelle Cordero**; **Melany Ruiz**; **Sean Sayers**

Over the years it has been documented that the concerns and priorities of each individual change throughout the years. Scientific literature indicates that people who are in middle and late adulthood have more coping strategies than those in young adulthood (Márquez et al., 2006). On the other hand, older people tend to adapt major strategies of appreciation at the time of dealing with any situation (Clemente, Florence, & Stefani, 2009). The objective of this research is to evaluate how each developmental stage of our lives influences the appropriate use of coping strategies in different life-event situations as well as a person's self-esteem. A secondary data analysis will be performed using a pre-experimental design of group comparisons. Eighty-five Puerto Rican adults between the ages of 21 and 78 years were administered a 10 item Coping Strategy Scale (CSS) validated for the Puerto Rican population. Analysis of variance will be performed using the IBM SPSS Statistical Package, version 19.0. Participant's scores on the CSS will be compared by gender, age groups, civil status, highest level of education, and religious denomination. Results from this study will permit us to have a better view on how Puerto Rican adults manage particular situations in their daily lives and what factors influence particular coping skills.

A study of the integrated cognitive model of depressive symptoms among Chinese adolescents

Lixia Cui Capital Normal University, China; **None**

The objective of the present study was to test the validity of the integrated cognitive model (ICM) of depression proposed by Kwon and Oei (1994) with a Chinese-adolescent sample. The model was developed for Western Europeans such as Americans and Australians and the validity of this model has

not been tested on Chinese adolescents. With the two-wave panel data we hypothesized that the interaction between dysfunctional attitudes and adolescents' negative life events experienced measured at Time 1 would predicts the frequency of automatic thoughts between Time 2, which in turn would predict the severity of depressive symptoms at Time 1. Participants were 329 Chinese junior high school students from three middle schools in Beijing. As a contrast we also tested three competing models also including the linear mediation model, the alternative etiologies model, and the symptom model. All participants completed the Adolescent Life Events Questionnaire, Dysfunctional Attitudes Scale, Automatic Thoughts Questionnaire and Center for Epidemiological Studies Depression Scale twice - 5 months apart. Path analysis was used to test all the models. The results of the path analysis indicated that the ICM model only fits the Chinese adolescent data. At the developing or increasing phase of adolescents' depressive symptoms dysfunctional attitudes can be a common cognitive moderator of depression, whereas automatic thoughts can be specific cognitive mediators of depression.

Psychotherapists' creativity and openness to experience: quantitative and qualitative analysis

Ervin Cukurs University of Latvia, Latvia; **Sandra Sebre**

The aim of this study is to quantitatively examine the relationship between measures of the psychotherapist's personality and expressions of creativity, as well as to qualitatively explore the meanings which psychotherapists attribute to creativity and personality aspects within the psychotherapeutic process. This quantitative and qualitative analysis will be provided in regard to information from 30 professionally practicing psychotherapists in Latvia. They have completed a measure of creative expression, the Test for Creative Thinking - Drawing Production (TCT-DP, Urban & Jellen, 1995) the personality measure Big Five Inventory (BFI, John & Srivastava, 1999), and have responded to open-ended interview questions regarding the meaning and use of creativity and personality aspects within their professional work as psychotherapists. Quantitative analysis shows that the psychotherapists' mean scores on creativity and Openness to Experience are higher than for a control group matched for gender, age and level of education. Psychotherapists with higher creativity scores indicated greater Openness to Experience. This presentation also will include results from the thematic content analysis of the predominant meanings and practical usefulness which psychotherapists attribute to both creativity and openness to experience within the psychotherapeutic process.

The relationship between fear of positive evaluation and social anxiety: Beyond fear of negative evaluation

Iran Davoudi Shahid Chamran University, Islamic Republic of Iran; **Fateme Veisy**

Cognitive theories propose that fear of negative evaluation (FNE) is the core feature of social anxiety disorder. Recently, it is discussed that fear of positive evaluation (FPE) is also a cognitive component of social anxiety. The aim of the present

study was to investigate the relationship between fear of positive evaluation and social anxiety, with control of FNE. The participants included 176 Chamran University Students (88 males, 88 females) who were selected through random multi-stage sampling. The instruments used in this study were: The Social Anxiety Scale and the Fear of Positive Evaluation Scale. The findings showed that FPE was positively associated with Social Anxiety, and its component- Social Self Concept, but not with Anxiety Symptoms (AS) and FNE. Three hierarchical regressions indicated that FPE accounted for significant variance in Social Anxiety and Social Self Concept beyond that already accounted for by FNE. The FPN couldn't explain significant variance of anxiety symptoms after control of FNE. An explorative factor analysis provided additional support for the distinction between FPE and FNE. All of two scale items loaded on separate factors. It appears that FPE and FNE have distinct roles in social anxiety, and are probably associated with different types of anxiety symptoms. The theoretical and therapeutic implications of the findings for social anxiety are discussed.

Narrative drawing in exploring children's attachment bonds in emotional connectedness *Chanelle De Beer UNISA, South Africa; Khumoetsile Modutla*

In this study children were provided with a unique opportunity to make their voices heard through narrative drawing. The research paradigm that supported their unique perspectives was social constructivism and this formed the foundation of this study. Children's emotional connectedness was explored through their stories in relation to the drawings they made. The narratives of eight children between the ages of 6 and 12 years old were interpreted through Thematic Content Analysis. This study indicated that narrative drawing enabled children to give more descriptive narratives, and assisted them in remembering previous stories. It proved to be a valuable tool in inquiring about their unique perspectives in emotional connectedness with regards to attachment bonds formed in friendships, parent-child and sibling relationships. The findings of this study will make a valuable contribution to the greater body of literature.

Does parental anxiety relate to the parenting practices perceived by children?

Filomena Dias UIPEs, Portugal; Catia Rodrigues; Isabel Leal; Joao Maroco UIPEs, Portugal; Aimee Ferreira

Our study aimed at assessing the relation between parental anxiety and children's perceptions on educational styles. A total of 49 boys and 61 girls, 10-11 years old, and their parents (n=220) participated. The STAI and the Portuguese version of the EMBU-C were used. The results indicate a significant correlation ($r=0.23$; $p=0.017$) between the mother's anxiety and the children's perception of maternal rejection behaviours. Significant positive correlations were observed for both parents between the dimensions Emotional Support and Control Attempts (Mother: $r=0.34$; $p<0.001$; Father: $r=0.45$; $p<0.001$), and between the dimensions Rejection and Emotional Support (Mother: $r=0.28$;

$p=0.004$; Father: $r=0.25$; $p=0.009$). Moreover, significant negative correlations were also found for both parents between Rejection and Emotional Support (Mother: $r=-0.27$; $p<0.001$; Father $r=-0.28$; $p=0.004$). The results also showed that children perceived higher levels of Emotional Support ($t(95)=-4.406$; $p<0.001$), Control Attempts ($t(95)=-6.283$; $p<0.001$), and Rejection ($t(95)=-2.809$; $p=0.007$) by their mothers. Furthermore, the 10-year old children perceived their parents behaviours as more controlling than 11-year old children (Mothers: $t(95)=3.896$; $p<0.001$; Fathers $t(95)=4.056$; $p<0.001$). The results are discussed according to the literature.

What do children think when confronted with anxiogenic situations? Preliminary results *Filomena Dias UIPEs, Portugal; Isabel Leal; Raquel Oliveira; Graciete Marques; Ines Cruz; Mariana Ferreira; Joao Maroco UIPEs, Portugal*

The literature stresses the importance of children's cognitions in the development and maintenance of childhood anxiety. The understanding of the cognitive processes and contents is described as essential to the understanding of the relationship between cognitive processes and childhood anxiety, as well as for the development of treatments aimed at changing cognitions. This study aimed at accessing children's cognition contents when faced with anxiogenic situations. A total of 85 normative children (36 boys, 49 girls), of 10 to 11 years of age, participated in this study. A sociodemographic questionnaire, for sample characterisation, and the 9 Scripts Potentially Threatening for Anxious Children (Bögels & Zigterman, 2000), as an anxiogenic stimulus, were used. The stories were presented individually and always by the same researcher. The answers were examined using content analysis and categorised in Positive, Neutral and Negative Thoughts, based on Cacioppo and Petty's (1981) definitions. These categories were evaluated by 4 independent judges, revealing a high level of agreement for all 9 stories ($K=0.90$; CI 95%; 0.757). The contents of thoughts were then analysed and grouped into sub-categories, allowing access to the specific themes present in the children's speech. The results showed high prevalence of feelings, emotions and affections, as well as the presence of the ability and/or difficulty in dealing with the different situations presented. The relation between the contents and the three types of anxiety, contemplated in the stories, and its implications, are discussed in this paper.

The efficacy of mood induction on the psychological well-being in daughters of veterans with PTSD

Maryam Esmaeili University of Isfahan, Islamic Republic of Iran; Mehrdad Kalantari; Leila Esmaeili University of Isfahan, Islamic Republic of Iran; Saiedeh Mahdavi; Zahra Esmaeili

Children of war veterans with PTSD have higher rate of emotional disorders. The aim of this research was to determine the efficacy of mood induction methods on the psychological well-being of the daughters of veterans with PTSD. The subjects were high school female students in Isfahan City who were assigned to two groups randomly (each group consisted of 15 adolescents). The experimen-

tal group was subjected to 8 sessions of mood inductions. We performed pre-test, post-test and follow-ups for both the experimental and the control groups, using the psychological well-being questionnaire of Borumand, Molavi and Ryff's demographical information questionnaires. Mancova analysis showed that there were significant differences between experimental and control groups: mood induction effects were found in the psychological well-being in daughters of veterans with PTSD ($P=0/004$).

The efficacy of emotional regulation on the somatization of epileptic girls (14-18) in Isfahan

Leila Esmaeili Department of Psychology, Khor, Islamic Republic of Iran; Morteza Mirzaei; Asghar Aghaei; Fereshteh Afsar; Mozhdde Loeipour

The research purpose is to assess the efficacy of emotional regulation on the somatization of epileptic girls. In order to administer this study, 30 epileptic adolescence girls were selected from the population of epileptic adolescence girls, via the random cluster sampling method. The design of the study was comparative experimental and control group in pre-test, post-test and after 3 month follow-up. The intervention was emotional regulation training, based on the Boston University Program. The instrument was Psychological SCL_90_R scale. Data was analysed by Multivariate Covariance analysis. Mean scores of somatization, in the post test ($P<003$) and follow up, was significantly lower in the experimental group than in the control group ($P<003$). The results showed the emotional regulation effects on the reduction of somatization of epileptic girls.

The efficacy of emotional regulation on the somatization of epileptic girls (14-18) in Isfahan

Leila Esmaeili DKhorasgan(Isfahan)Branch, I.A.U, Iran, Islamic Republic of; Morteza Mirzaei; Mozhdde Loeipour; Asghar Aghaei; Fereshteh Afsar

The aim of this research was to assess the efficacy of emotional regulation on the somatization of epileptic girls (14-18) in Isfahan. In order to administer this study 30 epileptic girls were selected between the ages of 14-18 years from the population of epileptic girls in Isfahan city via random cluster sampling method, and assigned randomly to experimental and control groups (each group had 15 people). The design of the study was comparative experimental and control group in pre-test, post-test, and after 3 month follow-up. The intervention was emotional regulation. Training was based on Boston University Program. The instrument was SCL-90-R questionnaire. Data was analyzed by Multivariate Covariance analysis of variance. Mean scores of somatization (P

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A comparison of interpersonal sensitivity and anxiety of dermatitis out-patients and normal group

Maryam Esmaeili University of Isfahan, Islamic Republic of Iran

Psychological factors have an important effect on the skin. Skin is a system with primary tasks in tactile response and direct reaction to emotional stimulants. Statistical population of this research was all dermatitis out-patients in 2011. Experimental group was 111 dermatitis out-patients which were from 18 to 50 years old, selected randomly. The control group was 93 healthy people in the same age group, also randomly selected. SCL-90-R was used in interpersonal sensitivity and anxiety item, and demographic questionnaire was administered to all subjects. The results of this study showed that the mean scores of interpersonal sensitivity and economical status of patients (13/69) was significantly more than the mean scores of the control group (11) ($p \geq .003$). The results of this study, didn't show a significant difference between anxiety and educational level of experimental and control groups. The results of this study were similar to previous research on the relationship between stress and dermatitis. Findings of this study can show dermatologists that they should mention psychological factors to make a complete diagnosis.

Psychologists' perceptions of the ICD-10 and DSM-iv: World region and country income level as predictors of clinical utility

Spencer Evans University of Kansas, United States of America; **Geoffrey M. Reed**; **Patricia Esparza**; **Ann Watts**; **Pierre Ritchie**; **Michael Roberts** University of Kansas, United States of America

A major challenge for the mental health care field is to reduce cultural bias and improve the clinical utility of diagnostic classifications systems of mental disorders for practitioners around the world. This study examines how differences in diagnostic systems, geographical regions, and country income levels predict clinicians' perceptions of the clinical utility of the diagnostic systems they use most often. Online surveys were sent to an international sample of psychologists to inform revisions to the ICD chapter on mental and behavioural disorders. In total, 1308 psychologists from 22 countries responded, rating ease of use and goodness of fit for the diagnostic categories and system (ICD-10 or DSM-IV) they use most often. Perceived clinical utility was operationalized as the sum of the means of these two ratings. Significant differences were found for region, country income level, and diagnostic system, accounting for only 4.8% of the variance in clinical utility ratings, the largest proportion of which was explained by regional differ-

ences. In the full multiple regression model, the only significant differences were that participants in upper-middle income countries, North America, and Southeast Asia provided higher ratings compared to European and high-income countries, respectively. Clinicians' perceptions of clinical utility are highly variable within and across diagnostic systems, regions, and income levels. Regional and cultural differences may play a larger role than economic differences, and there is almost no effect for the particular diagnostic system used. Implications for improving the clinical utility of the ICD and DSM are discussed.

Mental health professionals' cognitive taxonomies of mental disorders

Spencer Evans University of Kansas, United States of America; **Joao Correia**; **Geoffrey M. Reed**; **Michael Roberts** University of Kansas, United States of America; **Jared Keeley**

Previous research suggests that individuals maintain 'folk taxonomies', in which common concepts (e.g., plants, animals) are mentally arranged into groups within a hierarchical classification scheme based on similarity. Recently, a novel card-sorting methodology has been used to investigate how psychologists, psychiatrists, and students conceptualise relationships among mental disorders. Using this approach, this study aims to elucidate how clinicians around the world organize mental disorders into folk taxonomies. Five hundred eighteen psychologists and psychiatrists were asked to sort 60 cards, each containing only a diagnostic category label (e.g., 'schizophrenia'), into groups based on their clinical similarity. Next, participants were asked to complete two more sorts, in which they would either combine or divide the original groups, resulting in a hierarchical taxonomy with three levels. The data were aggregated in a frequency matrix showing (a) how many times two cards were paired together relative to the total possible, and (b) the resultant disorder cluster groups, with varying degrees of agreement. Substance-use, mood, and personality disorder clusters had the highest rates of agreement, whereas bodily, impulse control, and childhood disorders had the lowest. Lower rates of agreement were found for disorders characterised by mixed symptom profiles, prominent developmental considerations, or concurrent psychological and physiological symptoms. Internationally, psychologists and psychiatrists share a relatively consistent folk taxonomy of mental disorders, but with disagreement regarding the nosological placement of particular disorders. Revisions to classification systems should improve clinical utility through incorporating research on how clinicians conceptualise relationships among mental disorders.

Intolerance of uncertainty and excessive reassurance seeking in depression

Lyndsay Evraire University of Western Ontario, Canada; **David Dozois**; **Erin Lowe**

To develop a comprehensive understanding of depression, it is important to examine the dynamic interaction between an individual with depression and his or her social environment. Excessive reassurance seeking (ERS), the stable tendency to excessively and persistently seek assurances from others, regardless of whether such assurance has

already been provided, is an important interpersonal behaviour to examine within the context of depression. Given the unique role that ERS plays in the development of depressive symptoms and in the deterioration of interpersonal relationships, it is critical to gain a more comprehensive understanding of this behaviour. A dearth of research has examined the cognitive origins of ERS. Although excessive reassurance seeking (ERS) and intolerance of uncertainty (IU) are conceptually linked and have both been found to occur in depression and anxiety disorders, previous research has failed to examine the association between these two variables. In the current study, two hundred undergraduates completed self-report measures of depression, ERS, and IU. Subsequently, participants read an imagery prime specifying a negative ambiguous or non-ambiguous event and completed a self-report measure specifying how they would engage in ERS following the event described. Results indicated that IU and ERS were significantly and moderately positively correlated. Furthermore, IU predicted ERS above and beyond depression and partially mediated the relationship between ERS and depression. The results of this study suggest that IU is an important variable in the prediction of ERS and that further research is needed in order to clarify the relationship between these two constructs.

Violence in drug addiction: Differential profiles of addicted patients with and without violence problems

Javier Fernandez-Montalvo Universidad Publica de Navarra, Spain; **Alfonso Arteaga**; **Jose J. Lopez Goni** Universidad Publica de Navarra, Spain

This study explored the prevalence of violent behaviours in patients who are addicted to drugs. A sample of 252 addicted patients (203 male and 49 female) who sought outpatient treatment was assessed. Information on violent behaviours, socio-demographic factors, consumption factors (assessed by the EuropAsi), psychopathological factors (assessed by SCL-90-R) and personality variables (assessed by MCMI-II) was collected. Drug-addicted patients who were associated with violent behaviours were compared on all variables to patients who were not associated with violent behaviours. The rate of drug-addicted patients with violent behaviours in this sample was 39.68% ($n=100$). There were significant differences between the numbers of patients who did and did not demonstrate violence on some variables. Patients with violence problems were younger than those without violence problems and were more likely to report having been a victim of abuse. Moreover, they were significantly more likely to have experienced an overdose and showed a significantly higher score on several EuropAsi, SCL-90-R and MCMI-II variables. According to these results, patients with violence control problems present with both a more severe addiction and several comorbid problems. The implications of these results for further research and clinical practice are discussed.

Polyvictimisation among Catalan adolescents: Relationship with affective and anxiety problems

Maria Forns University of Barcelona, Spain; **Laia Soler**; **Claudia Parellà**; **Teresa Kirchner**

The experience of multiple victimisations has an impact on anxiety and affective problems and on the perception of positive qualities. The objectives of this study are twofold: (1) to provide descriptive data about affective and anxiety problems and self-perception of positive qualities among Spanish adolescents; and (2) to establish the relationship between these variables and the degree of victimisations experienced. By means of a consecutive case method, 835 Catalan adolescents (36.65% boys and 63.35% girls) aged between 13 and 18 years were recruited from several secondary compulsory schools of Barcelona (Spain). The number of victimisations was assessed with the Juvenile Victimization Questionnaire (JVQ). Anxiety Problems and Affective Problems were assessed with the Youth Self Report (YSR) DSM-Oriented Scales, and the perception of positive qualities with the scale of Positive Qualities (YSR). The results showed a high level of affective and anxiety problems among Catalan adolescents in comparison with data from multicultural studies. In boys and girls, positive and moderate correlations were observed between the occurrence of victimisation and both anxiety and affective problems. Only in boys, a negative low correlation between victimisation and Positive Qualities was also found. The main conclusion of the present study is that the higher the number of traumatic experiences the higher is the intensity of affective and anxiety problems and the lower is the perception of positive qualities in boys. These results may contribute to a better understanding of the impact of traumatic experiences in adolescents' psychological well-being and may have clinical value.

An approach to the study of punishment in therapy: A case study

Maria Xesus Frojan-Parga Autónoma de Madrid, Spain; **Elena Ruiz-Sancho**; **Rebeca Pardo-Cebrian**; **Nerea Galvan-Dominguez**; **Isabel Izquierdo-Alfaro**

The aim of this study is to analyze how the therapist's punitive utterances have an influence on those emissions of the client that are in opposition to the therapeutic goals. In order to do this, ten sessions of a clinical case have been coded. The client was an adult with couple issues and low mood. The psychologist is a behavioral therapist with more than 20 years of experience in the field. Clinical sessions were coded using the Observer XT software and categorized using two tools specifically designed for categorizing verbal behavior. The first one is focused on the client, and it is built to classify his/her verbal content according to the therapeutic goals. The second one is focused on the therapist's utterances, in order to register punishing utterances in therapy. The result was that punishment is presented in a contingent way to the anti-therapeutic emissions which, in turn, change through the therapeutic process. This work allows us to advance further the research on processes in therapy, therefore helping us to clarify the process of clinical change during therapy.

A study of the relation between the client's utterances and the emission of motivational utterances by the therapist in clinical settings

Maria Xesus Frojan-Parga Universidad Autónoma de Madrid, Spain; **Ricardo DePascual-Verdu**; **Ana Calero-Elvira**; **Carlos Marchena-Giraldez**

This study is undertaken in the broader context of a research program focusing on therapeutic change as a process. This program's previous and current research spearheads the analysis of the learning processes that happen in clinical settings. In this particular study, we tried to find and clarify situations in which the therapist emits motivational utterances, particularly searching for a relation between these and the client's utterances. In order to do this, 92 sessions belonging to 19 cases treated by 9 different therapists with varying degrees of experience were coded using The Observer XT. The categorizing system was the SISC-INTER-CVT, developed and refined in previous studies conducted by the group. The results show a relation between the emission of anti-therapeutic utterances by the client and the emission of motivational utterances by the therapist.

Replication of an observational study of verbal behavior of the psychologist for the analysis of the therapeutic process

Maria Xesus Frojan-Parga Universidad Autónoma de Madrid, Spain; **Isabel Izquierdo-Alfaro**; **Nerea Galvan-Dominguez**; **Elena Ruiz-Sancho**; **Ivette Vargas-De la Cruz**

Previous studies of the current research group allowed analysis of verbal behavior in therapeutic interventions. Given the interest in the results found in this study, we performed a replication of the study with a new sample and an improved categorization tool. For this purpose, we recorded 92 clinical sessions from 19 patients treated by 9 behavior therapists with varying degrees of experience. The clinical work was conducted with adults and psychological treatment was individual. The instruments used were the Observer XT software for encoding sessions and Therapists' Verbal Behavior Categorization. When performing a cluster and discriminant analysis, the new data was found to replicate the results from previous studies by the research group. These results allow us to demonstrate that the therapist's verbal behavior changes throughout the therapeutic process, and that these variations are not explained by the therapist, the client or the case; in fact, the data show the therapist's verbal behavior to be related to the kind of activity being undertaken. Specifically we have found four clinically relevant activities of the psychologist: Evaluating, explaining, treating and consolidating changes. We consider this kind of analysis of the therapist's performance in sessions to be the key to a better understanding of therapy as a process.

Improving treatment adherence: A study of therapists' instructions in clinical settings

Maria Xesus Frojan-Parga Universidad Autónoma de Madrid, Spain; **Ricardo DePascual-Verdu**; **Fran Linares-Carmona**; **Carlos Marchena-Giraldez**; **Ana Calero-Elvira**

One of the definitions of treatment adherence has been related with to the non-compliance of therapeutic prescriptions and this is related with a lower effectiveness of psychological treatments. The aim of the present study attempts to describe the therapist's instructions during clinical intervention and to establish hypotheses about how the typologies of

instructions influence treatment adherence. 20 fragments of video-taped sessions of clients attending counselling in a private psychological clinic in Madrid (Spain) were analysed. Using an observational methodology and a coding system, the clinical sessions were registered according to the instructional categories previously defined. The Observer XT software was used for coding. We found some differences in the typologies of instructions used by the therapists depending on their clinical expertise and the activities they were carrying out in sessions. Results will be useful to establish hypotheses about the importance of the way the therapists emit instructions in order to improve therapeutic adherence and the treatment results. We need to confirm these preliminary results in future studies with a larger sample.

Coding system for the study of rules emitted by the therapist during the clinical process

Maria Xesus Frojan-Parga Universidad Autónoma de Madrid, Spain; **Fran Linares-Carmona**; **Rebeca Pardo-Cebrian**; **Ivette Vargas De la Cruz**

We consider that the rules emitted during the therapeutic process have a fundamental role in the correspondence between what is said inside the session and what is done outside the session. However, there are few studies about the rules emitted by the therapist and a few processes research in this field. The aim of this study was to present a coding system for the rules emitted by the therapist along the therapeutic process. The sample consisted of 57 sessions proceeded of 18 therapeutic cases conducted by a behavioural therapist. The Observer XT software instrument was used to code, register and analyse these recordings. The definitive coding system for the study of rules emitted by the therapist is presented, with 7 categories and 3 sub-categories. Adequate levels of inter- and intra-rater reliability were obtained in both cases. The potential applications of this coding system to clinical and research areas are discussed as well as the future research that could be implemented.

Psychopathology and selfconcept in schizotypy modulated by schizophrenic symptoms

Ascension Fumero Universidad de La Laguna, Spain; **Adelia De Miguel**

The current schizophrenia research has led to the detection of vulnerability markers in people at risk for developing the disorder. This vulnerability called schizotypy can be identified in people who are clinically unaffected. This study seeks to establish whether schizotypy predicts the presence of psychopathological symptoms and affects self-concept. From a population of 495 students, a sample was selected, including the 20% higher and lower scores for the factors corresponding to positive symptoms (cognitive-perceptual), negative symptoms (interpersonal) and thought disorder (disorganized) characteristics of schizophrenia that were combined into 8 different groups. Moreover, the existence of psychopathological symptoms and the effect on self-concept in each group was evaluated. It was noted that schizotypy dimensions differentially affect both psychological characteristics. This effect appears to conform more to a sufficient conditions model than a necessary conditions model. We conclude that the choice of mixed groups sup-

ports the prediction of specific effects on self-concept or symptomatology.

Assessing the cognitive basis of everyday risk-aversion in OCD: The multi-dimensional risk assessment scale

David Garratt-Reed Curtin University, Australia; **Robert Kane**; **Clare Rees**; **Lyndall Steed**

Obsessive-compulsive disorder (OCD) is characterized by poor treatment response and high rates of symptom relapse following therapy. These problems appear to be linked to the avoidance of everyday risks. This research aimed to create and validate a measure, the Multi-Dimensional Risk Assessment Scale (MDRAS), which can be used to enhance understanding of everyday risk-aversion in OCD and inform potential cognitive-behavioural strategies to target it. Threat perception largely determines risk-averse or risk-approach responses. The MDRAS assesses the related, although separate appraisals that form overall situational threat perceptions - the probability and cost of potential negative events, and the ability to cope with those events. MDRAS items were derived from the Everyday Risk Inventory - Australian Revision and from the Life Events Stress Scale. Items were unrelated to typical OCD concerns and elicit quantitative perceptions of probability, cost, and coping ability in hypothetical daily situations and potential future negative events. Principal components analyses and confirmatory factor analyses among 222 non-clinical individuals indicated that the MDRAS Probability, Cost, and Coping scales could be separated into Everyday and Future subscales, but could also be interpreted as unitary constructs. The internal consistency of the MDRAS scales was high and the convergent and discriminant validity of the MDRAS scales were demonstrated through the pattern of correlations with a measure of negative affect, a measure of obsessive beliefs, and a measure of perceived control. The MDRAS appears to be a psychometrically sound instrument with the potential to inform treatments in OCD.

An experimental study of gratitude and optimism in Iranian adolescents

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Gratitude can be conceptualised as a virtue or as an emotional state (Froh et al., 2008). This study investigated the effectiveness of gratitude intervention on adolescents' optimism. Participants consist of 160 adolescents who were randomly assigned to either a gratitude, or control condition. Results indicated that gratitude intervention was associated with enhanced self-reported gratitude and optimism. Positive intervention, such as gratitude intervention, is suitable to use for adolescents in Iran.

The relationship between perfectionism and anxiety: The mediating role of maladaptive cognitive schema

Fatima Ghanbari Jahromi Science & Research Branch Azad University, Islamic Republic of Iran; **Majid Barzegar**; **Ghasem Naziri**

The purpose of the present study is to determine the mediating role of maladaptive cognitive schema in the relation between socially prescribed perfectionism and anxiety, besides presenting a model of

these relationships by path analysis. In order to collect data a nonclinical sample of 200 students was chosen by stratified random sampling (160 males and 40 females). Instruments used to achieve the objectives of the study were Hewitt and Flett Multidimensional Perfectionism Scale, depression anxiety stress scales, and Young schema Questionnaire - short form. In order to analyse data, given models of path analysis were examined. Results have shown that the initially hypothesised model had not enough fitness to be confirmed, even though revised models had a better fitness. The findings show that anxiety model did not definitely approve, after adding the path from abandonment schema to vulnerability to harm and illness schema, the revised model of anxiety showed improvement. Therefore vulnerability to harm and illness may play the role of mediator in relationship between socially prescribed perfectionism and anxiety. Perfectionism has been a difficult problem to treat and change, so exploring the mediating mechanisms that influenced the relationship between perfectionism and anxiety can be very important to provide information relevant to understanding effective components of treatments. (Department of Psychology, science and research branch, Islamic Azad University, Fars, Iran)

Depressive symptoms in adolescents: A cross-sectional study among four major ethnic groups in Sarawak, Malaysia

Siti Raudzah Ghazali University Malaysia Sarawak, Malaysia

The increasing prevalence of depressive symptoms among adolescents worldwide has been reported in many studies. The main objective of this study is to survey symptoms of depression in adolescents from different ethnic backgrounds in Sarawak, Malaysia. A sample of 162 adolescents aged 12 to 18 years old were randomly selected from different villages of which 43.8% were males. Of the sample, 23.5% were Malay, 28.4% were Chinese, 16.7% were Iban, and 31.5% were Bidayuh. In this study, the Center for Epidemiological Studies Depression Scale for Children (CES-DC-M) was translated and used to measure depressive symptoms. As recommended by Weissman, Orvaschell, and Padian (1980) to have a stronger discriminating score for clinical depression, the cutoff score of 21 was used to categorise the group who exhibited depressive symptoms. Results showed that the prevalence of depression was high. Eighty four adolescents (59.1%) exhibited depressive symptoms. Chi-square analysis has shown that both gender and ethnicity are not significantly associated with depressive symptoms among these adolescents. Implications of the findings and future research recommendations are discussed.

A taxonomy of adjustment difficulties in Slovenian 3-year-olds: Dimensions, classes and associated risk-factors

David Gosar UKC Ljubljana, Slovenia; **Rok Holnathaner**

Based on extensive research, different empirical taxonomies of childhood psychopathology have been proposed. Using data from a Slovenian psychological screening instrument developed for detecting pre-schoolers at risk in their social, cognitive and emotional development, we aimed to

confirm previously established dimensions and/or categories of childhood psychopathology such as externalising and internalising difficulties. Furthermore, we wanted to investigate the associated genetic and environmental risk-factors to establish the degree of overlap with data on previously established taxonomies. Using exploratory and confirmatory factor analysis on data from a group 22946 3-year-olds we identified nine dimensions of adjustment difficulties including internalising difficulties, externalising difficulties, tics and stereotypical behaviour, sleeping difficulties, eating difficulties and hypoactive behaviour. Additional analysis using latent class models indicated that some sets of adaptation difficulties were best described as dimensions, while others, such as externalising disorders were better described as distinct categories. Using data from 46 monozygotic and 164 dizygotic twin-pairs we also established genetic effects for internalising disorders relatively consistent with previous reports ($h^2=.49$). In addition, we found that the genetic effects for externalising difficulties were mainly associated with inattention and hyperactivity ($h^2=.55$), rather than with symptoms of oppositional behavior or a conduct disorder ($h^2=.08$). Together with previous findings, our data seems to indicate that the underlying structure of childhood psychopathology is relatively robust and may be recovered using different parent-completed measures administered in different languages.

The mediating role of thought-action fusion between the relationship metacognition and psychological distress symptoms

Ismail Gulum Hacettepe University, Turkey; **Nil Adali**

Thought action fusion (TAF) is a cognitive bias which researchers mostly linked with Obsessive compulsive disorder (OCD) (i.e. Piri & Kabakci, 2007). Theoretically TAF has two basic components. Metacognition is simply defined as 'thinking about thinking'. Theoretically metacognition has five different domains (Cartwright-Hatton & Wells, 1997). There are some research about metacognitive beliefs' role in OCD (Gwilliam, Wells, & Cartwright-Hatton, 2004; Solen, Haland, Vogel, Hansen, & Wells, 2009; Moritz, Peters, Laroi, & Lincoln, 2010). Although these two variables were previously studied separately, we think that these two variables are linked to each other. And also that these variables were previously studied mostly in OCD. In this study we examine these variables with OCD, depression and social anxiety symptoms. For this purpose, we reached 214 (125 women and 89 men, mean age is 24.66 SD=5.48) people via the Internet. We used the Metacognition Questionnaire, TAF Scale, Maudsley Obsessive Compulsive Inventory, BDI and Liebowitz Social Anxiety Scale. There is a significant relationship between metacognition and psychological distress symptoms and TAF mediates this relationship. We have tested the mediating role of TAF (and subdomains) between the relationship metacognition (and subdomains) and psychological distress symptoms according to Baron & Kenny's (1986) method via a series of regression analysis and Sobel's Test. We have found that only the TAF-Likelihood has a mediating role and this role has changes between metacognition subdomains and psychological distress symptoms.

Violence and mental health in college youth **Gloria Gurrola** *Universidad Autónoma del Estado, Mexico;* **Patricia Balcazar;** **Oscar Esparza;** **Norma Ruvalcaba;** **Fuensanta Lopez;** **Juana Esteban**

The aim of this study was to determine the relationship that exists between being a direct, or indirect, witness to violence in the areas closest to college students, such as the neighbourhood they live in, the school they attend, and the entertainment venues they frequent. For this, a violence witnessing scale, which was applied to 1465 students from 6 states in central and southern Mexico was designed and validated, together with the list of symptoms (SCL 90-R). The results indicate that students witness violence, firstly, in the neighbourhood they live in, then in entertainment venues, and lastly at school. Significant relationships were also found between the witnessing of violence and symptoms of somatisation, depression, anxiety, fear, hostility, phobic anxiety, paranoid ideation, interpersonal sensitivity, obsessive compulsive conducts and traits of psychotics. This suggests that violence not only victimises those who directly suffer it, but it also causes great damage in the mental health of the witnesses.

The suicide ideation and adjustment in risky high school students

Habib Hasani Shahid Beheshti *Teacher Training, Islamic Republic of Iran;* **Behrouz Cheraghi;** **Akbar Mahdiloo** *Shahid Beheshti Teacher Training, Islamic Republic of Iran;* **Sedigheh Nazari**

One of the serious bio-psycho-social health-threatening factors in youth is suicidal ideation and behavior, which imposes irreversible losses to person, family and society. In this regard, identifying risk factors for suicide in this age is important. The present study with aims to prevent suicide, investigated suicidal ideation and adjustment conditions in risky high school students and its associated factors in high-risk high school students in Zanjan (Iran). To collect data from 141 male students with high-risk behaviors, the method of screening interviews, and High School Students Adaptation Questionnaire, Suicide Ideation (SSI) and Demographic Questionnaire were used. The sample selection criterion was having two or more risk factors such as: depression; bipolar disorder; conduct disorder; self-harming behavior; drug and alcohol use; violence; escape and absence from school; dead/separated/addicted parents. The results suggest that: There is a significant relationship between the divorce/death of parents suicide ideation in high risk students; negative significant relationship appears to exist respectively between emotional, social and academic compatibility and suicide ideation in high risk student; suicide ideation was not related to other variables significantly. Dead or divorced parents had positive correlation with suicide ideation however, the output regression analysis showed that, variables of emotional, social, educational adjustment were the most important predictors for suicidal thoughts, that was explained 54% of variance of suicide ideation. It can be inferred that, increased adaptation skills (emotional, social, and educational) may be inclined to reduce suicidal ideation and behavior in high-risk students.

Predictive factors of suicide trends in opioid-dependent individuals under methadone treatment

Habib Hasani Shahid Beheshti *Teacher Training, Islamic Republic of Iran;* **Ali Reza Aghajanlou;** **Mohammad Reza Eskandari;** **Soghra Karami**

This study investigated factors affecting suicide trends in opioid-dependent patients covered under methadone treatment. The study sample included 157 opioid-dependent subjects, referred to Zanjan Addiction Treatment centres, selected by random sampling, responding to the Maudsley Addiction Profile (MAP), and the researcher-designed questionnaire. To extract the results, correlation tests, independent samples T test, analysis of variance, and stepwise regression analysis were used. Findings showed that: 1) factors of age, occupation, age at onset of substance abuse, type of drug used, methods of drug abuse and psychiatric disorders in drug abusers have a significant positive relationship with tendency to suicide; 2) rates of suicide trends in opioid-dependent individuals are found in younger, unemployed or part-time employed people, beginning at ages under 20 years, type of drug consumption, including by injection, and in people with psychiatric disorders, more than other groups; 3) regression analysis showed that respectively, age, occupation, age of onset of drug abuse, risk of psychiatric disorders, the type of drug consumed, explained most of the variance of tendency to suicide. The study highlights the importance of variables as age, occupation, age of onset of use, risk of psychiatric disorders and substance use in opioid-dependent people who have suicidal tendencies, and emphasises the complementary therapies that reduce suicide risk factors.

Comparative study of anxiety in the three stages of pregnancy and its association with demographic determinants

Habib Hasani Shahid Beheshti *Teacher Training, Islamic Republic of Iran;* **Alireza Aghajanlou;** **Sedigheh Nazari**

The study aimed to evaluate the comparative study of anxiety in pregnant women during the first, second and third trimesters of pregnancy, and its relationship with demographic variables in Zanjan province. The research subjects include 326 pregnant women for the three stages of pregnancy. For this purpose, subjects responded to the Spielberger State-Trait Anxiety Inventory (STAI-Y) and Demographic questionnaire. To extract the results, statistical methods of correlation, independent sample T test and ANOVA were used. Results showed that: 1) anxiety levels in the first trimester of pregnancy are higher than the second and third trimesters; 2) there is an inverse relationship between the age of pregnant women and their pregnancy anxiety level; 3) there is an inverse relationship between the education level of pregnant women and their pregnancy anxiety level; 4) with increasing frequency of pregnancy, maternal anxiety decreases; and, 5) anxiety level in pregnant women doesn't significant relate to their family income. Overall, these results indicate that the level of anxiety in the first trimester of pregnancy is more than the second and third trimester and demographic factors such as age, educational level and frequency of pregnancy can affect this relationship.

The relationship between ways of coping and anxiety in pregnant women in Zanjan

Habib Hasani Shahid Beheshti *Teacher Training, Islamic Republic of Iran;* **Behrouz Cheraghi;** **Alireza Aghajanlou;** **Seydeh Mozghan Dehghan;** **Fariba Taheri;** **Sedigheh Nazari**

This study investigated the relationship between ways of coping and anxiety, in pregnant women in Zanjan. Data were collected from 164 pregnant women. All subjects responded to demographic, anxiety Spielberger State-Trait Anxiety (20 Measures) and Lazarus-Folkman ways of coping (66 Measures) questionnaires, including 8 subscales of confrontive coping, distancing, self-control, seeking social support, accepting responsibility, escape-avoidance, planful problem-solving and positive re-appraisal. To extract the results, statistical methods of correlation and multiple regression analysis were used. Results showed that: 1) There is negative relationship between coping strategies and the anxiety rate of pregnant women. 2) Pregnant women anxiety showed a positive significant relationship with distancing, self-control, seeking social support, planful problem-solving, positive re-appraisal, subscales of ways of coping. 3) Pregnant women anxiety has positive a relationship with escape-avoidance and confrontive coping subscales of coping. 4) There was no significant relationship between anxiety and accepting responsibility as well as escape-avoidance subscales of coping. Considering the high prevalence of anxiety among pregnant women and the negative effects on mother and foetus, we suggest that, at this critical period, training and change of dysfunctional coping strategies can play an important role in reducing anxiety, and reducing the risks in pregnancy on the foetus and the mother.

Examining the constructs of meta-emotion philosophy in mothers of children with Oppositional Defiant Disorder

Michelle Hendrickson *University of Kansas, United States of America;* **Julie Dunsmore;** **Thomas Ollendick**

Many aspects of parental emotion socialisation have demonstrated importance in the development and maintenance of children's externalising behaviours. The purpose of this study was to examine whether indices of emotion socialisation cohered, forming distinct groups of parents of children with Oppositional Defiant Disorder (ODD). Identification of such groups may have important implications for intervention and prevention. Parents' meta-emotion philosophy is comprised of attitudes about, and reactions to, emotional experience and expression (Gottman, Katz, & Hooven, 1997). It has been theorised to be a core belief structure that organises the parenting system. Therefore, these indices of emotion socialisation were hypothesised to cohere in a way that is consistent with the meta-emotion construct. The sample included 63 children diagnosed with ODD and their mothers. Mothers completed questionnaires, and mother/child dyads participated, in an emotion-talk task to measure aspects of emotion socialisation. A K-means cluster analysis revealed two significantly different groups. One parenting group was characterised by high levels of both positive and negative monitoring, and low levels of attention to negative emotions. Parents in the second group were relatively uninvolved in monitoring and discipline, but displayed high levels of attention to negative emotions. Contrary to hypotheses, these

groups were not consistent with the meta-emotion typologies. However, with further study, these cohesive groups may have implications for treatment. Results indicate that variation in parent emotion socialisation profiles exist within a population of mothers of children with ODD. Treatment approaches may benefit from considering parent characteristics, such as involvement and emotion socialisation.

A therapeutic intervention with a neglected child utilising attachment theory and therapy

Lorryn Herbst *Nelson Mandela Metropolitan Uni, South Africa*; **Greg Howcroft**; **Louise Stroud**

The extensive amount of research conducted internationally in the field of John Bowlby's attachment theory indicates that an insecure attachment between a child and the primary caregiver has a detrimental effect on both social and emotional development in childhood, as well as having a profound effect on psychological development and functioning in adulthood. The present study aimed to explore and describe the therapeutic process of an eight year old child with an insecure-ambivalent attachment style and how nurturance and feelings of safety impact the attachment style. The therapeutic process was embedded within Ann Jernberg's Theraplay framework and the case was further contextualized within Bowlby's attachment theory. The case study method was utilised and specific inclusion criteria were used to identify the participant. Irving Alexander's content-analytic framework was employed for data analysis. It was found that Theraplay provides an appropriate therapeutic process to intervene when the child has a prominent need for nurturance.

Relationships between parental mental distress and functional somatic symptoms in children: An investigation of the moderating effects of parenting style

Yi Huang *Nankai University, China*; **Xinjian Wang**; **Bin Zhang**

The aim of the study was to examine whether parenting style mediates the relationship between parental mental distress and children's functional somatic symptoms. 306 junior school students, aged from 13-15 years, and their parents participated. Children completed the Children's Somatization Inventory-24(CSI-24), Depression Self-rating Scale for Children (DSRSC), The Screen for Child Anxiety Related Emotional Disorders (SCARED) and Short-Egna Minnen av Bamdoms Uppfostran (s-EMBU). Parents completed the SCL-90. Parental anxiety and depression subscales were significantly associated with their children's functional somatic symptoms. Parenting style partially mediated the relation between children's functional somatic symptoms and parent's mental distress for depression and somatization. However, protective parenting fully mediated the relationship between children's functional somatic symptoms and parent's anxiety, indicating that parent anxiety did not uniquely contribute to children's functional somatic symptoms. The results suggest that parenting style needs to be addressed when treating children with functional somatic symptoms.

Social, behavioural, familial and parenting variables in ADHD and ODD pre-school children

Aylin Ilden Kockar *Istanbul Kemerburgaz University, Turkey*

The aim of this project is to understand the early symptoms of Attention Deficit Hyperactivity Disorder (ADHD) and Oppositional Defiant Disorder (ODD) and define the problems that may arise in terms of the child-parent relationship. In this study three groups of children, namely, children at risk for preschool ADHD and ODD, preschool children who have been diagnosed as having ADHD and ODD, and a control group and their parents will be compared in terms of the children's social and behavioural features as well as parenting styles and family functioning. It is expected that family dysfunction will be related to the child's ADHD and ODD symptoms. In parents of preschool children with symptoms of ADHD and ODD, more depression, anxiety, and burnout should be observed, their coping skills will be less effective, and they will be perceiving less social support compared to parents of normal controls. It is also expected that in parents of preschool children with symptoms of ADHD and ODD, a more controlling and negative child rearing style will be observed compared to parents of normal controls. Parents of ADHD and ODD children will have lower acceptance towards their children, as well as having less perception of competence about their parenting. Through this study, it is expected that some of the problems that the risk group of ADHD and ODD children and their parents will be understood and measures of intervention and prevention can be taken.

Theory of mind deficit in patients with schizophrenia

Osamu Imura *Osaka University, Japan*

It is well known that patients with schizophrenia have difficulties in social relationships. One of the reasons why they have such disorders is supposed that the ability to infer other's intention and emotion is deteriorated. In other words, patients with schizophrenia have a deficit of "theory of mind (ToM)". Several researchers have revealed that they showed lower scores in the ToM tasks compared with normal controls. However, the relation between ToM deficit and social adaptation in patients with schizophrenia is not clear. Patients with schizophrenia (n=31, mean age=45.8) and normal controls (n=11, mean age=47.3) participated in the study. Smarty type ToM task (first order ToM) was performed to assess their ToM ability. BPRS (Brief Psychiatric Rating Scale) and Life Assessment Scale for the Mentally Ill (LASMI) were used to measure their symptoms (BPRS) and social adaptation levels (LASMI). Patients with schizophrenia showed lower correct score (35.5%) on the ToM task compared with that of normal controls (90.9%). Patients who failed the ToM task showed higher scores in BPRS (general psychopathology, anxiety and tension) than those who did not. Positive symptoms did not differ between the two patients groups. The correlation between ToM and LASMI was not clear in this study, because the values of point biserial correlation coefficient were low. The results of this study confirmed the former researches. Patients with schizophrenia have difficulties to infer other's

mental state. However, the correlation between ToM ability and social adaptation was not clear. Further studies will be needed.

A comparative study of psychological well-being dimensions of parents with oppositional defiant disorder (ODD) children and parents with normal children

Ye Jamali *Islamic Republic of Iran*; **Somaye Jamali**; **Ahmad Abedi**

The aim of the current research was to compare the psychological well-being dimension of mothers with Oppositional Defiant Disorder (ODD) children and mothers of normal children, using the ex-post facto method. The statistical population was the third grade class of a school in Isfahan city, during 2010-2011. The sample consisted of 30 students with Oppositional Defiant Disorder and 30 normal students. They were selected by multi-stage cluster sampling method. Tools were Oppositional Defiant Disorder Rating Scale, Ryff's Psychological Well-being Scales and Clinical Interview. The results showed that there is a significant difference between the psychological well-being of mothers with Oppositional Defiant Disorder children and mothers with normal children. Mothers with Oppositional Defiant Disorder children have lower levels of well-being than mothers with normal children.

Dysfunctional beliefs, rumination and severity of depressive symptoms in primary care patients

Konrad Janowski *Univ. of Finance and Management, Poland*; **Tomasz Jedynak**; **Joanna Zakrzewska**; **Konrad Skrztek**

Cognitive theories of depression postulate that thought processes are a primary cause of depression leading to secondary affect changes. Among different thought processes, dysfunctional beliefs about oneself, the surrounding world and the future, as well as ruminative thoughts were most strongly implied as of key importance in the etiology of depression. The objective of this study was to assess the contribution of both dysfunctional beliefs and rumination to severity of depressive symptoms. Seventy-nine primary care patients were recruited to the study. They completed measures of depressive symptoms (Beck Depression Inventory), rumination (Rumination Questionnaire) and dysfunctional beliefs (Dysfunctional Attitudes Scale-A). The severity of depressive symptoms (as measured by BDI) was varied in the sample and ranged from 0 to 33 (M=9.19, SD=6.91). Stepwise regression analysis was carried out with the severity of depressive symptoms as the dependent variable, and basic sociodemographic variables, rumination and dysfunctional beliefs scores – as independent variables. The resulting regression model contained the dysfunctional beliefs total score, and rumination about oneself as the only variables significantly contributing to explanation of the variance in depressive symptoms severity. These two variables explained about 31% of the variance in depressive symptoms. Significantly higher variance in depressive symptoms was explained by rumination than by dysfunctional beliefs. These findings provide only partial support for the claim about the importance of dysfunctional

beliefs and emphasise the role of rumination in the etiology of depression.

Using virtual reality exposure therapy treatment with social anxiety disorder

Rong Kai Beijing Forestry University, China; **Wang Guang**

The main goal of this study was to offer data about the efficacy of virtual reality exposure therapy (VRET) in the treatment of social anxiety disorder (SAD). VRET is a new treatment modality that places the individual in a "virtual" world by using real-time computer animation, audio input, and so on. Social anxiety disorder has become a highly frequent problem in our society. The study aimed to explore the effectiveness of a set of virtual reality environments for emotionally significant responses in Chinese people with high levels of social anxiety. A sample of 120 people with high social anxiety participated in this study and were randomly assigned to an imagination exposure group, a virtual reality exposure group and a waiting list group. Also, repeated measures (pre-treatment, post-treatment and 3 month follow up) were taken. The improvement achieved using virtual reality exposure therapy was better than for the waiting list group ($F=21.231$, $p<0.01$), which supports the efficiency of VRET for the treatment of social anxiety disorder.

The effectiveness of cognitive-behavioural stress management therapy on relapse prevention

Negar Karimian University of Allame Tabataba'i, Islamic Republic of Iran; **Mahmoud Golzari**; **Ahmad Borjali**

The role of stress at the beginning of addiction, its persistence and relapse after treatment, has been shown in several studies, and also that stress doesn't spontaneously trigger substance dependence, or relapse after treatment, but that it is related to a lack of appropriate coping skills in dealing with stress. The purpose of this study was to investigate the effectiveness of cognitive-behavioural stress management therapy on relapse prevention in men who are substance dependent. In an experimental study, 30 individuals who settled in Esfahan therapeutic community center were randomly divided into experimental (15 subjects) and control (15 subjects) groups. The experimental group underwent ten 90-minute sessions of cognitive-behavioural stress management, and the control group didn't receive any particular treatment. All participants underwent urine tests at the beginning of the study, completion of treatment, and three months after the completion of treatment. Data were analysed using descriptive statistics and tests. Test results showed a significant difference in relapse rates of two groups in the follow-up stage ($P<0.05$). Cognitive-behavioural stress management therapy is effective in relapse prevention in men who are substance dependent.

Does stress management affect the promotion of quality of life in substance dependents

Negar Karimian University of Allame Tabataba'i, Islamic Republic of Iran; **Guo-Xiu Tian**; **Alexandra Restrepo**; **Sergio Christancho**

This study investigated the effectiveness of cognitive-behavioural stress management therapy on promotion of quality of life in men who are substance dependent. 30 individuals who settled in Esfahan therapeutic community centre were randomly selected. They were randomly assigned into an experimental and a control group. Each group consisted of 15 persons. 10 sessions of cognitive-behavioural stress management were performed on the experimental group, but no intervention was done on the control group during this period. All participants completed the quality of life inventory (sf-36) at the beginning of the study, on completion of treatment, and three months following the completion of treatment. Data were analysed using descriptive statistics, analysis of covariance. Analysis of covariance test results showed a significant difference between the two groups in promotion of quality of life in the post test stage and following stage ($P<0.05$). Findings of this study revealed that cognitive-behavioural stress management significantly and effectively increase quality of life in men who are substance dependent.

Comparing the effectiveness of buprenorphine and methadone in preventing relapse in Iranian substance abuse patients

Hamid Kazemi Zahrani University of Esfahan, Islamic Republic of Iran; **Hamid None** University of Esfahan, Islamic Republic of Iran; **Seyyed Hossein**; **Abdolhossein**; **Maryam**

Substance abuse is one of the most common psychiatric problems. It interacts with environmental and genetic factors such as developmental abnormality and sociomental conditions. These disorders can occur in the form of poisoning, dependence and abuse (Abosaleh, 2006). Finding a way to treat and prevent relapse on patients is one of the clinician's fundamental concerns. Current treatments are divided in two basic groups: Medical treatments and psychological treatments. The aim of this study was to compare the effectiveness of maintenance treatment with Buprenorphine and Methadone on changing substance related beliefs, substance tempting ideas, self efficiency, emotional regularity and prevention of relapse in patients. For this aim, 60 samples of patients with diagnosed as addicts have been selected and randomly assigned to one of two groups. Either to maintenance treatment with Methadone or with Buprenorphine. Participants of each group completed questionnaires that relate to substance related beliefs, substance tempting ideas, self efficiency and emotional intelligence before and after the treatment. The data analysis showed that maintenance treatment with Buprenorphine differs significantly from treatment with Methadone. ($F=39/4$, $P<0/01$). In particular, there was a significant difference in relapse rate variables. This can be explained in terms of the fact that treatment with Buprenorphine, because it has a different impact on neurophysiological mechanisms of addiction, reduces substance tempting ideas, increases the client's sense of self control, and the capacity for emotion regulation associated with the temptation.

The simple and multiple relationships between health and emotional maturity of gifted and not gifted students

Abolghasem Khoshkonesh University of Shahid Beheshti, Islamic Republic of Iran; **Roghayeh Rahimi**

The aim of the present study was to assess the simple and multiple relationship(s) between mental health and emotional maturity among the gifted and non gifted students. The method of the research was descriptive. 280 gifted intelligent high school students (138 males, 142 females) and 280 non gifted ordinary high school students (138 males, 142 females) were selected from a community of students in the second grade of high schools through cluster random multi-step sampling. Participants in this study responded to mental health (SCL25) and emotional maturity scale (EMS) questionnaires. Results showed there were meaningful and positive relationships between mental health and emotional maturity in gifted and non gifted male and female high school students. The mean of the scores of mental health in gifted and non gifted males were more than the mean of scores in gifted and non gifted females. So non gifted females had less mental health than gifted females. Gifted males had less mental health than non gifted male high school students. Gifted and non gifted males and females were different in emotional maturity and mental health. Thus, gifted males and females were better than ordinary male and female students in general. So, it may be due to family care of them.

Study and compare irrational beliefs and relationship beliefs of women requesting divorce in Boukan

Abolghasem Khoshkonesh University of Shahid Beheshti, Islamic Republic of Iran

This paper aims to study and compare irrational beliefs and relationship beliefs of women requesting divorce from a family court with that of women willing to keep their marriage in Boukan. Samples included 100 individuals; 50 women requesting divorce and 50 women willing to keep their marriage, that have been selected by sampling from an available population. Both groups answered the questionnaires of personal traits (compiled by the researcher), relationship beliefs (RBI), and irrational beliefs (IB). The data were analyzed by descriptive statistics (mean, standard deviation, and so on) and inferential statistics (multivariate analysis of variance (MANOVA) and LSD test. Analysis of the inferential statistics indicates that there is a difference between the two groups regarding the total number of irrational beliefs and subscales of demand of approval, blaming, emotion irresponsibility, anxious over-concern, dependency, despair about changing, perfectionism and that they are meaningfully higher in women requesting divorce. The total number of relationship beliefs and all of its subscales; disagreement is destructive, mind regarding is expected, partner can't change, sexual perfection, and the sexes are different, is different and they are meaningfully higher in women requesting divorce. Generally speaking, some of the reasons for divorce among the women of Boukan are ineffective relationship beliefs, cognitive distortions, and irrational expectations of partners in marital relationships. Partners' irrational thinking and beliefs affect their marital satisfaction and may lead to a breakdown of their relationship.

The effect of teaching communicative patterns of pluralistic family on couples' happiness

Sadrollah Khosravi IAU, Firoozabad, Islamic Republic of Iran; **Sara Ahmadi**

One of the basic elements of positive psychology is happiness. People who are happy feel more secure. They find it easier to make decisions and they feel more satisfied. The purpose of the present research is to measure the efficacy of teaching pluralistic family communication patterns on couples' happiness. Some experiments, including pre test and post test were designed with a control group. The research population comprised clients from consultation centers in Shiraz. Forty couples were selected randomly according to the revised version of Koerner and Fitzpatrick's family communication patterns. Two factors, namely *laissez-fair* and protective family patterns, were taken into account through the process of selection. The Oxford Happiness Inventory was administered to the couples. Ten 90 minute training sessions were held to expose the experimental group to pluralistic communication patterns. Three couples declined and 34 couples participated. The test was run for again for both groups and the data was analyzed with covariance. The results of the present study show that there is a meaningful difference between both groups ($p < 0.005$). The communication patterns and its interaction with the group did not reach a meaningful level. Based on the findings, it can be concluded that listening to and speaking with each other play a key role in happiness. Therefore pluralistic communication methods based on high levels of listening, speaking and interaction can be an effective way to increase couples' happiness.

Gender differences in reasons for alcohol and drug use in Kenya

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The use of alcohol and other drugs has been largely associated with and even condoned in men, while being met with social disapproval when it comes to women. In addition, women have been found to attach more stigma than men to alcohol and drug use. Despite this stigma, the rate of substance use in women has generally been low in comparison with men. However, reports from Australia, United States, Canada and countries in the European Union show merging in the rate of use of some illicit substances among young men and women and increasing rates of use among women in general in some European countries (United Nations Office on Drugs and Crime [UNODC], 2004). Research designed to understand why women are increasingly using alcohol and drugs has revealed that men and women cite different reasons for initiating and continuing use. Most of this research however, has been conducted on Western populations and may not be applicable to Kenyan men and women. This paper will highlight the ways that both gender and culture can affect alcohol and drug use, and discuss the implication of these differences for prevention and treatment.

Differential profile of Catalan adolescents in YSR DSM-oriented post-traumatic stress problems scale

Teresa Kirchner University of Barcelona, Spain; **Maria Fornis**; **Irina Planellas**; **Laia Soler**; **Judit Abad**
Victimisation experiences can have several mental health outcomes in children and adolescents. The

objective of this study was: 1) to analyse the impact of polyvictimisation in the YSR DSM-Oriented Post Traumatic Stress Problems (PTSP) scale according to gender; 2) to determine the more PTSP prevalent specific symptoms according to polyvictimisation status and gender. A sample of 848 Catalan adolescents (314 boys and 534 girls) aged between 13 and 18 years were recruited from several secondary compulsory schools by means of a consecutive case method. Victimization and post traumatic stress symptoms were assessed with the Juvenile Victimization Questionnaire (JVQ) and the Youth Self Report (YSR), respectively. Polyvictimisation was defined as the top 10% of the JVQ distribution taking into account 1-year incidence. The results indicated that polyvictimised adolescents, both girls and boys, showed mean scores significantly higher on the DSM-oriented PTSP scale than the adolescents who have obtained lower levels of victimisation. Girls obtained significantly higher mean scores in this scale than boys. Among polyvictimised adolescents, the more prevalent specific symptoms related to the PTSP scale, and common to both genders were: feeling that others are out to get you, nightmares, mood changes and sadness. Nevertheless, some differences were observed between boys and girls. The main conclusion of the present study is that the experience of multiple victimisations in Catalan adolescents was associated with a higher level of post-traumatic stress symptoms and with the disturbance of concrete behaviours. These results may have clinical and therapeutic value.

Preschool-age childrens' executive functions, and parent-child interaction relationships

Ilona Krone University of Latvia, Latvia; **Leva Bite**
At the pre-school age, children develop the basic elements of executive functioning, which influences their interaction with the environment, self-regulation and academic success later in life. The research indicates that variations of executive dysfunction may manifest as attention deficit and hyperactivity disorders, autism, Asperger's syndrome, learning disorders etc. Although a large part of these studies emphasise the role of neural maturing in the development of executive function, it is also found that social interaction could be one of the factors influencing development. Research should thus also be concentrated on the role of parenting in the development of childrens' executive functioning. The goal of the research was to establish the interconnection of childrens' executive functioning and parent-child interaction. The sample included 40 4-year-olds and their mothers (from Latvia). The preliminary results ($n=30$) show that there is a positive correlation between the Marte Meo elements (waiting, naming and conformation) and EF functioning, and the child's verbal abilities. Also, the MM elements in mother-child interaction predict (by regression analysis) the child's executive functioning.

Does religion work here? A comparison of RCBT and CBT in substance abuse therapy

Charlotte Kwakye-Nuako Methodist University College Ghana, Ghana

Religion has always been a part of the healing process for most Africans, but its effects in psycho-

therapy for substance abuse have not been fully explored and the role that the individual's own level of religiosity plays in the healing process has not been studied at all. This study was a clinical 3-group study with a pre-/post-treatment design involving a sample of 75 patients admitted for the abuse of marijuana, cigarettes and alcohol. Measures used included a modified version of the Religious Position Scale by King and Hunt (1972a) and Jennings (1972) to measure their level of religiosity, a Stress Inventory to measure their level of stress, and the Beck's Anxiety and Depression scales to measure their levels of anxiety and depression respectively. The results for the treatments showed that Cognitive-Behavioural Therapy (CBT) alone was effective in reducing alcohol use, but where religion was used with Behavioural therapy (RCBT), the treatment had no effect on any of the substances. Neither CBT nor RCBT had any significant effect on stress, anxiety and depression after treatment. Church attendance had no significant effect on the rate of substance abuse and stress. Denominational differences were found only for marijuana abuse but not for the other substances. Results were discussed and recommendations made for future research.

Improving sexual response and quality of life for climacteric women: Preliminary results

Cristina Larroy Universidad Complutense de Madrid, Spain; **Marta Perandones**

The climacteric is a stage when different changes in the female genitourinary system (as a lack of lubrication or vaginal dryness, or genital atrophy) appear. These changes may cause inconvenience and difficulties in the sexual relationships of women, and as a result, impair their sexual life and the quality of life for couples. The present work shows the results of a group cognitive behavioural intervention program for the improvement of sexual response and quality of life for couples in a sample of climacteric women. 18 women (the experimental group) received a cognitive-behavioural intervention in a group program of eight weekly sessions of two hours each, including: Psycho-education on sexuality, exercises of Kegel, sexual re-education and training, and training to improve quality of life for couples. 18 women were assigned to a control group. Women in the experimental group improved their sexual response after the intervention (increased arousal, lubrication and overall sexual response) as in a one month follow-up (increase of desire, arousal, lubrication, satisfaction and overall sexual response, and decrease pain), related to baseline period. They also improved their quality of life in couples and their quality of life in general. No changes occurred to the control group.

Adaptation and proposal of an improved program of cognitive-behavioural therapy in bulimic adolescents

Cristina Larroy Universidad Complutense de Madrid, Spain; **Natalia Macias**; **Guadalupe Moreno**

The objective of the study was to improve a well known program of cognitive-behavioural therapy in bulimic adolescents. Five patients were selected from the Eating Disorder Center in Hospital Niño Jesús. A five month study was done, with patients and their families in two hour weekly sessions.

Body Shape Questionnaire (BSQ), State-Trait Anxiety Inventory (STAI), Beck Depression Inventory (BDI) and Eating Disorder Inventory (EDI) were used pre and post intervention. SPSS19.0 was used for Statistical analysis. Bulimia nervosa is an important eating disorder, more prevalent in young patients. There are some validated therapies that improve symptoms. We combined well validated therapies, to verify if it could improve the treatment. It was divided in 3 modules. The first one comes from a Castro's adaptation (2007) of the technique developed by Fairburn. The second one focuses on the body image, based on the Raich's program (1997), adapted from Rosen and Cash. It includes strategies to work on body image perception, to face the fear and discomfort created by that fact, to modify desadaptive thoughts and behaviour; and to prevent relapses. The last one, focuses on diaphragmatic respiration, so the patient could be relaxed. Results were encouraging, as all patients showed improving symptoms, supported by statistical analysis. It is hope this program can be applied for this pathology in young patients with acceptable success.

The mediating role of emotional awareness between trauma, psychological distress and negative life events

Olivier Laverdiere Universite de Sherbrooke, Canada; *Louis*

Psychological traumas are well-known to have deep and lasting effects on psychological health and on life conditions. Developmental and clinical literature has recently seen an upsurge of interest in the role of emotional awareness in the resolution of traumatic experiences. Some of these formulations emphasise the role of emotional awareness in mediating the impact on psychological distress of various risk factors, such as temperament dimensions, attachment insecurity, and early traumas. Few multivariate studies looked at the complex interplay of these variables and their impact on psychological distress and exposure to negative life events. The current investigation examines these relations in a structural model, with 385 nonclinical participants who completed a questionnaire package. Results revealed the contributions of risk factors in the prediction of psychological distress, and exposure to negative life events, and also the mediating effect of emotional awareness. Finally, results gave insights about the psychological variables associated with emotional awareness, as well as their mediation by attachment dimensions. The discussion pertains to the role of emotional awareness in psychological distress and proneness to negative events.

Delay aversion and impaired time perception in attention deficit/hyperactivity disorder (ADHD)

Patrick Leung Chinese University of Hong Kong, Hong Kong; *Lisa Ho*

Children with ADHD (Attention Deficit/Hyperactivity Disorder) were known to suffer from delay aversion and impaired time perception. This study aimed at investigating whether these two deficits were related. Twenty-seven boys with ADHD and 26 gender-, age- and IQ-matched controls (age range=6-10 years) participated in a Choice Delay and Time Estimation Experiment. The children

were provided with their favourite snacks: shrimp crisps, at the beginning of the experiment. They were then told if they could wait, they would be given one additional piece for every minute that they waited. When the children finally gave up waiting and consumed the crisps, they were asked to estimate how long they had actually waited. The boys with ADHD were found to stop waiting significantly earlier. However, they also significantly overestimated the duration of their waiting. There was a significant negative correlation between accuracy of duration estimation, and the duration of actual waiting, i.e., the severer the participants overestimated their waiting duration, the earlier they stopped waiting. The hypothesis that the deficits of delay aversion and impaired time estimation were related was supported. Children with ADHD, while choosing to stop waiting earlier, overestimated their waiting duration. Perhaps, they might have perceived themselves to have waited long enough for a reasonably large reward (a good number of shrimp crisps) and thus stopped waiting.

Criminological profiles of patients in addiction treatment

Jose Lopez Goni Universidad Publica de Navarra, Spain; *Alfonso Arteaga*; *Javier Fernandez-Montalvo*

This study explored the prevalence of criminal behaviours in patients who are addicted to drugs. A sample of 252 addicted patients (203 male and 49 female) who sought outpatient treatment was assessed. Information on criminal behaviours, socio-demographic factors, consumption factors (assessed by the EuropAsi), psychopathological factors (assessed by SCL-90-R) and personality variables (assessed by MCMI-II) was collected. Drug-addicted patients who were associated with criminal behaviours were compared on all variables to patients who were not associated with violent behaviours. The rate of drug-addicted patients with criminal behaviours in this sample was 60.3% (n=150), and it was mainly related to traffic vehicles, followed by drug dealing crimes. There were significant differences between the numbers of patients who did and did not demonstrate criminal behaviours on some variables. Patients with criminal problems were mainly men and single. Moreover, they were more likely to report poly-consumption and they showed statistically significant differences in some scores on several EuropAsi, SCL-90-R and MCMI-II variables. According to these results, patients with criminal problems present with a more severe addiction problem. The implications of these results for further research and clinical practice are discussed.

Cognitive appraisal, belief in just world and coping self-efficacy in predicting depressive symptoms in unemployed

Maruta Ludane University of Latvia, Latvia; *Leva Bite*

The aim of this study is to explore the applicability of the transactional stresses model (Lazarus & Folkman, 1984) of job loss situations. It is tested how such personal beliefs as Coping Self-efficacy (CSE) (Chesney, Neilands, Chambers, Taylor, & Folkman, 2006) and Personal Belief in Just world (PBJW) (Dalbert, 1999) influence the cognitive appraisal of

job loss and the role that those more general beliefs and cognitive appraisal play in the development of depressive symptoms after job loss. The impact of these cognitive factors is compared with situational factors: length of unemployment, age, income, previously discussed as important depression related factors in unemployment literature. Preliminary results from a sample of 120 unemployed people aged over 45 years show that such dimensions of cognitive appraisal as Loss and Challenge combined explain about 13% of variance in depression. When controlled for dimensions of cognitive appraisal, PBJW explain additional 4% and CSE additional 16% of depression variance of unemployed. The influence of PBJW, CSE and such variables as age, income, length of unemployment on Loss and Challenge appraisal are explored. Results deepen the understanding of mechanism through which job loss influence the development of depression and give implications for specific preventive interventions.

Trajectories of resilience: Distinguishing whether childhood-onset conduct disorder desists

Tamarie Macon University of Michigan, United States of America

Although some developmental pathways of antisocial behavior are established theoretically and empirically, less scholarship considers what distinguishes those with disorders limited to childhood from those with life-course persistent psychopathology. Research examining differentiating mechanisms most often is limited to individual factors, such as callous-unemotional traits and family history of externalising behaviors. In this paper, an alternate theoretical approach for distinguishing developmental trajectories of psychopathology is proposed. The approach draws on transactional frameworks emphasizing the relationship between child and context, and on resilience frameworks, which inform the interactions between individual characteristics and environmental stressors and supports. While individual risk factors may help us identify children in need of the most targeted intervention, going beyond the predictive validity of children's traits to understanding the mechanisms of action, or transactions, that explain why that trait presents the child with an elevated risk is useful in targeting more effective interventions. Furthermore, this paper asserts methodologies that should be undertaken to better capture child-context transactions, including microgenetic designs and modified latent class analyses that determine similar groups based on dynamic cross-lagged associations. In sum, this line of research exemplifies Pasteur's quadrant of "use-inspired basic research" by seeking to understand the underlying transactional processes that link traits that differentiate between childhood-limited and persistent conduct problems, which will aid our understanding of etiology and pathogenesis of antisocial behavior as well as inspire more informative diagnoses and appropriate prevention and intervention opportunities.

Burnout in police officers: Results of mixed methods

Burba Magdalena University of Lausanne, Switzerland

Several studies have shown that burnout is caused by multiple factors. The purpose of this study was to explore the predominant causes of stress leading to potential burnout in four Swiss cantonal police institutions. A one-hour semi-structured interview was conducted with thirteen Swiss cantonal police officers who volunteered to talk about the professional difficulties they experienced. Participants were asked open-ended questions regarding their career. Preliminary results show the following difficulties: Insufficient staffing, lack of recognition for the job they do and lack of meaning in their job. Participants' experiences are compared to major themes in the literature. Quantitatively, a panel of questionnaires was used to measure participants' well-being, engagement, job strain and risk for burnout. Analyses are still in progress. By applying the findings of this research, prevention programs will be developed in order to suggest changes that reduce the risk of burnout for current and future police officers and their subsequent resignation from the field.

The genogram in family therapy

Daniel Martinez Carlos Albizu University, Puerto Rico; Daniel Martinez-Ortiz

The genogram in family therapy workshops will promote the development of an intergenerational perspective of therapy and facilitate conceptualisation by means of a dynamic, visual and systemic analysis. The participants will learn how to implement the genogram while being culturally sensitive to non-traditional families. The therapeutic implementation of the genogram will be analysed along with multigenerational maps, family life cycles, reconstructed families and multicultural families. The genogram structure, symbols, and intergenerational relationships will be described. Participants will be involved in exercises and role-playing using real clinical cases. Specific themes to be presented will be: The history of the genogram, systemic, structural and strategic theory, scientific investigations, advantages of the genogram, and genogram structure and interpretation.

Relationship between the reality-shock and mental health among first-year teachers

Miki Matsunaga Hijiya University, Japan

Although it has been established that Japanese teachers' mental health worsens over time, few studies have investigated the mental health of teachers in their first few years of teaching. We examine the relationship between the first-year teachers' mental health and the reality shock they experience. One hundred and forty-eight first-year teachers (51 men, 97 women, mean age: 26.1 years) were assessed with the Reality shock scale, the Stress Response Scale (SRS-18), and the Job Satisfaction scale. One hundred and thirty-nine teachers completed all assessments. There were high correlations between reality shock, stress response (depression, rage and enervation), and job satisfaction. A result of an ANOVA revealed that the high reality-shock group was significantly more stressed than the low one ($p < .001$). Moreover, the members of high group were significantly more dissatisfied with their jobs than those of the low group ($p < .001$). These findings suggest that those who change their perception of their jobs after being employed, experience mental stress response and their job satisfaction is low. Further research

should examine the factors that promote changes in perception and those that reduce reality shock.

The comparison of impulsivity between responsive and non-responsive obsessive-compulsive patients to selective serotonin reuptake inhibitors

Mahnaz Mehrabzadeh Honarmand Shahid Chamran University, Islamic Republic of Iran; Majid Ghafari; Rahim Koochaki

In recent years, there has been a growing interest in the interrelationships among obsessive-compulsive disorder, impulsivity and serotonin, although previous studies produced mixed results. This study aimed at investigating the comparison of impulsivity between responsive and non-responsive obsessive-compulsive patients to selective serotonin reuptake inhibitors (SSRIs). In an ex post facto design, using Sadock and Sadock's (2007) definition, and through convenience sampling, 27 obsessive-compulsive patients were divided into two groups (responsive and non-responsive to SSRI) and were examined through 11th Barratt Impulsivity Scale, Yale-Brown obsessive-compulsive Scale (symptom checklist), and Structured Clinical Interview for DSM-IV. The mean scores of impulsivity and its components in responsive patients were higher in comparison with non responsive ones. Centroids of responsive and non responsive groups were significantly different regarding impulsivity, attentional, motor, and non-planning impulsiveness ($p < .009$). Among the four variables, there were significant differences only in impulsivity ($p < .01$), attention ($p < .01$) and impulsiveness between responsive and non responsive groups ($p < .05$). The findings of this research show that there is a significant difference in impulsivity level between responsive and non-responsive obsessive-compulsive Patients to SSRIS, and the mean score of impulsivity in non-responsive patients is higher. However, attending to some provides a comprehensive theoretical explanation for the interrelationships among impulsivity, OCD, and responsiveness to SSRIS.

Attachment and early maladaptive schemas in autobiographical memory recall

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In this investigation we studied the influence of attachment and early maladaptive schemas in recall of autobiographical memories. Autobiographical memories are central to the human function, contributing to self-representation, the ability to guide, and also to search for targets in view of past experiences (Williams, et al., 2007). Early maladaptive schemas, in turn, may be regarded as stable cognitive structures, influenced by information processing. These act as organisers of external experiences of the individual and arise directly in relation to the encoding, evaluation, storage and retrieval of information, determining the responses of the individual to an external event (Stopa & Waters, 2005). Early experiments, established with parenting figures, determine the formation of early schemas, which develop in the course of life. These schemas would consist of early memories (implicit or explicit) of emotional experiences. The methodological design points to a correlational study with a sample of 52

participants aged between 18 and 52 years. A battery of clinical and experimental instruments was used: Brief Symptom Inventory (BSI), Beck Depression Inventory (BDI), State-Trait Anxiety Inventory (STAI), Autobiographical Memory Task, Schema Questionnaire and Adult Attachment Scale (EVA). We applied the Portuguese version of all instruments. The results indicate a greater recall of autobiographical memories for positive valence when compared with negative valence. We correlated these results with early maladaptive schemas scores and attachment styles. The results are discussed emphasising the importance of attachment styles and early maladaptive schemas in information processing in the individual.

The effectiveness of schema therapy on depression and anxiety patients with OCPD

Mohammad Sadegh Montazeri Isfahan University, Islamic Republic of Iran; Mohammad Abedi; Hamid Neshat Doost; Ahmad Abedi

The schema therapy model of psychotherapy was developed by Young and Associates for treating more complex cases, such as personality disorders and other long term characterological conditions within a cognitive behavioural framework (Young, 1999, 2003). This study investigated the effectiveness of schema therapy on depression, perfectionism and anxiety in patients with Obsessive Compulsive Personality Disorder. The present study has a single-subject method with multiple baselines across participants. In this study, four participants, selected by purposeful sampling, were studied through sixteen individual sessions of schema therapy. Afterwards, they were given follow up tests after 2 successive weeks of treatment. Research instruments were early maladaptive schema scale and depression, anxiety and perfectionism inventories. The results of the data chart analysis were based on descriptive statistics and visual analysis. The obtained results revealed that the intervention had been effective on all four individuals. Findings of this study showed that this intervention (schema therapy approach) can effectively decrease of anxiety, depression and perfectionism in these kinds of participants.

A meta-analysis about researches on relationship between mental health and social support

Azam Moradi Payame Noor University, Islamic Republic of Iran; Soghra Taheri; Fatemeh Javanbakht

The purpose of this study was to meta-analyse research on the relationship between mental health and social support in Iran. Among research on the relationship between mental health and social support which have been done in Iran, 8 studies were acceptable in terms of methodology and inclusive criteria, and were selected for meta-analysis. Based on results of this meta-analysis the effect size of the relationship between mental health and social support was 0.369 in Iran. Results of this Meta-analysis showed that the effect size of the relationship between mental health and social support is above of moderate in Iran (based on Cohen's criteria for interpreting effect size). This topic makes clear the importance of preparing the ground for strengthening social support.

The relationship between depression and social support: A meta-analysis study in Iran
Azam Moradi *Payame Noor University, Islamic Republic of Iran; Azam Moradi; Fatemeh Javanbakht; Soghra Taheri*

The purpose of this research was to determine the relationship between depression and social support through meta-analysis of research done on this topic in Iran. Research was conducted on the relationship between depression and social support. 6 studies with inclusive criteria were selected for meta-analysis. These studies contained 9 effect size reports about the relationship between depression and social support. Results showed that the effect size of a relationship between depression and social support is 0.456. The effect size of a correlation between depression and social support is above moderate (based on Cohen's criteria for interpreting effect size). This makes clear the importance of providing room for strengthening social support.

Relationship between quality of marital relationship and depression: A meta-analysis study

Azam Moradi *Payame Noor University, Islamic Republic of Iran; Maryam Molavi; Razieh Fatahi*

The purpose of this research was to meta-analyse research on the relationship between the quality of marital relationship and depression in Iran. From previous research on this relationship that has been undertaken throughout Iran, 4 studies were found to be acceptable in terms of methodology and had inclusive criteria. These were selected for the meta-analysis. Based on results of this meta-analysis, the effect size of the rate of the relationship between quality of marital relationship and depression was 0.894 in Iran. Results of this meta-analysis showed that the effect size of the relationship between quality of marital relationship and depression is above average in Iran (based on Cohen's criteria for interpreting effect size).

Precision of visual working memory capacity in trait and state anxiety

Jun Moriya *Ghent University, Belgium; Yoshinori Sugiura*

Visual working memory capacity is one of the most important cognitive functions to maintain task-relevant information in a highly active state, and it varies across individuals. In the present study, we investigated the effects of trait and state anxiety on visual working memory capacity. To assess visual working memory capacity of quantity, we used an orienting change-detection task. A brief array of red oriented rectangles randomly selected from a total of 36 orientations, was presented for 100 ms, and participants were asked to remember the orientations of items. Memory for these red items was tested 1000 ms later with a test array that was either identical to the original memory array or differed by one orientation, which varied by 15° or 30°. After the experiments, the participants completed questionnaires about trait and state anxiety. Under 30° rotation condition, individuals with high trait anxiety and low state anxiety showed high visual working memory capacity, whereas individuals with high trait anxiety and high state anxiety showed low visual working memory capacity. Low trait anxiety did not affect working memory capacity, regardless

of the degree of state anxiety. These results suggest that individuals with high trait anxiety have potentially high visual working memory capacity. However, under high state anxious condition, their working memory resources are diminished.

Effectiveness of group child parent relationship therapy (CPRT) on 8-11 years olds with ADHD

Rogayyeh Mousavi *Shahed University, Islamic Republic of Iran; Amin Nejati; Rasol Roshan*

The aim of this study was to investigate the effectiveness of group Child-Parent Relationship Therapy (CPRT); based on filial therapy on decreasing of Symptoms of ADHD among. In this experimental design, 30 Children with ADHD aged 8-11 years who medicating with drug and their mothers; aged 20-45, were selected randomly in two phases and assigned to two experiment and control groups. The instrument for data gathering in this study was "Conners Parents Rating Scale" (CPRS-48), which was completed by the subjects (mothers) both before and after child-center play therapy skills training. Data were analysed with nonparametric tests algorithms (Mann-Whitney U Test). Group CPRT training significantly decreased the symptoms of ADHD (except of hyperactivity-impulsive) in the patients of the experimental group ($p < 0.01$). This change was not observed in the control group. Group CPRT training is effective in decreasing the symptoms of ADHD in the Iranian populations. This study supports the use of filial therapy as an effective training model for improving parenting of mothers' empathic behaviour with children. Filial therapy training offers significant possibilities for future use in the Iranian populations to facilitate the development of healthy parenting attitudes and interactions between future parents and children.

Effect of a prevention programme in help-seeking in dating violence

Marina Munoz-Rivas *Autonoma University of Spain, Spain; Carmen Almendros; Jose Grana-Gomez; Liria Fernandez Gonzalez; Maria Zamarron Cassinello*

Youths involved in violent dating relationships usually react passively and those seeking help commonly choose informal resources instead of formal services. Consequently, prevention efforts should address this issue. In this study we examined the adolescents' responses to physical aggression by a current or ex-dating partner and we evaluated the effect of an eight-session dating violence prevention program on adolescents' help-seeking behaviour. The sample was composed of 7,196 Spanish youths (ages 14-26). A 1,058 participants subsample that reported having been involved in at least one episode of physical violence were used for analyses. The results show that the most prevalent response was "doing nothing" (41.3%), followed by informal help-seeking (four categories being the highest 31.1%), break up (9.2%), aggressive behaviour (2.9%) and formal help-seeking (less than 1%). After participating in the prevention program the use of formal helping sources and breaking-up increased, while the use of informal resources tended to remain the same. The dating violence prevention programme shows promise to improve adolescents help-seeking skills, although future research with a bigger sample is needed.

Group scribble and squiggle for psychiatric inpatients

Akane Nagashima *Gakushuin University, Japan*

This study covers an example of "Group Scribble and Squiggle" which is one of the art programs of hospitalised group psychotherapy. The main purpose of this therapy is to allow schizophrenia patients to interact with others by non-verbal communication with providing sense of security. Primary doctor had given permission to have participation from patients with the desire to take part (during the 6 sessions conducted, grand total of 27 patients and staffs participated). There was "Group Scribble" session and "Squiggle" session which staff and patients working in pairs. Mr. A did not identify the line drawn by the staff but with the staff changing the line into a powerful picture and with caring the uneasiness of Mr. A, Mr. A was able to finish the session feeling safe. Eventually, Mr. A was able to connect the pictures shared in the sessions to the line he had drawn himself. Ms. B and Ms. C was passive and showed denial in interacting with others due to fear or lack of confidence. To those two patients, staff had changed their expression into a positive one through non-verbal approach, "Squiggle". Through the "Squiggle" approach there is a possibility that the patients had felt that their expression or their presence was "taken-in" by others. Thus it is assumed that these approaches play a supplementary role in curing the disorder.

Post traumatic growth in people living with HIV in Singapore: Recommendations for best practice in psychological care

Nenna Ndukwe *James Cook University, Singapore; Pooja Kumar; Jiaying Soon*

Receiving a diagnosis of human immunodeficiency virus (HIV) is regarded as a traumatic experience and is often associated with psychological distress. Hence supporting individuals to manage the overwhelming demands of a diagnosis, including the change to their lives, is of optimal importance. A key question for clinicians concerns how to facilitate positive adjustment (also known as post traumatic growth [PTG] in individuals living with HIV. Existing studies have described the general role of clinical psychologists in HIV services. However, the specific role with regards to facilitating PTG is yet to be defined. Although PTG continues to be a topic of interest for researchers, the picture is relatively unknown in South East Asia where rates of HIV diagnosis continue to increase. Understanding PTG in people living with HIV cross-culturally would help to inform the development of recommendations for psychological intervention and service policies. Further research is required in order to develop a better understanding of best practice for psychological care in enhancing PTG. This poster presentation summarises a literature review and puts forward a proposal for cross-cultural HIV related research using a Singapore sample. The research aims to investigate the phenomenon of PTG in people living with HIV in Singapore, and to understand whether there is a role for psychology in facilitating growth.

Development and standardisation of a military stress inventory

Damian Osa-Afiana *Nigerian Defence Academy Kaduna, Nigeria*

Over the years, the Nigerian military has participated in many peacekeeping operations throughout the world. In each of these cases, the men of the armed forces were never evaluated or screened both before and after the operations to determine their psychological state. In the development and standardisation of the Military Stress Inventory (MSI), an item pool created from a list of situations related to military operation and profession was used. A 36 item inventory was obtained and administered to 600 participants made up of 150 Army, 150 Navy, 150 Airforce personnel and 150 civilians. A total mean score for MSI of 89.30 and a standard deviation of 24.13 was obtained. The mean score and standard deviation for military personnel was 88.71 and 22.08 respectively. Analysing data with Cronbach alpha, Guttman's split-half and Pearson Product Moment statistics, the reliability coefficients, both coefficient alpha and split-half range in the 80s. The concurrent validity of MSI is satisfactory with .64. The results were discussed in terms of how the development of the MSI met the objective of the study.

Prevention and early Intervention in post-partum depression risk

Gabriella Palumbo AEO and ISS, Italy; **Fiorino Mirabella**; **Isabella Cascavilla**; **Antonella Gigantesco**; **Emanuele Tarolla**

Routine screening of post-partum depression has been shown to be effective. The efficacy of specific psychological interventions for the prevention and treatment of post-partum depression has been addressed recently by several studies. In October 2011, the Mental Health Department of the Italian National Institute of Health (ISS) received a grant from the Ministry of Health to assess, in Italy, the feasibility and efficacy in actual practice of the demonstrably effective approach based on clinical work and research conducted by Milgrom J. at the Infant Clinic of the Parent-Infant Research Institute, Austin & Repatriation Medical Centre, in Melbourne, Australia (Milgrom J, Negri LM, Gemmill AW, McNeil M, Martin PR., 2005). Post-partum depression prevention, through an intervention based on the promotion and development of positive potential (Meneghetti A, 2007), has several strengths: it is empowering, in that it is mostly an effort to facilitate learning among women after childbirth and on the improvement of their strengths; it is likely to be more cost-effective than other interventions that are not conducted in group sessions, such as individual and home-based sessions; it is innovative because it is an actual psychological intervention not limited to education/information and/or psychological support.

Characteristics of children with mental retardation presenting at Polokwane/Mankweng Hospital complex in Limpopo Province: An archival study.

Molepo Poopedi University Of Limpopo, South Africa; **Tholele Sodi**

The aim of the study was to profile the characteristics of children with mental retardation presenting at a clinical psychology unit in a hospital complex in Limpopo Province (South Africa) over a five year period (i.e. January 2005 up to and including December 2009). Using the archival data method,

the clinical files of all children presenting with mental retardation at this facility were retrieved and studied. A total of 326 (male = 169; female = 157) files covering the period under review were retrieved. The Statistical Package for Social Sciences (SPSS) was used to analyse the data. Categorical data were analyzed by using frequency tables, descriptive statistics and crosstabulations. The study revealed that a significant number of cases (99.4 %) were diagnosed with mental retardation. It was also found that 45.4% of the cases were diagnosed to have comorbid clinical conditions such as epilepsy, Down's syndrome, visual problems etc. The majority of the children were referred to the clinical psychology unit to be assessed for school placement (50 %) and disability grant (38.7%).

Therapeutic efficacy in families with violent adolescents and parents with personality disorders

Susana Quiroga Universidad de Buenos Aires, Argentina; **Griselda Grubisich**; **Glenda Cryan**; **Tais Carmo**

The objective of the study was to show how weekly psychodynamic group therapy of a Violence Unit, attended by early adolescents with antisocial and self-destructive behaviours and their parents, works. This unit is included in the Programme of Buenos Aires University. Due to difficulties such as lack of bonds and high drop-outs in the treatment of these pathologies, new techniques had to be planned in both psychodynamic group's therapy to improve the therapeutic efficacy. The first step is a Setting Group, which consists of about 10 sessions to establish the framework and to foster verbal communication. The second step is a ten-session Short-term Focused Psychotherapy Group with a parallel psychotherapy group for parents, each with a different therapist. It includes two multi-family sessions at the beginning and at the end. The third step is a six-month Definitive Therapy Group to stabilise bonds and identification. The sample consisted of 27 adolescents with antisocial and self-destructive behaviours of both sexes, aged 13-15, and their parents, referred by schools or courts. The outcomes of pre-post tests for anxiety and depression of both adolescents and their parents and the relation between these symptoms in both groups; the parents' personality organisation; and the family structure will be shown. For patients with lack of mentalisation and verbalisation and risky behaviour, a planned psychodynamic therapy group with pre-established objectives and a parallel parents' group psychotherapy shows a higher efficacy.

An investigation into the public's attitude towards seeking professional psychological help (psychotherapy) in Trinidad

Kareen Ramcharitar TTAP, Trinidad and Tobago

The public's attitude toward seeking professional psychological help, in Trinidad, were investigated, using the short form of the Attitudes Toward Seeking Professional Psychological Help (ATSPPH) Scale, developed by Fischer and Farina in 1995. A total of 225 male and female adults over age 20 were randomly recruited from various locations throughout Trinidad and surveyed via telephone. Directional hypotheses, testing the correlation be-

tween age, gender, ethnicity, education levels and access to psychological services, in relation to attitude toward seeking professional psychological help, were measured using X² ($p < .05$) and ANOVA. Significance was obtained between gender and the dependent variable ($X^2(3, N=225) = 8.309, p = .040$), with females expressing a more positive attitude toward psychotherapy. Significance was also obtained between age and the dependent variable ($X^2(3, N=225) = 9.503, p = .023$), that is, persons who are less than or equal to age 40 obtaining professional attention, compared to those above 40. Ethnicity and geographic location also proved significant regarding participants' preferred choice of coping strategies. Of interest are the findings that relate to education levels and the seeking of professional psychological help, and the degree of willingness to access the service if already available. This research has strong implications for the practice of counselling in Trinidad. The role of culture and its contribution to the findings was explored in the discussion of the outcomes for which significance was found. Recommendations for implementation and future research are provided.

Massage therapy: Research relevant for practicing psychologists

Grant Rich United States of America

While many persons utilize massage therapy, there is a paucity of research on its efficacy. Practicing psychologists are often uninformed about the documented effects of this healing modality, such as its impact on anxiety and depressive mood. In addition, psychologists are unlikely to understand important differences between various massage and bodywork healing methods, such as those that require deep tissue manipulation and those that may rely solely on light, passive touch. Psychotherapists may be reluctant to make referrals to massage therapists or may risk making inappropriate referrals. This presentation aims to define and describe massage therapy and distinguish it from other techniques, and to outline clinical conditions and populations for which massage therapy has documented effects. Key evidence for its effectiveness will be described. Furthermore, the status of certification and licensure for massage therapists in several nations will be described, along with discussion of research on practitioner effects, such as the possible role of experience and training. Common questions and concerns about massage therapy will be examined. In conclusion, the relevance and significance of massage therapy for psychology will be summarised. The presenter is both a certified massage therapist and a PhD in psychology.

Adult psychopathology: Is there any agreement between self-reports and other informants?

Virginia Samaniego Universidad Catolica Argentina, Argentina; **Natalia Vazquez**

In adult psychopathology, assessment self-reports have been an essential source of information. To determine how well self-reports agree with reports by informants who know the person being assessed, Achenbach, Krukowski, Dumenci & Ivanova, (2005) examined 51 000 articles finding that qualifying correlations were found in 108 (0.2%) of the

articles. So the question arises if self-reports can still be applied as the only source of psychopathological assessment. Achenbach & Rescorla (2003) developed the Adult Self Report (ASR) and the Adult Behavior Checklist (ABCL) that allow not only obtaining self-reports but others' perception of the adults' functioning. This study aims to establish some psychometrical properties of the ASR and the ABCL, to examine correlations between self reports and collaterals and to establish levels of psychopathology in an urban adult sample in Argentina performing a cross-sectional descriptive study. The ASR 18-59 and the ABCL 18-59 were applied to a sample of 825 adults. Both instruments showed adequate levels of reliability and content validity. Total problem scores means for both instruments were in a similar range in the Argentina sample than in the U.S.A population (Argentina 29.01-43.06 vs. U.S.A. 27.9-43.4). Correlations between self reports and collaterals were of high magnitude and statistically significant. Higher correlations were found in this study than in the USA sample which might mean that in Argentina people have better understandings of others.

Depression in adolescents living in Puerto Rico: Differences by perceived social status

Idamari Santiago Universidad de Puerto Rico, Puerto Rico; Patricia Garcia Diaz

The scientific literature documents that adolescents with low socio-economic status (Low-SES) usually report higher depressive symptoms than those from high socio-economic status (High-SES). Low-SES is related to a higher psychiatric morbidity, disability, and poorer access to health care. The Hispanic Health and Nutrition Examination Survey found that among Puerto Ricans, the possibility of being diagnosed with mayor Depression was higher for those who reported Low-SES. The purpose of this study is to evaluate possible differences in depressive symptoms in adolescents of different socio-economic status living in Puerto Rico. Participants were 443 students between the ages of 12 and 18 years attending private and public schools in the San Juan area, from medium-high/high socio-economic status (G1) to low/medium-low socio-economic status (G2). We compared the mean scores on depressive symptoms for both groups using independent-samples t tests ($p \leq .05$). In the INEESD Total Scale, adolescents in G2 scored significantly higher than adolescents in G1, both for the last two weeks and for the last six months. We also observed significant differences in all subscales of the instrument. The adolescents in G2 reported more depressive episodes in their lives ($p \leq .001$) as well as less confidence in asking for help to manage Depression in the past six months ($p \leq .05$). These results support findings regarding the relationship between youth depression and socio-economic status. It is important to examine whether variables such as family cohesion and conflict moderate this relationship.

The impact of intensive behavioural intervention (IBI)

Carole Senechal University of Ottawa, Canada; Larivee Serge

The goal of this address is to present the results of two studies on the impact of Intensive Behavioural

Intervention (IBI) on the lives of families from Quebec with an autistic child (Lovaas et al., 2007). The first study, conducted in 2006 by the Centre de Réadaptation en Déficience Intellectuelle (CRDI) with 21 children, demonstrates that IBI has a very positive impact on the development of children who underwent 20 hours of intensive intervention. The level of parental stress among the participating families was reduced and the interactions between parents and children were easier after the intervention. The positive effects of the intervention were more marked in mothers than in fathers, which the authors attribute to the mother's greater involvement in the intervention (Le Beau et al., 2006). The second study, conducted in 2007 with 13 mothers (DesRivières-Pigeon, 2008a, 2008b, Granger et al., 2008, Sabourin et al., 2008) also indicates that IBI has a positive impact on parents. The results of this qualitative study show that mothers perceive IBI to be a demanding intervention for the family, but beneficial for the child because it is centered on the child's strengths and abilities. The mothers who participated in our research were very involved in the intervention and considered the administrators of the IBI to be a major source of support for the whole family. Nevertheless, some forms of involvement were described as very difficult for parents. In addition, mothers who participated in the formal IBI sessions with their child found the experience exhausting and difficult to integrate into their other commitments, such as work and the care of other children. Consistent with research on parents of disabled children (Lachance et al., 2004), this research showed that reconciling work and family is problematic: almost half of the mothers had to leave their job in order to take care of their child.

Suicide experiences, attitudes, training and intervention skills of university health professionals

Jose Serra-Taylor University of Puerto Rico, Puerto Rico; Maria Jimenez-Chafey

There has been a lot of concern in the field of mental health over suicide risk in the college student population over the last decade, as well as a community and research efforts directed towards prevention. One of the main prevention strategies is to have university personnel well trained in identifying and managing suicide risk. The specific goals of this study are to describe the experiences, attitudes and training of mental health professionals in university settings in relation to suicide behaviour. An online questionnaire was developed to explore variables of interest. Once approval of the IRB of the University of Puerto Rico, Rio Piedras Campus was received, the questionnaire was sent via email to 100 professionals (counselors, psychologists and social workers) who work with college students at the universities in Puerto Rico; 52 responses were received. The results showed that almost all (91.0%) believed suicide is preventable, most (66%) felt comfortable with their level of training and capable of intervening with suicide risk; however, 41% rarely or never assess for suicide risk in initial interviews. Also, over half (70%) reported seeing students with suicide risk only once or twice a year, yet studies show that a significant number of college students present suicide ideation

and attempts, which could suggest inadequate screening practices. Results suggest that university mental health professionals need further training in suicide assessment to reinforce knowledge of comprehensive risk assessment of suicidality as an early intervention strategy for prevention.

Attitudes of helping professionals towards incest clients in Limpopo Province (South Africa)

Mokgadi Setwaba University of Limpopo, South Africa; Tereas-Ann Mashego

The aim of the study was to assess the attitudes of the helping professionals in Limpopo Province (South Africa) towards incest clients that they were expected to deal with. The sample consisted of 103 helping professionals (nurses = 39; medical practitioners = 12; police officers = 14; magistrates = 15; social workers = 13; clinical psychologists = 10) who were randomly selected. Semi structured interviews and questionnaires, namely the Treatment Punishment Scale (TPS) and Jackson Incest Blame scale (JIBS) were used to collect data. The results showed that only 49% of the helping professionals (psychologists = 90%; magistrates = 67%; social workers = 62%) had some form of incest training acquired through workshops and classroom experience. It was found that the personal attitudes of the helping professionals interfered negatively with their management of incest clients. The results further showed that more blame was attributed towards the offender and external factors of the situational subscale than by societal factors. The police officers, nurses and medical practitioners were found to be more punitive oriented towards perpetrators than magistrates and clinical psychologists. However, all six professional groups showed no differences in their support for court mandated treatments for both the perpetrator and the family. The results are discussed and recommendations regarding the management of incest are given.

A comparison of efficacy of monotheistic integrated therapy and cognitive therapy on reduction of criminal behaviour of prisoners

Mohammad Hussein Sharifinia Research Institute of Hawzah, Islamic Republic of Iran

One of the major problems in prisons is the high rate of criminal behaviours, including aggression and pugnacity, violation of prison regulations, carrying and using illegal drugs, suicide and self-torture, disturbance seeking, upsetting the order of prison and destruction of public property. For a comparison between efficacy of 2 methods include monotheistic integrated therapy and cognitive therapy on the reduction of the aforementioned criminal behaviours, 90 prisoners of Qom, Iran, were randomly chosen and organised into 3 groups: Monotheistic integrated therapy group, cognitive therapy group, as experimental groups, and a control group. Groups 1 and 2 underwent monotheistic integrated therapy and cognitive therapy for 6 months while group 3 was left without any interference except for critical cases. For 15 days, all groups were unnoticeably put under clinical observations by trained observers both before and 2 weeks after the therapeutic interventions, while their illegal behaviours were recorded. The analysis of data showed that in

both treatments, the rate of criminal behaviour was reduced, but in monotheistic integrated therapy the reduction was more considerable.

Depression investigation in a low-income population under hemodialysis in Brazil

Geraldo Silva Junior University of Fortaleza, Brazil; **Joao Santana; Ana Paula Buosi; Francisco Emmanuel Monteiro; Eveline Silva; Elizabeth Daher; Mikaelly Lima**

Depression is the most common psychiatric illness in patients with end-stage renal disease (ESRD). The aim of this study is to investigate the presence of depression in ESRD. This is a prospective study conducted in two hemodialysis clinics in Fortaleza, Brazil, to investigate the occurrence of depression in patients with ESRD under hemodialysis. Depression was investigated using the Beck Depression Inventory (BDI-II). A total of 148 patients were included, with an average age of 46 ± 13 years, and 54% were male. The mean time in dialysis was 5.3 ± 5.2 years. Depression was found in 101 patients (68.2%), and it was mild in 50 (49.5%), moderate in 42 (41.5%) and severe in 9 (9%). Only 23 patients (15.5%) had previous diagnosis of depression. Follow-ups with a psychologist or psychiatrist were made by only 48 patients (32.4%). The comparison between patients with and without depression was found to be similar in age, gender and time on dialysis. Patients with depression were taking medications more frequently, such as antidepressants (20.7% vs. 4.2%, $p=0.01$) and benzodiazepines (33.6% vs. 8.5%, $p=0.001$). Improvement of symptoms were reported by 40 patients among 46 who were taking medications in the depressive group (86.9%). Depression is frequent and underdiagnosed among ESRD hemodialysis patients. The investigation of depression must be part of the routine evaluation of these patients.

The experience of consultants as containers to the Robben Island Diversity Experience

Madeleine Smit IOPsychology UNISA, South Africa; **Frans Cilliers; Michelle May**

Consulting from a systems psychodynamic stance to the Robben Island Diversity Experience (RIDE) is different to other training events. Consultants found it difficult to take up their roles as consultants and containers. The aim of the research was to explore the experience of consultants as containers in a group relations training event with specific reference to the Robben Island Diversity Experience (RIDE). Qualitative research, using the hermeneutic paradigm, was done. A form of non-probability sampling, purposive sampling was used, focusing on consultants who worked as staff to RIDE. A focus group was conducted. The data obtained were analysed through thematic analysis. The findings indicated that consultants found it difficult to take up their role as consultants and containers. They were not prepared for the impact of the island on the event and especially on them as consultants. Consultants had to work harder in containing their own feelings and anxieties in order for them to take up their role. They experienced that the tumultuous/symbol-laden setting of RIDE predetermined that the diversities of race and gender were worked with, while other diversities were greatly shut out. However, consultants found that they had never experienced such an

enriching experience as they had during RIDE. Robben Island as venue, with its symbolic value, had a direct influence on the event and the performance of the consultants as containers, and made it different from other training events.

The impact from rearing styles on anxiety symptoms in a medical high risk sample

Mikael Soemhvd University of Copenhagen, Denmark

This paper delineates the effects of parenting behaviour of the potential impact from being very prematurely born (VPB) with very low birth weight (VLBW) in a national cohort of VPB/VLBW survivors. Several studies indicate that individuals born VPB/VLBW have higher prevalence of psychiatric disorders and psychiatric symptoms, including anxiety. Also, parents of VPB/VLBW born are reported to have PTSD like symptoms to a greater extent than normal population. In the current paper longitudinal data (baseline + 5 year + 17 year) from the national Danish birth cohort of VPB/VLBW survivors born in 1994 and 1995 is analysed. Preliminary results suggest that taking into account rearing behaviour, which is moderated by self-reported PTSD symptoms, around time of birth eliminates the seemingly over representation of anxiety symptoms in this medical high-risk cohort. Other factors taken into account are intelligence measures collected at age 5.

Poly-victimisation and risk for self-injurious behaviour and suicidal ideation

Laia Soler Universitat de Barcelona, Spain; **Anna Segura; Claudia Paretila; Teresa Kirchner**

This study aims to provide evidence concerning the effects of experiencing multiple forms of victimisation (poly-victimisation) on mental health in adolescence, the specific focus being self-injurious behaviour and suicidal ideation. A total of 877 adolescents were recruited from eight secondary schools in Catalonia, Spain. The Youth Self Report (YSR) and the Juvenile Victimization Questionnaire (JVQ) were employed to assess psychological distress and victimisation, respectively. Participants were divided into three groups (non-victim, victim and poly-victim groups) according to the total number of different kinds of victimisation experienced lifelong. Results showed girls report significantly more self-injurious behaviour and suicidal ideation than boys (OR = 2.93). On the other hand, as much as 37.7% of adolescents in the poly-victim group report self-injurious behaviours or suicidal attempts, compared with 10.9% in the victim group and 5.4% in the non-victim group. Only the poly-victim group displayed significantly more self-injurious behaviour or suicidal ideation than the other two. In conclusion, while experiencing moderate levels of victimisation does not seem to significantly increase the risk of suicidal behaviour (suicidal ideation or self-injurious behaviour) over and above the absence of victimisation, the experience of high levels of victimisation (poly-victimisation) significantly does. These results add evidence supporting the need for research to take account of the full burden of victimisations to which individuals are subjected, since focusing on the impact of just one kind of victimisation may overestimate its relationship with other variables disallowing the effects of suffering multiple kinds of victimisation.

How we integrated different approaches in treating Borderline Personality Disorder

Manuela Spigno; Simona DeFazi

A case study describing the treatment of a Borderline Personality Disorder case, moderate in severity, and complicated by occasional drug use. Assessment was made by using the following instruments: Cognitive Behavioural Assessment 2.0 (CBA 2.0), Millon III, Structured Clinical Interview for DSM-IV Axis II Disorders (SCID-II). The main approach was Cognitive-Behavioural Therapy (CBT), with specific regard to the therapeutic relationship and acceptance promotion, with the aim of promoting emotional regulation skills. We also took into account different considerations, in and out of CBT, that we describe in the paper. In addition, APA's guidelines (2001) highlight the importance of the case's flexible management of Borderline Personality disorder, with a complex treatment, including the integrated use of different skills and resources in the personal life environment. Therapeutic strategies included definition of the main problem, and specific intervention for each problem. At the end of treatment, lasting about one year, we repeated the evaluation using the same instruments used in the assessment phase. The results showed an improvement in emotional regulation, greater planning capacity regarding her life and objectives, and a reduction in the critical scores. Occasional drug use had completely stopped. Positive results were maintained in the two follow-ups.

Specificity of rumination as a vulnerability to depression in the context of adolescent life stress

Jonathan Stange Temple University, United States of America; **Lyn Abramson; Lauren Alloy; Jessica Hamilton**

Response styles theory contends that individuals who ruminate, or repeatedly think through, the causes of their low mood, are at risk for experiencing depression. Recent research has indicated that rumination may be especially harmful when individuals encounter life stressors. For example, a recent longitudinal study of adolescents indicated that rumination moderated the relationship between life stress and the onset of major depressive episodes (Abela & Hankin, 2011). Although previous research has indicated that rumination is associated with depressive and anxiety disorders, the extent to which rumination confers specific risk for depression versus anxiety is unknown, particularly when evaluated in the context of life stressors. The present study prospectively evaluated the relationship between rumination, negative life events, and symptoms of depression and anxiety in a racially-diverse community sample of 195 early adolescents (mean age = 12.4 years). Results indicated that rumination interacted significantly with negative life events, peer victimisation, and emotional neglect, to predict increases in depressive symptoms eight months later. The form of these interactions was such that negative events predicted increases in depressive symptoms more strongly among adolescents with higher levels of rumination. Rumination did not interact with any of these stressors to predict increases in anxiety symptoms at follow-up. These results are consistent with a vulnerability-stress model and provide evidence that rumination may confer risk specifically to depression when adolescents encounter life stress.

Dependency, self-criticism traits and depressive symptoms

Qiuping Tang Department of Clinical Psychology, China; **Xiongzhao Zhu; Sha Liao; Zhenhui Zhou**

The object of this study was to explore the relationship between dependent, self-critical depression-linked personality traits, and depressive symptoms. A total of 290 depressive outpatients were recruited in the current study. Structured Clinical Interview, Center for Epidemiological Survey Depression Scale (CES-D) and Depressive Experiences Questionnaire (DEQ) were administered to all participants. The total score showed somatic and depressed affect scores of CES-D in those who had high self-critical and dependent traits were significantly higher than that in those who had low self-critical and low dependent traits ($t=3.796, p<0.01$; $t=2.524, p<0.05$; $t=3.723, p<0.01$). Both the dependent ($r=0.203-0.249, p<0.01$) and self-critical traits ($r=0.211-0.297, p<0.01$) were positively correlated with the total, somatic and depressed affect scores of CES-D. The stepwise multiple linear regression analyses showed that only the self-critical trait had significant regression effect on the CES-D total score and the depressed affect score. Dependent trait had only significant regression effect on the somatic score in female patients. These findings suggest that both the dependent and self-critical traits are related to the severity and core symptoms of depression. But compared with the dependent trait, the self-critical trait is a more powerful predictor of depressed affect symptoms in depressed outpatients.

Alexithymia in alcohol dependent patients: Gender differences, associations with craving and dependence severity

Fred Arne Thorberg Centre for Addiction Issues, Norway

Up to 50% of alcoholics have alexithymia, a multifaceted personality trait associated with emotion regulation difficulties. Although research has examined alexithymia and alcohol dependence, gender differences are yet to be explored. The objective of the present study was to determine gender differences in relation to alexithymia as well as the relationship with craving and dependence severity in a sample of alcohol dependent outpatients. Three hundred and seventy eight patients (66% male) aged between 18-71 years ($M = 38.92$) undertaking Cognitive-Behavioural Therapy for alcohol dependence were recruited. Participants with a diagnosis of a co-morbid major psychiatric disorder, organic brain syndrome or alcohol-related medical complications were excluded. Participants were detoxified prior to assessment and completed the Toronto Alexithymia Scale (TAS-20), the Obsessive Compulsive Drinking Scale (OCDS) and the Alcohol Use Disorder Identification Test (AUDIT), as part of a larger study. T-tests indicated that males scored significantly higher on Difficulties Describing Feelings and Externally Oriented Thinking compared to females. Chi-square test indicated that 34.5% of males were classified as alexithymic, 25.4% borderline alexithymic, 40.1% non-alexithymic compared to 26.4%, 26.4% and 47.1% for females. TAS-20 scales were significantly correlated with all OCDS scales for males, but not for females. In conclusion, the present study found a stronger relationship between alexithymia,

craving and alcohol dependence severity for men. These findings highlight the importance of conducting gender specific research on alexithymia in alcoholic populations.

On the measurement of narcissism: Utility of self-report instruments for clinical research

Aline Vater Free University Berlin, Germany; **Michela Schroeder-Abe; Kathrin Ritter; Stefan Roepke; Lars Schulze; Babette Renneberg**

Research in social and personality psychology has used various self-report instruments for assessing narcissism. Until now, no study has assessed the utility of self-report instruments for measuring narcissism, in a clinical sample of patients suffering from Narcissistic Personality Disorder (NPD). The goal of the present two studies was to examine the usefulness of self-report inventories in a clinical sample of patients with NPD. We used an extreme-group approach by comparing patients suffering from NPD with non-clinical controls. In Study 1, we compared three self-report instruments, one developed for clinical settings (the narcissism subscale of the Dimensional Assessment of Personality Pathology, DAPP-BQ) and two used in social and personality psychology (Narcissistic Personality Inventory, NPI and Hypersensitive Narcissism Scale, HSNS). Patients with NPD scored higher than non-clinical controls on the DAPP-BQ, the HSNS, but not on the NPI. Study 2 aimed at replicating these findings and at analysing the role of self-esteem as potential suppressor. Specifically, we examined whether patients with NPD show higher NPI scores than non-clinical controls, after controlling for self-esteem. The results showed that patients with NPD scored higher on the DAPP-BQ, but not on the NPI, in comparison to non-clinical controls, unless one controls for the suppressing effect of self-esteem. Implications for research on normal and pathological narcissism are discussed.

Stressful life events and suicidal behaviour in countries with different development levels

Jose Juan Vazquez Universidad de Alcala, Spain; **Sonia Panadero; Jose Vazquez; Paulina Rincon**

This poster presents a study conducted on 709 Latin-American undergraduates from four countries with different development levels: Nicaragua, El Salvador (low human development countries), Chile (medium human development country) and Spain (high human development country). The intention of this study is to value the differences in the number and characteristics of stressful life events suffered by the participants. Another purpose is to confirm the relation between stressful life events and suicidal conduct in Spanish cultural contexts, through the study of a multicultural sample of Spanish-speaking university students, and finally, to isolate the stressful life events that allow predicting later suicidal conduct to a greater extent. The information was collected by means of a self-applied questionnaire. The results indicate a greater presence of stressful life events among those who live in countries with lower development levels, and among those who have attempted committing suicide. It is observed that the fact of having suffered certain stressful life events - physical or sexual mistreatment, excessive alcohol or drug consumption and having left home during childhood or adolescence - aid in the prediction of later suicidal conducts in the studied samples.

Person-centred therapy with older adults: Outcomes regarding self-esteem and congruence

Sofia Von Humboldt ISPA, Portugal; **Isabel Leal**

This research aims at evaluating how person-centred therapy ('PCT') facilitates the degree of self-esteem and congruence of older adults. Information was gathered by a research tool composed of two parts: (a) a demographic questionnaire and (b) the Self-Esteem Scale ('SES'). The research sample comprised 40 elderly people between the ages of 65-93, from both genders, who completed eight sessions of PCT. After the therapeutic process, results indicated an increase of the participants' degree of self-esteem. It was verified a positive effect of PCT on older adults' self-esteem, which was achieved by an increase of their congruence level. Interventions with older adults may benefit from clearly understanding self-esteem as an important component for promoting successful aging and reducing health disparities. Recommendations for future research on older adults' PCT impact on self-esteem, as well as suggestions for PCT with older adults are also presented.

Assessment of functional somatic symptoms in Chinese junior high school adolescents

Xinjian Wang Nankai University, China; **Yi Huang; Bin Zhang**

The aim of this study is to examine the psychometric properties of the Chinese version of the Children's Somatisation Inventory (CSI-24) in 10-14 year old children in China. Furthermore, the study aims to present normative data on functional somatic symptoms using the revised CSI-24 in a community sample of Chinese young adolescents, and to assess the associations with school absenteeism records and emotional distress. A total of 2,623 students (11- to 15-years old) and 2,615 parents completed the CSI-24 and a number of personality and psychopathology questionnaires. The reliability (internal consistency) and validity of the CSI-24 was satisfactory. A factor analysis of the children's data yielded one dominant general factor, which is not strictly unidimensional. Headaches, abdominal pain and feeling low in energy were the most frequently reported symptoms. The median CSI total score was 8. Girls scored higher than boys, and no gender effect was found. FSS were significantly correlated with school absenteeism records and emotional symptoms. Finally, highly similar psychometric properties were obtained for the Parent version of the CSI (i.e., PCSI). The Chinese version of the CSI-24 is an appropriate reliable and valid self-report measure for assessing functional somatic symptoms in adolescents.

A new indigenous approach for psychological disorders in China

Weidong Wang Guang'anmen Hospital, CACMS, China; **Xueyu Lu; Fang Wang; Lan Hong; Hui Du**

Thought Imprint Psychotherapy under lower resistant state (TIP) was established by Professor Wang Weidong, who created the psychotherapy from his deep understanding of psychology, qigong, behavioral medicine as well as hypnosis. He integrates qigong into a psychological treatment system which makes full use of Chinese culture. The essence of TIP is thought imprint and lower resistant state which makes it avoid the resistance to psychological treat-

ment from Chinese patients. TIP has four main characteristics: lower resistance, reasonable authority and non-counseling style, doctor-dominance. TIP derived from clinical practice and has a long history over 20 years before its existence. And now, it is used to treat depression, insomnia, obsessive compulsive disorder, anxiety, etc. Regarding psychopathology, TIP's view is based on abnormal development psychology. It considers that two core risk factors are trauma and protection which have strong implications in China. Also, they cause abnormal development manifested by elements missing or stages missing. The two types of abnormal development will lead to personality flaws and makes individual are prone to get mental disorders. TIP now has developed into an integrative system which is composed of basic, core and symptom-based techniques. The basic techniques include lower resistant state acquiring technique, reasonable authority acquiring technique, anti-disruption technique. Core techniques include emotion easing, process analytic comprehension, imprinted cognitive treatment, suggestive inductive imagination, personality remodeling, etc. Symptom-based techniques include imaginative desensitization, sleep regulation, interpersonal relationship adjustment, etc.

Attention bias training with word stimuli: An effective treatment for depressive symptoms

Wenhui Yang Hunan Normal University, China; Zhirui Ding; Ting Dai

Attention bias training is a newly emerging, promising intervention for depression. A recent study (Wells & Beevers, 2009) suggested that modifying selective attention using picture stimuli reduced depressive symptoms, while another study (Baert, Raedt, Schacht & Koster, 2010) showed that attention bias training using word stimuli had little effect on depression. We investigated whether words could serve as effective stimuli in attention bias training to reduce depressive symptoms. With a double-blind, placebo-controlled, among-groups randomised design, we examined the effect of the modified dot probe task, using word stimuli on attention bias and depressive symptoms. Mild to severely depressed college students ($n=77$) were randomly assigned to attention training, placebo training, or an assessment-only control condition. In training conditions, participants completed 8 sessions of training during a two-week period. All participants completed self-reported assessments of depressive symptoms at baseline, post-training, and follow-up. Participants in the attention training showed a significant improvement of depressive symptoms from baseline to post-training, as well as to follow-up. Meanwhile, they presented a significantly reduced attention for sad stimuli after the training. But these were not found in participants in placebo training and control conditions. The change of attention bias was negatively related to depressive symptoms assessed at post-training and follow-up. Attention bias training using word stimuli is an effective treatment for depressive symptoms. The biased attention may have a causal role in the maintenance of depressive symptoms.

The impact of rumination and stressful life events on depressive symptoms in high school students: A multi-wave longitudinal study

Juan Yang Hainan Medical College, China; Chenchen Zhang; Shuqiao Yao

There have only been a few studies that tested the interaction between rumination and stress in predicting levels of depressive symptoms and results are mixed. Treynor, Gonzalez, and Nolen-Hoeksema (2003) have identified two distinct subtypes of rumination - brooding and reflection - which explain the relationship between rumination and depression. More specifically, studies indicate that brooding, but not reflection, predicts the development of depressive symptoms over time. Accordingly, the aim of the current study was to examine whether rumination and its sub-types moderate the relationship between stress and depressive symptoms. During the initial assessment, 618 high school students (302 boys, 316 girls) completed measures assessing negative life events, rumination (including brooding and reflection) and depressive symptoms. Every three months for the next twelve months participants completed measures assessing negative life events and depressive symptoms. Data were analyzed using hierarchical linear modeling analyses. Hierarchical linear modeling analyses indicated adolescents who tend to ruminate in response to depressive symptoms did not report greater elevations in depressive symptoms following elevations in negative life events than other adolescents did. Additionally, brooding only showed the main effect on depressive symptoms and did not moderate the relationship between the occurrence of negative life events and depressive symptoms, while reflection did not predict the development of depressive symptoms. Stressful life events and brooding could predict the development of depressive symptoms, however rumination and its subtypes did not moderate the relationship between stress and depressive symptoms.

Mental health comparison of general university undergraduates and local university undergraduates

Jinhui Ye Jiangxi Normal University, China

Exploring the state of mental health of undergraduates of universities run by local people, by means of comparing the mental health level between them and the undergraduates of the general university, a total of 315 undergraduates of university run by local people (170 males, 145 females) and 200 undergraduates of general university (100 males, 100 females) were selected and tested with the Symptom Checklist 90 (SCL-90). The total level of mental health of undergraduates of the university run by local people was lower than that of the undergraduates of the general university. There were significance differences between them by sex, urban or rural origin, class-organiser or non-class-organiser on many dimensions of SCL-90 ($P<0.01$ or $P<0.05$). The level of mental health of undergraduates of university run by local people was lower than that of the undergraduates of general university and this situation should have more attention paid to it and strengthened.

Secondary traumatic stress among mental health workers

Ayten Zara Istanbul Bilgi University, Turkey

Due to its very nature, trauma constitutes one of the most challenging areas of work within the realm of

psychology. Secondary traumatic syndrome is an integral part of engaging with traumatized clients professionally, which causes a shift in mental health workers' cognitive schemas, values, and beliefs about self and the world. This shift does not happen due to only one therapeutic relationship, but due to repeated exposure to vivid traumatic material brought by clients. This study investigates the prevalence of secondary traumatic syndrome among mental health workers in Turkey, and professional, personal and demographic factors playing a role in its development. 205 participants from both Eastern and Western, urban and rural parts of Turkey took part in the study. Both mental health workers, who work with trauma cases, and those who do not, took part in the study. A survey consisting of 17 demographic questions, the Turkish version of Maslach Burnout Inventory, and the Trauma Attachment Belief Scale were administered to the participants. Data was collected through mailed and online survey methods. This research has found a high level of secondary traumatic stress syndrome in mental health workers. Mental health workers with personal trauma history, and who work in the East and South-East Region of Turkey reported more secondary traumatic stress. Specializing in working within the traumatic stress field and receiving supervision were found to have a preventative effect against secondary traumatic stress.

Do maladaptive schemas change as for withdrawal in addicts?

Mostafa Zarean Shahid Beheshti University, Islamic Republic of Iran; Faezeh Pourshahla-Nobari; Anisi Khoshlahjeh

The purpose of this research was to compare the maladaptive schemas of non-clinical addicts who have, or have not been successful in quitting their addiction. The addict sample was chosen randomly in the Tavalod-e Dobareh charity center, comprising 90 individuals (30 successful addicts, 30 unsuccessful addicts, and 30 non-clinical individuals). The participating groups were controlled according to demographic factors such as gender, age and education. The sample groups took the general health questionnaire (GHQ) and Young Schema Questionnaire (YSQ). MANOVA statistical test and related post hoc were applied to analyse the data. The results indicated that there is a significant difference between primary maladaptive schemas such as Mistrust/ Abuse, Defectiveness/ Shame, Entitlement/ Grandiosity, Dependence/ Incompetence, Enmeshment/ Undeveloped Self, and Insufficient Self-Control/Self-Discipline among addicts who were able to quit, with those addicts who were not able to quit, and the non-clinical population ($p < 0.05$). The difference effect was 0.278. Also, there was no significant difference among the Dependence/Incompetence and Enmeshment/Undeveloped Self between the successful and unsuccessful groups and non-clinical population. The overall statistical analyses indicated that the mean scores of the maladaptive schemas are significantly different among the successful, unsuccessful withdrawals and non-clinical population.

Differential association of basic temperaments with cognitive emotion regulation strategies

Mostafa Zarean Shahid Beheshti University, Islamic Republic of Iran; **Faezeh Pourshahla-Nobari**; **Anis Khoshlahjeh**

sdPsychopathological symptoms stem from fundamental temperaments as declared in recent theories (e.g. Gray, 1999; & Clark, 2005), while others continuously endeavour to clarify its common features such as emotional dysregulation (Brown & Barlow, 2009; Warner & Gross, 2010). In the present study we aimed to investigate the complex associations between basic temperaments and broad strategies of cognitive emotion regulation. In a descriptive cross-sectional study, 232 undergraduate students from Tehran universities enrolled in the project and completed the Behavioural Inhibition/Activation System (BIS/BAS) and Cognitive Emotion Regulation Questionnaires. Primary results indicated that positive strategies correlated with the dimensions of the activation system: reward responsiveness, drive, and fun-seeking. However there was significant correlation among dysfunctional strategies and an inhibitory system ($p < 0.01$). Also, these temperaments could predict the valuable amount of cognitive emotion regulation strategies' variance. As the core entity of temperament is inherited and has predictive value in psychological interventions, evidence from the present study supports the idea that the development of psychopathology can be controlled due to the detection of temperamental aspects as well as prevention through functional emotion, regulation strategies training within the community.

Effect of parenting style on the development of functional somatic symptoms in adolescents
Bin Zhang Nankai University, China; **Yi Huang**; **Xin-jian Wang**

The aim of this study is to determine whether parenting style effect the development of functional somatic symptoms (FSS) in young adolescents. In addition, the mediation effect of parents' psychological factors, namely, anxiety, depression and somatic symptoms, were also examined. FSS were assessed in 600 11-to- 14-year-old adolescents using Children Somatization Inventory-24. Anxiety, depression and self-esteem were examined in 401 young adolescents using SCARED, DSRSC and Rosenberg Self-Esteem Questionnaire. Parenting style was measured by e-EMBU in 299 adolescents. 299 young adolescents' parents' anxiety, depressive and somatic symptoms and disorders were assessed by SCL-90. The results showed that maternal overprotection was a predictor of the development of FSS in both male and female young adolescents ($\beta = 0.862$, $p < .001$), while parental emotional warmth and rejection has no significant effect on the development of FSS in adolescents. Stratified analysis revealed that beside maternal overprotection, paternal rejection was also a predictor of the development of FSS in boys ($\chi = 0.938$, $p < .05$), but not in girls. Significant mediating effect of parental psychological factors in the relationship between maternal overprotection and FSS were found. Maternal over-protection contributes to the development of FSS in young adolescents. Paternal rejection predicts the development of FSS in boys.

Session Type: Invited Addresses

Amelioration of self-schema vulnerability in cognitive therapy for depression

David Dozois University of Western Ontario, Canada
Three primary levels of cognition are emphasised in Beck's theory of depression: Cognitive products (e.g., negative automatic thoughts, dysfunctional attitudes), processes (e.g., attention and memory biases) and structures (i.e., well-organised and interconnected internal representations of self). In this presentation, a programme of research is described showing that negative cognitive structures show sensitivity and specificity to depression. The interaction of cognitive structure and negative life events also appears to predict future depression. Although the products and processes associated with depression appear to fluctuate with concurrent mood (i.e., this negative thinking improves when an individual remits from an episode), the organisation of negative interpersonal content related to self appears to be temporally stable. Given that cognitive therapy (CT) is highly effective for treating the acute phase of a depressive episode, and that this treatment also reduces the risk of relapse and recurrence, it is possible that CT may alter this stable vulnerability factor. Some data will be presented that supports this idea. The implications of these results for understanding mechanisms of change in therapy and the prophylactic nature of cognitive therapy will be discussed.

Self-harm in the context of trauma, violence and disconnection

Gillian Straker University of Sydney, South Africa; **Gill Straker**

This presentation explores associations between trauma and violence, including harm against the self, via the concepts of dissociation and disconnection. The pathways by which trauma promotes disconnection at the neuropsychological, interpersonal and social level are discussed. There is a particular focus on the disconnection between words and meaning. Within this psycho-dynamically inflected paper, the disconnection between words and meaning is explored within attachment theory, and the notion of the alien self. It is argued that when words do not function as containers for affect, enactments frequently ensue. Enactments can involve attacks on the body of the self, or the other, with a gender bias affecting which body will be chosen for attack. Women are more likely to attack themselves, and men are more likely to attack someone else, but there is an overlap in the dynamics that inform these behaviours. This presentation focuses on women and self-harm, and how some women use their own bodies to express their distress. Self-harm is refracted through the lens of two new concepts, auto-mirroring and provoked affect broadcasts. The inner experiences of those who self-harm are conveyed in their own words to illustrate their experiences of disconnection, and their attendant need for auto-mirroring and provoked affect broadcasts, as these serve to compensate for deficits in reflective function and feelings of disconnection on multiple levels.

The portrayal of psychopathology in films

Danny Wedding Alliant International Univ., United States of America

This presentation will review the ways in which psychopathology has been portrayed in the cinema, illustrating five common myths: traumatic etiology; schizophrenogenic parents; harmless eccentricity;

the healing power of love; and the belief that people with schizophrenia have split personalities. Film clips will be used to illustrate these myths. The role of media in establishing and maintaining the stigma of mental illness will be covered. In addition, this presentation will examine the portrayal of psychologists and other mental health professionals in movies, illustrating five recurring motifs: the psychologist as learned and authoritative; arrogant and ineffectual; seductive and unethical; omniscient and dangerous; or kindly and well intentioned. Films illustrating the core principles of positive psychology will be briefly discussed, and the use of films in the classroom and in therapy will be examined. Finally, the use of films for personal growth will be explored. The presentation will be based on the books *Movies and Mental Illness* (Wedding, Boyd, & Niemiec, 2010) and *Positive Psychology at the Movies: Using Films to Build Virtues and Character Strengths* (Niemiec & Wedding, 2008).

Session Type: Invited Symposia

Symposium title: Behavioral genetics: Looking back and looking forward
Convenor: Sergey Malykh

Genetic and environmental influences on behavioural and emotional problems in 7-17 years old Russian-speaking twins: age and gender differences

Elena Gindina Tomsk State University, Russian Federation; **Marina Lobaskova**; **Sergey Malykh**; **Elena Sabirova**

Behavioural and emotional problems in childhood and adolescence are a strong prognostic indicator for poor adult mental health. Thus, information about its etiology is needed. To date, most behavioural genetic research of behavioural and emotional problems has been conducted on European and American samples. We investigated the relative contributions of genetic and environmental factors to behavioural and emotional problems in Russian-speaking school-aged twins (7-17 years). Sample was recruited in the cities of Moscow, St Petersburg, Izhevsk, Tver (Russia) and Bishkek (Kyrgyzstan). Measures of behavioural and emotional problems were obtained from maternal CBCL (Achenbach T., 1991, Manual for the Child Behavior Checklist/4-18 & 1991 Profile, Burlington: University of Vermont, Department of Psychiatry) data and included data from 737 twin pairs. Structural equation modelling was employed to obtain genetic and environmental estimates in three age groups of 7-10 (216 pairs), 11-13 (201 pair) and 14-17 (270 pairs) years old twins. Results showed there are important environmental, as well as genetic factors which contribute to phenotypic variance of maternal reports of behavioural and emotional problems in school-aged Russian speaking children. Differences in heritability across age and gender were found.

Symposium title: Engaging young people and their families in evidence-based services: Challenges and Innovations
Convenor: Catherine Lee

Evidence-based services for young people and their families: How can psychologists help?

Catherine Lee University of Ottawa, Canada

Worldwide, one in five children and youth suffer from emotional and behavioural disorders. These problems are neither trivial nor transitory. Epidemiological data demonstrate that the majority of disorders of adulthood first appear during childhood or adolescence. Untreated, these disorders are associated with diverse negative consequences that accumulate and persist into adulthood. Only a small fraction of those in need receive any type of services. Many who begin services do not complete them, and there is limited evidence that 'service as usual' is effective. Although there are now efficacious treatments for a wide range of disorders, current models of service delivery are unable to reach the vast majority of those who require services. Marginalised people, who are in the greatest need, may be least likely to engage in, complete, and benefit from traditional services offered in a psychologist's office. Some psychologists are therefore considering the best way to maximise the impact of their knowledge and skills in order to help the greatest number of young people. The Triple P suite of programs is designed to offer services to promote positive parenting. Asgary-Eden and Lee surveyed service providers, supervisors, and administrators about implementation of this program in their agency in the Canadian province of Ontario. Despite overall positive results and openness to offering this evidence-based program, the majority of agencies faced some resistance in implementing the program. Psychologists are in an ideal position to facilitate the adoption and maintenance of evidence-based services by training, supervising, and evaluating these services.

Symposium title: Mental health, neuropsychiatric assessment and integrated health services

Convenor: *Michela Colombu*

Rabeja: A clinical case of Bipolar Disorder

Claudia Burroni HSA, Jamaica; Aimee Ferreira

This work is a detailed and systematic extract of a whole cognitive behavioural psychotherapy (CBT), lasting eleven months, of a patient with diagnosis of Bipolar Disorder. The script describes the rationale that led the therapist to choose the most appropriate intervention in relation to the disease presented and the therapeutic phase. In the work, are included extracts from the clinical interview, result of psychodiagnostic test used during Assessment process (CBA 2.0, MMPI II), and the tools used to achieve a better psychological compensation. Rabeja is a 35 year old woman, married for 16 years with three children aged 17, 10 and 5. She accessed my private practice after heavy pressure and insistence from her psychiatrist. Rabeja is of Kurdish nationality. After her arrival in Italy, which occurred 3 years ago, after a lot of problems related to her husband's as a political refugee, she has had to deal with economic, social and cultural problems.

Self report of depression: Differentiating among dementias

Michela Colombu HSA, Italy

Although previous studies have shown that depression is more prevalent in Vascular Dementia (VaD) than in Alzheimer's Disease (AD), the severity and profile of depressive symptomatology appear to be independent of etiology. Because of overlapping manifestations, depression may be misdiagnosed as apathy or behavioural disturbances and a correct diagnosis is sometimes quite arduous. Besides it is well known that depression itself may cause cognitive dysfunctions, as exemplified by Depressive Pseudo-dementia (DPD). The aim of this study was to assess whether the use of self-reporting depression scales, such as Beck Depression Inventory (BDI) and Beck Depression Inventory II (BDI II), would allow identification of symptoms clusters to better differentiate among dementias. The secondary aim of the study was to define whether the comparison between these two diagnostic instruments would highlight different results. The BDI was administered to AD, VaD and DPD patients matched for age, education and severity of dementia. For all subjects cognitive impairment was sufficiently mild to allow self-compilation of the scale. As suggested by literature, the BDI score is subdivided in three subscores corresponding to symptoms of dysphoria, apathy and somatic symptoms. The BDI II score and subscores were based on current Italian standardization of the inventory. Non parametric analysis of data was performed. The use of different subscores in depression reporting seems to be a useful tool in discriminating among dementias, even if it is not too sensitive to apathetic disturbances. Results obtained by the two different instruments seem to overlap.

Session Type: Invited Workshops

Building capacity for mental health treatment in the developing world: developing and assessing the success of cognitive behavioral group treatment of anxiety disorders in a group of Tanzanian men

Rehman Abdulrehman University of Manitoba, Canada

Psychology plays a very limited role in most of the developing world; many countries' health systems are run without any mental health policy. According to the World Health Organization, developing countries have significantly fewer resources to treat mental health problems. Pharmacological treatment is the primary mode of treatment, but is difficult to access and costly. Since CBT is proven to be very effective treatment for the most common mental health problems (i.e., anxiety and depression), and is more cost effective than pharmacological treatment, a model to develop CBT in developing countries may prove useful. An alliance of psychologists from the University of Manitoba and the Muhimbili National Hospital (in Dar es Salaam, Tanzania) conducted a group CBT program for anxiety disorders. The group consisted of seven male outpatients from the university hospital who were diagnosed with an anxiety disorder and were open to exploring non-pharmacological treatment as the primary means of treatment. The group was run by a local psychologist, clinical psychology student, and remotely supervised by a psychologist who specializes in CBT of anxiety disorders, at the University of Manitoba, in Canada. This workshop presents the development of this project, the course

of treatment, evaluation by the researchers and by participants, and challenges along the way. This method of training and treatment may serve as a possible model for future training of health care workers in developing countries for the treatment of common mental health problems, and therefore build capacity for overall availability of mental health treatment.

Brain-based therapy

John Arden Kaiser Permanente Medical Center, United States of America

Proposed Preconference Workshop 4 hours This seminar will examine the role of attachment in development of affect regulation and hemisphere asymmetry Apply a brain-based approach to treating depression, anxiety, OCD, PTSD, mood and attention deficit disorders Understand which elements of traditional psychotherapy are relevant and which are counter-therapeutic Discover how the synthesis of neuroscience, evidence-based treatment and attachment theory fosters optimum therapeutic outcomes. Understand the role of memory and attention in the therapeutic process Understand how diet effects and can improve your brain. Applying the Latest Developments in Neuropsychology to Everyday Practice Recent advances in the neurosciences have increased our knowledge of how and why people change. Brain-based therapy synthesizes neuroscience, evidence-based treatment, and attachment theory into a hybrid therapeutic model. This model helps identify which elements of theoretical psychology are relevant and which may be counter-therapeutic. Brain-based therapy envisions the therapeutic process as a method to change the brain in order to change mood and behavior, using evidence of brain function and activity and moving beyond the theoretical school paradigm. This seminar will examine the use of brain-based psychotherapy to enhance outcomes with a variety of client populations. Participants will identify the role that brain function plays in mood, memory and behavior. You will evaluate the latest research indicating certain aspects of traditional theoretical psychology that may be counter-therapeutic. Using a synthesized model of neuroscience, attachment theory and evidence-based treatment, you will learn how to more effectively treat clients with depression and anxiety disorders as well as PTSD and OCD. Participants will develop a new way of looking at the therapeutic process to move beyond the traditional theoretical school approach. You will learn how to use this information in the therapy session to educate your clients and make the goals of treatment understandable. Course Content Brain-Based Therapy: Brain-based therapy approaches to treating anxiety, depression, trauma and attention deficit disorders Translate knowledge of the brain into client education and motivation strategies

Narrative exposure therapy

Thomas Elbert University of Konstanz, Germany, Germany

In narrative exposure therapy (NET), the patient, with the assistance of the therapist, constructs a chronological narrative of his life story with a focus on the traumatic experiences. Empathic understanding, active listening, congruency and unconditional positive regard are key components of the therapist's behavior. The autobiography is structured according

to their chronological order with the help of the therapist. The aim of this procedure is to transform the generally fragmented reports of the traumatic experiences into a coherent narrative. For traumatic stress experiences the therapist asks in detail for emotions, cognitions, sensory information (visual, auditory, tactile, olfactory and gustatory) and physiological reactions, probes for respective observations and records this information. The patient is encouraged to relive these emotions while narrating without losing the connection to the 'here and now': using permanent reminders that the feelings and physiological responses result from memories, the therapist links the experiences to episodic facts, i.e., time and place. The exposure to the traumatic experience is not terminated until the related fear reaction presented and reported by the patient does show a significant diminution. In this way, the narrative is driven forward in a supportive but rather directly guiding style by the therapist, in order to counter avoidance and to recover the full implicit information of the traumatic experience. If requested by the client, a written report may be used for rights and human rights advocacy.

Psychological assessment and evidence-based practice in psychology

John Hunsley University of Ottawa, Fiji

The focus of the workshop will be on evidence-based assessment (EBA) assessment as a key component of evidence-based psychological practice (EBPP). The workshop will begin with an overview of EBPP, including both treatment and assessment services. Following a general discussion of the purposes of EBA, the focus will be on three assessment purposes directly pertinent to treatment: diagnosis, case conceptualization and treatment planning, and treatment monitoring and treatment evaluation. After reviewing some of the key scientific and clinical issues linked to these assessment purposes, the final part of the workshop will involve an examination of the ways that decision-making aids conserve to reduce the negative effects of biases and heuristics in the provision of psychological services. Throughout the workshop the emphasis will be on building on knowledge and skills that professional psychologists already possess by virtue of their training. Practical strategies for maintaining and enhancing professional knowledge and practices will be presented in detail, and information on specific clinician-oriented EBPP resources will be provided.

Session Type: Symposia

Symposium title: Adolescent suicidal behaviour: A comparison of work from developed and developing countries
Convenor: Henriette Van Den Berg

The role of coping strategies in the suicidal behaviour of a group of South African adolescents

Ancel George University of the Free State, South Africa

Adolescents are exposed to a myriad of environmental and socio-political changes. How adolescents cope with these confronting changes are important as determinants in their health and well-

being. The purpose of this article is to investigate the relationship between coping strategies of adolescents from different racial groups and their level of suicidal ideation. A non-experimental and cross-sectional research design was used with a criterion group design and correlation design. A stratified sample of 600 learners was gathered from ten schools in the Northern Cape Province. Data were collected via The Suicidal Ideation Questionnaire for Adolescents and the Cope Questionnaire. Results indicated that black participants reported the highest levels of suicidal ideation, while coloured and black participants used more dysfunctional coping strategies than white participants. A significant correlation emerged between suicidal ideation and emotion-focused coping among coloured and white participants as well as between suicidal ideation and dysfunctional coping among the black participants. The strategies venting of emotions (+), denial (+), turning to religion (+), restraint coping (-) and acceptance (-) all showed a significant correlation with suicidal ideation. Certain coping strategies influence suicidal ideation significantly. However, further studies should explore the underlying reasons for the high levels of dysfunctional coping among some groups in particular.

Interpersonal functioning in suicide related behaviour in adolescents

Carla Sharp University of Houston, United States of America

Suicide-related behaviours amongst adolescents are a cause for concern. Some of the most influential theoretical models of suicide attempts and self injury emphasise the role of an individual's interpersonal environment and connectedness in suicidal behaviours. The aim of this presentation is to present original data on the relation between suicidal behaviours and several indices of the quality of the interpersonal environment. These include attachment, security, trust in relationships and social cognitive capacity. A sample of 232 adolescents between the ages of 12 and 17 years were recruited from a private pay unit which usually serves high income, Caucasian adolescents, in addition to n=114 recruited from a county psychiatric facility of predominantly African American and Hispanic adolescents. Primary analyses suggest that attachment style plays an important role in suicide-related behaviours in both samples. Analyses using trust and social cognition measures are underway. Together, the findings of this program of research aim to establish interpersonal functioning as an important correlate, if not a risk factor of suicide-related behaviours in youth.

A comparison of stressors and resources reported by suicidal South African and British adolescents

Henriette Van Den Berg University of Free State, South Africa

A significant increase has been noted in adolescent suicidal behaviour in developed and developing countries. This presentation aims to compare the influence of contextual stressors and resources on the suicidal tendencies of a group of South African and British adolescents. A stratified sample of 678 adolescents from Surrey, England (N = 297) and Northern Cape, South Africa (381) were recruited

from private and public schools. The age range of participants were 14 - 16 years. The Suicidal Ideation Questionnaire for adolescents, Life stressors and resources inventory and Cope scale were used to gather data. Descriptive statistics and stepwise regression analysis were performed for the two groups respectively. The British girls reported significantly higher levels of suicidal ideation and behaviour than their South African counterparts. Personal variables such as self-esteem played a very important predictive role for both groups, while alcohol and drug disengagement was a very important contributing factor for the British group (0.1% level of significance, moderate effect size). Support from family and friends played a significant role in the regression analyses. Problems related to financial resources and infrastructure played an important role in the South African group's suicidal behaviour. Disengagement as coping style was another significant predictor. Recommendations are made regarding the role of interventions aimed at enhancing self esteem and effective interpersonal and coping skills.

The need for increased access to suicide prevention and intervention programs in South Africa

Henriette Van Den Berg University of Free State, South Africa

The Second South African Youth Risk Behaviour Survey showed a marked increase in suicidal behaviour amongst South African adolescents between 2002 and 2008. The South African Health System is characterized by a serious lack of mental health services. This is evident in the ratio of 1: 10000 psychologist to member of the public. Currently no national suicide prevention plan exists. Limited services are available to schools to deal with the increased incidents of suicidal behaviour of pupils. The aim of this presentation is to provide an overview of the services available to South African adolescents battling with suicidal behaviour. The presenter completed a survey in one province in South Africa, making use of key informants in a number of government departments, schools and private mental health facilities to gather information on the availability of mental health services, specifically suicide prevention and treatment services. Results highlighted the serious shortage of suicide prevention and treatment services. Schools in higher socio-economic groups make use of services of private psychologists and counsellors to debrief learners after suicide related incidents of pupils and teachers. The vast majority of schools unfortunately do not have access to any mental health services. Recommendations are made regarding the training of community psychologists and registered counsellors to establish a network of mental health support in schools and at community centres.

Symposium title: Applications of psychology to human service development in Africa
Convenor: Robert Serpell

Resilience and adaptation in traumatised child survivors of terrorism: A Nigerian study
Robert Serpell University of Zambia, Zambia; Esther Akinsola

The resilience of children faced with extreme adversity calls for examination of specific ways in which they manage traumatic experience. This study investigated Nigerian children's representations of their coping strategies following a terrorist attack in Lagos, Nigeria, where in January 2002, bomb explosions erupted in a military cantonment and its surroundings, leaving many people dead and countless displaced, and hundreds of severely traumatised women and children. Among the people displaced and traumatised were children who either lost a parent or other relative or whose houses were burnt. In June 2002, a group of professionals was assembled to assess the impact of the explosions on these children and provide short term intervention with medical treatment, counselling, psychotherapy, and art and drama therapy. Psychologists conducted various assessments, including a family relations drawing test designed to enable children to express their emotions and feelings through their drawings. The first part of this report analyses the children's experience and coping strategies reflected in their drawings. The second part presents findings from a follow-up study ten years after the explosions, designed to re-assess the children, now adolescents, and determine their recovery level. The sample comprises teenagers that could be located within the cantonment and the surrounding secondary schools. Assessment tools include those used ten years earlier as well as distress and resilience inventories. Findings are discussed in relation to the literature on resilience and adaptation to adverse and traumatic conditions.

Symposium title: Beyond self-report: Objective indices of reactivity and arousal in the assessment of child psychopathology
Convenor: Candice Alfano

Polysomnographic sleep patterns of non-depressed children with generalized anxiety disorder

Candice Alfano *University of Houston, United States of America*

Subjective reports of problems initiating and maintaining sleep are a consistent finding among children with generalized anxiety disorder (GAD) yet objective sleep data are lacking. Specific clinical features associated with sleep problems in this population also are unknown. Thirty non-medicated, pre-pubescent children (ages 7-11 years) were assessed including 15 children with primary GAD (without comorbid depression) and 15 matched healthy controls. All participants underwent structured diagnostic assessment and laboratory-based polysomnography (PSG). State anxiety and salivary cortisol were assessed at bedtime on the PSG night and correlations among clinical symptoms and objective sleep variables were examined. Children with GAD showed significantly increased sleep onset latency (SOL) and reduced latency to rapid eye movement (REM) sleep compared to controls. Sleep efficiency was decreased and percentage of REM sleep was increased at marginal levels in the GAD group. State anxiety and total concentrations of cortisol at bedtime were similar across the groups. While increased SOL was associated with a range of clinical symptoms, increased severity of worry was associated with increases in REM sleep.

Results provide initial evidence of objective sleep abnormalities in children with GAD. Follow-up studies are needed to explore whether REM sleep characteristics might represent a neurophysiologic pathway from early GAD to later depression.

Cortical patterns of electrical activity that result from childhood traumas

Fleur Howells *Department of Psychiatry, UCT, South Africa*

Childhood trauma is associated with psychiatric disorders, yet the underlying physiological mechanisms are not well understood. The study of control adults arousal and their correlates with levels of perceived childhood trauma may be particularly useful, to assist in understanding the long-term effects on physiological mechanisms. We hypothesized that control individuals would present with changed patterns of arousal at rest and during a task of attention that requires behavioral inhibition. Fifty-three control individuals completed the Childhood Trauma Questionnaire to assess a range of childhood traumas and perception of trauma. These individuals underwent cortical and peripheral physiological recordings at rest and during performance of a visual go/no-go task. They also completed several personality questionnaires. The results of the present study suggest that: Childhood neglect increases cortical arousal and enhances approach behavior circuitry. Childhood emotional abuse increased arousal when behavioral inhibition is required. Childhood physical and sexual abuse leads to more deliberate information processing. Under-reporting of childhood trauma increases mental effort during activation and deactivation of inhibitory circuitry, which may be related to process of denial. Future studies should include multimodal physiological measures that will allow us to elucidate the physiological vulnerabilities that lead to the development of psychiatric disorders that have been strongly related to childhood trauma.

Peering into the living brain through fMRI to probe reward processing in the development of adolescent depression

Carla Sharp *University of Houston, United States of America*

At any given time, between 4-6% of adolescents are experiencing Major Depressive Disorder (MDD). Lifetime prevalence rates of MDD between the ages of 15-18 are estimated to be 14% with an additional 11% reporting minor depression. Reward processing shows promise as an important endophenotype, heritable mechanism and etiological factor in the development of depression. While several studies in adults and adolescents have demonstrated reduced reward activation in depressed individuals relative to controls, it is unclear whether these abnormalities precede (that is, cause a vulnerability to) MDD, or whether they are a consequence of recurrent illness. We used fMRI to examine brain activation in response to reward anticipation and outcome in three groups of mother-daughter dyads (N = 42): (1) Mothers-with-history-of-depression with never-depressed-daughters (depressed; n = 14), (2) mothers-with-history-of-depression with never-depressed-daughters (high risk; n = 14), and mothers and daughters with no history of depression (low risk; n = 14). Results showed similar reduced activation

in the caudate for high risk and depressed teens, while the daughters of never-depressed mothers showed elevated reward processing in response to positive rewards. These findings support the notion that altered reward processing may be evident even before the onset of MDD in high-risk adolescent girls. Results will be discussed in the context of the value of fMRI that goes beyond self-report measures in the identification of endophenotypes in developmental psychopathology.

Symposium title: Clinical psychology in the background of culture collision between the East and West
Convenor: Weidong Wang

Clinical study on thought imprint psychotherapy in lower resistant state for depression

Lan Hong *Guang'anmen Hospital, CACMS, China; Weidong Wang; Yingna Lin; Xueyu Lu*

Thought Imprint Psychotherapy in lower resistant state (TIP) is an indigenous psychotherapy which is suitable for Chinese culture. It was established and applied to Chinese patients with psychological disorders. It was used in our clinic for more than 20 years, and its efficacy for different types of mental disorder is satisfying. To assess the clinical efficacy and safety of TIP for depression, a randomised controlled study was adapted. 60 patients with depression were randomly divided into two groups according to different means of intervention: TIP group and paroxetine group. The trial was done in 12 weeks. 24 items Hamilton Rating Scale for Depression (HAM-D), Minnesota Multiphasic Personality Inventory (MMPI) and treatment emergent symptoms scales (TESS) were used to evaluate the efficacy and adverse effects. Evaluation was done before treatment, 2 weeks after treatment, 12 weeks after treatment. The results so no differences at the baseline between the two groups before treatment. After 2 weeks, the response rate was different: 23 cases in TIP group responded positively to treatment (76.7%), while 20 cases in the paroxetine group responded positively to treatment (66.7%). After 12 weeks, the total effective rate was 78.6% and 74.1% in the TIP group and paroxetine group respectively. In terms of safety, the TIP group complained of much less discomfort after treatment. TIP is an effective and safe intervention for depression which brings new insights, however, further studies are needed to prove its efficacy and to explore its mechanism.

Efficacy of tip treatment for primary insomnia: A randomised controlled trial

Weidong Wang *Guang'anmen Hospital, CACMS, China; Xueyu Lu; Qian Diao*

The objective was to evaluate the short-term efficacy of sleep regulation technique of Thought imprint psychotherapy in lower resistant state (TIP) for the treatment of primary insomnia. We adapted a randomised, single-blind study. 30 hospitalised outpatients with primary insomnia were included according to DSM-IV criteria. Outpatients from sleep medical clinic of Guang'anmen Hospital were randomised in a 2:1 ratio to TIP or Zopiclone (ZPL) group. In TIP Group, patients received sleep regulation technique of TIP twice per week. ZPL group

received ZPL 3.25mg or 7.5mg. The treatment lasts one month. We use Pittsburgh Sleep Quality Index (PSQI) and Polysomnogram (PSG) to assess sleep quality. In the end, 27 patients completed the trial: TIP (N = 18), ZPL (N = 9). Inner group comparison, sleep time, sleep latency, sleep quality, daytime function and total score of PSQI in TIP group significantly improved; in ZPL group, sleep latency, sleep efficiency and sleep quality improved significantly. As to PSG, in TIP group, sleep efficiency is significantly increased; in ZPL group, sleep latency is shorter and sleep efficiency is increased. Inter group comparison, there are differences in daytime function, hypnotic drug and total score items of PSQI between TIP and ZPL groups. TIP group manifested better results. There is no significant difference in PSG between two groups. Our study provides evidence for the effectiveness of sleep regulation technique of TIP for primary insomnia. Because of some limitations of the current study, further studies are necessary to verify the result.

Symposium title: Consequences of torture and treatment of its sequelae
Convenor: Thomas Elbert

Dissociation and traumatic stress: How torture damages mental health

Thomas Elbert University of Konstanz, Germany, Germany

The actual sequence of trauma-related responses to an extremely dangerous situation depends on the appraisal of the threat by the victim in relation to her/his own power to act (e.g., age, gender) as well as the perceived characteristics of threat and perpetrator. Subsequent to the traumatic threats, portions of the experience may be replayed. Repeated experience of torture and violence, forms a fear network that with repeated exposure will become pathologically detached from contextual cues such as time and location of the danger, a condition which manifests itself as forms of traumatic stress. Intrusions, for example, can be understood as repetitive displays of fragments of the event, which then would elicit a corresponding combination of hyperarousal and dissociation, depending on the dominant physiological response during the threat. We suggest that trauma treatment must therefore differentiate between patients on two dimensions: Those with peri-traumatic sympathetic activation versus those who responded to torture with a shut-down characterised by parasympathetic dominance during the trauma and a corresponding replay of physiological and dissociative responding when reminded. The differential management of dissociative stages ('fright' and 'faint') has important treatment implications.

Dehumanised perception as a mechanism to facilitate human atrocities

Lasana Harris Duke University, United States of America

Dehumanised perception, a failure to spontaneously consider the mind of another person, may be a psychological mechanism facilitating inhumane acts by people against other people — human atrocities. Spontaneous social cognition — considering someone's mind — recognises the other as a

human being subject to moral treatment. Social neuroscience has reliably shown that participants normally activate a social-cognition neural network to pictures and thoughts of other people. Our previous work shows that parts of this network uniquely fail to engage for traditionally dehumanised targets (homeless persons or drug addicts). This suggests participants may not consider these dehumanised groups' minds. I describe evidence that participants do fail to spontaneously think about the contents of these targets' minds when imagining a day in their life, and rate them differently on a number of human-perception dimensions. Furthermore, these human-perception dimension ratings correlate with activation in brain regions beyond the social-cognition network, including areas implicated in disgust, attention, and cognitive control. I discuss the role of disgust, attention, and cognitive control in moral decision that ultimately may be linked to perceived humanity. These results suggest that disengaging social cognition affects a number of other brain processes and hints at some of the complex psychological mechanisms potentially involved in atrocities against humanity.

Using narratives in human rights work

Martina Ruf Germany

Torture and organised violence may cause trauma-related illness which implies mental and physical suffering and impairment in functioning. One of the major characteristics is the inability of the survivor to verbalise the traumatic experiences, even though intrusions of the past present frequent reminders of the trauma. This makes it difficult for the survivor to testify in court trials against perpetrators or during asylum procedure. Narrative Exposure Therapy has been designed to help survivors of war and torture who have been exposed to multiple traumatic events. Therefore, instead of asking the patient to define a single event as the target in therapy, an intervention that does not acknowledge the pain in survivors of multiple traumata (e.g. rape, bombing, killing of family members, torture), the patient is assisted to present an autobiographical account of the traumatic experiences across the life-span. In the course of the treatment, the therapist can record the narration and the corresponding document may be used for human rights work as well as for asylum procedures and awareness raising. Results of different randomised controlled treatment studies on the efficacy of Narrative Exposure Therapy demonstrate large effect sizes, even for severely traumatised asylum seekers and for tortured refugees. The potential to use the resulting narrations in legal trials will be presented e.g. in the two trials against Thomas Lubanga Dyilo (DRC) and Fredy Rendón Herrera (Colombia) as well as on asylum procedures in European countries.

From victim to survivor: Net in treatment of the psychological sequelae of torture

Hakon Stenmark United States of America

Studies on the treatment of the psychological sequelae of torture are sparse and with conflicting findings. Some studies have indicated limited effect of treatment whereas others have reported more positive findings. In this study we treated 16 torture survivors, diagnosed with PTSD, with 10 sessions of Narrative Exposure Therapy. Pre-testing was

applied before and post-tests one and six months following treatment. Clinician Administered PTSD Scale and Hamilton Depression Inventories were used as primary outcome measures. The findings indicated improvement from baseline before treatment both with regard to PTSD and depression. Ten of the patients achieved clinically significant improvements in PTSD symptoms according to Jacobsen and Truax, 1991. Only one patient had a total severity score below 20, indicating full remission of PTSD symptoms. With regard to depression, the sample mean decreased from moderate to mild depression from pre-treatment to the six months follow up. The study thus supports the use of Narrative Exposure Therapy in treatment of the psychological sequelae of torture, but still gives an indication of the complexity and gravity of reactions. The presentation will show the major findings in this preliminary, uncontrolled study and provide clinical examples from treatment sessions.

Symposium title: Coping with stress and adversity: New findings and innovative perspectives
Convenor: Yiqun Gan

Finding benefit in the experience of breast cancer: Issues and questions

Charles Carver University of Miami, United States of America

A number of theorists have suggested that adversities, even traumatic experiences, do not lead exclusively to distress. Rather, at least some people react to such experiences with feelings of growth and benefit. These experiences do not necessarily take the place of distress, but they sometimes accompany the distress. There is no question that some people do report positive changes after traumatic encounters. Numerous studies verify the existence, even the widespread prevalence, of such effects. Some positive changes pertain to the way people think about the world and their own lives. Some of them pertain to the acquisition of new skills to use in dealing with future adversities in life. Other positive changes appear to pertain to the way people organize and prioritize their actions, or even their choices of what kinds of actions to engage in. This presentation will consider the phenomenon of benefit finding as it arises during the experience of being diagnosed with, and treated for, breast cancer. Several studies will be described which explore the processes that may underlie reports of benefit finding in this circumstance. This exploration consists partly of examining who has those experiences to greater and lesser degrees.

A social-contextual model of dyadic coping among couples facing adversity

Anita Delongis University of British Columbia, Canada

Research presented will examine dyadic coping and support among married couples in which one or both members of the couple is facing adversity. Using a combination of longitudinal and daily process methodologies, couples were followed over time to examine coping and social support as a dyadic process in which spouses are mutually influential. Findings support a dyadic model in which

one spouse's personality and ways of coping with stressful experiences impacts both the other spouse's ways of coping and the effectiveness of that coping. Results suggest that the effect of any given coping strategy should be considered within the larger social context of the reactions of close others. Findings support a combined mediated moderation model, with the spouse influencing both the selection and the effectiveness of coping. Further, findings indicate that coping and support processes that are beneficial for one member of the couple are not necessarily beneficial to both or to the larger family system. Clinical implications for couples-based interventions will be discussed.

Task prioritization among university students with different subtypes of future-oriented coping strategies

Yiqun Gan Peking University, China

This study aimed to explore subtypes of future-oriented coping profiles. It adopted the time discounting experimental paradigm to examine the influence of coping subtypes on task prioritization. A sample of 188 university students were clustered into four subtypes, namely, high future-oriented coping (HFOC), high preventive coping (HPVC), low preventive coping (LPVC), and low future-oriented coping (LFOC). Next, using a computer, 77 of the participants were asked to prioritize pairs of tasks that had been selected from 2 (long-/short-term)*2 (challenging/ threatening) tasks in six scenarios. The results indicated that, compared with students in other subtypes, those in the HFOC subtype demonstrated a stronger preference for important but not urgent tasks ($p < .01$), whereas the HPVC subtype attended more to threatening tasks ($p < .01$). Results of the study have theoretical and practical implications for the study of time management and future-oriented coping.

Health threat beliefs and coping in the context of genetic risk for cancer

Yiqun Gan Peking University, China

This study linked beliefs about the consequences of being assessed for genetic risk of cancer to specific coping responses and their impact on emotions and frequency of worry. Participants were 301 women undergoing genetic risk assessment based on family history. Patients were sent postal family cancer history questionnaires (time 1), which they returned approximately one month later (time 2). Based on these data, they were subsequently informed of their risk level (time 3). At each time point, participants completed questionnaires measuring their beliefs about the threat associated with risk assessment and the coping strategies they used in response to each belief, their emotional responses to the risk assessment process, and frequency of worries about their genetic status. Analysis involved exploration of the relationship between specific beliefs and use of coping strategies, changes in coping strategies over time, cluster analysis to identify groups using differing coping strategies, and the relationship between coping and changes in negative emotions and frequency of worry. Overall, the data show that participants used one dominant strategy for coping with each concern (limited to positive appraisal, acceptance, and seeking family/social support) and, while they also used other coping strategies, they

used these much less often. Cluster analysis revealed four clusters of coping responses, including the use of positive appraisal as an almost unique coping response to 10 or the 11 beliefs explored to a much wider use of differing coping responses. The associations between coping and changes in emotions and worry were modest although significant.

The relations of career barriers to emotional and personality-related career-decision-making difficulties

Yiqun Gan Peking University, China

Emotional and personality-related career-decision-making difficulties represent emotional and personality-related aspects of difficulties in making career decision, which could be organized into three dimensions: Pessimistic view, anxiety and self and identity (Saka, Gati, & Kelly, 2008). Problem-solving appraisal, which is assessed by Problem-Solving Inventory (Heppner, 1988), is suggested to be related to coping effectiveness, vocational adjustment and many other factors that reflect people's well-being and adjustment (e.g. Heppner, Lee, Heppner, McKinnon, Multon, & Gysbers, 2004). Based on these reviews, this study aimed at inquiring into the moderating effects of problem-solving appraisal on the relationship between career barriers and career decision making difficulties. Data were collected from undergraduates across 19 universities, 17 provinces in Mainland China. All students were administered with Chinese Career Barriers Inventory, Emotional and Personality Career Difficulties Scale and Chinese Problem Solving Scale. Hierarchical multiple regressions were done to see the moderating effects of problem-solving appraisal between career barriers and EPCD scores. Results showed a significant moderating effect. The regressions revealed that in the high problem-solving group, career barriers had a greater regression coefficient than in the low problem-solving group. This might be due to the fact that the high level of problem solving had shielded the influence of some possible existing variables which might predict emotional and personality-related career-decision-making difficulties, thus raising the contribution of career barriers.

Symposium title: Empirical advances in couple-based interventions

Convenor: Douglas Snyder

Couple-based interventions for adult psychopathology

Donald Baucom University of North Carolina, United States of America; Cynthia Bulik; Jonathan Abramowitz; Jennifer Kirby

Because adult psychopathology has traditionally been viewed as individual disorders, interventions typically have emphasized individual psychotherapy. However, these problems exist in an interpersonal context, and intimate relationships either can exacerbate or help to alleviate individual distress. Likewise individual psychopathology can impact the quality of relationship functioning. This presentation will present an overview of models for treating individual psychopathology from a couple-based perspective. Based on these models of couple-based interventions, the presenter will describe

treatment results from two of his recently completed treatment studies, providing couple-based interventions for anorexia nervosa and obsessive-compulsive disorder. He will highlight the primary patterns of couple interactions observed in each of these disorders, that is, how couples have learned to interact around the disorder in both adaptive and maladaptive ways. In both of these investigations, the effect sizes for the couple-based treatment are notably larger than any previous individual treatment for the respective disorders. Implications for using couple-based treatments for other types of disorders will be discussed.

Designing couple therapy based on general mechanisms of change

Mariann Grawe-Gerber United States of America

Empirical psychotherapy process research has found increasing evidence that change achieved by therapeutic procedures and interventions seems to be more influenced by general principles of change and common factors in different therapy approaches rather than by specific methods and techniques. Within cognitive-behavioural couple therapy researchers have also suggested examining general mechanisms of change across different evidence-based treatments for couples (e.g. Christensen, 2009). This presentation will introduce four empirically established therapeutic mechanisms of change and common factors in psychotherapy extracted by Grawe and his research team after years of studying findings from psychotherapy process research for their meta-analysis (Grawe 1997, 2004, 2007). These four general change mechanisms include: problem activation, resource activation, master, and clarification of meanings. It will then be demonstrated how conceptualizing couple treatment optimizing these general principles enables the therapist to integrate therapeutic procedures and interventions from different approaches within an empirically sound framework.

Greater emotional arousal predicts poorer long-term memory of communication skills in couples

Kurt Hahlweg Germany

Many studies have examined the importance of learning skills in behaviourally-based couple interventions but none have examined predictors of long-term memory for skills. Associations between emotional arousal and long-term recall of communication skills delivered to couples during a behaviourally-based relationship distress prevention program were examined in a subsample of 49 German couples drawn from a larger sample of 58 couples. (The nine couples not included in analyses had dropped out of the study during the follow-up period.) Fundamental frequency (f_0), a vocal measure of encoded emotional arousal, was measured during pre-treatment couple conflict. Poisson Hierarchical Generalized Linear Models were used to test associations between each partner's f_0 and skills remembered as well as sex differences in such associations. Higher levels of f_0 were linked to fewer skills remembered 11 years after completing the program, and women remembered more skills than men. Implications of results for behaviourally-based couple interventions are discussed.

International dissemination of the prevention and relationship enhancement program (PREP): Challenges and future directions

Howard Markman United States of America

Marriage Education is a novel response to the rising rates of divorce and relationship distress occurring in many countries around the world. This presentation begins by comparing relationship and marriage education to marital therapy and shows how education is a different approach to helping couples. In brief, research-based marriage education programs are designed to help couples by teaching the skills and principles associated with a healthy and happy marriage (e.g., effective conflict management; protecting and preserving positive connections). The presenters will focus specifically on PREP (Prevention and Relationship Education Program) as an approach to relationship and marriage education and briefly describe the research on the effectiveness of PREP. They will then discuss processes of disseminating PREP in other countries (e.g., Norway, Denmark, Israel, Chile, Sweden, Estonia) and highlight the challenges associated with such dissemination effects including forging and maintaining relationships with partners in other countries, adapting (including translating) content and delivery of the program, training trainers (and deciding who those trainers will be), guiding partners in best strategies to use the program in their own country and culture, basic research and evaluation issues and follow-up. Recommendations will be presented for future cross-national disseminations of research-based relationship education programs for couples.

Advances in couple-based interventions: An overview

Douglas Snyder Texas A and M University, United States of America

Numerous controlled clinical trials over the past 30 years have confirmed the effectiveness of couple-based interventions for the prevention and treatment of general relationship distress. However, until relatively recently, receiving less empirical study have been questions regarding therapeutic mechanisms, couple interventions for individual psychopathology, or international dissemination of evidence-based approaches. This research symposium including an international panel of clinical scientists will discuss findings and implications of recent exemplar studies addressing these issues. In the first paper, Dr. Donald Baucom (USA) will present the results of multiple randomized controlled trials of couple therapy for individual emotional disorders. The second paper presented by Dr. Mariann Grawe (Switzerland) will discuss the design and conduct of couple interventions drawing upon an integrative model of general mechanisms of therapeutic change. The third paper, by Dr. Kurt Hahlweg (Germany), will describe the role of emotional arousal as a moderator of acquisition and retention of communication-skills in couple skills-training protocols. The fourth paper, by Dr. Howard Markman and Marcie Pregulman (USA), will discuss findings regarding the dissemination of a relationship enhancement and distress-prevention program across diverse countries and cultures. Collectively, these clinical trials and findings from similar lines of research offer far-reaching implications for clinical practice and for service delivery on an interna-

tional scale. Dr. Kim Halford (Australia) will serve as discussant for this symposium.

Symposium title: Engaging young people and their families in evidence-based services: Challenges and Innovations
Convenor: Catherine Lee

Engaging parents with media-based, internet and minimally sufficient interventions: Maximising reach worldwide

Rachel Calam University of Manchester, United Kingdom

Employing non-traditional means of engagement, delivery and retention offers important opportunities for increasing accessibility and uptake of parenting interventions worldwide. Effective media, internet-based, self-directed and large group approaches offer new possibilities for engaging parents who might not otherwise be attracted to or able to participate in evidence based programmes. The paper will describe a series of studies by our research group designed to reach families in different contexts and settings. Firstly, two UK based, online studies will be outlined. (1) The success of an online randomised controlled trial which ran alongside a networked television series on parenting will be described. (2) A web-based trial testing the impact of different advertisement content on uptake of an online parenting programme will be outlined. This illustrated the natural history of uptake and attrition in an online parenting programme in the absence of reminders or support, and indicates the issues that must be managed to reap the benefits of this potentially highly cost-effective strategy. A second area of study addresses the issues involved in reaching families in middle/low income countries in cost-effective ways. A study of 136 parents (94% mothers) of primary school children in Panama indicated parents found Triple P Positive Parenting Program materials highly acceptable and showed high levels of intention to take up parenting resources if offered, including self-directed materials. Examples of successful large group delivery approaches will also be given. Models for engagement and delivery to assist in dissemination of preventative strategies in cost-effective ways internationally will be discussed.

Engaging fathers in behavioural family interventions

Louise Keown University of Auckland, New Zealand

An increasing body of evidence highlights the importance of fathers' parenting and involvement for children's development. However, fathers are typically underrepresented in behavioural family interventions (BFIs). Research has identified a range of obstacles that should be addressed in order to increase father involvement in BFIs. These include identifying and removing barriers to participation, and tailoring content and delivery methods to meet the parenting support needs of different father groups. This paper discusses the use of father preference data to identify how to engage and involve fathers in parenting programmes. Illustrations are provided from the author's work to highlight fathers' parenting challenges, parenting support preferences, and fathers' opinions about methods

of parenting programme engagement and delivery. The range of delivery options (group, individual, self help, web-based), that is needed to attract fathers will be discussed. A range of programme content issues that could be incorporated into behavioural family interventions to better suit the needs and interests of fathers will be highlighted, along with implications for practitioners for tailoring programme content. Work in progress, using consumer preference data to assess the cultural relevance and acceptability of the Triple P Parenting Program to indigenous Maori and Pacific Island fathers in New Zealand will also be described.

Engaging young people and their families in evidence-based services: challenges and innovations

Catherine Lee University of Ottawa, Canada; Louise Keown; Rachel Calam; Darcy Santor; John Hunsley

The World Health Organization estimates that one in five young people suffers from a mental disorder; untreated disorders are associated with diverse negative consequences that accumulate and persist into adulthood (WHO, 2007). Only a small fraction of those in need receive any type of services, many who begin services do not complete them, and there is limited evidence that 'service as usual' is effective. Although there are now efficacious treatments for a wide range of disorders (Silverman & Hinshaw, 2008), it is clear that current models of service delivery are unable to reach the vast majority of those who require services (Kazdin, 2011). In this symposium Catherine M. Lee will highlight the need for psychologists to shift from direct service delivery to facilitating the development, implementation and evaluation of innovative modalities of service that widen the reach of our programmes. The presentations illustrate research on innovations designed to engage those who have been considered 'hard to reach' in services. Louise Keown will describe her work in engaging fathers, as well as the indigenous people of New Zealand, in services for children. Rachel Calam will present media-based, Internet and minimally sufficient interventions designed to maximise the worldwide reach of parenting programmes. Darcy Santor will present the development and implementation of an interactive on-line magazine to foster help seeking and improve health literacy in students and educators. John Hunsley will serve as discussant.

Symposium title: Enhancing clinical psychology training: Curriculum changes worth considering
Convenor: Nancy Pachana

Best practice guidelines and research in clinical supervision

Analise O'Donovan Griffith University, Australia; Kim Halford Griffith University, Australia

Supervision of clinical practice is generally agreed to be central in such training. Clinical psychology supervision is intended to serve three related, but somewhat conflicting, functions: (1) normative functions of monitoring and ensuring client well-being, and monitoring and evaluating supervisee competence; (2), restorative functions of supporting supervisee personal and professional well-being;

and (3) formative functions of educating and guiding the supervisee professional practice. Research suggests that while supervision may achieve restorative and formative functions, as currently practised, that ensuring competence for trainee psychologists is a more elusive goal. This paper presents data from a large Australian research project on clinical psychology training. Recommendations on how to enhance supervision practice are described, including systematic assessment of supervisee competence and client outcomes.

Enhancing clinical psychology training: Curriculum changes worth considering

Nancy Pachana *University of Queensland, Australia*
Clinical psychology training programmes are under pressure to increase the number of graduates they produce and to ensure that these graduates meet high standards of professional competencies. This Australian Learning and Teaching Council-funded research project aimed to better align clinical psychology training curriculums to competencies in several key areas including competency assessment, clinical supervision issues and strategies, and fitness to practise protocols. This set of presentations covers the data gathered in a national survey as relevant to these topics, and discusses modifications and adaptations to the curriculum to enhance training experiences for both staff and students. Overarching future considerations are also discussed.

Embedding clinical competency evaluations into clinical postgraduate training in psychology

Nancy Pachana *University of Queensland, Australia*; **Theresa Scott**; **Kate Sofronoff**; **Edward Helmes**
Debates over models of professional training have occurred in several clinical disciplines, including psychology. Currently, clinical competencies often form the backbone for the accreditation of such training programmes, with sample domains including ethical and legal issues, assessment, intervention, and experience with a diversity of clients across cultures and the lifespan. This paper presents data from a large Australian research project on clinical psychology training. We review key models for clinical competencies in the international literature and report on results of a survey of students undertaking clinical training as to the methods of assessment used in their training programmes. Results showed that direct competency assessment was less commonly used than expected from the stated accreditation standards. One factor behind the results may be that ways to assess such competencies remain elusive. In this paper, models of clinical competency assessment are offered, with practical considerations for embedding this and data on student outcomes when such a programme is firmly in place.

Fitness to practise in clinical psychology training

Kate Sofronoff *University of Queensland, Australia*; **Edward Helmes**
Assessment of Fitness to Practise (FTP) guidelines within clinical psychology training programmes requires balancing the individual student's right to pursue their vocation of interest and the rights of others with whom that person comes in contact,

most especially clients. The past decade has seen an international growth in policies related to formal FTP assessment built into clinical training programmes leading to professional qualifications. We draw on data from a large Australian research project on clinical psychology training in Australia. This national survey of 35 clinical psychology programmes explored views from both clinical directors and clinical students. Recommendations on realistic ways to move forward in this area are offered.

Symposium title: Hypnosis
Convenor: Cecile Gericke

A hypnotherapeutic model of ericksonian and ego-states for the effective and successful therapy

Cecile Gericke *South Africa*
Hypnosis has been defined as a complex system of influence communication. It has extensively been used as the treatment approach for a variety of problems varying from childhood abuse to empowering growth in people. Utilisation as the centre of Ericksonian theory is combined with the inner parts Ego-State therapy to illicit the inner resources of the client. The combination of these two theories epitomise the unique treatment. The therapist makes strategic use of any, or all, facets of the client or the environment when packaging the goal in a unique and acceptable way for the client. The presentation is illustrated with case studies to highlight the efficiency of the approach.

The problem with the unconscious is that it is unconscious: Might the marriage of hypnosis and depth psychology be a remedy?

Susanna Kriegler *South Africa*
Libido contains two opposite urges or instincts: To live and to die. All energy flows from a difference in potentials. However, the human ego perennially nurtures the childlike illusion that it can partake only of the positive pole, and banishing all that is deemed negative or bad into the unconscious, thus creating an enormously bloated Shadow (Carl Jung). So much of our religious teachings are rooted in the "Socratic fallacy" that earnestly pursuing the good will eliminate all evil. Many psychologies likewise skim the surface, treating behaviours, reinforcing ego strategies, and /or medicating. Yet, how is it that there are so many discrepancies between our professed values, our presumptive virtues, and our myriad destructive, behaviours? It is easy to deny, project elsewhere, or bury the Shadow complexes in us, but in the process we become most dangerous to ourselves, our families and to society. The problem with the unconscious is, of course, that it is unconscious. In serious therapy, we cannot afford to disregard the power of the unconscious, and we are obliged to approach the issue of the Shadow from the standpoint of Depth Psychology – thus named because of its effort to respect and to work with the dynamic powers on the unconscious. Hypnosis and Depth Psychology is a marriage made in heaven – that is, in the sacred space (the mandorla, as explained by Robert Johnson) where conscious and unconscious overlap, thus creating the fulcrum for profound healing.

Hypnotherapy, psychedelic drugs and holotropic breathwork: A critical reflection (25.2)

Rona Newmark *Stellenbosch University, South Africa*

The use of psychoactive plants is common in the Western Cape, South Africa. Psychedelic plant substances have been used in many cultures to induce non-ordinary states of consciousness. Research has shown 'universality' of psychoactive drug experiences across cultures and history. These substances are used to open up experiences of realities which are normally unconscious. There are many psychological and physical affects linked with the use of these substances. Psychedelic drugs are viewed as powerful catalysts for personal insight, yet, they may cause individual and social disruption (Gracie and Zarkove, 1985; De Korne, 2011). Based on his research in the 1970s, Stan Grof (1981) argues that translocation can occur in non-ordinary states of consciousness. He views psychedelic substances as the most powerful technique of inducing these non-ordinary states. Because of the risks involved in the use of psychedelic substances, Grof (1985) developed Holotropic Breathwork to reach non-ordinary states of consciousness in a safe manner. In this paper I present a critical reflection on psychedelic drugs, Holotropic Breathwork and the implications for hypnotherapy in Africa.

Ericksonian principles utilised in combination with the primordial connection of human beings with wild animals

Louise Olivier *South Africa*
This paper deals with a unique approach using the Ericksonian principles of utilisation, introjection, individualisation, interspersing and metaphors (Erickson & Rossi, 1979). Africa presents a special opportunity to the therapist to combine the principles of Erickson with the primordial connection that human beings have with the wild and the healing power of nature. In this presentation (highlighted with video material) the therapist and client find themselves within the greater arena of nature. The therapist utilises the behaviour of the wild animals to 1) effect an interactive trance 2) to individualise the experience for the client, 3) to imbue within a metaphor the suggestions which is beneficial to the client and to 4) introject new behaviour patterns and internal psychological resilience within the client. The way in which this technique can also be adopted in countries other than Africa is also discussed.

When wifey gets frisky, you don't want your accountant part handling the matter

Michiel Opperman *South Africa*
This presentation will focus on sexual problems and the impact thereof in the relationship between couples. Case studies will be presented, including a wife that feels neglected by her husband, as when she wanted to feel loved by him and felt sexy, he would attend to the checklist: brush your teeth, take your vitamins, etc. By unpacking the internal ego states, identifying their respective roles, and determining which ego state would be the appropriate one to deal with the sexual matters in the relationship, we managed to save a relationship. In the presentation issues of sexual addiction in a relationship is explored and discussed according to another case study. The client

gets involved in random sexual encounters with strangers, with huge guilt feelings afterwards. His wife has no knowledge of these encounters, and is under the erroneous belief that they are in a monogamous relationship. In unpacking the ego states, there is a clown face, a mask of self confidence and power, and hunts for sexual conquests. Another part feels the guilt after the sexual encounters. There is a Nobody part, that has no identity if he does not put on the Sexual Predator clown face mask. In unwrapping the different ego states and encouraging communication between the parts, the system is integrated and the sexual addiction healed.

Symposium title: Linking cognition and psychopathology
Convenor: Elke Geraerts

Degrading anxiety-provoking flashbacks and flashforwards

Iris Engelhard United States of America

Earlier studies have shown that eye movements (EM) during retrieval of disturbing images about past events reduce their vividness and emotionality, which may be due to both tasks competing for working memory resources. Many patients with affective disorders also suffer from upsetting future-oriented mental images: "Flashforwards". This study examined whether EM also reduce vividness/emotionality of flashforwards. A non-clinical sample was asked to select two images of feared future events, and rate image vividness and emotionality. Images were recalled again while making EM or without a dual-task, and after a break, vividness and emotionality were rated again. Relative to 'recall only', EM+recall decreased image vividness and emotional intensity. Apparently, EM reduce vividness and emotionality of visual images about past and future feared events. This is in line with a working memory account of the beneficial effects of EMDR, which predicts that any task that taxes working memory during retrieval of disturbing mental images will be beneficial. The findings were recently replicated in two studies of anxious students suffering from flashforwards. Potential clinical implications will be discussed.

Memories of childhood sexual abuse: First do no harm

Elke Geraerts Erasmus University Rotterdam, Netherlands

In this paper, I will present our latest findings on recovered memories of childhood sexual abuse. We distinguished two types of recovered memories: Those that were recovered spontaneously and those recovered in suggestive therapy. Results show that people with both types of recovered memories suffer from posttraumatic stress disorder and depressive symptoms. This presentation will highlight the dangers of suggestive therapy and will provide guidelines for memories of childhood sexual abuse.

Is there covariation bias in separation/social anxiety in primary school children?

Birgit Mayer Erasmus University Rotterdam, Netherlands

Covariation bias refers to the phenomenon of overestimating the contingency between certain stimuli

and negative outcomes, which is considered as a heuristic playing a role in the maintenance of certain types of psychopathology. Most prominently, this type of reasoning bias is observed in (adult) patients with different sorts of anxiety pathology. As anxiety disorders frequently have their onset during childhood, it is important to investigate whether this maintaining bias is already playing a role in children. In the present research, covariation bias was investigated in normal school children in the context of separation anxiety symptoms ($N = 324$; 52.3% girls, mean age = 9.32 years) and social anxiety symptoms ($N = 120$; 58.3% girls, mean age = 9.50 years). In both samples, a priori and a posteriori contingency estimates were measured between positive, neutral and negative pictures relevant for the pertinent anxiety disorder (e.g., a child being united with the mother and a happy face or a child being separated from the mother and a disgusting face), on the one hand, and pictures of negative, positive and neutral outcomes (e.g., electric shock, candy, and nothing), on the other hand. Hypothesised is an overestimation of the contingency between fear-relevant negative pictures and negative outcomes being dependent on levels of anxiety disorder symptoms and on age. Results of the research will be presented and discussed

Tackling depression: A working memory intervention

Sabine Wanmaker Erasmus University Rotterdam, Netherlands

Increasing evidence shows that a deficit in working memory could be the cause of biases in attention, memory and interpretation in depression (Jormann, 2010). This results in rumination and sustained negative mood, the core symptoms of depression. This lack of working memory ability could be solved with a working memory training. Recent research has shown that a working memory training leads to an improvement in executive processes (Klingberg, Forssberg, & Westerberg, 2002). Moreover, Klingberg et al. (2005) showed that such a training resulted in a significant reduction in the severity of ADHD symptoms in children suffering from this disorder. In the present study a working memory training was performed to reduce depressive symptoms in patients with a major depressive disorder. Sixty patients with a major depressive disorder completed a 4-week working memory training which was adapted to their working memory deficits. The group was compared with a control group ($N = 60$) who performed the working memory training without an increasing memory load. On the post-test the experimental group showed less depressive symptoms and rumination, they were less affected by the mood induction and their working memory was improved. These results indicate that working memory is a crucial element in the treatment of depression. This easy intervention could be developed in a new therapy when more positive results are found. More research has to be done to the possibilities of this training by dysphoric, bipolar and individuals in remission.

Symposium title: Longitudinal Studies of Family Functioning and Child Development
Convenor: Oscar Barbarin

Maternal intrusiveness in infancy and early childhood: Effects on behavioural outcomes of African American boys

Amanda Clincy United States of America

Among studies comparing parental intrusiveness and control and child outcomes across cultures, the positive associations between intrusiveness and negative child outcomes tends to be larger among European American families than African American families. This may be due to a de-coupling of intrusiveness and parental warmth and sensitivity within African American families as compared to European American families. The current study examines the prediction of maternal intrusiveness during the first three years of life, as well as the behavioural and psychological outcomes associated with intrusiveness over time. First, we examined the trajectory of maternal intrusiveness during the first 3 years of life (at 6, 15, 24, and 36 months of age), and the association between maternal intrusiveness and child. The findings indicate that, on average, mothers of African American boys increased significantly in their intrusive behaviours across the first three years of life, $B = .086$ (0.31), $p < .01$; however, there was significant individual variation in change over time across mothers as well. Next, we examined the contextual, psychological, and child level predictors of initial levels of intrusiveness and change over time. Neither family cumulative demographic risk, maternal psychological, nor difficult child temperament predicted initial levels of intrusiveness (measured at 6 months of age). Collectively the current results suggest that there is not a strong de-coupling of intrusive and warm parenting behaviours during the first 3 years of life for mothers of African American boys and the effects of maternal intrusiveness across the first three years are associated with problematic outcomes for African American boys.

Sexual risk and substance use: Contributions of family and community contextual processes

Velma McBride Murry United States of America

African Americans residing in resource poor communities have been hit hard by two critical issues – high prevalence of HIV/AIDS and increasing rates of illicit drug use among their sons, in particular, as they transition into emerging adulthood. Reasons why African Americans in general, and those in the South, in particular, are impacted disproportionately by HIV/AIDS (Wyatt, Williams, & Myers, 2008) and illicit substance use remain unknown (Brunswick, 1999; French & Pitchall-French, 1998). The research questions focus on the effects of early experiences, the role of parenting as a buffer against stress and the different pathways that lead to HIV/AIDS vulnerability behaviours and substance use among rural African American adolescents. The study examines the effects of Community and Religious Social Support, parental nurturance and youth self-control on risky sexual behaviour and substance abuse.

Family functioning and adolescent coping skills that promote youth development in inner-city African American and Latino youth
Patrick Tolan United States of America

This study analyses eight waves of data from the Chicago Youth Development Study, a longitudinal study started in 1990 to research the development of young African American and Hispanic men and their children, partners, and parents in high crime, economically depressed neighbourhoods. The young men were recruited in fifth- and seventh-grade classrooms in 17 Chicago public schools located in high poverty communities. To ensure that half the sample was at "high risk" for serious aggression, half of the boys were selected based on teacher ratings on the Teacher Rating Form of students who had already displayed high levels of aggression. The other half of the sample was randomly selected from young men at low or medium risk for serious aggression. We tested the effects over time and identify promising links to successful outcome within this high risk environment. Our analyses examined the roles of coping strategies and family functioning on the relation between stressful events and positive youth development. In particular, we tested how family functioning (parenting and strong family relationships) moderated (protect against) the impact of stress. Stressful events will share a significant direct negative association with coping success, and significant positive direct relations to academic success and engagement in productive activities. Stressful events were inversely related to academic success. Successful Coping strategies and positive family functioning were positively associated with educational attainment and engagement in productive activities.

Symposium title: Marriage and cohabitation separation adjustment
Convenor: Kim Halford

Breaking up is hard to do? The impact of relationship dissolution on mental health and life satisfaction.

Kim Halford *University of Queensland, Australia;* **Scott Stanley;** **Howard Markman;** **Galena Rhoades**
 This study examined the impact of unmarried relationship break-up on psychological distress and life satisfaction using a within-subjects design. Among unmarried 18- to 35-year olds ($N = 1295$), 36.5% had one or more break-ups over a 20-month period. Experiencing a break-up was associated with an increase in psychological distress and a decline in life satisfaction (from pre- to post-dissolution). In addition, several characteristics of the relationship or of the break-up were associated with the magnitude of the changes in life satisfaction following a break-up. Specifically, having been cohabiting and having had plans for marriage were associated with larger declines in life satisfaction while having begun to date someone new was associated with smaller declines. An interesting finding, having higher relationship quality at the previous wave was associated with smaller declines in life satisfaction following a break-up. No relationship or break-up characteristics were significantly associated with the magnitude of changes in psychological distress after a break-up. Existing theories are used to explain the results. Implications for clinical work and future research on unmarried relationships are also discussed.

The trajectories of different dimensions of adjustment to couple relationship separation

Kim Halford *University of Queensland, Australia;* **Susie Sweeper**

The current study describes the trajectories of different aspects of separation adjustment in people formerly married or cohabiting, and moderators of those trajectories. We assessed emotional attachment to the former partner, loneliness, psychological distress, and co-parenting conflict at two time points six months apart in 303 participants (169 women; 134 men) who had separated between 2 and 18 months previously. Multilevel modeling was used to estimate the trajectories of the different aspects of adjustment as a function of time since separation, marital status, gender, presence of children from the relationship, who initiated separation, social support and anxious attachment. Attachment to the former partner, loneliness and psychological distress were initially high but improved markedly across the two years after separation, but co-parenting conflict was high and stable. Adjustment problems were similar in men and women, and in those formerly married or cohabiting. However, reported co-parenting conflict was higher in men than women, and in formerly cohabiting than formerly married individuals. Low social support and high anxious attachment predicted persistent attachment to the former partner, loneliness and psychological distress. Co-parenting conflict is a common, chronic problem for many separated couples, and individuals with certain psychological vulnerabilities also experience chronic personal distress.

Coparenting education and family mediation outcomes

April O'Mara *University of Queensland, Australia;* **Kim Halford** *University of Queensland, Australia;* **Megan Morris** *Australia*

For many separating parents and children the separation is a sometimes a difficult transition but they adjust well reasonably quickly. However, for other parents and children they experience chronic poor separation adjustment, characterised by ongoing parental conflict, poor parental communication, low parental cooperation, poor parental adjustment, poor child adjustment, and poor child-parent relationships. Family dispute resolution (FDR) is a process in which a professional mediator seeks to assist the separating parents to negotiate a mutually acceptable co-parenting agreement, which serves the best interests of their child(ren). Under Australian Family Law most couples who cannot reach an agreement together on coparenting must attend FDR. A key assumption in FDR is that the key challenge to enhancing post-separation adjustment of children is for the parents to negotiate an agreement that is mutually acceptable. However, many separating parents lack crucial knowledge and skills to coparent effectively, and adding psycho-education to FDR could improve outcomes for children and parents. This paper reports on a randomised clinical trial of the effect of integrating psycho-education with FDR on child and adult adjustment post-separation.

Symposium title: Primary care psychology: An international perspective
Convenor: Robyn Vines

Primary care psychology in the United States **James Bray** *Baylor College of Medicine, United States of America*

The practice of psychology is in the process of evolution and change to meet the needs for our population in the changing health care environment. Primary care psychology is an exciting new area for the profession. In the US, primary care providers treat over 70 percent of mental health problems, without assistance from psychologists or any other mental health providers. Primary care providers are the de facto mental health system due to policies and over-reliance on medications. Research indicates major health problems, such as diabetes, heart disease and obesity, are due to psychosocial and lifestyle problems - issues that are not effectively addressed by the medical profession. Psychologists are becoming increasingly involved in preventing and treating these problems as integrated health care is implemented. The opportunities in primary care psychology necessitate additional knowledge of primary care and different skills in caring for primary care patients that reflect the evolution of psychology from being a mental health profession to a full partner in the health professions. This presentation will discuss (1) the present status of psychologists working in primary care in the United States and its relationship to the health care reforms that are occurring; (2) practice opportunities in primary care in private and public settings; (3) how to market your practice to primary care providers; (4) the use of technology and electronic health records in primary care practice; and (5) future challenges in developing integrated health care systems and training models for the future of psychology practice.

Primary care psychology in Norway

Tor Hofgaard *Norwegian Psychological Ass., Norway*
 In Norway, psychologists started working in primary care many years ago. However, due to changes in health care legislation, most migrated to the secondary care system with few remaining in primary care. Although good for the secondary care system, the lack of psychologists in primary care was of concern. During a 10-year period of major mental health reform, many people still received no psychological help for mild/moderate depression and anxiety. There was also a huge rise in the prescription rates of anti-depressant and anxiety medication by primary care doctors. Since 2007, the Norwegian Psychological Association has put "primary health-care psychologists" back on the agenda. User organisations, the Norwegian Medical Association, and government have agreed that this was necessary to address the mental health needs of the population. After four years, a status report can now be provided: all political parties now support early intervention in primary care; €12 mil has been allocated to pilot programmes to establish best ways to recruit and organise psychological services in the municipalities; new primary health care legislation defines mental health as equally important to somatic health; future funding of psychologists in public

primary care is now being planned by the Directorate for Health. This presentation will give an overview of the development of mental health services and reform ideology in Norway. It will focus on the political work of the Psychological Association, and strategies developed to change the understanding of what psychologists can contribute in primary care.

Primary care psychology in Great Britain/ the UK

Peter Kinderman *The University of Liverpool, United Kingdom*

This presentation will give an overview of the status and future direction of primary care clinical psychology in the UK. It will address four main areas, the growth of the profession of clinical psychology, and of a psychological ethos, over the past 20 years, the impact of the major Government investment and capacity-building programme - IAPT (Improving Access to Psychological Therapies Programme), the likely impact of reforms to the NHS commissioning framework, and finally the ethos of clinical psychology provision in the UK. Over the past 20 years, there has been rapid growth in the number of clinical psychologists employed in the UK, and a substantial increase in the centrality of psychological perspectives in planning. This, coupled with the driver to implement the recommendations of the National Institute for Health and Clinical Excellence (NICE), has led to a £1bn+ investment in psychological therapies, targeting CBT in primary care for mild-to-moderate depression and anxiety in adults of working age, and increasingly including children, young people, older adults, psychotic problems and comorbid medical conditions. The implications of this major programme will be discussed, together with current changes to the NHS commissioning arrangements which provide a focus at central government level on primary care physicians and an emphasis on well-being. The implications for psychology will be explored, including the tenet that the core purpose of clinical psychology, especially in primary care, must be to retain a focus on helping people maintain their functioning and well-being, rather than focus too much on treating mental illnesses.

Primary care psychology: An international perspective

Robyn Vines *Primary Health Care, Monash Uni, Australia; James Bray; Tor Hoffgard; Jean Grenier; Peter Kinderman*

Primary Care Psychology is a growing area of practice and service delivery in a number of western countries. At the core of this new development lies a collaborative model of mental and general health-care involving appropriately trained psychologists working with family physicians in general practice. Enabling early intervention for common mental health disorders (previously under-treated), chronic disease and its behavioural and mental health sequelae, the model minimises the stigma of help-seeking, facilitates more equitable access to care, and requires different approaches to those traditionally used in the hospital, community health and private practice sectors. The Symposium will focus on: evidence-based interventions for common mental disorders and chronic disease in primary care, models of best practice, and optimal funding

frameworks for this mode of work. An emphasis will be placed on current research findings, changes needed for practitioners to adapt to new shared-care approaches to treatment, and how to enhance post-graduate training models to ensure that specialist psychologists and GPs/family physicians are best prepared to work effectively together in the primary care setting. The Forum will provide an international perspective with speakers from Norway, the UK, USA, Canada and Australia – highlighting progress in primary care mental health in each of these countries. A “Report Card” will be provided for each country indicating “progress, threats and opportunities” relevant to primary care psychological service delivery. Problems unique to each country will be outlined from the perspective of the psychologist and the GP/family physician, as well as current dilemmas in health policy development.

Primary care psychology in Australia: Developments over the past ten years

Robyn Vines *Primary Health Care, Monash Uni, Australia*

In recent years, Australia has led the way in the provision of equitable access to primary care psychological services under the Public Health System. Australian primary mental health reforms have represented a substantial national investment in, and focus upon, improving access to early intervention for common mental disorders in the primary care setting. Since the advent of Medicare rebates for these services in November, 2006 (after a 20 year campaign), approximately 2 million people have accessed primary psychological care, contingent on GP/family physician referral. The presentation will describe Australian primary mental health care reforms over the past decade, and the outcomes of current evaluations in relation to the Better Access to Mental Health and Better Outcomes in Mental Health Care programmes. Lessons from the Australian experience will be highlighted.

Symposium title: Psychology in Malaysia Convenor: Chee-Leong Goh

Clinical psychology: History, current status, and future prospects

Rahmattullah Khan *Sultan Idris Education Univ, Malaysia; Ng Lai Oon; Alizi Alias*

This paper traces the history of the development of clinical psychology in Malaysia from its beginning and up to the current status. It briefly introduces the profession and reports the history and activities of clinical psychologists in Malaysia. Systemic factors that influence the development of clinical psychology in Malaysia are explored. Such factors include influences from psychologists trained in other countries, public perceptions of services rendered by clinical psychologists, relationships with other disciplines, training and practice of clinical psychologists, proposed legislation through the Allied Professions Act 2010, support from the Malaysian Psychological Association and the formation of the Malaysian Society for Clinical Psychology. The paper will also look at the issues related to the training programs available and the new proposed programs. Issues of program accreditation and improving training standards will also

be discussed so as to ensure high standards of graduates produced.

Symposium title: Psychoquackery: Discredited tests and treatments in psychology Convenor: John Norcross

Practice and ethics of discredited methods

Linda Campbell None, *United States of America*

In light of the international emphasis on evidence-based practice (EBP), psychologists are increasingly aware of the importance of practicing within standards of care and within scope of their competence. Practitioners are understandably questioning expectations the field now has of them in being alert to treatments and tests that have been discredited as differentiated from those that are untested and what this means for ethical practice. This presentation will suggest a framework through which psychologists can think about the ethical implications of their practice, utilise decision-making tools to make ethical determinations about treatments and tests, and to develop their own litmus tests for ethical practice. The discussion will focus on our ethical principles and standards that give us guidance for research and for practice in new or untested arenas.

Discredited psychological tests

Gerald Koocher *Simmons College, United States of America*

The first well documented attempts to assess human behaviour with psychological test instruments probably began with the publication of Binet's first IQ test in 1908. In the years that followed many test instruments tightly linked to narrow theoretical constructs emerged. While some instruments have proved valuable over time, many psychological tests turn out to have limited concurrent, or predictive validity data at best. This presentation will focus on some instruments once in popular use, that have become discredited as tools for predicting or reaching useful conclusions regarding human behaviour. Data from a Delphi poll of experts and historical material on the original construct validity of the instruments will provide a basis for re-evaluating their utility in the present and call attention to the ethical issues involved in attempting to make use of such tools.

Discredited psychological treatments with adults

John Norcross *University of Scranton, United States of America*

This presentation summarizes the results of two Delphi polls on discredited psychological treatments for adults. In the first poll, 101 experts rated 59 treatments with which they were familiar and rated them on a continuum from not at all discredited to certainly discredited. In the second poll specific to addictions, 75 experts rated another 65 treatments. The presentation highlights those psychological methods identified as strongly discredited and describes their common features. Such results can lead us to avoid the delivery of services that may be unnecessary, unproven, and sometimes harmful.

Discussant

John Norcross *University of Scranton, United States of America*

Dr. Suzanne Bennett Johnson, the 2012 president of the American Psychological Association, will serve as discussant for this symposium.

Discredited psychotherapies with children

Robert Resnick *Randolph-Macon College, United States of America*

Over the past several years, there has been a proliferation of psychological treatments for children suffering from a wide variety of mental health disorders. Children, who are not the decision makers for a course of treatment or the practitioner, are particularly vulnerable to exposure to discredited treatments. This is further complicated by parents who are stressed and anxious about their child's difficulties and, thus more likely to be attracted to treatments that are frequently ineffective, not evidence based, and in some instances, lethal. The presentation will review 10 of these treatment methods and the risks they pose to children.

Symposium title: Social cognition in borderline personality disorder
Convenor: Inga Niedtfeld

Attention to angry faces in borderline personality disorder

Gregor Domes *University of Freiburg, Germany*

Patients with borderline personality disorder (BPD) often show difficulties regulating their emotions in social interactions. The present study investigated whether BPD patients show an attentional bias towards facial cues of anger. In a modified dot-probe task, happy, angry and neutral facial expressions were shown for 100, 600, or 1200 ms to assess covert and overt allocation of visual attention towards these social cues in three groups of participants: BPD patients, clinical controls, and healthy controls. The results so far suggest increased attention for angry facial expressions in BPD patients compared to the control groups. However, this effect was strongest in the 600 ms condition. Thus, it seems that both covert as well as overt processes of visual attention to angry faces might play a role in social interaction in BPD. The limitations of the dot-probe task for the assessment of attentional processes in the clinical sample will be discussed.

Anger- and abandonment related interpretation bias in borderline personality disorders

Jill Lobbestael *Maastricht University, Netherlands*

Information processing views on psychopathology postulate that patients are prone to interpret ambiguous social information in line with their cognitive schemas, which is referred to as interpretation bias. Because both abandonment and anger are highly salient themes in borderline personality disorder, the current study assessed whether these patients are characterised by anger and abandonment-related interpretation bias. Fifty-one female participants with varying degrees of borderline personality disorder traits were presented with ambiguous emotional interpersonal scenarios, and asked for their

interpretation of the situation. Both open and closed answers (rating the likelihood of predetermined anger, abandonment, negative and positive answers) were obtained. Results and conclusions: Analyses show that borderline traits were significantly related to increased likelihood ratings of both anger and abandonment-related interpretations. Possible clinical implications of these findings will be discussed.

Social perception in borderline personality disorder: Judgments regarding the trustworthiness of others

Inga Niedtfeld *CIMH Mannheim, Germany; Andreas Gloeckner; Peter Kirsch; Benjamin Hilbig; Christian Schmal*

Borderline Personality Disorder is characterized by problems in social cognition and interpersonal behaviour. For example, patients show disturbed processing of facial expressions, or biased inference of other peoples' mental states. It is assumed that these alterations can lead to dysfunctional behaviour in social interactions (e.g., unstable and intense interpersonal relationships, difficulties to control anger), resulting in impaired psychosocial functioning. In the current study, subjects had to make inferences about the intentions of others, and had the possibility to adjust their own behaviour accordingly. Preliminary data suggest differences between patients with Borderline Personality Disorder and healthy control subjects regarding the ability to form correct impressions of others, altruistic behaviour, and reactive cooperation. We will focus on different aspects that bear importance for the development, chronification, and therapy of Borderline Personality Disorder.

Social cognition in adolescent inpatients with borderline traits: Treatment effects

Carla Sharp *University of Houston, United States of America*

Sharp et al. (2011) demonstrated an association between excessive theory of mind (or hypermentalising) with borderline traits in adolescents. Whether hypermentalising and other forms of social cognition are malleable to treatment remain unknown. The current study aimed to examine whether (1) a reduction in hypermentalising is achieved between admission and discharge for adolescent inpatients, (2) the hypothesised reduction is more apparent in adolescents meeting criteria for borderline personality disorder compared with psychiatric controls, and (3) other forms of social-cognitive reasoning would also be malleable by inpatient treatment in the same way we expected hypermentalising to be. The "Movie for the Assessment of Social Cognition" Task, the Children's Eyes Task, Mentalising Stories Test for Adolescents and the Basic Empathy Scale were administered to consecutive admissions in an adolescent in-patient unit at admission and discharge, alongside an interview-based measure of BPD and self-report measures of internalising and externalising problems ($N = 163$; 38% boys; mean age = 15.47; $SD = 1.41$; 28% meeting criteria for BPD). Results of a repeated measures factorial ANOVA demonstrated a main effect for hypermentalising as well as an interaction effect for hypermentalising with BPD diagnosis. No other social-cognitive task showed significant change between admission and discharge specific to a borderline

diagnosis. Hypermentalising shows specificity and malleability in adolescent borderline patients. This study provides additional evidence that social cognition is a promising target for treatment in adolescents with borderline traits.

Symposium title: The psychosocial effects of HIV-AIDS on youth and their families
Convenor: Carla Sharp

The psycho-social well-being of children living with chronic adult illness in a peri-urban South African settlement

Rachel Bray *United States of America; Andy Dawes*

The paper reports on ethnographic research conducted in 2011 to complement 'Young Carers', a panel study exploring the affects of AIDS on young people involving 6,000 children and adolescents in three South African provinces. Situated in one Young Carers site, a poor, formalising, peri-urban settlement of rural immigrants near Cape Town, the ethnographic study used participant observation, art and film-making to explore the context in which children experience serious adult illness and how they respond. Preliminary results suggest that children are willing to care for sick adults and see themselves as able to do so, in many of the ways expected of them. The limiting factors are their knowledge of the sickness and its prognosis, plus the extent to which adults in the community are able to offer required support. Living with AIDS-related adult sickness compounds the severe pre-existing challenges of income poverty and marginalising schooling. Partly because HIV is taboo amongst adults, children are complicit to adult strategies of disguise while covertly questioning their wisdom. Parental efforts to protect their long term well-being often fail. The paper explores the implications of these and other neighbourhood dynamics for our understanding of children's psychosocial well-being, how we measure it and how we respond.

HIV/AIDS impact on parenting behaviour in South Africa

Jamie Lachman *University of Oxford, United Kingdom*

HIV-affected families experience significant risks of psychosocial problems. Positive parenting behaviour may buffer against risk factors associated with HIV/AIDS. Currently, there is insufficient evidence for the role of HIV/AIDS in developing countries. This paper aims to contribute to the evidence regarding risk and protective factors for positive and negative parenting in high HIV-prevalent communities of South Africa. Participants were caregiver-child dyads ($n=2476$) from a cross-sectional survey (39% HIV-affected) in KwaZulu-Natal, South Africa. Path analysis was used to test a hypothesised mediation model predicting positive parenting and parental supervision. The tested model showed a good fit ($\chi^2(8) = 12.78$). Familial HIV/AIDS had a direct negative effect on positive parenting ($b = -.04$) as well as indirectly through household poverty, caregiver depression, and social support (total effect, $b = -.08$). Familial HIV/AIDS was also indirectly associated with worse parental supervision through household poverty, caregiver depression, and perceived social support (total effect, $b = -.02$). The

final model accounted for 11% of the variance in positive parenting and 3% of the variance in parental supervision. This paper shows that HIV/AIDS has a significant effect on parenting behaviour that warrants consideration in future epidemiological and intervention research. Interventions focused on improving social support and caregiver mental health may promote positive parenting while buffering against potential risk factors for HIV-affected families.

Mental health outcomes for orphans by AIDS compared to orphans by other means

Carla Sharp *University of Houston, United States of America; Lochner Marais; Molefi Lenka; Mot-saathebe Serekoane*

A major challenge facing South Africa as a result of the HIV/AIDS epidemic is the increase in the number of orphans and other vulnerable children (OVC). The devastating impact of this poses significant challenges for primary care services in addressing the mental health needs of children and adolescents affected by AIDS. Yet, very few studies have examined the mental health outcomes of OVC in South Africa. None of these studies have compared mental health outcomes of children orphaned by AIDS vs. children orphaned by other means. Against this background, we used parent- and self-report Strengths and Difficulties Questionnaires (SDQ; Goodman et al., 2005) which are well-validated screens of psychiatric problems in children and adolescents to examine the mental health outcomes of $N = 187$ orphans (mean age 9.14; $SD = 1.3$; 51.2% female) in the Mangaung township in South Africa, of which $n = 87$ were orphaned by AIDS and $n = 100$ were orphaned by other means. A series of one-way ANOVAs demonstrated no differences for orphans by AIDS vs. orphans by other means, except for parent-reported hyperactivity ($F = 5.75$; $p = .01$). These results are important because it suggests that orphan status by HIV/AIDS does not put children at increased risk compared with other means of becoming orphaned. Future studies need to compare this group with non-orphaned children and importantly, need to take into account whether poverty may be a more important correlate of poor mental health outcomes than orphan status per se.

Chronic illness in the home: Implications for the mental health and protection of children

Tonya Thurman *United States of America*

HIV and AIDS in South Africa have left many children facing the death and illness of caregivers. Devising effective interventions that promote resilience requires more information on their welfare as well as influential factors amenable to change. Survey information was collected in 2010 from 1782 child-caregiver dyads drawn from beneficiaries newly enrolled in community-based programmes for AIDS-affected children in South Africa. Multivariate logistic regression models explored the relationship between two AIDS related impacts, orphanhood and chronic illness in the home, with children's depression and experiences of maltreatment from adults in their home. Almost half the children (44%) were living with at least one chronically ill adult, 87% of children were orphaned (most of whom were double orphans). One-third of

children reported depressive symptomatology; the prevalence rose significantly when there was chronic illness in the home. Nearly half (43%) reported experiences of maltreatment from adults in their home and this too was significantly higher in households affected by illness. Caregiver reports of poor family functioning were more common in homes with an ill adult and this factor was a mediator of children's depressive symptomatology and experiences of maltreatment. Psychological studies of AIDS-affected children that focus on parental mortality may miss the impact of the preceding illness, when emotional and financial stressors are most acute. It is important to recognise the psychosocial consequences of familial AIDS for children, and ensure that much needed support is available for the whole family.

Symposium title: The relevance of applied psychoanalysis in community settings in South Africa

Convenor: Leonora Engelbrecht

The broken mirror: Difference and shame in South African psychotherapy

Leonora Engelbrecht *SAPC, South Africa*

This paper offers an outline of the challenges particular to intersubjective approaches to psychoanalytic psychotherapy in South Africa. It focuses on the possibility (and impossibilities) of empathic injury and the dynamics of shame when racial difference, and all its associated baggage, dominates - for a moment or for months - the interaction or the therapy dyad. It focuses on the limits of empathic immersion when difference confers a fluid, shifting but ever-present otherness on every encounter. It draws on the work of Allan Schore, in relation to affect regulation and self-development, of Philip Bromberg on dissociation, and of Andy Morrison and Melvin Lansky on shame. The paper suggests that struggles with empathic attunement in radicalised contexts are often deeply affected by shame. This is associated with visceral experience of the social body, positioned by race and gender. Understanding the roots of shame experienced in therapies across the racial and cultural divides marks the beginning of shared subjectivity and mutual regulation.

Containing the containers: Container-psychotherapy with child and youth care workers

Lindsay Fredman *South Africa*

This paper explores the application of psychodynamic psychotherapy within a community setting. The recipients of the psychotherapy are child and youth care workers who provide services to vulnerable children and families in the Isibindi model designed by the National Association of Childcare Workers. Care workers in this programme face challenging contexts in their work and are drawn from the very communities they serve, adding unique stressors to their working situation. It is well documented that many in the helping professions are drawn to the work because of their own childhood pain, and a desire to make life better for the next generation. In order to overcome these emotional stressors and increase the ability of care workers to have the psychological stamina needed in this emotionally exacting work, a Caring for Carers programme has

been developed. The programme offers child and youth care workers site based group and individual psychotherapy in order to meet their psychological needs. This presentation explores the provision of individual psychotherapy for the child and youth care workers focusing on some key principles of psychodynamic psychotherapy and how applicable these are in a community based context. The principles which will be examined are: Making the Unconscious Conscious, the use of Defence mechanisms and the use of another mind as a container and catalyst for change. Issues in relation to transference and confidentiality will also be explored. In addition the applicability of this model will be presented as well as its strengths and challenges.

Speaking (or not) about shame: Some small stories about the (im)possibilities of doing psychodynamic psychotherapy with impoverished patients

Lou-Marie Kruger *Stellenbosch University, South Africa*

Relatively little research has been conducted in South Africa regarding the availability and effectiveness of psychodynamic psychotherapies for low-income people. I will argue that shame is inevitable in all psychotherapies, but is particularly present in psychotherapeutic encounters between middle-class psychotherapists and their low-income patients. By citing several case studies of psychotherapy with low-income people from one semi-rural South African community, I will attempt to show how shame that is obscured and hidden or disavowed may evoke substitute affects such as rage or depression and may lead to anticipatory rejection, abandonment, ostracism, relegation to inferior status - and ultimately failed psychotherapies. Using the work of intersubjective psychoanalytic theorists such as Stolorow, Oranje and Atwood I will argue that if shame is recognized in the psychotherapeutic space and the reasons for the shame remembered and made explicit there is potential for connection and healing.

Of poverty, power, psyche and survival – reflections of a community service psychologist

Lisa Padfield *South Africa*

There is scant literature on the training, experiences or efficacy of clinical psychologists completing their community service year in South Africa, despite the paucity of mental health services nationally. The paper comprises a narrative description of a clinical psychologist's community service experience. The socio-historical context of the placement, clinical populations encountered, nature of psychosocial services provided, therapeutic opportunities and challenges are explored. Case material is drawn on to illustrate the helpful and limiting aspects of thinking about the clinical work from a self psychology perspective. The question "What makes psychotherapy, in this setting, therapeutic?" is interrogated, given the very real limitations of undertaking brief psychodynamic work at the primary health care level. Elements that emerge as significant include: Space, privacy, consistency, the therapist's ability to bear witness, pay undivided attention, think in particular ways and take care of her/himself.