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Moving forward: Distress and coping mechanism of corporate workers during the COVID-19 pandemic as a basis for wellness programmes

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Various studies regarding COVID-19 and its psychological effects are being carried out around the world. The purpose of the study is to assess the relationship between distress and coping mechanisms as a basis for wellness programmes. Different demographic profiles, specifically: age, gender, relationship/civil status, job level, and status of work during the pandemic were considered. A total of 260 participants answered an online questionnaire. 77% of the respondents are working in Metro Manila, Philippines, and the majority (72%) are currently working from home. Results show a somewhat middle point of distress ($n = 260$, $M = 3.489, SD = 0.931$) using the Kessler 6 Distress scale with '3' indicating 'Some of the time'. Feeling worthless' or 'Worthlessness' was recorded to be the most common ($n=260, M=3.82, SD=1.228$). It was closely followed by 'depressed' or 'feeling depressed' ($n = 260, M = 3.81, SD = 1.123$). Use of coping mechanisms using Brief Cope showed a midpoint between 'a little bit' and 'a medium amount' of use ($n = 260, M = 2.36, SD = 0.41$). It was also observed that the five most used coping mechanisms are: acceptance ($M = 3.212, SD = .7026$); active coping ($M = 3.02, SD = 0.69$); planning ($M = 2.96, SD = .70$); self-distraction ($M = 2.946, SD = .75$); and religion ($M = 2.80, SD = .96$). Different significant results showed different demographics for both distress and coping mechanisms except for work status during the COVID-19 pandemic, which showed statistically insignificant for both. Distress was also seen as a significant predictor of coping mechanisms. These results serve as a preliminary assessment of how different variables play with distress and coping mechanisms. This research also hopes to serve as a basis for an effective wellness program during these times.

Keywords: coping mechanism; COVID-19; distress; employees; wellness programme
Influence of parenting styles on senior high school students' modular distance learning (MDL): Basis for guidance and counselling programme

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The manner a parent raises their child may have an impact on several things in the life of a child. One factor that can be profoundly influenced by the parenting style used is the students' intrinsic and extrinsic motivation on modular distance learning (MDL). This is crucial because, depending on how one is educated, their mindset, outlook, future goals, and success within a school setting can be determined. The present study focused on the relationships between parenting styles and MDL motivation and analysed how authoritarian, permissive, and authoritative parenting styles relate to their children's MDL motivation based on the children's perceptions. Using a descriptive correlational research design, 248 Grade 11 students at Narra National High School participated in the study. To classify the study's respondents, a simple random sampling was used. The two-part survey questionnaire: profile of respondents in terms of age, gender, birth order, profession of parents, parenting styles, and the degree of motivation of respondents in Modular Distance Learning (MDL) along with intrinsic and extrinsic was provided to respondents. The findings showed that the permissive approach of the parents of the respondents was the dominant parenting style. The degree of intrinsic motivation of the respondents is strong, while the extrinsic motivation of the respondents is also high. The findings revealed that both intrinsically and extrinsically influenced students displayed a substantially negative correlation with the style of parenting. The research also found that there was no significant correlation between the characteristics of the respondents in terms of age, gender, birth order, and parents' occupation with their form of motivation, whether intrinsic or extrinsic. The intensified counselling program is highly recommended particularly in conducting counselling either individual or group for parents and students that will strengthen the parent-child.

Keywords: counselling programme; guidance programme; modular distance learning; parenting styles; students
Check-in: Miriam College Lower School faculty members' state of well-being

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Issues on mental health continue to rise especially for teachers who have to constantly adapt to educational and work trends, emerging changes in family and school dynamics, and different technological advancements. To identify the Miriam College Lower School (MCLS) faculty's psychological state of well-being amid the COVID-19 pandemic, the researchers administered the 42-item Psychological Wellbeing Scale to the selected participants of this study. Adopting a descriptive research design, each of the six dimensions of psychological well-being has been analysed and presented using descriptive statistics. Key findings of the study show that: (i) most faculty members scored relatively high across all domains; (ii) results in each scale varied when interpreted according to demographic profiles, (i.e., age, faculty classification, teaching level, subject area, and years of experience); and (iii) notable patterns in the results were identified. These findings will be used to gather and recommend considerations in designing practices and professional development interventions. As such, they will help build and sustain a culture of health and wellness for the faculty as they continue to transition to online learning modalities.

Keywords: faculty development; faculty well-being; health programme; psychological well-being; wellness programme
Effects of the presence of relaxing background music and duration of a single session of mindfulness meditation on the state anxiety of university students

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Mindfulness meditation (MM) has been shown to improve mood regulation, anxiety, pain management, and memory, among other benefits. However, little is known about the potential benefits from a single session MM. In this study, the researchers looked into the effectiveness of a single session MM, and the effects of the duration of meditation and the presence of relaxing background music in reducing the state anxiety of university students, a demographic perceived to be vulnerable to mental health problems. The study utilised a 2x2 factorial design and data were analysed using MANCOVA. Participants (n = 230, women = 59%, age = 19.43) were conveniently sampled and randomly assigned to one of the experimental groups: 3 minutes without music; 3 minutes with music; 10 minutes without music; and 10 minutes with music. The participants answered modified versions of the Beck Anxiety Inventory (BAI) and State Trait Anxiety Inventory (STAI) before and after the meditation to measure the changes in their state anxiety. Overall, MM in all experimental groups successfully alleviated state anxiety as measured by STAI and BAI scores pre- and post-intervention. However, the duration and the presence of relaxing music did not synergistically influence the effectiveness of MM (p = 0.961). Duration of MM better attenuated the somatic components of anxiety than in reducing that of the cognitive components. Specifically, evidence points to 3-min MM as most effective (p = 0.021) Initial level of anxiety was also identified as an important factor in the effectiveness of MM (p < 0.01). Furthermore, sex-specific cognitive responsiveness to MM was noted (p = 0.026).

Keywords: anxiety; meditation; mindfulness; music; stress
Grit, resilience, and perceived stress among Filipino university students during the COVID-19 pandemic

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Stress is an inevitable experience in the lives of university students due to increased responsibility alongside academic, personal, and social demands. The pressure faced with day-to-day interactions, most especially during the COVID-19 pandemic has greatly affected one’s vision for long-term goals and traits in dealing with demanding situations. Students engage in specific responses for coping strategies to reduce one’s perceived stress in the prospect of sustaining the individuals; probability for self-regulation in the pursuit of withstanding adversities and to persevere in completing their long-term goals, amid the challenges brought about by the pandemic. This shows their resiliency which can be greatly associated with one's grit, as this may affect their ability to manage internal and external pressures positively towards the projection of long-term goals. A quantitative correlational design was conducted among 733 Filipino university students from various parts of the country. Results showed that the students are somewhat gritty and have an average level of resilience amid their perceived stress levels. Gender differences revealed no significant differences between males and females in their level of grit. Females, however, were found to be more resilient amid being more stressed than their male counterpart. Correlational studies showed a positive relationship between grit and perceived stress and between resilience and perceived stress. Recommendations were given in the light of giving students an opportunity to be supported at every level, to set meaningful short, medium-, and long-term goals which are aligned with their interests and expectations amid the changes and challenges brought about by the COVID-19 pandemic. Future research is suggested towards developing Filipino tools that can measure the true essence of Filipino experiences and perspectives.

Keywords: grit; pandemic; perspectives; stress; university students
Job satisfaction, teaching performance, and commitment of the special education (SPED) teachers in selected schools in Metro Manila

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One hundred four randomly chosen special education (SPED) teachers from selected schools in Metro Manila took part in this study. The weighted arithmetic mean was used in determining the teaching performance, commitment, and teaching satisfaction of SPED teachers as rated by them. To determine the significant differences in the level of teaching job satisfaction, performance, and commitment of special education teacher, t-test was used. Majority of the special education teachers in selected school in Metro Manila were females, with teaching experience of 11 to 15 years, bachelor’s degree with master's degree units, special education major and with a performance rating of very satisfactory. The special education teachers in selected schools in Metro Manila obtained an average mean of 3.51, which reveals their being committed to (3.50–4.49) their task as SPED teachers. The special education teachers were moderately satisfied (2.50–3.49) from their teaching job, about psychological and intellectual dimension on teaching satisfaction. However, they were satisfied (3.50–4.49) in their social dimension. The male and female respondents did not disclose any sign of significant difference in their teaching performance, commitment, and satisfaction; thus, the null hypothesis was accepted. SPED teachers should be encouraged to enrol graduate studies in special education or in psychology, so they may be updated to the new theories and practices in handling special children. A follow-up study on the teaching competences of SPED teachers in high school should be conducted. Researchers should investigate factors, other than gender, that affect the teaching performance, commitment, and satisfaction of SPED teachers. The SPED teacher’s salary should be increased to sustain their daily living, as they face the present global crisis.

Keywords: commitment; job satisfaction; special education; teachers; teaching performance
Relationship between emotional intelligence and academic resilience among university students

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Being emotionally intelligent and resilient are the principal characteristics of students and these characteristics are remarkable as well as essential to be successful when it comes to academic performance. Possessing emotional intelligence and resilience distinguish students from others as they have deeper understanding of emotions of oneself as well as of others and highly adaptive towards unfavourable conditions which try to stop them from achieving heights of academic success. Nowadays, emphasis is on developing courses and practice in which university students could learn to attain these higher order characteristics in the territory of academic institutions. Therefore, the present study was undertaken to understand the role of emotional intelligence and academic resilience in academic success and to assess the relationship in between the two characteristics among the university students. The study sample was 200 undergraduate students from various colleges of Punjab Agricultural University of Ludhiana city. Emotional Intelligence was assessed by MSCEIT-Mayer-Salovey-Caruso Emotional Intelligence Test (Mayer et al, 2000) whereas academic resilience was investigated using Academic Resilience Scale (Cassidy, 2016). The proportionate random sampling technique was used for the collection of the data. Results revealed that the students’ emotional intelligence and their academic resilience were significantly and positively correlated.

Keywords: academic achievement; adversity; emotional intelligence; resilience; university students.
A review of the implementation of dialectical behaviour therapy and cognitive behavioural therapy for borderline personality disorder

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Borderline personality disorder (BPD) is a psychiatric disorder characterised by pervasive affective instability, disturbance in self-image, impulsivity, marked suicidality, and unstable interpersonal relationships. Dialectical behaviour therapy (DBT) is a psychotherapeutic intervention originally developed to treat individuals with BPD who have chronic suicidal ideation and emotional dysregulation. The aim of this narrative review is to examine the differences and similarities between DBT and Cognitive Behavioural Therapy (CBT) in relation to implementation for persons with BPD by analysing the available scientific evidence. A literature search was performed on the PubMed, EMBASE, Scopus, Web of Science, Google Scholar, and PsycINFO databases. Twenty-five articles were included in the literature review. The following five themes emerged: (1) Time commitment: a comprehensive DBT protocol is a more involved treatment process than CBT where DBT often includes individual therapy, skills training, and coaching calls between sessions for the client. (2) Focus: CBT concentrates heavily on the thinking or cognitive component while DBT addresses cognitive distortions and changing thoughts plus concentrates more on emotions. (3) Interpersonal relationships: CBT concentrates on addressing relationships while DBT intentionally focuses on interpersonal connections much more heavily. (4) Skills: CBT teaches individuals how their thoughts, feelings and behaviours interconnect and can be changed to generate a more positive outcome. In contrast, DBT skills are a set curriculum and typically will expect the clients to participate in all the skill modules. (5) Clinical Presentation: both CBT and DBT can treat BPD, however, DBT has become the treatment of choice for BPD clients. Considering that DBT has become the treatment of choice to help regulate intense emotions, more research is needed for improving adaptive coping skills of individuals with self-harming and high-risk behaviours.

Keywords: borderline personality disorder; cognitive behavioural therapy; dialectical behaviour therapy; emotions; interpersonal
Pakistan women’s satisfaction with life during COVID-19 quarantine is positively correlated to their perceived social support

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Although previous research established a positive association between perceived social support, little research has been carried out in Pakistan. This research, therefore, aims to investigate the relationship between satisfaction with life and perceived social support for Pakistani women in Pakistan during COVID-19. The correlation was tested using the Pearson Correlation Coefficient ‘r’. Further, a multiple regression analysis was performed to find out which source of perceived social support is the most significant predictor of satisfaction with life for women. The data was successfully collected from 84 Pakistani women. The data was collected through an online survey using google forms. Correlation and regression results revealed that there is a strong positive correlation between satisfaction with life and perceived social support. The most important predictor for satisfaction of life is Perceived social support of the significant other. The paper will end with direction for future research and a discussion of implications for mental health practitioners keeping in mind the cultural sensitivity and religious significance of Pakistan.

Keywords: COVID-19; Pakistani; satisfaction; social support; women
Psychosocial safety climate as an antecedent to job demands-resources theory and specifying the psychosocial safety motivational path

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The aim of this longitudinal study was to investigate how psychosocial safety climate (PSC) affects different types of engagement for both work and psychosocial safety goals. The study proposes a distinct safety motivational pathway as a key process linking PSC to psychosocial safety motivation via psychosocial safety resources. Data were collected from 512 healthcare workers (54 units/wards) in a Malaysian hospital, matched across four months, and analysed using Hierarchical Linear Modelling (HLM) software. As expected, PSC had a lagged effect on job and psychosocial safety resources. Job resources were positively related to work engagement, whereas psychosocial safety resources were positively related to psychosocial safety motivation. We also found indirect relationships between PSC and work engagement via job resources, and between PSC and psychosocial safety motivation via psychosocial safety resources. The results indicated that PSC is a key upstream construct that triggers the motivational pathway of the job demands–resources (JD-R) model and, in addition, a psychosocial safety motivational pathway. In theoretical terms, the results support expanding the PSC-extended motivational pathway of JD-R theory in specific job and safety applications; in practical terms, the results show how organisations can motivate workers to contribute to work engagement and to their psychosocial safety motivation.

Keywords: job resources; psychosocial safety climate; psychosocial safety motivation; psychosocial safety resources; work engagement
Impostor syndrome among medical students: A cross-sectional study of federal universities in southern Nigeria

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Impostor syndrome (IS) negatively affects performance leading to burnout, significant psychological distress and decreased productivity. In this cross-sectional study, we aimed to quantify the levels and correlates of impostor syndrome amongst medical students in Nigeria. We used Clance's Impostor Phenomenon Scale (CIPS) to evaluate medical students from 3 of 11 federal universities, one from each geo-political zone, in Southern Nigeria. Data was collected in June 2021 and analysed using descriptive statistics, ANOVA and linear regression models with the IBM-SPSS version 26. Among 443 respondents with a mean age of 22±2.7 years, mean impostor score was 61±18 and 50.8% of the respondents frequently experienced impostor feelings, scoring above 60 on CIPS. Although females had higher scores, there was no significant difference between females (62.5 ± 17.7) and males (59.2 ± 18.6), p = 0.054. Younger age and second year of study were found to be strongly associated with IS and students that had plans to further their training in residency had lower impostor scores (p = 0.009). In contrast to a 2017 study which showed a low prevalence of IS (22.5%), over half of our medical student population manifest IS with higher proportions in transition classes and among young students. This may be attributed to the increasingly competitive environment of medical school or an increase in stressors related to the COVID-19 pandemic. IS could pose as a barrier to career advancement and there is a need for effective support and counselling systems to optimise the medical learning environment for all students.

Keywords: burnout; COVID-19; impostor syndrome; medical students; universities
Comparative study of mindfulness practices, self-reflection, and social emotional learning in university students to increase emotional intelligence and improve decision-making

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Mindfulness meditation is a mental training practice that teaches individuals to slow down racing thoughts, let go of negativity, and calm both mind and body. Several studies have demonstrated its efficacy in managing mental health issues. However, to date, there is a gap in theoretical framework on the relationship between mindfulness, self-reflection, and social emotional learning. This study emphasises the effect and awareness of being mindful and developing emotional intelligence in decision-making and increasing productivity in university students. This mixed method study focuses on education, professional development, social emotional learning, and resilience. This prospective study aims to identify whether regular practice of emotional intelligence and mindfulness practice can enhance the targeted variables. Participants will be recruited from Bangkok School of Management, Northumbria University, and European Business School. This study aims to shed light on the effects, changes, and awareness after undergoing an eight-week mindfulness course by UCLA Mindful Awareness Research Center for offline and online students. This study will be carried out during the term-time, where students will be briefed about the research and any student can volunteer to be part of it, to complete the pre- and post- mindfulness course. Students will also be asked to complete a set of questionnaires, whereas all meditations will be carried out through the MARC’s Director for Mindfulness Education.

Keywords: emotional intelligence; decision-making; mindfulness; resilience, social emotional learning
Exploring training and supervision experiences of facilitators of men’s behaviour change programmes: A qualitative study

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Within Australia, Domestic and Family Violence (DFV) has been recognised as exceedingly pervasive. In recent years, the focus has moved away from postvention strategies to an emphasis on developing and implementing violence intervention strategies that specifically target known offenders of violence, intending to reduce the risk of reoffending. A gap in the training and supervision of facilitators of Men’s Behaviour Change Programs (MBCP) was identified by the primary researcher working within the DFV sector for many years, including experiences as a front-line worker and managing a MBCP in Western Australia. This offered the basis for the development of the research during the COVID-19 crisis. This research explored facilitators’ experiences of supervision and training in MBCPs, through a qualitative approach. The study was designed to identify how facilitators of MBCPs are supported through ongoing training and clinical supervision to provide best practice whilst retaining staff, guarding their well-being and reducing secondary traumatic stress. The study has used Interpretive Phenomenological Analysis as its methodology. Ten participants across Western Australia from the four largest non-government organisations were interviewed through semi-structured interview questions. Analysis of the data included a five-stage process including; transcribing, reading for significant information, developing individual themes, creating overall master themes and sub-themes. Despite the national standards in place to support staff, the data analysis revealed a substantial lack of clinical supervision and little to no training for facilitators of MBCPs. Further, the finding suggests participants were unaware of organisational staff well-being strategies in preventing secondary traumatic stress.

Keywords: male psychology, men’s behaviour; training programme; supervision programme; violence intervention
Trajectories of posttraumatic growth over time: A mixed-method analysis

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Existing literature on positive change following adverse events, known as posttraumatic growth (PTG), is limited in that it does not examine long-term changes in PTG or the factors that may influence such change. The current mixed-method paper has two aims: (1) to examine whether there are subsets of individuals who experience different levels of PTG over time; and (2) to examine the extent to which quantitative and qualitative data provided at different time points can indicate the quality of PTG people will experience. Over an 18-month period, 268 participants completed measures of adverse event exposure, cognitive, psychological, and social factors, at six-month intervals. Qualitative interviews with 26 of the participants were also conducted halfway through the 18-month period. Quantitative analysis revealed four clusters of individuals (resilient, depressed, anxious-avoidant, and struggling) with variable PTG trajectories. Clusters differed according to a range of cognitive and psychosocial factors. Qualitative interviews, analysed with thematic analysis, revealed some discrepancies with quantitative survey data, indicating that PTG may serve as a coping strategy for some people, rather than being aligned with improvements in psychological well-being. Contrary to current thinking, it appears that PTG does not necessarily increase over time; rather, patterns of growth are much more variable and influenced by psychological and environmental factors.

Keywords: environmental factors; posttraumatic growth; psychological factors; social factors; well-being
The level of depression of clinically diagnosed patients with thyroid disease during the COVID-19 pandemic: Basis for a psychological intervention programme

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The mental health of people with thyroid disease is not receiving national and global attention. Some of the reviewed studies done in the country have looked at thyroid condition with limited information on the role of thyroid disease on the thyroid patients' mental health. This study looked at the level of depression of the clinically diagnosed patients with thyroid disease when group according to their type of thyroid disease, which are hyperthyroidism and hypothyroidism during the COVID-19 pandemic. This study’s main objective was to determine the level of depression of the respondents using the Beck Depression Inventory (BDI) and to create a Psychological Intervention Program that aims to address the depression of people with various thyroid conditions. Based on the data gathered, the following were the major findings: Majority of the respondents aged 22–29, female and who were diagnosed of having hyperthyroidism. Most of the respondents were experiencing normally ups and downs. However, there were some respondents who were experiences moderate to severe depression as well. There is a significant between the respondent’s level of depression when group according to their thyroid disease at 5% level of significance.

Keywords: depression; mental health; pandemic; psychological intervention; thyroid disease
Hope, adaptability, and well-being among UK students during COVID-19: A mixed-methods study

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Young people and students in the UK have been especially adversely affected by the COVID-19 pandemic. While much research has found an increase in mental illness over the past year, less research has investigated components of well-being and its maintenance. The importance of hope in times of adversity is well established, but the experience of hope has had little attention in recent pandemic research. The aim of this study, which was divided into a qualitative and a quantitative phase, was to explore how hope was both achieved and maintained for students aged 18-24 during the COVID-19 pandemic. The initial research question was: What is the experience of hope for higher education students aged 18-24 during the COVID-19 pandemic? A mixed methods-design with an exploratory sequential approach was used to let the participants’ experiences guide the research. Phase One used thematic analysis to explore the experience of hope for nine student participants. The themes found then guided the subsequent quantitative phase, which used Snyder’s state hope scale, Martin’s adaptability scale and the PERMA well-being framework to further investigate the qualitative findings in a larger student sample. Results for Phase Two are in progress. This research is being conducted with a view to informing Hope based-interventions for students.

Keywords: adaptability; COVID-19; experience; hope; well-being
Keep the bounce in your step: Developing resilience as a mental health psychology practitioner during COVID-19

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During times of excessive stress, such as the COVID-19 pandemic, it is important to examine factors that might enhance resilience in Mental Health Psychology Practitioners, as their role in fighting off the negative psychological effects of COVID-19, is crucial. Therefore, the main aim of this study was to investigate how the pandemic affected the mental health and well-being of Mental Health Psychology Practitioners and the strategies they employed to demonstrate resilience. The study used an exploratory, inductive, qualitative approach, featuring semi-structured interviews with nine MHPPs who performed their duties during the COVID-19 pandemic. Thematic analysis of data (Braun & Clarke, 2013) identified three main themes (consisting of two subthemes each), ranging from experiences of vicarious traumatization, personal vs professional identity, through to the strategy’s participants employ to demonstrate resilience and maintain their wellbeing. This paper focuses on the latter theme, exploring the role of internal coping mechanisms and external factors in helping MHPPs maintaining positive well-being and developing resilience during these unprecedented times. Participants reported that strategies, such as meditation and mindfulness, helped them in managing their emotions and increased self-awareness, whereas frequent, systematic supervision sessions and collegial support were described as key factors affecting their well-being in a positive way. The results of this study can inform the development of resources and interventions for this group of professionals to render them less susceptible to occupational risks and, therefore, be of better assistance to the service users.

Keywords: COVID-19; mental health; resilience; psychology; well-being
Women and the challenges of STEM professions: Thriving in the chilly climate

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Recent and historic reports about women in STEM have underscored the structures and systems in place that continue to undermine the success of women in STEM professions, as graduate students, faculty, and administrators. Through internet-based and follow up face-to-face interviews with women, the purpose of this research was: (1) To provide psychologists, educators, and administrators with real-life narratives of women from culturally diverse backgrounds whose talent may be lost because of unhealthy workplace environments in the STEM fields; (2) To validate women who may think they are alone in workplaces of hostility, marginalization, and invalidation; (3) To report narratives of women who negotiated and achieved success in the midst of a chilly climate; and (4) To recommend specific practices women can engage and supervisors/administrators can apply to ensure women’s safety and career prosperity. This study provided important findings based on first-person narratives as well as critical concerns that women may face as a result of workplace bias and harassment. Women's insights and practices to transcend these challenges are highlighted.

Keywords: culture; diverse; environment; STEM; women
Encouraging the use of psychological skills and generating efficacy to regulate emotions promotes good emotion regulation

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Intense negative mood and emotional profiles are associated with poor mental health. Identifying factors that can help individuals regulate negative feelings is an important line of investigation. The present study examined relationships between use of psychological skills beliefs in self-efficacy to regulate emotions, and dispositional emotion regulation styles of reappraisal and suppression on emotional state. Data from an online study in conjunction with the BBC Lab UK reported by Lane et al. (2016) was re-analysed. In the present study, 73,994 participants completed emotion measures before a competitive task, over four competitive rounds. A total measure of emotion was used. Multiple regression indicated that 14% of the variance in emotion could be predicted from self-efficacy to regulate emotions, reappraisal, and suppression. Results indicated that efficacy beliefs to regulate emotions positively correlated with use of psychological skills, re-appraisal, and suppression. Although reappraisal is arguably the preferred emotion regulation strategy, there are times when suppression is the only strategy available. High self-efficacy to regulate emotion and use suppression could be useful in contexts where re-appraisal is not possible and so prevent unwanted emotional outburst or emotions leading to poor behaviour. We suggest that interventions should focus on helping people to learn to use psychological skills. Alongside this, it is also advisable to help participants develop positive beliefs that they can regulate emotions, that is encourage reflection and identification of situations where they regulated emotions effectively, and so strengthen beliefs for future situations. When seen collectively results suggest that access training via use of psychological skills that build confidence to regulate emotions may be useful in preventing intent negative emotions.

Keywords: emotions; mood; psychological skills; reflection; self-efficacy
Risk-taking, self-harming behaviours, and hope among Filipino university students during the COVID-19 pandemic

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Risk-taking and self-harming behaviours are common issues in young adults brought about by their transition from being adolescents to becoming adults. This stage comes with several challenges and expectations that increase the likelihood for such behaviours; notwithstanding the fact that they are transitioning in the middle of the COVID-19 pandemic. Amid these challenges, hope plays a vital role in their ability to rise above these adversities. This qualitative-correlational study was conducted to 437 Filipino university students from different parts of the country. Results show that university students are generally not risk-takers and do not engage in self-harming behaviours. However, further analysis showed that males engage more in risk-taking behaviours while females engage more in self-harming behaviours. On the other hand, results obtained from the Adult Hope Scale showed that university students are hopeful with the males scoring higher in Pathway scores signifying that males engage in more planning towards goal achievement compared to their female counterpart. No differences were obtained, however, for agency scores. Results of the correlational approach show a negative moderately high correlation between hope and self-harming behaviours while no significant relationship was found between hope and risk-taking behaviours. Recommendations are given in the light of improving student-centred services in schools to support mental health, especially during the COVID-19 pandemic. Future research is suggested to dig deeper into other factors such as attachment styles that may affect risk-taking, self-harming behaviours, and hope.

Keywords: behaviour; college students; hope; mental health; self-harming behaviours
Psychological capital, flourishing, and individualism/collectivism

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Psychological Capital (PsyCap) is a multidimensional construct, comprising the individual dimensions of hope, self-efficacy, resilience and optimism. It has been empirically established and tested and has been widely studied as a predictor of a range of positive outcomes. These include: engagement, achievement, well-being and performance, both in a work and academic context. This presentation will report the results of an ongoing cross-cultural sample of recent graduates examining the relationship between PsyCap, Seligman's model of flourishing, PERMA (Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment) and cultural collectivism. The central hypothesis is that the dimensions of PsyCap will be a strong predictor of flourishing, however cultural collectivism and/or lacking a set career path will mediate this relationship. This presentation will address the criticism of positive psychology as being based on an overly universalist, individualistic world-view which ignores cultural collectivism (which is investigated as a potential mediator of the relationship between PsyCap and PERMA). Additionally, with PsyCap being developed in a workplace context and graduate-employment becoming increasingly competitive due to the economic consequences of the COVID-19 crisis, the presence of an identified career path or vocational track is investigated as a further potential mediator. Although the current study is on-going, data collection will be completed and analysis of the results from a projected 250 participants using the psychological capital questionnaire, PERMA profiler and individualism collectivism scale will be presented during the presentation.

Keywords: career path; collectivism; flourishing; individualism; psychological capital
Greening project: The social responsibility of students in the midst of the pandemic

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The participants have been familiarised on the basic knowledge of planting a tree and the importance of engaging and protecting the environment. The participants also got to meet with other students on different organizations and become one community in a short span of time. Educational institutions should perhaps engage with well-established platforms that encourage responsible practices such as greening project and others that ensures coherent and consistent coordination of community issues to address community problems such as global warming. Environmental programme and activities should continue to create an impact to community. Thus, proposal of action plans that provides further attention on community extension so people will get involved and become responsive to any concern that pertains to environment.

Keywords: environment; environmental programmes; global warming; organisational psychology; social responsibility
In this article, a contemporary problem for our current society is approached: emotional intelligence. Emotional intelligence is currently enjoying great acceptance in society and different fields of activity. Based on the exploitation of scientific literature, this article presents a theoretical analysis according to emotional intelligence. It is realised that the analysis of the morphological genesis of the emotional intelligence concept. This analysis is aimed at the concretisation and configuration of genesis, definition, factors, characteristics, situations of developing emotional intelligence, as well as the main ancestors which collaborated for its development, which will represent a premise for further investigations of this psychological construct and will allow the elaboration and implementation of a training programme oriented towards developing emotional intelligence at pre-teenagers, according to the social situation of development (SSD). The concept of emotional intelligence shows a stronger interest in the last years for researchers, becoming a subject of major scientific interest due to its resemblance with people’s success, both personally and professionally; no matter the requirements and tensions of their environment. Addressing this topic is of great importance both nationally and internationally.

Keywords: contemporary problems; emotions; emotional intelligence; field of activity; society
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