

Future Academy
Multidisciplinary
Conference

13-17 October 2015

3rd CPSYC International
Congress on Clinical &
Counselling Psychology

ABSTRACT BOOK

Editor: Melis Y. Minas

[http://dx.doi.org/10.15405/cpsyc2015\(2301-2226\)](http://dx.doi.org/10.15405/cpsyc2015(2301-2226))

CPSYC Abstract Book eISSN: 23012 2226

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Future Academy
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13-17 October 2015

4th CPSYC International
Congress on Clinical &
Counselling Psychology

10-12 May 2016
Antalya TURKEY

Future Academy Multidisciplinary Conference

13-17 October 2015



4th International Congress
on Counselling & Clinical
Psychology

Antalya Turkey
10-12 May 2016



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7th ICEEPSY The International Conference on Education and Educational Psychology

11-15 October 2016

Rhodes GREECE

Oral, Poster & Virtual Poster Presentation Conference

Publication: **Elsevier Procedia & European Journal of Social and Behavioural
Sciences EJSBS**

5th icCSBs The Annual International Conference on Cognitive - Social, and Behavioural Sciences

26-29 December 2016

Virtual Poster Presentation Only

Publication: **European Proceedings of Social and Behavioural Sciences EpSBS
(ISI Thomson Reuters) & European Journal of Social and Behavioural Sciences
EJSBS**

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Future Academy Organized Training Programs 2016 Dates & Venues & Publications

Be-Your-Own-Therapist (ONLINE TRAINING)

Be-Your-Own-Therapist is a program Non-Psychologists to increase a person's well-being by applying Cognitive Behavioural Therapy (CBT) to everyday life situations.

Frequently Asked Questions and Answers about the "Be Your Own Therapist" Program

What are the benefits of completing the Be-Your-Own-Therapist Program?

This program is focused on improving the personal and professional lives of participants. Learning about psychology & CBT and acquiring CBT skills & techniques will enhance participants' self-awareness and ability to guide others.

The program will help participants achieve fulfillment and happiness in life.

Who is eligible to enroll in Be-Your-Own-Therapist Program?

Any person interested in the program.

What is the focus and teaching approach used in the Be-Your-Own-Therapist Program?

The instructor applies techniques that ensure participants:

- Understand the content
- Learn theories and their application (how and why to apply a particular therapy)
- Understand the responsibility of self-therapy

Each lesson consists of sharing theories, learning practical applications and answering questions.

Learning to respect professional ethics is also emphasised.

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Can I offer services as a therapist after completing the Be-Your-Own-Therapist Program?

Eligibility to offer services as a therapist, counsellor, psychotherapist, psychologist or other professional varies from country to country.

Is Be-Your-Own-Therapist an approved program?

This course is designed for non-psychologists, but the course fulfills criteria of the 1st Module of the Master Practitioner Diploma in CBT Program, which is approved by the British Psychological Society.

What is the tuition to enroll in the Be-Your-Own-Therapist Program?

The total fee for the 19-week course is 1500 GBP. This fee includes the live online course, access to recorded lessons, study text materials and the exam fee.

What is the fee that clients pay to receive counseling or psychological therapy?

The majority of UK therapists charge 75 to 100 pounds for each session. Depending upon the diagnosis, the client typically visits the therapist 10 to 30 times.

Why do many UK-training providers charge more than Future Academy?

Unlike many training providers, Future Academy and the Be-Your-Own-Therapist program focuses on educating non-psychologists instead of limiting the program to psychology professionals.

We provide services to the general public to learn, apply and benefit from CBT.

More Information Contact:

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CPSYC Abstract Book eISSN: 2301-2226

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CPSYC 2015 Chair & Message

I am honoured to chair the 3rd International Congress on Clinical and Counselling Psychology (CPSYC) to be held in Istanbul from October 13th to 17th 2015. I hope that clinical and counselling psychologists, practitioners, students, researchers and others from around the world will consider attending this meeting and that many of you will submit papers and posters. We have a talented and committed team of CPSYC Scientific Committee and Board of Reviewers who are working hard to make the 2015 Congress a resounding success.

We will meet in Istanbul, Turkey, which is one of the most lively and friendly cities in the world. The Congress will not only build on the success of previous Future Academy conferences and congresses, but will also continue to seek to raise the bar in international exchange of ideas, collaborations, and cooperation among academics, clinical psychologists, counselling psychologists, and other practitioners.

The 2015 Congress will provide excellent opportunities for participants to exchange ideas with each other. It will facilitate discussions, including challenges to clinical and counselling psychology; it will provide an international forum for scientific debate and constructive interaction. Furthermore, it will provide a platform for educators, researchers, students, and practitioners to present their work; exchange knowledge, ideas, and experience; and identify solutions to existing challenges in clinical and counselling psychology. Doctoral candidates are particularly invited to present and discuss their research ideas and work in progress.

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The committee has decided to include pre-conference continuous professional development workshops, poster presentations, and Special Interest Group (SIG) symposia. To this end, the CPSYC 2015 Scientific Committee and Board of Reviewers welcome papers from the following and related topics:

Anxiety Disorders, Attention Disorders, Autism, Behavioural Science, Behavioural Therapy, Child Psychology, Chronic Diseases, Clinical Psychology, Clinical Research, Cognitive-Behavioural Therapy, Community Health, Depression, Eating Disorders, Ethics, Forensic Science, Gay and Lesbian Issues, Genetics, Health Care Access, Health Care Financing, Health Economics, Health Policy and Promotion, Health Services Innovations, Health Services Research, Intellectual Disabilities, Marriage and Family Therapy, Medical Ethics, Mental Health, Minority Health, Neuropsychology, Outcome Research, Paediatrics, Preventive Medicine, Psychiatry, Psychopathology, Psychotherapy, Public Health, Quality of Life, Research Methods, Schizophrenia, Sexual Violence, Social Science, Social Work in Medicine, Substance Abuse, Suicide and Violence Prevention.

As in previous conferences and congresses of Future Academy, abstracts from the 2015 Congress will be published by Future Academy, and full-text papers will be provided by Elsevier in the CPSYC 2015 Proceedings or by C-crcs in the peer-reviewed Volume as a book chapter

Previous Future Academy conferences and congresses have been very successful, and CPSYC 2015 promises to be another high quality event. Istanbul, itself is a beautiful city which is easy to travel around so visitors can take the opportunity to have a holiday there.

We look forward to meeting with colleagues and friends—old and new—in Istanbul in October, 2015.

Dr. Zafer Bekirogullari

Chair, CPSYC 2015

CPsychol, AFBPsS, CSci (British Psychological Society)

HCPC Registered Counselling Psychologist (United Kingdom)

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CPSYC 2015 Keynote Speakers

Prof Dr Kirsti Lonka

Co-Chair, ICEEPSY 2014

Professor of Educational Psychology

University of Helsinki, Finland

Keynote Title: Mind the Gap - between digital natives and educational practices

Assoc Prof Dr Anita Welch

Emirates College for Advanced Education, Abu Dhabi, UAE

Keynote Title: The Virtual Office: Using Social Media to Promote Your Academic Persona

Pavlo Kanellakis

CPsychol, AFBPsS, HCPC Registered Clinical, Counselling & Health Psychologist,
BABCP Accredited Therapist, Supervisor & Trainer

Advisor to the Register of Patient-Accredited Therapists, Senior Tutor - Association
for Psychological Therapies

Registrar of the European Association of Counselling Psychology & Editor of the
European Journal of Counselling Psychology

Keynote Title: Bridging academia and practice through action research

Claire Parry

Family and Systemic Psychotherapist

South London and Maudsley NHS Foundation Trust

Lambeth Drug and Alcohol Service

Lorraine Hewitt House, London

&

Dr Zafer Bekirogullari

CPsychol, AFBPsS, HCPC Registered Counselling Psychologist

United Kingdom

Keynote Title: Substance Abuse Treatment and Working Systemically with the
Family

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Dr Neil Smith

Consultant Clinical Psychologist & Service Manager

National Problem Gambling Clinic

Central and North West London NHS Foundation Trust (CNWL)

Keynote Title: Working with behavioural addictions (pornography, shopping, gaming, internet)

Assoc Prof Dr Tapio Toivanen

Associate Professor, University Lecturer, Doctor of Arts in Theatre and Drama,

Department of teacher education

Faculty of behavioral sciences, University of Helsinki

Keynote Title: Teacher's sensitivity and presence

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CPSYC Previous Chairs

2013

Y. Barry Chung, Ph.D.

Chair CPSYC 2013

Professor and Program Director of Counseling Psychology

Department of Counseling and Educational Psychology

Indiana University Bloomington

W. W. Wright Education Building, Room 4056

201 N. Rose Avenue

Bloomington, IN 47405-1005

2014

Barbara A Wilson

Co-Chair CPSYC 2014

OBE, Ph.D, CPsychol, ScD, FBPsS, FMedSci, AcSS

President of the Encephalitis Society

Member of the Management Committee of The World Federation of Neuro

Rehabilitation

&

Pavlo Kanellakis,

Co-Chair CPSYC 2014

CPsychol, CSci, FBPsS

Chartered Psychologist Specialising in Psychotherapy (British Psychological Society)

Health and Care Professions Council UK Registered Clinical, Counselling and Health

Psychologist

British Association for Behavioural and Cognitive Psychotherapies Accredited Therapist,

Supervisor and Trainer

IPT UK Accredited Interpersonal Psychotherapist and Supervisor

Association for Psychological Therapies Accredited Trainer

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3rd CPSCY 2015 Abstracts

Title of the Paper: The Phenomenology and Ontology of Complexes

Problem Statement: This presentation will illustrate the congruency between the philosophy of Martin Heidegger and the psychoanalysis of Carl Jung's work.

Research Questions: This presentation will focus on providing a phenomenological description of Jung's complex theory with the use of Heidegger's ontology.

Purpose of the Study: This presentation will demonstrate how a Daseinsanalytic description of narcissism is significantly elucidating when read with a phenomenological understanding of complexes.

Research Methods: This presentation will argue that the meaning of complex is phenomenologically disclosed when Dasein's world is conspicuously experienced as unready to hand and "not-being-at-home". In the experience of a complex, angst, conscience and guilt are saliently disclosed in a moment of conspicuous obtrusiveness and obstinacy, which results in the ready to-hand losing its readiness-to-hand in a certain way.

Findings: This presentation will also illuminate that an authentic projection provides a way for Dasein to discover an authentic worldhood and "being-at-home" which results from listening to the call of conscience and confronting the angst and guilt disclosed in the experience of a complex.

Conclusions: The final section of this presentation explains that the understanding towards beings for Dasein to initiate and discover the authentic meaning of the complexes requires resoluteness for complexes to be assimilated into Dasein's understanding of being in the world.

Key Words: Heidegger, Jung, Psychoanalysis, Phenomenology

PhD Graduated Matthew Gildersleeve, Australia

Future Academy Multidisciplinary Conference

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Title of the Paper: Lifestyles and surveillance of sexual and reproductive health in women

Problem Statement: The low uptake of breast self-examination and cervical cytology hinders prevention and early diagnosis in an asymptomatic state of the two silent diseases, with nonspecific symptoms.

Research Questions: What are the influence of sociodemographic variables and lifestyles in sexual and reproductive health surveillance of the Portuguese woman?

Purpose of the Study: To analyze the influence of sociodemographic variables and lifestyles in sexual and reproductive health surveillance of the Portuguese woman.

Research Methods: Quantitative, non-experimental, correlational and cross study, made with a non-probabilistic, for convenience, sample of 522 women aged from 18 to 67 years old, who applied the questionnaires of "Self-examination of the breast", "Knowledge about cervical cancer" and the inventory "My Lifestyle" (Ribeiro, 1993).

Findings: Women aged between 31-37 years old (28.6%) Portuguese (99.1%), cohabiting with a partner and / or child (74.0%), with an active employment status (67.5%) residing in urban areas (55.8%) with higher education, and attending family planning consultations have better lifestyle, but without statistical significance ($f = 0.016$ $p = 0.899$).

Conclusions: Health behaviors and lifestyles are the key to health. The surveillance of women's sexual and reproductive health is influenced by several factors including the place of residence, employment status and lifestyles. These variables must be considered by health professionals when planning periodic surveys.

Key Words: Lifestyles sexual health women.

Professor Dr Manuela Ferreira, Portugal

Master Graduated Sofia Ferreira, Portugal

Master Graduated Nuno Ferreira, Portugal

Master Graduated Joana Andrade, Portugal

Associate Professor Dr Claudia Chaves, Portugal

Professor Dr Joao Duarte, Portugal

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Title of the Paper: Identity crisis' resolution among psychological correction of deviant behavior of adolescents

Problem Statement: The notions of positive and negative identity are disclosed. Negative impact on the identity of the deviant behavior of adolescents is shown. Current state of deviant behavior is considered.

Research Questions: Possibilities of psychotherapy to create positive identity Results of negative identity's psychological correction in adolescents with deviant behavior are considered.

Purpose of the Study: Objective: to study the problem of negative identity in adolescence and the development of methods of psychological correction of negative identity

Research Methods: Diagnostic questionnaire to determine inclination to different forms of deviant behavior DAP-P (developed in MMA, Department of Psychiatry, 1999) technique Defining tendency to deviant behavior by A.N. Orel Test "Who am I?" by M. Kuhn

Findings: In the first step is to carry out a psychological diagnosis of abnormalities in the consciousness of the person, to establish psychological contact with a teenager, to form a teenager significant positive attitude to psychological adjustment. The second step is to conduct an in-depth psychological correction of deviations in the consciousness of the individual.

Conclusions: The shorter the situation of deprivation, the higher the efficiency of correction. Psychological means to correct negative identity may be psychodrama techniques, technology of socio-psychological training, art therapy and psychology of color. Resolution of identity crisis due to a specially organized psychological treatment reduces the signs of deviance in adolescent behavior.

Key Words: identity, self-concept, deviant behavior, suicide

Professor Dr Sveta Berdibayeva, Kazakhstan

Associate Professor Dr Alyona Garber, Germany

Associate Professor Dr Nazym Satybaldina, Kazakhstan

Associate Professor Dr Dmitry Ivanov, Russian Federation

Associate Professor Dr Klara Smatova, Kazakhstan

Associate Professor Dr Mirshat Yelubayeva, Kazakhstan

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Title of the Paper: Psychological Prevention Of Older Adolescents' Interpersonal Relationships, Who Are Prone To Internet Addiction

Problem Statement: modern state of problem of Internet addiction of adolescents is considered.

Research Questions: Opportunities for the application of different methods of psychological prevention of Internet addiction in adolescence are identified, the results of psychological prevention of Internet addiction of adolescents are considered.

Purpose of the Study: We have carried out a study aimed at studying the psychological aspects of interpersonal relationships of older adolescents who are prone to Internet addiction

Research Methods: 1)questionnaire "Perception of the Internet", developed by E.A.Schepilina 2) test "Diagnosis of interpersonal relationships" (authors T.Leary, G. Leforz, R.Sazek) 3)Questionnaire of interpersonal relations(QIR) by A.A .Rukavishnikov. It is a Russian version of questionnaire FIRO, developed by W. Schutz. 4)Test Kimberly Young to identify the level of Internet addiction.

Findings: The results show that decrease in the number of older adolescents, characterized by a tendency to Internet addiction, observed after performing preventive maintenance. There was an increase the value of well-being of relationships, as well as reducing the value of the index of aggression after the preventive work in the experimental group.

Conclusions: These results indicate the improvement of psychological climate in the interpersonal relationships of older adolescents, the growth of their satisfaction in communication

Key Words: Internet addiction, adolescence, psychological pedagogical prevention

Professor Dr Sveta Berdibayeva, Kazakhstan

Associate Professor Dr Alyona Garber, Germany

Associate Professor Dr Dmitry Ivanov, Russian Federation

Professor Dr Aliya Massalimova, Kazakhstan

Professor Dr Assiya Kukubayeva, Kazakhstan

Master Graduated Satybaldy Berdibayev, Kazakhstan

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Title of the Paper: Psychological characteristics of ethno cultural marginality manifestation

Problem Statement: Many researchers suggest that the factor of marginalization is the transformation of structure of identifications, which leads in general to an imbalance of ethnic identity

Research Questions: Analysis of various definitions of ethno cultural marginality, leaves unclear the question - what is behind phenomenon of marginality: lack of ethnic identity, weak identity or negative ethnic identity?

Purpose of the Study: to study the relationship between self-perception of the personality and perception of its own ethnic group and a foreign ethnic group

Research Methods: Method of detection auto-and hetero-stereotypes by Stefanenko T.G. (70 definitions) A diagnostic test of relations by Ktsoeva – Soldatova G.U.

Findings: 34.2% of respondents have dual ethno-cultural identity (1 group). 18.5% of respondents have identification with another ethnic group (2 group). Ethnic identity for 48.3% of respondents was not significant (3 group). There are significant differences in ethnic identity between 3 groups: $t = 3,13$ (groups 1 and 2) $t = 2,74$ (groups 1 and 3).

Conclusions: In our society there are people, who characterized by transformation of ethnic identity. Conflicts of ethnic identity were experimentally identified. The existence of conflicts of ethnic identity in forms of dual identity and identification with another ethnic group may indicate that ethno-cultural identity of the titular ethnos of Kazakhstan is not fully formed.

Key Words: ethno cultural marginality

Professor Dr Sveta Berdibayeva Kazakhstan

Associate Professor Dr Zhanar Zhukezheva Kazakhstan

Associate Professor Dr Murat Moldagaliyev Kazakhstan

Associate Professor Dr Roza Kassymova Kazakhstan

Master Graduated Satybaldy Berdibayev Kazakhstan

Master Graduated Aliya Belzhanova Kazakhstan

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Title of the Paper: Sleep Quality Determinants Among Nursing Students

Problem Statement: Higher education reflected in the students conceptions leading to disrespect hours of sleep, deficit quality of sleep. The sleep disorders are one of the most important health problems.

Research Questions: What are the determinants that influence the quality of sleep in nursing students?

Purpose of the Study: To identify determinants that influence the quality of sleep in nursing students identify the sociodemographic and academic variables that affect the quality of sleep analyze the influence of psychological context variables and analyze the relationship between daytime sleepiness with sleep quality in nursing students.

Research Methods: Descriptive-correlational and analytical study, a non-probabilistic convenience sample of 403 nursing students. We used the questionnaire for sociodemographic and academic characterization, Epworth Sleepiness Scale, Scale Positive and Negative Affect, Inventory Eysenk Personality, Anxiety Scale, Depression and Stress Sleep Quality Index of Pittsburg.

Findings: Average age of students is 23.61 years, prevail women (86.0%), to attend the 4th year (23.5%) showing worse sleep quality (63.2%) and more daytime sleepiness (24.3%) .. Students with ≤ 20 years, living in rural areas, who live alone and the 1st year, more anxious, less outgoing and more neurotic reveal poor quality of sleep.

Conclusions: The sleep disturbances constitute a public health problem that requires intervention and adoption of educational and health promotion activities in school for the student himself to act in the construction of your quality of sleep.

Key Words: Nursing Students Personality Anxiety Quality sleep.

Master Graduated Madalena Silva, Portugal

Associate Professor Dr Claudia Chaves, Portugal

Professor Dr Joao Duarte, Portugal

Associate Professor Dr Odete Amaral, Portugal

Professor Dr Manuela Ferreira, Portugal

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13-17 October 2015

Title of the Paper: Role Of Therapeutic Change In Treatment Of Patients With Behavioural Disorders

Problem Statement: The role of therapeutic change in CBT for patients with behavioral disorders needs to be analyzed. The factors of therapy success and the impact of change should be specified.

Research Questions: What are the principles and mechanisms of therapeutic change among patients with BD and what factors contribute to the occurrence of BD?

Purpose of the Study: In the article the author will attempt to find answers to the research questions in terms of the role and impact of therapeutic change on the behavioral disorders treatment success.

Research Methods: Literature review method. Discourse analysis

Findings: Current research analysis shows high influence of therapeutic change on CBT success with patients suffering from behavioral disorders. Described therapeutic interventions in mainstream cognitive-behavioral, and research on their effectiveness allowed the researcher to assume that CBT has a high efficiency in the treatment of BD by using cognitive-behavioral techniques and strategies to cause and maintain the therapeutic change.

Conclusions: Future research on the role of change in treatment of patients with BD should focus on important areas such as mechanisms, indicators and processes of change effective methods of individualization of intervention, identification and management of group processes and group dynamics, motivation to change identification of risk factors for BD factors that can maintain a change and prevent relapse.

Key Words: behavioral disorders, change, CBT.

Assistant Professor Dr Ivanna Shubina, Kuwait

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Title of the Paper: The maternal affection and motivation for breastfeeding

Problem Statement: The protection provided by breastmilk led to a reduction in child mortality as demonstrated in many studies, is relevant the identification of agents that interfere with premature weaning.

Research Questions: What are the factors that influence the motivation for breastfeeding?

Purpose of the Study: Analyze how the sociodemographic variables, the history of pregnancy, the experience of previous breastfeeding influence motivation for breastfeeding Examine whether the maternal affection condition the motivation for breastfeeding.

Research Methods: Quantitative study, with a sample of 235 women. Data collects through a questionnaire with sociodemographic characteristics, history of the pregnancy and of the maternal breastfeeding and motivation for the breastfeeding. And also includes the inventory of maternal affection (Mary Muller, 1994, adapted version of Garcia Galvão, 2000).

Findings: Most of the women has breast-feeding experience and they indicate as reasons of dissatisfaction with breast-feeding experience the pain in the nipples and the difficulty in the it diffuses. The mothers with lower education reveals less maternal affection. More affection exists in the women that fell back upon the consultations with support group to the breast-feeding.

Conclusions: The women are motivated for the breast-feeding and they reveal positive levels of maternal affection.

Key Words: Motivation Breastfeeding Maternal Affection

Master Graduated Edite Pinto, Portugal

Associate Professor Dr Claudia Chaves, Portugal

Professor Dr Joao Duarte, Portugal

Associate Professor Dr Paula Nelas, Portugal

Associate Professor Dr Emilia Coutinho, Portugal

Future Academy Multidisciplinary Conference

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Title of the Paper: Coping Mediates The Relationship Between Gender And Posttraumatic Growth

Problem Statement: Posttraumatic growth was believed to be related with gender. Females tend to report greater levels of posttraumatic growth. Little study is known associations among gender, coping, and posttraumatic growth.

Research Questions: What are the direct and indirect effects of gender and coping on posttraumatic growth?

Purpose of the Study: This research examined direct and indirect relationship between gender and posttraumatic growth mediated by coping in disaster survivors.

Research Methods: The samples consists of 100 survivors of affectedness natural disaster earthquake in Bantul district and volcano eruption in Cangkringan Sleman district in Yogyakarta Province Indonesia. Data were collected several years after disasters in 2013. The measurement instruments used for data collection had subscales on coping and post-traumatic growth. The data was examined by multiple regression analysis.

Findings: The result showed that gender was significantly associated with coping, but not significantly to post-traumatic growth. Coping mediated the relationship between gender and posttraumatic growth.

Conclusions: To summarize, in this study, it showed that coping become mediator the association between gender and posttraumatic growth. Although gender and coping probably is not the only factor to mediate the relationship between these two variables, it contributes more in literature to explain the relationship between gender and posttraumatic growth.

Key Words: Coping, Gender, Posttraumatic Growth, Disaster Survivors

PhD Student Zarina Akbar, Germany

Professor Dr Evelin Witruk, Germany

Professor Dr Evelin Witruk, Germany

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Title of the Paper: Steal a Glance: Transforming Process Analysis of a Long-term Psychotherapy Case

Problem Statement: The client is a 20-year-old student in college. The client had suicidal tendency during high school and had cultivated a habit of stealing a glance of others since then.

Research Questions: The purposes of this research are to understand the development of the issues that disturb the client and to understand the transforming process of psychotherapy.

Purpose of the Study: The purpose of this research is to analyze a case in order to explore the transformation of the client's problems during the process and the progress of therapy. It is anticipated that the research will provide a reference for practitioners of psychotherapy and the related studies in the future.

Research Methods: This research adopts the method of the qualitative research. The client has received psychotherapy once a week from 2008 to 2010 for 57 therapy sessions in total. The recordings of the therapy sessions are transcribed and coded for the analysis of the client's transformation during the process of psychotherapy.

Findings: The process of psychotherapy are divided into three stages: (1) Symptoms Description: The discussion focused on the client's experiences of the start of stealing glances and the hurtfulness of those glances (2) Relationships Exploration: Focused on remembering the experiences in the relationships with parents, siblings, and peers (3) Professional Relationships: Focused on the therapeutic relationship with the therapist.

Conclusions: Depersonalization is one of the symptoms of dissociative disorder, which usually occurs in adolescence. The results of this research show that the level of the client's anxiety was lowered after psychotherapy. He was given a chance to integrate the negative feelings in the relationships. He had lessened the discussion on symptoms and shifted the focus to interpersonal relationships.

Key Words: Adolescence , depersonalization , psychotherapy

Assistant Professor Dr Paoling Yeh, Taiwan

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Title of the Paper: Lothian assessment for screening cognition in aphasia (LASCA):
NV assessment cognition

Problem Statement: Post stroke aphasia often results in cognitive dysfunction. At present there are no well established screening measures for evaluation the cognitive problems with aphasia.

Research Questions: Evaluate convergent validity between LASCA and ACER Ø Ø To evaluate the impact of demographic variables like age, gender differences, pre-morbid intelligence, education on the performance of LASCA.

Purpose of the Study: The purpose of the study is to compute combined analysis, comparing the efficacy of LASCA with commonly used ACE-R.

Research Methods: Total of 70 healthy adults age range (50-92 years) were recruited in the present study (N=35) as well as Warren (2011) study (N=35) from University of Edinburgh Volunteer group. Age, gender, pre-morbid intelligence and education effects were tested through Anova and t- test. Furthermore Spearman's correlation coefficient was calculated between ACE-R and LASCA each subset.

Findings: Results of the study showed significant moderate correlations for all the subsets of LASCA and ACE-R except Attention/Orientation. with LASCA performance. Performance on LASCA was significantly related with the age level, education and pre-morbid intelligence of participants. No significant gender differences were found. High estimates of Cronbach alpha were not found due to variability of subscales in LASCA.

Conclusions: Good convergent validity between all subsets of LASCA and ACE-R indicates that LASCA is a valid instrument that meets the specific screening needs of cognitive problems related with aphasia.

Key Words: Stroke, Aphasia

Master Graduated Ayesha Faiz, Pakistan

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13-17 October 2015

Title of the Paper: Palliative care, impact of cognitive behavioral therapy to cancer patients

Problem Statement: Psychological intervention to cancer patients is more focused at the end of the treatment, it is necessary to evaluate the impact of this psychological intervention.

Research Questions: Does psychological intervention actually represent a real support for cancer patients in palliative care area, can psychologist in Mexico do something else for patients along the treatment ?

Purpose of the Study: The aim of this study was to analyze the impact of the psychological intervention in patients palliative care unit of the National Cancer Institute in Mexico

Research Methods: The analysis was performed with a sample collected between 2011-2013, integrated of 2472 patients taking into account their diagnosis and the hospital area of origin, a frequency statistical analysis was done to know the number of psychological consultations attended by cancer patients, their diagnosis and the type of cognitive behavioral therapy used.

Findings: It was found that the intervention of the psychologist in the area of palliative care is limited, very short and late effectiveness. Patients who went to psychological consultation, 90% no longer presented to the fourth session and about 30% comes from the area of pre consultation with advanced stages of the disease.

Conclusions: Cognitive behavioral therapy is a health tool that could benefit cancer patients, if that intervention was regulated throughout the entire treatment and not just by the end of it, as a support to patients. There is theoretical evidence that suggest the benefits of cognitive behavioral therapy through long term periods. Psychologist in Mexico can do more for cancer patients.

Key Words: Cognitive-behavioral therapy, psico-oncology, palliative care, cancer

Master Student Selene Guzman Castellanos, Mexico

PhD Student Francisco Cortes Ibañez, Mexico

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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Predictors of Psychological Well-being among Malaysian Graduates

Problem Statement: Several local investigators (Zaid et al., 2007 Zulkefli and Baharudin (2010), Yusoff and Rahim (2010) have shown low psychological well-being among Malaysian university students.

Research Questions: To what extent are cognitive emotion regulation, social support and physical activities significant predictors of psychological well-being among the respondents?

Purpose of the Study: The general objective of the current study was to identify whether cognitive emotion regulation, social support, and physical activity are significant predictors of graduate students' psychological well-being

Research Methods: Correlational Study design was utilized in this study to determine the extent to which research variables (respondents' cognitive emotion regulation, social support and physical activities) related to students' psychological well-being. Data was analyzed using structural Equation Model

Findings: The Finding of the study revealed that psychological well-being of graduate students was influenced by planning, catastrophizing, significant others support, reappraisal, other-blame, self-blame, friend support, putting into perspective, acceptance and walking.

Conclusions: In conclusion, planning is the most strategy that influences psychological well-being of Malaysian graduate students.

Key Words: Psychological well-being, cognitive emotion regulation
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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: The Level of Nutrition Knowledge and Dietary Iron Intake of Bosnian Women

Problem Statement: The iron deficiency anemia is particularly common in reproductive age women. Thus it is important to explore facts of knowledge about importance of iron in nutrition in female population

Research Questions: In this study we focused on assessing knowledge of dietary iron. Also, we wanted to know is it connected with age, level of education and types of urban area

Purpose of the Study: We tried to determine the iron daily intake and the state of knowledge of adequate iron intake in women of the Una Sana Canton, Bosnia and Herzegovina

Research Methods: The study included 176 respondents divided according to the place of residence (large and small municipalities, urban and rural areas), age range, as well as pregnant women as special group. Only 27% of respondents were employed, but with low average salary equates to only about 164 euros per month. Collection of data was done using a questionnaire and statistically analyzed

Findings: The estimated average intake for iron was 7.62 mg/day and there was significant difference between groups. According to the level of education, the most prevalent group was women with high school education (65%). Women from rural area, women in younger age groups and pregnant women showed a higher level of knowledge about importance of iron in nutrition

Conclusions: The most respondents were in the normal weight range, but the significant prevalence of inadequate iron intakes was determined. Also, respondents haven't knowledge concerning factors affecting iron supply from their diet, while it seems justified to focus our attention on these problems within the framework of educational activities

Key Words: Anemia, iron deficiency, nutrition knowledge

Professor Dr Ibrahim Mujic, Croatia

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Implications of Total Productive Maintenance in Psychological Sense of Ownership

Problem Statement: Total Productive Maintenance provides the development such as autonomous maintenance. This method resorts to different tools, in order to seek operators maintain optimal conditions for production and equipment performance.

Research Questions: What are the implications of Total Productive Maintenance in Psychological Sense of Belonging?

Purpose of the Study: To evaluate an operator's psychological sense of ownership in a section of a particular plant, in order to propose and encourage ways of making them able to promote high levels of productivity for the operator's work.

Research Methods: A descriptive study conducted with a convenience sample of 30 participants living in Portugal. Psychological Sense of Ownership was assessed by the Psychological Ownership Questionnaire (Avey et al., 2009). This allows sense of belonging to be measured, providing support to the five dimensions of this feeling (self-efficacy, self-identity, owning a house, responsibility and territoriality).

Findings: The existence of a psychological sense of ownership by operators was confirmed for the factory's section areas and production lines. Both a significant and positive association for all 5 dimensions (Territoriality, Self-efficacy, Self-identity, Owning a House and Responsibility) was found, particularly for the General Warehouse and Palletizing.

Conclusions: The implementation of Total Productive Maintenance (TPM) tools promoted the interaction of operators with the equipment, providing continual attention in detecting and anticipating anomalies resulting in the reduction of failures, breakdowns and quality defects. The existence of a culture promoting a sense of psychological ownership ensures the commitment of workers and generates increased levels of productivity.

Key Words: Psychological ownership. Autonomous maintenance.

Master Graduated Hugo Pinto, Portugal

Professor Dr Madalena Cunha, Portugal

Professor Dr Carina Pimentel, Portugal

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Enhancing creativity factors which are implemented by Iranian parents

Problem Statement: Some parents seemed to have poor levels of parenting skills and play passive role in nurturing their children's creativity. Important questions for parents, is it possible to increase creativity?

Research Questions: The main Questions of this study is" What are enhancing creativity factor which is implemented by Iranian parents upon children's creativity level"?

Purpose of the Study: The main aim of this study is to investigate enhancing creativity factors which are implemented by Iranian parents upon children's creativity level.

Research Methods: Participants of this study were chosen directly from postgraduate married students who have children studying in Roudehen branch, Islamic Azad University. To achieve the aim of this research, the methodology chosen for this study is based on the questionnaire survey, Raven intelligent test and Torrance creativity test taken with children. The data were analyzed by using SPSS.

Findings: the mean of the item listen and play music and thinking and drowning in dreams in all Iranian participants is placed in the poor category. On other hand, the mean of other item such as Pay attention to child's comments, Read the poem or story to kids, in all Iranian participants is placed in the high category

Conclusions: It can be concluded that in order to increase children's creativity, we should not only pay attention to elements that promote creativity, we must also take into consideration creativity enhancing barriers that reduce creativity enhancement among children.

Key Words: Enhancing, children, creativity, Iranian parents

PhD Graduated Hosein Ebrahimi Moghadam, Iran (Islamic Republic of)

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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Knowledge Questionnaire over Forensics Nursing Practices

Problem Statement: The forensics nursing science combines the clinical approach to the person who is a victim of violence with the investigation related to the search of traces of that situation.

Research Questions: What is the level of knowledge over forensics practices in nursing students?

Purpose of the Study: Evaluate the level of knowledge over forensics practices of the nursing students describe the relation of the social demographic, academical and training variables in forensics nursing with the level of knowledge.

Research Methods: A descriptive study conducted with a convenience sample of 190 nursing students. 78.9% female, 49.5% with mean ages of 22.44. The content of the Knowledge Questionnaire over Forensics Nursing Practices – KQFNP Cunha & Libório was built based on the literature revision and submitted to the appreciation of an external judge, expert in the area.

Findings: The majority of the students scored with good level of knowledge (40%). The knowledge of insufficient level occurred in 36.3% and the sufficient in 23.7%. There was a deficit of knowledge over: practical aspects of the traces preservation: use of paper bags care of the aggressors the possibility of glass and ink constitute forensics traces.

Conclusions: The evidences found enhance the need of investment in the training of the students over the forensic nursing practices, particularly concerning the aspects in which reveal a knowledge deficit, enabling them to adopt good practices. This research began the psychometric study of the KQFNP, however, it is recommended the performance of other investigations in order to proceed the validation.

Key Words: Knowledge Questionnaire Forensic Nursing practices

Professor Dr Madalena Cunha, Portugal

Master Graduated Rui Libório, Portugal

Master Graduated Mauro Coelho, Portugal

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: The Successful ADHD Therapy Result Based On Mother's Therapy Decision Making Process

Problem Statement: Poor families who have children with ADHD stated that medical therapy was not effective enough which is the only way for them to get their children being under treatment.

Research Questions: What we can do as people who concern about poor population who have family with psychological disorder but they don't have money to undertake such psychological treatment?

Purpose of the Study: To find some aspects that can influence successful ADHD therapy result based on mother's decision making process and some factors that have roles in decision making process itself -To find mother's perception about taking medical therapy for ADHD as we know there are some pros and cons about ADHD drugs

Research Methods: Three mothers participated in this study, 2 are poor families and 1 is in middle economy level . Each mother has been giving behavioral, medical, and combined ADHD therapy for her child. Participants were given 27 questions about decision making process and 14 questions about some factors that can influence decision making. Observation toward mothers also conducted in this study.

Findings: Parenting, family conflict related to therapy, satisfaction toward therapy and mother's expectation out of therapy are some aspects that influence successful ADHD therapy -The more factors take place in decision making of ADHD therapy the more decision maker would feel satisfied

Conclusions: Mother offers the responsibility to psychologist or psychiatrist -- Lack of gathering information in Decision Making phase -- Minimum knowledge -- Affect successful ADHD therapy result

Key Words: ADHD, ADHD therapy, mother's decision making

Elvira Ayuandita, Indonesia

PhD Student Rah Handaya Madya, Indonesia

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Influence of Cultural Resources of Mothers over Parenting Values in Russian Families

Problem Statement: The complexity of the modern society actualizes the importance of active social adaptation. However, a considerable part of Russian mothers are instilling obedience at the expense of curiosity and sociability

Research Questions: Are there any differences between mothers choosing different values of family upbringing? The paper examines resources, upbringing concepts and practices, peculiarities of social and psychological profiles of mothers

Purpose of the Study: A comparative analysis of the complex of social, cultural and psychological resources of three groups of mothers, oriented towards different values of child-rearing (“obedience”, “curiosity”, “social skills”). Identification of directions of correction of parenting styles, strategies, social and cultural attitudes and daily practices of parents

Research Methods: A questionnaire survey of 500 mothers under the age of 45 with children from 18 months to 3 years old comparative and correlation analysis

Findings: Mothers instilling in children curiosity and sociability have richer cultural resources. They are also characterized by a more positive self-perception. The experience of relationships of mothers with their own parents is further employed in the process of upbringing of children

Conclusions: There is a certain impact that disparity in supply of mothers with various resources has on cultivating in children values contributing to a successful adaptation. The paper suggests directions of correction of social and cultural attitudes and strategies of child-rearing

Key Words: Values, cultural resources, mothers, children

Associate Professor Dr Olga Bezrukova, Russian Federation

Associate Professor Dr Valentina Samoylova, Russia

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Approaching Trans-generational Trauma in Analytical Psychotherapy

Problem Statement: Trans-generational traumas are deep hidden enduring issues difficult to handle in current psychotherapy approaches using awareness techniques

Research Questions: What approaches can separate personal experiences from epigenetic issues and how can be identified trans-generational trauma?

Purpose of the Study: The study aims to explore the appearance during the analytical psychotherapy of symbolic materials pointing to consequences of psychological wounds of the grandparents upon next generations. Assisting the patient to find his/her own identity needs to find ways to work on separation and differentiation from ancestors' anxieties, and PTSD.

Research Methods: Qualitative analysis was used to connect dreams and other symbolic expressions of patient psychic condition with family memories and legends of life events of previous generations to identify the root-source. We used analytical methods as active imagination and creative conjunctio as the carriers of transformation to enhance conscious separation and personal identity.

Findings: The traumatic life events of a grandparent can mould the psychic life approach of the following generations. The analytical can provide ways to intervene and help the person to find his true identity.

Conclusions: The psyche can be the carrier of parental psychic heritage as the dramas in previous generations affect the mental health and the way the second and third generation react to life events. The offspring are carrying an epigenetic change as the same but more empowering anxiety is active in their lives. Psychotherapy can liberate the carriers, redeem the ancestors.

Key Words: Trans-generation wounds, Symbols, Separation, True identity

Professor Dr Minulescu Mihaela, Romania

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Selected cognitive and personality traits in patient with mild cognitive impairment

Problem Statement: Early diagnosis MCI raises the possibility of decreasing the progress of neurodegenerative diseases. The study deals with the structure of neurotic personality traits in patients with MCI.

Research Questions: What are the selected cognitive and neurotic personality traits in patients with MCI (N=38) and how are these neurotic symptoms connected?

Purpose of the Study: The aim of the study is to identify cognitive profiles and occurrence of the neurotic personality traits in MCI patients. We focus on relations between the selected neurotic symptoms in patients with MCI.

Research Methods: To testify cognitive deficit in MCI patients, we used 30-point scale Montreal Cognitive Assessment (MoCA). Neurotic traits in MCI patients were diagnosed by the Neurotic questionnaire N-5.

Findings: Cognitive profiles of MCI patients show a memory and an attention problem as well as a decrease of psycho-motoric pace. The decrease of cognitive functions is reflected into the patient's self-image and his psychical experience. The memory problems were connected with sleep disorders, a lack of attention, fatigue, sorrowfulness, anxiety and sensibility. Pessimism was a result of a self-uncertainty.

Conclusions: The recognition of the cognitive profiles and the identification of the neurotic traits in MCI patients as danger factors for the Alzheimer disease or other dementia show as an important part of the secondary prevention. The recognition of the connection strength between the neurotic symptoms shows as one of the psychological predictors of MCI.

Key Words: Mild cognitive impairment, neurotic traits, dementia

Associate Professor Dr Blandina Sramova Slovakia (Slovak Republic)

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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Vulnerability to stress and quality of life of women with urinary incontinence

Problem Statement: Female urinary incontinence is a common condition with a relevant impact in the quality of life. The treatment is now possible for a significant number of cases.

Research Questions: What is the quality of life of women with urinary incontinence and what is the influence of vulnerability to stress and the impact of incontinence on quality of life?

Purpose of the Study: Identify the quality of life of women with urinary incontinence and analyse the influence of vulnerability to stress and the impact of incontinence on quality of life?

Research Methods: Exploratory and correlational study, with 200 participants suffering from incontinence who reported urine loss at least once a week in the previous 3 months. The data collection protocol was a questionnaire which allowed for the socio-demographic characterization of the sample. It included the scales of impact of urinary incontinence (UCIQ-SF), KHQ and vulnerability to stress (23 QVS).

Findings: The average age is 58.42 years (sd = 11.52). The sample presents a moderate quality of life in all areas. Predictor factors of overall quality of life are urge urinary incontinence, the dramatization of existence and deprivation of affection and rejection concerning the vulnerability to stress.

Conclusions: Given the results, it is important to alert the female population for the prevention of urinary incontinence, due to the negative impact on quality of life and as a limiting factor in the activities of daily living.

Key Words: quality of life, stress, urinary incontinence

Associate Professor Dr Paula Nelas, Portugal

Professor Dr João Duarte, Portugal

Master Graduated Andreia Dias Portugal

Associate Professor Dr Claudia Chaves, Portugal

Associate Professor Dr Emilia Coutinho, Portugal

Associate Professor Dr Odete Amaral, Portugal

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Executive function in Autism spectrum disorder children:
Pioneer study in Saudi Arabia

Problem Statement: Executive function is an important cognitive ability, which has been studied in individuals with Autism Spectrum Disorders (ASDs).

Research Questions: What is the difference between the cognitive ability of ASD and that of normal?

Purpose of the Study: We evaluated this ability in children with ASDs compared to the normal group.

Research Methods: Three executive function tests of Cambridge Neuropsychological Test Automated Battery (CANTAB) including Big/little circle (BLC), Intra /Extra dimensional set shift (IED) , Spatial recognition memory (SRM), were administered to 15 children with ASDs and to 10 normal participants aged 3to12 with IQ of above 70 .

Findings: Individuals with ASDs performed better than the normal group on visual discrimination task , and worst than the normal group in terms to the visual memory and visual comprehension task

Conclusions: Base on these findings we can conclude that youths with ASDs have better performance on meaningless pattern discrimination memory ability compared to normal children .

Key Words: Autism Spectrum Disorders (ASDs),cognitive ability.

PhD Graduated Rana M Zeina, Saudi Arabia

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Correlation of Affiliation Needs With Intensity Of Using Facebook in Young Adulthood

Problem Statement: Facebook has provided a feature to build relationships with others, so that individuals who have a high level of need for affiliation, will tend to be more frequent and longer use.

Research Questions: Is there any correlation between Affiliation Needs with Intensity Of Using Facebook in Young Adulthood?

Purpose of the Study: To examine the correlation between Affiliation Needs with Intensity Of Using Facebook in Young Adulthood

Research Methods: The research uses quantitative and the data collection technique using purposive sampling. Total sample of 122 people. The data collection method using a scale of Affiliation Needs and the Scale Intensity of Using Facebook. Analysis of the data used is descriptive analysis and correlation of product moment.

Findings: Based on the results of correlation between variables, it can be seen the correlation between variables Affiliation Needs with Intensity of using facebook is 0,836 with a significance level of $p = 0.000$ (0.05). It shows there is a significant relationship between the variables Affiliation Needs with Intensity of Using Facebook

Conclusions: Based on the results of data analysis has been made, it can be concluded that there is a very significant and positive direction between the need for affiliation with the intensity of using facebook. It shows when a high need for affiliation, then the intensity of the using of facebook will also be high.

Key Words: Affiliation Needs, Intensity of Using Facebook, Young Adulthood

PhD Student Aski Marissa, Indonesia

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Patient satisfaction in relation to nursing home care

Problem Statement: The nurses of primary care in relation to home care should make the activities and performance with emphasis on health education.

Research Questions: What are patient satisfaction in relation to nursing care, in relationship, communication and health education dimensions?

Purpose of the Study: Aims to assess the degree of patient satisfaction in relation to nursing care, provided in home, particularly in relationship, communication and health education dimensions.

Research Methods: This cross-sectional, descriptive and analytical study. A sample of intentional non-probabilistic, consists of 44 dependent patients, belonging to the catchment area of an health center in the central region of Portugal, who receive nursing care at home users was selected.

Findings: With regard to the relationship, users are male, older, the most dependent, the married, the uneducated and living in rural districts who are more satisfied. Regarding communication, users are male, older, with a greater degree of dependence, bachelors, education and living in the most urban parishes satisfied.

Conclusions: In the overall assessment of all sizes, the classification is very good, and it is suggested that organizational investments are made and equipping of health centers in human and material resources.

Key Words: Communication Health education Nursing

Associate Professor Dr Claudia Chaves, Portugal

Master Graduated Mario Santos, Portugal

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Efficacy of Expressive Arts Therapy In The Creation of Catharsis in Counseling

Problem Statement: The expression of creativity via various media is crucial in helping clients to come out from the shackles or fetters in life especially adolescents who have faced extreme trauma.

Research Questions: What are the patterns of catharsis whilst using expressive arts therapy ?

Purpose of the Study: This study aims to understand the patterns of catharsis whilst using expressive arts therapy in group counseling.

Research Methods: A qualitative phenomenological research method was employed in this study. Seven teenage girls involved in delinquency which participated in this study were chosen using purposive sampling. Triangulation from a variety of sources, i.e., in-depth interviews, observations and analysis of documents were utilized in data collection.

Findings: The results indicated that the elements of catharsis are one of a therapeutic alliance that emerged while using expressive arts therapy in group counseling. The participants shared their experiences with regard to the elements of catharsis. Most of the participants reported that they felt relief, their emotions were gradually stable and this enabled them to reduce stress.

Conclusions: Based on the experiences shared by the teenagers involved in juvenile delinquency as participants, there was a profound effect after undergoing sessions using expressive arts therapy

Key Words: Catharsis, Expressive therapy, Phenomenology, Delinquent Adolescents

Associate Professor Dr Zakaria Mohamad, Malaysia

PhD Graduated Sh. Marzety Adibah Al Sayed Mohamad, Malaysia

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Mandala model of self, compassion, mental health in workplaces and work performance

Problem Statement: The study is to develop the Compassion Theory (CT) based on the Mandala Model of self (MMS) and will be explored its role in mental health and work performance.

Research Questions: What is CT and its role in mental health?

Purpose of the Study: The MMST describes the well-functioning self in various cultures. Compassion is part of well-functioning self. Thus the MMST is suitable for the development of CT. The present study is to develop the CT based on the MMST and will be explored its role in mental health and work performance.

Research Methods: 500 participants will be recruited. The CT Scale (CTS) based on will be developed and its psychometric properties will be described. The CTS will include two subscales: compassion socialized reflexivity and compassion self-exertion. The concepts of meaning of life, emotion, well-being, moral and work performance will be measured.

Findings: The data has been collected under analysis and will be ready to be presented in the conference. The CTS would possess good validity and reliability. The CTS would be positively associated with meaning of life, emotion, well-being, moral and work performance.

Conclusions: The study will demonstrate that the CTS validly measures certain mental health constructs, most notably compassion socialized reflexivity leading to compassion self-exertion in terms of mental health and work performance. Future research and limitations of the study will be provided.

Key Words: Compassion, mental health, work performance

Associate Professor Dr Yung-Jong Shiah, Taiwan

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: The pattern of communication and quality of marriage among Malay couples

Problem Statement: research showed that pattern of communication plays an important part to specify the quality of marriage. However, it may depend to the culture and the way of life.

Research Questions: Is pattern of communication predict quality of marriage in Malay couples?

Purpose of the Study: to measure the effect of communication in predicting quality of marriage among Malay couples.

Research Methods: Hundred and twenty respondent were approached to complete Marital Communication Inventory and Dyadic Adjustment Scale to measure relationship between pattern of communication and marriage quality.

Findings: The finding shows that there is no relationship between pattern of communication and marriage quality. The implications of the finding in the society are discussed.

Conclusions: In Malay culture, pattern of communication not an important aspect per se to measure the quality of marriage.

Key Words: Marriage, communication, Malay culture

PhD Graduated Raba'Aton Adawiah Mohd Yusof, Malaysia
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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Indirect and Moderated Long-term Mindfulness Practice Effects Psychological Well-Being and Adult Attachment

Problem Statement: Within Mindfulness-based interventions participants are encouraged to continue practice. Few studies addressed impact of continued mindfulness practice. Impact of long-term practice on psychosocial functioning needs to be increasingly addressed.

Research Questions: How is continued mindfulness practice beneficial to psychosocial functioning?

Purpose of the Study: Current study examines a multi-mediation model of mindfulness associations with psychological well-being and adult attachment dimensions. Mindfulness practitioners' results were compared with non-practitioners group to increased robustness of SEM analysis. Environmental mastery and emotion regulation strategies expressive suppression and cognitive reappraisal were tested as mediators.

Research Methods: A sample of 300 individuals (150 mindfulness practitioners and 150 non-practitioners) was used. The following self-report measures were used: The Five Facets Mindfulness Questionnaire the 14-item Scales of Psychological well-being the Adult Attachment Style Dimensions Scale, and the Emotion Regulation Questionnaire. MANOVA analysis and SEM was conducted.

Findings: Practitioners report higher levels on variables related with healthier psychological functioning and lower levels on variables related with psychological difficulties. Data shows mindfulness practice positively impacts comfort in depending on others, positive relations, purpose in life, personal growth, autonomy, and self-acceptance. Effects were mediated by increased environmental mastery, and decreased expressive suppression. Weekly hours of mindfulness practice moderated effects.

Conclusions: Continued mindfulness practice and actualization of mindfulness skills seem beneficial to psychosocial functioning. Environmental mastery is a new proposed mediator of mindfulness effects to receive research and mindfulness-based interventions attention. Expressive suppression is mediator of mindfulness effects on the studied variables.

Key Words: mindfulness mediation moderation attachment well-being

PhD Student Sónia Matos Machado, Portugal

Professor Dr Maria Costa, Portugal

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Mindfulness and Spirituality as determinants of Existential Loneliness in the Dutch population

Problem Statement: Loneliness is thriving in society, but the current perspective is fairly limited. This paper investigates both a new perspective and its relation with two positive and innately humane characteristics.

Research Questions: What is the relationship between mindfulness (connection to oneself/others), spirituality (connection to a bigger whole), and the unavoidable, but inherently humane, experience of existential loneliness?

Purpose of the Study: To expand the current research into loneliness amongst the adult population to include a more profound form of (existential) loneliness, to link its experience to positive concepts instead of negative ones, and potentially to suggest ways to ameliorate the feelings/manage its consequences through these correlated concepts of mindfulness/spirituality.

Research Methods: An electronic survey, sent through social media and university website, containing 56 items of the following instruments: Existential Loneliness Questionnaire, Freiburg Mindfulness Inventory, and the Spiritual Well-Being Scale. After collection, the psychometric properties were determined, and a correlation, multicollinearity and multiple regression analysis were performed.

Findings: The survey generated a sample of $n = 180$ individuals (61.7% female mean age 41.72, $SD = 12.16$) of the Dutch population. The results of the hierarchical regression analysis showed that both mindfulness ($\beta = -.74$, $p .001$), and spiritual well-being ($\beta = -.12$, $p .01$) were significantly related to existential loneliness.

Conclusions: It can be concluded from this exploratory research into the concept of existential loneliness that mindfulness and spiritual well-being are negatively correlated to existential loneliness, and that these relationships are statistically significant. Thus, persons experiencing higher levels of existential loneliness experience lower levels of mindfulness and spiritual well-being, and vice-versa. Recommendations for further research are included in the paper.

Key Words: Existential Loneliness, Mindfulness, Spiritual Well-Being

Master Student Melina van Scharrenburg, Netherlands

Professor Dr André Brouwers, Netherlands

Professor Dr Mienieke Pouwelse, Netherlands

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Loneliness in patients awaiting surgery

Problem Statement: Examine the loneliness faced by those awaiting surgery for benign and malignant tumors.

Research Questions: What influences the loneliness felt by those patients

Purpose of the Study: This poster describes an exploration of the influence of gender, sense of coherence, and the tumor type [malignant vs. benign], which were measured on patients awaiting surgery, on their experience of loneliness and the manner in which they coped with it. Regression analyses were conducted.

Research Methods: questionnaires were delivered and results analyzed.

Findings: Findings indicated that for some factors gender and tumor type influenced loneliness. Sense of Coherence was almost consistently significantly correlated with loneliness.

Conclusions: Medical staff and family can aid patients address loneliness.

Key Words: Loneliness, hospitalization, malignancy, tumor type.

Associate Professor Dr Ami Rokach Rokach, Israel

Jennifer Lippa Lippa, Canada

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Menopause: suggesting a measuring instrument of the attitudes of Portuguese women

Problem Statement: Attitudes are changing. Evidence suggests relationship between symptoms and attitudes towards menopause. It has been recommended to use culturally sensitive standardized measures to assess attitudes and symptoms in menopause.

Research Questions: What are the attitudes towards menopause in Portuguese women?

Purpose of the Study: Suggests a instrument for analyzing towards menopause' attitudes. And then, we assess the attitudes' influences on the symptoms reported by Portuguese women in perimenopause

Research Methods: We conducted an exploratory study to formulate menopause's statements (73 evaluative statements). Apparent validation and content: 6 judges (34 statements). Application 324 women, 40-55 years made the assessment of validity, fidelity and instrument sensitivity removed items by value's correlation 0,4, resulted 18 statements ($\alpha_{34\text{statements}}=0.845$ $\alpha_{18\text{statements}}=0.918$). Validity construct by factorial principal components analysis with Varimax rotation. Factorial confirmatory analyses by 600 women

Findings: explains 9.868% F3 explains 8.170% F4 explains 5.927%. For validity of factor analysis: $KMO=0.878$ Bartlett $T X^2=3310.391$ $p0.001$. Quality adjustment factor model by $GFI=0.92$ $RMSR=0.05$, the model was fairly well. Confirmatory analysis, 600 women, confirmed four factors ($\alpha=0.917$), which accounted for more than 66.581% ($GFI=0.92$ $RMSR=0.06$).

Conclusions: This study allowed us to create a valid and reliable instrument to measure menopause' attitudes in Portuguese women. It proposes an analysis model with four dimensions: changes in roles and relationships, changes in fertility, changes in health and aging conditions and changes in physical appearance. Our model adds another dimension and it specifies the dimensions proposed in Rossi' model.

Key Words: Menopause, Attitudes, Measuring Instrument

PhD Student Arminda Anes Pinheiro, Portugal

Professor Dr Margarida Vieira, Portugal

Professor Dr Constança Paul, Portugal

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Adjustment in Medical Specialist Workaholics

Problem Statement: Previous researches showed that workaholism is associated with negative and positive outcome. Medical specialist are a group who are faced with this phenomena.

Research Questions: The main questions in this research was: Is there a significant difference between workaholics and non workaholics group in individual adjustment?

Purpose of the Study: The goal of the present study was to exam the relationship between workaholic and adjustment in medical specialist.

Research Methods: The sample consisted of 101 (52 male and 49 female) medical specialists (aged from 28 to 70 years old) in Shiraz, Iran. The sampling method was accidental method. The sample was divided in two groups, workaholics (n=47) and non workaholics (n=54). Multidimensional Adjustment Scale were used in this study.

Findings: To compare different dimensions of adjustment between workaholic group with non workaholic group, MANOVA test was used. There were significant differences between these two groups in family, marital and individual adjustment.

Conclusions: In general, medical specialists with workaholism showed low mental health. This study revealed that the workaholic group has needed to special program to promote psychological health.

Key Words: workaholism, medical specialist, adjustment

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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Happiness of children in Javanese families: two perspectives

Problem Statement: Sometimes problem of unhappiness arise when children and parents do not have the same perceptions and indicators of child's happiness

Research Questions: Is there any difference between children and mother in indicating children's happiness?

Purpose of the Study: The goal of this research was to identify indicators of children's happiness from children it self and mother perspectives

Research Methods: Questionnaires of children's happiness was compiled and used to collect the data. The subject were 112 mothers and their children (8-10 years old). Data were analyzed using ANOVA and t test

Findings: No differences in concrete child happiness indicators between mother and child ($t = 10.007$, $p = 0.063$) but significant differences in abstract indicators ($t = 11.26$, $p = 0.05$). The difference of abstract indicators between age groups were significant ($F = 6.37$ $p = 0.01$).

Conclusions: Mother and Children indicators of child happiness differ in abstract indicators and no differences in concrete indicators. As children get older, the indicators change from concrete to abstract

Key Words: children's and mother's perspectives, children's happiness

Assistant Professor Dr Maria Adiyanti, Indonesia

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Turkish Counselors Perspectives toward Feminist Therapy

Problem Statement: FT is an alternative perspective to many other counseling models. Even though FT has important implication to development of counseling theory, there are some misunderstandings of the therapy's concept.

Research Questions: What are the Turkish counselors' perspectives toward Feminist Therapy approach?

Purpose of the Study: In this study, what Turkish counselors' understand about feminist therapy approach and what their perspectives about use it in their work settings are analyzed within the basic key concept of Feminist Therapy.

Research Methods: The present study is designed with descriptive model. Criteria sampling strategy for purposeful sampling is used in this study. Participants selected from counselors who actively see adult clients since at least one year. An open-ended questionnaire prepared by the researchers is used in this research. The data is collected through individual interviews and evaluated by content analysis.

Findings: There are no counselors who has feminist therapy orientation in this study. Counselors' knowledge about Feminist Therapy is focused around limited concepts. Feminist therapy's highlighted main thoughts also don't find adequate place in counselors' occupational practice.

Conclusions: According to the results, counselors do not adopt Feminist Therapy in their professional life. The reason of this might related to misunderstanding about the concept of Feminist Therapy. This misunderstanding may be related to Turkish patriarchal culture which consider as a male-dominated. It is failed to notice that Feminist therapy not only focus on gender but social inequality.

Key Words: Feminist therapy approach, counseling

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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Realistic and Symbolic Representations of Homelessness and Addiction by Greek Women

Problem Statement: Lack of data relevant to homeless and drug addicted women in Athens, Greece.

Research Questions: What do homeless and drug addicted women currently need, what are the daily challenges and how do they cope.

Purpose of the Study: To understand in depth the lived experience of homeless and drug addicted women in Athens.

Research Methods: Qualitative study: respondent-controlled Photo Elicitation Interviewing, Interpretative Phenomenological Analysis.

Findings: The implementation of Photo Elicitation Interviewing boosted participants' self-esteem and the photographs served as a mirror in which participants saw themselves reflected.

Conclusions: Symbolic and realistic approaches to photo shooting were revealed, indicating differences in the way the women represented their experiences. However photographs served as a stimulus for positive changes for all women. Homelessness was depicted by all participants highlighting the devastating significance of this condition to their lives. Implications of the use of PEI as a therapeutic tool are discussed.

Key Words: female homelessness, addiction, respondent-controlled PEI

Master Graduated Vasiliki Danaskou, Greece

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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: “Wayang Kancil “ as a media for developing pro-social attitude

Problem Statement: Pro-social attitude is voluntary good-willed attitude intended for the sake of others that can be developed by learning. Early childhood may be a good entry point for its development.

Research Questions: Is wayang kancil can be used as a storytelling media to stimulate the development of pro-social attitude in early childhood?

Purpose of the Study: This study was aimed to investigate the usage of Wayang kancil as a media for storytelling to stimulate the development of pro-social attitude in early childhood.

Research Methods: This study used quasi experimental design with untreated control group with dependent pretest and posttest samples. The subject of this research was 14 children with age ranging from 5-6 years old. The subjects was divided into two groups, one as experimental group and the other was control group. Data obtained from the experiment was analyzed using Mann-Whitney U Test.

Findings: The result shows a significant difference between experimental and control groups in understanding pro-social attitude ($Z=3,137$ $p=0,002$ ($p<0,01$)).

Conclusions: From the result, it can be concluded that “Wayang kancil” can be utilized as a media for storytelling to stimulate the development of pro-social attitude in 5-6 years old children.

Key Words: Wayang kancil, storytelling media, pro-social attitude

Associate Professor Dr Wisjnu Martani, Indonesia

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Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Perceived Parental Acceptance/Rejection, Internet Gaming Disorder and Core Self Evaluations

Problem Statement: The study examined: (i) the association between Parental Acceptance/Rejection (PARTheory) and Internet Gaming Disorder (IGD), (ii) the mediating and moderating effect of Core Self-Evaluations (CSE) on the above variables.

Research Questions: Is IGD related to parental rejection and how do the traits comprising CSE (self-esteem, generalized self-efficacy, neuroticism and locus of control) affect this relationship?

Purpose of the Study: The purpose of the current study was twofold: to assess the relationship between parental acceptance/rejection (warmth/affection, hostility/aggression, indifference/neglect, and undifferentiated rejection) and IGD examine the way this relationship is mediated and moderated by individuals' CSE consisting of the four personality traits, self-esteem, locus of control, generalized self-efficacy and neuroticism.

Research Methods: A cross-sectional study of online gaming community members was conducted. Participants completed a battery of questionnaires consisting of three self-report measures. 175 individuals met abuse and addiction criteria (F:22/M:150). Bivariate correlational analysis was performed to assess the relationships between socio-demographic, usage data and other variables. Mediation and moderation analyses were used to determine effects on the variables.

Findings: Results indicated that parental rejection is associated with the occurrence of IGD, only through the mediating effect of CSE. The moderation model between the above variables was not confirmed. Findings bridge early emotional deficits with self-esteem, generalized self-efficacy, neuroticism and locus of control and excessive gaming use, based on two widely acknowledged theoretical frameworks, the CSE and PARTheory.

Conclusions: The study extends understanding of IGD, a new nosological entity, and of the role of mild and severe early maltreatment, as well as, the role of identity and personality in its development. Results may offer new insights that can aid therapeutic interventions on IGD and help service providers in their clinical work.

Key Words: parental rejection, self-evaluations, gaming disorder

Master Graduated Melina Throuvala, Greece

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: The Adaptation and Validation of Hypomanic Personality Scale for Use in Korea

Problem Statement: The Hypomanic Personality Scale(HPS) is an useful measurement to identify individuals at risk for bipolar spectrum disorder, but in Korea, it is needed to examine its reliability and validity.

Research Questions: Does HPS of Korean version have reliability and positive relation with borderline personality, Big 5, addictive tendency, impulsivity and mood symptoms?

Purpose of the Study: This study aimed to adapt HPS into Korean-language, and to examine reliability and validity of HPS of Korean version. And to investigate factor structure, exploratory factor analysis was performed.

Research Methods: The HPS was adapted through a more rigorous translation process, and then 232 people recruited in this study. To examine reliability, Cronbach alpha coefficient and 4 weeks test-retest correlation coefficient was calculated. Correlation analysis was performed between HPS and borderline personality, Big5, addictive tendency, impulsivity for convergent validity, and mood symptoms for concurrent validity. Exploratory factor analysis was performed.

Findings: HPS had good internal consistency and test-retest correlation coefficient. And it had positive relation with borderline personality, Big 5, addictive tendency, impulsivity, and mood symptoms. EFA result suggested that there were two factor, one(F1) was about social vitality and self-confidence, the other(F2) was about hypomanic symptoms. F2 correlated with negative psychological traits, while F1 correlated with positive psychological traits.

Conclusions: The HPS of Korean version had good reliability and validity. Because there were positive and negative aspects simultaneously, people who had the hypomanic personality might achieve in various fields and have close relationship with others but be vulnerable to psychological problems, leading bipolar disorder. Further study are needed to identify how these two aspects lead to get bipolar disorder.

Key Words: Bipolar, vulnerability, adaptation, validation, hypomanic personality

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Professor Dr Chad Ebesutani, Korea, Republic of

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Treatment of insomnia disorder using Beta suppression neurofeedback - Single case study

Problem Statement: Neurofeedback studies increased with substantial evidences, there is an insufficiency of Neurofeedback study quantitatively as well as qualitatively for treatment of insomnia disorder.

Research Questions: Most studies documented an increased cortical arousal patients with insomnia, and Beta wave represent statement of the arousal, suppression the beta may decrease cortical hyper-arousal.

Purpose of the Study: This is a case study to replicate an further group experiment and to treat a patient.

Research Methods: We used SCID-I to clarify comorbid, and daily sleep diary every week to confirm the sleep quantity and quality, four scales(ISI, DBAS(korean-ver.), PSQI, PSAS) to test pre/mid/final and follow-up changes, and resting state qEEG was used.

Findings: Pre-Post treatment and follow-up assessment with the Insomnia scales confirmed that scores of insomnia severeness were lower than cut-off. Correlational evidence showed that Beta(16 to 20hz) range suppression training was negatively associated with increase in total sleep time and scores of sleep quality, decrease in wake after sleep time and sleep-onset time was positively associated with.

Conclusions: We found the effectiveness of Beta range suppression NF training on frontal lobe for insomnia disorder patient. There was no relapse during the follow-up phase.

Key Words: Neurofeedback, Biofeedback, EEG, Insomnia, sleep, sleep-disorder

Master Student IL-JU LEE, Korea, Republic of

Future Academy Multidisciplinary Conference

13-17 October 2015

Title of the Paper: Health-Related Behavior of Czech Adolescents

Problem Statement: This study presents partial results of an extensive research project called Health-Enhancing and Health-Threatening Behaviour: Determinants, Models, and Consequences (GA13-19808S), explores selected factors of health-promoting behavior of Czech adolescents.

Research Questions: The study discussed the interconnections found between components of health-related behavior of adolescents during a key stage of their development.

Purpose of the Study: The variance in the level of activity that the current population of adolescents invests in taking care of their health, cognitive evaluation and perception of their own health has been examined. In addition, we also aimed to study possible developmental trend of the above-mentioned correlates during adolescence.

Research Methods: The descriptive data concerning the subjects' age and sex, the Health-Related Behavior Scale (Dosedlová et al., 2013), the Subjective Health Problems Inventory (modified version of the inventory by Osecká et al., 1998), Mental Health Continuum, MHC-SF (Keyes, 2005) and the Big Five Inventory (O.P. Donahue, R.I. Kentle, 1991) were all used.

Findings: The research sample consisted of 835 adolescents (47,4% women and 52,6% men) aged 12-19 years (35,3 % in the period of early and middle adolescence and 64,7% in the period of late adolescence). In cluster analysis different life styles were defined using health-related factors.

Conclusions: Analyses of variance were conducted to examine whether adolescents with different life- styles differ in chosen personal characteristics.

Key Words: health-related behavior life style adolescence

Master Student Veronika Dacerová, Czech Republic

Future Academy Multidisciplinary Conference

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Future Academy
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13-17 October 2015

3rd CPSYC International
Congress on Clinical &
Counselling Psychology

ABSTRACT BOOK

Editor: Melis Y. Minas