47th NATIONAL ANNUAL CONFERENCE OF INDIAN ASSOCIATION OF CLINICAL PSYCHOLOGISTS

(47th NACIACP 2021)

28-30 May 2021, AFMC Pune

Digital Interventions, Challenges and Perspectives: Newer Frontiers in Clinical Psychology

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47th NACIACP
28 – 30th May, 2021

Scientific Program Schedule

47 NACIACP Scientific Program - Day-1 (28thMay 2021)			
09.00-10.00 am	**Inauguration** **Souvenir Release** **Presidential Address** (As per separate minute to minute program)		
Time	**Event**	**Speaker**	**Chair/ Co Chair**
10.00-11.00 am	Key note Address: " Innovative Frontiers ahead: The Brilliance of REBT."	Key Note Speaker Dr Debbie Joffe Ellis Licensed psychologist (Australia), Licensed mental health counsellor (New York) Presenter, writer and adjunct professor at Columbia University in New York City.	Chair: Dr BL Dubey Co-Chair: Prof Zaidi
11.00-11.30 pm	C. S. Kang Oration Award	Dr. Ahalya Raghuram Chairperson: President, IACP	Dr. Kalpana Srivastava
11.30–12.00 pm	H.N. Murthy Oration Award	Dr. S.P.K. Jena PhD Chairperson: President Elect IACP	Dr. Dherandra Kumar
12.00-12.30 pm	Invited Lecture-1 “Working Women and Well Being.”	Lt. Gen. M. Kanitkar, AVSM, VSM Dy Chief of Integrated Defence Staff (Med) Member, Prime Minister’s Science, Technology and Innovation Advisory Council (PM-STIAC) Office of DGAFMS, New Delhi	Chair: Dr. MSVK Raju Co-Chair: Prof Komilla Thapa
12.30–01.00 pm	Invited Lecture -2 “Neuro-criminology: Newer Frontier of Forensic Mental Health.”	Dr. S.L. Vaya Director School of Criminology and Behavioural Sciences, Rashtriya Raksha University Gandhinagar, Gujrat-382305.	Chair: Dr Jamuna Rajeshwaran Co-Chair: Dr. Asha Srivastava
01.00-01.30 pm	E Poster session Inauguration	Inauguration Dr Manoranjan Sahay Dr. Manju Mehta Dr Basavrajappa Hall-1 (E Poster to be viewed offline)	
01.30 – 02.00 PM LUNCH			

02.00–03.00 pm	Invited Lecture - 3 "Constancy and Inconstancy the secure base Interpersonal Therapy and Digital Therapy"	Dr. Susan Howard Visiting Lecturer, Surrey IPT Centre Department of psychology. University of surrey, Guildford GUZ 7XH	Chair: Dr. Renuka Jena Co-Chair: Dr. Poornima Bhola
03.00-04.00 pm	Invited Lecture – 4 Management of ADHD across the life, span	Dr. Andrea Chronis-Tuscano, Professor President, International Society for Research in Child & Adolescent Psychology (ISRCAP)	Chair: Dr. U K Sinha Co-Chair: Dr. Masroor Jahan
04.00–05.00 pm Free Scientific Paper Presentation (Concurrent Sessions)			
	Session 1 (6 papers) Hall 1	Theme Pandemic Covid 19 & Resilience	Chair: Dr. Bhoomika Kar Co-Chair: Dr. Rushi
	Session 2 (6 papers) Hall 2	Theme Pandemic Covid 19 & Resilience	Chair: Dr. Vibha Sharma Co-Chair: Dr.Vikas Sharma
	Session 3 (6 papers) Hall 3	Theme Pandemic Covid 19 & Resilience	Chair: Prof. Rani Srivastava Co-Chair: Dr. Devvarta Kumar
05.00-06.00 pm Free Scientific Paper Presentation (Concurrent Sessions)			
	Session 4 (6 papers) Hall 1	Theme Tele-psychotherapy	Chair: Dr. Biswajeet Dey Co-Chair: Dr. Shweta Sharma
	Session 5 (6 papers) Hall 2	Theme Tele-psychotherapy	Chair: Dr. Geetanjali Natarajan Co-Chair: Dr. Preeti Gupta
	Session 6 (6 papers) Hall 3	Theme Challenges in the current professional practices in Clinical Psychology	Chair: Dr. Adarsh Kohli Co-Chair: Mridula Apte

47 NACIACP Scientific Program - Day-2 (29th May 2021)			
Time	**Event**	**Speaker**	**Chair /Co Chair**
09.00-10.00 am	Invited Lecture - 5 From Feeling Good to Feeling Great— Resistance Revisited	Dr. David D Burns MD Adjunct Clinical Professor Emeritus, Department of Psychiatry & Behavioural sciences, Stanford University School of Medicine	Chair: Surg. Cmde. Kaushik Chatterjee Co-Chair: Dr. Sudipta Roy
10.00-10.30 am	Psycho Oration	Dr. Nitin Anand	Chairperson: Dr. Amool Ranjan
10.30–11.00 am	Child & Adolescent Mental Health Award	Dr. Anamika Sahu	Chairperson: Dr. T B Singh
11.00-11.30 am	Invited Lecture – 6 Psychotherapy Training in India	Dr. L.S.S. Manickam Director- Wellness and Mental Health Triquerta Healthcare and Technology, pvt. Ltd.	Chair: Dr. Rakesh Jain Co-Chair: Dr. Manjula M
11.30-12.00 pm	Invited Lecture – 7 "Psychotherapy Supervision Training"	Dr. Paulomi M. Sudhir, PhD Professor Department of Clinical Psychology, NIMHANS	Chair Dr Seema Malhotra Co-Chair: Dr. Amool Ranjan
12.00-01.00 pm	Panel discussion -1 Hall 1 "Mental Health Care Delivery – Challenges: Past, Present and Future"	**Dr. T B Singh** – Challenges in Mental health care delivery over the years **Dr. MSVK Raju** – Policy changes in MHCD: need of the hour **Dr. Jacquleen Joseph** –Trained HR as a force multiplier **Dr. Himanshu Das** – Efforts of DEPWD, Min. SJ&E, GOI. Towards service for persons with Mental Illness **Dr Kalpana Srivastava**– Mental Health Care Delivery Challenges – The way forward/ Moderator	
12.00-01.00 pm (Concurrent Session)	Session -7 (6 papers) Hall 2	Theme Trauma and Women: Psychotherapeutic Challenges	Chair: Dr. Shalini Anant Co-Chair: Dr Sujata Satapathy
	Session -8 (6 papers) Hall 3	Theme Trauma and Women: Psychotherapeutic Challenges	Chair: Dr. Anand Pratap Co-Chair: Dr. Ashok Patel
01.00-01.30 pm Lunch			

01.30-02.30 pm (Concurrent Session)	Invited Lecture -8 (Hall 1) Training in Tele-mental Health Delivery: The way forward Invited lecture -9 (Hall 1) Report on psychological first aid training offered in association with Asian American psychological association.	Ms. Smriti Joshi Chief Clinical Psychologist Wysa Dr. Uma Millner Associate professor University of Lesley Boston, USA	Chair: Prof S P K Jena Co-Chair: Dr. Zena Deb
	Symposium -1 Hall 2 "Perspectives for Clinical Psychologists on Specific Learning Disabilities"	Dr. Priya Kayastha Anand: Early Intervention for Learning Disabilities Dr. Sudipta Roy: An overview of Psycho-educational assessments and Certification for Specific Learning Disabilities Dr. Annie John: Support and accommodations needed for children with SLD Dr. Akila Sadasivan: Neuropsychological Profiling and Intervention for SLD.	Chair: Prof Uma Hirisave Co-Chair: Prof Rachna Bhargav
01.30-02.30 pm (Concurrent Session)	Symposium -2 Hall 3	<u>Perspectives in Neuropsychological Rehabilitation</u> 1. Dr.Aarzoo Gupta : Cognitive retraining for Affective disorders 2. Mr.Srinivasan. J: Application of Traditional game forms in cognitive retraining for schizophrenia 3. Dr. Saumya Udupa: Neuropsychology and Cancer 4. Dr. Bhasi Sukumaran - Modularity in Language functions: Applications to Aphasia management	Chair: Prof CR Mukundan Co-Chair: Dr. Ashima Nehra
02.30–04.00 pm (9 x 3 = 27) Free Paper Presentation- Concurrent Session			
	Session 9 (9 Papers) Hall – 1	Substance abuse and its management	Chair: Dr V S Chauhan Co-Chair: Dr. Ajay Sharma
	Session 10 (9 Papers) Hall -2	Substance abuse and its management	Chair: Dr. Manoj Sharma Co-Chair: Dr Nitin Anand
	Session 11 (9 Papers) Hall -3	Substance abuse and its management	Chair: Dr. Sanjeev Gupta Co-Chair: Dr. Pradeep Gupta
04.00-06.00 pm AGB Meeting			

Day-3 (30th May 2021)			
Time	**Event**	**Speakers**	**Chair/ Co- Chair**
09.15– 10.00 am	S.C. Gupta Best Paper Award	Dr. Sandamita Chaudhury: A pilot study on effectiveness of Psychological Support training on Perceived Stress, Psychological wellbeing among COVID Warriors Dr. Uttara Chari: Cognitive, behavioural, emotional, and social influences on academic achievement of children in grade I, aged six to seven years.	Chairperson: Hon Gen Secretary, IACP
10.00- 11.00 am	Panel discussion- Pandemic second wave: Healing the healer. Hall 1	Speakers **Dr. Harish Shetty** - Collective Trauma **Dr. Manoj K Bajaj** - Role of Clinical Psychologists **Dr. Chetna Duggal** – Tending to the Healer burnout **Dr. Radhika Bapat** – Alchemy of Healing **Dr. V G Watve** – The Practice of Healing/ Moderator	
10.00- 11.00 am Concurrent Session	Session 12 (6 Papers) Hall -2	Neuropsychological Assessment and Intervention	Chair: Dr. Jashobanta Co-Chair: Dr.Prashanto Kumar Roy
	Session 13 (6 Papers) Hall -3	Neuropsychological Assessment and Intervention	Chair: Dr Bhasi Sukumaran Co-Chair: Dr Shrinivasan J
	Session 14 (6 Papers) Hall -4	Free paper Presentation	Chair: Dr. B P Mishra Co-Chair: Dr.Pooja Mahor
11.00- 12.00 pm	Workshop Hall 1	Training the Trainer: Yog Nidra for Healthcare workers Col. Karuna Dutta Dept. of Sports Medicine AFMC Pune	Chair: Brig Saldanaha Co-Chair: Col Jyoti Prakash
	Symposium 3 Hall 2	A model of online mental health service delivery 1. Dr. Hargun Ahluwalia - A model of online mental health service delivery 2. Dr. Athulya Jayakumar - Delivering individual therapy online – learnings and challenges 3. Dr.Fasli Sidheek - Delivering couples therapy online – learnings and challenges 4. Ms. Mallika Batra – Working with children and adolescents online - learnings and challenges	Chair: Dr. Shweta Singh Co-Chair: Dr. Prateek Yadav

	Symposium 4 Hall 3	Who is caring for the carers: Impact of COVID 19 and its sequelae of trauma on mental health professionals and possible management? 1. Dr. Neha Sayeed- Emerging mental health issues during the Covid 19 pandemic: An overview 2. Dr. Preeti Gupta- Covid 19 Pandemic and the shift to Tele-psychotherapy: The growing need and reminder of challenges 3. Dr. Anamika Sahu: Experiences of mental health professionals supporting mental health during COVID-19 Pandemic: Shearing reflections 4. Ms. Divyani Khurana Unlocking the Mental Health Crisis during COVID 19 Pandemic: Supporting the psychological well-being of Mental Health Professionals	Chair: Dr. Prof Suprakash Chaudhury Co-Chair - Dr. Harpreet Kaur
	Symposium 5 Hall 4	Challenges in incorporation of spirituality in therapeutic process 1. Dr. Laxmi Narayan Rathore – Spirituality and Religion- the conceptual confusion, overlap and understanding. 2. Ms. Savita Singh – Spirituality and Therapeutic process 3. Ms. Varsha Kripalani – Challenges in incorporation and possible way out	Chair: Dr Kiran Kumar Co-Chair: Dr. Sebastin
12.00- 01.00 pm	Symposium 6 Hall 1	Autism: Evidence-based Identification and Management Techniques 1. Dr. Indu Dubey: Selection and Use of Diagnostic Tools for Autism 2. Dr. Radhika Tanksale: Newer Evidence-based Management in Autism	Chair: Dr. Alka Nizamie Co-Chair: Dr. Thomas Kishor
	Symposium 7 Hall 2	Hypnosis 1. Historical antecedents- Dr Jini K Gopinath 2. Hypnotherapy process- Dr Prasanto Kumar 3. Past Life Regression- Dr 4. Rakesh Jain	Chair: Dr. B M Palan Co-Chair: K Sengar

	Symposium 8 Hall 3	Understanding relevance and applications of New Age Psychotherapies: ACT and TEAM CBT Approaches 1. Introduction: Dr Sudipta Roy 2.Ms. Rupalee Mandke- Introducing the basic principles and frame work of ACT 3.Mr. Tejas Shah- An overview of applications of ACT" 4.Dr. Nandha Kumar Pujam- Reviewing the research and Evidence base of ACT" 5. Dr. Dipti Joshi - Melting Away resistance using TEAM-CBT Dr. Indrani Mookerjee TEAM tools for Treating Families	Chair: Dr. Anuradha Sovani Co-Chair: Dr. N. Suresh
12.00- 01.00 pm	Free Paper Session 15 Hall 4 (7 papers)	Theme Positive Mental Health	Chair: Dr Arunima Gupta Co-Chair: Dr Nishi Mishra
01.00-01.30 pm LUNCH			
01.30- 02.30 pm Concurrent Session	Free Paper Session 16 Hall 1	Theme Child and Adolescent Mental Health	Chair: Dr. Arun Yadav Co-Chair: Dr. Nadeem Kirmani
	Free Paper Session 17 Hall 2	Theme Child and Adolescent Mental Health	Chair: Dr. Dweepchand Singh Co-Chair: Dr. Mamta Chaturvedi
	Free Paper Session 18 Hall 3	Theme Child and Adolescent Mental Health	Chair: Dr Jai Prakash Co-Chair: Dr. Sainy Verghese
	Free Paper Session 19 Hall 4	Theme Child and Adolescent Mental Health	Chair: Dr Roopesh Co-Chair: Dr Gauri Chaudhury
02.30- 03.00 pm	Invited Lecture Hall 1	Dr. Manas Mandal FNAPsy, Ex. Director General Life Sciences, DRDO	Chair: Dr K Ramchandran Co-Chair: Dr Kalpana Srivastava
02.30- 03.30 pm	Free Paper Session 20 Hall 2	Free Paper Presentation	Chair: Dr. Bharati Rajguru Co-Chair: Dr. T K Singh
	Free Paper Session 21 Hall 3	Free Paper Presentation	Chair: Dr. Surender Dhalwal Co-Chair: Dr. Krishan K Sony
	Free Paper Session 22 Hall 4	Free Paper Presentation	Chair: Dr. Rakesh Kumar Tripathy Co-Chair: Gagandeep Singh
03.30 pm Valedictory			

PREFACE

I am feeling overwhelmed by the response and eagerness of the participants to contribute their ideas and research in this mega event of 47th National Annual Conference of Indian Association of Clinical Psychologists. This is the first time in the history of Indian Clinical Psychology, that the National Annual conference is being held on virtual platform. Covid-19 pandemic has shaken everyone across the globe and we are not exception to that. The apprehension of organizing this conference was real to us. The organizing committee is amazed to see the massive registration in four digits, which has surpassed all previous records. There were about 404 entries for presentation of papers in free sessions and e-posters. The Scientific committee was really hard pressed to accommodate as many papers as possible in free paper sessions.

The committees of the conference have made this conference an academic feast in its truest sense by inviting so many experts of International repute, symposiums, panel discussion, pre-conference workshops and much more for maximizing the conference experience. Given the range of activities within three days of the conference, the scientific committee had to re-assign free papers to e-poster sessions. We are grateful to our esteemed participants for respecting our re-assignment as e-posters.

The entire team is working day and night to make the event hassle free and successful. I would like to gratefully acknowledge the contribution of executive committee, the President, IACP and the Chairperson, Organizing committee, and my team in scientific committee Dr. Keerti Pai, Dr. Mridual Apte, Dr. Chetana Duggal and Ms. Sukanya Ray. I am thankful to each and every contributor in the scientific program.

Mr Rithvik Kashyap and his team have done enormous work with full zeal and creativity in each and every step of the process. I thankfully acknowledge their spirit and wish them the brightest future in the field of clinical psychology.

I am invoking the Godess Saraswati with folded hands to bless us throughout the conference and thereafter in our lives.

I am citing a verse from Bṛhadāraṇyakōpaniṣad which signifies the essence of quest for knowledge.

।।ॐ असतो मा सद्गमय। तमसो मा ज्योतिर्गमय। मृत्योर्मामृतं गमय।।
मुझे असत्य से सत्य की ओर ले चलो।
मुझे अन्धकार से प्रकाश की ओर ले चलो।
मुझे मृत्यु से अमरता की ओर ले चलो॥

PROF. RAKESH JAIN
CHAIRPERSON, SCIENTIFIC COMMITTEE

Paper Presentation

Session–1 **Day – 1 (28thMay)**

Hall– 1 **Time: 4:00 –5:00pm**

- ***Influence of mindfulness-based stress reduction on corona related distress, resilience and hope among individuals with the fear of covid -19.***

  Govind S K

- ***Profile of Tele mental health services for COVID patients in Base hospital, Assam***

  Sandamita Choudhury, Brig Mathews Jacob, Brigadier Parag A Deshmukh, Col Padma K

- ***Stress and Anxiety among Married Women during the COVID-19 Lockdown Period in India***

  Hemalatha, R, Priyesh C, Divya Merciline

- ***A pilot study on effectiveness of Psychological Support training on Perceived Stress, Psychological wellbeing among COVID Warriors***

  Sandamita Choudhury, Brig. Parag A Deshmukh

- ***Burnout among mental health professionals during COVID- 19 pandemic.***

  Akashdeep Ghosal

- ***Study of behaviour pattern-online social media use,internet gaming, alcohol-use, physical activity, yoga, meditation and empathy exhibited by university students during covid -19pandemic***

  Aashita Khanna, Dr. Dweep Chand Singh & Deepika Srivastav.

INFLUENCE OF MINDFULNESS BASED STRESS REDUCTION ON CORONA RELATED DISTRESS, RESILIENCE AND HOPE AMONG INDIVIDUALS WITH THE FEAR OF COVID -19

Govind S K*

*II M.Sc. Student, Department of Counselling Psychology, University of Madras

ABSTRACT

Background: The COVID-19 pandemic has a sizeable role on mental health of our society. Mindfulness based interventions especially the Mindfulness Based Stress Reduction (MBSR) is of great interest to healthcare professionals in reducing distress. Even though there are several studies showing the effect of MBSR on decreasing distress not enough studies has been reported its effect in increasing positive traits like hope and resilience.

Aim: The aim of this study is to find the Influence of MBSR on corona related distress, resilience and hope among individuals with the fear of COVID-19.

Method: 75 clinically diagnosed participants with the fear of COVID-19 were provided with MBSR for four weeks. Before and after interventions questionnaires were completed on corona related distress, resilience and hope. Fear of Corona Virus Questionnaire, COVID-19 Stress Scale, Brief Resilience Scale, Adult Hope Scale are the tools used for the present study.

Results: The results of Paired sample t - test shows that there is a significant influence of MBSR on decreasing fear of corona virus, corona distress along with increasing resilience and hope. Also, the results of One-Way ANOVA found that MBSR is more effective in females compared to males and it shows MBSR is more effective in an age group of 40-55.

Conclusion: The study concluded that MBSR can be used as a beneficial intervention to deal effectively the fear of COVID- 19 by escalating hope and resilience along with reducing corona related distress.

Keywords: Mindfulness-based stress reduction, Covid-19, Corona related distress, Resilience, Hope.

PROFILE OF TELE MENTAL HEALTH SERVICES FOR COVID PATIENTS IN BASE HOSPITAL, ASSAM

Sandamita Choudhury[1], Brig Mathews Jacob[2], Brigadier Parag A Deshmukh[3], Col Padma K[4]

[1]Clinical Psychologist, 151 Base hospital, Guwahati, Assam

[2]Commandant, 151 Base Hospital, Guwahati, Assam

[3]Brig Adm AICTS, Pune, ex Commandant 151 Base Hospital, Guwahati, Assam

[4]Principal Matron, 151 Base hospital, Guwahati Assam

ABSTRACT

Background: The coronavirus disease 2019 (COVID-19) pandemic has emerged as a global public health crisis affecting people of all nations, races, and socioeconomic groups. In order to break the chain of transmission, the primary intervention of isolation may well be achieved, but it led to reduced access to physical and social support in form of distancing, changes in provisions of care delivery in the health care setup, variations in connecting to the health care provider due to wearing of PPE thereby transforming normal support systems causing risk of mental health conditions.

Aim: The objective of the study is to identify, understand and address the psychosocial concerns of the positive COVID patients admitted in the COVID ward.

Method: A cross sectional exploratory study was adopted. The sample comprises of RT-PCR positively tested patients admitted in the COVID ward. After seeking permission and ethical clearance from the Commandant of 151 Base hospital, tele counselling was provided by the clinical psychologist with informed consent from the patients. The tele counselling was conducted by following the Best Practice Guidelines for Tele psychology during Disasters (COVID-19 Pandemic). The intervention was started from 28th November, 2020 and is ongoing currently.

Results: Results would be analysed using Statistical Package for the Social Sciences (IBM SPSS, version 16)

Conclusion: The current COVID-19 pandemic had revolutionised the healthcare sector globally. The authors would like to keep their focus on the role of tele-mental health services in the hospital during the ongoing crisis of COVID-19 giving some insights about the mental health of the patients.

Keywords: *Tele mental health services, Tele counselling, Pandemic, Psychosocial needs.*

STRESS AND ANXIETY AMONG MARRIED WOMEN DURING THE COVID-19 LOCKDOWN PERIOD IN INDIA

Authors: Ms. R. Hemalatha, Mr. Priyesh C & Mrs. Divya Merciline

ABSTRACT

Background: Mental health of women during the COVID-19 pandemic lockdown is a major concern, as they take on greater care needs at home and grapple with the burden of balancing household chores, caregiving and job responsibilities in the absence of external assistance.

Aim: To find the association between sociodemographic variables, personality factors, stress and anxiety among married women during the COVID-19 lockdown period.

Methodology: Big Five Personality Inventory (BFI-10); Depression, Anxiety and Stress Scale (DASS-21); COVID-19 Lockdown Survey were administered to 123 married women through google forms using snowball sampling technique.

Results: Mild stress was significantly seen in women living in Pune; with significantly higher levels of extraversion and agreeableness, compared to Bangalore and other cities. Spending 1-3 hours a day reading about COVID-19, fearing for the safety of loved ones, and not having time for activities of interest were significantly associated with mild levels of stress. Increased severity of anxiety was significantly associated with having children in the age group of 10-15 years, spending 1-3 hours reading about COVID-19, fear of death and increased conflicts with family members during the lockdown. Distress related to COVID-19 lockdown positively correlated with neuroticism, stress and anxiety.

Conclusion: Managing varying demands within a social confinement, leads to significant stress and anxiety among women. Digital intervention modules relevant to the lockdown, that addresses psychological red flags, resilience building and promotion of supportive atmosphere for women, need to be developed and implemented.

Keywords: COVID-19, Married Women, Anxiety, Stress, Personality Traits

A PILOT STUDY ON EFFECTIVENESS OF PSYCHOLOGICAL SUPPORT TRAINING ON PERCEIVED STRESS, PSYCHOLOGICAL WELLBEING AMONG COVID WARRIORS

Sandamita Choudhury[1], Brigadier Parag A Deshmukh[2]
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[2]Brig Adm AICTS, Pune, ex Commandant 151 Base Hospital, Guwahati, Assam

ABSTRACT

Background: COVID-19 has widely and rapidly spread all over the world, which is inherently demanding, stressful and at times emotionally draining. The health care providers including the paramedical staff are faced with numerous situations wherein they must make rapid and critical decisions, manage numerous demands, team challenges, face stigmatization situations while dealing with patients and family members. In order to support them in handling such situations with better efficiency, three days psychological support training was provided to the COVID warriors.

Aim: To evaluate the efficacy of the psychological intervention on Perceived stress and Psychological wellbeing among COVID warriors.

Methodology: The research design employed is an exploratory research design with pre-post intervention. Total number of 13 participants were enrolled for the training within a duration of a month. However, the training is still ongoing for the current batches. After obtaining consent from the participants, pre assessment using Perceived Stress Scale and The Warwick-Edinburgh Mental Well-Being Scale was administered. Following the three days psychological support training, the warriors proceeded for their COVID duty. The training module is adapted from "Recharge" developed by WHO, which is specifically developed for Health care workers. Post assessment was conducted after completion of their duty. Further, evaluate the experiences and challenges through Semi structured interview.

Results: Findings indicated decreased level of perceived stress, improved psychological wellbeing. Although, change was noted in the duration of working hours while serving in the COVID ward. But interestingly, sleep duration was maintained in the same manner pre-post COVID duty acting as a protective factor for wellbeing.

Conclusion: The intervention taken up as a pilot project showed improved efficacy for reduced stress level and psychological wellbeing even during adversity. Therefore, this module may be adopted in larger health care setup to improve the coping capacity of warriors during pandemic.

Keywords: Perceived stress, Psychological wellbeing, Adversity, Pandemic

BURNOUT AMONG MENTAL HEALTH PROFESSIONALS DURING COVID- 19 PANDEMIC

Akashdeep Ghosal

ABSTRACT

The pandemic of COVID-19 infection has affected people of different ages. During this period, many families experienced the death of loved ones, went through an economic crisis and were not in a mental state to function optimally. Problem of Insomnia, panic, anxiety and hopelessness was on rise. During this crisis period, the intervention of mental health professionals was essential. Many Clinical and counselling psychologists started seeing clients online. The demand of suchpsychological services was h igh and service providers were restricted. thus it was hypothesized that mental health providers would experience burnout and their efficiency may reduce.

Thus the study aims to assess the burnout level among mental health professionals. Oldenburg Burnout Inventory (OLBI), was used as a tool which were sent via email. For the purpose of analysis of total burnout level, disengagement and exhaustion descriptive statistics was used. Comparision of burn-out level between clinical and counseling psychologists was done.

The result indicated (M=36.69, SD=5.13) that mental health professionals experienced burnout during this period. Burnout led to more of disenagement rather than exhaustion. Overall, the counselling Psychologists experienced more burnout than Clinical Psychologists.

As the COVID - 19 pandemic is still going on, there has to be more of mental health professionals who would actively provide intervention. Otherwise, the burnout level will reduce the effficacy of their intervention.

Keywords: Burnout, COVID - 19, Mental Health Professionals

STUDY OF BEHAVIOUR PATTERN - ONLINE SOCIAL MEDIA USE, INTERNET GAMING, ALCOHOL-USE, PHYSICAL ACTIVITY, YOGA, MEDITATION AND EMPATHY EXHIBITED BY UNIVERSITY STUDENTS DURING COVID -19 PANDEMIC

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ABSTRACT

Background: The World Health Organization (WHO) declared COVID-19 as a pandemic on March 11, 2020 (Guadagni et al., 2020). The global coronavirus disease 2019 pandemic forced governments to impose lockdown and public to use prophylactic measure like frequent hands-washing, maintain physical/social distancing in public places and self-isolation to prevent the spread of the disease. College students were told to leave campus in March 2020 and to complete the remaining study through distant learning mode. Apparently, the pandemic interrupted their academic, occupational, and interpersonal functioning. Still, academic activities are limping.

Aim: The aim of this study was to examine the array of behaviour including online social media use, internet gaming, alcohol-use, physical activity, yoga, meditation, and empathy exhibited by the university students during COVID-19 pandemic.

Method: The study used an exploratory research modality. Data were collected from the university students (n=100) by administration of The Effects of Social Media Use during Covid-19 Pandemic, Internet Gaming Disorder Scale-Short Form (IGDS9-SF), Alcohol-use Disorders Identification Test (AUDIT), Godin Leisure-Time Exercise Questionnaire (GLTEQ), Toronto Empathy Questionnaire (TEQ). The test material was adapted in the Google Forms platform to create an online self-administered questionnaires to collect data.

Results: Currently data collection is in progress and the results shall be discussed during the research paper presentation.

Conclusion: The current Covid-19 pandemic presents a unique opportunity to examine its impact on students' lives. Understanding whether these modifiable behaviours should be targeted as points of intervention for improving health during future pandemics is critical.

Keywords: Behaviour Pattern, Covid-19 pandemic, University Students, Empathy

Paper Presentation

Session–2 **Day – 1 (28thMay)**

Hall– 2 **Time: 4:00 –5:00pm**

- ***Resilience and distress in Indian adults during the covid 19 pandemic***
  Kavitha Shaj & Archana Bhat Kallahalla

- ***A study to explore relationship between personality traits and styles of coping in the current pandemic scenario.***
  Rishi Bhandari

- ***Mindfulness as a protective factor against Covid-19 Pandemic***
  Dr Meetu Khosla

- ***Effect of Uncertainty, Resilience and Different Coping Strategies on Perceived Stress of Adults: A Covid-19 2nd Wave Context***
  Roshni Sengupta & Sumona Datta

- ***Psychotherapeutic intervention for COVID-19 patients admitted in ICU, and their caregivers: A Case Series***
  Kripanidh Kaur & Dr Pragya Sharma

- ***UnderstandingBoredom,Fantasy Engagement,Coping and Fear of COVID-19 in the context of Social Isolation: A study on EmergingAdults***
  Ruchika Choudhary & Mahak Mathur

RESILIENCE AND DISTRESS IN INDIAN ADULTS DURING THE COVID 19 PANDEMIC

Kavitha Shaj[1] and Archana Bhat Kallahalla[2]
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ABSTRACT

Background: On 24 March 2020, a Nationwide lockdown was implemented on 138 Crore population of India as a preventive measure against the COVID-19 Pandemic. Such global social isolation and fear of uncertainty is capable of producing psychological adversities, challenging the way people cope with a new lifestyle.

Aim: This study examines gender differences in Resilience and Distress among different age groups (Students: 17-22, Young: 23-40, Middle: 41-60) as there is a lack of researches that explores how disproportionately this pandemic affects.

Methods: Amidst the lockdown in March 2020, an online survey was conducted on the adult Indian population. A total of 243 responses were collected and analysed.

Results: Results show that significant numbers showed distress especially in student population $F(2,243)=4.78$, $p= .004$). And in terms of Middle-aged population, Males ($M= 8.09$) were significantly more distressed than Females ($M= 4.93$) $F(1,59)= 8.08$, $p= .006$). Overall, there is a significant gender difference in the resilience scores of the population $F(2,243)= 5.65$, $p= .030$. Which states that, Male population ($N=101$, $M=3.39$, $SD= 0.53$) was more resilient than the Female population ($N=145$, $M=3.23$, $SD=0.62$).

Conclusion: Thus, this study shows that the pandemic has disproportionately affected the women, students and middle-aged men for which gender-sensitive provision of mental health services and support are necessary to alleviate the challenges of gender equity.

Keywords: COVID-19; gender differences; age; resilience; distress.

A STUDY TO EXPLORE RELATIONSHIP BETWEEN PERSONALITY TRAITS AND STYLES OF COPING IN THE CURRENT PANDEMIC SCENARIO

Rishi Bhandari

ABSTRACT

Coping is a regulatory process that can reduce the negative feelings resulting from stressful events, it is like the changing of thoughts and actions to manage the external and/or internal demands for a stressful event. The relationship of personality traits and coping processes has been considered in many studies and it has been known that adaptive personality traits are significantly positively associated with active coping styles. While maladaptive personality traits (neuroticism) are positively associated with avoidance coping. However, not all the findings regarding the relationship between personality and coping have been consistent. Some researchers have failed to find a significant relationship between some personality traits (agreeableness, conscientiousness, and openness) and coping. Accordingly, the main goal of this study was to examine more comprehensively the association of personality traits and coping styles according to the stress level in a non-clinical sample specifically in the current pandemic scenario of COVID 19. In the present study, using simple random sampling technique, data from sample of 150 subjects was collected online (N=150) using COPE Inventory by Carver, C. S., 2013 and Big Five Personality Inventory by Singh, A. K. & Kumar, A. The data was compared at two levels (i) age group of 18 to 24 years with age group of 30 to 40 years, and (ii) Gender; (90 females and 60 males in the age group of 18 to 24 years; and 70 females and 80 males in the age group of 30 to 40 years). The results showed significant relationship between Neuroticism (N) and Conscientiousness (C) with Problem Focused coping strategies, and Extraversion (E) and Agreeableness (A) with Emotion Focused coping strategies. Different correlations between sub-factors of Big Five Personality Inventory with sub-scales of COPE Inventory are also studied. It is concluded that certain personality traits/characteristics are strongly related with specific styles of coping and therefore handling and management of stress in the current scenario of pandemic is found to be significantly different in both the age groups and also between males and females.

MINDFULNESS AS A PROTECTIVE FACTOR AGAINST COVID-19 PANDEMIC

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Psychology department, University of Delhi

ABSTRACT

Aim: The rapid emergence of COVID-19 in India caused severe emotional turmoil which drastically impacted the mindset and life of the youth. This study aimed to explore the effect of Mindfulness intervention on Coping with the Pandemic among young women and examining its implications for Life Satisfaction and Emotional wellbeing.

Methods : 60 young women(Mage=19.5 years) from University of Delhi participated in the on line study. 30 participants were randomly assigned to the control condition(CC)and mindfulness condition(MC). Baseline levels on life satisfaction (Satisfaction with Life Scale :Diener , Emmons, Larsen, & Griffin, 1985),and emotional wellbeing using (PANAS :Watson, Clark & Tellegen, 1988) were taken. An interview schedule was used to assess their coping styles. Participants in the MC were given Mindfulness meditation for 40 minutes daily for one week and then asked to practice thrice for four weeks. Post intervention measures were taken at the end of the first week and then after a follow up of 4 weeks.

Results: t test revealed that participants in the MC as compared to the CC reported significant improvement in emotional wellbeing ,with reduced negative affect(NA), enhanced Positive affect(PA) and increased Life Satisfaction in the post intervention and follow up scores from the baseline level.

Conclusion: Findings reveal the protective benefits of mindfulness meditation. This has implications for developing mental health programs for helping the University students cope effectively with the Pandemic.

EFFECT OF UNCERTAINTY, RESILIENCE AND DIFFERENT COPING STRATEGIES ON PERCEIVED STRESS OF ADULTS: A COVID-19 2ND WAVE CONTEXT

Roshni Sengupta[1] and Sumona Datta[2]
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[2]Assistant Professor and Head, Department of Psychology, School of Liberal Arts and Culture Studies, Adamas University

ABSTRACT

Background: Previous literature suggests that intolerance of uncertainty and resilience are positively correlated to perceived stress and coping strategies are an important factor that influences people's experienced levels of stress. The advent of 2nd wave of Covid-19 pandemic has presented several, newer challenges which never existed during the times of earlier studies. Thus, studies inspecting the correlation of these mental health factors with regard to the 2nd wave of Covid-19 are scarce.

Aim: To examine the effect of Uncertainty, Resilience and different Coping Strategies on the Perceived Stress among adults; in the light of the 2nd wave of Covid-19 pandemic.

Method: Data were collected from 310 adults (Mean age= 34.69, SD= 17.8; 50% females) of different age groups by administering (a) Intolerance of Uncertainty Scale developed by Carleton et al. (2007) , (b) Perceived Stress Scale developed by Cohen et al. (1983), (c) Brief Resilience Scale developed by Smith et al. (2006) and (d) a set of 11 questions with 5-point rating categories for measuring variation in their coping strategies of binge-eating, binge-watching, problem-solving, self-loathing, interpersonal-communication, intrinsic-motivation, withdrawal, anxiousness, self-care, loneliness and relationship-satisfaction. Data were collected using Google Forms after obtaining consent. Statistical analysis included Descriptive Statistics and Multiple Regression Analysis.

Results: Results indicated that both uncertainty (β=0.13, $p<0.05$) and psychological resilience (β=2.28, $p<0.05$) significantly predicts perceived stress, although weakly. Coping strategies like problem-solving, self-loathing, intrinsic-motivation, anxiousness, loneliness and relationship-satisfaction are strongly predicting perceived stress ($p<0.001$).

Conclusion: Results will have implications in counselling and dealing with mental health stress.

Keywords: Perceived Stress, Uncertainty, Resilience, Coping, Covid-19 pandemic.

PSYCHOTHERAPEUTIC INTERVENTION FOR COVID-19 PATIENTS ADMITTED IN ICU, AND THEIR CAREGIVERS: A CASE SERIES

Ms. Kripanidh Kaur, Dr. Pragya Sharma

ABSTRACT

Background: While dyspnea, shortness of breath, sleep difficulty, anxiety and worry are some of the many target symptoms in Covid-19 patients ; alertness, uncertainty, fear and terror are experienced intensely by the caregivers on the other side of the critical care unit. The purpose of this case series is to accentuate the potential role of psychological intervention in the intensive care unit recovery for patients and also for caregivers supporting the acute hospitalization phase.

Aim: To investigate the effect of a brief psychotherapeutic intervention on COVID-19 patients admitted in ICU and their caregivers.

Methods: This case series would describe three cases of COVID-19 patients admitted in ICU of a tertiary care hospital for treatment. The patients would be screened using General Health Questionnaire-12 for psychological distress. After mental status examination and adequate rapport formation, 20 minutes mindfulness meditation via body scan activity would be taught. The state of the patients' physical condition contributes to extreme fear and feelings of uncertainty in the caregivers. The caregivers will receive four sessions of ACT based psychological intervention.

Results: The research is ongoing and the results will be presented in the conference.

Conclusion: This will be elaborated upon in the conference.

Keywords : mindfulness, body scan, ACT

UNDERSTANDING BOREDOM, FANTASY ENGAGEMENT, COPING AND FEAR OF COVID-19 IN THE CONTEXT OF SOCIAL ISOLATION: A STUDY ON EMERGING ADULTS

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**Clinical Psychologist and Asst. Prof., Dept of Psychology
IIS (deemed to be University), Jaipur, Rajasthan

ABSTRACT

Background: Covid -19 has led us all to live in world of social isolation which has its mental and psychological impact, especially in young adults. When people have no or very limited work to do, they often try to engage their minds in fantasizing based on their likelihood. Social isolation also brings sense of fear to the minds of people regarding the virus. It also causes Boredom. The state of feeling disinterested and having nothing to do or feeling dull is often called as the state of boredom. In the times of social isolation people have their own mechanisms to deal with the current situation and to prepare themselves for the uncertainties of the future; this process is called Coping, in which a mental strategy is prepared by the people to solve their personal and interpersonal problems and to overcome the stress.

Aim: The purpose of this study is to understand the impact of social isolation on emerging adults by explore the varying degrees of their fantasy engagement, boredom, coping and fear of COVID-19.

Methods: 100 emerging(both males and females) between the age group of 18 to 23 years who are facing the pandemic were included for the study. Causal study design was employed for the study Tools used were Multi Dimensional State Boredom Scale, Fantasy Engagement Scale, fear of COVID 19 scale and Coping scale. Results and conclusions from the study will be discussed in the paper.

Keywords: Pandemic, Social Isolation, Anxiety, Addiction, Panic, Restlessness, Uncertainty, Defense Mechanism

Paper Presentation

Session–3 **Day – 1 (28thMay)**

Hall– 3 **Time: 4:00 –5:00pm**

- ***COVID-19 Phobia Across the World: Impact of Resilience on COVID-19 Phobia in Different Nations***

  Sylvia Lindinger-Sternart, Varinder Kaur, Yekti Widyaningsih, & Ashok Kumar Patel

- ***Changes in Social Cognition during COVID-19 Pandemic in Individuals of Different Age Groups-A comparative Study***

  Debolina Roy & Dr. Susmita Halder

- ***Emotional health and behaviour in response to Covid-19***

  Mihul Narad & Dr. Manoj K. Pandey

- ***Implication of Health Belief Model in COVID-19 Knowledge and Risk Perception***

  Pradip Kumar Gupta & Ravi Pratap Pandey

- ***Exploration of Coping and Adaption during pandemic: A Qualitative enquiry of classical dancers***

  Aishwarya Marathe & Dr. Rekha Wagani

- ***The Effects of the Pandemic on Dyadic Coping & Psychological Factors among Married and Unmarried Couples***

  Rujuta D. Deshmankar & Poonam Joshi

COVID-19 PHOBIA ACROSS THE WORLD:IMPACT OF RESILIENCE ON COVID-19 PHOBIA IN DIFFERENT NATIONS

Sylvia Lindinger-Sternart1*, Varinder Kaur2, Yekti Widyaningsih3, and Ashok Kumar Patel4
1*Department of Counseling, University of Providence, Montana
2The Family Institute at Northwestern University, Illinois
3Department of Mathematics, Universitas Indonesia
4Deen Dayal Upadhyaya Gorakhpur University, Gorakhpur, India

ABSTRACT

Aim: The researchers of this study explored the impact of resilience on COVID-19 phobia (C19P) among individuals from various nations including a cluster of European countries, India, Indonesia, Pakistan, and the United States of America (USA).

Method: Research participants (N=812) were recruited via disseminating an electronic survey on Facebook Messenger (FM). The electronic survey asked unidentifiable demographic information, the COVID-19 Phobia Scale (C19P-S; Arpaci et al., 2020) and the Brief Resilience Scale (BRS; Smith et al, 2008).

Results: Based on simple linear regression, resilience had a statistically significant negative affect on all four C19P factors including psychological, psychosomatic, economic, and social factors ($p < .001$). Resilience showed a statistically significant difference for at least two nations ($p < .001$) investigated in this research, as shown by using the Kruskal–Wallis test. Utilizing linear regression analysis showed that age affects the resilience score positively significantly ($p < .001$). Based on the Kruskal–Wallis test, we found no statistically significant differences in resilience scores between genders but found statistically significant differences in resilience scores based on marital status, educational level and professional status ($p = .001$).

Conclusion: Findings showed the higher the resilience level, the lower the level of C19P. The level of resilience was highest in the USA, followed by Europe, Pakistan, India, and Indonesia. Age affected the resilience level positively and resilience differed based on marital status, education levels, and professional status but not between genders. Implications are offered for effective counselling interventions during this COVID-19 pandemic and the aftermath.

Keywords: COVID-19 phobia, resilience, nations, mental health, counseling/counselling

CHANGES IN SOCIAL COGNITION DURING COVID-19 PANDEMIC IN INDIVIDUALS OF DIFFERENT AGE GROUPS-A COMPARATIVE STUDY

Debolina Roy[1*], Dr. Susmita Halder[2]

ABSTRACT

Background: Pandemics have a unique way in shaping and reshaping the structure and function of societies all over the world. The modern world as we know it would not have existed without the pandemics in previous centuries. The 2019 Novel Coronavirus pandemic has created a permanent change in the societal cognition in all the age groups, which is an important ability to support the development of adequate social competence, adaptation and functioning.

Aim: The aim of the study is to find out changes in perception of social relations, hope and acceptance, catastrophic thoughts, coping and planning in individuals of different age groups.

Methods: The study comprised of a cross-sectional comparative method including 128 male and female participants aged between 18 to 70 years, divided into three age groups-predominantly students, working and retired. Purposive sampling was applied according to the exclusion andinclusion criteria. *Social Cognition in Pandemic Questionnaire* was constructed to measure the social cognition. The data obtained was statistically analyzed and interpreted.

Results: Findings suggest significant differences among three groups in all domains. Social cognition is negatively affected in female working group as compared to the male counterparts.

Conclusion: From the study it was concluded that social cognition is affected in all the sections of the populations differently. However the most impacted was the female working group.

Keywords: *social cognition, catastrophic thoughts, hope, acceptance, social relationships, coping, planning*

EMOTIONAL HEALTH AND BEHAVIOUR IN RESPONSE TO COVID-19

Mihul Narad[1], Dr. Manoj K. Pandey[2]

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[2]Assoc. Prof. Dept. of Cl. Psy., Post Graduate Institute of Behavioural and Medical Sciences

ABSTRACT

Background: The internet is widely used for getting information related to health and diseases. Presently this practice can be triggered by Covid - 19 Related Fears and Uncertainty surrounding events like sickness and death. Cyberchondria is the term used to define such excessive searching for health related information. This is driven by the need for eliminating anxiety related to health, which may have its roots in generalised anxiety.

Aim: The study was carried out to see association between Fear of Covid - 19, Generalised Anxiety, and Cyberchondria like behaviour among the general population.

Method: The sample consisted of 101 participants (age 18-60) who had signed up for counselling on online application platforms, or sought psychological help on Social Media groups. The scales used were Fear of Covid - 19 Scale (Ahorsu et.al. 2020) , Cyberchondria Severity Scale Short version (CSS12, McElroy et.al.2019) and GAD-7 (Spitzer et.al.,2006)

Results: Results demonstrated that there was a significant positive correlation among selected variables. The results have been discussed further.

Key words: Covid - 19, Anxiety, Cyberchondria, Fear.

IMPLICATION OF HEALTH BELIEF MODEL IN COVID-19 KNOWLEDGE AND RISK PERCEPTION

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[1] Scientist 'B', Defence Research & Development Organization (DRDO), India

[2] Assistant Professor, Dept. of Psychology, Central University of Haryana, India

ABSTRACT

Health Belief Model (HBM) is applicable in a range of health related conditions and explains individual's likelihood of engagement in health promoting behaviour. The present study made an attempt to imply Health Belief Model (HBM) in COVID-19 context. The study investigated the relationship between Components of Health Belief Model, COVID-19 Knowledge and Risk Perception. An online survey was conducted on N = 70 participants from different socio-cultural background across the country. The participants filled online questionnaires on a) Knowledge of corona virus (COVID-19) disease b) Risk Perception of COVID-19 and c) Health Belief Questionnaire which assessed 6 components of Health Belief Model (HBM) – Perceived Susceptibility, Perceived Severity, Perceived Barriers, Perceived Self-efficacy, Perceived Benefits and Cues to action. Items in Health belief questionnaire were specifically designed for corona virus disease. Findings of the study indicated a positive relationship between the knowledge of the disease and perceived susceptibility and negatively correlated with perceived barriers. Risk perception was also positively associated with perceived susceptibility and cues to action. Perceived benefit was linked with cues to action. Disease knowledge and risk perception was somewhat higher in urban population compared to rural background. It was concluded that the perception of risk of corona virus disease (COVID-19) is related to the knowledge the disease and health belief system of the individual. Inadequate disease knowledge and failure to appreciate risk (unrealistic optimism) can crate hindrance in health promoting behaviour.

Keywords: Health Belief Model (HBM), Corona Virus Disease, COVID-19, Health Belief, Risk Perception.

EXPLORATION OF COPING AND ADAPTION DURING PANDEMIC: A QUALITATIVE ENQUIRY OF CLASSICAL DANCERS

Aishwarya Marathe, Dr. Rekha Wagani

ABSTRACT

Background: Art forms like dance, is one of the forms which is still being transferred from one generation to another through conventional way of Guru-Disciple Parampara. Classical dance especially includes subtleties which were not being taught through distance mode. However, the current pandemic changed the whole scenario and brought a big challenge in the lives of dancers.

Aim: Although studies are being conducted on impact of pandemic on various groups, dancers are still a left group. This research aimed to study various challenges faced by dancers due to the ongoing pandemic and various coping strategies used by them

Method: Using a qualitative approach to dwell deeper into current lives of dancers, eight Indian classical dancers were approached using judgmental sampling. A semi-structured telephonic interview was conducted using interview schedule at least twice to record the experiences of dancers. Both descriptive statistics like percentage and frequency and thematic analysis (Barun and Clarke 2006) were used to explain aspects of challenges, coping and adaptation.

Results: Thematic pattern reflected that dancer's experience of stress was rooted in their subjective experience of the pandemic, resulting in unique ways of coping. With the field being already very unstable and unpredictable, lockdown worsened the condition to an extent that they wished to move away from dance in search of other ways to sustain their livelihood and also perceived their identity as dancers to be in danger. With constriction of social movement, sense of vacuum was created in their lives due to inability to perform live and interact with audience. Common patterns of coping that emerged were power of social media, acknowledgment and acceptance of situation, professional help, introspecting and connecting with self, and using "dance" as a coping strategy.

Conclusion: In addition to the existing challenges in the field, every dancer has faced further setbacks and managed stress differently depending on the coping strategies they chose.

Keywords: *Pandemic, Indian classical dancers, stress, coping strategies*

THE EFFECTS OF THE PANDEMIC ON DYADIC COPING & PSYCHOLOGICAL FACTORS AMONG MARRIED AND UNMARRIED COUPLES

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Ms. Poonam Joshi**
*Clinical Psychologist, Vidula Psychological Consultancy, Pune
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ABSTRACT

Background: Dyadic coping is explained and emphasized on congruence and discrepancy in both partner's effort as a contributor to effective coping strategy (Revenson, 1994).

Aim: The study aimed to find the effects of pandemic on dyadic coping and psychological factors among married and unmarried couples.

Methods: 303 participants were included into the study by using convenient sampling and online mode and were assessed on socio-demographic details, Dyadic Coping Inventory and Depression Anxiety stress Scale-21. The scores were calculated on Independent t test, correlation & ANOVA by using SPSS-26.

Results: There was inverse correlation found between the Dyadic Coping and levels of Depression, Anxiety and Stress. There was significant gender difference between the Dyadic coping and Psychological factors.

Conclusions: The Present study states positive relation between adaptive dyadic coping and enhanced wellbeing in partners.

Keywords: Dyadic Coping, Depression, Anxiety, Stress

Paper Presentation

Session–4 **Day – 1 (28thMay)**

Hall– 1 **Time: 5:00 –6:00pm**

- *Client's Perspective on Tele-Psychotherapy: Opportunities and Challenges*
  Aayushi Gumber & Shivangi Talwar

- *A 10 weeks' tele mental health counseling services in a university during covid 19: an interim report*
  Dr. S P K Jena

- *Distance and Psychoanalysis: Negotiating with the Virtual World*
  Vineet Gairola

- *The emergence of tele-psychotherapy in India during the pandemic*
  Paridhi Jain & Dr Suyesha Singh

- *Pandemic Experiences of School Counselors in providing Online Mental Health Services*
  Sneha John & Dr Kamlesh Singh

- *Development and pilot testing of a mental helpline plan during COVID-19 in Kerala by CRC-Kozhikode*
  Dr.Roshan Bijlee & Jithin K

CLIENT'S PERSPECTIVE ON TELE-PSYCHOTHERAPY: OPPORTUNITIES AND CHALLENGES

Ms. Aayushi Gumber and Ms. Shivangi Talwar

ABSTRACT

Background: COVID-19 pandemic has brought unprecedented changes in terms of daily routines, financial planning, social conduct and in general, restricted living. The mental health consequences of such drastic changes have increased the burden of unmet mental health needs on the still growing mental healthcare system in India. However, with the need for physical distancing and restricted movement, virtual and telephonic psychotherapy services have become need of the hour, particularly for the physically vulnerable and remotely residing population.

Aim: The aim of this review is to provide client's perspective on tele psychotherapy.

Methods: Keywords for narrative review included tele-psychotherapy, technology-based psychotherapy, psychotherapy during COVID-19, virtual psychotherapy, physically vulnerable. Databases like MEDLINE, Embase, PsycINFO and Web of Science and search engine Google Scholar were selected.

Results: The main findings indicate improvement in client's symptomology, follow up, adherence to treatment and client's satisfaction. Other advantages like blurring of borders, cost-effectiveness, reduced stigma and overcoming linguistic and cultural barriers were also found. The flipside of this has been challenges related to the infrastructural and development-based problems.

Conclusion: Tele-psychotherapy has been reported to be useful in other countries. Privacy and confidentiality of the client on digital platform remains a matter of concern. Future research needs to focus on the utility and feasibility of tele psychotherapy, especially in a developing country like India.

Keywords: Client's perspective, tele psychotherapy, COVID-19

A 10 WEEKS' TELEMENTAL HEALTH COUNSELING SERVICES IN A UNIVERSITY DURING COVID 19: AN INTERIM REPORT

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ABSTRACT

Presently, pandemic stress is experienced almost by every nation of the world. The mounting death casualties have been considered as a psychological trauma. In India, the number of casualties, reaching a new peak. This mounting death rate has made India one of the worst affected countries in the world. This has gone unchecked, causing a sense of helplessness and generalized hopelessness in people, making them vulnerable to other mental health problems. The pandemic stress has forced people to go into self-confinement as lockdowns and social distancing imposed on them. This has led to adverse psychological consequences even for the University students. They have been affected in many ways. Protracted periods of campus closures, sudden shutdown of the hostels, adoption of a new teaching-learning parameters, a new system of online examination introduced close interpersonal interaction complicating the clinical picture. This has increased the propensity to breakdown.

This has larger implication for the teaching-learning process. Therefore, in order to reduce the stress tele-counselling services were conducted ay University of Delhi. As a part of the interim report, the present paper provides more light on the subject.

Keywords: Pandemic stress, tele-counselling, depression, exposure, habituation

DISTANCE AND PSYCHOANALYSIS: NEGOTIATING WITH THE VIRTUAL WORLD

Vineet Gairola

ABSTRACT

Background: Earlier ways of being-in-touch with each other have been turned into a nostalgia the way COVID-19 did and continues to shake the world. There has been an enormous move under COVID-19 to move towards zoom, telephones etc. to do online psychoanalysis and psychotherapy. Audio and video have taken exceptional agential forms by replacing physical hearing and seeing. Physical touch is replaced by virtual touch. The virtual have extended the meaning of body, feelings, sensations, and relations.

Aim: The aim of this paper lies in understanding, demystifying, and de-alienating the relationality between distance and psychoanalysis. It is to understand what 'virtual turn' entails in therapy. This paper theorizes the 'and' between distance and psychoanalysis.

Methods: This research used primary sources like books and articles to elucidate the possibilities and challenges of distance therapy.

Results: In-office analysis, analysis with the video on, and telephone analysis bring their own unique ways of communication and understanding. "Talking cure" and "chimney sweeping" come closest the domain of telephone analysis where voice again becomes the foreground. Technology and distance therapy's relation to the analytic position are understood critically as what they mean for both the therapist and the patient in such times of shared social crisis.

Conclusion: International Psychoanalytic Association (IPA) has authorized telephone and virtual analysis, which is a commendable step as this makes analysis far more accessible than it has ever been to people who live outside major cities along with breaking the hierarchy between the patient and the analyst.

Keywords: Distance analysis, psychoanalysis, COVID-19, virtual therapy

THE EMERGENCE OF TELE-PSYCHOTHERAPY IN INDIA DURING THE PANDEMIC

Paridhi Jain*, Dr. Suyesha Singh**

(*Research Scholar, Department of Psychology, Manipal University Jaipur; **Assistant Professor, Department of Psychology, Manipal University Jaipur)

ABSTRACT

BACKGROUND: The ongoing Covid pandemic changed the life of every individual. After the government imposed the first lockdown, people were bound to live in a restricted environment. This restriction gives rise to several mental health issues such as isolation, fear of infecting with the disease, phobia, OCD, depression & anxiety. To deal with these issues, mental health professionals move towards tele-psychotherapy to provide treatment to necessitous. Tele-psychotherapy is not a new mode of treatment but it gets popular especially during pandemic. Tele-psychotherapy can cover this gap between clients and the therapist as it is more feasible and accessible for people seeking treatment.

AIM: The paper aims to explore several issues, challenges and implication of tele-psychotherapy during the pandemic in India.

METHODOLOGY: For this paper 25 published journal articles were reviewed published in APA, PsycARTICLES, Psyinfo, PubMed, Asian journal of Psychiatry and Indian journal of Psychiatry articles especially published in the last one year. Analysis was done using secondary data. We reviewed, analysed and try to compare various researches that have been done in India and in other countries on Tele-psychotherapy to get an overview of the issues, challenges of tele-psychotherapy faced by the therapist and clients along with the future of tele-psychotherapy in India.

FINDINGS: Based on the studies which we have reviewed, tele-psychotherapy is a good alternative of face-to-face therapy because of its feasibility and accessibility. The major challenges of tele-psychotherapy in India are acceptance for tele-psychotherapy, connectivity and fee-related issues, handling crisis situations, stigma, lack of space & privacy and miscommunication. In the future there is a need for adequate training for mental health professionals to conduct ethical tele-psychotherapy. Alongside, setting and following the ethical guidelines, changes in mental health law, spreading awareness for these services and increase in acceptance of tele-psychotherapy services is required.

CONCLUSION: Tele-psychotherapy is effective in India as it can reduce the cost, travel expenses, more accessible to people living in remote areas. There is a permanent need for tele-psychotherapy in India. Although there were several benefits of tele-psychotherapy, but in India there is strong need to create awareness for these services. Studies need to be carried out on the long-term effectiveness of tele-psychotherapy especially after the pandemic.

KEYWORDS: Tele-psychotherapy, Covid-19, pandemic, mental health, India.

PANDEMIC EXPERIENCES OF SCHOOL COUNSELORS IN PROVIDING ONLINE MENTAL HEALTH SERVICES

Ms. Sneha John, PhD Candidate (Psychology). HUSS Dept., IIT Delhi
Dr. Kamlesh Singh, Professor (Psychology), HUSS Department, IIT Delhi

ABSTRACT

Technology has increasingly become ubiquitous over the past decade, and it has provided numerous opportunities and resources for almost every age group over a variety of areas. Given the current COVID-19 pandemic situation, several aspects of the functioning of academic institutions have been forced towards a transition to online means irrespective of their preparedness to adapt to such a change. School counseling and mental health services has been one such area which had to undergo a lot of change in the way it functioned. This study aimed to gain an in-depth understanding of experiences of school mental health professionals on this swift change to remote virtual classrooms. The data was collected through telephonic interviews from 30 mental health professionals with minimum one year of working experience in schools from different parts of India. The study involved snowball sampling and audio recorded telephonic interviews due to nation-wide school suspensions and protocols of social distancing. The main areas explored were-strategies adopted to deliver online mental health services, digital mental health resources used, best practices, engagement of the students, challenges, and suggestions that can facilitate efficient delivery of online mental health services for future. The data was analyzed using NVivo software to generate themes and the results will be discussed during the presentation.

Keywords: school counseling, digital mental health, virtual classrooms

DEVELOPMENT AND PILOT TESTING OF A MENTAL HELPLINE PLAN DURING COVID-19 IN KERALA BY CRC-KOZHIKODE

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Composite Regional Center for Skill Development and Rehabilitation and Empowerment of Person with disabilities-Kozhikode (CRC-K)

ABSTRACT

At the time of the COVID-19 pandemic outbreak, human activities were no longer the same as before. Various countries in the world imposed regulations for working from home, studying from home, social distancing, physical distancing, etc. Furthermore, these adjustments may eventually have triggered mental health symptoms, such as anxiety, depression, stress, The COVID-19 pandemic and the resulting economic recession have negatively affected many people's mental health and created new barriers for people already suffering from mental illness and substance use disorders. Regarding this phenomenon, mental health services can no longer be done face-to-face, must conduct social and physical distancing during the counselling process, but psychological distancing is not permitted. This study aims to develop a model mental help helpline and assess initial feasibility. The present study also assesses the competency of the clinician's and their personal experience during telipsychotherapy sessions. A mixed-methods formative study was conducted. Routine monitoring and evaluation data, including client flow and reports of satisfaction, were obtained from patients 40 RCI Registered Clinical psychologist and 350 clients were part of the study. The result of the study is Teli-psychotherapy is one of the effective methods for managing mental health issues during the COVID-19 outbreak sufficient referral system and therapy supervision also enhance the competency of the clinicians and outcome of mental health helpline.

Keywords: Telipsychotherapy ,Mental health helpline

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Paper Presentation

Session–5 **Day – 1 (28thMay)**

Hall– 2 **Time: 5:00 –6:00pm**

- ***Transition to Online Psychotherapy during the COVID19 Pandemic: Attitude of Psychotherapist***
  Dr Monica Sharma

- ***Are teletherapy and face-to-face (f2f) therapy two peas in a pod? A comparative analysis***
  Ria Aggarwal, Jaya Sukul, Gayatri Rawat & Riya Rathore

- ***Are we virtually ready? The experience of Mental health professionals in teletherapy with children***
  Dr. Sudipta Roy, Nidhi Nahata & Mithilesh Mishra

- ***Role of Technology in the field of Clinical Psychology***
  Titiksha Paul & Dr. Gulfisha

- ***Online vs face-to-face Well-Being Intervention among adolescents with psychiatric disorder***
  N Ahil & Dr Uma Hirisave

- ***Advocting for trauma-informed care for women survivors in India***
  Ms. Anusha Arora, Qurat ul Ain & Manoj Kumar Bajaj

TRANSITION TO ONLINE PSYCHOTHERAPY DURING THE COVID19 PANDEMIC : ATTITUDE OF PSYCHOTHERAPIST

Dr. Monica Sharma
Assistant Professor Clinical Psychology
IIS (deemed to be University)

ABSTRACT

Delivery of psychotherapy has rapidly changed as a result of ongoing Covid19 pandemic. As recommended by the World Health Organization (WHO) physical distancing that aim to slow the transmission of COVID-19 during a global pandemic has led to increase in psychological issues creating more demand for psychological help. A consequent need for rapid infusion of psychological science into care delivered via online psychotherapy has emerged. Online psychotherapy, which was previously used by only a minority of psychotherapists has quickly become a typical mechanism for service delivery. Beyond renewed attention to the role of common factors in quality treatment, this period of transformation is an opportunity for psychotherapists to break from old moulds we learned in graduate school and embrace newer ones that remain evidence based. The aim of the present study is to assess the attitude of psychotherapist towards the use of online psychotherapy inlines with UTAUT Model including only performance expectancy, effort expectancy, social influence, facilitating conditions and hedonic motivation. The result from the present study would facilitate a better understanding of the underlying mechanism with would further promote the use of online psychotherapy.

Keywords: *online psychotherapy, Covid19, Pandemic, UTAUT*

ARE TELETHERAPY AND FACE-TO-FACE (F2F) THERAPY TWO PEAS IN A POD? A COMPARATIVE ANALYSIS

Jaya Sukul[1], Gayatri Rawat[2], Ria Aggarwal[3], Riya Rathore[4]

ABSTRACT

Background: One of the greatest therapeutic gifts a therapist provides their client is its 'presence'. During the pandemic, the need for therapy has risen exponentially due to sudden stress, anxiety, and other mental health problems arising due to unexpected changes in everyone's daily lives. The situation worldwide has compelled people to stay indoors and to use online platforms for therapy (teletherapy/ video conferencing), where the therapeutic presence can still be accomplished, but the screen barrier might hamper the effectiveness of therapeutic procedures.

Aim: The present study is conceptualized to investigate if there's any significant difference in effectiveness between Face to face (f2f) therapy and e-therapy/teletherapy in clients with diagnosed Generalized Anxiety Disorder(GAD).

Methods: For further in-depth analysis, a pre and post Hamilton Anxiety Rating Scale and Taylor Manifest Anxiety Scale tests were administered on 30 clients with GAD who underwent online therapy and 30 clients with GAD who underwent f2f therapy, to ascertain the effectiveness in delivery and reception of different modalities of psychotherapy. To further analyze the data, a paired sample t-test was used to compare the two modalities using Statistical Package for the Social Sciences (SPSS).

Results: The results revealed there is no significant difference between the two modalities of therapy administered on patients with GAD.

Conclusion: Based on the outcome of both anxiety scales, it is reasonable to conclude that teletherapy and face-to-face (f2f) therapy are two peas in a pod for patients with GAD.

Keywords: Teletherapy, face-to-face, GAD, psychotherapy.

ARE WE VIRTUALLY READY ??- THE EXPERIENCES OF MENTAL HEALTH PROFESSIONALS IN TELE-THERAPY WITH CHILDREN

Dr. Sudipta Roy[1], Nidhi Nahata[2] and Mithilesh Mishra[3]

Designation: [1.] Chief Consulting Clinical Psychologist [2.] Clinical Psychologist [3.] Clinical Psychologist

ABSTRACT

Introduction: Teletherapy was first envisioned as early as 1972 when it was speculated by mental health professionals, soon after computers were invented -that there would be a time when therapy would be conducted with the aid of computers!!The first formal step in this direction is credited to Dr. David Sommers, who began using chat rooms for therapy in 1995 and it has been around since. In India, professionals had been skeptical to enter this arena until COVID made it a necessity. We can therefore say we, clinical psychologists are in the midst of an important transition and it is important to document this experience.

Aim: The aim oof this paper is to understand the experience of practitioners in adapting to online therapy, specifically with reference to children.

Methodology: The study used a mixed methodology blending quantitative and qualitative approaches. It was conducted by inviting participation form those had who worked online with children over the past year. A questionnaire was circulated online, in the form of a google doc. The questionnaire contained both close ended and open-ended questions. Responses were received form 32 professionals over a period of a month.

Results and Discussion: The results suggested a positive trend towards accepting the new challenge and were discussed in light of facilitating factors and obstacles faced.

Conclusion: The authors concluded that teletherapy has been accepted within India and is opening up new avenues of work for psychologists despite struggles.

KEYWORDS: Mental health professionals, child therapy, online therapy, tele-therapy

ROLE OF TECHNOLOGY IN THE FIELD OF CLINICAL PSYCHOLOGY

Authors: Titiksha Paul and Dr. Gulfisha

ABSTRACT

Background: Since past, psychological therapies and assessments have been used to deal with the issues related to human behavior. However, certain factors like physical presence of both therapist and client at clinic, and treatment's cost may reduce the effectiveness or easy access of psychological services to the client. Therefore, these hindering factors gave impetus to the use of technology in the application of psychotherapy.

Aim: The review paper aims to explain the significance of technology based therapeutic tools, various modes of technology such as audio/video counseling, self-directed and computer-based therapeutic tools, web-based text communication, Virtual Reality and Artificial Intelligence. It will also examine the legal and ethical issues that are considered during e-therapy and mention some of the current researches related to the field of clinical psychology.

Methods: Various search engines such as "Wiley Library", "JSTOR", "PubMed" and Google Scholar has been used to find out various studies related to how computer technology plays an important role in providing psychological services.

Results: After reviewing different articles related to psychology and technology, it has been found that technology plays a very important role in psychology. It is quite affective in the treatment of various disorders such as anxiety, depression, phobias, PTSD and so on.

Conclusion: Integrating technology into mental health practices has the potential to dramatically shift the traditional format of mental health services. It has made transformative changes in prevention, promotion, and treatment of mental health problems through flexible, immediate, on-demand, personal and individually paced and stigma free services.

Keywords: Technology, Psychological services, E-therapy, Virtual reality

ONLINE VS FACE-TO-FACE WELL-BEING INTERVENTION AMONG ADOLESCENTS WITH PSYCHIATRIC DISORDERS

*Ahil N, PhD scholar, Department of Clinical Psychology, NIMHANS
** Dr Uma Hirisave, Professor, Department of Clinical Psychology, NIMHANS

ABSTRACT

Background: Well-being intervention focuses on building the best qualities than just repairing the worst things. The review of literature indicates several western studies on Well-Being Intervention for adolescents in school setting. But researches in clinical setting are scarce. In India, the studies on well-being are mainly exploratory in nature. There is a beginning of research interest in conducting well-being intervention for vulnerable adolescents. However, research in psychiatric setting is limited.

Aim: To identify the effect of online and face-to-face Well-Being intervention among adolescents attending follow up services in Child and adolescent out-patient psychiatric setting.

Methods: The study design is single case pre, post design. Sample consists of 2 adolescent boys of age 14 and 16 years attending NIMHANS CAP OPD for follow-up. After obtaining consent from parents and assent from adolescents, tools were administered (CGI, CGAS, Sterling Children's Well-Being Scale - SCWBS, California Healthy Kids Survey-internal protective factors) and 8 sessions of well-being intervention based on Well-being therapy for children and adolescents with emotional and behavioral disturbance (Albieri et al, 2009) was provided online for one adolescent and face-to-face for another.

Results: The result of the study indicate improvement in domains of well-being and internal resources of the adolescent. The discussion will highlight therapist's challenges and reflection in conducting the online intervention.

Conclusion: There is an improvement in the well-being among adolescents with psychological disorder through both online and face-to-face well-being intervention.

Keywords: Well-being among Adolescents, Well-being therapy, Well-being in India

ADVOCATING FOR TRAUMA INFORMED CARE FOR WOMEN SURVIVORS IN INDIA

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Department of Psychiatry, Government Medical College, Chandigarh

ABSTRACT

According to WHO, 1 in 3 women face violence by someone they already know which has shown to increase their lifetime risk of developing current mental illness and an additional risk of developing three or more mental health disorders in their lifetime. This review explains the relationship between experience of domestic violence and intimate partner violence and development of trauma sequelae and argues for the indisputable inclusion of trauma informed care in their treatment. The review outlines epidemiological research available on these survivors in India and proposes a framework on how to conceptualise treatment from a trauma informed lens. We highlight the paucity of research on the same in India and advocate for culturally sensitive integration of trauma informed care within existing psychotherapeutic interventions.

Keywords: domestic violence, intimate partner violence, trauma informed care, complex trauma, India

Paper Presentation

Session–6 **Day – 1 (28th May)**

Hall– 3 **Time: 5:00 –6:00pm**

- ***Sociodemographic factors as predictors of happiness, flourishing and social support among transgenders***
  Gokilapriya & Narayanan Annalakshmi

- ***Ethical Dilemmas across Mental Health Professionals: An Exploratory Study***
  Tama Dey

- ***Self-Esteem, Well being and Happiness among transgender people***
  Niharika Arora & Dr Uday K. Sinha

- ***Psychological distress, relationship satisfaction and stigma in sexual minorities***
  Tanvi Malick, Aarzoo Gupta & Dr. Priti Arun

- ***Psychology of pandemic - The psychological experience and intervention in COVID-19 Inpatients***
  Nishtha Kumar

SOCIODEMOGRAPHIC FACTORS AS PREDICTORS OF HAPPINESS, FLOURISHING, AND SOCIAL SUPPORT AMONG TRANSGENDERS

Gokilapriya* and Narayanan Annalakshmi**
*PhD. Scholar and Junior Project Fellow, NCERT MRP
**Professor, Department of Psychology, Bharathiar University, Coimbatore

ABSTRACT

Transgenders are confronted with significant challenges in their lives that can have a negative effect on their well-being.The present study aims at examining the association between demographics and psychological factors, namely, happiness, flourishing and perceived social support among transgenders. The participants were recruited from different regions of a mid-sized city in South India. A convenient sample of 330 trans female in the age group 18 to 55 years was selected. The participants completed self-report measures of happiness, PERMA factors and perceived social support. The demographic details were collected using personal datasheet. One-way ANOVA and correlational analysis were employed to analyze the data. There was a significant difference found between groups based on community, education, relationship status, and contact with trans association with regard to the psychological factors studied herein. Those with higher levels of education also reported better flourishing, happiness and social support. Higher the contact with trans association, higher the level of social support. Income was negatively correlated with happiness and social support. Demographic factors appear to play a pivotal role in influencing the psychological factors among transgenders. The findings and implications for future research are discussed.

Keywords: Transgender, demographics, happiness, PERMA, social support.

ETHICAL DILEMMAS ACROSS MENTAL HEALTH PROFESSIONALS AN EXPLORATORY STUDY

ABSTRACT

Background: In mental health care, ethics is exceptionally complex because of the nature of mental illness. Professionals are often confronted with the choices of right vs. wrong that leads to ethical dilemmas. The universality of the experience of ethical dilemma in mental health field calls for research to address the lived experiences of the professionals.

Aim: To explore the ways of resolutions of ethical dilemmas among various mental health professionals of mental health care settings.

Methodology: The research employed an exploratory qual-quant mixed method research design. Vignette Based Tool (VBT) was constructed and used for collection of data. VBT was comprised of two open ended questions. A purposive sampling was used. Twenty three professionals from the four disciplines of Clinical Psychology, Psychiatric Nursing, Psychiatric Social Work and Psychiatry participated. Data was analyzed using quantitative and qualitative methods.

Results: Qualitative analysis of the data identified four broad themes in relation to various ways of responding to ethical dilemmas viz., (a) Pre-emptive Checks, (b) Exploration of Possibilities, (c) Being Flexible & Discoverer & (d) Enacting a Difficult Choice. First two broad themes were found to be related with the ethical decision making process while the latter two themes were found to be associated with the ethical actions implementation.

Conclusion: The study could capture the various ways of responding to ethical dilemmas across professionals. It proposed a 'Box of Tools' i.e. different strategies of resolving a dilemma which might act as guide in the mental health field. The study has implications in providing a guideline to the professionals and trainees in the field.

Keywords: Ethical Dilemma, Resolution of Ethical Dilemma, Mental Health Field, Mental Health Professional

SELF ESTEEM, WELLBEING AND HAPPINESS AMONG TRANSGENDER PEOPLE

NIHARIKA ARORA1* , UDAY K. SINHA2*

ABSTRACT

A transgender person is one whose gender does not match the gender assigned at birth. This includes transsexuals, cross-dressers and people who feel like their biological sex fails to reflect their true gender. Till now only few researches has been conducted on transgender community. Since the individual of this community face a lot of discrimination, isolation, abuse, ignorance and bias against them hence majority of researches are on psychopathology and only few researches have focused on the positive aspects of this community. The aim of the research is to study self-esteem, well-being and happiness among transgender. The objective of the study is to study self-esteem, wellbeing and happiness of transgender individual as compared to Non-Transgender individual. A sample of 40 participants was taken up for this study, consisting of 20 transgender and 20 non transgender. They were administered Oxford Happiness Questionnaire, PGI General Wellbeing and The Rosenberg Self-Esteem Scale to assess their level of happiness, wellbeing and self-esteem respectively. The results have indicated various significant findings in relation to dimensions of self-esteem, happiness and wellbeing among transgender people.

Keywords: transgender, happiness, well being , self-esteem

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PSYCHOLOGICAL DISTRESS, RELATIONSHIP SATISFACTION AND STIGMA IN SEXUAL MINORITIES

[1.] Tanvi Malick, M.Phil Clinical Psychology
[2.] Aarzoo, Assistant Professor, M.Phil Clinical Psychology
[3.] Priti Arun, Professor, MD Psychiatry

ABSTRACT

Background: The Honourable Supreme Court legalised same-sex in September 2018, prior and post which there has been limited research to examine the mental health of those in the LGBT population in India. According to research in other countries, the population is more vulnerable to mental health-related concerns and may experience an higher sense of stigma. This has also been linked to relationship satisfaction, a lot of these aspects unique to the LGBT community have yet to be explored in an Indian setting. In addition to providing clarity, it might provide a better understanding of relationship dynamics as well as possibly highlight differences within the community. This can further help create better assessments and interventions for queer community seeking couple or sexual therapies.

Aim: To study the psychological distress, relationship satisfaction and stigma among sexual minorities.

Methods: The study will be cross-sectional using purposive sampling using google forms. Institutional ethics approval was taken and individuals will be administered the following tools: General Health Questionnaire (GHQ-28), Couple Satisfaction Index (CSI), New Sexual Satisfaction Scale (NSSI), Self-stigma Scale (SSS).

Results: It is expected that psychological distress will have a negative relationship with couple as well as sexual satisfaction. It is expected that there will be positive correlation between couple satisfaction and sexual satisfaction among individuals. Additionally, a negative correlation between couple satisfaction as well as sexual satisfaction and self-stigma is also expected.

PSYCHOLOGY OF PANDEMIC- THE PSYCHOLOGICAL EXPERIENCE AND INTERVENTION IN COVID-19 INPATIENTS

[1]Nishtha Kumar, [2]Amool Ranjan Singh

[1]Nishtha Kumar: Ph.D Scholar Clinical Psychology, Ranchi Institute of Neuropsychiatry and Allied Sciences (RINPAS), Ranchi

[2]Dr.Amool Ranjan Singh: Professor, Dept. Of Clinical Psychology, Ranchi Institute of Neuropsychiatry and Allied Sciences (RINPAS), Ranchi

ABSTRACT

Purpose: Second wave has been more life threatening due to double mutant and has brought lot of despair in the families of COVID-19 patients who have faced first-hand the life- threatening consequences of the disease, oftentimes involving prolonged hospitalization in isolation from family and friends. This study aimed at describing the psychological intervention to address the psychological difficulties and issues encountered by the hospitalized acute COVID-19 patients.

Patients and Methods: Patients'demographics,medicaldiagnosis,andneuro-psychological information were collected from March 10th to May 9th, 2021. The main psychological issues and intervention strategies werecollected.

Results:A total of 30 patients who were hospitalized with acute symptoms and reduced SPO2 levels during this period are taken in the study. Results will be discussedaccordingly.

Conclusion: A great number of the hospitalized acute COVID-19 patients showed psychological issues requiring psychological intervention, the most common were anxiety, stress, depression, and grief. The proposed psychological treatment for hospitalized COVID- 19 patients was conducted in a Cognitive Behavioral Therapeutic guidelines. In particular, during the COVID-19 pandemic, psychological intervention is an important part of rehabilitation in the acute phase of the illness to reduce distress symptoms and improve psychological health after their SPO2 levels were maintained.

Keywords: COVID-19 patients, clinical psychology, rehabilitation, psychological intervention

Paper Presentation

Session–7 **Day – 2 (29th May)**

Hall– 2 **Time: 12:00 –1:00pm**

- ***An exploratory study on Domestic Violence, life satisfaction and marital quality among married women with Dissociative (Conversion) Disorder***
  Osunam Pertin

- ***Mediating Role of Looming Cognitive Style In The Relationship Between Adverse Childhood Experiences And Emotion Regulation In Individuals With Borderline Personality Disorder***
  Shivika Mishra, Rashmi Pandey & Preeti Pandey

- ***Virtue as predicting life satisfaction, happiness, psychological distress, and resilience among single women***
  Deepak Kumar S & Dr. N. Annalakshmi

- ***Correlates of women's psychological wellbeing at pregnancy***
  Sandra Narayanan & Sarin Dominic

- ***Non-Suicidal Self-Injury (NSSI) Behaviour and Its Affective Correlates in Adolescent Population***
  Mridula Sharma & Deyashini Lahiri Tikka

- ***Socio-Demographic Factors as predictors of psychological Health Problems in Betrayal Trauma***
  Bilal Ahmad Teli & Samina Bano

AN EXPLORATORY STUDY ON DOMESTIC VIOLENCE, LIFE SATISFACTION AND MARITAL QUALITY AMONG MARRIED WOMEN WITH DISSOCIATIVE (CONVERSION) DISORDER

Osunam Pertin

ABSTRACT

Domestic violence is one of the most pervasive forms of violence women experience. It may lead to victims developing mental health problems. There is evidence for psychological causation, in the form of clear association in time with stressful events and problems or disturbed relationship.

Aim: To explore Domestic Violence among married women with Dissociative (conversion) disorder attending OPD of IHBAS, and to find out the relationship of domestic violence with their marital quality and life satisfaction.

Method: Thirty married women (20-45 years), diagnosed with Dissociative (Conversion) Disorder who also reported some form of domestic violence as screened through a semi structured interview schedule were included in the study. The patients were selected from OPD IHBAS hospital by Purposive Sampling Method. Domestic Violence Questionnaire, Marital Quality Scale and Satisfaction with Life Scale were used to collect the desired data.

Result: Results indicated that Emotional violence (100%) was the most commonly reported form of violence, followed by Intellectual violence (93.3%), physical, sexual and social violence (86.6%) and economic violence (76.6%). These women reported lower life satisfaction and marital quality. Further analysis of semi structured interview revealed that 60% husbands drink alcohol and abuse their wife in front of children (50%). These women react to abuse by crying (56%), retaliate (30%), return back to parent's home (20%) and suicidal thoughts (50%). In the present study high percentage of women (76.7%) reported that domestic abuse emerged as one of the major causes for their illness. Abusive behaviour was still ongoing for 56.7% of women after the illness.

Conclusion: Findings of the Study highlight the need to address domestic violence as a serious problem and how does it is related to the personal life as well as in interpersonal relationships of women. There is need for routine screening of violence against women so that interventions may be planned or suggested to prevent long term health consequences.

Keywords: Domestic Violence, Dissociative (Conversion) Disorder, Marital Quality, Life Satisfaction

MEDIATING ROLE OF LOOMING COGNITIVE STYLE IN THE RELATIONSHIP BETWEEN ADVERSE CHILDHOOD EXPERIENCES AND EMOTION REGULATION IN INDIVIDUALS WITH BORDERLINE PERSONALITY DISORDER

Mishra, Shivika[1]; Pandey, Rashmi[2]; Pandey, Preeti[3]

ABSTRACT

Background: The Looming Cognitive Style (LCS) has been established as a cognitive vulnerability factor in the context of anxiety disorders wherein an individual appraises an anxiety provoking situation as increasingly threatening. Since anxiety disorders are known to have a high rate of co-morbidity with Borderline Personality Disorder (BPD), we attempt to explore the phenomena of LCS in individuals with BPD.

Aim: To study the differences in LCS, Adverse Childhood Experiences (ACE) and Difficulties in Emotion Regulation (ER) in individuals with borderline personality disorder as compared to a normal control group, and to explore whether LCS plays a mediating role between ACE and ER.

Method: The study uses a quasi-experimental, between group research design. Sample size N=102 (51 participants in each group) was calculated using G*Power (version 3.1.9.6). The tools used are Looming Maladaptive Style Questionnaire- Revised (LMSQ-R), Adverse Childhood Experiences-International Questionnaire (ACE-IQ), and Difficulties in Emotion Regulation Scale (DERS). Data collection is currently under process. Inferential statistics will be used for data analysis. IBM SPSS Statistics 21 Package will be used to carry out independent samples t-test, followed by mediation analysis for each group.

Results: Results will be discussed during presentation.

Keywords: Looming cognitive style · Adverse Childhood Experiences · Emotion Regulation · Borderline Personality Disorder

VIRTUE AS PREDICTING LIFE SATISFACTION, HAPPINESS, PSYCHOLOGICAL DISTRESS, AND RESILIENCE AMONG SINGLE WOMEN

Kumar Deepak* and Narayanan Annalakshmi**
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Department of Psychology,
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ABSTRACT

Background: Single women face many challenges that increase their vulnerability in a patriarchal society. But, some are able to overcome their daily life challenges and lead a successful life. Regardless of the drastic increase in the number of single women in India, little is understood about the factors that promote positive adaptations in single women. While exploring these factors, it is unavoidable to consider the role and influence of virtues in the daily lives of single women.

Aim: The present study aims to examine if the virtues predict life satisfaction, happiness, psychological distress, and resilience among single women.

Method: A sample of 330 single women (divorced, widows, and separated women) in the age group of 25 to 60 years were administered self-report measures of virtues, life satisfaction, happiness, psychological distress, and resilience.

Results: Multiple regression was carried out to analyse the data. Life satisfaction was positively predicted by humanity and justice and then negatively predicted by wisdom and knowledge, courage and temperance. Happiness was positively predicted by humanity and negatively predicted by temperance. Distress was positively predicted by wisdom and knowledge and then negatively predicted by courage and transcendence. Resilience was positively predicted by courage, humanity and transcendence and negatively predicted by temperance.

Conclusion: These findings highlighted the role of virtues that can serve as individual resources that promote positive adaptation of single women to the challenges of everyday life. Future research must examine the role of other psychological, social, and communal factors that help in positive adaptation among single women.

Keywords: Single women, virtues, life satisfaction, happiness, psychological distress, resilience.

CORRELATES OF WOMEN'S PSYCHOLOGICAL WELLBEING AT PREGNANCY

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ABSTRACT

Background: Pregnancy is a critical transition period of life. Research suggests that happiness and positive wellbeing plays a significant role in women's self-esteem and gender roles during pregnancy. Understanding the factors determining psychological wellbeing during pregnancy may be helpful for healthcare providers to design interventions to ensure the positive mental health of women during pregnancy.

Aim: To examine the factors influencing happiness and psychological wellbeing in women during pregnancy

Methods: The study sample included 100 females receiving prenatal care at a tertiary hospital located in the Ernakulam city of Kerala. The participants were assessed on the Oxford happiness scale, Brief family relationship scale and NEO-five factor inventory. A self-made stressor checklist was used to assess specific pregnancy-related stressors. Sociodemographic details and gestational variables were also collected. The obtained data were subjected to relevant statistical analysis to examine the association of study variables.

Results: The findings indicated a strong relationship between family environment and happiness, with a higher degree of expressiveness and cohesion in the family associated with a greater level of happiness in pregnant women. Women who were working and those who had unplanned pregnancies were found to be less happy. Unplanned pregnancies were found to be associated with a lower level of happiness. Personality did not show any significant association with the level of happiness.

Conclusion: Experience of happiness in pregnancy is strongly related to the relationship experiences in the family. Creating a good family environment with a greater degree of expressiveness and cohesion is imperative to ensure the positive mental health of women in pregnancy. It is suggested that healthcare providers incorporate family interventions in pregnancy care to ensure psychological wellbeing during pregnancy

Keywords: Pregnancy, Psychological-wellbeing, Family-relationship, Positive Pregnancy outcomes

NON SUICIDAL SELF-INJURY (NSSI) BEHAVIOUR AND ITS AFFECTIVE CORRELATES IN ADOLESCENT POPULATION

Mridula Sharma* and Deyashini Lahiri Tikka**

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ABSTRACT

Background: NSSI is common among adolescents and a significant predictor for suicidal behaviour. It has been found that NSSI most commonly functions to (temporarily) alleviate overwhelming negative emotion. Intense negative emotions precede NSSI. People self-injure as a form of self-directed anger or self-punishment.

Objective: This investigation was aimed to study the prevalence, types and percentage of non-suicidal self injury behaviour, compare affective correlates (anger, anxiety, emotion regulation, childhood trauma) among adolescents with and without NSSI behaviour.

Method: A sample of 123 students (30 with NSSI behaviour, 93 without NSSI behaviour), aged 15-17, from the school going adolescent population who fulfilled the inclusion and exclusion criteria, was included in the study. Adolescents were administered Non-Suicidal Self Injury Assessment Tool, BDI-II, State and Trait Anxiety Inventory, The Behavioural Anger Response Questionnaire, Difficulties in Emotion Regulation Scale and Childhood Trauma Questionnaire.

Result and conclusion: This study managed to study the prevalence (24.39%), types, percentages, of non-suicidal self injury behaviour (cut wrists, arms, legs (56.7%); intentionally prevented wounds from healing (40%) etc.) and, compare the affective components in school going adolescent population with and without NSSI behaviour.

Keywords*:* Non Suicidal Self-Injury (NSSI), Emotion regulation, Childhood trauma, Anger, Anxiety

SOCIO-DEMOGRAPHIC FACTORS AS PREDICTORS OF PSYCHOLOGICAL HEALTH PROBLEMS IN BETRAYAL TRAUMA

Bilal Ahmad Teli,[1*] & Samina Bano[2]

[1]Clinical Psychologist, Department of Psychiatry, SKIMS MCH, Bemina, Jammu and Kashmir.

[2]Associate Professor, Department of Psychology, Jamia Millia Islamia, New Delhi

ABSTRACT

Background: Betrayal trauma theory (Freyd, 1996) postulates abuse perpetrated by a caregiver or someone close to the victim results in worse mental health problems than abuse perpetrated by a non caregiver.

Aims: Present study was designed to study the effect of socio demographic factors as predictors of psychological health problems in the individuals suffered from betrayal trauma among young adults.

Methods: Trauma experienced young adults were taken on purposive basis from Delhi. A sample of 200 young adults, which comprised of 100 high betrayal traumas and 100 low betrayal traumas with age group ranged from 20-30 years were included. In order to assess the level of betrayal trauma, psychological health problems, the Brief Betrayal Trauma Survey (BBTS), Trauma Symptom Checklist-40 (TSC-40) and socio-demographic data sheet was included to gather relevant information.

Results: Independent T-test and Multiple Regression techniques were used to analyse the data. High betrayal trauma group and females reported more psychological health as compared to their counter partner. High betrayal trauma and females predicts the psychological problems.

Conclusion: It highlights to inform the health professionals about the diverse range of symptoms associated with betrayal trauma and highlights the urgency of immediate intervention incorporate with gender factor when considering the impact of betrayal trauma and helps the health professionals in awareness of connection among betrayal trauma, psychological difficulties, and make appropriate assessments and referrals.

Keywords: Socio-Demographic, Psychological Effects, Betrayal Trauma.

Paper Presentation

Session–8 **Day – 2 (29thMay)**

Hall– 3 **Time: 12:00 –1:00pm**

- ***Long Term Effects of Chemotherapy on Breast Cancer Survivor's Quality of Life***
  KhushnumaGandhi

- ***Cyberbullying perpetration: the social emotional discriminant factors among cyber bullying perpetrators and uninvolved adolescents in an Indian early adolescentsample***
  Dr. KirandeepKaur

- ***Cognitive Distortions and Self - Esteem among Marginalized Adolescents: A Comparative Study***
  Adil Azeez & Anubhuti Dubey

- ***The Emergence of Antisocial Behaviour from Adverse Childhood Experiences: Conditional Process Analysis***
  Adarsh Kumar Verma

- ***Cyberbullying: A Study of Students' Behaviour and Beliefs***
  Syed Sajid Husain Kazmi

LONG TERM EFFECTS OF CHEMOTHERAPY ON BREAST CANCER SURVIVORS' QUALITY OF LIFE

Gandhi, K.

ABSTRACT

Background: Among the many side effects of chemotherapy, the impacts on an individual's quality of life and on the self-image are well known. While the studies have shown poorer quality of life and body image issues due to ongoing chemo toxicity, there are fewer studies indicating the long term side effects of chemotherapy on these areas.

Objective: This is an exploratory study to look into comparisons of quality of life and body image scores across time differences post the completion of treatment among breast cancer survivor females in a cancer setup of Vadodara, Gujarat.

Method: A purposive sample of 30 females post their treatment for breast cancer belonging to age group of 40-65 years has been taken from a cancer setup in Vadodara, Gujarat and evaluated with a Socio-Demographic Form, Functional Assessment of Cancer Therapy – Breast (FACT-B IV) by FACIT and Hopwood's Body Image Scale. Females found to be having significant scores on Quality of Life as well as Body Image scale will be referred for further psycho-oncological consultation.

Results: The results and discussion will be presented in the conference.

Keywords: Breast cancer, Quality of Life, Body Image

CYBERBULLYING: A STUDY OF STUDENTS' BEHAVIOUR AND BELIEFS

Syed Sajid Husain Kazmi, Dr. Kashif Hasan

ABSTRACT

Background: With the advancement of technology the structure of society is changing and so are the challenges. The technology on one hand has opened a new world but also has exposed students to the risk of cyberbullying.

Aim: The paper aims to explore undergraduate student's behaviours and belief in respect to cyberbullying. The study explores the paradigms on four different prospective i.e. the opinion of the students regarding cyberbullying, tendency of not reporting the cases of cyberbullying, the aftereffect of cyberbullying and the prospective of students who have witness the cyberbullying.

Methods: The data for the study were collected from 533 undergraduate students both from 3 government and 3 private college across India. The survey was built on the survey instrument created by Willard (2004a) and the dynamic systems theory along with the framework developed by Constantine, Curry, Diaz, and Huh-Kim (2000), building on the theory of reasoned action, were used to design the study.

Results: The study found that over 43% of students would do nothing in case of cyberbullying, only a fraction of them would inform their guardian or parents. For majority of respondent cyberbullying was not a big deal. Only a fraction of students informed about the same to the university authority. The study highlighted that around 30% of students who witnessed cyberbullying reported it to the university authorities or guardians. Every 1 out of 8 students who witness the cyberbullying joined the bullet and every 1 out of 10 cheered the same.

Conclusion: The university should work with families, students and society to address the issue of cyberbullying. The university should make a cell to create awareness about the effect of cyberbullying not only for the students but also for the guardians.

Keywords: *student, mental health, bullying, cyber bullying*

COGNITIVE DISTORTIONS AND SELF – ESTEEM AMONG MARGINALIZED ADOLESCENTS: A COMPARATIVE STUDY

Adil Azeez* & Anubhuti Dubey**

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**Professor and Head, Department of Psychology, DDU Gorakhpur University, Gorakhpur

ABSTRACT

Background: Marginalization can severely affect all aspects of life. It can occur for any reason and can affect any age group. One of the marginalized groups is orphans of orphanage. In India, 4% of total child population is orphan which is approximately 20 millions. The mental health of this large population should not be neglected.

Aim: The present study aim to identify and compare the level of cognitive distortions and self – esteem between orphans of orphanage and non orphans. This study also aims to find out the relationship between cognitive distortions and self – esteem.

Methods: Total 100 participants were selected from adolescence age group (M=15.14 and SD=1.52) out of which 50 were orphans of government orphanage and 50 were non-orphans of middle class family, studying in government schools. Hindi version of CDS and SEIC were administered to identify the level of cognitive distortions and self – esteem respectively. Mean, t-test and Pearson correlation was computed to test the proposed hypothesis.

Result: The finding of the present study reveals that orphans show significantly higher level of cognitive distortions than non orphans (t = 6.08, p value=3.175). In addition, orphans also show significantly lower level of self – esteem than non orphans (t = 13.60, p value= 3.175). Negative correlation (r = -0.48) was found between cognitive distortions and self – esteem.

Conclusion: Orphans and non orphans significantly differ on the level of cognitive distortions and self – esteem. Moreover participants with high level of self – esteem will show lower level of cognitive distortions and vice-versa.

KeyWords: Marginalization, Orphans, Orphanage, Self – Esteem, Cognitive Distortions.

THE EMERGENCE OF ANTISOCIAL BEHAVIOR FROM ADVERSE CHILDHOOD EXPERIENCES: CONDITIONAL PROCESS ANALYSIS

Adarsh Kumar Verma*
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ABSTRACT

Background: The human mind is both a great and terrible weapon. Empirical evidence and existing theories suggest that adulthood psychopathic behaviors are linked with adverse childhood experiences (ACEs) such as abuse, neglect and rejection, and other adversities.

Aim: The present study aims at clarifying the developmental link between antisocial behavior and ACEs and the role of different mediators (anxious and avoidant attachment, impulsivity, risk-taking, emotional lability, and callousness), and moderators (socioeconomic status (SES) and gender) using a quantitative approach and their applicability in specific circumstances.

Method: Based on the review of literature, four hypothetical models were generated including different mediators and moderators. These models were tested using the conditional process analysis for their statistical validation and for exploring the direct and indirect effect sizes of focal antecedent and mediating variables based on 224 adult participants' data.

Results: Key findings indicate that all the hypothesized mediators, except emotional lability, carry forward the negative impact of ACEs, as well as inflate the tendency to commit antisocial acts. Additionally, lower and middle SES, and gender were found to be significantly influencing different routes through each mediator, but upper SES was observed to be disrupting the link between ACEs and antisocial behavior.

Conclusion: These findings demonstrate the role of attachment, personality characteristics, and SES in amplifying the negative impact of childhood adversities, which can be effectively managed during childhood and adolescence. It provides an important insight for designing interventions and policy-making for reducing the crime prevalence by targeting the whole developmental mechanism of antisocial behavior.

Keywords: Abuse, emotional dysregulation, attachment, psychopathy, moderated-mediation.

CYBERBULLYING PERPETRATION: THE SOCIAL EMOTIONAL DISCRIMINANT FACTORS AMONG CYBER BULLYING PERPETRATORS AND UNINVOLVED ADOLESCENTS IN AN INDIAN EARLY ADOLESCENT SAMPLE

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ABSTRACT

The present study was carefully designed to understand the social emotional difficulties associated with cyber bullying perpetration among early adolescents (13-15 years), the primary objective of the current research was to study the social emotional discriminant factors (sample (viz. face-to-face bullying victimization, attachment with parents and peers, social emotional competence and mental health) among cyberbullying perpetrators and the uninvolved adolescents in an Indian early adolescent sample. For the said purpose, 600 early-adolescents (300 males and 300 females) of age ranging between 13 to 15 years were randomly selected from various urban schools of Patiala, Chandigarh and Amritsar (Punjab, India). Adolescents from the participant schools were screened for cyber bullying perpetration to obtain a sample of 191 (108 males, 83 females) cyber bullying perpetrators. These adolescents were those who were involved in cyber bullying only as perpetrators i.e. they were pure bullies and had no cyber bullying victimization experiences either. An equal number were selected in the control group matched on significant aspects like age, sex, socio-economic status, parental education etc. The adolescents selected into the control group were those adolescents who did not have any experience of cyber bullying perpetration or victimization i.e. they were uninvolved in cyber bullying. Various psychological measures were administered to study their social and emotional well-being. Obtained data were analysed by applying Discriminant Analyses. The major findings revealed that emotional problems, peer problems and relationship management best distinguished male cyber bullying perpetrators from the male cyber controls. The extracted model correctly predicted 91.7% of cyber bullying perpetrators and 88.9% of those who did not get involved in cyber bullying. Overall 90.3% of the original grouped cases were correctly classified. Referring to the females sample, the discriminant analysis revealed that self management, relationship management and peer problems best distinguished female cyber bullying perpetrators from the female cyber controls. The extracted model correctly predicted 78.3% of cyber bullying perpetrators and 89.2% of those who did not get involved in cyber bullying. Overall 83.7% of the original grouped cases were correctly classified. Overall, cyber bullying perpetration in both male and female adolescents is associated with myriad social and emotional difficulties. Such findings flag the need to address the issue of cyber bullying more seriously and further attention to the social emotional health of adolescents involved in cyber bullying. With cyberbullying continuing to garner attention in the public's gaze, understanding social emotional attributes of adolescents who engage in such behaviors is important and useful.

Keywords: Cyber bullying, Adolescents, Attachment, Social Emotional Competence, Mental Health Difficulties

Paper Presentation

Session–9 **Day – 2 (29thMay)**

Hall– 1 **Time: 2:30 –4:00pm**

- ***Impact of Internet Addiction on Obesity and Sleep quality in youth***
  Shweta Gupta

- ***Exploring Psychological Relationship between Problematic Internet Use and Parent Child Relationship among Young Adults***
  Akshita & Prof Dr. Roopali Sharma

- ***Influence of Social Media Addiction on Anxiety, Depression, and Stress***
  Regina Bahl & Dr. V. Vineeth Kumar

- ***The Pathway from Affective States to Problematic Social Media Use among Young Adults***
  Jayesh Suresh Kande, Nitin Anand, Manoj Kumar Sharma, & Binu VS

- ***Selfie Behaviour, Body Image, Loneliness, Young Adults***
  Sneha Mittal, Kiran, & Sanjay Kumar

- ***To Study the Relationship Between Smartphone Addiction, Psychological Wellbeing and Sleep Quality Among Police Personnel in Karnataka***
  Ashwini Dinkar, Manish S, Dr. Lancy D'Souza, Dr

- ***Correlational study between Trait anxiety, Depression & Internet addiction***
  Shivangi Jaiswal & Siddhida Kabara

- ***Relationship between Facebook activities, empathy and self-concept: Young Adults***
  Harsha Priya R, & Rima Shetty

- ***A Proposed Intervention Model for Internet Gaming Disorder among Adolescents***
  Divya Chauhan & Dr. Kritika Rastogi

IMPACT OF INTERNET ADDICTION ON OBESITY AND SLEEP QUALITY IN YOUTH

Shweta Gupta
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ABSTRACT

Aim- Technology dependence is an importantpublic health problem. The objective of this research is to investigate theassociation between rapidly increasing internet addiction, obesity, and sleep quality, a major health problem in youth.

Method- In total 30 university students (15 males and 15 females; age 18-22 years) were included in the study from Lucknow University with the purposive sampling method.Sleep Quality Scale was used to evaluate sleep quality; Overweight related well-being (ORWELL) evaluates obesity and Young's Internet Addiction Test was used to assess Internet addiction among university students. Pearson's correlation coefficient and t-test were used in data analysis.

Result and Discussion- In this study, findings revealed that the Internet Addiction Test scores of males were significantly higher than females. Positive correlations were found between the Internet Addiction Test scores and sleep quality scores whereas the negative relationship between Internet Addiction Test and Obesity scores.

57.3%of students were not addicted to the Internet. 35.0%of students were mildly addicted while 7.4%of students were moderately addicted and 0.3% of them have a severe addiction to the internet.A Significant association was found between academic performance and Internet Addiction. Also, Internet Addiction had no significant association with Sleep quality and Obesity.

Conclusion- There is a need for an improved questionnaire which can provide us a better understanding of internet usage by people in terms of the amount of time and purpose of using the internet.Families and youngsters should be educated about smart usage of the internet to prevent damages of technology addiction and obesity upon mental and physical health. This education should be given before internet addiction begins.

Keywords- Internet Addiction, Excessive Internet use, Obesity, Sleep problems, Sleep quality.

EXPLORING PSYCHOLOGICAL RELATIONSHIP BETWEEN PROBLEMATIC INTERNET USE AND PARENT CHILD RELATIONSHIP AMONG YOUNG ADULTS

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ABSTRACT

Problematic internet use is defined by symptoms associated with addiction, including excessive and compulsive use, tolerance, withdrawal, and impairment. A Parent-child relationship is a building bond which helps in psychological, emotional, and social development of the child.

AIM: This study aims to investigate relationship between Parent Child Relationship and Problematic internet use (PIU) among young adults.

METHODOLOGY: Hypothesis stated, there would be a significant relationship between Parent Child Relationship and Problematic Internet Use among Young Adults. Also, there would be a significant difference on the level of parent child relationship among male and female Young Adults. Sample of 200 from the age group of 18-25 years was taken from which 100 (50 males, 50 females) were selected, who scored high on Internet Addiction Test, by Kimberly Young through purposive sampling method. The Parent Adult Child Questionnaire by Peisah, C. was used to measure Parent Child Relationship. Data was Statistically analysed through Pearson Product Correlation and t test.

RESULT AND CONCLUSION: The results concluded a significantly negative correlation between Parent Child Relationship and Problematic Internet Use, also no significant gender difference was found in parent child relationship. The result of the research would help in understanding the increasing parent child relationship issues and predisposing factors of problematic internet use among young adults.

Keywords: Problematic Internet Use, Parent-child Relationship, Young Adults.

INFLUENCE OF SOCIAL MEDIA ADDICTION ON ANXIETY, DEPRESSION, AND STRESS

Regina Bahl[1] and V. Vineeth Kumar[2]

[1] M.Sc. Clinical Psychology, Manipal University Jaipur and [2] Associate Professor, Department of Psychology, Manipal University Jaipur

ABSTRACT

Background: Today, social media has become an essential medium of human interactions. Many individuals spent a significant amount of time interacting with others on various social media platforms. Routinely spending too much time on social media platforms or social media addiction can lead to adverse psychological consequences among human beings.

Aim: The purpose of the current investigation was to assess social media addiction's role in stress, anxiety, and depression among adults.

Method: 140 participants between the age of eighteen to forty years were administered Bergan Social Media Addiction Scale and Depression, Anxiety, and Stress Scale. The data was collected online using google forms. Descriptive analysis indicated the time spent by social media users on different platforms. Similarly, Pearson correlation and linear regression analysis were conducted on the data using SPSS 21.

Results: The results revealed a significant association of social media addiction with stress, anxiety, and depression. However, there was no significant difference between males and females on social media addiction and other psychological problems.

Conclusion: As individuals become increasingly dependent on social media for interpersonal communication, bonding, and nurturing social instinct, the psychological impact is multidimensional. The current study highlights the role of social media addiction with various psychological problems in individuals. The findings will enable psychologists and researchers to understand better the impact of social media addiction on depression, anxiety, and stress.

Keywords: Social media, Facebook, Instagram, DASS, disorders, addiction

THE PATHWAY FROM AFFECTIVE STATES TO PROBLEMATIC SOCIAL MEDIA USE AMONG YOUNG ADULTS

Authors: Jayesh Suresh Kande [1], Nitin Anand [2], Manoj Kumar Sharma [3], Binu VS [4].

ABSTRACT

Background: Addictive use of social media use among young adults and its association with affective states such as depression can impact their academic progress, long term career goals and mental health. Thus, there is a need to explore the problematic social media use (PSMU) among young adults.

Aim: To explore the association between affective states primarily depression, emotional regulation and PSMU.

Methods: 392 individuals aged 18 to 30 years who were residing in India participated in the study. Bergen Social Media Addiction Scale (BSMAS) was utilized to assess PSMU, Patient Health Questionnaire (PHQ-9) assessed depression, and Difficulties in Emotion Regulation Scale (DERS) evaluated emotional regulation skills. The univariate and multiple modified Poisson regression analysis evaluated the association between affective states and PSMU.

Results: Among the total N= 392, 19.6% of participants were engaging in PSMU. The prevalence of PSMU among the participants who had moderate to severe depressive symptoms had 5 times more prevalence of PSMU than those without depression ($p<0.001$), and for every 5 unit increase in DERS total score, the prevalence of PSMU increases by 1.16 with 95% CI of 1.1, 1.2. Overall findings suggested that depression, difficulty in regulating emotions and upward comparison were found to be significant risk factors for PSMU.

Conclusion: A substantial proportion of young adults have PSMU which can be significantly impairing for their academic progress, long term career goals and mental health. Early identification and management of PSMU, depression and emotional regulation difficulties among young adults is crucial.

Keywords: Problematic Social Media Use, Depression, Emotional Regulation, Young Adults

GENDER DIFFERENCES AND INTERRELATIONS IN SELFIE BEHAVIOR, BODY IMAGE AND LONELINESS AMONG COLLEGE STUDENTS

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ABSTRACT

Background - Every aspect of our life is now linked with smart gadgets. One of which is smartphones facilitating almost every type of electronic activity. Increase in selfie taking has attracted many researches as the heightened use of these gadgets increases its exposure towards us which may effect out physical as well as mental well-being.

Aim - This study focuses on the level of Selfitis Behavior, Body Image and Loneliness among college students, their inter correlations and any prevailing gender differences among them as the behavior effects our thought process and vice- versa.

Method - The data includes 235 responses from college students of age range 17-25 years collected via Google forms. The questionnaires were transformed into online Google forms for circulation. The scales used were **Selfitis Behavior Scale (**Balakrishnan & Griffiths), **ULCA Loneliness Scale (**Russell & Ferguson, 1978) and **Body Image Scale** (Taani & Behmani, 2018).

Result – Findings show that there are significant correlations among the various study sub-variables and also significant gender differences prevail in Selfie Behavior, Wish for fit body, Health Consciousness and mood modification.

Conclusion – The selfie behavior does modify our perception towards body physically as well as mentally. Justified selfie taking is recommended for healthier lifestyle.

Keywords – Selfie Behavior, Body Image, Loneliness, Young Adults

TO STUDY THE RELATIONSHIP BETWEEN SMARTPHONE ADDICTION, PSYCHOLOGICAL WELLBEING AND SLEEP QUALITY AMONG POLICE PERSONNEL IN KARNATAKA

Manish S[1], Ashwini D[2], Lancy D'Souza[3], Pradeep K[4] & Sr. Marie E[5]

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ABSTRACT

Smartphones are instantly becoming the most universal technological gadget worldwide. Along with keys and money, the smartphone is surprisingly one of three survival tools most individuals carry with them every time they step outside the house. It is because smartphones offer much accessibility in our life, but one also needs to be aware of the negative impacts and influences of smartphone usage. People with addiction encounter many difficulties in their social, psychological, and health domains. The current study focused on assessing the relationship between smartphone addiction, psychological wellbeing and sleep quality among police personnel in Karnataka. The first author personally visited the Karnataka Police Academy in Mysuru and took the permission from the respective heads of the institution and administered the SAS (Kwon et. al., 2013) tool, Ryff's psychological wellbeing scale (1989) and PSQI (Buysse et. al., 1989) to 250 police personnel out of which 207 responses were considered for the study. Appropriate statistics were applied and it was found that 82.1% of the respondents had unhealthy pattern of sleep, while 20.3% of them were found to have high smartphone addiction, 71.5% had moderate levels of psychological wellbeing. When the correlation was considered, it was observed that all the components of smartphone addiction except daily life disturbances were positively and significantly correlated with sleep quality, while one component of psychological wellbeing was negatively and significantly correlated and the usage of internet hours had a significant and positive relation with smartphone addiction and sleep quality.

Keywords: Smartphone addiction, psychological wellbeing, sleep quality, police personnel

CORRELATIONAL STUDY BETWEEN TRAIT ANXIETY, DEPRESSION & INTERNET ADDICTION

Shivangi Jaiswal

Siddhida Kabara

ABSTRACT

Background - "Internet" is one of the most critical things in today's world, much to the point that most people who have a cell phone or other technological gadget with Internet can't imagine life without it. The Internet has aided the world's growth at a much quicker pace, but excessive Internet usage has been observed, which has negative consequences.

Aim - The goal of this research is to try to find out that if there is any relation between taken 3 variables:

1. Find correlation between Internet addiction & Depression.
2. Find correlation between Internet addiction & Trait anxiety.
3. Find correlation between Depression & Trait anxiety.

Methods – Keeping Covid-19 situation in mind, snowball & convenient sampling method were used to perform three tests: STAI, Becks Depression test, and Internet Addiction test using google forms. Data of 144 individual were obtained between the age of 20-30 years.

Results – It was observed that there is a significant positive correlation between all the 3 variables: Trait anxiety, Depression & Internet addiction.

Conclusion – People use the Internet excessively to avoid Trait Anxiety and Depression, and those who use the Internet excessively experience Trait Anxiety and Depression. All countries should be aware of the effect that Internet addiction is creating, especially on young minds, since they are the world's future. The first step in this direction is to incorporate Internet addiction and its subcategories into the DSM.

Keywords- Internet, Internet addiction, Trait anxiety, Depression, IAT, STAI, Becks depression test.

RELATIONSHIP BETWEEN FACEBOOK ACTIVITIES, EMPATHY AND SELF CONCEPT: YOUNG ADULTS

R Harsha Priya
Rima Shetty

ABSTRACT

Background: The popularity of social media has led to a massive debate on the advantages and disadvantages that come with its usage. With the growing popularity, it is essential to investigate how different activities available on Facebook can be used to facilitate the emotional and psycho-social well-being of individuals in a positive manner.

Aim: To explore the relationship between Facebook activities, empathy and self-concept along with understanding preferences for particular activities available on Facebook.

Methods: A cross-sectional study design was used with random convenient sampling. A socio-demographic proforma along with list of various Facebook activities, Facebook Intensity Scale, Self-concept Questionnaire and Interpersonal Reactivity Index questionnaires were administered on a sample (n=153) of young adults between ages 18-25. Descriptive statistics, Correlation analysis and independent t-test were used for analysis.

Results: Individuals used Facebook for 0 – 2 hours on an average every day. Significant correlations were found between Facebook usage, self-concept and the four subscales of interpersonal reactivity index. The most preferred and least preferred activities for the sample was also established and the correlation to the primary study variables was done. Significant gender differences for the study variables were found.

Conclusion: The present study explored the relationship between Facebook activities, empathy and self-concept. Results suggest that Facebook usage influences empathy and self-concept.

Keywords: Facebook usage, empathy, self-concept.

A PROPOSED INTERVENTION MODEL FOR INTERNET GAMING DISORDER AMONG ADOLESCENTS

Divya Chauhan, Research scholar, PhD in Psychology, Christ (Deemed to be University), Delhi NCR
Dr Kritika Rastogi, Assistant Professor, Christ (Deemed to be University), Delhi NCR

ABSTRACT

Internet gaming disorder (IGD), identified in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V) Section III as a condition warranting more clinical research. The ABC model integrates affective, biological, and cognitive factors into a single model, which asserts that vulnerability factors emerge and converge in adolescence to form an overall level of behavioural addiction vulnerability. In following section, we describe the affective, biological, and cognitive vulnerability and stressor components of the ABC model on IGD population. An affect regulation, behavioural addiction, and cognitive control (A-B-C) approach is outlined to conceptualizing and managing this condition. A literature review of the transtheoretical model (TTM) is applied to address the evidence for stage-matched interventions. The TTM has gained widespread popularity and acceptance, yet little is known about its effectiveness as a basis for cognitive health behaviour intervention. A systematic review was conducted to evaluate the effectiveness of TTM interventions in facilitating IGD. Electronic databases, and internet resources were searched for relevant studies. This review critically examines TTM—based interventions for behavioural addiction related behaviour change. Therefore, until psychological interventions are developed to accurately represent IGD, the efficacy of this approaches and the appropriateness of the theoretical model will be determined.

Keyword: Internet Gaming Disorder, ABC Model, Transtheoretical Model of change, Psychological Intervention.

Paper Presentation

Session – 10 **Day – 2 (29th May)**

Hall – 2 **Time: 2:30 – 4:00pm**

- ***The Link between Affective States and Binge-Watching Behaviours: The roles of Depression, Anxiety and Stress***
  Sangeetha V, Dr. Nitin Anand, Dr. Manoj Kumar Sharma & Dr. Binu VS

- ***Self-Esteem, Academic Procrastination and Problematic Internet Use in Pre-University Students***
  Raksha Rajesh & Mr. Mahesh B. S.

- ***A study of effect of social media engagement on social connectedness and self-esteem in young adults***
  Ishita Saggar

- ***Exploration of Gaming Behaviour Among Youth***
  Ajith S J, Dr. Manoj Kumar Sharma & Dr. Nitin Anand

- ***Self-Esteem and Impulsiveness as Predictors of Pornography Craving***
  Kirti Solanki & Aakriti Varshney

- ***Relationship between emotional regulation strategies, alexithymia and cravings in alcohol and non- alcohol dependence***
  Ankitdeep Kamboj, Dr. Bholeshwar Prasad Mishra & Palak Upadhyay

- ***Relationship between Big-Five Personality Traits and Coping Strategies of Alcohol and Cannabis Abusers along with psychosocial correlates of Shame, Guilt and Suicide***
  Nishant Sharma

- *Application of Well Being Therapy in Patients with Alcohol Use Disorder*
  Meenakshi Gupta & K.S. Sengar

- *The Effectiveness of Dialectical Behaviour Therapy Skills Training on Emotion Regulation among Men with Alcohol Dependence Disorder*
  Nehal Pimpalkhare, Dr. Lissy George, & Dr. Rekha WaganiW

THE LINK BETWEEN AFFECTIVE STATES AND BINGE WATCHING BEHAVIOURS: THE ROLES OF DEPRESSION, ANXIETY AND STRESS

Authors: Sangeetha V [1] Nitin Anand [2], Manoj Kumar Sharma 3, Binu VS [4].

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ABSTRACT

Background: Binge watching behaviours (BWB) among young adults and its association with affective states such as depression, anxiety and stress can impact their academic progress, long term career goals and mental health. Thus, there is a need to assess the BWB and its correlates among young adults. Aim: To assess the association between affective states primarily depression, anxiety, stress, and BWB. Methods: 327 non-clinical individuals aged 18 to 39 years were residing in India participated in the study. Problematic Series Watching Scale (PSW-S), Series Watching Engagement Scale (SWE-S) were utilized to assess the problematic series watching and levels of watching engagement, Patient Health Questionnaire (PHQ-9) assessed depression, Generalized Anxiety Disorder (GAD-7) Scale evaluated anxiety and Perceived Stress Scale (PSS) assessed stress. Results: Among the total N= 327, series watching was found to be higher among females aged 20-26 years. Around 40.4% participants watched 3-5 episodes and 17.7% watched more than 5 episodes in each sitting. Higher Series watching duration, watching series as a habit and to escape from stress were significant predictors of PSW of SWE. In addition, depression, stress and younger age significantly predicted PSW and SWE respectively. Conclusion: A substantial proportion of young adults have PSW which can be significantly impairing for their academic progress, long term career goals and mental health. Early identification and management of PSW, depression and stress among young adults is crucial.

Keywords: Problematic Series Watching, Depression, Anxiety, Stress, Young Adults

SELF-ESTEEM, ACADEMIC PROCRASTINATION AND PROBLEMATIC INTERNET USE IN PRE- UNIVERSITY STUDENTS

Raksha Rajesh[1], Mahesh B.S.[2]

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ABSTRACT

The internet use in India has been noticeably increasing in the past decade. India currently shares 13.5% of the world internet use. Internet use is highest in adolescents and early adulthood, which suggests that students are at potential risk for developing internet dependence. The uncontrolled use of the internet among this population results in array of problems, one of which being procrastination. In previous studies, it has been revealed that academic procrastination has a significant relationship with self-esteem. This research aims to study, academic procrastination, self-esteem, and problematic internet use in pre-university students of Mangalore; from age 15-18 years. It is a cross-sectional comparative study, comparing a sample of 210 individuals across the three groups of pre-university students: science, commerce and arts. Three self-report questionnaires, namely, Rosenberg's Self-esteem Questionnaire, Academic Procrastination Scale and Problematic Internet Use Questionnaire were administered. The results revealed that academic procrastination and problematic internet use are positively correlated to each other. Self-esteem was not found to be associated to problematic internet use and academic procrastination.

Keywords: Problematic internet use, academic procrastination, self-esteem, pre-university students, mental health

A STUDY OF EFFECT OF SOCIAL MEDIA ENGAGEMENT ON SOCIAL CONNECTEDNESS AND SELF-ESTEEM IN YOUNG ADULTS

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ABSTRACT

With advancements in technology, social media has become one of the most effective platforms for interaction in today's world. It offers a variety of rewards such as likes, comments, shares, D.M.s, etc. Yet this can harm one's mental health. Over-engagement in social media can affect one's relationship with the self and that with others. The present research aims to study the impact of social media engagement on social connectedness and self-esteem. The research was conducted on 60 young adults, including 30 males and 30 females (aged 20-30 years). Standardized measures of social media engagement, social connectedness, and self-esteem were administered on participants. The study's findings revealed a negative correlation between social media engagement and social connectedness and a negative correlation between social media engagement and self-esteem. A positive correlation between social connectedness and self-esteem was also found. The study has important implications, such as the need to maintain enriching relationships in real life by reducing time spent on social media and redirecting energy to build positive self-esteem.

Keywords: social media engagement, social connectedness, self-esteem, young adults

EXPLORATION OF GAMING BEHAVIOR AMONG YOUTH

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ABSTRACT

Background: There is an absence of comprehensive work to understand an association of psychosocial factor with gaming in Indian context especially in the young adult population who are highly vulnerable to engage in gaming behaviour.

Aim: The aim of the study was thus to explore the gaming behavior among youth with the objective of assessing the gaming pattern and associated factors of gaming; assessing the relationship of the gaming behavior with motivation to play, interpersonal relationship and psychological factors.

Methods: The study was carried out with 179 participants (86 males; 93 females) between the age of 18-25 years who involved in online or offline gaming via digital platform in the last 1 year. Due to Covid-19, data collection was completed in the online mode using self-completed questionnaire. Descriptive Statistics, Pearson Product Moment Correlation, Chi-square test, Regression and Content Analysis were performed to reach at valid conclusions.

Results: Gaming behavior was found to be associated with low cohesion, low expressiveness and high conflicts in family. It was associated with personality traits of extraversion, agreeableness, conscientiousness and intellect/imagination. Gaming disorder is positively associated with functional impairment in work/school, social and family life. Predictive factors for gaming disorder were escape and competition motivation, low cohesion in family relationships, low level of conscientiousness and low level of intellect/imagination.

Conclusion: The study is significant in understanding the complex nature of gaming behaviour which will help mental health professionals formulate guidelines for usage and develop preventive programs to curb the rising problem of problematic gaming.

Keywords: Gaming behaviour, gaming disorder, youth

SELF-ESTEEM AND IMPULSIVENESS AS PREDICTORS OF PORNOGRAPHY CRAVING

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ABSTRACT

Background: Pornography is among one of the most controversial topic. Data shows that from past 15 years the revenue from pornography has increased and is having moral harmful effects. Researches signify that pornography is associated with behavioural problems like substance abuse, deviant behaviour, depression etc. and also be regarded as the result of leisure behaviour. Many researches have been conducted which have explored the impact of pornography on self-esteem, but there has been dearth of study that has explored the impact of self-esteem on pornography craving.

Aim: The aim of current study was to assess potential links between the impact of self-esteem and impulsivity on pornography craving.

Methods: A survey was conducted on 100 male participants belonging to the age group of 18-24 years, from Delhi. The data was collected using Kraus and Rosenberg Pornography Craving Questionnaire, Barratt's Impulsiveness scale (BIS-11), and Heatherton and Polivy Self-esteem scale.

Results: Pearson Product moment and regression analysis was used to analyze the data. The result of the study showed impulsivity as a significant predictor of pornography craving. However, self-esteem did not come out to be a significant predictor of pornography craving.

Conclusion: Impulsivity component of sensation seeking, negative affect relief and positive affect increase can be regarded as possible reasons which make impulsivity as a predictor of pornography craving.

Keywords: pornography craving, impulsivity, self-esteem

RELATIONSHIP BETWEEN EMOTIONAL STRATEGIES, ALEXITHYMIA AND CRAVINGS IN ALCOHOL AND NON-ALCOHOL DEPENDENCE

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[1, 2,3,] Department of Clinical Psychology Dayanand Medical College and Hospital Ludhiana, India

ABSTRACT

Background: Emotional regulation is the ability to exert control over one's own emotional state. It has been reported that emotional regulation strategies play a vital role in alcohol dependence. Alexithymia is a construct that characterizes inability to identify and describe emotions and dysfunction in emotional awareness. Alcohol craving can be defined as a strong desire for alcohol.

Aim of Study: Our aim was to study the relationship between emotional regulation strategies and alexithymia in alcohol and non-alcohol dependence. We wanted to explore the relationship between emotional regulation strategies and cravings in alcohol dependence.

Materials & Methods: The study was conducted on 100 male patients with alcohol dependence from inpatient and outpatient department of Psychiatry of Dayanand Medical College & Hospital, Ludhiana. The study also included 100 males as a healthy control group from the general community. Information was collected through Severity of alcohol dependence questionnaire (SADQ), Cognitive emotion regulation questionnaire (CERQ), Brief experiential avoidance questionnaire (BEAQ), Toronto Alexithymia Scale (TAS-20), Obsessive Compulsive Drinking Scale (OCDS). Mean and standard deviation and t test were computed to find the significant difference between the two groups. Pearson correlation was used to know the relationship between different variables.

Results: Our results reveal the relationship of adaptive and mal-adaptive emotion regulation strategies on alexithymia and craving. We studied correlation between different variables, the strongest correlation was found between experiential avoidance and alexithymia (r = 0.273). The weakest correlation was explored between rumination and alexithymia (r = 0.368). We found a positive correlation of craving with rumination and experiential avoidance (r = 0.281, 0.382).

Conclusion: On the basis of the above-mentioned points, we conclude that we have successfully studied adaptive and maladaptive emotional regulation strategies and their relationship with alexithymia and cravings in alcohol dependence.

Keywords: Emotion regulation strategies; Alexithymia; Cravings; Alcohol dependence; Non- alcohol dependence.

RELATIONSHIP BETWEEN BIG-FIVE PERSONALITY TRAITS AND COPING STRATEGIES OF ALCOHOL AND CANNABIS ABUSERS ALONG WITH PSYCHOSOCIAL CORRELATES OF SHAME, GUILT AND SUICIDE

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ABSTRACT

Aim: This research aims at identifying the different personality traits of substance abusers, various coping strategies used by them and exploring the relationship between personality traits and coping strategies of substance abusers along with psychosocial correlates of shame, guilt and suicide.

Method: The sample of 100 diagnosed substance abusers was chosen from different Psychiatric and De-Addiction Center/Hospitals in North India after taking the consent of the patients. Purposive sampling technique was used. Quantitative or variable based method was opted for the specific research as this method formulates research designs around a set of constructs that reflect only a certain amount of aspects how an individual function, however they have a more limited role in exploring the dynamics among the variables. Self-report questionnaires like the Big-Five Personality Test, Coping Strategies Inventory, State Shame and Guilt Scale, and Modified Scale for Suicidal Ideation were administered on the patients.

Result and Conclusion: The existing literature and current research evidences that there is a positive correlation between personality traits and coping strategies with substance abuse (alcohol and cannabis) along with the psychosocial factors of shame, guilt and suicide that was also found to be present in chronic/problematic substance abusers seeking treatment.

Henceforth, a strategical intervention plan for the treatment can be devised separately for both the categories (i.e. alcohol and cannabis abusers) keeping into consideration the prominent personality traits and coping mechanisms each individual under the particular category falls in to provide a more effective intervention.

Keywords: Personality traits, coping strategies, alcohol, cannabis, substance abuse, shame, guilt, suicide, comorbidities.

APPLICATION OF WELL BEING THERAPY IN PATIENTS WITH ALCOHOL USE DISORDER

Meenakshi Gupta; K. S. Sengar & Amool Ranjan Singh

ABSTRACT

Background: Alcohol misuse is associated with many adverse consequences for well-being (Viner & Taylor, 2007).

Aim: This study evaluates a group of patients who were diagnosed with alcohol use disorder, after application of well being therapy, and examine its effects on individual's well-being and chances of alcohol relapse.

Method: The intervention consisted of ten customized sessions based on well being therapy module and evaluate its' effect on individual's self efficacy, clinical symptoms (depression, anxiety, and stress), resilience, and chances of relapse. The participants were selected from de-addiction ward of Ranchi Institute of Neuro-psychiatry and Allied Sciences (RINPAS), Ranchi(INDIA), who were attending an alcohol and drug treatment. The experimental group (5) participated in weekly individual session with the therapist along with the usual rehabilitation treatment while a control group (5) received only rehabilitation treatment.

Results: The results suggested that the intervention led to an increase in well-being. In the quantitative study the results indicated significant increases in resilience and self acceptance, and decrease in depression, stress and chances of relapse in experimental group after intervention. A significant decline had been reported by the patient and his family about alcohol use in the follow up phone calls.

Conclusion: The investigation concludes that Well Being Therapy can make a contribution to the treatment of individuals with alcohol use disorder with a recommendation to take the current pilot forward to a full study.

Key Words: *Well Being Therapy, Alcohol Use Disorder, Subjective Well Being.*

THE EFFECTIVENESS OF DIALECTICAL BEHAVIOUR THERAPY SKILLS TRAINING ON EMOTION REGULATION AMONG MEN WITH ALCOHOL DEPENDENCE DISORDER

Nehal Pimpalkhare, Dr. Lissy George, Dr. Rekha Wagani

ABSTRACT

Dialectical Behaviour Therapy Skills Training is finding its applicability as a standalone therapy across a variety of psychiatric disorders. The present study aimed to assess the effectiveness of the Dialectical Behaviour Therapy Skills Training Module of Emotion Regulation on the ability to regulate emotions among men diagnosed with alcohol dependence disorder. The sample size was of 20 patients (N= 10 experimental group, N= 10 waitlisted control group) was collected from an inpatient rehabilitation centre in Pune. Ten group therapy sessions of the emotion regulation module were conducted. The participants were assessed on their ability to regulate emotions before and after the intervention. Analysis of the results suggested a presence of a significant difference between the experimental and the control group in their ability to regulate emotions. However, the presence of a major extraneous variable of COVID -19 pandemic, gap between session eight and nine as a result of the lockdown and the use of non-parametric tests for analysis are a few limitations that should be considered while interpreting the results. The skills training sessions are cost- effective, thereby reducing resource burden and can therefore be easily adapted to the community. In the future, it is recommended to conduct controlled trials in the future with a larger sample size, in outpatient settings and for other substance dependence disorders.

Keywords: Alcohol Dependence, Emotion Regulation, Dialectical Behaviour Therapy, Skills Training.

Paper Presentation

Session–11 Day – 2 (29thMay)

Hall– 3 Time: 2:30 –4:00pm

- ***Application of Mindfulness-based relapse prevention on emotional regulation among individual with alcohol dependence syndrome***
  Premkant D. Uparikar & Prof. (Dr.) Amool R. Singh

- ***The feasibility of a blended cognitive behaviour therapy program among women with substance use disorders in India***
  Hargun Ahluwalia, Prabhat K. Chand & L.N.Suman

- ***Effect of Psychotherapeutic Intervention on Quality of Life among Tribal Individuals with Alcohol DependenceSyndrome***
  Prakash Kumar Mahanta & Dr. K.S.Sengar

- ***Development of Indigenous Multidimensional Scale for Cannabis Abuse (IMSCA)-A Pilot Study***
  Mansoor Jamshed, Ms. Priyanka Samuel & Dr Proshanto Saha

- ***Construction and Validation of Scale to Measure Perceived Parental Drinking and Parental Attitude TowardsDrinking***
  Manasa. T & Cathlyn N. Bennett

- ***A Pre- Experimental study to assess the Effectiveness of Relapse Prevention Therapy on patients with Alcohol Dependence attending the Drug de- addic tion and treatment centre, PGIMER, Chandigarh***
  Anu Sharma, Dr. Karobi Das, Dr. Abhishek Ghosh & Dr. Sunita Sharma

- *Coping Styles and Resilience in Opioid Dependence*
  Lalhmingmawii & Laldinpuii Fente, H.K.

APPLICATION OF MINDFULNESS BASED RELAPSE PREVENTION ON EMOTIONAL REGULATION AMONG INDIVIDUAL WITH ALCOHOL DEPENDENCE SYNDROME

Uparikar Premkant D.[1] and Singh Amool R.[2]

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[2] Prof. (Dr.) Amool R. Singh, Ph. D, M.Phil. (M & SP), Professor of Clinical Psychology, Ranchi Institute of Neuro-Psychiatry and Allied Sciences, Kanke, Ranchi – 6 (Jharkhand), India.

ABSTRACT

Background: Models of psychopathology recognize that automatic behavior without conscious attention to behavior (mindlessness) is associated with intrusive and ruminative thoughts about past or future events, leading to distressed states of mind, passivity, and the repetition of habitual coping patterns that ultimately leads into emotional dysregulation. So, mindfulness-based intervention can play an important role on emotion regulation.

Aim: To examine the application of Mindfulness based relapse prevention on emotional regulation among individuals with alcohol dependence syndrome

Materials and Methods: To carry out this study, twenty individuals diagnosed with ADS were taken from inpatient services of RINPAS, Kanke, Ranchi. Amongst these, ten individuals were randomly distributed in experimental group (MBRPT group) and Treatment as usual group (TAU group). Amongst the twenty patients, ten patients were the part of TAU group and they received treatment as usual only. Other ten patients, forming of MBRPT group were provided with the Mindfulness based relapse prevention therapy program. Nature of the sample was purposive sampling. Socio-Demographic and Clinical Data Sheet was used to obtain information about age, gender, education, duration of illness, symptoms, dependency pattern, and treatment history etc. Outcome variables were measures by two scales i.e. Difficulties in Emotion Regulation Scale, and The Stages of Change Readiness and Treatment Eagerness Scale. Participants meeting inclusion criteria for the study were assessed by tools for pre-assessment. Therapeutic program consisted of approximately 16-22 sessions. Outcome variables were emotion regulation, and readiness for motivational change.

Results: The findings furnished evidence for the mediating mechanisms through which the relapse can be avoided by using higher emotional regulatory capabilities and tolerance of distressful emotional environment.

Conclusion: Present study suggests that MBRPT leads to significant improvement in the acceptance of distressful emotions, less emotional involvement in engaging goal directed activities, intellectual awareness of one's emotions, positive overconventional patterns which stimulate accessibility of emotional coping strategies and readiness to change the faulty habit pattern.

Key words: Mindfulness, Overconventional pattern, Relapse, Emotion Dysregulation

THE FEASIBILITY OF A BLENDED COGNITIVE BEHAVIOR THERAPY PROGRAM AMONG WOMEN WITH SUBSTANCE USE DISORDERS IN INDIA

Authors: Hargun Ahluwalia[1], Prabhat K. Chand[2], L.N. Suman[3]

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Presenting author: Hargun Ahluwalia

ABSTRACT

Background: In the last decade, researchers have recommended the use of technology – enabled sessions in traditional face – to - face psychotherapy programs for the treatment of substance use disorders (SUDs) as they ensure greater access and continuity of care. Despite this, a program for SUDs that includes technology – enabled sessions has been largely absent.

Aim: To examine the feasibility of a blended cognitive behavior therapy (CBT) program among women with substance use disorders (wSUDs) in India.

Methods: 20 wSUDs and their 20 significant others (SOs) were recruited from inpatient and outpatient departments of a tertiary care hospital in South India. A CBT program developed for this population was conducted with the sample. Ratings of overall satisfaction and a detailed feedback of their experience were obtained from the patients and their SOs. Therapist's ratings were recorded and treatment retention was examined.

Results: The program emerged as being feasible in terms of its acceptability, implementation and retention. High satisfaction ratings on various domains of the program were obtained from patients and their significant others. The therapist rated increases in receptivity, motivation, understanding, compliance to homework, rapport and satisfaction during the program. Several facilitators and barriers in the implementation of the program emerged.

Conclusions: The study finds that the use of a blended CBT model among wSUDs is feasible and associated with high treatment satisfaction. The study has implications for delivering interventions for this population using technology – enabled media and for the training of mental health professionals in blended models of delivery.

EFFECT OF PSYCHOTHERAPEUTIC INTERVENTION ON QUALITY OF LIFE AMONG TRIBAL INDIVIDUALS WITH ALCOHOL DEPENDENCE SYNDROME

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Additional Professor (Rtd.), Department of Clinical Psychology, RINPAS, Ranchi.

ABSTRACT

Background: Alcohol dependency is a chronic pathology in nature and severely affecting individual's functioning in various ways and deteriorating the quality of life. Most of tribal groups are belonging to drinking culture, and drinking pattern is a part of their rituals.

Aim: The present study is to see the effect of psychotherapeutic intervention on Quality of Life among tribal individuals with alcohol dependence syndrome.

Method: A hospital based study, a total of 30 male inpatients who diagnosed as alcohol dependence syndrome were selected and divided into two groups through odd-even technique (15 for experimental and 15 for control group) according to inclusion and exclusion criteria. As assessment tools semi-structured Socio-demographic Data Sheet and P.G.I. Quality of Life Scale were used among both groups. The experimental group patients received psychotherapeutic intervention module sessions (10-12 sessions) one to one which is especially developed and prepared for tribal community.

Result: The result of the present study is found that the psychotherapeutic module as an intervention for treatment of alcohol dependence syndrome has significantly improve the quality of life among experimental group tribal patients as compare to control group.

Key words: Alcohol Dependence, Tribal, Drinking Culture, Psychotherapy, Quality of life.

DEVELOPMENT OF INDIGENOUS MULTIDIMENSIONAL SCALE FOR CANNABIS ABUSE (IMSCA)-A PILOT STUDY

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ABSTRACT

Background: In India, Cannabis has the second highest consumption rate of all other psychoactive substances. Even with this high prevalence rate, there is a deficit in assessment of cannabis abuse in India due to lack of norms standardized on relevant population.

Aim: Current study aimed to develop and measure factors associated with cannabis abuse in Indian population.

Method: The scale was developed in different phases; exploratory factor analysis was conducted for deciding dimensionality of the tool. For this purpose a heterogeneous sample of 95, aged 20 to 72 years (M=34.51, SD=14.41), out of which 68 were males and 27 were females, was selected from three different groups based on their consumption of cannabis and other substances.

Results: The five subscales viz., Substance Prepotency, Harmful Use, Substance Dependence, Personal Care, and Impulse to Use were derived from Maximum Likelihood analyses exhibiting satisfactory internal consistency reliability. Further, concurrent validity was established with the help of Severity Dependence Scale scores. The study also analyzed gender and socio-economic differences in the consumption of cannabis among the three groups revealing a significant difference among socio-economic strata of the Clinical group.

Conclusion: The study resulted in a multidimensional scale pertaining to cannabis use, thereby identified 5 major factors comprising of 32 items. It is one of the first tools to be developed in India for the screening of cannabis consumption. The study indicated significant differences in the scores of cannabis users belonging to different socio-economic strata.

Keywords: Cannabis Abuse, Cannabis Dependence, Scale for Cannabis Abuse.

CONSTRUCTION AND VALIDATION OF SCALE TO MEASURE PERCEIVED PARENTAL DRINKING AND PARENTAL ATTITUDE TOWARDS DRINKING

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[2]Assisstant Professor, Department of Psychology, CHRIST (deemed to be University), Bangalore, India

ABSTRACT

Background: Substance abuse, particularly alcohol abuse is a very prominent problem among the youth of India. Aside from a genetic link that influences parental and offspring drinking behaviour, this association can also be explained by the social learning theory of alcohol use and abuse. This theory proposes that modelling drinking behaviours and indulgent or permissive attitudes towards drinking in the presence of young children increases the risk of alcohol use later in life. However, no scale exists to measure this crucial parental variable.

Aim: To construct a reliable and valid tool that measures perceived parental drinking and parental attitude towards drinking.

Methods: Responses from 411 Indian college students were used to construct and validate a scale to measure the perceived parental drinking and parental attitude towards drinking. Reliability was measured using Cronbach's alpha and Guttman's split-half coefficient. Concurrent validity was measured by correlating the constructed scale with an existing attitudes towards drinking scale while predictive validity was measured by correlating the maternal and paternal scores obtained on the scale with whether or not the mother and father consumed alcohol.

Results: The final scale consisted of 13 items measuring maternal and paternal attitudes separately on a 5-point Likert scale. Cronbach's alpha and Guttman's split-half coefficient were found to be 0.706 and 0.723 respectively. Correlation for both concurrent and predictive validity was found to be moderate.

Conclusion: The constructed scale was found to be fairly reliable and valid. Thus, understanding the parental psychosocial factors that contribute to problem drinking will help in tackling the problem more effectively, with specifically targeted interventions.

Keywords: *Alcohol, Attitudes, Parents, Drinking, Scale*

A PRE- EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF "RELAPSE PREVENTION THERAPY" ON PATIENTS WITH ALCOHOL DEPENDENCE ATTENDING THE DRUG DE-ADDICTION AND TREATMENT CENTRE, PGIMER, CHANDIGARH

Ms. Anu Sharma, Dr. Karobi Das, Dr. Abhishek Ghosh, Dr. Sunita Sharma

ABSTRACT

Background: Alcohol dependence is a major health concern. During the recovery phase, there is an intense urge/craving for alcohol which can be set off by internal and external triggers. Medications and behavioral interventions are used for treatment.

Aim & Objective: To assess the effectiveness of 'Relapse Prevention Therapy' in terms of cumulative days of abstinence and reduction in alcohol use among alcoholic patients attending the Drug-addiction and Treatment centre (DDTC), PGIMER, Chandigarh.

Methodology: A pre-experimental design was used on 32 patients from DDTC, PGIMER, Chandigarh by purposive sampling technique. Data was collected in the months of October 2020 to February 2021. The tools used were socio-demographic datasheet cum clinical datasheet, Alcohol craving questionnaire. Inventory of drug-taking situations, readiness to change questionnaire, the coping behavior inventory, alcohol timeline follow back and telehealth satisfaction scale. 5 sessions of relapse prevention therapy (RPT) included an introductory, assessment and management of high risk situations, assessment and management of alcohol craving and lapse and relapse, summarization and termination phase. Follow up was done after 8 weeks of RPT.

Results: As per protocol analysis and worst case analysis, there was a statistically significant reduction in average scores of coping behaviors among study participants ($p = <0.001$) with a large effect size ($r=0.5$). There was a statistically reduction in the general craving index ($p=<0.001$) with a large effect size($r=0.5$). There was also a significant increase in cumulative days of abstinence and amount of alcohol consumed after RPT ($p=<0.001$) and ($p=<.005$).

Conclusion: Relapse prevention therapy was effective in the prevention of relapse in terms of increasing number of days of abstinence, reduction in amount, frequency of drinking and heavy drinking.

Keywords: Alcohol, alcohol dependence, relapse prevention therapy

COPING STYLES AND RESILIENCE IN OPIOID DEPENDENCE

Lalhmingmawii
HK. Laldinpuii Fente

ABSTRACT

Background: Opioid use is an escalating phenomenon in Mizoram which is causing significant public health concern and a burden to the society. Since drug abuse is a multifaceted problem, it has to be tackled in a comprehensive manner by highlighting and studying the factors that may be associated to such problems.

Aim: The aim of this study was to find out if coping styles and resilience play a role in opioid dependence (active user group) and to compare these to people who have never met the criteria for substance dependence (non-user group).

Methods: The participants (N=120; 60 active user group and 60 non-user group) completed a questionnaire comprising of demographic information, Maladaptive and Adaptive Coping Style Questionnaire (Moritz, S et al., 2016) and Resiliency Scale (Siu et al., 2009).

Results: The results indicated significant differences in coping styles wherein the active user group engaged in more maladaptive and avoidance coping as compared to non-user group and less adaptive coping. There was also a significant difference in resiliency between the two groups. Correlational analysis further showed that adaptive coping was significantly negatively related to maladaptive coping while significantly positively related to resiliency. And finally, maladaptive coping was significantly positively related to avoidance coping while being both significantly negatively related to resiliency.

Conclusion: Coping styles and resiliency play an important role in opioid dependence. These findings have implications for including adaptive coping skills and building resilience in substance treatment programmes.

Keywords: Coping style, Resilience, Opioid dependence

Paper Presentation

Session–12 **Day – 3 (30thMay)**

Hall– 2 **Time: 10:00–11:00am**

- ***Working Memory and Processing Speed in Euthymic State of Bipolar Affective Disorder***
  Divyasree.R & Dr. Emilda Judith Ezhil Rajan

- ***Effectiveness of Cognitive Stimulation Therapy and Art Therapy on Cognitive Performance and Quality of Life among individuals with Dementia***
  Priya D & Dr. S. Thenmozhi

- ***Efficacy of social cognitive interactive training (SCIT) on socio-neuro correlates in bipolar disorder-open label study***
  Megha Choudhary, Dr. Neha Sayeed & Dr. Daya Ram

- ***Remote Memory, Recent memory, and Span- attention between Low and High Academic Achiever of High School Students***
  Lalnunpuii & Prof. Zokaitluangi

- ***Specificity of conscious recollection deficits for episodic memory in persons with Schizophrenia: a comparative study***
  Pramita Sengupta, Priya Saxena, & Priyadarshee Abhishek

- ***Visuo-spatial and Motor Deficits in Schizophrenia***
  Sangita Kumari & Dr. Masroor Jahan

WORKING MEMORY AND PROCESSING SPEED IN THE EUTHYMIC STATE OF BIPOLAR AFFECTIVE DISORDER

Ms Divyasree.R, Clinical Psychologist, Trust Centre for Mindful Living, Kerala, India
Dr. Emilda Judith Ezhil Rajan, Clinical Psychologist, Chennai, India

ABSTRACT

Cognitive impairment as part of psychiatric illness is a given factor, though known it is a less addressed issue relating to mental health care. The current study focuses on understanding the degree of cognitive impairment in the euthymic state of bipolar affective disorder and in highlighting its importance on recovery and rehabilitation. The cognitive functions assessed in this study are Working Memory and Processing Speed. Purposive sampling method was used. The sample consisted of thirty individuals with euthymic bipolar affective disorder and thirty healthy individuals. Case control design was used. Statistical technique student t test was conducted to analyse the data. The results indicated that there is a significant difference between persons with euthymic bipolar affective disorder and control group on cognitive functions. This study provides further evidence for the degree and the range of the cognitive deficit seen even in euthymic bipolar affective disorder patients, which could be considered as a result of the disorder and a contributing factor of outcome in recovery.

Keywords: Working Memory, Processing Speed, Euthymic, Bipolar Affective Disorder

EFFECTIVENESS OF COGNITIVE STIMULATION THERAPY AND ART THERAPY ON COGNITIVE PERFORMANCE AND QUALITY OF LIFE AMONG INDIVIDUALS WITH DEMENTIA

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ABSTRACT

Background: Cognitive stimulation therapy (CST) is an evidence-based psychosocial intervention for people with mild-to-moderate dementia due to various etiological factors. Also, useful to produce significant improvements in self-reported quality of life (Spector et al., 2003). This study aims to assess the cognitive performance and quality of life among individuals with dementia and evaluate the effect of the integrative intervention of CST and art therapy on both components.

Methods: A total of 10 participants with mild to moderate dementia were included. A one group pre-test post-test design was used. The phase I- Ex-post facto research design included evaluation of cognitive performance and quality of Life. Phase II focused on the effectiveness of CST and art therapy on cognitive performance and quality of life among individuals with dementia. Participants were evaluated using Mini-Mental State Examination (1975), Montreal cognitive assessment (2005), and Quality of Life Alzheimer's disease (Qol-AD, 1999) before and after a 14-session program.

Results: Results were analysed using the Wilcoxon signed-rank test. There was a significant improvement pre to post intervention on the measure of Quality of Life (QoL), abstraction and orientation in the cognitive domains of (MOCA) and increase in the mean score of cognitive performance.

Conclusions: Individuals with dementia have low level of cognitive performance. Integration of CST and art therapy is found to improve quality of life and certain domains of cognitive performance among individuals with mild to moderate dementia. Future research could focus on how people with a particular type of dementia benefit more or less than other types of dementia

Keywords: Dementia, Cognitive stimulation therapy, Art Therapy, Cognitive performance and Quality of Life.

EFFICACY OF SOCIAL COGNITIVE INTERACTIVE TRAINING (SCIT) ON SOCIO-NEURO CORRELATES IN BIPOLAR DISORDER-OPEN LABEL STUDY

Megha Choudhary, PhD Scholar in Clinical Psychology, Central Institute of Psychiatry, India
Dr. Neha Sayeed, Associate Professor of Clinical Psychology, Central Institute of Psychiatry, India
Dr. Daya Ram, Professor of Psychiatry, Central of Institute of Psychiatry, India

ABSTRACT

Introduction: Mood disturbances are prominent characteristic of bipolar disorder; contemporary research has pointed towards non-affective elements of psychopathology. Problems with work and social functioning persists, after resolution of manic or depressive episodes, and in absence of sub-syndromal affective symptoms. Bipolar disorder is characterized by transient and enduring changes in cognition. There has emerging evidence identifying neurocognitive and socio-cognitive dysfunction as fundamental yet frequently ignored or misidentified illness in bipolar disorder. Difficulties to assess these domains in manic stages, results have been discrepant. Biases in emotional recognition maybe related to emergence of affective symptoms and such biases, would be expected to lead to a gradual change in social reinforcement, mood and behaviour over time. Social cognition maybe associated with sensitization phenomena. Difficulty in reading what is happening may expose subjects to stressful life events, which would trigger episodes and finally worsen the course of the disorder. SCIT has shown to be feasible and effective in the improvement of various social cognitive domains in individuals with schizophrenia.

Methods: With inconclusive results and lack of intervention approach targeting the domains in bipolar disorder, this study applied the therapeutic module on 20 bipolar patients, randomly selected and matching the delimitations criteria. Therapy was given for 6 weeks and measures were recorded pre-intervention, post-intervention and after one month of follow up. Measure domains included emotion recognition, theory of mind, attributional bias, social perception and functioning in social cognition profile. Measure domains in neurocognitive profile included attention, working memory, visual and verbal learning memory and response inhibition.

Results: Significant improvement in emotion recognition with better recognition of emotions, happy, anger, sad. First and second order theory of mind improved with social perception and functioning. Attention time increased along better working memory and response inhibition. Verbal learning improved better than visual learning. Measures reported to have better improvement in post-intervention measures than post one-month follow up. One month follow up measures were still better than pre-intervention measures.

Discussion: Social cognition is hypothesized to mediate the relationship between neurocognition and community functioning. Specifically, neurocognitive deficits contribute prominently to community outcome with poor social cognition. MBCT demonstrated effectiveness in reducing mood symptoms, effectiveness in symptom reduction using therapies like IPSRT, DBT, and FFT. However, none of these therapies target social functioning nor intervene community functioning post discharge. SCIT incorporates tenets and limitations from these prior therapies and focuses on rehabilitation with enhanced social functioning.

Conclusion: This is among the first few studies on bipolar patients indicating need for newer intervention measures.

Keywords: Social Cognition, Social Cognition Interactive Training, Neurocognition, Bipolar Disorder

REMOTE MEMORY, RECENT MEMORY, AND SPAN- ATTENTION BETWEEN LOW AND HIGH ACADEMIC ACHIEVER OF HIGH SCHOOL STUDENTS

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2Zokaitluangi, Professor, Dept of Psychology, Mizoram University, Aizawl, India

ABSTRACT

Background: Academic achievement differences in attention span and recall ability have seldom been examined explicitly. Adding to that, to the best of my knowledge, there are not many studies that combine the three main variables. However, studies which have examined the relationship between academic achievement and memory and attention span have produced indefinite findings with some studies reporting a significant relationship

Aim: The study aimed to evince the possible differences in remote memory, recent memory, and span-attention between low and high academic achievers of high school students.

Methodology: Two hundred samples were randomly selected from different high schools located in Aizawl City (Mizoram, India) with equal representation of 'level of Academic Achievement (high achiever and lower achiever). The PGI-Memory Scale Constructed by Pershad (1977) and Pershad and Wig (1977) was employed to discern the level of remote memory, recent memory, and span- attention between low and high academic achievers of high school students.

Results: The results showed that low and high academic achievers differ in Remote Memory, Recent memory, and Span- attention that suggested different psychological intervention for the two groups.

Keywords: academic achievers, remote memory, recent memory, span- attention, etc.

SPECIFICITY OF CONSCIOUS RECOLLECTION DEFICITS FOR EPISODIC MEMORY IN PERSONS WITH SCHIZOPHRENIA – A COMPARATIVE STUDY

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ABSTRACT

Background : Recollection based episodic memory impairment has been consistently reported in patients with schizophrenia. Similar impairment has also been reported in their unaffected first-degree relatives (FDRs) suggesting recollection deficit to be a putative cognitive endophenotype marker. However, poor recollection based episodic memory is also seen in patients with depression and Obsessive-Compulsive Disorder (OCD). Thus, it is worth to explore the magnitude of recollection deficit in these disorder groups and see if recollection deficit is specific to Schizophrenia or not.

Aim : The present study aimed at assessing the specificity of recollection deficit in schizophrenia compared to other psychiatric controls (Depression & OCD) and healthy controls based on the Remember-Know paradigm.

Method: In total 36 participants were recruited by applying purposive sampling technique. IQ and neuropsychological measures were assessed. For episodic memory recognition, one computer-based task (verbal) based on the Remember-Know Paradigm of episodic memory was developed.

Result: Non parametric statistical analysis was performed. The clinical groups differed significantly on duration of illness and untreated illness. The four groups did not differ on age & IQ. Patients with Schizophrenia performed significantly poorer on recollection as compared to the other groups. They were found to be significantly poor in the neuropsychological measures compared to the other groups.

Conclusion: The findings indicate specificity of recollection deficit for episodic memory in persons with Schizophrenia. Similar studies in future may employ larger sample size to obtain generalizability.

Keywords: Conscious recollection, episodic memory, Remember-know.

VISUO-SPATIAL AND MOTOR DEFICITS IN SCHIZOPHRENIA

Sangita Kumari[1], Masroor Jahan[2]
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Masroor Jahan, Additional Professor and Head, Dept. of Clinical Psychology, RINPAS, Kanke, Ranchi,

ABSTRACT

Visuo-spatial and motor deficits in schizophrenia are less studied area compared to attention, memory, executive functions etc. Present study was carried out to examine the visuo-spatial and motor deficits (both at cognitive level and at behavioural level) in schizophrenia in comparison to normal control group. The study sample consisted of 60 participants, 30 patients with schizophrenia and 30 participants in control group. Patient group was taken from Ranchi Institute of Neuro-Psychiatry and Allied Sciences (RINPAS), Kanke, Ranchi. Socio-demographic and clinical details were collected using a proforma. Patient and normal participants were screened using Positive and Negative Syndrome Scale (Kay et al., 1987) and General Health Questionnaire-12 (Goldberg & Williams, 1988) respectively. Visuo-spatial and motor functions were assessed by Arnadottir OT-ADL Neurobehavioural Evaluation (Arnadottir, 1990) and Bender Visual-Motor Gestalt Test II (Lauretta Bender, 1938). Findings revealed significant differences in both the groups in terms of visuo-spatial motor deficits. On neuro-behavioural component, difference between patient with schizophrenia and normal control group was statistically significant which shows that patients performed significantly poorer on dressing neurobehavioural score, communication independence score and dressing independence score. Patients had impaired visuo-spatial skills and impaired motor skills on BGT-II. Overall findings suggest that schizophrenia patients had visuo-spatial and motor deficits in comparison to normal control group.

Keywords: motor skill, visuo-spatial skill, neuro-behavioural function

Paper Presentation

Session–13 **Day – 3 (30th May)**

Hall– 3 **Time: 10:00–11:00am**

- ***Relationship between executive functions and academic performance in children and adolescents***
  Himanshi Khanna

- ***Relationship of Cognitive Enhancement and Mindfulness***
  Gurpreet Kaur & Soumi Awasthy

- ***Application of Executive Function Training And Its Impact On Social Adaptive Functioning In Patients With Schizophrenia***
  Avneesh Narain, Varsha Gupta & Amool R. Singh

- ***Traumatic brain injury: Unravelling potential of EEG-Neurofeedback training in reducing cognitive and emotional disturbances***
  Prathima A R, Jamuna Rajeswaran & Dhananjay I Bhatt

- ***Effects of Education on Neuropsychological Test Performance***
  Ajay Datt & Dr. Ravikesh Tripathi

- ***Alpha and theta oscillations in frontal, temporal and occipital lobes of the cortex while processing cognitive load***
  Pratima Singh & S.P.K. Jena

RELATIONSHIP BETWEEN EXECUTIVE FUNCTIONS AND ACADEMIC PERFORMANCE IN CHILDREN AND ADOLESCENTS

Himanshi Khanna, Clinical Psychologist, New Delhi

ABSTRACT

Executive functions are considered crucial for academic well-being. Current literature shows that impaired executive functions were significantly correlated with poor academic performance. However, there is a paucity of research regarding domain specific contribution of executive functions on academic performance.

The aim of the present study was to examine the relationship between executive functions and academic performance. For this purpose a total of 73 participants (age ranging from 8 to 14 years) formed the sample in this study. Executive functions were measured using Digit symbol substitution test, Digit span test, Corsi block tapping test, Comprehensive trail making test and Category fluency test. Academic Performance was measured using final marks in different subjects. Further participants with known history of mental and neurological illness were excluded from the study. Findings of the present study indicated that executive function was associated with better academic performance. Moderate to strong correlation was found between working memory and math, science and language. Similarly, strong relationship exists between working memory and global academic performance. In this study cognitive flexibility was found to be significantly correlated with performance in Hindi, English and Social Studies. Further analysis revealed that working memory emerged as strong predictor for performance in all the subjects and global academic performance. Based on the result of the current study, we suggest that working memory could be an important cognitive marker for academic performance.

Keywords: Executive Functions, Academic Performance, response inhibition, working memory, cognitive flexibility

RELATIONSHIP OF COGNITIVE ENHANCEMENT AND MINDFULNESS

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Soumi Awasthy, Scientist 'G', Defence Institute of Psychological Research, DRDO, Ministry of Defence, Timarpur, Delhi-54.

ABSTRACT

Mindfulness meditation is intended to enhance the ability to be in the present moment non-judgmentally (Kabat-Zinn, 2003). It is the ability of a person to perceive the world more clearly, without manipulation. Mindfulness practice is characterized by an open monitoring of present moment experiences which are usually separated from concentrative or focused attention meditations. Recent research suggests that mindfulness training have significant benefit on health, that includes reduced blood pressure (Chiesa, 2009), decreased anxiety, depressive symptoms and relapses (Coelho, Canter, & Ernst, 2007; Kim et al., 2009) as well as significant benefits for patients suffering from stress problems (Chiesa & Serretti, 2009). Besides, research related to clinical issues, there have been enough studies to investigate the impact of mindfulness on cognitive functions also. Empirical evidences have shown enhanced cognitive abilities associated with mindfulness training. Mindfulness is present-focused, voluntarily directed, stable, not easily distracted, and utilizes optimal arousal necessary for each situation. Mindful attention means seeing with clarity, stability, minimal distraction, and little affective reactivity. Mindfulness is an intentional deployment and management of attention and it helps reduce habituated and inappropriately reactive behaviors. Mindfulness also helps in de-automatization which in turn helps in flexible and adaptive cognitive processing. The present paper aims to give an overview of the current evidence about the effects of mindfulness on cognitive functions.

Keywords: Mindfulness, Attention, Memory

APPLICATION OF EXECUTIVE FUNCTION TRAINING AND ITS IMPACT ON SOCIAL ADAPTIVE FUNCTIONING IN PATIENTS WITH SCHIZOPHRENIA

Avneesh Narain, Varsha Gupta, Amool R. Singh

ABSTRACT

Aim: To assess the effect of executive function re-training on social adaptive functioning among patients with Schizophrenia.

Methodology: 10 patients with schizophrenia (diagnosed as per ICD-10 criteria) having significant cognitive deficits and compliant to intervention were assessed on Executive dysfunctions (Stroop test), and on Social Adaptive Functioning (Social Adaptive Function Evaluation - SAFE). These were followed by Executive function training to the participants randomly assigned to the Experimental Group while the remaining 5 formed the control group. Both the groups went through post assessment on the same variables.

Result: In the test of executive functioning the experimental group who had received executive function training had performed significantly better than the control group of patients in the study ($p<0.05$), Significant difference was between experimental and control group of schizophrenia in the pre and post regarding social adaptive functioning. The experimental group, that received the executive function training had significantly improved in most of the items on Social Adaptive Function Evaluation ($p<0.05$).

Conclusions: The present study suggests that in patients with schizophrenia having poor cognitive flexibility and executive dysfunction, the executive function retraining improves the executive functioning and significantly impacts the social adaptive functioning.

Keywords: Schizophrenia, executive function, Social functioning

TRAUMATIC BRAIN INJURY: UNRAVELLING POTENTIAL OF EEG NEUROFEEDBACK TRAINING IN REDUCING COGNITIVE AND EMOTIONAL DISTURBANCES

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[1] Department of Clinical Psychology, NIMHANS, Bangalore

[2] Department of Neurosurgery, Aster R V Hospital, Bangalore

ABSTRACT

Background: Traumatic brain injury (TBI) is considered as one of the leading cause of mortality and disability worldwide. It is associated with significant physical, cognitive, behavioral, and emotional impairments which can lead to long lasting inter-personal issues leading to decreased quality of life. EEG-Neurofeedback training is a promising intervention aimed at ameliorating the deficits caused by TBI.

Aim: To evaluating the effect of EEG-Neurofeedback training in targeting cognitive and emotional disturbances in TBI.

Method: A single case approach with a pre-post assessment design was adopted. A 31 year old female patient X, diagnosed with mild TBI, presented primarily with emotional disturbances such as getting easily angry and difficulty regulating her emotions which lead to frequent and intense marital conflicts. She was referred for neuropsychological assessment and rehabilitation.The baseline assessment was conducted using NIMHANS Neuropsychology battery and Difficulties in Emotional Regulation Scale. Assessment showed attention and executive function deficits along with significant emotional regulation difficulties. The patient underwent 20 sessions of EEG-Neurofeedback training (Alpha up – theta down protocol). Additionally, she received 8 weekly sessions of supportive psychotherapy focussing on psycho-education and teaching emotion regulation skills.

Results: The pre-post assessment findings revealed significant improvement in cognitive domains of attention, executive functions, learning and memory. She also reported improvement in her emotional regulation.

Conclusion: EEG-Neurofeedback training along with supportive psychotherapy can effectively help in reducing cognitive and emotional difficulties. Details of the caseshall be presented in the conference.

EFFECTS OF EDUCATION ON NEUROPSYCHOLOGICAL TEST PERFORMANCE

Mr. Ajay Datt* and Dr. Ravikesh Tripathi**

M.Phil. Clinical Psychology, SBS, National Forensic Sciences University*

Assistant professor, School of Behavioural Science, National Forensic Sciences University**

ABSTRACT

Our ability to read and learn is known to affect cognitive functions. Several studies have explored the effect of literacy on neuropsychological tests. However, there is paucity of research from India. The purpose of this study was to examine the effect of education on neuropsychological test performance on Indian population. The sample consisted of 77 community dwelling participants from Ahmedabad and Gandhinagar. They were screened using MMS, HMSE and EDI. The neuropsychological performance was measured by Word List, Stick Construction Test, Digit Span, Corsi-Block Tapping Test, Paired Association Test, Category Fluency, Phonemic Fluency, Picture Memory and Picture Naming Test. The results revealed that the illiterate participants performed poorly than the low educated and high educated participants on all the domains and total score of HMSE. Findings of the present study also indicated that the illiterate participants performed poorly than the low educated and high educated participants on the digit span and CBTT, word list, stick test, paired association, picture memory, fluency and naming test. In other words, participants with higher education performed significantly better on each neuropsychological test. The low scores or poor performance on neuropsychological tests obtained by the illiterate participants and the low educated participants may have been due to difference in learning opportunities, lack of exposure to different tasks which needed mental operation. The finding of the present study clearly demonstrates the role of literacy on neuropsychological performance. Therefore, sensitive and culturally valid tool are needed to be used to assess cognitive functions in low educated participants.

Keywords: Neuropsychological test, Adults, Illiterate and cognition.

ALPHA AND THETA OSCILLATIONS IN FRONTAL, TEMPORAL AND OCCIPITAL LOBES OF THE CORTEX WHILE PROCESSING COGNITIVE LOAD

Pratima Singh and S. P. K. Jena

ABSTRACT

Background :- It has been established that alpha waves occur primarily during wakefulness and are associated with the condition of physical relaxation and mental inactivity (Niedermeyer., 1993), whereas theta rhythms have been found in the condition of increasing mental load (Gevins et al., 1998). Further, Researchers have suggested a negative correlation between alpha frequency range and theta oscillations in relation to increasing task demands (Ray and Cole., 1985; Salenius et al., 1995).

Aim :- The present study aimed to explore the oscillations of alpha and theta synchronization during increasing levels of cognitive load in frontal, temporal and occipital lobes.

Methods- The sample consists of 30 participants with matched age range, socio economic status and education. A 3×3×2 within subject factorial design was used for the study where cognitive load was manipulated at three different levels- low, moderate and high (depending upon increasing levels of cognitive load) and Alpha and Theta brain oscillations were measures in three cortical regions- frontal, temporal and occipital brain lobes.

A 3×3×2 within subject ANOVA was performed on the mean frequencies of alpha and theta waves of three lobes.

Result and Conclusion :- The results and their implications for understanding the nature of cognitive load and its relations in respect to alpha and theta waves will be discussed during the presentation.

Keywords :- cognitive load, alpha oscillations, theta oscillations

Paper Presentation

Session–14 **Day – 3 (30thMay)**

Hall– 4 **Time: 10:00–11:00am**

- ***Tuning the Brain Waves: EEG-Neurofeedback Training in Transient Tic Disorder***
  Ajith S J, Mohd Afsar, & Jamuna Rajeswaran

- ***Cognitive Deficits in Children with Attention Deficit Hyperactivity Disorder***
  Ranjita Kumari & Dr. Masroor Jahan

- ***Efficacy of Social Skill Training Program on Severity of Negative Symptoms, Social Skills and Vocational Rehabilitation in Schizophrenia: An Interven tional Study***
  Sucharita Kundu & Dr. V. R. Shinde

- ***Disability Etiquette – The Platinum Rule***
  Tenali Rajini Bhushan, Dr Himangshu Das, Dr. E. Krishna Kishore & Priya darshi Mishra

- ***Neuropsychological Assessment and Rehabilitation: A case study of neural correlates of functional improvement***
  Nishtha Kumar, Manoj Kumar Bajaj

TUNING THE BRAIN WAVES: EEG-NEUROFEEDBACK TRAINING IN TRANSIENT TIC DISORDER

Ajith S J*[1] Mohd Afsar[1], Jamuna Rajeswaran[1]

[1]Department of Clinical Psychology, NIMHANS, Bangalore

ABSTRACT

Introduction: Tic Disorder is characterized by sudden, rapid, transient, non-rhythmic and restricted movements. These movements tend to be repetitive, disappear during sleep, and can be suppressed or reduced by the individual voluntarily. Tic Disorder usually manifest as simple motor or simple vocal tics with typical onset in childhood or adolescence. Tics may be aggravated by psychosocial factors such as anxiety. There is paucity of literature exploring the role of EEG Neurofeedback Training (EEG-NFT) in the management of tics. This study attempts to understand the role of EEG-NFT in management of tics.

Methodology: A single case study design was adopted for the present study. Patient Mt. K.R., is 14 years old, male, pursuing his 10th standard. He was diagnosed with transient tic disorder and was referred to neuropsychology unit for the assessment and rehabilitation. The patient received 5 sessions of behavioral modifications, individual sessions with the parents and 20 sessions of EEG-NFT. A pre and post assessment was carried out.

Results: The pre intervention assessment revealed patient has average intelligence, simple motor tics including eye blinking, mouth movements, shoulder shrugs, hand movements and leg movements with moderate severity. The post intervention assessment revealed significant improvement in his frequency and severity of the tics to pre intervention assessment. The child also reported increased awareness of tics. These improvements were corroborated by parents also.

Conclusion: The EEG-Neurofeedback training holds promise in the management of transient tic disorder.

Keywords: EEG-Neurofeedback Training, Transient Tics, Tics Disorders

COGNITIVE DEFICITS IN CHILDREN WITH ATTENTION DEFICIT HYPERACTIVITY DISORDER

[1]Ranjita Kumari & [2]Masroor Jahan

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ABSTRACT

Background: Cognitive impairment has been found in ADHD in various studies. Cognitive abilities are very important for proper functioning in day-to-day life and when there is deficit in cognitive functions, it can lead to many problems which manifest in many ways in the life of its sufferer.

Aim: The present study aimed at studying the cognitive deficits in school going children with ADHD.

Methods: A cross sectional study was designed for studying the cognitive deficits in school going children with ADHD. Thirty school going children with ADHD were selected by using purposive sampling technique. DT-ADHD was used for screening purpose. All of the 30 children were assessed on Malin's Intelligence Scale for Indian Children, Colour cancellation test, Children Colour Trail Test and Wisconsin Card Sorting Test. Statistical analysis of the findings was done by using SPSS. 20.

Result: The result showed that the school going children with ADHD performed poorly on subtests of MISIC, Wisconsin Card Sorting Test, Colour cancellation test and Children Colour Trail Test suggesting deficit in attention, concentration, in the speed of attention, in sequencing, mental flexibility, working memory, problem in shifting and maintaining set, problem in forming abstract concepts.

Conclusion: The present study showed that the school going children with ADHD had significant cognitive deficits.

Keywords: Attention, Concentration, Impulsivity, ADHD, Cognitive deficits, set shifting, Working memory.

EFFICACY OF SOCIAL SKILL TRAINING PROGRAM ON SEVERITY OF NEGATIVE SYMPTOMS, SOCIAL SKILLS AND VOCATIONAL REHABILITATION IN SCHIZOPHRENIA: AN INTERVENTIONAL STUDY

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DR. V. R. Shinde, Professor and Head, Department of Psychology, Savitribai Phule Pune University, Pune, India

ABSTRACT

Background: Schizophrenia, a debilitating neuropsychiatric disorder, is considered by WHO to be one amongst the top ten illnesses contributing to the burden of disease globally [1]. Antipsychotic medications, the first-line treatment for Schizophrenia, do not meaningfully improve negative symptoms and concomitant poor social and occupational functioning. Inclusion of empirically validated psychosocial interventions can enhance the quality of life and independent life skills in Schizophrenia.

Aim: The study aimed at evaluating the efficacy of Social Skills Training on negative symptoms, social skills and vocational rehabilitation in schizophrenia.

Methods: 68 stabilized outpatients with chronic schizophrenia, diagnosed as per DSM-V criteria, availing day care rehabilitation services, were randomly assigned to either wait list control group receiving standard care (n=33) or experimental group receiving SST in addition to standard care(n=35). This was a centre based pretest-posttest control group study. Both groups were assessed at baseline and after 6 months of SST intervention, using three tools viz. Scale for the Assessment of Negative Symptoms (SANS), Social Skills Checklist (SSC) and Scale of Supervisor Evaluation of Vocational Rehabilitation (SSEVR). Data were analyzed using independent samples t test on the gain scores (post-intervention – pre-intervention) of the two groups.

Results: Results indicated that, in the experimental group, the gain scores of SANS was significantly lower ($t= 2.2110$, $p<0.05$) and the gain scores on SSC and SSEVR were significantly higher ($t= 3.1982$, $p<0.01$ and $t=2.8825$, $p<0.01$ respectively) than that compared to wait list control group.

Conclusion: The study reported the efficacy of SST intervention in improving the negative symptoms, social skills and vocational rehabilitation in chronic schizophrenia. Hence, existing standard services for schizophrenia can be improved by integrating SST.

Keywords: Social Skills Training, Negative Symptoms, Vocational Rehabilitation, Chronic Schizophrenia, Rehabilitation

DISABILITY ETIQUETTE – THE PLATINUM RULE

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ABSTRACT

The present study was experimentally investigated to assess and analyze the communication process with respect to the Persons with Disabilities (PWDs) People will communicate in different ways depending on where they are, who they are with and how they are feeling at that time. Disability Etiquette (DE) involves treating persons with disabilities respectfully. Talking natural and not patronizing them in our questions or our actions. People with disabilities do not wish to be referred euphemistically Many are unsure how to go about and greet someone with a disability because don't want to say or do the wrong thing which hurts them. Which words are to be used and avoided while communicating for the PWDs. It is important to acknowledge and respect the individual's ability to make decisions and judgments on one's own behalf. Never push or touch a person's wheelchair/scooter, white cane without their permission. Speak directly to the person in your normal voice and not to their interpreter, if an interpreter is present. Labels Not to Use like The handicapped or the disabled, The Autistic child, Wheelchair-bound. Appropriate Use like People with disabilities, The child has autism, She uses a wheelchair. Voluntary online participation through social media, e-mail blogs, what's App and other various platforms for the research. Dichotomous questionnaire was developed with 54 questions. Results indicated not many were aware of the terminology used for PWDs. Disability Etiquette is suggested in future for appropriate communication with PWDs.

Keywords: Disability Etiquette, Autism, The Platinum Rule, Gazette of India, Person with Disability (PWDs)

NEUROPSYCHOLOGICAL ASSESSMENT AND REHABILITATION: A CASE STUDY OF NEURAL CORRELATES OF FUNCTIONAL IMPROVEMENT

Nishtha Kumar, Manoj Kumar Bajaj

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[2]Dr.Manoj Kumar Bajaj: M.Phil(Clinical Psychology), Ph.D. Assistant Professor(Clinical Psychology), Dept. of Psychiatry, GMCH Chandigarh

ABSTRACT

Background: Cognitive retraining or rehabilitation

Rationale: Cognitive rehabilitation perceived as a proven treatment in many clinical conditions. It involves therapies that are designed to improve damaged intellectual, perceptual, psychomotor, and behavioral skills, and to increase levels of self-management and independence following damage to the central nervous system. Cognitive rehabilitation helps to improve damaged cognitive functions such as attention, memory and learning, affect and expression, problem- solving, and executive function. The desired outcome of cognitive rehabilitation is an improved quality of life or an improved ability to function in home and community life. (TEC, 2008) .

Aim &Objectives: The purpose of the study was to investigate whether a course of through neuropsychologicalassessmentandintensiveevidencebasedtreatmentsofcognitiverehabilitation had any functional changes in individual with MCA. Obtained findings will be presented during theconference.

Key Words: Cognitive rehabilitation, Brain injury, Attention.

Paper Presentation

Session–15 **Day – 3 (30thMay)**

Hall– 4 **Time: 12:00–1:00pm**

- *An association of growth-oriented factors with distress in young adults*

  Neha Niharika, Prabha Mishra & Manoj K. Pandey

- *Spirituality as the Primary Motivational Factor of Life: Impact on Health-related Quality of Life among Hospitalized Male Patients*

  Nandika Suhasini Reddy & Dr K Nagalakshmi

- *Positive psychology interventions to building resilience- A systematic review*

  Muthukumaraswamy Akilandeswari & Narayanan Annalakshmi

- *Rock of Gibraltar: Impact of Deployment Separation on Stress, Positive Mental Health and Resilience of Army Officers' Wives.*

  Lalitha Ragul & Dr.S. Thenmozhi

- *Metacognitive awareness, anxiety and mindfulness in general school teachers and special educators*

  Hemant Kashyap & Aarzoo

- *Gratitude, Psychological well-being and Situational Motivation among College Students*

  Hemarajarajeswari K & Pradip Kumar Gupta

- *Efficacy ff Positive Psychology Intervention Among Individuals with Post Traumatic Stress Disorder: A Randomized Control Study*

  Gowri S Nampoothiri

AN ASSOCIATION OF GROWTH-ORIENTED FACTORS WITH DISTRESS IN YOUNG ADULTS

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ABSTRACT

Background: There is an ongoing debate about the role of positive clinical psychology in holistic (combining positive and negative aspects) understanding of human distress. This study is an extension of this approach.

Aim: To study the association between growth-oriented factors (gratitude, self-compassion, and forgiveness), and distress (stress, anxiety and depression) in young adults.

Method: For this study 100 participants (never diagnosed and treated for any psychiatric condition mentioned in diagnostic manuals) aged between 20-35 years were recruited through online modes (emails, social media etc.) using purposive and snowball sampling. They were administered Gratitude scale (Mc Cuulough et. al, 2013), Self-compassion scale (Kristin Neff, 2003), Heartland Forgiveness Scale (Thompson et.al, 2005) and Depression, Anxiety, Stress Scale 21 (Crawford & Henry 2005) in a Google form. Data were analyzed using correlation and regression in IBM SPSS 20.0 version.

Results and conclusion: Result demonstrates that there is a significant negative correlation between growth-oriented factors (gratitude, self-compassion, and forgiveness), and distress (stress, anxiety and depression) in young adults.

Key words: Self-compassion, Gratitude, Forgiveness, Depression, Anxiety and Stress, Young adults

SPIRITUALITY AS THE PRIMARY MOTIVATIONAL FACTOR OF LIFE: IMPACT ON HEALTH RELATED QUALITY OF LIFE AMONG HOSPITALIZED MALE PATIENTS

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ABSTRACT

Background: Intrinsic spirituality as the most important motive or driving factor in a person's life is hypothesized to have a significant influence on the perception of one's own physical and psychological health, social relationships and environmental health. **Aim:** The study aims to investigate the influence of intrinsic spirituality as a motivational factor on the dimensions of health related quality of life among hospitalized patients.

Method: 325 male patients (age 36 $\pm$ 13.2 years) admitted to tertiary hospital selected by stratified random sampling from different medical and surgical wards were administered measures of Intrinsic Spirituality Scale and WHOQOL-BREF.

Results: Post Hoc analysis showed significantly higher scores on psychological health, social relationships, environmental QoL and the overall quality of life and general health among participants with higher levels of Spiritual motivation as compared to lower levels. On regression analysis, intrinsic spirituality was found to impact overall quality of life and general health (ß = 0.180. p = 0.001), psychological health (ß = 0.151, p = 0.006), social relationships (ß = 0.133. p = 0.016) and environment (ß = 0.22. p = 0.000), but not the physical health perception (ß = 0.093. p = 0.094).

Conclusion: Hospitalized patients differed significantly in health related quality of life based on the level of spiritual motivation in life. Intrinsic spirituality was a significant predictor of overall quality of life and general health, psychological, social and environmental health perception among hospitalized patients.

Keywords: Intrinsic Spirituality, Motivation, Health Related Quality of Life.

POSITIVE PSYCHOLOGY INTERVENTIONS TO BUILDING RESILIENCE A SYSTEMATIC REVIEW

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ABSTRACT

Background: Resilience refers to the process by which people make positive adaptation to the challenges of life and maintain mental health despite exposure to adversity. The positive psychology interventions have a remarkable characteristic that they concentrate on increasing positivity and also have a long-term effect.

Aim: The present study is a systematic review of positive psychology interventions that promote resilience.

Method: The articles were obtained from online databases such as Google Scholar, ResearchGate, PubMed, and ScienceDirect.

Results: The results suggest that positive psychology interventions supplement any direct attempt to prevent and treat psychopathology. The common methods used in positive psychological interventions include book-based intervention, classroom intervention, and technology intervention. The effectiveness of these interventions is influenced by factors such as the personality, level of motivation, level of the problem, format, and duration of the intervention. Age, culture, and attitude about the intervention also affect the efficacy of these interventions. It is important to note that, there are certain cultural groups and certain personality types in which these kinds of interventions are not useful.

Conclusion: Positive psychology interventions may be useful to promote resilience in at-risk populations. Implications and future directions in the application of the positive psychology framework to promote resilience are discussed.

Keywords: Positive psychology intervention, resilience, at-risk population

ROCK OF GIBRALTAR: IMPACT OF DEPLOYMENT SEPARATION ON STRESS, POSITIVE MENTAL HEALTH AND RESILIENCE OF ARMY OFFICERS' WIVES

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ABSTRACT

Deployment separation is the stage in which the service member of military is away from the family for training and military development (Wheeler & Stone, 2010). During this time the spouse often experiences stress due to the uncertainty in their husband's life and the pressure in managing the family single handedly. This may militate on the spouse's positive mental health and scrutinize their resilience. In India, studies have been conducted on comparing the psychological well-being of deployed and non-deployed officers' spouses (Bisht, Prachi and Pande, Lata (2017). But considering the profundity of the need in assessing the positive mental health and resilience of the army officers' wives this study aimed to investigate the impact of deployment separation on stress, positive mental health and resilience among them using a correlation study. The sample consists of N=100 Indian Army officers' wives and they are selected through purposive sampling technique. The Perceived Stress Scale (Cohen, Kamarack & Mermelstein,1983), Warwick Edinburgh Mental Well-Being Scale (WEMWBS) by Tennant (2007) and Connor -Davidson Resilience Scale (CD-RISC) by Campbell-Sills L, Stein MB. (2007) are used to assess the Stress, Positive Mental Health and Resilience respectively. Pearson Product Moment Correlation will be used for statistical analysis. Results and conclusions will be discussed later.

Keywords: *Deployment Separation, Stress, Positive Mental Health, Resilience, Army Officers' Wives.*

METACOGNTIVE AWARENESS, ANXIETY AND MINDFULNESS IN GENERAL SCHOOL TEACHERS AND SPECIAL EDUCATORS

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ABSTRACT

Background: Metacognitive awareness, anxiety and mindfulness have been discretely studied in this population globally and we know that teachers working with special children have higher levels of stress compared to teachers in general settings. Mindfulness based interventions are applicable not only for clinical but also healthy population and reduce stress levels. The study can guide professionals to develop stress reduction programs specifically designed for special educators and general school teachers.

Aim: To study and compare relationship among metacognitive awareness, anxiety, mindfulness in special educators and general school teachers.

Methods: The research design was cross sectional and comparative using purposive sampling method. Sixty participants were recruited in 2 groups as per defined criteria. Thirty were special educators (n=30) from Government Rehabilitation Institute for Intellectual Disabled and 30 general school teachers of primary wing of government schools in Chandigarh. The tools used in study were: General Health Questionnaire (GHQ 28), Metacognitive Awareness Inventory (MAI), State-Trait Anxiety Inventory (STAI). Mindfulness Attention Awareness Scale (MAAS). The assessment took 40 -50 minutes for each participant.

Results: It was found that the groups significantly differed ($t=2.381$, $p<.001$) in metacognitive awareness of declarative knowledge. Mindfulness was positively correlated with state anxiety ($r=.32$, $p<.05$) whereas mindfulness was negatively correlated with trait anxiety ($r=.55$, $p<.001$).

GRATITUDE, PSYCHOLOGICAL WELL-BEING AND SITUATIONAL MOTIVATION AMONG COLLEGE STUDENTS

J.Hemarajarajeswari* & Pradip Kumar Gupta**

ABSTRACT

In recent years the word 'Gratitude' inspired a great number researchers in the field of psychology. Mostly their studies have been conducted on exploring the relationship between gratitude and other related variables. The present study was conducted to examine the relationship between Gratitude, Psychological well-being and Situational Motivation. The study was conducted on a sample of 200 college students. Participants were randomly selected and the sample consisted of both male (n = 67) and female (n = 133). Measures included The Gratitude Questionnaire, Ryff's Psychological Well-being Scale, and Situational Motivation Scale (SMS). Findings suggest that there is a positive association among Gratitude, Psychological well-being, its dimensions and found varied relationship among the dimensions of Situational Motivation. The limitation and implications of the present situational has been discussed briefly. The current study and its findings can give a way to ground work for conceptualizing a theoretical model of Gratitude and its estimator variables. Further researchers can focus on intervention-based studies on gratitude in handling mental illness as well as to maintain inner health to handle day to day life demands in a better way.

Keywords: Gratitude, Psychological well-being, Situational Motivation, Intervention, Mental Health.

EFFICACY OF POSITIVE PSYCHOLOGY INTERVENTION AMONG INDIVIDUALS WITH POST TRAUMATIC STRESS DISORDER: A RANDOMIZED CONTROL STUDY

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ABSTRACT

Background: Positive Psychology is the discipline that focuses on positive experiences, positive emotions, positive personality traits and positive social interactions. While there are numerous studies that showed effects of Positive Psychology interventions in non-clinical samples only a few studies have investigated the effects in clinical samples.

Aim: To investigate the Efficacy of PPI on level of hope, satisfaction with life, positive and negative affect among individuals with post-traumatic stress disorder.

Methods: This study test the effects of two interventions from Positive psychology; Best possible self (BPS) and Three good things(3GT) when practiced by 67 clinically diagnosed PTSD patients receiving no other concomitant psychotherapy. Participants were recruited with the help of purposive sampling and they were divided into two groups, experimental group who were provided with BPS and 3GT for 2 weeks each and control group who were provided with a placebo intervention in the same time period respectively. Before and after interventions questionnaires were completed using PTSD checklist for DSM-5, Adult hope scale, Satisfaction with Life Scale, Positive and Negative Affect Schedule respectively.

Results: The result of the study indicates that the positive psychology intervention has significant effect on PTSD.

Conclusion: It concluded that positive psychology intervention has a significant impact in the experimental group in improving the virtues of level of hope, satisfaction with life, and positive affect which helps to deteriorate the negative affect and the severity level of PTSD.

Keywords: Positive Psychology, Post-traumatic stress disorder, Level of hope, Satisfaction with life, Positive and negative affect

Paper Presentation

Session–16 **Day – 3 (30thMay)**

Hall– 1 **Time: 1:30 –2:30pm**

- ***Exploring the relation between Meta-Parenting and Helicopter parentin with Decision-making and emotion regulation; Outcomes in Adolescents***

  Medhavi Sood & Dr. Dweep Chand Singh

- ***A deductive thematic analysis of basic needs and drives of adolescents with Dissociative (Conversion) Disorder***

  Nikita Bhati, Dr Rachna Bhargava, Dr. Rajesh Sagar, Dr. R.K. Chadda, & Dr. V. Sreenivas

- ***Social Perception in young children with Autism Spectrum Disorders: An Exploratory Study***

  Mandeep Kaur, Dr Priyanka Lenka & Dr Nishant Goyal

- ***Probabilistic Orientation Intervention to enhance Resilience among At-risk Adolescents***

  Chandrasekaran Prasanth & Narayanan Annalakshmi

- ***Role of Spiritual Maturity and Its Relationship with Psychological Distress and Resilience Among Adolescents***

  Deepika Lobo & Dr Jyotika Sharma

EXPLORING THE RELATION BETWEEN META-PARENTING AND HELICOPTER PARENTING WITH DECISION-MAKING AND EMOTION REGULATION; OUTCOMES IN ADOLESCENTS

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ABSTRACT

Background: Helicopter parenting is emerging as the fifth dimension of parenting in recent years. It is evolving as a detrimental influence on emerging adults and their emotion regulation and decision making. The association of meta-parenting, a form of parental cognition and helicopter parenting, emotion reglation, and decision making has never been made in adolescent population in India.

Aim: The study aimed to assess the relationship of Helicopter Parenting with Meta-Parenting, Emotion Regulation, and Decision Making styles of Adolescents.

Method: A cross-sectional research design with sample for the study consisting of 425 adolescents (Aged 13-17 years) and their 425 parents from various schools and private tuition centers in Delhi and NCR were used. Tools used were Helicopter Parenting Scale, Meta-Parenting Questionnaire, Emotion Regulation Questionnaire, and Adolescent Decision-Making Questionnaire.

Results: Results suggested a significant correlation between Helicopter parenting and Cognitive reappraisal and Expressive suppression. Decision making styles: complacency, cop-out; average marks and Meta-Parenting components rumination, objective scale, and total score. Helicopter parenting correlated negatively with Decision making style- self-esteem. There was a significant correlation between the Meta-Parenting components assessing & panic. Helicopter acts as a moderator between assessing and panic Decision-Making style.

Conclusion: Meta-parenting has a significant relationship with Helicopter parenting and Decision-Making styles. Helicopter parenting has a negative relationship with adolescent's Decision making style- decision self-esteem subscale and a positive correlation with complacency, panic, and cop-out subscales. Helicopter parenting scale correlates significantly with Adolescent Emotion regulation strategies Cognitive Reappraisal and Expressive suppression.

Keywords: Helicopter Parenting, Meta-Parenting, Emotion-Regulation, Decision-Making.

A DEDUCTIVE THEMATIC ANALYSIS OF BASIC NEEDS AND DRIVES OF ADOLESCENTS WITH DISSOCIATIVE (CONVERSION) DISORDER

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Dr Rachna Bhargava, Addl. Professor (Clinical Psychology), Department of Psychiatry & NDDTC, AIIMS, New Delhi

Dr. Rajesh Sagar (Professor), Department of Psychiatry, AIIMS, New Delhi

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Dr. V. Sreenivas (Retd. Professor), Department of Bio-statistics, AIIMS, New Delhi

ABSTRACT

Background: Dissociative (Conversion) Disorder is a common and potentially disabling condition witnessed in Psychiatric and Neurology setting. It has a history that may reach back into antiquity. Despite that, the researchers remain uncertain about the aetiology of conversion disorder.

Aim: This study explores and describes the underlying basic needs and drives of adolescents with Dissociative (conversion) Disorder by using the storytelling method.

Methods: A purposive sample of 20 adolescent males and females, aged between 14-18 years, constructed stories on 11 sets of Thematic Apperception Test (TAT) cards featuring single or multiple characters. A preconceived framework of Bellack's interpretation (5th edition) of basic needs was used for preliminary analysis and later, a social constructionist thematic analysis method (Braun & Clark, 2006) was employed for thematizing the data.

Results: In our analysis, four overarching themes were identified that contribute to enhancing understanding of participants' underlying psychogenic needs. The key themes identified are Sado-Masochistic needs, Needs motivated by Superiority, Affective needs and Resisting Human Power.

Conclusion: This study adds to limited (or rather scarce) existing knowledge about dissociative (conversion) disorder in adolescents by eliciting their most dominant psychogenic (manifest as well as latent) needs and how its underlying meaning is manifested in their relational context will be discussed

Keywords: Dissociative conversion disorder, thematic analysis, psychogenic needs, adolescents

SOCIAL PERCEPTION IN YOUNG CHILDREN WITH AUTISM SPECTRUM DISORDERS: AN EXPLORATORY STUDY

Dr Priyanka Lenka, Miss Mandeep Kaur, Dr Nishant Goyal

ABSTRACT

Autism spectrum disorder (ASD) is a neuro-developmental disorder characterized by social and perceptual deficits (Durand, 2014). Social cognition, social skill, and social motivation have been sparsely researched and characterized as atypical in adolescents with ASD, with the assumption that each mechanistically contributes to the broader social interaction difficulties that define the condition. A cross-sectional exploratory study was conducted using purposive sampling technique. Sample size consisted of 20 young children diagnosed with ASD according to DSM-5 criteria with mean duration of illness of 5 years 3 months. MINI Kid, children's global assessment scale (CGAS) (61.285 ± 7.680), Seguin Form Board Test (SFBT) (71.142 ± 12.321) and Vineland Social Maturity Scale (73.981 ± 13.594), Indian Scale for Autism Assessment (ISAA) (0.60 ± 0.68), Autism Diagnostic Interview-Revised (ADI-R), INCLEN diagnostic tool for Autism Spectrum Disorder (0.50 ± 0.50) were used to characterize the participants. Social Responsiveness Scale-2 (SRS-2), the Treatment and Research Institute for Autism Spectrum Disorders (TRIAD) Social Skills Assessment (TSSA) observation and interviewer direct interaction part was administered on 14 children with ASD. Statistical analysis was done using SPSS version 25.0. Significant deficits were found in social skills including Emotion understanding, perspective taking, initiating interactions, responding to initiations, maintaining interactions and general social competence. Wherein, in TRAID Social skills protocol, conversation, joint attention, performing role plays and identifying feelings were found to be poorly developed. The reaction time to perceive and respond to the TRAID's social stories was significantly low as well.

Keywords- Autism Spectrum Disorder, Young children, Social perception

PROBABILISTIC ORIENTATION INTERVENTION TO ENHANCE RESILIENCE AMONG AT-RISK ADOLESCENTS

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ABSTRACT

Background: Rural low-socioeconomic adolescents are confronted with several risk factors that thwart their successful adaptation and healthy psychosocial development. Hence, it is imperative to study resilience and also essential to cultivate resilience among this target group.

Aim: The current intervention study aims to evaluate the efficacy of indigenous intervention based on Probabilistic Orientation (PO) to enhance resilience among at-risk adolescents. PO, a construct developed from ancient Tamil Sangam Literature reflects typical lifestyle of saints and seers of Sangam era, and is seen as personality orientation reflecting maturity. PO is considered as inner guard of resilience because it provides a unique perspective to understand life that can nurture resilience.

Method: A purposive sample of 115 at-risk adolescents in the age group 11-15 years (M = 12.66; SD = .81) were selected and assigned to experimental condition (n = 59) and a control condition (n = 56). A 12-week PO intervention was delivered to the participants in the experimental condition. All the participants completed self-report measures of emotion regulation, interpersonal competency, probabilistic orientation, psychological resilience, psychological well-being, and wisdom. The data were collected at three-time points, i.e., pre, post, and follow-up.

Results: The data were analyzed using Friedman's ANOVA. The result shows that the PO intervention was effective in enhancing resilience and psychological well-being among at-risk adolescents.

Conclusion: These findings support the need and usefulness of indigenous interventions for developing resilience and promote psychological well-being among at-risk adolescents. Implications of the findings for policy, practice, and research on culturally embedded indigenous interventions are discussed.

Keywords: Probabilistic orientation, resilience, culturally embedded,indigenous intervention, at-risk adolescents.

SPIRITUAL MATURITY AND ITS RELATIONSHIP WITH PSYCHOLOGICAL DISTRESS AND RESILIENCE AMONG ADOLESCENTS

Deepika Lobo

Research Guide-Dr.Jyotika Sharma, Manipal University Jaipur

ABSTRACT

The concept of spiritual maturity in adolescent students and its relationship with Psychological distress and Resilience is discussed in this paper.Adolescents struggle with three core issues namely,Independence,Intimacy and Identity.The aim is to the study

the role of Spiritual experience in the development of Spiritual maturity and its relationship with Psychological distress and Resilience.A sample of 228 students studying at a Junior college in class 11 and 12 in the age group 16 to 19 were included in the study.A

correlational design was used for the research study.

Using SPSS software ,Pearson's product moment correlation resulted in -.18 between Spiritual Experience and Psychological Distress and .28 positive correlation between Spiritual experience and Resilience.The tools used are Spiritual Maturity-Spirituality Experience Index-Revised,Psychological Distress-Kessler Psychological Distress scale(K10),and Resilience-Adolescent Psychological Resilience Scale.

The statistical results indicate that there is a negative correlation which shows that greater the spiritual maturity in adolescents, lesser will be the levels of psychological distress. A positive correlation between Spiritual Experience and Resilience (although the correlation is low)shows that those with higher spiritual maturity will be having higher Resilience in them to fight stressful situations and be able to come out of it.This study will highlight the need for spiritual development among adolescent population.Symptoms of mental distress can be avoided and resilience can be built through creating environments that facilitate spiritual maturity.

Keywords- Spiritual Maturity,Spiritual Experience Index,Psychological Distress,Resilience,Adolescent mental health

Paper Presentation

Session–17 **Day – 3 (30thMay)**

Hall– 2 **Time: 1:30 –2:30pm**

- ***Psychiatric disorders in children and adolescents exposed to childhood trauma***
  Alisha Arora, Dr. Madhumita Bhattacharyya & Prof. Daya Ram

- ***Development of a scale to measure Psychosocial Risks and Protective factors in Adolescents***
  Ashmitha Praballa & Narayanan Annalakshmi

- ***Factors affecting the quality of life of the person with borderline intellectual functioning***
  Geetesh Kumar Singh, Aarzoo Gupta & Shivangi Mehta

- ***Predictors of Behaviour problems, Post traumatic stress symptoms and Quality of life in children with acute lymphoblastic leukaemia (ALL)***
  Tanuja Kaushal, Sujata Satapathy, Sameer Bakshi, Rajesh Sagar & Rakesh K. Chaddha

- ***Psychosocial functioning in children with reading and writing disabilities***
  Amble Tom & Amool R Singh

- ***Cognitive, behavioural, emotional, and social influences on academic achievement of children in grade I, aged six to seven years.***
  Uttara Chari & Uma Hirisave

PSYCHIATRIC DISORDERS IN CHILDREN AND ADOLESCENTS EXPOSED TO CHILDHOOD TRAUMA

Alisha Arora[1], Madhumita Bhattacharyya[2], Daya Ram[3]

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ABSTRACT

The essence of trauma is very complex, involving both characteristics of the event itself and the individual subjective response. Studies have shown that exposure to potentially traumatic events is common in childhood. The current study is a descriptive analysis of 50 children and adolescents exposed to childhood trauma, which were screened at the out-patient department of CIP, Ranchi. The study described the range of trauma and psychiatric morbidities found in the sample of children and adolescents. It helps in entailing the various signs and symptoms which we may see in cases with trauma, their varied presentation and how a particular trauma event may lead to long term psychiatric illnesses. It also helps in exploring the presence of internalizing and externalizing disorders pertaining to presence of trauma in early years of development.

Keywords: Childhood trauma; Adolescents; Internalizing disorders; Externalizing Disorders

DEVELOPMENT OF A SCALE TO MEASURE PSYCHOSOCIAL RISKS AND PROTECTIVE FACTORS IN ADOLESCENTS

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ABSTRACT

Background and Aim: The consistent interactions of active resources during adolescence promote psychosocial well-being. The psychosocial health of adolescents could best be explored among high-risk adolescents. A standardized tool to identify adolescent psychosocial risk and protective factors may help in better understanding of the strengths, vulnerabilities, and potential for resilience among the adolescents. Hence, the present study aims to identify and measure the risk and protective factors in the lives of adolescents.

Methods: A sequential exploratory mixed-methods design was used to develop a tool that measures risk and protective factors among adolescents. The qualitative study explored psychosocial risk and protective factors among high-risk adolescents under four major domains (individual, family, school and community). As the first step in the development of tool, prisoners (N=12), caregivers of the prisoners' children (N=12), teachers of the prisoners' children (N=12), and prison authorities (N=12) were interviewed on their experiences with prisoners' children. The interview data were analyzed, and items reflecting risk and protective factors in the lives of the adolescent children of incarcerated parents were generated. The item pool consisting of 239 items was administered to a sample of 312 rural adolescent students. To validate the scales of risk and protective factors, self-report scales measuring behavior problems, adjustment, wellbeing, and positivity were used.

Results: The new tool developed to measure the risk and protective factors for psychosocial development in adolescents was found to have adequate test-retest reliability, content validity, convergent validity, and divergent validity.

Conclusions: In this study, a scale to identify psychosocial risk and protective factors was developed and standardized. The new tool will be helpful to psychologists and counsellors working with adolescents to understand the risks and protective factors that are present in their lives, and design interventions to nurture resilience in them.

Keywords: Psychosocial development, Risk factors, Protective factors, Reliability, Validity

FACTORS AFFECTING THE QUALITY OF LIFE OF THE PERSON WITH BORDERLINE INTELLECTUAL FUNCTIONING

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ABSTRACT

Background: Persons with borderline intellectual functioning (BIF) perform poorly on test of executive functioning (EF) than those with average or above-average intelligence. These individuals tend to face difficulties in the academic, professional, and professional domains. These difficulties have been closely linked with poor emotional dysregulation affecting interpersonal dealings and thereby impacting the quality of life (QoL).

Aim: To study the relationship among executive functioning, emotion regulation and interpersonal effectiveness, and quality of life in persons with BIF.

Methods: The study was cross-sectional using purposive sampling. Total 80 participants were recruited as per the defined criteria. Forty were having BIF with IQ ranging between 70-85 and 40 had an average IQ range. The BIF sample was recruited from the outpatient department of psychiatry whereas the comparative group was bystanders visiting the Hospital. Tools used were: Raven's Standard Progressive Matrices (SPM), Mini International Neuropsychiatric Interview (MINI 7.0.2), Stroop Test, Difficulties in Emotion Regulation Scale, Interpersonal Communication Competence Scale, World Health Organization Quality of Life- Brief (WHOQOL-BREF).

Results: QoL is significantly associated with emotion dysregulation, interpersonal communication competence, and IQ. Executive function, emotion dysregulation, interpersonal communication competence, and QoL in persons with BIF have significantly poor compared to persons with average IQ. Emotion dysregulation and interpersonal communication competence are strong predictors of QoL in persons with BIF that explained 44.7% of the outcome variance.

Conclusion: Persons with BIF have significant difficulties in the personal, social and occupational domain of life and have poor QoL compared to persons with average IQ.

Keywords: Borderline Intelligence/IQ, Executive Functions, Emotion Dysregulation, Interpersonal Communication, Quality of Life (QoL)

PREDICTORS OF BEHAVIOR PROBLEMS, POST TRAUMATIC STRESS SYMPTOMS AND QUALITY OF LIFE IN CHILDREN WITH ACUTE LYMPHOBLASTIC LEUKEMIA (ALL)

Tanuja Kaushal, Sujata Satapathy, Sameer Bakshi, Rajesh Sagar, Rakesh K. Chaddha

ABSTRACT

Background: Leukemia is a serious public health problem of considerable magnitude in India. Despite the consensus on the comprehensive management of the child which includes mental health as one of the crucial elements, the intricacies of the factors involved in development of such issues are lagging behind. Thus the present research aimed to explore predictors of behavior problems, post traumatic stress symptoms and quality of life in children with ALL.

Methodology: *144* children (n=72) diagnosed with ALL in the age group of 8 to 12 years who were in the maintenance phase and their Parents (N=72) were included using convenience sampling. Standardized psychological assessments were carried out using various tests for children and parents including SFBT, CBCL, CPTSS, PEDSQL, CBS, and SRQ, Perceived stress Scale, CHIP and PCL-C. Simple Regression analysis was carried out using SPSS 25.0.

Results: Predictors of Quality of life included Schooling gap (Beta= -.372, P=<.05), PTSD in children (Beta=-.499, P=<.001), Parental stress (Beta=-.374, P=<.05); **Predictors of PTSD symptoms were** Schooling gap (Beta=-.351, p=<.05), QOL (Beta= -.529, p=<.01) and PTSD among parents (Beta=.549, p=< .05); **Predictors of Behavior problems** were IQ (Beta=-.402, p=<.01), Caregiver burden (Beta=.575, P= <.01).

Conclusion: The present study demonstrates that many of the predictors were modifiable and preventive in nature. An intervention may be indicated to alleviate or prevent traumatic stress in this population.

Keywords: PTSD, Leukemia, Predictors, methodology, summary of results and conclusions, key words

PSYCHOSOCIAL FUNCTIONING IN CHILDREN WITH READING AND WRITING DISABILITIES

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ABSTRACT

Background of the study: Apart from academic difficulties, many children with a learning disability also experiences intense feelings of frustration, anger, sadness, or shame, which leads to psychological issues such as anxiety, depression, or low self-esteem, and behavioural problems.

Aim of the study: The study was designed to investigate the psychosocial functioning in children with reading and writing disabilities by using a diverse set of psychosocial variables, including behaviour problems, peer relationship, prosocial behaviour, and self-esteem.

Methodology: Thirty children belonging to the age group of 7 to 13 years, diagnosed to have reading and writing disability as per ICD -10 Diagnostic criteria for research, having an IQ score of above 85 displaying significant deficits in reading and writing tasks of NIMHANS Index for specific learning disabilities battery were chosen as participants of the study. The participants selected from various schools in Ranchi, Jharkhand were assessed using the Diagnostic Test of Attention Deficit Hyperactivity Disorder, Strength and Difficulties Questionnaire, and Self Esteem Inventory.

Results: The study results indicated that children with learning disabilities tend to have poor self-esteem. The degraded experience of self is found to have a significant association with the severity of behaviour problems, poor prosocial behaviour, and relationship issues with peers.

Conclusion: Children with learning disabilities tend to experience various psychosocial problems, which should be prioritized as a treatment target for intervention. Incorporating self-esteem building strategies is likely to enhance psychosocial functioning in children with learning disabilities.

COGNITIVE, BEHAVIORAL, EMOTIONAL, AND SOCIAL INFLUENCES ON ACADEMIC ACHIEVEMENT OF CHILDREN IN GRADE I, AGED SIX TO SEVEN YEARS

Uttara Chari & Uma Hirisave

ABSTRACT

Background: Academic achievement in early years has positive distal outcomes on functioning. Little is known about what predicts academic achievement in early years.

Aims/Objectives: This study examines cognitive, behavioral, emotional, and social predictors of academic achievement among 6–7-year-olds.

Method: The sample comprised 200 children in grade I. Academic achievement was indexed on total marks obtained in last-term examinations. Tools used were the Wechsler Intelligence Scale for Children (WISC-III UK), Strengths and Difficulties Questionnaire (SDQ), Incomplete Doll Stories (IDS), and Peer Nomination for Social Preference (PNSP).

Results: The mean age of sample was 6.67 years (SD = .38); prominently from the middle socioeconomic strata (80%). In terms of academic achievement, mean percentage obtained by children was 68.82%. Intelligence was in average range (mean IQ = 107.22, SD = 12.24). Majority were categorized as normal on SDQ (69% and 68% on parental and teacher report of total difficulties; 88% and 72% on parent and teacher report of prosocial behaviors). Children demonstrated secure attachment (mean score on IDS = 2.13, SD = 0.62), and were liked by peers (PNSP like ratio = 0.72, SD = 0.10). On stepwise linear regression, predictors of academic achievement were teacher reported hyperactivity/inattention (50% variance), general intelligence (33%), likability (23%), and teacher reported peer relationship problems (19%). These variables together accounted for 42% variance in academic achievement.

Conclusion: Teacher reported hyperactivity/inattention and peer relationship problems, and child's intelligence and likability are predictors of academic achievement in 6–7-year-old school-going children.

Keywords: academic achievement, early childhood, primary school, predictors

Paper Presentation

Session–18 **Day – 3 (30thMay)**

Hall– 3 **Time: 1:30 –2:30pm**

- ***The effect of parenting styles on only child's temperament, coping and risk to mental health: An Exploratory Study***
  Roshni Narula

- ***Fluid intelligence and processing speed of children and adolescents***
  Archika Johari. P & Dr. Suresh Sundaram

- ***The Impact of Parent-Child Relationship on Perceived Stress Among Young Adolescents***
  Anagha K, & Aparna Sreevalsan

- ***The Effect of Token Economy on the Attention Problem and Reading Comprehension of children with Dyslexia***
  Dr.J.Ganesh Kumar & Archika JohariP

- ***A preliminary study on assessing the resilience and coping in mothers raising children with intellectualdisability***
  Sweta Tirkey, Dr.Geetika Tankha, Dr. J.B. Khattri, Dr. Anil Subedi, & Dr. Pugazhandhi Bakthavatchalam

- ***Feasibility of delivering psycho education program to adolescent with Intellectual Disability***
  Kanika Khandelwal, Aarzoo Gupta & Shivangi Mehta

THE EFFECT OF PARENTING STYLES ON ONLY CHILD'S TEMPERAMENT, COPING AND RISK TO MENTAL HEALTH: AN EXPLORATORY STUDY

Roshni Narula

ABSTRACT

Background: - Not much research is done on the only child, who is raised by parents in nuclear settings with very little or no support/help from other members and where the parents play a major role in the life of the child. Parental style has a direct effect on children's mental wellbeing and can play a role in the making of emotional and behavioral difficulties in children.

Aim: To investigate how a specific parenting style (authoritative, authoritarian and permissive) has a relationship with only Childs coping techniques, temperament and risk to mental illness.

Methods: A sample of 50 families (child, mother and father) were selected using purposive sampling. After the consent is taken questionnaires like *GHQ-12 (for screening), *PSDQ (for parenting styles), *TMS (for temperament), *CCQ (for coping in children), *SADQ (To access mental health in children) were administered.

*General Health Questionnaire-12

*Parenting styles and dimension Questionnaire

*Temperament Measurement Schedule

*Children's Coping Questionnaire.

*Strengths and Difficulties questionnaire.

Results and Conclusion: Are Awaited.

Keywords: Parenting styles, Coping, Temperament, Mental Health.

FLUID INTELLIGENCE AND PROCESSING SPEED OF CHILDREN AND ADOLESCENTS

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ABSTRACT

Fluid intelligence (Gf), is a core feature of human cognition which is substantially influenced by Processing Speed (PS) across the life span. Although processing speed is considered to be an important contributor in the development of intelligence both during childhood and adolescence, a clear relationship between the two constructs with respect to age and gender is not evident.

Aim: Hence, the main aim of the study is to explore the relationship between PS and Gsf of children and adolescents, and difference in their abilities with respect to age and gender.

Methods: This is a cross-sectional, exploratory study and comprises of 80 participants who are equally divided in to two groups such as children (9-12 years), and adolescents (13-16 years). The data was collected through purposive sampling method from CBSE schools of Karnataka. The subscales of WISC-IV such as Processing Speed Index (PSI), and Picture Concepts were used to assess PS and Gf respectively. The statistical tools used were t-test and correlation.

Results: The findings reveal that there is a significant age difference between the two groups with the adolescents showing higher performance in both PS and Gf tasks than children. Also, a significant gender difference was observed with males outperforming the females in Gf, and females surpassing the males in PS. The two cognitive constructs were found to be positively correlated ($r=0.490$) at $p< 0.01$ level.

Cconlcusion: The results support the notion that with increasing age there is an increase in speed and fluid intelligence, which reaches its peak during adolescence (Salthouse & Kail, 1983), and the correlation between the two shows the significant role of PS in Gf.

Keywords: Fluid intelligence (Gf), Processing Speed (PS), Children and Adolescents.

THE IMPACT OF PARENT-CHILD RELATIONSHIP ON PERCEIVED STRESS AMONG ADOLESCENTS

Anagha K, Aparna Sreevalsan

ABSTRACT

Background: The 21st century has been plagued with the advent of technological advances that has significantly diminished the value of parent-child relationships among adolescents.

Aim: The present quantitative study examines how parent child relationship affects stress levels among adolescents and was conducted among a young adolescents group with a sample size of 60 individuals.

Methods: The tools used for conducting the study was Perceived Stress scale, Parent-Child relationship scale and the socio-demographic sheet. A correlational analysis was conducted to analyze the relationship between stress and parent-child relationship.

Results: The results indicate that there is a significant relationship between stress and parent-child relationship during the correlational analysis. By establishing a parental warmth, care, affection we could regulate the distress and it could be able to make life of children less stressful. The effects of a positive-parent child relationship can also extend to helping manage academic stress by providing parental support and alleviating concerns of loneliness in managing crisis.

Conclusion: Furthermore, the presence of positive parent-child relationship can help children to build confidence among themselves to handle potentially demanding future events as well – thus the effects of parent-child relationship, explored in the present study may have long-term implications for children in general.

Keywords: Stress, Parent-child relationship, Birth order, Adolescents.

THE EFFECT OF TOKEN ECONOMY ON THE ATTENTION PROBLEM AND READING COMPREHENSION OF CHILDREN WITH DYSLEXIA

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**Co-Author: Research Scholar, Rajiv Gandhi National Institute of Science and Technology, Sriperumbudur-Chennai

ABSTRACT

Background: Children with dyslexia are often also diagnosed with the comorbid condition ADHD (Willcutt & Pennington, 2000) ranging from 16.9% to 20%. Researchers have found positive impact of behavioural techniques in reducing attention problems of ADHD.

Aim: This study aimed to understand if the behavior and learning benefit found from the use of behavioural techniques as improvement seen in children with attention deficit and hyperactivity disorder (ADHD).

Methodology: 20 students from a schools for learning disability participated in this study. These students were diagnosed with dyslexia and comorbid condition ADHD. The sample was 70% male and 30% female and age ranged between 9 and 11 years (M=10years).

Results and Conclusion: It was found that behavioural management technique Token Economy was effective in reducing the behavioural problems and also significant difference was observed in reading comprehension. This study throws light on evaluating the individual needs of the students when deciding whether behavioural techniques must be used in the classroom.

Keywords: *dyslexia, behavior problems, reading comprehension, token economy*

A PRELIMINARY STUDY ON ASSESSING THE RESILIENCE AND COPING IN MOTHERS RAISING CHILDREN WITH INTELLECTUAL DISABILITY

Ms. Sweta Tirkey (Presenter), Dr.Geetika Tankha, Dr. JB Khattri, Dr. Anil Subedi, Dr. Pugazhandhi Bakthavatchalam

ABSTRACT

Background: Parenting is a demanding job which gets more so if the child is having intellectual disability. Since mothers are more involved with the caregiving, rearing, and education of children with special needs, they experience a lot of complex issues and difficulties. Coping with a disabled child is a highly individual process. Many factors influence the way they perceive adverse situations, the way they cope and in how external factors influence resilience, which in turn, may differentially affect the upbringing of the child.

Aim: Firstly, to study resilience and coping in mothers raising children with intellectual disability. Secondly, to assess the relationship of resilience and coping among these mothers.

Methods: After explaining the study and taking informed consent, a sample of 50 biological mothers raising children in the age group of 2 – 15 years, with intellectual disabilities have been taken by convenient sampling. The socio- demographic details of the mothers were taken. Connor- Davidson Resilience Scale (CD- RISC 25), Coping Health Inventory for Parents (CHIP) and Pediatric Inventory for Parents (PIP) were administered.

Results: Descriptive statistics and relevant tests have been applied. Details of the analysis and interpretations will be discussed during the final presentation.

Conclusion: Conclusions derived from the study and further implications will be explained later.

Keywords: Intellectual disability, mother, resilience, coping

FEASABILITY OF DELIVERING PSYCHOEDUCATION PROGRAM TO ADLESCENT WITH INTELLECTUAL DISABILITY

Kanika Khandelwal, Aarzoo Gupta & Shivangi Mehta

ABSTRACT

Background: Persons with BIF faces difficulties in the academic, professional, and professional domains of life; and has been ignored by the academician and policymakers. Emotion dysregulation and BIF are closely associated and often lead to interpersonal conflict, dysfunction in social and occupational domains. That increases their venerability towards mental illness and reduces the QoL. And to deliver an effective intervention to improve the QoL, it is necessary to understand how emotion dysregulation, communication competence, and executive function are associated with QoL. There are a few studies in the Indian context were found, hence this research had planned to advance the understanding of how these variables affecting the QoL of persons with BIF in the Indian context.

Methods: The sample consists of 80 participants, 40 (20 males and 20 females) with BIF having IQ between 70-85 and 40 (20 males and 20 females) with IQ between 90-115. The age of both groups was between 18-45 years, with a minimum of 8 years of formal education included in this study. Participants with any psychiatric morbidity (as per MINI 7.0.2), neurological or medical condition, or seeking any form of evidence-based psychotherapy in the last six months were excluded.

Results: QoL is significantly associated with emotion dysregulation, interpersonal communication competence, and IQ. Executive function, emotion dysregulation, interpersonal communication competence, and QoL in persons with BIF have significantly poor compared to persons with average IQ. Emotion dysregulation and interpersonal communication competence are strong predictors of QoL in persons with BIF that explained 44.7% of the outcome variance.

Conclusion: Persons with BIF have significant difficulties in the personal, social and occupational domain of life and have poor QoL compared to persons with average IQ.

Keywords: Borderline Intellectual Functioning (BIF), Executive Functions, Emotion Dysregulation, Interpersonal communication. Quality of Life (QoL)

Paper Presentation

Session–19 **Day – 3 (30th May)**

Hall– 4 **Time: 1:30 –2:30pm**

- *Role of Trait Emotional Intelligence on Stress Among Adolescents*
  Jasmine Arora & V. Vineeth Kumar

- *A comparative study on Parenting Style and Parental Attachments in children with Internalizing and Externalizing behavioural problems*
  Avani Vasani & Dr Biswajit Dey

- *The Role of Health Anxiety, Intolerance of Uncertainty and Personality on Cyberchondria in Young Adults.*
  Ashima Mahajan, Dr. Sebastian Padickaparambil, Dr. Samir Praharaj, & Dr. Immanuel Thomas

- *Parenting Styles in Relation to Emotional Intelligence and Social Anxiety of Young Adults*
  Nazneen Sameer & Divya Dovina T

- *ERP in time of COVID*
  Shyamoli Chatterjee & Nitha Thomas

- *The Relationship Between Perfectionism, Imposter Phenomenon, and Burnout in Postgraduate Dental Students in India*
  Sneha Deolankar & Sayali Rasalkar

ROLE OF TRAIT EMOTIONAL INTELLIGENCE ON STRESS AMONG ADOLESCENTS

Jasmine Arora[1] and V. Vineeth Kumar[2]

[1] Ph.D. Scholar, Manipal University Jaipur and [2] Associate Professor, Manipal University Jaipur

ABSTRACT

Background: Over the past year, India is seeing its share of rising COVID - 19 cases and lockdowns. The need to talk about adolescents' mental health during this pandemic has increased manifolds. In this context, emotional intelligence can be an enabling factor to deal with the stressors of adolescent life.

Aim: To assess the role of Trait Emotional Intelligence on stress contributing factors like home and school challenges, interpersonal relationship problems, future uncertainty, emerging adult responsibility, and financial pressure among school-going adolescents.

Method: Measures on Trait emotional intelligence and stress were administered to 105 adolescent school students in the age range of 14 to 17 years using google forms. Correlational and regression analyses were performed on the collected data from the sample to draw results.

Results: The findings indicate a significant relationship between trait emotional intelligence and adolescent stress. The negative implementation of these stress factors alters the emotional, psychological, and behavioral domains in an adolescent.

Conclusion: The study will assist professionals in planning and focusing on interventions that will assist children to improve their emotional competence and help them function effectively in emotionally burdened situations

Keywords: Emotional intelligence, TEI, Stress, Adolescence

A COMPARATIVE STUDY ON PARENTING STYLE AND PARENTAL ATTACHMENTS IN CHILDREN WITH INTERNALIZING AND EXTERNALIZING BEHAVIOURAL PROBLEMS

Dr.Biswajit Dey and Ms. Avani Vasani

ABSTRACT

Aim: The present study aims to compare different Parenting Style and Parental Attachment in children with Internalizing and Externalizing behavioural problems.

Method: A sample of 76 participants was taken from different schools of Jamshedpur, Jharkhand, ranging in the age-group of 6-14 years. Socio demographic details were taken from referred children and inform consent was provided to the parent's .Seguin Form test was used to rule out any abnormality, Children Behaviour Check List was used for diagnostic purpose. Alabama Parenting Questionnaire was used to assess different parenting style. Inventory of Parent and Peer Attachment was administered to assess child- parental attachment pattern.

Results: Descriptive statistics was done to describe socio demographic data. Shapiro Wilk test was utilized to understand the normalcy of the data and to further select the analysis. Student's U test and Spearman Correlation were done to analyse the raw data. It was found that though there was no significant difference between both the groups on Parenting Style however it was establish that there were substantial maladaptive parenting styles employed by the parents of both groups. In parental attachment, there was a significant difference between both the groups in the domain of Trust on Mother**.**

Conclusion: The present study indicates several maladaptive parenting styles such as poor monitoring and inconsistent discipline have been associated with behavioural problems. Regarding attachment patterns lack of trust on parents and poor communication with father have been found to be maladaptive**.**

Keywords: *Internalizing Behavioural Problem, Externalizing Behavioural Problems, Parenting Style, Parental Attachment*

THE ROLE OF HEALTH ANXIETY, INTOLERANCE OF UNCERTAINTY AND PERSONALITY ON CYBERCHONDRIA IN YOUNG ADULTS

Ashima Mahajan, Dr. Sebastian Padickaparambil, Dr. Samir K. Praharaj and Dr. Immanuel Thomas

ABSTRACT

Background: Repeated search for health-related information online that increases anxiety is called cyberchondria. Health anxiety and cyberchondria are intrinsically related to diagnostic and trait-like constructs but it is suggested that cyberchondria is a distinct construct. The research related to cyberchondria and its factors is still in nascent stage.

Aim: To examine the relationship between health anxiety (HA), intolerance of uncertainty (IU), personality, & cyberchondria.

Method: In this time bound cross-sectional study 377 students aged between 18-25 years of age from a private university in South India were recruited through purposive sampling. Data was collected using a socio demographic data schedule, Cyberchondria Severity Scale-12, Intolerance of Uncertainty Scale-12, Short Health Anxiety Inventory and Big Five Inventory-10.

Results: A moderate positive correlation exists between HA and cyberchondria, IU and cyberchondria, and HA and IU. Path analysis indicated that the relationship between HA and cyberchondria was mediated by IU.

Conclusion: The results suggest the potential importance of both HA and IU in development of cyberchondria. Psychologists may benefit from observing an individual's IU to better understand the factors that lead to development of cyberchondria specially when faced with uncertainties in one's diagnosis. Future research is needed in clinical population, as cyberchondria is presumed to increase dispensable medical consultations following online searches for health-related information.

Keywords: Cyberchondria, Health Anxiety, Intolerance of uncertainty, Path Analysis

RELATIONSHIP AMONG PARENTING STYLES, EMOTIONAL INTELLIGENCE AND SOCIAL ANXIETY

Sneha Deolankar & Sayali Rasalkar

ABSTRACT

Parenting or child rearing is the process of promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood. The base of one's childhood is built upon one's parents or caregivers, who help form worldviews, shape a child's attitude towards personal achievement, teach how to approach difficulties in life and satisfy both their physical and psychological needs. Those who grow up with parents who don't tend to their child's needs are more likely to face more challenges in their adult lives. This present study explores the relationship between parenting styles, emotional intelligence and social anxiety in the youth. The Parental Authority Questionnaire developed by Buri (1991), the Wong and Law Emotional Intelligence Scale (2002) and Leibowitz Social Anxiety Scale (1987) were the instruments used for the study. The sample consisted of 116 youths between the ages of 16 and 30. Convenience sampling was used for data collection. Spearman's rank correlation was the statistical measure used to analyse the data. The results showed that there was a significant positive relationship established between authoritative style of parenting and emotional intelligence. It was also seen that both authoritative and permissive styles of parenting were negatively correlated to social anxiety while authoritarian style of parenting was positively correlated to social anxiety.

Keywords: Parenting Styles, Emotional Intelligence, Social Anxiety

ERP IN THE TIME OF COVID

Shyamoli Chatterjee & Nitha Thomas

ABSTRACT

This paper is to initiate a discussion on tackling OCD in an online format during the time of the COVID- 19 pandemic. ERP is a prominent evidence backed therapy that is proved effective in the treatment for OCD. This paper will explore how to incorporate the methods used in ERP to systematically improve symptoms and alleviate symptom intensity in OCD. With this paper we will explore a case study of a 23 year old female with OCD for 8 years, presenting with complaints of wearing a sanitary napkin everyday since then, precipitated by her first incident of urinary tract infection. Due to which, restriction in type of attire worn, amount of water intake, restrictions in going out for unplanned occasions and avoidance of behaviours related to others consuming water was seen. In this paper, innovative techniques introduced, imagery exposure scripts, gradual exposures done, all through an online format will be discussed. Score on OBQ- 44 at the time of intake was 178. We will explore the challenges in developing and implementing this mode of therapy, and provide an example for its value, which ultimately results in a better clinical practise.

THE RELATIONSHIP BETWEEN PERFECTIONISM, IMPOSTER PHENOMENON AND BURNOUT IN DENTAL POST-GRADUATION STUDENTS FROM INDIA

Sneha Deolankar[1*], Sayali Rasalkar[1*] and Jacob K. John[2*]

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[2]Assistant Professor, Amity Institute of Behavioural and Allied Sciences, Amity University, Mumbai, India

ABSTRACT

Background: Previous research has shown that dental students are faced with psychological distress due to academic pressure, difficult medical procedures, coping with patient needs and occupational stress. In the Indian context, very few researches have been conducted on the relationship between perfectionism, imposter phenomenon and burnout in dental students, and the negative consequences that they face due to the presence of these variables.

Aim and Objectives: The aim of the present study is to observe the relationship between perfectionism and Imposter phenomenon and between Imposter Phenomenon and burnout in students pursuing their Masters in Dental Surgery. The study wants to observe whether high levels of Perfectionism result in high levels of Imposter Phenomenon and high levels of Imposter Phenomenon results in high levels of Burnout in post graduate dental students; as well as to compare the levels of each variable between the years of MDS.

Method: The study will be conducted on 30 Masters in Dental Surgery students from India. The tools that will be used in the study are Frost's Multidimensional Perfectionism Scale (FMPS), Work Version Burnout Assessment Tool (BAT) and Clance's Imposter Phenomenon Scale (CIPS) which will be administered through google forms.

Results: To find the relationship between perfectionism and imposter phenomenon, and imposter phenomenon and burnout, Pearson's product moment correlation will be utilised. To compare the three academic years through analysis of variance (ANOVA). The results will be discussed further upon the completion of the present study.

Keywords: Perfectionism, Imposter Phenomenon, Burnout, Dental Students, and Psychological Distress

Paper Presentation

Session–20 **Day – 3 (30thMay)**

Hall– 2 **Time: 2:30 –3:30pm**

- ***Models of Assessment in End-Of-Life Care: A Qualitative Study***
  Suantak Demkhosei Vaiphei

- ***Psychotherapeutic components in faith healing: A Qualitative Analysis of Psychiatric cases***
  Gayathri Menon & Dr Thiyam Kiran Singh

- ***Comparative Study of Cognitive Behaviour Therapy and Mindfulness Therapy for Psychological Problems of Students with Premenstrual Syndrome***
  Pangajam P. & Veeramani T.

- ***Study of Meta Cognitive Beliefs, Positive and Negative Symptoms, and Insight of Illness in Individuals with Schizophrenia***
  Nidhi Singh, Dr. Dweep Chand Singh & Deepika Srivastav

- ***Impact of stress, anxiety, and psychological well-being on procrastination: a correlational study***
  Simran Khurmi & AnkitaAgarwal

- ***Emotional Maturity, Interpersonal Exploitation and Frustration tolerance in Medical and TechnicalStudents***
  Vishalkumar Pashabhai Parmar*, Dr. M.D. Chavda

MODELS OF ASSESSMENT IN END-OF-LIFE CARE: A QUALITATIVE STUDY

Dr. Suantak Demkhosei Vaiphei (Asst. Professor in Department of Psychology, Christ Deemed to be University, Bangalore, India)

ABSTRACT

The end-of-life experience is a crucial stage as it is accompanied by several unwanted emotional sufferings and mental disharmony. It demands a multidisciplinary assessments to explore and meet the emerging needs of the individual. The EoL assessment is a person-centered care approach that addresses the individual psychological, spiritual, social, cultural, and physical needs. Irrespective of the individual ages or setting, the primary aim of this holistic assessment is to deliver quality of life to every patients dealing with life limiting illness. The assessment in end of life care is a holistic approaches that aims to provides an opportunity to explore the individual needs, and identify what action should be taken to meet the needs of the terminally ill patients.

Background: The samples were collected from the terminally ill patients, family, and clinicians from the Southern, Northern, Central, and the North Eastern parts of the Indian sub-continent respectively. There was no academic or educational criteria requirement in the sample collections, however, the minimum age limit was set, and in which children below 10 years were excluded from the data collections.
Aim: The aim of the present study is to examine on how the biopsychosocial-spiritual psychotherapeutic interventions in palliative end-of-life care can produce quality of life and positive health outcomes.

Method: The current research is a qualitative approach towards 240 samples. The samples consist of 120 terminal patients and another 120 where the family and the clinicians. The Purposive and Random Sampling Method is used with the Research Design of 2 x 2 Factorial Designs.

Results: It is visible that there is a significant positive correlation between Interpersonal Psychotherapeutic and Spiritual Health with regards to Self. The results suggested a significant positive correlation between Dispositional Psychotherapeutic Interventions (Others, Situations, and Total Quality of Life) and Spiritual Wellbeing with regards to Self and Others. Psychotherapeutic Intervention to Self was found significantly positively related with Spiritual Wellbeing in respect to Others. The current findings suggested that the psychological approach to terminal care strengthens the dying individual through self-reflective person-center life review to create a quality time of reconciliations to self, others and situations for quality end of life. Even the clinicians and the families acknowledge the importance of psychotherapeutic interventions in terminal ill diagnosis for quality of life and wellbeing of the whole.

Conclusion: The interpersonal psychotherapeutic is the approaches that acknowledge the existential nature of distressing symptoms and examining the hopelessness nature of the terminal patients to delivers the alternative care in terminal diagnosis. It restores the patient sense of meaning and dignity that gives a peaceful death to the dying individual in the clinical practices. Moreover, Dispositional psychotherapeutic is an effective coping mechanism against terminal illness of any stages; helping the clinician and a patient to avoid the wrong perceptions to cure in the clinical practices and deliver healing as an alternative to cure. The psychotherapeutic interventions in terminal diagnosis helps the patient in controlling the physical symptoms, gives patient's supportive presence to overcomes isolation and effective mechanism that helps the patient in recognizing his/her own value of life with meaning and purpose in his/her terminal ill experience's.

PSYCHOTHERAPEUTIC COMPONENTS IN FAITH HEALING : A QUALITATIVE ANALYSIS OF PSYCHIATRIC CASES

Gayathri Menon, Clinical Psychologist, Mindful Rejuvenation, Angamaly, Karukutty, Kerala
Thiyam Kiran Singh,Associate Professor , Department of Clinical Psychology , Mizoram University,Aizawl, Mizoram

ABSTRACT

When the contextual management of a psychiatric condition is considered, the role of faith healing is crucial. The practice that cure different physical and psychological conditions, through the strategy of prayer and rituals is faith healing. The role of faith healing cannot be excluded globally as well in the Indian scenario. When modern medicine replaced the religious explanations to health and illness by the scientific virtue of experimentation, faith healing was somehow pushed away from the mainstream treatment. Faith healing was excluded along with other indigenous healing traditions, with lesser importance as psychiatry came into the limelight. The different types of faith healing traditions and lack of research indeed questioned its authenticity. There is a lacuna of empirical and theoretical explanation of faith healing tradition. The research till date had been head counting in nature or focused more on the Socio- demographic variables of faith healing tradition.

Keywords: faith healing , psychotherapy, Mehendipur balaji , chottanikkara healing, clinical accomodation.

COMPARATIVE STUDY OF COGNITIVE BEHAVIOUR THERAPY AND MINDFULNESS THERAPY FOR PSYCHOLOGICAL PROBLEMS OF STUDENTS WITH PREMENSTRUAL SYNDROME

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T. Veeramani, Associate professor, Department of Psychology, Government Arts College autonomous, Coimbatore, India.

ABSTRACT

Premenstrual syndrome (PMS) affects up to 75% of women with at least experiencing one physical, emotional and behavioral change related to menstrual cycle along with impairment in work and social relationships. Cognitive behavior therapy (CBT) found to be effective in improving the psychological symptoms of PMS. The mindfulness therapy (MT) is also found to be reducing symptoms of PMS. The present study aimed to compare the effectiveness of psychological intervention of CBT and MT to reduce premenstrual symptoms, improving role acceptance and psychological wellbeing of the participants. The study was done among college students in SRM institute of Science and Technology, Tamil Nadu. The sample was chosen based on random sampling, consisted of 45 students with PMS, and allocated to the treatment groups of CBT & MT, and control group equally. The informed consent were taken for the psychological intervention. After that Premenstrual Symptom Screening Tool, Role Acceptance Scale and Psychological Wellbeing Scale were administered. The intervention of CBT, and MT was given for 3 months. Data was analyzed with Nonparametric test of Friedman test and Kruskal wallis Test to see the efficacy of intervention of 2 experimental group with control group. Results showed that CBT and MT is equally effective in reducing psychological symptoms of PMS and improving role acceptance and psychological wellbeing. However it was found that Mindfulness Therapy was more effective in improving role acceptance than Cognitive Behavior Therapy. In the context of Psychological wellbeing of personal growth and self-acceptance was more effective in CBT than MT.

STUDY OF META COGNITIVE BELIEFS, POSTIVE AND NEGATIVE SYMPTOMS, AND INSIGHT OF ILLNESS IN INDIVIDUALS WITH SCHIZOPHRENIA

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***Ms. Deepika Srivastav, Assistant Professor-I, AIBHAS, Amity University Uttar Pradesh, NOIDA, India

ABSTRACT

Background: The Self-Regulatory Executive Function model suggests that metacognitive beliefs about mental experiences are associated with vulnerability to a psychological disorder (Wells & Matthews, 1994). Consistent with this model, there is evidence that these beliefs are involved in the development and maintenance and a common set of unhelpful metacognitive beliefs have a central role in predisposition to psychological disorder and the maintenance of symptoms (Wells, 2007).

Aim: This research aims to evaluate the relationship of five unhelpful metacognitive beliefs, i.e., (positive beliefs about worry, negative beliefs about uncontrollability and danger of worry, cognitive confidence, need for control, cognitive self-consciousness) with positive symptoms, negative symptoms, and insight of illness in individuals with schizophrenia.

Method: A cross-sectional and correlational research design has been used in the study. A purposive sample of 60 male and female individuals in the age range of 25-55 years, diagnosed with schizophrenia according to ICD-10 would be taken from a psychiatric hospital in Delhi. Tools selected to measure these variables are Metacognitions Questionnaire-30 (MCQ-30), Positive and Negative Syndrome Scale (PANSS) and VAGUS-CR & VAGUS-SR Insight Scale in addition to Informed Consent Form and Personal Information Inventory.

Results: Currently Data collection is in progress and the results shall be discussed during the research paper presentation.

Keywords: Metacognitive Beliefs; Positive Symptoms; Negative Symptoms; Schizophrenia; Insight of illness.

IMPACT OF STRESS, ANXIETY, AND PSYCHOLOGICAL WELL BEING ON PROCRASTINATION: A CORRELATIONAL STUDY

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Ankita Agarwal, Assistant Professor, Department of Psychology, Manipal University Jaipur

ABSTRACT

Background: Procrastination is an important factor associated with the psychological well being of an individual. It is a major force that acts as hindrance to completion of a task. Anxiety, stress and psychological well being are significant indicators of mental health of individuals.

Aim: The present study aims at examining the impact of stress, anxiety, and psychological well being on procrastination tendencies among the adult Indian population.

Methods: For this purpose, correlational research design was used on a sample of 224 participants (18-35yrs) to establish a link between stress, anxiety, psychological well being, and procrastination. The instruments used for data collection were a demographic data sheet, Depression Anxiety Stress Scale-21(DASS-21), Psychological Well-Being (PWB) Scale (18 items), and Pure Procrastination Scale (PPS). The confidentiality of the responses of participants was ensured. The analysis of the obtained data was done using descriptive statistics, correlation, regression and t-test.

Results: The results revealed that procrastination was significantly positively associated with anxiety and stress, and significantly negatively associated with psychological well being. It was also seen that psychological well being was a significant negative predictor of procrastination.

Conclusion: Henceforth, it is suggested that difficulty in completing the tasks on time is an indicator of declined mental health and decreased life satisfaction in an individual.

Keywords: stress, anxiety, psychological well being, procrastination

EMOTIONAL MATURITY, INTERPERSONAL EXPLOITATION AND FRUSTRATION TOLERANCE IN MEDICAL AND TECHNICAL STUDENTS

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ABSTRACT

Background & aim-Education system contributes in development of children. Transition and moulding of a child to an adult is a process that involves many factors and Education is one of the most basic and important aspect of it. This study was focused on Emotional Maturity, Interpersonal Exploitation and Frustration tolerance in Medical and Technical students with respect of their socio-economic status. This study helped us in understanding psychological correlates of the problems what students face in different types of education system based on their gender and socio economic status.

Methodology- In this research 300 students were selected from medical and technical education background from Gujarat state through random sampling method. Emotional Maturity Scale by R.R. Tripathi, Interpersonal Exploitation Scale by Sanjyot Pethe, S. Chaudhari and Upinder Dhar and Frustration tolerance Scale (FRTO) by S.N Rai were used for this study. For analysis, descriptive statistics; t test and correlation were applied.

Results will be discussed in the detailed presentation.

Keywords: Emotional Maturity, Interpersonal Exploitation, Frustration Tolerance, Medical, Technical, Students

Paper Presentation

Session–21 **Day – 3 (30thMay)**

Hall– 3 **Time: 2:30 –3:30pm**

- ***Relationship Between Parental Bonding, Locus ff Control and Self-Defeating Beliefs Among Depressed and Healthy Individuals***
  Sneha Gulati, Dr. B.P Mishra, Palak Upadhyay &Vaishnavi Dang

- ***Family Dynamic and Anxiety: A Case Study***
  Deekshaa Athwani

- ***Analysis of Communication Pattern between the couple and its influence on the relationship satisfaction and general life satisfaction***
  Abhishek Agarwal & Akash Kumar Mahato

- ***Greed: A look at Cultural, Developmental and Clinical realms***
  Sneha Thiagarajan & Dr. Sebastian Padickamparambil

- ***Power dynamics in Conjugal relationships: A scale construction***
  Bidisha Bhattacharyya & Dr Atanu Kumar Dogra

- ***Relationship between Risk-taking behaviour, Substance use and Suicidal ideation in Young Adults***
  Shruti Mohan & Dr Cathlyn Niranjana Bennett

PARENTAL BOND, LOCUS OF CONTROL AND SELF-DEFEATING BELIEFS AMONG DEPRESSED AND HEALTHY INDIVIDUALS

Sneha Gulati[1], Vaishnavi Dang[2], Dr Bholeshwar Prasad Mishra[3], Ms. Palak Upadhyay[4]
Department of Clinical Psychology Dayanand Medical College and Hospital Ludhiana
Presenting author: Sneha Gulati

ABSTRACT

Parental bonding refers to the emotional and physical attachment occurring between a parent and offspring that usually begins at birth and is the basis for further emotional affiliation. This bond has a potential impact that can be beneficial or detrimental to the development and quality of his or her life (Childers, 2010). Locus of control refers to individual's generalised expectancy or belief as to whether events in their lives are controlled by their behaviour and abilities (internal locus of control) or by external forces such as powerful others, chance, fate or luck (external locus of control). Self-defeating beliefs are cognitions that are highly similar to negative automatic thoughts and thereby are predictive of negative future mental health outcomes. The present study was conducted to compare and establish a relationship between parental bond, locus of control and self-defeating beliefs among depressed and healthy controls. The study was conducted on sample of 60 collected from IPD and OPD of Dayanand Medical College and Hospital, Ludhiana (30 depressed and 30 healthy controls) who were assessed on Rotter's Locus of Control Scale, Parental Bond Instrument by by Gordon Parker, and Burn's Self-Defeating Beliefs Questionnaire. The results of the study showed that self-defeating beliefs, external locus of control and parental overprotection are significantly associated with depression. Significant correlations amongst the three variables were also found. To conclude, there exists significant difference among depressed group and healthy control group in terms of parental bond, locus of control and self-defeating beliefs.

Keywords: Depression, Locus of Control, Parental Bond and Self-Defeating Beliefs

FAMILY DYNAMICS AND ANXIETY: A CASE STUDY

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Consultant Clinical Psychologist

ABSTRACT

Background: Family relationships and dynamics can affect the way chronic anxiety may decrease or alleviate in an individual. Bowen's family system's theory explains anxiety in families in a different light. The therapy intervention of chronic anxiety differs by the understanding when intervention is required to treat the family system or the individual with symptoms of anxiety. Anxiety acts as a chain reaction and affects all family members. Unless the anxiety in the family system is decreased the symptoms may move to another part of the system.

Aim: The aim of this case study is to understand the functioning and family dynamics of Pt. X, 25 year old male diagnosed with anxiety disorder. The sessions included family and individual therapy as the mother and elder brother were also diagnosed with symptoms of anxiety and panic attacks. This case provides the knowledge; diagnosis and treatment modalities used to motivate family member to identify and understand what self is contributing to anxious system.

Methods: Detailed clinical interview of each member was followed by assessments to check for severity of symptoms. 2 months of regular therapy sessions were conducted with regular feedbacks.

Conclusion: The treatment strategy for the present case includes Cognitive Behaviour therapy, supportive psychotherapy and family therapy interventions.

Keywords: Dysfunctional Family Dynamics, Anxiety Disorder, Cognitive Behaviour Interventions, Family Therapy

ANALYSIS OF COMMUNICATION PATTERN BETWEEN THE COUPLE AND ITS INFLUENCE ON THE RELATIONSHIP SATISFACTION AND GENERAL LIFE SATISFACTION

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ABSTRACT

It is has been observed that the communication pattern between the couple plays a significant role in the maintenance and the progression of a marital relationship. This has become more significant at present when the contact between the two partners has relatively increased. In this light, it is relevant to explore the domain and dimension wise communication pattern between the couple. The study is directed at understanding the influence of actor-perceiver discrepancy and its effects on the satisfaction with the relationship of both partners. Along with this, it is also relevant to study the relationship satisfaction and general life satisfaction of the individuals in this context. In this background present study aims to explore the impact of communication pattern on marital satisfaction and general life satisfaction for both partners. The study is conducted on a sample of thirty married couples and measures on communication pattern, relationship satisfaction and general life satisfaction is taken. Appropriate statistics are implemented to analyse the obtained data. The results discuss that there may be differences in the perceived and actor-intended communication. The results also discuss that the discrepancy can be a function of report and command function in the dyadic transaction. The results observed that the communication pattern predicts relationship satisfaction for both partners in the couple. The discussion builds on the implementation of study findings with relation to existing literature.

Keywords: *Communication Pattern, Relationship Satisfaction, Marital Relationship, Dyadic Communication.*

GREED: A LOOK AT CULTURAL, DEVELOPMENTAL AND CLINICAL REALMS

Ms. Sneha Thiagarajan
Dr. Sebastian Padickamparambil

ABSTRACT

Greed is defined as 'a selfish and excessive desire for more of something than is needed' (Mish, 1998). Folklores and Aesop's tales like 'Midas the king' feature the concept of greed and its effect on individuals. While Greed is often seen under a negative light, currently with regard to economics, entrepreneurship and overall growth of organizations there exists a trend to promote Greed among employees in view of increasing productivity.

In a cultural context according to the Western ideologies, Greed is viewed as a sin while the Eastern philosophies consider Greed as an obstacle to salvation. In a developmental context, Greed largely has psychoanalytic explanations with contributions from psychoanalysts like Melanie Klein (1952), Abraham (1924), Winnicot (1968) and others, who consider Greed to largely stem from deprivation in childhood. While viewing Greed as a pathology in itself is debatable, in a clinical context understanding the role of Greed as a part of various psychopathologies might serve as means to obtain better therapeutic outcomes.

As the knowledge regarding the patient's greed and the analyst's greed and its manifestations might spring new insights in a psychotherapeutic setting, it is important to explore the same. Therefore, this poster is a review of existing literature to cast light upon the cultural, developmental and clinical aspects of greed.

Keywords: *Greed, psychopathology, psychotherapy*

POWER DYNAMICS IN CONJUGAL RELATIONSHIP – A SCALE CONSTRUCTION

Bidisha Bhattacharyya and Dr. Atanu Kumar Dogra

ABSTRACT

Background- Marital satisfaction is the blissful and satisfactory element in marriage that makes a strong bondage in between partners. Power and its accessibility are one of the most important issues in relationship. Egalitarianism in relation makes a balanced power dynamic in marital relationship.

Aims- Present study intends to construct a scale to measure 'power dynamics in conjugal relationship' among Bengali early middle-aged adult married couple. Here power dynamic is conceptual as a ratio between providing and receiving domination in interpersonal relationship as experienced by the person.

Method- 27 items were formulated and edited with Edward's criteria and were judged by 10 judges and selected for final tool. The accepted items were rated by 10 judges on a 5-point rating scale and 25 items were selected. Power dynamic in conjugal relationship along with marital satisfaction scale were administered on 160 participants (80 marital couples with age range: 35-45 years and staying together).

Results- Mean, S.D., item total correlation, Cronbach alpha were used for assessing psychometric properties of the test and satisfactory internal consistency was obtained for the scale. Two-way ANOVA was computed to find out whether marital satisfaction varies with sex and power dynamics.

Conclusion- The study revealed the role of domination in marital satisfaction. It is observed that marital satisfaction level is high for both the group of male and female participants who experience and provide lower amount of domination. The study also revealed that sex has no significant effect on marital satisfaction but relationship power dynamics has an impact on marital satisfaction

Keywords– Conjugal Relationship, power dynamics, marital satisfaction, scale construction

RELATIONSHIP BETWEEN RISK-TAKING BEHAVIOR, SUBSTANCE USE AND SUICIDAL IDEATION IN YOUNG ADULTS

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ABSTRACT

Young adults are more prone to risk taking behaviors than older groups. This is corroborated by the development of the human brain with the development of the human brain, particularly the frontal lobe responsible for planning and other impulse control until the age of 25. One prominent risk-taking behavior seen among young adults is using substances and getting addicted to it. Research also indicates that substance use disorders are associated with suicidal ideation, although the nature of the relationship remains unclear.

The present study aims to determine correlation between risk-taking behavior, substance use, and suicidal ideation in young adults. The variables were measured using four questionnaires. Hayes mediation model was used which indicated that there is complete mediation between the three variables with alcohol users and a partial mediation with substance users. These results implicate the need to screen high risk takers and substance users and to provide intervention specific to suicidal ideation

Keywords: Risk-taking, Substance use, Suicidal ideation, Young adults

Paper Presentation

Session–22 **Day – 3 (30thMay)**

Hall– 4 **Time: 2:30 –3:30pm**

- ***Role of Disease severity, duration of illness, Social support and coping as bio-psycho-social predictors of SWB in psoriasis***
  Dr. Rachna Devi & Dr. Chandra Shekhar

- ***To Study the Levels of Psychological Wellbeing and Menstrual Distress Among Women with And Without Hypothyroid***
  Vinutha C.V. & Manish S

- ***Social Support, Loneliness and Perceived Stress in Geriatric Patients of Depression***
  Thiyam Kiran Singh & Satvinder Singh Saini

- ***The Relationship Between Cognitive Insight with Global Assessment of Functioning and Quality of Life in Individuals with Schizophrenia***
  Palkee Baruah, Ms. Rashmi Pandey & Dr. Arun Kumar

- ***Efficacy of Emotion-focused therapy for depressive disorders: a follow-up study***
  Mandeep & Prof Promila Batra

- ***Health anxiety and Psychological Well-being among middle aged adults: Assessing mediating role of social support and meaning in life***
  Akansha Gautam

ROLE OF DISEASE SEVERITY, DURATION OF ILLNESS, SOCIAL SUPPORT AND COPING AS BIO-PSYCHO-SOCIAL PREDICTORS OF SWB IN PSORIASIS

[1.] Dr. Rachna Devi, Assistant Professor, GDC Kathua, J&K

[2.] Co-Author: Dr. Chandra Shekhar, Senior Assistant Professor, Department of Psychology, Jammu University, J&K

ABSTRACT

Background: Psoriasis is common, chronic, disfiguring, inflammatory and proliferative condition of the skin, in which both genetic and environmental influences have a critical role. Studies from India have also addressed the adverse effects of Psoriasis on the psychological and social aspects of life mainly because of its visibility (Gaikwad et al., 2006; Rakhesh, D'Souza & Sahai, 2008; Matto et al., 2001). When the skin is markedly affected by a primary dermatologic condition, psychological sequelae often follow, greatly impacting the patient's self-esteem, confidence, and overall quality of life (Koenig, Garnis-Jones, Rencic, & Tausk, 2003).

Objectives: 1. To Compare the psoriatic participants to healthy controls on Perceived social support and Ways of coping. 2. To assess the importance of disease severity, duration of illness, Perceived Social Support (PSS) and ways of coping in predicting SWB 3. To examine the mediational role of PSS and ways of coping mediating between disease severity and SWB in psoriasis.

Method: The present study used a quantitative research method consisting of total 300 participants (Psoriasis=150) (healthy controls=150). Psoriasis Area and Severity index (Frederiksson, 1978), Subjective well-being scale (Taj & Nagpal), Social Support Questionnaire (Nehra & Kulhara, 1987) and Coping checklist (Rao, Subbakrishna and Prabhu, 1989) are the assessment tools.

Results: Psoriatic and healthy control participants differed on Perceived social support and ways of coping. PASI, PSS, PFC and EFC were found to be the significant predictors of SWB sacle. Mediational analysis revealed that perceived social support and emotion focused coping partially mediated the relationship between disease severity and SWB scale. Detailed findings, relevance and implications will be presented in the conference.

Keywords: Psoriasis, social support, coping, SWB.

TO STUDY THE LEVELS OF PSYCHOLOGICAL WELLBEING AND MENSTRUAL DISTRESS AMONG WOMEN WITH AND WITHOUT HYPOTHYROID

Manish S[1] & Vinutha CV[2]

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[2]Vinutha CV, Lecturer in psychology, Kateel Ashok Pai Memorial College, Shivamogga, Karnataka-577201

ABSTRACT

Psychological well-being refers to positive functioning that happens in intra and inter-individual levels. Menstrual distress caused by primary dysmenorrhea is associated with physical and psychological symptoms before, after, and during menstruation. Hypothyroidism results when the thyroid gland fails to produce enough hormones. Hypothyroidism may be due to a number of factors, including: Autoimmune disease. The most common cause of hypothyroidism is an autoimmune disorder known as Hashimoto's thyroiditis. The aim of the study is to investigate the role of psychological wellbeing and menstrual distress among women with and without hypothyroidism. The researcher visited various diagnostic centers in Shivamogga and Ujire, Karnataka to collect data from women who were diagnosed with hypothyroidism and administered the questionnaire consisting of socio- demographic data, Ryff's psychological wellbeing scale (1989) and the menstrual distress questionnaire (Rudolf, 1968). After the data was collected and filtered, it was fed onto the computer and statistical procedures were applied. It was found that there was no significant difference among women who had hypothyroid and among women who did not have, meaning they had similar patterns of psychological wellbeing. While it was observed that areas of behavior change, water retention, negative affect, control and total menstrual distress had a significant difference among women with and without hypothyroidism. It was also seen that there was a significant and negative relation between psychological wellbeing and menstrual distress among women, which revealed that as the menstrual distress increased, their psychological wellbeing decreased significantly and proportionately.

Keywords: Psychological wellbeing, Menstrual distress, Hypothyroid

SOCIAL SUPPORT, LONELINESS AND PERCEIVED STRESS IN GERIATRIC PATIENTS OF DEPRESSION

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ABSTRACT

Background: Depression is a common cause of distress among older adults that leads to physical, mental and social dysfunction and significantly decreases quality of life.

Objective: This study aimed to examine the Social Support, Loneliness and Perceived Stress in Geriatric Patients of Depression.

Methodology: It was a cross-sectional and comparative study in nature, in which 30 geriatric (Age = 60 or above) patients with Depression were compared with 30 geriatric Non-Depressive of same age group on Social Support, Loneliness and Perceived Stress.

Measures: Socio-demographic details and clinical details were recorded with the help of socio-demographic and clinical data sheets designed separately for both groups. Thereafter MMSE was administered. University of California Los Angeles Loneliness Scale, Perceived Stress Scale, Social Support Questionnaire, Geriatric Depression Scale and General Health Questionnaire (only on control group) were administered on those who fulfilled the inclusion criteria after screening by MMSE to rule out any neuro-cognitive disorders.

Results: No significant difference between two groups on various socio- demographic variables such as education, domicile and family background etc was found as they were comparable groups. It was analyzed that Depression co-related positively with Loneliness and Perceived Stress whereas Social Support is inversely correlated with Depression. Statistically significant differences were found in Social Support, Loneliness and Perceived Stress between Depressive and Non-Depressive groups.

Conclusion: Lack of Social Support, Loneliness and high level of Perceived Stress are the risk factor for Geriatric Depression.

Keywords: Social Support, Loneliness, Perceived Stress, Geriatric Patients, Depression

THE RELATIONSHIP BETWEEN COGNITIVE INSIGHT WITH GLOBAL ASSESSMENT OF FUNCTIONING AND QUALITY OF LIFE IN INDIVIDUALS WITH SCHIZOPHRENIA

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**Ms. Rashmi Pandey, Assistant Professor, AIBHAS, Amity University Uttar Pradesh, NOIDA, India
***Dr. Arun Kumar, Associate Professor, AIBHAS, Amity University Uttar Pradesh, NOIDA, India

ABSTRACT

Background: Cognitive Insight is implicated in the formation and maintenance of psychotic symptoms, and some preliminary evidence in sub-clinical sample suggests the possibility that cognitive insight may have a similarly equivocal relationship with quality of life, however, the relationship between cognitive insight, global assessment of functioning and quality of life for individuals with psychotic disorders are yet to be determined

Aim: The present study aims to examine whether a relationship exists between cognitive insight with global assessment functioning and quality of life in young adults diagnosed with schizophrenia.

Method: The research study will employ a total number of 80 stable individuals with schizophrenia according to a-priori sample size estimation. Participants will be selected through purposive sampling. Cognitive Insight will be measured using Beck Cognitive Insight Scale (BCIS), Global Assessment of Functioning will be evaluated using Global Assessment Functioning Scale and Quality of Life will be assessed using The WHOQOL-BREF. The severity of symptoms of schizophrenia will also assessed using PANSS.

Results: The findings of this study will be analysed through correlational and regression analysis and results shall be discussed during the presentation.

Conclusion: The findings of the study might indicate a significant relationship among all the variables; cognitive insight, global assessment of functioning and quality of life on individuals with schizophrenia.

Keywords*: Cognitive Insight, Global Assessment of Functioning, Quality of Life, Schizophrenia*

EFFICACY OF EMOTION FOCUSED THERAPY FOR DEPRESSIVE DISORDER: A FOLLOW UP STUDY

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**Former Professor, Department of Psychology, MDU, Rohtak.

ABSTRACT

Introduction: In 2015, 45 million of the Indian population was suffering from Depressive disorder which is known as common cold of psychiatry. Emotion-Focused Therapy (EFT) is a treatment process that enables patients to regulate their emotions enhancing their adaptive behavior and thinking patterns. Theoretically, the EFT considers disturbing emotions to be at the core of the depressive process and the individual can regain an emotional balance via emotional regulation by FET; thus, reducing the depression. So the following objective was considered for the study.

Objective: To study the effect of Emotion-Focused Therapy on the patients with moderate depression.

Methodology: A total sample of 30 patients within the age range of 20 to 45 years, taking low doses of antidepressants was selected by using ICD 10 criteria for moderate depression from different clinics of Haryana. The patients were selected for an eight-session EFT intervention. A pre and post-assessment was done using Beck depression inventory (BDI) and two follow up were also taken by the researcher on the interval of 3 and 6 months after the post-assessment of BDI was done.

Results and discussion: The pre and post-assessment scores on Beck depression inventory were analyzed by using a t-test for paired samples and EFT was found to be significantly effective in reducing the level of depression (t= 19.182, P= .000) and during follow-ups effect was maintained without antidepressants.

Conclusion: EFT may also be considered as an effective treatment for depressive disorder.

Keywords: *Emotion-Focused Therapy (EFT), Depression, Efficacy, Follow-Up.*

HEALTH ANXIETY AND PSYCHOLOGICAL WELLBEING AMONG MIDDLE AGED ADULTS: ASSESSING MEDIATING ROLE OF SOCIAL SUPPORT AND MEANING IN LIFE

Akansha Gautam

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ABSTRACT

Background: Social support and meaning in life have proven to be a protective factor against negative impact of health anxiety and psychological distress.

Aim: The current study investigates the relationship between health anxiety and psychological wellbeing. Study also examined the mediating role of perceived social support and meaning in life on the relationship of health anxiety and psychological wellbeing.

Method: The study was conducted on 172 middle aged people (Age range 45- 60 years, M = 52.75, SD = 8.42) having covid -19 Symptoms during pandemic. Data was collected by using health anxiety inventory, social support questionnaire, meaning in life scale and psychological wellbeing scale.

Results: Results were analysed through correlation, regression and mediation analysis (AMOS). Results indicated high social support and meaning in life significant positively associated with psychological wellbeing. Social support and meaning in life mediate the relationship between health anxiety and psychological wellbeing.

Conclusion: The results suggested that the improved social relationship is important for optimal physical health and psychological wellbeing.

Implications: The clinical relevance of these findings is that the perceived high social support and meaning in life will buffer negative impact in individuals and it is a dominant factor to recovery from symptoms. It should be addressed in medical settings to increase the psychological wellbeing and reduce the symptoms of health anxiety.

Keywords: social support, health anxiety, meaning in life, psychological wellbeing

POSTER ABSTRACTS

Poster Presentation
Theme: Trauma & Women

- ***Factors affecting attitude towards cancer among women***
  Narayanan Annalakshmi

- ***"I just don't want to do anything anymore": a thematic analysis of self-sabotage in Indian women***
  Muskaan Makkar

- ***Receiving social support online: an analysis of internet mediated support group for women living with polycystic ovary syndrome***
  Ashima Narula

- ***Trauma, attachment and relationship satisfaction***
  Shiromi Chaturvedi

FACTORS AFFECTING ATTITUDE TOWARDS CANCER AMONG WOMEN

Narayanan Annalakshmi* and Raju, T. Abhirami **

*Professor, P.I. RUSA 2.0 BCTRC Project,

*RUSA BCTRC Project Fellow and Ph.D. Scholar

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ABSTRACT

Acknowledgment: This paper is based on the pilot study of the RUSA 2.0 BCTRC funded project

Attitude towards cancer is critical and influence readiness to undergo cancer screening. It can also influence the efforts one would take to gather knowledge about cancer, which can also influence cancer-screening readiness. A convenient sample of 60 women in the age group 31 to 58 years participated in this pilot study. The subjects completed self-report measures of fear of cancer, attitude towards cancer, and demographic data sheet. Demographic factors like marital status, education, occupation, religion, and community did not have a significant effect on attitude towards cancer or fear of cancer. Domicile has a significant effect on fear of cancer but not in attitude towards cancer: Those from small town reported higher levels of fear compared to those from city. The findings and implications for prevention and control are discussed in the paper.

Keywords: Cancer, attitude, demographic, fear, domicile

"I JUST DON'T WANT TO DO ANYTHING ANYMORE": A THEMATIC ANALYSIS OF SELF-SABOTAGE IN INDIAN WOMEN

ABSTRACT

In a collectivist society like India, it is common to expect women to restrict themselves to follow their desires, which develops a dependency on others and unsatisfaction in their lives. Women develop tendencies to limit themselves in different ways, from achieving their ambition, desires to achieve something, resulting from self-sabotaging behaviors like sacrificing their career because she loves someone whose family does not want her to work. They tend to hold themselves back and prioritize others then themselves. Self-sabotage tendencies can be reflected by not taking care of self, procrastinating important work for them, which keeps them away from what they desire. The research paper explores the dependency syndrome and sabotaging tendency among women residing in the northern belt (Uttar Pradesh, Delhi, and Rajasthan) of India. The study's purpose was to determine the themes of self-sabotaging behaviors and their causes in women. Qualitative analysis consisting of a series of semi-structured interviews for self-sabotaging tendencies was carried out. The results of the study reveal that women show sabotaging tendencies. Sabotaging tendency is observed as women find no time to care for themselves or engage in critical thinking about themselves, which keeps them away from what they want to do. The factors associated with such behaviors come from within, family, and society's influence. It has also been found that women tend to sabotage their relationship with their partners by having conflicts and different expectations from their partners.

Keywords: Self-Sabotage, Women, Dependency, Desires

RECEIVING SOCIAL SUPPORT ONLINE: AN ANALYSIS OF INTERNET MEDIATED SUPPORT GROUP FOR WOMEN LIVING WITH POLYCYSTIC OVARY SYNDROME

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ABSTRACT

Background: The rapid growth of internet access and computer-mediated communication in recent years has created opportunities for people with psychological as well as physical health-related problems, to engage in positive communication. Social networking sites continue to attract people and provide space for sharing their beliefs, attitude, and emotions associated with their illness.

Aim: To examine the nature of socially supportive communication within an internet-mediated support network for women diagnosed with PCOS. The study explored types of social support that characterize the discussion of women who participate in PCOS online groups.

Method: A qualitative research design was trailed for the present study. Six PCOS support groups on Facebook and Instagram, consisting of a total of 50 interviewees took part in telephonic interview with the data analyzed using content analysis. The basic framework of interview intended to know the types of social support and psychological factors associated with it.

Results: The subjective experiences of participants highlighted positive influence of support groups on women's PCOS experience. Support groups were viewed as providing sense of community, unconditional acceptance, and source of information. However, few participants found it emotionally challenging.

Conclusion: Online support groups provide women with PCOS a safe place to connect with others and receive information, encouragement, and hope. Given the abundance of unmoderated peer groups on the internet, research is required to evaluate under which conditions and for whom internet support groups are effective and how their effectiveness can be maximized.

Keywords: Online Social Support, Polycystic Ovary Syndrome, Supportive Network

TRAUMA, ATTACHMENT AND RELATIONSHIP SATISFACTION

Authors: Shiromi Chaturvedi, Dr. Bhavana Arya

ABSTRACT

A range of serious adverse experiences that classify as psychological trauma, include neglect, abandonment, abuse, and witnessing abuse of a sibling or parent, or having a mentally ill parent. While many researches have been carried out in the West on studying the comprehensive picture of childhood trauma, studies in India have primarily focused on physical and sexual abuse only. Predictors of romantic attachment aren't fully understood in the face of childhood trauma and need further investigation. The current study aimed to investigate the indirect pathways underlying the relationship between childhood trauma and satisfaction in romantic relationships among young adults. The results indicated high trauma in the young adult population and subsequent insecure attachment styles and lower rates of relationship satisfaction. Existing knowledge systems will be better understood in light of new findings. The study will help Mental Health professionals identify specific variables to focus on in individual, group, and couple therapy contexts.

Poster Presentation
Theme: Telepsychotherapy

- ***Person and family centered group therapy for mothers of children with multiple disabilities: online intervention during covid-19 pandemic***
  Babita Gupta

- ***Noncompliance management through tele counselling in schizophrenia: a case series***
  Ashfaq Ahmad Dangroo

- ***But are you able to understand me: complications of addressing acute grief in tele-psychotherapy***
  Kantadorshi Parashar

- ***A study to assess the effectiveness of telephonic counselling for test anxiety***
  Abuzar Naeem Siddiqui

PERSON AND FAMILY CENTERED GROUP THERAPY FOR MOTHERS OF CHILDREN WITH MULTIPLE DISABILITIES: ONLINE INTERVENTION DURING COVID-19 PANDEMIC

Dr. Babita Gupta, Rehabilitation Psychologist
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ABSTRACT

Background: Pandemic has affected people's personal behaviour, work and social life. People became apprehensive about their livelihood and future of job profiles. In this difficult time online meeting and learning platforms came up with ray of hope. Online training and support opened new pathway to the mothers of children with severe disabilities, where they felt equipped and prepared psychologically to take care of children's physical and emotional needs.

Aim: To see the effect of person and family centered group therapy on depression and coping pattern among mothers of children with severe to profound multiple disabilities.

Methods: The sample consisted of six mothers (age range from 29 to 52 years) of children with severe to profound multiple disabilities, educated upto 10 std level, belongs to very poor socio-economic status, working in the special school as a trainer, Bangalore, India. Beck Depression Inventory and Coping Health Inventory for Parents were used. One- group pretest-posttest design was used. Person and family centred group therapy was done online in playful manner with 90 minute duration of session, once in a week for the period of four months. Descriptive and qualitative analysis were done.

Results: Post intervention results revealed that mothers of children with severe to profound multiple disabilities showed drastically reduction in the level of depression and enhanced coping pattern in terms of maintaining family integration, cooperation, an optimistic attitude, social support, self-esteem and psychological stability, and understanding the medical situation through communication with other parents and consultation with medical staff.

Conclusion: It can be said that person and family centered group therapy (online intervention) is effective for mothers of children with multiple disabilities.

Keywords: Person and family centered Group therapy**,** Mothers, Multiple Disabilities, and Online Intervention

NONCOMPLIANCE MANAGEMENT THROUGH TELE COUNSELLING IN SCHIZOPHRENIA: A CASE SERIES

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ABSTRACT

Background: Schizophrenia is sometimes considered one of the most devastating of mental illnesses because its onset is early in a patient's life and its symptoms can be destructive to the patient, the family, and friends. Medication adherence refers to the patient's successful and voluntary participation in the treatment process in order to meet clinical and target objectives.

Objectives: To study the non-compliance issues in schizophrenia patients and address the issues telephonically in COVID-19 pandemic crisis period.

Method: A mixed-methods case series design was used, individuals who had non-compliance issues were addressed telephonically. Medication adherent scale was used to monitor their non-compliance to the treatment. Adherence therapy was provided to the patient in order to improve the adherence towards the treatment. Motivational interviewing was used as an approach in addressing the adherence and psychoeducation was also a part of the therapy procedure.

Results: Five participants attended four tele counselling sessions of therapy and factors affecting adherence include psychopathology, medication-related factors, accessible social support, drug abuse comorbidity and the nature of the therapeutic partnership. Thus, compliance improves significantly as the therapist conducted sessions telephonically with patients and frequency of follow-up has increased.

Conclusions: Therefore, it is indispensable to include patients and if possible, their relatives in the tele-psychiatric counselling to enhance medication compliance in schizophrenia patients which has significant bearing on the overall treatment outcomes.

Keywords: Schizophrenia, compliance, tele counselling

"BUT ARE YOU ABLE TO UNDERSTAND ME?": COMPLICATIONS OF ADDRESSING ACUTE GRIEF IN TELE-PSYCHOTHERAPY

Kantadorshi Parashar

Clinical Psychologist, Ashadeep Mental Health Society, Guwahati

ABSTRACT

Background: Grief is not static, but a spectrum of emotional, cognitive, social and behavioural disturbances that can range from miniscule alterations to deep anguish and dysfunction. While addressing these issues in a usual psychotherapeutic setup, our non-verbal expressions form an integral and almost inseparable part of efficacious delivery of intervention. In a tele-psychotherapy mode however the same is not entirely possible, and brings along unique challenges.

Aim: To present a case highlighting challenges and complications of delivering tele-psychotherapy during a stage of acute grief.

Method: A case of 26 year-old male experiencing acute grief following death of romantic partner was taken up for tele-psychotherapy. Supportive psychotherapy was initiated in sessions of 40-45 minutes duration over a period of 6 weeks and difficulties experienced in the therapeutic relationship and delivery of intervention were noted.

Results: Over the course of sessions it was seen that in the index case missing links of appropriate non-verbal communications made establishing rapport, communicating empathetic understanding, genuineness and concern a major hurdle in the therapeutic relationship. To overcome the same, verbal communication had to be refined such that intonation, rate and volume of speech filled the gaps of non-verbal expressions. It was required that silence is only mindfully applied as it could indicate a failure to listen or network error.

Conclusion: Clinical improvement of symptomatology in the patient was slow to be seen and highlighted the importance of tactfully overcoming posed challenges.

Keywords: grief, tele-psychotherapy, challenges

A STUDY TO ASSESS THE EFFECTIVENESS OF TELEPHONIC COUNSELLING FOR TEST ANXIETY

Abuzar Naeem Siddiqui

ABSTRACT

Aim: To assess the effectiveness of Telephonic-counselling for exam anxiety among college students.

Methods: It is an intervention-based study and it qualitative in nature. The study is Pre-test- Post-test design and was conducted in 3 phases

1) In first phase a survey questionnaire was prepared and was distributed in different colleges through online mode. A total of 80 students filled the survey out of which 8 students were selected who scored high on West Side Test Anxiety Scale.

The 8 students include 4 males and 4 females. (n=8, m=4, f=4)

2) In the second phase the selected 8 students were provided with Telephonic-Counseling as an intervention for test anxiety.

3) In the final phase Westside Test Anxiety Scale was again applied on the participants post intervention to measure any changes in anxiety.

Results: The participants who were provided with Telephonic Counselling as an intervention for test anxiety scored much less on the Westside Test Anxiety Scale.

Conclusion: Telephonic Counselling is an effective measure in managing test anxiety among college going students

Poster Presentation

Theme: Substance Abuse & It's Management

- ***Relationship between Risk-taking behavior, Substance use and Suicidal ideation in Young Adults***
  Shruti Mohan

- ***A Study of Family Environment and Personality traits associated with psychiatric symptoms in Depressive and Substance Abuse Disorder clinically diagnosed patients***
  Dr. Kaukab Imam

- ***A comparative study on the type of conflicts and motivational needs of young adults with and without substance use disorder***
  Sussana Yarusha John

- ***A case study of an adolescence substance use disorder: individual and group interventions***
  Pratibha Borah

- ***Battle with Addiction during Lockdown: Multiple Case Studies***
  Anuna Bordoloi

RELATIONSHIP BETWEEN RISK-TAKING BEHAVIOR, SUBSTANCE USE AND SUICIDAL IDEATION IN YOUNG ADULTS

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ABSTRACT

Young adults are more prone to risk taking behaviors than older groups. This is corroborated by the development of the human brain with the development of the human brain, particularly the frontal lobe responsible for planning and other impulse control until the age of 25. One prominent risk-taking behavior seen among young adults is using substances and getting addicted to it. Research also indicates that substance use disorders are associated with suicidal ideation, although the nature of the relationship remains unclear.

The present study aims to determine correlation between risk-taking behavior, substance use, and suicidal ideation in young adults. The variables were measured using four questionnaires. Hayes mediation model was used which indicated that there is complete mediation between the three variables with alcohol users and a partial mediation with substance users. These results implicate the need to screen high risk takers and substance users and to provide intervention specific to suicidal ideation

Keywords: Risk-taking, Substance use, Suicidal ideation, Young adults

A STUDY OF FAMILY ENVIRONMENT AND PERSONALITY TRAITS ASSOCIATED WITH PSYCHIATRIC SYMPTOMS IN DEPRESSIVE AND SUBSTANCE ABUSE DISORDER CLINICALLY DIAGNOSED PATIENTS

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ABSTRACT

Depression and Substance Abuse Disorder though being a very serious psychological illness yet are very commonly being experienced in the present scenario. There is a significant relationship between depression/substance abuse disorder and psycho-social factors. The present study is conducted to see the association of two such factors with the psychiatric symptoms of depressive and substance abuse disorder patients.

Sample: Sample of 200 clinically diagnosed patients were taken for the present study, were n=100 depressive disorder patients and n=100 substance abuse disorder patients. The samples were taken from JNMCH,AMU, Aligarh and Shantiratn foundation, Delhi. The concerned factors in my study are Family Environment and Personality traits. Mean and Standard deviation (SD) has been calculated to see the association between the factors and psychiatric symptoms.

Tools: Tools used for the present study are Becks Depression Inventory (BDI), The Severity Dependence Scale (SDS), Family Environment Scale (FES), NEO Five Factor Inventory (NEO-FFI). The statistical analyses were done with the help of Statistical Package for Social Science-20 (SPSS-20). For analyses of data raw score was converted to standard score then mean and standard deviation were calculated.

Result: For Depression patients: The patients scored high mean on domain Neuroticism. The patients had Conflict Oriented family profile according to the patient's perception.

For Substance Abuse disorder patients: The patients scored high mean on domain Neuroticism. According to the patient's perception regarding their family environment, the family had a Conflict Oriented family.

Conclusion: After sufficient analysis and an in depth study followed by necessary interpretation of the results obtained regarding the underlying variables it can be successfully concluded that the variables (Family environment and Personality traits) and the psychiatric symptoms of depression and substance abuse disorder are interlinked/associated with each other.

Keywords: *Depression, Substance Abuse Disorder, Family Environment, Personality traits, NEO-FFI.*

A COMPARATIVE STUDY ON THE TYPES OF CONFLICTS AND MOTIVATIONAL NEEDS OF YOUNG ADULTS WITH AND WITHOUT SUBSTANCE USE DISORDER

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ABSTRACT

BACKGROUND: Substance abuse refers to excessive use of a drug in a way that is detrimental to self, society, or both. It has devastating effects on both family members and the individuals. These individuals have conflicts in different areas with self and others. They also have unaddressed motivational needs, both of the above variables have an important role to play in making a family based holistic intervention.

AIM: The present study is aimed at examining the types of conflicts and motivational needs of young adults with and without substance use disorder in Punjab.

METHOD: The study will be based on young adults of the age group 18-35 years 50 having substance use disorder visiting the deaddiction OPD and admitted in psychiatry ward, DMCH, Ludhiana and 50 healthy individuals.
To make an assessment on the set variable following scale will be used:

- Motivational questionnaire will be used for assessing the motivational needs.
- Sacks Sentence Completion test will be used for assessing the types of conflicts.

Mean, standard deviation and t test were used to determine the significant difference between both the groups.

RESULT: The current study revealed that there were higher conflicts in the patients with SUD (p=0.000) as compared to healthy individuals in areas of family, sex, self-concept and interpersonal relationships. Motivational needs for Power were higher in SUD group (p=0.000), nAch (Need for Achievement) was lower in SUD individuals as compared to healthy individuals. There was no significant difference found between the two groups for nAff (Need for Achievement).

CONCLUSION: Based on the above results it could be concluded that there are higher conflicts in the SUD individuals with higher power needs and low achievement needs.

KEYWORDS: Motivational needs, types of conflicts, substance use disorder.

A CASE STUDY OF AN ADOLESCENCE SUBSTANCE USE DISORDER: INDIVIDUAL AND GROUP INTERVENTIONS

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ABSTRACT

Background: Substance abuse has been a very common concern among the adolescence in today's time. Adolescence with substance use suffers from various personal, psychosocial, interpersonal and medical health issues. According to various literatures substance abuse is the highest reported mental illness among the adolescences and younger adults.

Aim: The aim of the case study is an attempt to assess the effectiveness of individual and group therapy in the treatment of substance use disorder among adolescence. To build the motivation level and strengthen the commitment for change.

Method: The study uses a single case design and compares pre and post intervention baseline. Semi-structured socio demographic data sheet, family assessment Performa, subjective rating of symptoms, Drug Abuse Screening Test was used, Readiness to change questionnaire were used. For the interventions individual therapies like supportive therapy, cognitive behavior therapy, motivation enhancement therapy and relapse preventions techniques were used. Social skills groups, Psychoeducational groups and cognitive behavioural group's interventions were also conducted.

Results: The outcome of the interventions was an increase level of motivation to change. There was marked improvement in the client's behavior, mood, interpersonal relationships and reduction of the symptoms severity.

Conclusion: In this study the components and strategies of individual and group therapy had played significant roles in dealing with the symptoms, reducing it and building motivation for commitment to change.

Keyword: Substance use, Adolescence, Motivation, Individual therapy, Group therapy

BATTLE WITH ADDICTION DURING LOCKDOWN: MULTIPLE CASE STUDIES

Anuna Bordoloi* and Reema Nathani

ABSTRACT

Lockdown during ongoing COVID-19 pandemic has been a useful strategy to prevent and tackle the emergency situation towards the spread of virus/infection but it also has a tremendous psychosocial impact that produces a variety of behavioural responses. The isolation and stress resulting from lockdown have led to surge in the amount of psychological distress and substance use. This paper aims to study the effects of lockdown and its associated psychosocial factors that have led to relapse in ten alcohol dependence syndrome patients. Detailed exploration of these factors as potential triggers for relapse has been done. Findings revealed multiple biopsychosocial factors such as discontinuation of medications, discontinuation of in-person AA meetings and follow ups, difficulty in accessing care, complete imbalance of daily routine, lack of meaningful occupation, social isolation, uncertainty about future, lack of personal space among others. Furthermore, it was also noted that pre-existing comorbid psychiatric conditions were also responsible for the use of unhealthy coping mechanisms such as substance use in addition to substance inducing psychiatric conditions. In conclusion, a care model supporting the needs of patients with addiction that suits the current needs of pandemic while providing adequate support is imperative.

Keywords: Lockdown, Alcohol dependence syndrome, Addiction, Covid-19, Relapse, Triggers

Poster Presentation

Theme: Positive Mental Health

- ***Positive mental health in post covid-19 cardiac patients***
  Tavleen Kaur

- ***Positive mental health and resilience; a comparative study among working and non-working women***
  Harshitha D

- ***Positive psychology interventions to improve well-being of diabetic patients: a systematic review***
  Raju, T. Abhirami

- ***Meaning in life, life satisfaction and psychological well-being among women in sex work***
  Sindhu K S

- ***Gender differences on positive psychology constructs among college students.***
  Divyanshi Garg

- ***Positive mental health and well-being with the notion of literature and film***
  Debashree Sengupta

- ***Spiritual maturity and resilience among Adolescents***
  Deepika Lobo

- ***Promoting flourishing and hope through buddha's lotus sutra***
  Divya Dhawan

- ***Spiritual transcendence as a mediator between awe and materialism among university students***
  Rajshree Rathore

POSITIVE MENTAL HEALTH IN POST COVID-19 CARDIAC PATIENTS

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ABSTRACT

Background: Positive mental health can be defined as the presence of general emotional well being, psychological well being and social well being. It takes into consideration two theories that dominate the field – the hedonic and the eudaimonic tradition. Individuals are presumed to be either mentally healthy or mentally ill. However, good mental health does not necessarily mean the presence of positive mental health. The elements of mental disorders and positive mental health can e present at the same time in a person. This construct becomes all the more important in the times of Covid-19, where normal people are suffering and the plight of already sick is even worse. Covid-19 with cardiac conditions poses an even greater threat to both physical and mental conditions for the patients. This study will contribute to the understanding and betterment of mental health condition in such patients.

Aim: The present work aims to study the positive mental health in post Covid-19 cardiac patients in order to explore the differences in relation to their non - Covid 19 counterparts.

Methodology: The sample will be taken from patients admitted in the Cardiology ward and data will be collected using Achutha Menon Centre Positive Mental Health Scale. The results will be calculated using appropriate statistics.

Results and Conclusions: Will be discussed later.

Keywords: Positive Mental Health, Cardiac patients, Covid-19.

POSITIVE MENTAL HEALTH AND RESILIENCE; A COMPARATIVE STUDY AMONG WORKING AND NON-WORKING WOMEN

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ABSTRACT

Positive mental health is a state of well-being where person can understand their own potential.It depends on the individual managing to cope up with stress and to face difficulty without breakdown. People who have psychological strength to cope with these stress and hardship are termed as resilient. Resilience refers to overall physical and psychological health. Women usually prefer to be employed, but carrying out duties and responsibilities both at home and workplace overstrains them yet they manage the situations which lead them to positive mental health. The present study aims to study the relationship between Positive mental health and Resilience among working and non-working womens and also to examine whether Resilience effect the Positive mental health among working and non-working womens. The samples of the study included 60 participants above 20 years from various districts of Karnataka in which there were 30 working women with minimum 2 years of work experience and 30 non-working womens. The data was collected using Brief Resilience Scale by Smith et.al (2008) and positive Mental Health Scale by Lutz et al. (1992). Data was analyzed using SPSS software to perform descriptive statistics, Pearson correlation and two way ANOVA. The result of the study revealed that there is a significant moderate positive co relationship between Positive mental health and Resilience. There is no significant interaction effect between two independent variables on positive mental health.

Keyword: *Positive mental health, resilience, working and non-working womens*

POSITIVE PSYCHOLOGY INTERVENTIONS TO IMPROVE WELL-BEING OF DIABETIC PATIENTS – A SYSTEMATIC REVIEW

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ABSTRACT

Background: Worldwide about 422 million people are diagnosed with diabetes. Living with diabetes is tough, complex, and demanding, and influences the psychological well-being of the patients. Positive psychology interventions are considered to be a set of scientific tools and strategies that focus on increasing happiness, well-being, and positive cognitions and emotions.

Aim: The present study is a systematic review that aims to understand positive psychology interventions and their effects on wellbeing of diabetic patients.

Method: The articles were obtained from online databases such as Google Scholar, ERIC, PubMed, ScienceDirect, and ResearchGate during the time frame of the last 20 years.

Inclusion criteria (1) studies on patients with Type1 and Type 2 diabetes in the age group 30– 65 (2) studies that have examined positive psychology interventions.

Results: The findings suggest that positive psychology interventions consistently increase the well-being and positive states of patients with diabetes. The positive psychology interventions that have been used with diabetic patients are gratitude exercises, positive affirmations, recalling past success, and acting kind.

Conclusion: Based on reviews collected, it is evident that there is significant improvement in the well-being of diabetic patients with the use positive psychological interventions. Implications and future directions in application of the positive psychology interventions to improve the well- being of diabetic patients are discussed.

Keywords: diabetes, positive psychology intervention, well-being

MEANING IN LIFE, LIFE SATISFACTION AND PSYCHOLOGICAL WELL-BEING AMONG WOMEN IN SEX WORK

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ABSTRACT

Introduction: A meaningful life is the one that has purpose, significance and provide a foundation of well-being and satisfaction in Life. The psychological well-being refers to the individual's emotional health and overall functioning. Life satisfaction is the overall evaluation of the feelings and attitudes that the individuals have about their life at a particular point in time.

Aim: The present study aims at analyzing the relationship between meaning in life, Life satisfaction and psychological well-being among women in sex work.

Methodology: The participants included 40 women in sex work, from Bangalore, between the age range of 20-50 years. Exploratory research design with Snowball sampling was adopted for the study. The data was collected using Ryff's Psychological Well-being Scale, Satisfaction with Life scale and Meaning in Life scale. The data was analyzed using mean, standard deviation and Karl Pearson's Coefficient of Correlation.

Results: The results revealed a significant positive relationship between psychological well-being and life satisfaction and psychological well-being and presence of meaning in life. A significant negative relationship was found between psychological well-being and search for meaning and life satisfaction and search for meaning in life.

Conclusion: The results being contrary to the general beliefs that are held against Women in sex work, provide a better understanding regarding the Psychological health of women in sex work. Modules and Intervention programs can be formulated to enhance the positive mental health which in turn facilitates in finding the meaning in life.

Keywords: Meaning In Life, Life satisfaction, Psychological well-being, Women in Sex work

GENDER DIFFERENCES ON POSITIVE PSYCHOLOGY CONSTRUCTS AMONG COLLEGE STUDENTS

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Divyanshi Garg (Ph.D. Scholar), IIS (deemed to be University), Jaipur

ABSTRACT

Background: The transition to college is one of the major changes in the life of a student. The sudden change can be emotionally, physically, and psychologically challenging for them (Danzger, 2018). Positive psychology has a wide variety of application in the field of education.

Aim: To explore the gender differences (if any) among college students in Mindfulness, Psychological Well-Being, Hardiness, Conflict Resolution, and Emotional Reactivity.

Methods: The assessment tools employed to fulfill the aim are: Five Facet Mindfulness Questionnaire (FFMQ; Baer et al., 2006), PWB scale (Ryff & Keyes, 1995), Psychological Hardiness Scale (Kobasa & Kahn, 1982), Thomas- Kilmann Conflict Mode Instrument (TKI; Thomas & Kilmann, 1974), Perth Emotional Reactivity Scale- Short Form (PERS-S; Preece et al., 2018)

Results: The study found significant difference between the two genders on certain subscales of Conflict Resolution, Emotional Reactivity, and Psychological well-being.

Conclusion: The gender difference between the two genders among the variables must be integrated and studied upon during interventions in the field of positive psychology.

Keywords: Mindfulness, College, Psychological well-being, Hardiness, Positive Psychology

POSITIVE MENTAL HEALTH AND WELL-BEING WITH THE NOTION OF LITERATURE AND FILM

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ABSTRACT

Our living is depending on situational and individual has to try coping all the bio-psycho-social situations by implemented their cognition, perception and emotion which has positive thinking, leads to positive mental health and well-being. In present pandemic situation each and every socio economic status(SES) human being are suffering and feeling distress according to their level and dealing alone. Belief system of a person is a necessary condition for enhancing his well-being. The belief system of a human being evolves from the culture he lives in. So, here in this paper would like to emphasize on cultural representation of literature and film which are collective consciousness of individual, society, country and world. Positive mental health with the notion of literature and film which can also implemented for increase Auto-immune system. Those art forms are representation and perception of cognitive functions with feelings and emotions. When individual relate with any literary work or watch film then, the person relates that work of art with perception, emotion, feelings and cognition. The process of this kind of relatedness lead to self-well-being with competency through purgation and catharsis in any crisis situation and help to feeling autonomy. Autonomy for every individual is overall Self-actualization and this is the ultimate cognitive development for increasing Auto-immune system. Last 1year COVID-19 gives us a slow pace life to searching internal resource and tender fine sensibility. So, Literature and film which can be external resource of individual aloneness (not loneliness) for Positive mental health and well-being to improve auto-immunity.

Keywords: Positive mental health, belief, well-being, literarture, film, purgation, catharsis, self-actualization, external and internal resource, sensory perception, auto-immune.

SPIRITUAL MATURITY AND RESILIENCE AMONG ADOLESCENTS

Deepika Lobo

ABSTRACT

Spirituality can be considered as a resource used by individuals as a coping style to deal with highly stressful or traumatic experiences. In these tough times of pandemic, adolescents are also finding it difficult to manage their stress in the immediate environment. They also struggle with other issues namely, Independence, Intimacy and Identity at this juncture of life. Therefore, the aim of the present study is to explore the relationship between Spiritual maturity and resilience among adolescents. A sample of 228 students studying at a Junior college in class 11 and 12 in the age group 16 to 19 were included in the study. A correlational design was used for the research study to explore the relationship between the variables. Data was collected using Spirituality Experience Index-Revised (1997) and Adolescent Psychological Resilience Scale (2013) The statistical results indicate a positive correlation between Spiritual Experience and Resilience which shows that those with higher spiritual maturity will be having higher Resilience in them to overcome stressful situations and be able to adapt quickly. Since this study was conducted during lockdown and findings recommend that there is a great need to focus on spiritual development of adolescents. It can be suggested that resilience can be built through creating environments that facilitate spiritual maturity.

Keywords- Spiritual Maturity, Spiritual Experience Index, Psychological Distress, Resilience, Adolescent mental health

PROMOTING FLOURISHING AND HOPE THROUGH BUDDHA'S LOTUS SUTRA

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ABSTRACT

Background: Flourishing is described as the optimal state of mental health. Positive psychology theories have incorporated the concept of hope in them. Hope is referred as the perceived capability to derive pathways to desired goals and motivate oneself via agency thinking to use those pathways"

Aim: To study the difference between flourishing and hope among practitioners of *Nichiren Daishonin's Buddhism* in adult participants.

Method: The sample included 120 participants (60 practitioners and 60 non-practitioners of Buddha's Lotus Sutra). Psychological tools, the Trait Hope Scale, and the Short Flourishing Scale were used for assessment. Inferential statistics, t-test, was used to examine the difference between flourishing and hope in practitioners and non-practitioners of Buddha's Lotus sutra. Practitioners of the Buddha's Lotus Sutra regularly came together on online platform to attend meetings. The practitioners chanted Nam Myoho Renge Kyo twice a day along with reciting two portions from the Lotus Sutra (known as Gongyo). They encouraged each other and shared experiences to overcome different challenges in life and become victorious.

Results: Analysis of results reported a significant difference between flourishing and hope among practitioners and non-practitioners of Buddha's Lotus Sutra.

Conclusion: Practitioners of Buddha's Lotus sutra were able to experience mental health flourish and were more hopeful compared to non-practitioners. This Buddhist practice is useful for people who although don't have any mental disorder yet are not experiencing optimal level of well-being. These individuals may not require intensive psychotherapy but can achieve human flourishing and optimism through Buddha's Lotus Sutra.

Keywords: Flourish, Hope, Buddha's Lotus Sutra

SPIRITUAL TRANSCENDENCE AS A MEDIATOR BETWEEN AWE AND MATERIALISM AMONG UNIVERSITY STUDENTS

Rajshree Rathore, M.Sc.

ABSTRACT

The present study aimed at assessing the level of awe, spiritual transcendence and materialism in university student and to investigate the mediation effect of spiritual transcendence between awe and materialism. To fulfil the above aim four major hypotheses were formulated. The sample of study comprised 100 subjects who were selected on the basis of certain criteria of inclusion and exclusion. The measure of study included were Awe Experience Scale (AWE-S), The Daily Spiritual Experience Scale (DSES) Material Value Scale (MVS). The results have been analyzed by using statistical tools like mean, correlations, regression, and mediation analyses. The significant findings showed that awe significantly predicted both spiritual transcendence and materialism. It is also seen that spiritual transcendence showed mediation effect on the relationship between awe and materialism.

Keywords: *Awe, Spiritual transcendence, materialism*

Poster Presentation

Theme: Pandemic Covid 19 and Resilience

- ***Perception and satisfaction towards an online education: a survey study during covid-19***
  Gagandeep Singh

- ***Health anxiety, psychological well-being and coronavirus stress in working population***
  Vithika Jhingon

- ***Combined telephonic and online CBT with performing artist suffering from pandemic induced MDD with anxious distress***
  Swaroopa Ram Barve

- ***To explore the factors of self-concept and the effect of the covid-19 situation on these factors***
  Aastha Singh

- ***Impact of pandemic covid-19 on mental-physical wellbeing of Indian working women***
  Dr. Meera Shanker

- ***Gender difference between parenting and family adjustment during covid-19 pandemic and its relationship with stress and mental well-being***
  Mr. Abhiram R

- ***Corona pandemic-effect on quality of life and psychological well-being. Can religious beliefs give relief?***
  Prerna Singh, Muskan Arora, Astha Singh, Urvashi Verma

- ***A cross-sectional study to assess the caregiver's level of stress, psychological problems and difficulties in handling the patients with dementia during covid-19 pandemic registered in psychiatry department, PGIMER, Chandigarh, 2019-2021.***
  Ms. Madhu Bala

- *A study on resilience and psychological distress of covid-19 among small-scale entrepreneurs in tamandu*
  Jagadesh Chander R

- *Are pets helping students cope with the covid-19 pandemic?*
  Sri Raja Kalidindi Akhila

- *Pandemic covid-19 and resilience*
  Antony Fernandes F

- *How academician's life were over elaborated in the wave covid-19 by acceptance, forgiveness and resilience in the contribution to meaning of life*
  Ms. Priyanka

- *Status of cognitive, psychological and social functioning in covid-19 survivors in relation to severity of infection*
  Ms. Shinjini Samajdar

- *Relation between resilience and emotional challenges among youth in pandemic*
  Ms Majida Jawria

- *Rise of intimate partner violence and covid-19 pandemic*
  Nasir Ahmad Bhat

- *Application of cognitive behaviour therapy on covid-19 patient suffering from anxiety*
  Dr. Dharmendra Rajak

- *Perceived stress and anxiety during pandemic in family members with and without covid-19 patients*
  Dheeraj Dileep K

- *Waiting it out: experiences and coping with covid-19 lockdown and unlock in India*
  Farheen Meraj

- ***Self esteem and social anxiety in adults working from home post the first wave of the covid 19 pandemic***
  Archana Bhat Kallahalla

- ***Voicing the concerns of frontline covid-19 warriors***
  Gayatri Rawat

- ***Volunteering and its impact on the psychological well-being of young adults***
  Aantarika Samanta

PERCEPTION AND SATISFACTION TOWARDS AN ONLINE EDUCATION: A SURVEY STUDY DURING COVID-19

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ABSTRACT

Background: COVID-19 pandemic jeopardizing the Education system across the world which enforces online learning platforms to keep the academic activities in all educational institutes.

Aim: The present study was planned to understand and assess the perception and satisfaction towards online education among university students.

Methodology: It was a single group exploratory study. The online survey was done via Google forms on mixed gender group (N=456) on the basis of inclusion criteria. Socio-demographic and semi structured questionnaire were used to assess the participants responses.

Results: We found that 174 (38.2%) participants strongly dissatisfied with an online learning, only 48 (10.5%) participants satisfied with the same. Majority of the students preferred to use smart phone for online learning.

Conclusion: A large proportion of students dissatisfied with the online learning. There is need to change the strategies for better education.

Keywords: Online Survey, Online Education, Satisfaction.

HEALTH ANXIETY, PSYCHOLOGICAL WELL-BEING AND CORONAVIRUS STRESS IN WORKING POPULATION

Author: Vithika Jhingon, Dr. Smita Vaidya

Presenting Author: Vithika Jhingon

ABSTRACT

At the beginning of pandemic, a rapid surge in health-related anxiety among people was observed. Many researchers proposed that along with a rise in psychological issues, various safety protocols followed during the pandemic like washing hands could also set off compulsive behavior in seemingly normal population. In India, one of the worst hit sectors of the population were the working population. While the younger and older generation could stay at home, the working population was compelled to commute to workplace and leave their homes to fulfill various household responsibilities and duties. Not only were people impacted physically and mentally, but were also forced to give up on hobbies and other activities that constituted their daily routine prior to the pandemic. Thus, a research was conducted to find relationship between Health Anxiety, Psychological well-being and Coronavirus Stress in working population. The design of the study was Single Group Correlational Design. 59 professionals between the ages of 30-50 were selected through Incidental Sampling Method. Standardized forms were administered through various social media platforms. The Spearman Rho method was employed to derive correlation, and thus the results indicated a significant positive correlation between Coronavirus Stress and Health anxiety (r=.480, $p<0.01$) and a significant negative correlation between Coronavirus stress and Psychological well-being. (r=-.287, $p<0.05$). Significant differences between males and females on subfactors of COVID-19 stress scale including xenophobia and socio-economic stress was recorded.

COMBINED TELEPHONIC AND ONLINE CBT WITH PERFORMING ARTIST SUFFERING FROM PANDEMIC INDUCED MDD WITH ANXIOUS DISTRESS

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ABSTRACT

Virtual or telephonic CBT to deal with Depression and anxiety has been proven most effective. (Chambless & Ollendick, 2001). This case study is aimed at understanding the effects of online and telephonic psycho-therapy on pandemic related MDD with pandemic themed anxious distress in performing musician. The client, a 57 years old woman and performing vocalist by profession was in the therapy for 6 months during which she took 13 therapy sessions which were conducted both telephonically and online video calls. CBT and existential therapy approach was used for the purpose of treatment. JPMR, thought log, challenging errors, down ward arrow technique, Systematic desensitization were used. To gain existential insight and deal with pandemic related existential anxiety, existential therapy techniques were adapted.

The clinical depression is lifted completely without any medication. The panic attacks are completely gone. She is performing online although not very often which reportedly is helping her to deal with the distress and has reduced the feelings of worthlessness. Telephonic as well as online CBT with Existenial techniques helped the client to deal with MDD with pandemic themed anxious distress.

Keywords: performing artist, pandemic, CBT

FACTORS OF SELF-CONCEPT AND EFFECT OF COVID-19

Aastha Singh

ABSTRACT

Background: Since the beginning of ages, the interpretation of self has been a mystery to humankind which developed major interest among researchers. This research examines components that affect the Self-concept of an individual holistically and the impact of the COVID-19 pandemic situation upon these factors.

Method: Two studies: Study 1 (N=181) applied exploratory factor analysis on 36-items related to self to extract ten closely related components or factors, affecting Self-Concept. Study 2 (N-51) used a pre-test and post-test design to establish the effect of disturbances caused by the COVID-19 pandemic situation using the components we extracted upon the participants.

Result: After extracting 10 factors, overall findings suggest that the factor named Health and Lifestyle have has been of utter importance to people in the pre-and post-pandemic scenario with other significant factors.

Conclusion: This investigation advance towards gaining a better understanding of which helps to build and affects an individual's dynamic self-concept, motivated by our aspirations, personal goals and interaction with others.

Keywords: Self-Concept; Exploratory factor analysis; COVID-19; Health and Lifestyle: Pre-Post Design

IMPACT OF PANDEMIC COVID-19 ON MENTAL-PHYSICAL WELLBEING OF INDIAN WORKING WOMEN

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ABSTRACT

The Covid-19 pandemic has put under tremendous pressure to the world. Probably it must be first time in recent history where such a large population has been enforced to remain locked inside their homes. As coronavirus spreads its brutal tentacles across the globe, its horrifying impact on everyone lives has increased day by day . Disturbing changes are coming in every walk of life. It has impacted working women substantially. Due to closer of offices , educational institutions, loss of job , Mental and physical wellbeing of working women, particularly in urban areas are immensely disturbed . Lack of domestic services, financial and family pressure they have developed traumatic stress , anxiety , depression , insomnia and many other symptoms of distress . The social distance, loss of close knit and security measures have affected the relationship among people and their perception of empathy toward each other . In this context, the objective of the present study was to find out impact of Pandemic COVID-19 on Mental and physical wellbeing of working women in India. All together seven hundred and forty nine women working in different sectors , between the age group of 25 years to 58 years, have voluntary participated in this study. Instrument was designed to measure the Impact of Covid-19 on mental-physical wellbeing of working women . Data were analysed using descriptive statistics and Pearson's correlation. Result revealed that women were disturbed, stressed and depressed due to loss of job , apprehensive over losing jobs, fear of loss of family members, uncertainty about managing their expenditure, financial crises due to corona virus . Results have shown that women are stressed over losing financial support, continuous fear of getting infected and loss of life. Further, frequency distributions have shown that maximum women are suffering from anxiety, anxious, depressed, fearful, also showing symptoms of insomnia.

Keywords: COVID-19 , Pandemic , Mental-Physical wellness , Working women, Anxious

GENDER DIFFERENCE BETWEEN PARENTING AND FAMILY ADJUSTMENT DURING COVID-19 PANDEMIC AND ITS RELATIONSHIP WITH STRESS AND MENTAL WELL-BEING

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ABSTRACT

Background: The dynamics of Parenting and family adjustment has changed during covid-19 pandemic leading to stress, effecting the mental well-being. There are strong evidence to suggest that stress directly affects mental well-being. The lack of spotlight for the relationship between parenting and family adjustment, stress and mental well-being during covid-19 is the focus of this study.

Aim: This study examined the gender difference in the relationship of Parenting and family adjustment on stress and mental well-being for parents with child(ren) below age 15.

Methods: A sample of 60 parents (male-30, female-30) with child(ren) below age 15 participated in the study

Results: Independent sample T-Test was used to find the gender difference where there is no significant difference in PAFAS (t=0.013) and mental well-being (t=0.032) but there is a significant difference in perceived stress (t=0.787) at the 0.05 level (2-tailed) and Pearson product-moment correlation was used to find the relationship between the variables, where the correlation is significant at the 0.01 level (2-tailed).

Conclusion: There is no significant difference between the two genders except for the mothers above age 30, where there is a scope for further studies to find why parenting and family adjustment and mental well-being are negatively correlated.

Keywords: Parenting and family adjustment, stress, mental well-being, covid-19.

"CORONA PANDEMIC-EFFECT ON QUALITY OF LIFE AND PSYCHOLOGICAL WELL-BEING. CAN RELIGIOUS BELIEFS GIVE RELIEF?"

Dr. Lalit Kumar Singh, Prerna Singh*, Muskan Arora*, Astha Singh*, Urvashi Verma*

ABSTRACT

Background: Corona pandemic has affected the entire world by and large in multiple ways. One such way is affecting the mental health of the people. The purpose of the present study was to explore the effect of corona pandemic on quality of life and psychological distress among adults and also to explore whether religious beliefs provide relief from the overall effect of the pandemic.

Aim:

Purpose 1: To explore the effect of corona pandemic on quality of life and psychological distress among adults.

Purpose 2: To explore whether religious beliefs provide relief from the overall effect of the pandemic.

Method: Sample consisted of 154 adults above the age of 18 years. The hypotheses proposed were that there will be no significant correlation between the effect of corona and quality of life, there will be no significant correlation between the effect of corona and anxiety, depression and stress, and there will be no significant difference in the effect of corona between religious and non-religious people. The Quality-of-Life BREF scale developed by WHO and Anxiety, Depression and Stress scale developed by Pallavi Bhatnagar et.al. were administered on the sample. Pearson r correlation statistics and t-test were employed to test the null hypotheses.

Result: Findings indicate that the effect of corona was correlated non-significantly with domain 1 (r=0.12), domain 2 (r=-0.011), domain 3 (r=-0.03) and domain 4 (r=0.11) of Quality of Life. The effect of corona was non-significantly correlated with anxiety (r=0.13), depression (r=0.07) and stress (r=0.15). No significant difference was found between the sample that agree and disagree that religious beliefs give a relief during the pandemic.

Conclusion: It was found that no significant relationship exists between the effect of corona and quality of life. There was no significant relationship between the effect of corona and psychological distress. There was no relief from Corona due to religious beliefs. The three hypotheses were accepted.

Keywords- corona pandemic, quality of life, psychological distress, religious belief.

A CROSS-SECTIONAL STUDY TO ASSESS THE CAREGIVER'S LEVEL OF STRESS, PSYCHOLOGICAL PROBLEMS AND DIFFICULTIES IN HANDLING THE PATIENTS WITH DEMENTIA DURING COVID-19 PANDEMIC

Ms. Madhu Bala

ABSTRACT

Introduction: The COVID-19 pandemic had a great impact on vulnerable populations. Patients with dementia were the most vulnerable group which was having serious physical and mental health outcomes that worsen during the COVID-19 pandemic.

Objective: To assess the caregiver's level of stress, psychological problems and difficulties in handling the patients with dementia during the COVID-19 pandemic.

Methodology: A cross-sectional study was done on 31 caregivers of patients with dementia who were registered in Psychiatry department, PGIMER, Chandigarh. The purposive sampling was employed to enroll these caregivers of patients with dementia. The data was collected through a telephonic interview by using an interview schedule comprised of Socio-demographic profile of patients with dementia and their caregivers, Clinical profile of patients with dementia, PSS, GAD-7, PHQ-9, ZBI, Katz Index of Independence in ADL.

Results: The results shown that the majority of the caregivers of patients with dementia 90.3% had moderate stress with the mean score of 19.26± 4.81. The moderate anxiety was present in more than half 51.6% of the caregivers of patients with dementia with the mean score of 5.45± 2.59. More than half 61.3%of the caregivers of patients with dementia had mild depression level with the mean score of 5.42± 2.52.

Conclusion: The prevalence of stress, psychological problems and burden of care has been evident among the caregivers. Thus, it is necessary to identify these problems and plan to develop the mental health of the vulnerable group and their caregivers during COVID-19 pandemic.

Keywords: Dementia, caregivers, COVID-19, stress, psychological problems.

A STUDY ON RESILIENCE AND PSYCHOLOGICAL DISTRESS OF COVID-19 AMONG SMALL-SCALE ENTREPRENEURS IN TAMILNADU

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Dr. S. Thenmozhi - Professor and Head, Department of Counselling Psychology, University of Madras

ABSTRACT

Background: Entrepreneurship is the vital contribution in economic development in fast growing countries like India. But the unexpected pandemic of covid-19 has severely curtailed the business worldwide. India has faced sever downfall in the conduction of non-essential businesses, which has placed enormous stress on the economy and on the life of the entrepreneur.

Aim: To study the psychological distress among small scale business entrepreneurs due to COVID-19 lockdown in Tamil Nadu. Also, to identify the relationship between resilience and psychological distress among them.

Methods: This is a cross-sectional study using mixed method design. The data were obtained through online via Google form. Tools such as DASS-21, Brief Resilience Scale (BRS) and Interview Question developed by researcher were used for the purpose of data collection. Online purposive sampling technique was adopted for data collection among 60 participants.

Results: Correlation analysis and thematic analysis were applied to analyse the relationship between variables and to categorise responses based on themes. The results stated a significant negative relationship between resilience and psychological distress. Interview responses were categorized under themes of motivation, quality of life, future hope, distress and view towards pandemic.

Conclusion: The research concludes that pandemic has affected small scale entrepreneurs in destructive way. It can be inferred that, irrespective of the age, small scale entrepreneurs with moderate level of resilience were able to cope with stress, depression and anxiety during COVID-19 pandemic situation.

Keywords: Resilience, Psychological Distress, Small Scale Entrepreneurs, COVID-19.

ARE PETS HELPING STUDENTS COPE WITH THE COVID-19 PANDEMIC?

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ABSTRACT

Background and Aim of the study: The benefits of companion animals/pets for mental health and well-being have been widely examined in recent years with findings indicating specific advantages in times of loneliness, isolation and stress. The COVID-19 pandemic has brought in varied sources of stress especially for the student community with an increased separation from peers and a surge in dependence on electronic devices and virtual learning platforms. Against this backdrop, the present study examined the impact of pets on the stress experienced by Indian students and the coping strategies employed.

Methods: The study used an investigator-designed survey (both open and close-ended items) examining the role of pets in coping with stress, the activities engaged in and related concerns. It also incorporated a standardized measure- the Lexington Pet Attachment scale to examine the relationship between students' attachment to pets and potential benefits experienced. The online survey targeted students with pets from seventh grade onwards including college students.

Results: Key findings indicate that the number of students attending online classes is higher than those attending in-school classes and most of them acknowledge that their stress levels have increased during the pandemic. Majority of the students also reported that playing with their pet(s) has been their coping strategy for stress. Students also reported an increase in the bonding levels and a number of students brought home a pet during the pandemic to decrease feelings of loneliness.

Conclusion: Overall, the results indicate that having a pet as a companion is helping the students cope with the stress of the COVID-19 pandemic.

Keywords: Pets, Companion Animals, Students, COVID-19, Pandemic

PANDEMIC COVID-19 AND RESILIENCE

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ABSTRACT

Pandemic COVID-19 mainly has created a fear psychosis among human being as novel coronavirus with person-to-person transmission (Chan et al., 2020; Li et al., 2020). Large number of psychological casualties around the world that are made to feel that if despite modern technology and advanced, developed medical sciences has been held hostage by a tiny virus. COVID- 19 related fears, trauma, stress, grief, apprehension, anxiety, isolation, loneliness, depression and panic are on the rise and hence an urgent need to address these psychological aspects .In this chapter, firstly we understand about military operations as force preservation to protect military personnel from this global pandemic and simultaneously take on the onerous task of protecting the Nation on one hand from terrorists. Secondly, the chapter lay down guidelines for cocooning uniformed personnel and civilian population in military cantonment and personnel on leave. Thirdly, the chapter discusses the measures implemented by the Army Medical Corp (AMC) using the ABC model for strict compliance. Fourthly, we talk about mental healthcare recourses by the military and provide guidelines for preventing potential airborne transmission of COVID-19. Fourthly, we discuss psychological consequences of COVID-19 and provide guiding principles to manage stress during pandemic; we also deal with coping during pandemic with stress (Lazarus, and Folkman, 1984), anxiety and related issues as well as briefly discuss religious coping resource during COVID-19. Fifthly, we discuss stressor, coping resources and resilience among military personnel and their dependents. Finally, we conclude with lessons learnt from this experience.

Keywords: *psychosis, stressor, recourses, coping, resilience.*

HOW ACADEMICIAN'S LIFE WERE OVER ELABORATED IN THE WAVE COVID-19 BY ACCEPTANCE, FORGIVENESS AND RESILIENCE IN THE CONTRIBUTION TO MEANING OF LIFE

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ABSTRACT

The global influence of Covid-19 has elicited a response. Any inappropriate responses emerged in academicians influenced by covid-19 and took on significance. The creation of a meaningful life in the covid-19 wave situation necessitates academicians influenced by covid-19's assistance and participation in the areas of recognition, forgiveness, and resilience. The aim of this study is to assess the role of acceptance and forgiveness in building the sense of life in academicians affected by covid-19. The descriptive association architecture was used in this study of 316 academicians influenced by Covid-19. Their status was assessed using the following tools: (1) acceptance; (2) forgiveness; (3) resilience; and (4) the Meaning of Life questionnaire. The data collected from the inquiries were evaluated using regression and path analysis. The study's findings revealed that the recognition and forgiveness variables made a major contribution to resilience; and acceptance, forgiveness, and resilience variables for the Meaning of Life cons. Acceptance and forgiveness aid in the development of a positive philosophy and feelings of survival, allowing people to be strong in the face of adversity. Furthermore, recognition, forgiveness, and resilience tend to preserve the emotional stability, subjective and relational well-being of academicians impaired by covid-19, allowing them to piece together the correct Meaning of Life.

Keywords: educational psychology; educational measurement & assessment; Academician s; assessment, positive psychology

STATUS OF COGNITIVE, PSYCHOLOGICAL AND SOCIAL FUNCTIONING IN COVID-19 SURVIVORS IN RELATION TO SEVERITY OF INFECTION

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ABSTRACT

Background: Severe acute respiratory infection due to COVID -19 is related to changes in cognition, affection and behaviour in individual. Acute respiratory symptoms like systematic inflammation, hypoxia, oxygen deprivation leads to functional difficulties and alteration of brain functioning. Impact of COVID-19 infection has detrimental effects on functional and social abilities in adults. In case of adults, adverse neuropsychological impact can be manifested after COVID infection.

Aim: In the present study, the aim is to explore the status of cognitive, psychological and social functioning in individuals who have recovered from COVID infection.

Methods: In current study, 35 individuals of both sexes were selected and to assess the cognitive, psychological and functional status Mini Mental Status Examination (MMSE), Brief Cognitive Rating Scale (BCRS) and Functional Status Questionnaire were given to the participants.

Result and conclusion: The result indicates significant changes in cognitive, psychological and social functioning in relation to severity of infection among the COVID-19 survivors. In conclusion, it can be said that, COVID-19 infection impacted over individuals in terms of cognitive, psychological and social functioning.

Keywords: COVID-19 survivors, Cognitive functioning, Psychological and Social Functioning

RELATION BETWEEN RESILIENCE AND EMOTIONAL CHALLENGES AMONG YOUTH IN PANDEMIC 2020

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ABSTRACT

Effect of Pandemic on students is being studied mostly from academic perspective but rarely the attention is given to emotional side-effects that come with strong academic changes and over the night switch in career opportunities. Present study aims at understanding relation between resilience and emotional challenges among youth in Pune during Pandemic 2020.

After conducting focus interviews of students from various streams emotional challenges like loneliness, self-doubt and toxic positivity surfaced. Focusing on these emotions data was collected from 76 students (18 to 22 year old) on intensity of emotional challenges and resilience (Resilience scale for adults, Friborg, 2005). Data analysis was done using SPSS 22. Data is normally distributed. Results showed that increase in self-doubt is associated with increase in toxic positivity. ($r=,p<0.01$). Loneliness ($r=-0.452,p<0.01$) and self-doubt ($r=0.528$, $p<0.01$) are significantly negatively related with all the dimensions of resilience. Resilience has 5 dimensions namely personal competence, (Mn= 5.07, SD=0.95) family cohesion (Mn= 4.65, SD=1.24), social resources (Mn= 5.52, SD=1.08), social competence (Mn= 4.79, SD=1.23) and structured style (Mn= 4.50, SD=1.36). Resilience of students is predicted by personal competence and social resources ($R= 0.953$, $F=213.026$, $p>0.01$). Surprisingly, Family cohesion did not predict resilience. It was also found that intrapersonal factor of resilience are significantly higher than interpersonal factors ($t=16.48,p<0.01$). Further analysis based on median split also showed that people who have high self -doubt have significantly low level of resilience as compared to people who and low level of self -doubt ($t=4.846,p<0.01$).

To conclude, this suggests that perception of self and personal competence are at the root of emotional challenges. Further analysis related to creating a model will be presented in the paper.

These findings will surely help us in designing counseling plans for students and modifying mental health policies in educational set up.

Keywords - Resilience, Pandemic 2020, Loneliness, toxic positivity, self-doubt, personal competence

RISE OF INTIMATE PARTNER VIOLENCE AND COVID-19 PANDEMIC

Nasir Ahmad Bhat

ABSTRACT

The imposed lockdown has been implemented to reduce the spread of Covid-19. This abrupt change has worsened the economic juncture, constructs challenges to repay debt and pushes many individuals into a debit trap. This economic downturn has increased the exposure of women to abuse to get through the access to maintain house holdings. The growing concern has increased violence against women to impose ignorance, criticize behavior, jealous control, and reticular trait dimensions of IPV as significant contributors to develop PTSD symptoms. The convenience sampling technique was used to recruit a total of 120 housewives who had lost their husbands' job due to covid-19 pandemic from first may 2020 to last July 2020 and out of the total 90 women identified through standardized measures to have developed PTSD symptoms due to exposure of IPV. Multiple regression analysis was used to identify the significant predictors among Sociodemographic factors and liner regression was used to identify the significant predictors among the dimensions of intimate partner violence. Further two-way analysis of variance was used to see the combined effect of age and monthly income on both IPV and PTSD symptoms. The findings highlight the necessity of taking urgent action to mitigate the effect of covid-19 pandemic to deal with intimate partner violence against women in homes.

Keywords: Partner Violence, Covid-19 pandemic, PTSD

APPLICATION OF COGNITIVE BEHAVIOUR THERAPY ON COVID-19 PATIENT SUFFERING FROM ANXIETY

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ABSTRACT

Background: Corona viruses, commonly known as COVID – 19 are a large family of viruses that cause a wide range of illness that can be from common cold to more severe diseases. The COVID-19 pandemic had affected several nations and now is considered as public emergency of international concern. The widespread outbreak of COVID-19 virus has brought not only the risk of death but also psychological pressure. It has been found that the COVID – 19 pandemic has triggered a massive psychological impact worldwide

Aim: The study aims to enhance the wellbeing of patients suffering from COVID-19 by help them to reduce their anxiety symptoms.

Methodology: It was a single case study. Tools used were Ham-A and Wellbeing scale. Therapeutic package included Psycho-education and Cognitive Behaviour Therapy (CBT).

Conclusion: The obtained result indicates improvement in the participants after the application of CBT. They exhibited improvement in wellbeing and decrease in anxiety symptoms.

Keywords: Coronavirus, COVID-19, Anxiety, Cognitive Behaviour Therapy.

PERCEIVED STRESS AND ANXIETY DURING PANDEMIC IN FAMILY MEMBERS WITH AND WITHOUT COVID-19 PATIENTS

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ABSTRACT

Covid-19 have caused severe distress and serious damage to the public mental health. Apprehension during pandemic may vary according to whether the close relative is infected and the mode of treatment is advised to the patient. Current study aims to find out the levels of anxiety and perceived stress during pandemic in family members with and without Covid-19 patients. Three groups were chosen for the study first group consisted of family members of Covid-19 patients who were treated in hospital second group consist of treated at home and third group consist of non-infected family members. In each group 15 adult individuals of both the gender were included. To assess the level of anxiety and perceived stress COVID-19 Anxiety Scale (CAS) and Pandemic-Related Perceived Stress Scale of COVID-19 were used respectively in this study. Findings indicate there is difference in level of anxiety and perceived stress among these three groups.

Keywords – COVID 19,Anxiety, Stress

WAITING IT OUT: EXPERIENCES AND COPING WITH COVID-19 LOCKDOWN AND UNLOCK IN INDIA

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ABSTRACT

Background. In response to the COVID-19 pandemic, the Government of India imposed a nation-wide lockdown of 21 days on May 25th, 2020 that extended thrice to a total of 68 days. Being under mandatory quarantine has various effects on people's well-being.

Aim. The study aspired to understand the experiences, perspectives, and coping or management strategies of participants during the lockdown and after the "unlock" (lifting of the nation-wide lockdown).

Method. This study utilized telephonic interviews to draw out in-depth accounts. Purposive sampling was used to ensure diversity among the participants in terms of socio-economic background, occupation, and gender. Phase A participants (n_A=45) were interviewed during the lockdown. Phase B participants (n_B=35), drawn from the Phase A pool based on availability and willingness for a second interview, were interviewed after the lockdown was lifted. Data were analyzed using thematic analysis.

Results. Phase A revealed five themes, namely: (1) disruption, dysregulation, and delays; (2) lockdown as an opportunity; (3) perceived lack of control and reduced distress tolerance; (4) fear and uncertainty; and (5) adjustment challenges and coping. Phase B resulted in five more themes: (6) observing a "new normal"; (7) risk perception and uncertainty; (8) perceived lack of control and voluntary restraint; (9) accountability and observed irresponsibility; and (10) readjustment challenges and coping.

Conclusion. The two phases are discussed in terms of changes in emergent themes, particularly how coping evolved as stressors changed in the unlock. The importance of these findings in public health and policy is discussed.

SELF ESTEEM AND SOCIAL ANXIETY IN ADULTS WORKING FROM HOME POST THE FIRST WAVE OF THE COVID 19 PANDEMIC

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Presenter : Ms. Kaveri Kumar

ABSTRACT

Background: The drastic shift in the working conditions of professionals in metropolitan cities , especially in cities like Bengaluru has brought about many psychological implications on working adults. Though working from home was a common option in professions like IT, it has become a compulsion and the thin line dividing work and life has got blurred. In addition work from home has thrown new challenges in terms of personal validation from the peer and colleagues considering the complete absence of physical social interaction. There is a need to study the impact of working from home on the mental health of professionals. Self esteem and social anxiety are directly related to socialising and acceptance by others and hence the need for the study

Aim: To study gender differences in social interaction anxiety, performance anxiety and self-esteem in professionals working from home post the first wave of the Covid-19 pandemic.

Methods: Data was collected through snow ball sampling from 128 professionals working from home based at Bengaluru through Google forms. The Rosenberg Self Esteem Scale and the Liebowitz Social Anxiety scales were used to collect the *information*. Additionally telephonic interviews were conducted with 20 of the participants to collect qualitative information. Independent sample *t* test and correlation was used to analyse the data.

Results: Results revealed that women professionals *(n*=79*)* working from home experienced significantly higher social interaction anxiety *(M*=14.07*, SD*=8.1*)* and performance anxiety *(M*=17.98*, SD*=8.8*)* than men *t(*126*)*=2.79 and 3.07 and *p* =0.03 and 0.06. In addition looking at the age wise comparison, men below 40 years of age had significantly lower self-esteem *(M*=29 *,SD*=4.4*)* than men above 40 years of age men *t(*47*)*= 2.13 and *p* =0.03 .Women below 40 years had significantly higher performance anxiety *(M*=17.77 *,SD*=9.61*)* and lower self-esteem *(M*=29.89*,SD*=5.11*)* in the above 40 age group when compared to men *t(*57*)*= 2.2 and *p* =0.02 and *t(*67*)*= 2.05 and *p* =0.04.

Conclusions:

- Working women professions, working from home experience higher social interaction and performance related anxiety when compared to men.
- Working women professions above the age of 40, working from home experience lower self-esteem when compared to men.
- Working women professions below the age of 40, working from home higher performance anxiety when compared to men.
- Working men professions below the age of 40, working from home experience lower self-esteem when compared to men above 40 years.
- Organisations need to develop mental well-being programs to address the issue

VOICING THE CONCERNS OF FRONTLINE COVID-19 WARRIORS

Gayatri Rawat[1], Jaya Sukul[2], Nandini Rawat[3]

ABSTRACT

Background: In the ongoing unprecedented global health crisis of the COVID-19 pandemic, it is vital to recognize the psychological impact of this growing menace on practicing doctors. Our medical professionals in the current situation are under immense physical and mental agony.

Aim: Our study intends to raise awareness about the 'humanness' of doctors, the severity of the impact of stress, and yet the unending resilience to push through it, and keep on fulfilling their duties.

Methods: To study the emotional well-being of doctors during this pandemic, an online self-constructed survey questionnaire through Google forms was generated and sent to 150 doctors practicing in private institutions/hospitals assessing their range of stressors encompassing, family stress, job security, financial hardship, psychosomatic preoccupations (muscular aches, insomnia, etc.) and other psychosocial effects.

Results: It was discovered that more than half of the doctors experienced low mood or acute depression during the crisis, which had a direct effect on their psychological condition. Results revealed that our front liners are facing an extreme physical and mental burnout while handling this pandemic.

Conclusion: Mental health professionals have an important role to play in present circumstances. Medical professionals should be encouraged to address their own psychological issues amidst the pandemic.

Keywords: COVID-19 pandemic, emotional well-being, medical professionals.

VOLUNTEERING IN SOCIAL WORK AND MENTAL WELL-BEING AMONG YOUNG ADULTS ~ AN EXPLORATIVE STUDY

Aantarika Samanta & Aantarika Samanta
Designation : M.Phil Clinical Psychology trainee (1st year) at Amity University, Gwalior

ABSTRACT

Background: *Volunteering* has been proven to be beneficial for one's psychological well-being, over the years, across nationalities. Previous research has identified a wide range of evidences of volunteering leading to psychological well-being among the volunteers along with increased empathy and its related facets. However, effects of volunteering in social work have been majorly studied among older adults and not much among the younger adults. Along with that, volunteering studies have been rarely surfaced in the Indian context.

Aim: To explore the relationship between volunteering in social work for underprivileged children and mental *well-being among young adults* with respect to *Interpersonal Reactivity, Perceived Social Support, Flourishing* in terms of *perceived self-success* and *general mental well-being.*

Methods: A purposive sample of 100 individuals (Volunteers = 50, Non-Volunteers= 50) was considered after screening them via an information schedule and four questionnaires were administered namely, The Interpersonal Reactivity Index (IRI), The Multidimensional Scale of Perceived Social Support (MSPSS), the Flourishing Scale (FS) and GHQ-12.

Results: Results showed that volunteers differed significantly from non-volunteers in terms of general mental well-being. *Gender* appears to have an effect on mental well-being and in experiencing *personal distress*. Perspective taking, empathic concern along with other measures of the study like perceived social support did not appear to differ significantly between the volunteers and the non-volunteers.

Conclusion: It can be concluded that volunteering does have a significant effect on the mental well-being of young adults but the enhancement of empathy correlates in relation to volunteering require further exploration.

Keywords : *Volunteering, positive psychology, well-being among young adults, Interpersonal Reactivity, Perceived Social Support, Flourishing, perceived self-success, general mental well-being, gender, personal distress.*

Poster Presentation

Theme: Digital Psychology

- ***Exploration of ethical concerns of social media use among clinical psychologists***
  Husena Dhariwala

- ***Digital psychotherapy and its challenges: clinical case studies***
  Reema Nathani

- ***Indian scenario of child sexual abuse during covid 19 pandemic and lock down: need for digital media intervention***
  Dr. Navyashree G.C

- ***The influence of screen time on the psychological well-being of adolescents***
  Riddhita Parikh

- ***The pattern of cyberbullying among adolescents in India: an exploratory study***
  Aditi Dubey

EXPLORATION OF ETHICAL CONCERNS OF SOCIAL MEDIA USE AMONG CLINICAL PSYCHOLOGISTS

Husena Dhariwala

ABSTRACT

With the advent of technology, new possibilities of communicating, networking and sharing of information have opened up for psychologists and psychologists in training. Likewise internet era especially the popular usage of social media has also ushered in a new range of ethical concerns. Some of these ethical issues may be in the form of multiple relationships, extent of self-disclosure, or maintenance of confidentiality. The present study explores these ethical concerns and aims to create a survey tool and fictional vignettes that can be used to understand them in a culturally appropriate setting. We analysed the qualitative responses of practising clinical psychologists and M.Phil. Trainees in the form of focus group discussions regarding their experiences in the therapy setting. Data analysis was done in the form of content analysis. Six themes and fourteen categories emerged that included factors of social media as well as therapist use of social media, the conduct of therapist and client over social media, current social media policies, and the need for training in ethical social media use. Further, based on the data, five fictional vignettes were constructed that assessed ethical dilemmas that the participants face during practice. After a thorough validation process, the survey tool was drafted consisting of 49 questions and 5 vignettes that targeted the ethical concerns for future quantitative analysis.

Keywords: Social media, focus group, clinical psychologists

DIGITAL PSYCHOTHERAPY AND ITS CHALLENGES: CLINICAL CASE STUDIES

Reema Nathani* and Anuna Bordoloi

ABSTRACT

Digital Psychotherapy has become a platform to serve urgent and socially distanced mental health care and presents both potential benefits and possible hazards, when compared to face to face therapy. Despite the challenges digital therapy remains a choice of therapy for mental health professionals due to its wide reach/access and cost effectiveness. This paper presents reflections of the clients and therapists by presenting eight case studies that bring with them their own set of challenges. Some common themes among all the cases such as Lack of control over setting, Difficulty in therapeutic alliance, Element of therapeutic presence, Limitations in choosing online friendly therapeutic modality, Informed consent, Confidentiality and Privacy issues among others have highlighted the complexities in working online with clients. The case studies additionally give the feedbacks of both client and therapist towards associated costs and benefits. This paradox of challenges and potentials hence gives meaning to this transition of face-to-face therapy to digital psychotherapy.

Keywords: Digital Psychotherapy, Online therapy, Internet assisted therapy, Challenges

INDIAN SCENARIO OF CHILD SEXUAL ABUSE DURING COVID 19 PANDEMIC AND LOCK DOWN: NEED FOR DIGITAL MEDIA INTERVENTION

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ABSTRACT

COVID 19 pandemic has definitely created chaos around the globe. While the good number of people are battling for their life during this critical situation, there are also a good number of minors and children whose rights are silently being violated in the form of sexual abuse. Amongst the many social problems that exist worldwide, child sexual abuse is one which is heinous, disturbing, and violates the rights of the child for safe living and is an important public health concern. It is an abuse of power over a child and a violation of a child's right to life and normal development through healthy and trusting relationships. India is not bereft of such crimes and it is a deep rooted concern. As such there is a significant number of child sexual abuse cases that gets reported daily. However during the pandemic and lockdown there has been a surge in the number of child sexual abuse cases. This indicates that the pandemic and lockdown paved way for surge in the violent activities especially against children. Not only direct contact and non contact sexual abuse of children, digital media was also used rampantly to inflict sexual abuse on children. Hence the current research article aims at conceptually understanding the Indian scenario of child sexual abuse during pandemic and lockdown. There are laws and acts meant to prevent the incidents of child sexual abuse, however the increased number of child sexual abuse cases indicate that more is required. The article further focuses on the high need for the mental health services to be provided using digital media just like how the entire education system has turned towards digital media for its functioning.

Keywords: *Child sexual abuse, pandemic, lockdown, digital media intervention*

THE INFLUENCE OF SCREEN TIME ON THE PSYCHOLOGICAL WELL-BEING OF ADOLESCENTS

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ABSTRACT

The term "screen time" is used to refer to activities like watching television, working or playing on computer, playing video games or spending a lot of time on smart phones. Screen time is termed as a sedentary activity wherein a person remains physically inactive and a less amount of energy is utilized. Psychological well-being means the feeling that life is moving well. It is a combined notion of feeling worthy and functioning well. Too much of screen time is said to have a negative effect in adolescents like insomnia, attention problems, anxiety, depression and also physical issues like obesity. The current study focusses on the influence of screen time on the psychological well-being of adolescents. A correlation of Coefficient was used to find the influence of screen time on the psychological well-being of adolescents. A sample of 200 adolescents between age range of 12-17years is taken under this study. The scale PGI General Well-being Measure developed by Dr. Santosh K. Verma and Ms. Anita Verma was used to measure the psychological well-being of adolescents. The screen time of the participants varied from 2-3 hours a day to more than 4 hours a day. The results showed a negative correlation of coefficient between screen time and psychological well-being.

Keywords: Screen time, Psychological Well-being, Adolescents

THE PATTERN OF CYBERBULLYING AMONG ADOLESCENTS IN INDIA: AN EXPLORATORY STUDY

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ABSTRACT

Cyberbullying is the form of violence which is intentionally inflicted upon the victim through digital platform via cell phones, computers or tablets to embarrass, harass or intimidate the receiver. It ranges from activities like teasing, sending or posting harmful, mean, false or negative content about another person to sharing personal information about someone without their consent to malign the online reputation of the person. Due to the widespread access of internet services and rampant increase in the users of social media, there is a sharp increase in the screen time among its users with special emphasis to the most vulnerable group - the adolescents. This makes them susceptible to the act of cyberbullying both in the form of participant as well as victim. Now, it is a budding form of violence that is slowly and gradually getting widespread among teenagers. Cyberbullying offenders repeatedly and deliberately portray hostile behaviour through various online platforms to cause intentional harm to the receiver in the form of insult or threat. Meanwhile cyber victimization is process in which others are maltreated by use of communication and information technologies. The aim of the study is to explore the pattern and nature of Cyberbullying among the adolescents in India. For this purpose, Cyberbullying and Online Aggression Survey was administered as a tool among 100 adolescents aged between 12 to 18 in India which included males and females. Findings suggest the pattern and presence of cyberbullying in the form of victims as wells as offenders which will be discussed further during the presentation.

Keywords – Cyber bullying, Cyber victimization, adolescents

Poster Presentation

Theme: Neuropsychological Assessment & Intervention

- ***Accuracy and speed across different digits: a paper pencil approach***
  Firdous Ahmad War

- ***Prospective memory in obsessive-compulsive disorder in comparison with healthy controls***
  Lisha P Balan

- ***Comparative study: executive functioning in patients with migraine***
  Tanya Sharma

- ***A review of Indian research on cognitive retraining as interventions on children with learning disabilities***
  Anjali Sudhindran

- ***Injured brains and shaken vows: severe traumatic brain injury and marriages in India***
  Mohd Afsar

- ***Effect of positive airways pressure therapy (pap) on cognition of female suffering from obstructive sleep apnea***
  Rashmi Azad

- ***Non-Pharmacological Treatment backed by Neural Plasticity as a management for Neuro-degenerative disorder.***
  Santona panda

ACCURACY AND SPEED ACROSS DIFFERENT DIGITS: A PAPER PENCIL APPROACH

Firdous Ahmad War

ABSTRACT

At any given moment our environment is full of perceptual information that can be processed effectively but it can be overwhelming for our brain to process everything effectively simultaneously. James famously declared that, "Everyone knows what attention is. It is the taking possession by the mind, in clear and vivid form, of one out of what seem several simultaneously possible objects or trains of thought. Focalization, concentration, of consciousness are of its essence. It means withdrawal from some things in order to deal effectively with others" (James 1890 p 403-404). We employed the digit vigilance task and other standardized tests to measure sustained attention and other related parameters like processing capacity, short term memory capacity, visuo-spatial memory, and motor speed. Results suggest that sustained attention is guided by the stimuli presented both structurally as well as semantically in terms of errors and time taken. Apart from this, we looked at the relationship between long and short form digit vigilance test (DVT) on pattern of errors and time taken by the participants while performing the task.

Keywords: Attention, accuracy, speed, cognitive abilities

PROSPECTIVE MEMORY IN OBSESSIVE-COMPULSIVE DISORDER IN COMPARISON WITH HEALTHY CONTROLS

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ABSTRACT

Background: Obsessive-compulsive disorder (OCD) is a chronic and debilitating condition. Even though there is scarcity, early studies have found evidence for deficits in prospective memory and executive functions in OCD.

Aim: To examine the mechanism of prospective memory and other cognitive functions in individuals with OCD in comparison with healthy controls.

Method: Small sample comparative study. *Participants*: Six patients with OCD Diagnosed under ICD-10 and six healthy controls. *Measures*: Obsessive-Compulsive Inventory- Revised (OCI-R), Royal Prince Alfred Prospective Memory Test (RPA-ProMem), NIMHANS Neuropsychological battery, and Mini International Neuropsychiatric Interview (MINI). *Procedure*: OCI-R, RPA-ProMem, and NIMHANS Neuropsychological battery were administered in both groups. MINI was administered only in healthy controls.

Results: Prospective memory was found to be significantly poor in patients with OCD compared to healthy control in both event-based and time-based prospective memory. Other cognitive functions such as motor speed, mental speed, attention, category fluency, working memory, planning, set-shifting, verbal memory and learning, response inhibition, visuo-spatial construction, and visual learning and memory were all significantly impaired in OCD group.

Conclusions: The findings indicate prospective memory failure in patients with OCD and discuss the possibility for cognitive retraining.

Keywords: Obsessive- Compulsive Disorder, Prospective Memory, Cognitive Functions.

A COMPARATIVE STUDY : EXECUTIVE FUNCTIONING IN PATIENTS WITH MIGRAINE

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ABSTRACT

BACKGROUND: Migraine headaches are one of the genetically susceptible neurovascular disorder with episodic activation and sensitization of the trigeminovascular pain pathway. It is the most common and disabling type of headaches which leads to functional impairments. Various studies have addressed executive dysfunction in migraneurs showing negative affect on their academic, occupational functioning, and also the overall quality of life.

AIM: 1. To evaluate executive functioning among patients with migraine and healthy control group. 2. To compare executive functioning in patient with migraine and control group.

METHOD: The study was conducted on patients with migraine of the age group between 20-40 years with a formal education of at least 12+ years presenting to DMC& Hospital and without migraine (control group) residing in Ludhiana, evaluation was done using Executive functioning test (Trail making test-A & B, Stroop color word test, DST and CDT .Statistical analysis was performed using Mean, standard deviation and t test to determine the significant difference between both the groups on SPSS version 21.0

RESULT: The findings of the present study revealed that patients with migraine had poor performance in executive functioning task as compared to control group. On TMT-A & B significant difference was observed between the performance of cases and control group (p-value 0.00). On stroop test, cases showed larger interference score indicating poorer performance compared to control (p-value 0.00). On CDT, patient showed moderate to severe difficulty. On DST observed 64% of cases have below average memory compared to control group indicating difference (p-value 0.001)

CONCLUSION: Patients with migraine showed significantly poor performance on executive functioning test compared to control.

KEYWORDS: Migraine, Executive functioning , Stroop test, Clock Drawing test, Trail Making Test, Duration of Illness, Frequency of Attack

A REVIEW OF INDIAN RESEARCH ON COGNITIVE RETRAINING AS INTERVENTIONS ON CHILDREN WITH LEARNING DISABILITIES

Anjali Sudhindran and Seena Mathai

ABSTRACT

Learning disability is a neuropsychological condition ,characterized by deficits mainly to receive, process and retain information , while preserving normal IQ in an individual. The disorder being neuropsychological in nature, allows the manipulation of deficits through cognitive retraining. Cognitive retraining(CR) in the field, though extensively used abroad was found to be less in Indian research. The review article presents a few Indian researches done in the area of learning disability. The main objective of this paper was to review studies pertaining to CR used as an intervention conducted in India. The aim was to bring into focus the nature of the studies conducted in India and their efficacy in fulfilling their objectives they set out to fulfill. Nine studies were found to be applicable to the topic and were reviewed in detail. These studies were found to fulfill the purpose of this paper. Of the nine, three were review papers; one case study and five were randomized controlled trials. Due to the few number and different nature of the studies, statistical analysis couldn't be attempted. The results of all the studies showed improvement from cognitive retraining being implemented. The studies seemed to suggest a combination of remediation and cognitive retraining as a better predictor of success for interventions in learning disability. A common finding was the small size of the sample used which creates problems for generalization of results. The papers act good as models to further designing of interventions in the specific area of learning disability.

Background: Neuropsychology interventions

Aim: The main objective of this paper was to review studies pertaining to Cognitive retraining used as an intervention conducted in India, to bring into focus the nature of the studies conducted in India and their efficacy in fulfilling their objectives they set out to fulfill.

Methods: Google advanced scholar, OATD, Research Gate were used as database for procuring articles that served the purpose of the review paper. The keywords used, were Learning disability interventions, Cognitive retraining in India Cognitive intervention in India, Cognitive rehabilitation In India, Cognitive skills improvement, Executive functions improvement. If the studies were conducted in India and were published in a peer reviewed journal, they were included. No other exclusion criteria were used.

Results: The results of all the studies showed improvement in learning disability assessments (post intervention assessments)from cognitive retraining being implemented.

Conclusion : A combination of remediation and cognitive retraining as a better predictor of success for interventions in learning disability was put forward as a suggestion by all the studies. A common finding was the small size of the sample used which creates problems for generalization of results. The papers act good as models to further designing of interventions in the specific area of learning disability.

INJURED BRAINS AND SHAKEN VOWS: SEVERE TRAUMATIC BRAIN INJURY AND MARRIAGES IN INDIA

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ABSTRACT

Background: The survivors of Traumatic Brain Injury (TBI) experience a multitude of physical, cognitive, behavioural and emotional problems which can adversely impact their interpersonal relationship with significant others. Marriage is a social institution which has strong socio-cultural underpinnings. There are studies from western world suggesting that TBI can negatively affect various aspects of marital functioning - marital stability, marital quality, marital satisfaction and sexual functioning. However, there is a paucity of studies in this area from the Indian settings.

Aim: The present study aims to explore the impact of severe TBI on the marriage and marital relationship in Indian population.

Method: A case series design was adopted for the present study. Three cases diagnosed with severe TBI secondary to road traffic accidents were recruited from a tertiary care mental health centre in southern India. Clinical details will be presented with special emphasis on marital relationship.

Results: Among three cases presented, injured spouse, uninjured spouse and both spouses experienced distress secondary to marital problems respectively. One of the couple separated after TBI, other two couples experienced deterioration in marital quality.

Conclusion: TBI have impact on marital quality than on marital stability in Indian couples. The quality of pre injury marital relationship, the nature and awareness of the deficits in injured spouse, and the personality factors may play an important role in marital outcomes after TBI.

Keywords: Traumatic Brain Injury; Marriage, Marital Relationship, Marital Quality

EFFECT OF POSITIVE AIRWAYS PRESSURE THERAPY (PAP) ON COGNITION OF FEMALE SUFFERING FROM OBSTRUCTIVE SLEEP APNEA

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ABSTRACT

Introduction: Obstructive sleep apnea (OSA) is a breathing disorder caused by blockage in the upper airways passage causing cessation in breathing. Decrease in oxygen supply to brain awakes the person for a brief of period of time, resulting in several types of dis-functioning. In the present research work, we have tried to study the impact of OSA on female cognition.

Methods: A convenient sample of twenty female participants (N=20) diagnosed with OSA were participated in the present study. A type-2 sleep study (preferably conducted at home) was administered for proper diagnosis of OSA. This study was bi-furcate into two phases. In phase one, all the diagnosed participants were called to the hospital and their cognition such as memory, intelligence, attention, motor functions, brain disfunctioning was tested with the help of PGI-BBD (The post graduate institute battery of brain dysfunction) by Dwarka Prasad. Epworth Sleepiness scale (ESS) was directed to measure day time sleepiness activity and STOP BANG (Snoring, Tiredness, Observed apnea, blood Pressure, Body mass index, Age, Neck circumference and Gender) was administered to check other symptoms of OSA. A self-made questionnaire was administered to mark the changes observed by the participant pre and post treatment. In the second phase, PAP device with appropriate air pressure was recommended to the participants and asked them to use it regularly for at least a period of 3 months. After three months of PAP therapy, their cognitive functions were again tested with the help of same diagnostic tool.

Results: The mean age of the participants were recorded as 32.35 years. Thus, we can conclude that PAP therapy have a significant impact on AHI value, snoring, ESS scores and STOP BANG scores, $F(1,88) = 290.13$, $p < .001$, This states $p < .05$ which states we reject the null hypothesis.

Conclusions: A significant positive relation was observed between PAP therapy and cognition.

Keywords: Sleep apnea, Obstructive sleep apnea, Cognitive function, PAP therapy

NON PHARMACOLOGICAL TREATMENT BACKED BY NEURAL PLASTICITY AS A MANAGEMENT FOR NEURO-DEGENRATIVE DISORDER

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ABSTRACT

Today one of the biggest challenge is the maintenance or reversal of memory degeneration process. Even though the common resort to such degeneration in cases of dementia has been use of pharmacological treatment but it has not yielded a major success in rectification or modification of such impairment. So memory as is understood a process that elaborates from encoding to retrieval of information. And methods to stregthn these circuits are hypothesized to help increase plasticity therby the resilience in the pathology.

Aim : The hypothesis is that non-pharmacological treatment based on stimulation of particular memory units owing to neural plasticity help in preventing progression of neurodegenerative diseases such as mild cognitive impairment and dementia.

Method: These articles were chosen based on their recent publication .Sites such as pubMed, Frontier, Elsevier, Oxford, google scholar contributed for the resources for this article. These academic databases helped curate articles that majorly involved experimentation strategy on clinical patients to get data..

Result: Cognitive Training have given rise to concepts of brain resilience that could fight against these pathologies and ageing. These contributed to some of the great changes like widespread topological changes in cortical and subcortical regions of Alzheimer's patient and in Mild cognitive impairment patient functional changes in areas of medial temporal lobe, precunus and anterior cingulum which is the Default Model Network that is responsible for memory functioning.

Conclusion: Efficient cognitive retraining programmes with proper modules lead to adequate stimulation and this has proven as an efficient management for the degenerated circuits. This still remains to be tested that the cognitive training programmes should have how many sessions, their frequency , home based or clinical based strategy to work efficiently.But it stillrequires studies with greater samples and specificity of dementaia to comment on the efficacy of non pharmacological treatment over pharamacological one.

Keywords: Non pharmacological, neurodegenerative, cognitive training, neural circuits.

Poster Presentation
Theme: Child & Adolescent

- ***Management of emotional and behavioral problems in school going children with ADHD***
  Ranjita Kumari

- ***A comparative study of socio-adaptive functioning, emotional intelligence & theory of mind in autism and normal controls***
  Soheli Datta

- ***A study on psychological wellbeing and mental health among adolescent orphans***
  Ms. Patteswari.D

- ***Social competence in relation to medium of instruction among high school students***
  Ananya S M

- ***Effect of parental mental health on adolescent offspring intelligence & personality***
  Dr. Parul Gairola

- ***Treatment acceptability of animal -assisted intervention***
  Galla Asha Deepika

- ***Role of yogic intervention in enhancing psychological well-being among adolescent girls***
  Madhu K. Gupta

- ***Role of positive metacognitions and meta-emotions on perceived stress in adolescents***
  Sakshee Meshram

- ***Community collaborative intervention as a transformative paradigm for teenagers' positive personal development***
  Roseline Florence Gomes

- *Parenting during the pandemic: psychological impact on parents and children*
  Dr Prahbhjot Malhi

- *Tattoos as a construct to adolescent's journal of life: a thematic analysis*
  Anshu Makol

- *Adaptation of Edinburgh social cognition test on Indian children*
  Saniya Bhutani

- *Mode of instruction and mathematical anxiety among adolescents*
  Pooja Daga

- *Attachment pattern and self-conscious emotion of adolescents with externalizing and internalizing symptoms*
  Debalina Das

- *A comparative study of self-esteem and helping attitude among psychology and non-psychology higher secondary school students*
  Ankush Aneja

- *Social anxiety and quality of life among female college students of Kashmir*
  Ujjwal Sharma

- *Psychopathic traits and empathy: correlation analysis in community adolescents*
  Abhilasha Dhariwal

- *A conceptual framework – impact of childhood trauma on psychological distress and personality pathology in emerging adults*
  Ashwini H J

- *Daydreaming styles and identity exploration in adolescents of Guwahati: a correlational study*
  Ms. Nidhi Mahanta

- ***Psychological vulnerability among adolescent offspring of parents with mental illness-1***
  Dr Rani Srivastava

- ***Acceptance and commitment therapy for behavioural and emotional concerns in learning disability A case study***
  Ashwinee Devi KV

- ***Emotional and behavioural problems in school going adolescents and their association with stressful life events: A pilot study conducted in Kolkata, West Bengal***

  Ushasi Banerjee, Prof. Sanjukta Das & Dr. Atanu Kumar Dogra

MANAGEMENT OF EMOTIONAL AND BEHAVIOURAL PROBLEMS IN SCHOOL GOING CHILDREN WITH ADHD

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ABSTRACT

Background: Emotional problems in ADHD is generally an ignored topic for decades though behavioural issues in ADHD have long been a topic of interest. There have been few studies on this topic across world and has shown that this ignored domain keeps much value and need to be addressed with focus as this is related to general mental health of the patient with ADHD.

Aim: The present study aimed at studying the efficacy of cognitive and behavioural intervention on emotional and behavioural problems in school going children with ADHD.

Methodology: It was a pre and post with control group design study and 40 school going children with ADHD were included in this study by using purposive sampling technique. Out of 40, twenty children were selected for the experimental group and twenty for control group. The children were screened by using DT-ADHD and Malin's Intelligence Scale for Indian Children (MISIC). Revised Behaviour Problem Checklist and Emotional Disturbance Decision Tree was used for assessment of behavioural and emotional problems. A cognitive and behavioural intervention was used for the management of emotional and behavioural problems in the children with ADHD. SPSS 26 was used for analysis of the obtained data.

Result: The result showed that the intervention significantly reduced the emotional and behavioural problems in the children with ADHD.

Conclusion: Cognitive-Behavioural techniques were successful in the management of emotional and behavioural problems in children with ADHD.

Keywords: Emotional disturbance, disobedience, irritability, lack of social skills, low self-esteem, cognitive reappraisal

A COMPARATIVE STUDY OF SOCIO-ADAPTIVE FUNCTIONING, EMOTIONAL INTELLIGENCE & THEORY OF MIND IN AUTISM AND NORMAL CONTROLS

Disha Begani and Soheli Datta

ABSTRACT

Autism Spectrum Disorder (ASD) is a pervasive developmental disorder that interferes with thinking, feeling, language, and the ability to relate to others and it directly has an impact on the functioning of the brain. The aim of the present study was to compare two groups (10 autistic children (clinical group) and 20 children without autism (normal group) in the age range of 8-14 years, in terms of socio-adaptive functioning, emotional intelligence (EI) and theory of mind (ToM). Tools used were, Bar on EQ-I:YV(S) to measure the ability to understand feelings, empathize with others, and adapt to new/changing environments, Strange Stories Test to assess the child's understanding of theory of mind ability and Vineland Social Maturity Scale was used to assess the social competence. Results indicated that there was a significant difference between the two groups in social adaptive functioning, ToM and EI. A significant negative correlation between communication and the Intrapersonal component of EI and a significant positive correlation between the Self-Help General and Interpersonal component of EI was found for normal groups. While only a significant positive correlation was found between Self-Direction and the Adaptability component of EI for the clinical group. A significant negative correlation between Interpersonal components of EI and ToM was found for the normal group and a significant positive correlation between Adaptability component of EI and ToM was observed in the clinical group

A STUDY ON PSYCHOLOGICAL WELLBEING AND MENTAL HEALTH AMONG ADOLESCENT ORPHANS

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ABSTRACT

Introduction: This review is to understand the Psychological wellbeing and Mental Health among adolescent orphans. Orphans and the other vulnerable children and adolescents living in institutional homes are more prone to behavioural and emotional problems than others as they are deprived of a family's love and care. The absence of parental support, affection, attachment, poor mental health, depression, low self-efficacy, social adjustment, and low self-esteem play a significant role in developing risk-behaviour among adolescents. Mental health and psychological wellbeing playing an important role in adolescents. Ryff's model Psychological well-being theory states that the goal of life is about living virtuously instead of just feeling good. Research Studies have shown that orphan children and adolescents had low psychological well-being and poor mental health. In general, Orphans seem socially deprived and they tend to encounter higher emotional distress, hopelessness, depressive and anger than non-orphan adolescents.

Discussion: According to research evidences adolescent's living in poor conditions and poor care are also traumatic to the orphans. Orphanages are comparatively more 'unhappy' and more prone to depression than Nonorphan (Mostafaei et al. 2012) as they lack parental love, support and have less-effective role models, which inadvertently develop into adjustment difficulties and other psychosocial behaviour problems. Adolescents have always been an important focus of study for mental health researchers. Mental health has emerged as a priority study area with reference to adolescents (Patel and Prince, 2010). "Adolescent mental health has assumed importance due to continuities between adolescent and adult psychopathology" (Chattopadhyay and Mukhopadhyay, 2010).It has been widely accepted that an adult's personality, characteristics, behavioural patterns are given shape during their childhood and adolescence (Uma and Thomas, 2010). Living environment is a significant predictor of psychosocial wellbeing and mental health.

Conclusion: The orphans not only had unmet basic needs, but also had evidently increased internalizing problems, thus their long-term mental health would be in jeopardy. There is an urgent need to expand and improve current intervention programmes not only to meet the basic needs but also to include psychosocial support, counselling services for the orphans, and training for their carers.

Keywords: Adolescent Orphan, Psychological wellbeing, Mental Health.

SOCIAL COMPETENCE IN RELATION TO MEDIUM OF INSTRUCTION AMONG HIGH SCHOOL STUDENTS

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ABSTRACT

Background: Man is a social animal and in order to survive in this ever growing world one need to have social competence. Social Competence is the emotional, cognitive and behavioral skills in dealing effectively with one's self and environment and it is comprised of personal social competence, interpersonal social competence and communication skills. There are so many factors which influences social competence one among them is medium of instruction, the language used to impart knowledge.

Aim: This study aims to examine Social Competence in relation to medium of instruction among high school students.

Methods: The study was conducted on 120 high school students of which 60 were from the Kannada medium of instruction and the remaining 60 were from the English medium of instruction. In this study, there was one independent variable which is the Medium of instruction, and one dependent variable that is Social Competence. An independent t-test was used to analyze the results.

Results:The results concluded that English medium high school students have high social competence than Kannada medium high school students.

Conclusion: As English is a widely used language in the world it enhances the social competence of the child by giving scope to interact with a wide range of people across the world.

Keywords: Social Competence, medium of instruction, and high school students.

EFFECT OF PARENTAL MENTAL HEALTH ON ADOLESCENT OFFSPRING`S INTELLIGENCE & PERSONALITY

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ABSTRACT

Parental mental health have significant lifelong effect on the mental health of offspring. When a parent is struggling with mental illness their offspring may or may not understand the difficulty of the parent but will surely bear the consequences of additional responsibility or traumatic experience. Their development takes place in isolation, lack of support and care from the affected parent.

AIM: This study is planned to answer the question that whether prolonged stay of adolescent offspring with their parents with significant mental illness reflect psychopathology in them.

OBJECTIVES: To assess the intelligence, personality dimensions, level of anxiety & personality traits of screened out adolescent offspring of parent with mental illness.

METHODOLOGY: This is a cross-sectional, prospective & comparative study. 116 Adolescent offspring belonging to the age between 15-18 years assessed on RPSM, EPQ & 16 PF**.** The findings significant psychological vulnerability in form of learning difficulty, personality disorganization, high level of anxiety and number of disturbed personality traits among the offspring of psychologically disturbed parent (study) in comparison to the adolescent offspring of parents with normal well-being (control).

CONCLUSION: The offspring with psychologically disturbed parents need a timely support to prevent them from developing serious psychological issues later in life. The policy and provision to take care for such population is a direct need of the time.

Keywords: Parents, mental illness, adolescent offspring, personality, intelligence

TREATMENT ACCEPTABILITY OF ANIMAL-ASSISTED INTERVENTION (AAI) FOR CHILDREN WITH DEVELOPMENTAL DISABILITIES

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ABSTRACT

Background and Aim of the study: Animal-assisted intervention (AAI) is conducted by a trained and experienced therapist and incorporates a specially trained animal who participates in the sessions. It is a complementary intervention and can be used to supplement other traditional therapies for better outcomes for children with developmental disabilities as also diverse population groups. Recent research also provides robust evidence for the benefits of animal-assisted intervention particularly for children with autism, ADHD and other developmental conditions. However considering that this intervention modality is novel and is in its nascent stages in India, understanding its acceptability becomes extremely important. The present study aimed to understand the acceptability of animal-assisted intervention as a treatment modality among medical practitioners and students.

Methods: The study used a vignette format involving randomized descriptions of four possible treatments for children with developmental disabilities i.e., Medication, AAI, Applied Behavior Analysis and a Wait and see option, followed by the 15-item Treatment Evaluation Inventory (TEI) for the participant to evaluate each treatment option. Participants included practicing pediatricians, psychologists and nurses as also students from the fields of medicine, psychology and nursing.

Results: Key findings indicate a moderate to high overall acceptability for AAI and the procedures involved. However concerns were raised about possible risks and discomforts that a child may experience in the process.

Conclusion: Overall, the results indicate a positive acceptance of AAI and further awareness may be needed on the safety protocols adopted in the process.

Keywords: Animal-assisted intervention, Treatment acceptability, Developmental disabilities

ROLE OF YOGIC INTERVENTION IN ENHANCING PSYCHOLOGICAL WELL-BEING AMONG ADOLESCENT GIRLS

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ABSTRACT

Background: Globally, Yoga is known as the wealth of India, the most oldest and powerful interventional method to develop a healthy physical, mental/psychological, and spiritual up liftmen.

Aim: The present study aim is to see the role of yogic practices in enhancing psychological well-being among adolescent girl students.

Methodology: A total of 60 unmarried adolescent girls were selected according to inclusion and exclusion criteria, between the age group 13-15 years and randomly divided into 02 groups (30-30 in experimental and control group). A Checklist for Psychological well-being prepared by the researcher was used to assess adolescents' psychological well-being. All participants were assessed at the beginning (pre) and after 03 months (post). The experimental group received structured yogic intervention program (techniques included Surya-Namaskara, Pranayama, and Yoga-Nidra; 24 sessions).

Result and Conclusion: Result found that yogic practice is quite effective to enhance psychological well-being among the experimental group participants to compared control group. As intervention the yoga have potentiality to develop a positive self-awareness and a healthy mental-health in the individuals.

Keyword: - Adolescent, Girl students, Yogic practice, Psychological Well-Being.

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ROLE OF POSITIVE METACOGNITIONS AND META-EMOTIONS ON PERCEIVED STRESS IN ADOLSCENTS

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ABSTRACT

The research has indicated that positive metacognitions and meta-emotions i.e., adaptive metacognitive beliefs people hold about their own cognitive and emotional processes, may have a role in perception of stress. The study examined the independent and interaction effects of 'gender' (boys and girls) and 'levels (low and high) of facets of positive metacognitions and meta-emotions' on perceived stress in adolescents. The Hindi versions of Positive Metacognitions and Meta-emotions Questionnaire (PMCEQ-H) and Perceived Stress Scale (PSS-H) were individually administered on purposively sampled 300 adolescents (150 boys and 150 girls). The participants falling below Mean -1SD and above Mean + 1SD on PMCEQ-H1, PMCEQ-H2, PMCEQ-H3 and PMCEQ-H Total factors of PMCEQ-H (respectively referred to as low and high scorers), besides gender (boys and girls) variables, were screened out. The 2 X 2 ANOVA (2 gender X 2 levels of facets of positive metacognitions and meta-emotions) performed on the scores of perceived stress revealed (i) non-significant main effects of 'gender' on perceived stress with PMCEQ-H2, PMCEQ-H3 and PMCEQ-H Total, however significant main effect of 'gender' on stress with respect to PMCEQ-H1 manifested that boys as compared girls manifested significantly higher levels of perceived stress, and (ii) non-significant main effects of levels of PMCEQ-H1 and levels of PMCEQ-H2 on perceived stress, however, significant main effects of PMCEQ-H3 and PMCEQ-H Total on perceived stress demonstrated that high as compared to low levels of positive metacognitions and meta-emotions resulted in significantly lower levels of perceived stress.

Key words: Positive Metacognitions and Meta-emotions, Perceived stress

COMMUNITY COLLABORATIVE INTERVENTION AS A TRANSFORMATIVE PARADIGM FOR TEENAGER'S POSITIVE PERSONAL DEVELOPMENT

Roseline Florence Gomes

ABSTRACT

Mentoring interventions in the current educational scenario is the social responsibility of academic institutions in developing the holistic capacities of pupils. This article reviews the role of contemporary mentoring interventions developed for middle school teenagers. Mentoring teenagers should be one of the integral practices in the current phase of innovative education to foster value-based learning. Academic institutions should view mentoring methodologies in a renewed light and make teaching and learning strategies more learner-centric. 'Mentoring' in this article is described through the conceptual methods. The outcomes of mentoring are discussed in developing the individualistic approaches of learners. Theoretical frameworks are easily available in e-based platforms, readily accessible to the learners. Amidst all these innovations it's relevant that learning institutions evolve by unlearning their conventional methodologies and build the life-skills of students by integrating a balance with professional capacities. Web-based software needs to be incorporated by facilitators in developing lesson plans through mentoring that are fun-based and educational as well which integrates the skills of new-generation digital learners. Schools have lost touch with the community. Since every institution is working in isolation, this study highlights the relevance of associating with the community by developing experiential knowledge through stakeholders who can mentor learners with their successes and failures. It further discusses the need to innovate newer realms of mentoring models relying on both academic and holistic development monitored by community stakeholders.

Keywords: Community Collaborative Intervention, Mentoring, Transformative Paradigm, Web-based Intervention, Personal Development

PARENTING DURING THE PANDEMIC: PSYCHOLOGICAL IMPACT ON PARENTS AND CHILDREN

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ABSTRACT

Introduction: The literature on the mental health consequences of public health emergencies, especially for children from developing countries, is sparse.

Objective: To examine the relationship between parenting stress and emotional and behavioural problems among Indian children post the pandemic.

Methodology: A total of 100 parents (Mothers= 78%) responded to an online survey, which assessed parenting stress and emotional and behavioural problems of children. The parental stress scale measured positive themes (emotional benefits, self-enrichment, personal development) and negative themes (demands on resources, opportunity costs and restrictions) associated with parenting. The perceived stress scale measured the extent to which respondents perceived their lives, in the last one month, had become unpredictable, uncontrollable, and overloaded. The Strengths and Difficulties (SDQ) scale measured the emotional and behavioural problems of children including conduct problems, hyperactivity-inattention, emotional symptoms, and peer problems. The main outcome measure was the total score on the SDQ. The research was cleared by the ethics committee of the institute.

Results: The mean age of the children was 9.22 yrs (SD= 3.90) and there was near equal number of boys and girls (boys=51%). Significant proportion of parents reported that the child's physical activity (51%), interactive peer play (39%), sleep (36%), and behaviour (28%), had worsened post the pandemic. Nearly one-fifth (19%) of the children had an abnormal SDQ total score. Step-wise multiple regression analysis revealed that 23.4% of the variance in the total SDQ scores was accounted by two variables namely the parenting stress score and the perceived stress score ($F=24.26$, $p=.0001$).

Conclusions: The economic and social repercussions of the pandemic have increased parental stress and this is associated with increased mental health problems in children.

TATTOOS AS A CONSTRUCT TO ADOLESCENTS JOURNAL OF LIFE: A THEMATIC ANALYSIS

APOORV AGGARWAL ANSHU MAKOL

ABSTRACT

Background : In the past years, tattoos have moved from aberrant subcultures to the standard, but these are yet viewed as characteristics of the unfavored groups of society. Many dominant societies view individuals with tattoos as violating social rules and norms. Several people found it difficult to understand why an individual would choose to have ink injected under their skin and therefore, the act of tattooing has been criticized in past with a view that the tattoos are impulsive and fail to consider the ramifications of what they are doing. Also, tattooed individuals are often seen to be of lower economic status while other times they are thought to be criminals and dregs of society. In recent years, society has undergone a remarkable transformation regarding our views on tattoos and thus, tattoos have become another style pattern over the most recent couple of years in India, especially among adolescents who associate symbolic personal meanings and ideas of personal identity with tattoo(s)

Aim: The current study aims to explore how adolescents express themselves through their tattoo(s) and what specific meaning they attach to their tattoo(s). The study specifically aims to explore symbolic personal meaning adolescents attach to their tattoo and self -expression via the means of tattoo(s)

Methods: Semi-structured interview was carried out with 5 participants aged 15 to 18years individually which was recorded on a digital voice -recorder in order to obtain the views of the participants on their own tattoos. The main focus was on eliciting the self- expression and symbolic personal meanings associated with the tattoo thus, understanding the adolescent's psychology and emotional well -being associated with tattoo(s)

Each participant was provided with a participant information sheet in which purpose of the study was explained. Following this was a consent form which was signed by all the participants before they were interviewed for the current study. Also, participants were free to withdraw at any time as per their comfort.

Result: The primary themes that emerged through thematic analysis of the research data achieved from participants based on interview question were Personal Meanings, Self Expression, Personal Integration, Redefining the self. When the participants were asked, how do they perceive their tattoos and the specific meaning attached to them, the participants presented a variety of responses which together depicted that these were clearly based on their Personal meanings. To summarize, different people attach different personal meanings to their tattoos such as Honouring a bond, Freedom, Encouragement, Ray of hope or Affection which help them in their life and also reflects who they are, and what they want from life.The research question also investigated what stories participants attach, relate to their tattoos. Such stories behind tattoos served as a self -expression which in turn have different ways of communication.

Conclusion: Different themes that are elicited through the study explained how adolescents expressed themselves through their tattoos by denoting their tattoos with some personal meanings. Theme (Personal meaning) depicts what tattoos mean to the person who is wearing them and not to the viewers. Different unique, distinctive and personal meanings were attached with the tattoo, which can appear to be different for the other person on seeing. Further, theme (Self-expression) explores how and what stories are attached to tattoo of an individual wearing it. Individuals not only attach personal meanings but also one's own life experiences in the form of tattoo. These attached stories help the adolescents to express themselves to the people around them. Similarly, the theme (**Personal integration**) explores different aspects in which individual with tattoo expresses oneself to the world.

ADAPTATION OF EDINBURGH SOCIAL COGNITION TEST ON INDIAN CHILDREN

SANIYA BHUTANI & KAMLESH SINGH

ABSTRACT

BACKGROUND: Social Cognition determines our social interactions and the way we process the socially relevant information. In India, there have been limited tests to measure social cognition. One of the widely used test is Social Cognition Rating tools in Indian setting (SOCRATIS; Mehta et al., 2011). The administration of SOCRATIS is time consuming. Additionally, it does not measure social norm understanding which is an essential component of social cognition. Hence, Edinburgh Social Cognition Test (ESCoT) is being adapted to Indian settings.

AIM: The proposed study aims to adapt and validate ESCoT in English and Hindi on Indian children as social cognition is substantially influenced by culture and the interaction between culture and social cognition is guided by the cognitions.

METHODS: Content validation of the test was done by 10 practicing psychologists. Further, ESCoT and Reading Mind in the Eyes Test(RMET) was administered on a sample of 100 typically developing children of age group 6 to 12 years.

RESULTS: 7 out of 10 items were retained. Internal consistency was .77 for the retained items. Significant correlation was observed between RMET and Theory of Mind measures of ESCoT ($r = .25$, $p < .05$).

CONCLUSION: ESCoT has acceptable psychometric properties and may be used for Indian children.

Keywords: Social Cognition, Edinburgh Social Cognition Test, Psychometric Properties

MODE OF INSTRUCTION AND MATHEMATICS ANXIETY AMONG ADOLESCENTS

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ABSTRACT

Background: Due to the pandemic the mode of curriculum delivery has shifted from the traditional classroom physical interaction to online classes. Though teachers have been using innovative techniques to deal with this change effectively, the success in some subjects like mathematicshas been questionable. This study was conducted to examine if online classes have impacted the perception towards mathematics, in particular anxiety towards mathematics inadolescents.

Aim: To study mathematical anxiety among adolescents in the pre (offline mode of instruction) and post (online mode of instruction) COVID scenario.

Methods: Mathematical anxiety questionnaire was distributed among adolescents (class 12 students) living inKolkataviagoogleforms.Thedatacollectionwasdoneintwophases,thefirstinFebruary2020andthe second in February 2021. The obtained data was analyzed using Statistical Package for Social Sciences (SPSS).

Results: There was a significant difference in mathematical anxiety based on different modes of instruction. The students suffered from a significant increase in anxiety in mathematics as the classes went online.The mode of delivery of the mathematics curriculum has impacted the overall understanding of the subjectand has also impacted their mental wellbeing in terms of anxiety towards thesubject.

Conclusion: Online classes have negatively impacted the perception and attitude towards mathematics in adolescents. Mathematical anxiety has significantly increased pre and post the first wave of the Covid-19 Pandemic in adolescents.

Keywords: Mathematic Anxiety, Adolescents, Mode of instruction, Pandemic

ATTACHMENT PATTERN AND SELF-CONSCIOUS EMOTION OF ADOLESCENTS WITH EXTERNALIZING AND INTERNALIZING SYMPTOMS

Debalina Das & Dr. Priya Saxena

ABSTRACT

Background: Emotional dysregulation is a cardinal component related to broad range of psychopathology but there are no direct findings about the role of secondary self-conscious emotions, like guilt, pride and detachment.The experience of these 'moral emotions' is closely linked to the environment,in which these emotions are experienced and expressed.Self-conscious emotions develop in early childhood,adolescence and it is important to understand how the self-conscious emotions are experienced during this time of physiological and emotional turbulence.

Aim: To assess attachment pattern and self-conscious emotions in adolescents with externalizing symptoms, internalizing symptoms and non-clinical group.

Method: The study utilized quantitative research methodology with a descriptive cross- sectional research design. 10 subjects in each group with internalizing symptoms, externalizing symptoms and in the non-clinical group were recruited based on inclusion & exclusion criteria.Socio-demographic datasheet,CBCL, TOSCA-A and AAQ were administered and statistics were used.

Result: Males were found to be over-represented in externalizing group,while females were over-represented in the internalizing and non-clinical groups.It was observed that type of family was significantly different across the three groups.Among the self-conscious emotions,Externalization was found to be significantly higher in the externalizing group.Experience of guilt was highest in internalizing.Alpha pride was also significantly higher in the externalizing group. No significant group differences were observed on attachment. In the internalizing group, it was observed that the attachment subscale of goal-corrected partnership had a significant positive correlation with the self-conscious emotion of shame.

Conclusion: It was observed that adolescents experience varying levels of self-conscious emotions, which, in some way, influences the nature of their psychopathology

A COMPARATIVE STUDY OF SELF ESTEEM AND HELPING ATTITUDE AMONG PSYCHOLOGY AND NON PSYCHOLOGY HIGHER SECONDARY SCHOOL STUDENTS

ANKUSH ANEJA

ABSTRACT

BACKGROUND: Helping attitude is the most important driving force in the subjects of behaviour sciences and self esteem which plays a very important role in maintaining interpersonal relationship.

AIM: The present study examines the relationship of self esteem and helping attitude for the psychology and the non psychology higher secondary school students.

METHODS: In order to collect data and answer research questions of this study, survey method, non-probability sampling, and convenient sampling has been applied in this study. There were a sample of 30 psychology and 30 non psychology higher secondary school students in total. Helping Attitude Scale (HAS) and Rosenberg Self-esteem Scale (RSE) has been used for the measurement of helping attitude and self esteem among the groups.

RESULTS: The result shows that there exists a negative correlation of (0.477) between self esteem and helping attitude for the students of psychology and positive correlation of 0.487 for the students of non psychology group.

CONCLUSION: It means that if there is an increase in either one of variables then it would affect negatively on the other for the group of psychology and positively for the group of non psychology students.

SOCIAL ANXIETY AND QUALITY OF LIFE AMONG FEMALE COLLEGE STUDENTS OF KASHMIR

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ABSTRACT

Background: Kashmir has been ridden with conflict for the past 20 years. This conflict has a tremendous impact on the student community particularly their education and overall wellbeing. Experiences of conflict between civilians and armed forces, frequent calls for *bandh,* closure of educational institutions tend to cause stress and anxiety particularly among the students.

Aim: This study aimed to assess social anxiety in undergraduate students, and their overall quality of life.

Method: A sample of 178 undergraduate female students was chosen for the study from the mainstream college of Kashmir. Liebowitz Social Anxiety Scale (Leibowitz, 1987) Scale was used to assess social anxiety, WHO Quality of Life (QoL) Scale to assess their overall quality of life.

Results: Only 8 students scored below the cut off of 30 on Social Anxiety Scale i.e. 95% students showed presence of social anxiety. Analysis of score of Quality of Life scale showed that students showed lowest mean scores on psychological QoL component. f A linear regression was calculated to predict psychological quality of life based on social anxiety. A significant regression equation was found with $F(1,176)=10.2$, $p<0.05$.

Conclusion : The findings show that there is a significant presence of social anxiety in the female students of Kashmir owing to long standing conflict. This has a significant impact on their psychological quality of life which in turn affects their academics as well as mental health. The findings can be used to plan interventions for such students.

Key words: Social Anxiety, Quality of Life, Kashmir

PSYCHOPATHIC TRAITS AND EMPATHY: CORRELATION ANALYSIS IN COMMUNITY ADOLESCENTS

Abhilasha Dhariwal

ABSTRACT

Background: Psychopathy is a collection of personality traits such as lack of empathy, unemotionally, grandiose sense of self, manipulativeness, impulsivity, lying and offensive behaviour. The same can be said for psychopathic traits which are present on a continuum in every individual as independent characteristics free of a personality type.

Aim: The aim of this paper is to assess the relation between psychopathic traits and empathy in non clinical adolescent youth. The study focuses on a sample that is not diagnosed with any mental disorder, not identified as psychopathic individuals and was never incarcerated for criminal behaviour or engaged in criminal behaviour.

Methods: Youth Psychopathic Inventory and Interpersonal Reactivity Index were utilised to assess psychopathic traits and empathy in sample of 100 individuals. The questionnaires were made available through online forms via Reddit and Twitter. SPSS software was used to perform Pearson's correlation.

Results: The results showed a significant negative correlation of between psychopathic traits and empathy (r =-.526).

Conclusions: The results indicate that youth with high psychopathic traits lack empathy. Their lack of empathy can explain their socially inappropriate decision making, troubled interpersonal relationships and acts of criminal nature.

Keywords: Psychopathic traits, empathy, non-clinical sample, youth

A CONCEPTUAL FRAMEWORK – IMPACT OF CHILDHOOD TRAUMA ON PSYCHOLOGICAL DISTRESS AND PERSONALITY PATHOLOGY IN EMERGING ADULTS

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ABSTRACT

Adulthood is the time of changes and thus be stressful. This can be determined by the provision for a safe environment during the crucial years of life i.e., childhood. Essentially, children make meanings of everything they come across and is especially more dynamic in the early years of the development. This can form a basis for their overall development and determine their coping mechanisms even during adulthood. Therefore, if they develop faulty meanings of themselves, others and the world, it can damage their ability to function as adults. It is crucial to understand the psychological well-being and personality traits in adulthood by this very nature of traumatic experiences in childhood. This paper puts forth a conceptual framework with a three-tier model to retrospectively understand the relationship between childhood trauma and its impact on psychological distress and personality pathology in adulthood. Furthermore, this conceptual framework also proposes researchers to develop intervention and prevention model for those emerging adults who were once victims of childhood trauma and to learn positive parenting practices when they become parents. PERMA model has found its effectiveness mostly in the field of Positive Psychology, however, this conceptual framework proposes to depict PERMA model's effectiveness when used with other forms of psychotherapy i.e., Cognitive Behaviour Therapy (CBT), Mindfulness Based Cognitive Therapy (MBCT), Trauma-Focused Cognitive Behaviour Therapy and Acceptance and Commitment Therapy (ACT) in the areas of psychology vis-à-vis childhood trauma, psychological distress, and personality pathology.

Keywords: childhood trauma, parenting, psychological distress, maladaptive personality traits, prevention, PERMA model

DAYDREAMING STYLES AND IDENTITY EXPLORATION IN ADOLESCENTS OF GUWAHATI: A CORRELATION STUDY

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ABSTRACT

Daydreaming, a universal device for self-expression in adolescents has been studied by past researchers to uncover their innermost worlds. This aim of the present research was to investigate the relationship between daydreaming styles and identity exploration of adolescents. An attempt was also made to understand and gain insight about the daydreaming styles (positive-constructive, guilt and fear of failure and poor attentional control) and identity exploration in adolescents with respect to various domains (physical appearance, free time, family, work, boyfriend-girlfriend relationships, self-reflection, future, etc). The current study was conducted on a purposive sample of adolescents taken from Maria's Public School, Guwahati (N=90). The sample comprised of boys (N=45) and girls (N=45). In order to measure daydreaming styles and identity exploration, Short Imaginal Processes Inventory and Early Identity Exploration Scale were used respectively. Correlation analysis through SPSS (Statistical Package for the Social Sciences) portrayed that a positive correlation was found between 'poor attentional control daydreaming' and 'future' aspect of identity exploration and a negative correlation was found between 'guilt and fear of failure daydreaming' and 'perception of own place in the life cycle'. Data analysis revealed that 'guilt and fear of failure daydreaming' style was the highest among the other styles of daydreaming which participants agreed to have engaged in and 'work' domain of identity exploration was found to be the highest dimension where a majority of the sample agreed to have explored.

Keywords: Daydreaming, Fantasies, Reverie, Identity Exploration, Adolescents

PSYCHOLOGICAL VULNERABILITY AMONG ADOLESCENT OFFSPRING OF PARENTS WITH MENTAL ILLNESS

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ABSTRACT

It is important that mental health and social services support are rendered for the parent and to their children both who have mental health problem. Researches have shown that some children of parents with a severe and enduring mental illness experience greater levels of emotional, psychological and behavioural problems than children and young people in the rest of the population apart from genetic factors are known causes of mental illness.

AIMS: Keeping this idea in mind this study has been conducted in order to help such population.

OBJECTIVES: To screen out the psychological disturbances at primary level among adolescent offspring (study group-n=58) of parents with mental illness & adolescent offspring (controlled-n=58) of parent with normal health.

MATERIAL & METHODS: This is a cross-sectional, prospective & comparative study. Sample-Subjects of study were adolescent offspring belonging to the age between 15-18 years. Test Measures: GHQ, BPRS, SSCT, AISS & SASS. RESULTS & DISCUSSIONS: The results have shown significant problem among the offspring of psychologically disturbed parent (study) in comparison to the adolescent offspring of parents with normal well-being (control).

RESULTS: The results have shown significant problem among the offspring of psychologically disturbed parent (study) in comparison to the adolescent offspring of parents with normal well-being (control).

RECOMMENDATIONS: Findings are very encouraging for every professional in this particular area & for society as a whole.

Keywords: personality, psychological vulnerability, interpersonal relations, attitude & adolescent offspring

ACCEPTANCE AND COMMITMENT THERAPY FOR BEHAVIOURAL AND EMOTIONAL CONCERNS IN LEARNING DISABILITY – CASE STUDY

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ABSTRACT

Background: Learning disability is an umbrella term used to convey a wide array of academic problems manifested as difficulties in reading, writing, comprehension, spelling, arithmetic and fine motor skills. This is the leading cause for academic underachievement and early drop out from schools. Besides the poor academic performance, there are several behavioural and emotional concerns often found comorbid with learning disability, which are mostly under recognized and untreated. These learning concerns are often life long and can have an impact on various other domains of day-to-day functioning. Acceptance and Commitment Therapy (ACT) is a third wave behaviour therapy that focus on enhancing the psychological flexibility and thereby to improve the quality of life. The current study aims to find the effectiveness of ACT in intervening comorbid concerns in learning disability.

Aim: To find out the effectiveness of ACT in managing behavioural and emotional concerns among two adolescents with learning disability

Method: Below presented are the case studies of two adolescents diagnosed with learning disability. Standard Progressive Matrices (SPM) and NIMHANS Specific Learning Disability Battery were used to screen intellectual functioning and the presence of learning problems. Conner's 3 self-report short scale along with DASS- 21 was administered pre and post intervention to assess behavioural and emotional concerns respectively. Both the adolescents attended eight sessions of ACT.

Results/Conclusion: Improvements were evident in the post intervention whereby the frequency of behavioural and emotional issues decreased for both adolescents. ACT might hence be effective in dealing with comorbid concerns in learning disability.

Keywords: Learning disability, Behavioural and emotional issues, Acceptance and Commitment Therapy, Psychological flexibility

EMOTIONAL AND BEHAVIOURAL PROBLEMS IN SCHOOL GOING ADOLESCENTS AND THEIR ASSOCIATION WITH STRESSFUL LIFE EVENTS: A PILOT STUDY CONDUCTED IN KOLKATA, WEST BENGAL

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ABSTRACT

Background: Being a critical transitional and developmental stage, adolescence is characterized by physical and psychological maturation, broadening of social horizons; increased need for autonomy as well as multiple sources of stress. Previous literature suggests that exposure to a variety of life stressors may make them vulnerable for developing emotional and behavioural problems.

Aim: The present study aimed to 1) study the prevalence of emotional and behavioural difficulties faced by school-going adolescents 2) examine the relationship between stressful life events and emotional and behavioural problems of adolescents.

Methods: A sample of 100 school-going adolescents between 12-16 years age (M- 13.52; SD: 1.19), was drawn from different schools of Kolkata and the Adolescent Stressful Life Events Scale (Aggarwal et al, 2007) and Youth Self Report Inventory (YSR-CBCL; Achenbach,1991) were administered.

Results: Prevalence of different emotional and behavioural difficulties in adolescents was drawn. An alarming proportion of adolescents was found to suffer from different emotional and behavioural problems, which often goes unnoticed. The pattern of association of difficulties with stressful life events was further analysed.

Conclusion: The findings have important implications for clinicians working with adolescents, school psychologists, counsellors, educators working in school settings.

Keywords: *adolescents, stressful life events, emotional and behavioural problems*

Poster Presentation

Theme: Challenges in Clinical Psychology

- ***Multidimensional perfectionism and individual work performance in information technology professionals with cognitive flexibility as a mediating factor***
  Revati Bhagchandani

- ***Understanding and managing the various facets of companion animal bereavement***
  Vaishnavi Sajeev

- ***"A study on the family caregiver's experience, of adult cancer patients in Mumbai"***
  Roshni Narula

- ***Attitude towards mental illness, affiliate stigma, caregiver burden and quality of life in caregivers of people with mental illness***
  Kanika Choudhary

- ***The role of emotional intelligence in managing stress among working professionals***
  Vageesha Pandey

- ***Psychological interventions for female survivors of sex trafficking***
  Irani M. Da Silva

- ***From gond art to expressive art: in search of the psychological impacts of gond art with an aim of adapting it into an art making technique to increase psychosocial well being***
  Ms. Anjana Ajith

- ***Interpersonal and cognitive style in dissociative disorder***
  Doyel Ghosh

- ***Effects of metacognitions on suicide ideation***
  Varsha Pandey

- ***Projective drawing as an intervention tool for patients with dissociative convulsions: a case study***
  Aarushi Sharma

- ***Masochistic behavioral tendencies and self-mutilation in anorexia nervosa: a case evaluation***
  Dr Nimart Singh

- ***A pilot study: negative beliefs about worry as a mediator between intolerance of uncertainty and excessive reassurance seeking in individuals with anxiety disorders***
  Rhea Joseph

- ***Illness perception, coping, treatment adherence, and quality of life in people with anxiety disorders***
  Archana Rebbapragada

MULTIDIMENSIONAL PERFECTIONISM AND INDIVIDUAL WORK PERFORMANCE IN INFORMATION TECHNOLOGY PROFESSIONALS WITH COGNITIVE FLEXIBILITY AS A MEDIATING FACTOR

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ABSTRACT

Background: Perfectionism has been linked to various aspects of an individual's life, whether it is personal or professional, and its pursuit reverberates with many individuals especially in the workplace. Cognitive Flexibility is an underlying mechanism of flexible behaviour at the mental level. It allows to change outdate strategies and adapt to changing environments quickly. Different aspects of perfectionism such as rigidity and negative self-evaluation are shown to be negatively correlated with cognitive flexibility. It has been indicated in literature and theory, that perfectionism impacts high-performing jobs such as Information and Technology (IT) sectors, in both adaptive and maladaptive ways. Their job profile is dynamic and time bound with pre-defined targets to meet, coupled with demands to provide better solutions. Hence, to study perfectionism, individual work performance and cognitive flexibility in such individuals is crucial.

Method: The aim of the present study is to explore the relationship between multidimensional perfectionism and evaluation of individual work performance, in addition with cognitive flexibility as a mediational role between these two variables. The study uses a single group research design. Data will be collected through google forms, from 50 IT professionals working at various levels of hierarchy in IT companies. The study is using the 'Big Three Perfectionism scale', 'Individual Work Performance Questionnaire' and 'Cognitive Flexibility Inventory' in order to collect data.

Results: Data will be analysed using SPSS. A correlation with mediation analysis will be computed and the results will be discussed during the research presentation.

Keywords: Multidimensional Perfectionism, Individual Work Performance, Cognitive Flexibility, Information Technology professionals.

UNDERSTANDING AND MANAGING THE VARIOUS FACETS OF COMPANION ANIMAL BEREAVEMENT

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ABSTRACT

Background and Aim of the study: Although an increasing number of homes today in India have companion animals, human-animal relationships are often viewed as inferior to relationships between humans. Consequently the grief emerging from the loss of a companion animal elicits much lesser understanding and support from both the family and the community. Growing research evidence reports that companion animal bereavement can have significant psychological impacts and needs particular consideration. Considering that research on companion animal bereavement is in its early stages in India despite the growing pet market, the present study seeks to understand the bereavement experiences following the loss of a companion animal and the role played by the veterinarian in the process. This study extends a similar pilot examination conducted by the research team exploring additional psychological facets of companion animal loss.

Methods: To accomplish this aim we used standardized measures- Pet Bereavement Questionnaire (PBQ), Shared Decision-Making Questionnaire (SDM-Q-9) as also an investigator-designed questionnaire (both close and open-ended questions) measuring the client-veterinarian relationship. Participants included both veterinarians and bereaved pet owners.

Results: Key findings obtained indicated the presence of significant psychological impacts emerging from companion animal bereavement and a lack of recognition of the same. Veterinarians also acknowledged that handling client bereavement was a traumatic experience for them on several occasions and felt the need for better training and psychological assistance in the process.

Conclusion: The results from this study can better inform veterinarians and other helping professionals in providing the required support to normalize the grief experiences of bereaved animal owners. It can also inform various stakeholders of the need for enhanced support and training in the handling of grief emerging from companion animal loss.

Keywords: *Companion animals, Pets, Pet loss, Companion Animal Bereavement, Pet owners, Veterinarians.*

"A STUDY ON THE FAMILY CAREGIVER'S EXPERIENCE, OF ADULT CANCER PATIENTS IN MUMBAI"

Roshni Narula

ABSTRACT

Background and Aim: To throw light on the emerging and relatively unexplored topic of care giving as the focus is often only on the patient and people cease to understand the needs, demands, emotions, lived experiences, roles and responsibilities of these family caregivers.

Methods: Mixed method approach was used. A sample of 10 was chosen using snowball sampling. Part A included Quantitative method and DASS-21 was administered and explored. In part B Qualitative, an in-depth interview was conducted. Participant consent was taken and the recordings were transcribed and themes were found using thematic analysis

Results: According to Part A Quantitative data, in depression the most common rating was "NORMAL", For anxiety it was "EXTREMELY SEVERE" and for stress it was "SEVERE". Part B Qualitative data, produced several themes and sub themes revolving around the numerous roles and responsibilities and gender difference in that, nature of relation with the patient, cause of cancer, emotional aspects, concerns and changes in caregivers, reaction during diagnosis, coping strategies and religious angle that included faith in God, prayers, priests and belief in alternative methods like Ayurveda, Holy threads was explored.

Conclusion: To conclude, providing care for a cancer patient for years as the care is mostly based at home can be draining and a tedious job and shouldn't be ignored. Intervention programme maybe designed to target the ignored care giving populations demands, cater their unmet needs, reduce distress and improve wellbeing.

Keywords: Family Caregivers, mixed method approach, cancer.

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ATTITUDE TOWARDS MENTAL ILLNESS, AFFILIATE STIGMA, CAREGIVER BURDEN AND QUALITY OF LIFE IN CAREGIVERS OF PEOPLE WITH MENTAL ILLNESS

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ABSTRACT

Background: In present medical setting, the necessitation to explore and investigate the current attitudes of family caregivers to those with mental illnesses are essential to understand as it holds a deeper insight in clinical psychology. Despite the research significance involved, the attitudes of family caregivers were overlooked and not given attention over the years. In addition mental illness is attached with significant amount of stigma, which makes family member of those affected, incapable to seek help for those diagnosed with mental illness thus, they are denied effective treatment and support. Also, stigma of being associated with someone with mental illness also put family members target of stigma, which leads to family members often feeling helpless, experience significant amount of burden and all of these factor effects mental and physical health of caregiver themselves. Ultimately effecting the treatment of person with mental illness. Hence, exploration of the attitudes of caregivers towards mental illness, their affiliate stigma, caregiver burden and quality of life which can lead to significant impact on treatment of persons with mental illnesses.

Objective: This study intends to explore and investigate the attitudes, affiliated stigma, burden and QOL of family caregivers of people diagnosed with mental illness in clinical care setting in a much elaborated fashion throughout the course of the research.

Methods: A cross sectional, descriptive study was performed among 250 family care givers of mental illness patients between the age group of (18-55 years) were investigated on Burden assessment schedules, attitudes towards mental health, affiliate stigma scale, and questionnaires for QOL assessment. Primary Caregivers defined as family member, (parents, ward and spouse) above 18 years of age been actively involved in caretaking role of person with mental illness (minimum of six months) since care recipient been diagnosed with mental illness. The exclusion criteria - caregiver not able to read and write in English, caregivers of people diagnosed with substance-use disorder, neurodevelopmental disorder, organic mental disorder, epileptic syndrome, mental retardation, physical comorbidity and dual diagnosis, Caregiver with diagnosed mental or physical illness, caregiver not currently living with person diagnosed with mental illness in the same household will be excluded from the study. The sample population will be approached via different mental healthcare centres across the Delhi NCR. They will be asked to consent and thereby fill in self-report measures, via a Google Form or Paper – pen format. The tools administered will include: Burden assessment schedules; Attitudes towards mental health, Affiliate stigma scale, and Questionnaires for QOL. The data will be analysed using descriptive and inferential statistics. The correlation pertaining to all these above parameters was studied.

Results: The study is in the data collection phase. Preliminary results from the same will be presented.

Implication: This study will provide more in-depth exploration into caregiver of people with mental illness as being caregivers of people with mental illness expose them to significant amount of burden and stigma, which could have adverse effect on their own mental and physical health. In addition caretaking process itself, have instrumental role in treatment of person with mental illness. The study would also put impetus on the need for future exploring and investigating on family care takers of mentally ill patients in a much more elaborative fashion as it holds a greater significance in the domain of clinical psychology.

Keywords: Primary care giver, affiliate stigma, psychological wellbeing, mental illnesses, quality of life

THE ROLE OF EMOTIONAL INTELLIGENCE IN MANAGING STRESS AMONG WORKING PROFESSIONALS

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ABSTRACT

Emotions contribute a lot in managing stress and anxiety at workplace and in life in general. The purpose of the present study entitled 'The Role of Emotional Intelligence in Managing Stress among Working Professionals' was to investigate the influence of emotional intelligence in the management of stress among working professionals. The Schutte Self Report Emotional Intelligence Test (SSEIT) and Perceived Stress Scale (PSS) were administered on 40 participants (females=19 and males=21) based in Lucknow working in 9 to 5 private jobs. Descriptive statistics, Correlation analysis and t-test were used for analysis of data. The t-test analysis at 0.05 level of significance showed that there was a significant difference between perceived stress of working professionals with high and those with low emotional intelligence. The result also revealed that there was a negative correlation between emotional intelligence and stress. It indicated that professional with high emotional intelligence suffered less stress in their work environment. On the basis of these findings, suggestions were made to include emotional intelligence as an intrinsic component of selection, placement and training, and integrate emotional intelligence intervention techniques to help working professionals in coping and managing the stress.

KEYWORDS: emotional intelligence, stress, working professionals, perceived stress scale.

PSYCHOLOGICAL INTERVENTIONS FOR FEMALE SURVIVORS OF SEX TRAFFICKING

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ABSTRACT

A systematic literature review was conducted on psychological interventions for female survivors of sex trafficking. This systematic review has followed Gough's (2007) stage for a systematic review, aiming to understand psychological intervention for sex trafficking survivors, and the approaches that work better for this population. A comprehensive search for published international and national research studies was carried out using databases, books, and selected journals. Search for published literature was performed using the electronic databases from relevant disciplines of psychology and social sciences as Google Scholar, ProQuest, JSTOR, and EBSCO (Psychology). Ten studies were selected, and they included individual and group psychotherapy. Scientific literature from 2012 to 2019 has been systematically reviewed. A general map for qualitative, mixed methods and quantitative research evidence was made. The current systematic review has shown that there is some literature on psychological interventions for sex trafficking survivors, but it is not known what form of intervention works better for this population. The findings indicate that TF-CBT seems to be a promising intervention to this population since it helps survivors on skills building and also helps them to challenge negative core beliefs and cognitive distortions, and it also allows survivors to develop a narrative of their trauma. One study has shown evidence that narrative exposure therapy (NET) is a viable treatment for PTSD in survivors. Other techniques such as relaxation techniques have been effective in assisting survivors in relieving PTSD symptoms, creative-based interventions were found to provide opportunities for survivors to make choices, and art therapy has helped reduce trauma symptoms.

Keywords: sex trafficking, survivors, trauma, psychological interventions

FROM GOND ART TO EXPRESSIVE ART : IN SEARCH OF THE PSYCHOLOGICAL IMPACTS OF GOND ART WITH AN AIM OF ADAPTING IT INTO AN ART MAKING TECHNIQUE TO INCREASE PSYCHOSOCIAL WELL BEING

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ABSTRACT

Background: The effect of Art on the Wellbeing of people has been proved widely over decades from Carl Jung's Mandala art to the modern-day Art Based Therapy Techniques. But the era has marked monotony over certain art making techniques. Why not thinking about alternative art forms from culture, to tap on the psychosocial wellbeing of people which is the objective of every art making technique used.

Aim: The study focuses on the psychological impact of Gond Art with the aim of adapting it into an art technique to increase psychosocial wellbeing.

Methods: A Mixed Method study involving a Sequential Explanatory Design with quantitative (Quasi experimental design - An Intervention Protocol) and qualitative research (Grounded Theory Approach - Interview and Focus Group Discussion) methods are used for hypothesis testing (N= 8). The short form of the Mental Health Continuum (Keyes, 2007), GHQ 12 (Kamal,1987) along with interview guides were the tools. Wilcoxon Signed Rank Test and Spearman's Correlation using SPSS 16.0 & thematic analysis were the analysis conducted.

Results: Gond Art as an art intervention has no direct effect on the psychosocial wellbeing of the participants in the study. The subjective analysis of the art-making process during the intervention gave insights into the role of the mind in the art making. The outcomes of positive emotions, sense of purpose, personal growth and identity development have been triggered by the art. There was a growing embodiment of emotions, locus of control, and art and culture relatedness with an increased network of support systems.

Conclusion: The final theoretical framework of the psychological impacts of Gond Art resonated well with Ryff's model of psychosocial wellbeing (Ryff, 1989). The principal components could highlight the impacts of Gond Art on Psychosocial well-being of individuals.

Keywords: *Gond Art, Psychosocial Wellbeing, Art making*

INTERPERSONAL AND COGNITIVE STYLE IN DISSOCIATIVE DISORDER

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ABSTRACT

Background: The role of stress, trauma and childhood abuse is well documented in the explanation of etiology of dissociative disorder. However, how they impact the cognitive and behavioural patterns, especially social behaviour, little is known about that. Whether the frequent relapse in dissociative disorder is associated with any personality variable that is also not clearly established yet in the literature.

Aims and Objectives: The objective of the present study was to evaluate, compare and explain the interpersonal style and cognitive stylesof patients currently suffering from Dissociative Disorder (DDG), with respect to Dissociative Disorder patients in remission phase(RDDG) and healthy comparativegroup (HCG).

Methods: In this cross-sectional comparative observational study based on hospital population,the sample distribution for each group (DDG, RDDG and HCG) consisted of 30 socio-demographically matched adultparticipants.Cognitive style included measure of field independence and locus of control which were assessed by Embedded-Figure test and Rotter's Locus of Control, respectively; Interpersonal style was assessed by The Inventory of Interpersonal Problems-32- Short Circumplex Form.

Results: The present study identified that both DDG and RDDG significantly differed from the HCGin their cognitive and interpersonal styles. DDG and RDDG showed similar kind of style in most of the functioning that indicate towards dispositional nature of dissociation irrespective of presence or remission of symptoms.

Conclusion: The dispositional nature of interpersonal and cognitive style in Dissociative disorder may help to design the intervention plan to bring sustainable treatment outcome.

Keywords: Dissociative disorder, Symptom Remission, Cognitive style, Interpersonal problems, Disposition

EFFECTS OF METACOGNITIONS ON SUICIDE IDEATION

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ABSTRACT

The study examined the impact of metacognitions on suicide ideation in 300 participants both men and women of older and younger age groups sampled from Varanasi city of India, and were individually administered the Hindi version of Metacognitions Questionnaire (MCQ-H) and Positive and Negative Ideation Inventory. The three-way ANOVA (2 gender x 2 age x 2 levels of facets of metacognitions) revealed significant main effects of gender on positive ideation and men as compared to women exhibited significantly more positive ideation. Significant main effects of age demonstrated that younger than older participants displayed significantly more positive ideation. Main effects of levels of superstitions, punishment and responsibility, and cognitive self-consciousness facets of metacognitions revealed significantly higher positive ideation in high than low scorer participants. On the other hand, significant main effects of gender caused significantly more negative ideation in women than men. The significant main effects of levels of lack of cognitive confidence, uncontrollability and danger, and MCQ-H Total facets demonstrated that high than low scorer participants displayed significantly more negative suicide ideation whereas significant main effects of levels superstitions, punishment and responsibility, and cognitive self-consciousness facets revealed significantly more negative suicide ideation in low than high scorer participants. The significant gender x levels of UND, SPR and MCQ-H Total demonstrated that low scorer women than men manifested significantly more negative ideation whereas high scorer men and women did not differ from each other with respect to negative ideation.

Key words: Metacognitions, Positive Ideation, Negative Suicide Ideation

PROJECTIVE DRAWING AS AN INTERVENTION TOOL FOR PATIENTS WITH DISSOCIATIVE CONVULSIONS: A CASE STUDY

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ABSTRACT

Background: Assessing and treating adolescents with dissociation can be an arduous task for a therapist as resistance can act as a major hindrance to the therapeutic alliance. Projective drawings help in revealing underlying anxieties or fears that the adolescent might be hesitant to vocalize and therefore have demonstrated their effectiveness as assessment tools. However, it is yet to be known whether they can also aid in therapeutic management.

Aim: Hence, the main aim of the present study was to study the role of projective drawing as an intervention tool in adolescents with Dissociative Convulsions.

Case Description: In the present study patient Miss R, 16 years old, studying in 8th standard belonging to lower SES, hailing from rural area, presented with 3 years of history of fainting spells and low mood. There were a lot of gaps in the psychosocial history and the stressors could not be identified. The findings of psychological assessments were also rendered inconclusive as the patient was resistant to therapy. Thus, Projective drawing was used as an intervention technique to elicit the stressors and for catharsis. The process began with dribbling on a piece of paper. Initially, the patient was reluctant but soon she got comfortable and rapport could be established with her. She reached the stage of self disclosure and began to trust the therapeutic alliance. The findings of the said drawings reflected that the patient has coping deficits. She perceives herself to be completely isolated and is distressed by the same. At the same time, she wishes to break free from her environment and live a secluded life away from everyone. Patterns of over generalization, dichotomous thinking and suggestibility could be identified through the projective drawings.

Conclusion: The present case highlights that Projective Drawing is efficacious as an interventional tool, especially with adolescents. It can be advantageous in building rapport with the client, in catharsis as well as in better understanding the client's psychosocial milieu.

Key Words: Projective Drawing, Dissociation, Dissociative Convulsions, Adolescents and Catharsis.

MASOCHISTIC BEHAVIOURAL TENDENCIES AND SELF-MUTILATION IN ANOREXIA NERVOSA: A CASE EVALUATION

Dr. Nimrat Singh

ABSTRACT

This article presents a case evaluation of a 16-year-old female diagnosed with anorexia nervosa and it's relation to her masochistic tendencies and self-harming behaviour. Her unhealthy eating behaviour was rooted to abusive traumas of her past and strained relationship with her parents, as a coping mechanism. Furthermore, the paper also presents an insight into the main therapeutic interventions in the framework of "Intensive Short Term Dynamic Psychotherapy". The particulars of the therapeutic relationship and the defense mechanisms used are analysed here. This case also explores the client's underlying rage and guilt developed as a result of being raised in a dysfunctional home. The discussion associates progressive changes, made during therapy, to healing of interpersonal relationship with her parents and development of healthier eating patterns despite the prevalence of self-sabotaging actions.

Keywords: anorexia nervosa, masochistic tendencies, intensive short-tern dynamic psychotherapy, defense mechanisms

NEGATIVE BELIEFS ABOUT WORRY AS A MEDIATOR BETWEEN INTOLERANCE OF UNCERTAINTY AND EXCESSIVE REASSURANCE SEEKING IN INDIVIDUALS WITH ANXIETY DISORDERS

Rhea Joseph[1*]; Sonia Puar[2] and Prerna Sharma[3]

ABSTRACT

Background: In the anxiety and OCD literature, excessive reassurance seeking has been described as a "safety behavior", portrayed as unhelpful and negatively reinforced attempts to promote security and prevent or minimize threats associated with anxiety. Literature has revealed excessive reassurance seeking, negative beliefs about worry, and intolerance of uncertainty are commonly observed across anxiety disorders. The paucity of research studies in this area leaves the relationship between these constructs unclear.

Aim: To examine the role of negative beliefs about worry as a mediator between excessive reassurance seeking and intolerance of uncertainty among individuals diagnosed with diverse anxiety disorders.

Methods: Clinical sample (N= 60) would be selected through purposive sampling method from a private psychiatric clinic in New Delhi. Tools selected to measure these variables are Intolerance of Uncertainty Scale(IUS-12) , Metacognitions Questionnaire-30 (MCQ-30) and Reassurance Seeking Scale (RSS). A cross-sectional and correlational design will be implemented to analyse the data. Inferential statistics will be used for data analysis. Correlation and regression analysis will be carried out using IBM SPSS statistics 21 package.

Results. Results shall be discussed during presentation; Data collection in progress.

Keywords: Excessive Reassurance Seeking; Intolerance of Uncertainty; Negative Beliefs about Worry; Anxiety Disorders; Transdiagnostic Treatment Factors.

ILLNESS PERCEPTION, COPING, TREATMENT ADHERENCE, AND QUALITY OF LIFE IN PEOPLE WITH ANXIETY DISORDERS

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ABSTRACT

Background: Illness perception is how a person cognitively appraises, experiences and understands how to live with their diagnosis. According to the Common-Sense Model, a person's understanding of their illness has implications on the outcome. The approach is important since it puts the person's understanding of their illness at the center of rehabilitation processes. A great deal of progress been made with respect to physical illnesses; however, much has to be done in the realm of mental illness. There is wide ranging research on the causes and consequences of Anxiety disorders, yet, very little is known about the perception of Anxiety as an illness among diagnosed Indian adults. Further, psychoeducation and interventions for anxiety disorders can be enhanced as our understanding of illness perception of anxiety disorders advances.

Aim: To study the relationship of Illness Perception with Coping, Treatment Adherence and Quality of Life among people with Anxiety Disorders.

Method: The study will consist of a sample size of 84 participants. The sample will be gender matched (Males= 42 and Females= 42). Participants will be selected through Purposive sampling. The severity of anxiety will be measured through Zung Self Rating Anxiety Scale (SAS), the Illness Perception Questionnaire – Mental Health (IPQ-MH) will be used to assess the illness perception, Brief Coping Orientation to Problems Experienced (Brief COPE) inventory will be employed to measure coping strategies and World Health Organization Quality of Life BREF (WHOQOL-BREF) will be used to measure quality of life.

Results: The findings will be discussed once the data collection has been completed.

Keywords: Illness Perception, Common Sense Model, Coping, Treatment Adherence, Quality of Life, Anxiety Disorder

Poster Presentation

Theme: Behavioral Addiction

- ***Correlation study between existential vacuum and levels of internet addiction and gender difference in internet addiction among young adults***
  Mrs. Vaishnavi Ashish Kulkarni.

- ***A comparative study of executive functioning and personality of young adults with alcohol use disorder and internet gaming disorder***
  Chilka Mukherjee

- ***Management of mobile phone addiction: a single case study***
  Bhagyashree Kar

- ***Social media usage and social intelligence among post graduate students***
  Uma v

- ***The pattern of emotional regulation in young adults with smart phone addiction- a comparative study***
  Shradha Bhair

- ***Smartphone use among children of pre-school age: an exploratory study***
  Varsha Kriplani

- ***Role of early maladaptive schemas in psychotherapeutic management of pathological gambling in an adolescent: a case report***
  Kripanidh Kaur

CORRELATION STUDY BETWEEN EXISTENTIAL VACUUM AND LEVELS OF INTERNET ADDICTION AND GENDER DIFFERENCE IN INTERNET ADDICTION AMONG YOUNG ADULTS

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ABSTRACT

Now-a-days, Internet Addiction become vivid concern among Psychologists. Excessive use of Internet across all age groups in India is increasing. There are several causes to get vulnerable to Internet. The purpose of the study was to explore the correlation between Existential Vacuum and Levels of Internet Addiction and to find out the Gender Difference in Internet Addiction among young adults. Data were collected from 113 college students (Females, n=65) from Pune City. The age range was 18 to 26. Self report technique was used. Purpose of Life test by Crumbaugh and Maholick (1964) and Internet Addiction Test by Dr. Kimberly Young (1998) were administered. By using Product moment (to examine correlation between Levels of Internet addiction and Existential vacuum) and t test (to see gender difference between Internet addiction and Existential vacuum), statistical analysis was done. Result shows that there is no correlation between Existential Vacuum and Levels of Internet Addiction and no Gender Difference in Internet Addiction among Young Adults. The present research will help us to explore the different dimensions and aspects (like pattern of Internet use, etc.) of Internet Addiction.

Keywords- Internet Addiction, Existential Vacuum, Purpose in Life, Young Adults, Gender difference

A COMPARATIVE STUDY OF EXECUTIVE FUNCTIONING AND PERSONALITY OF YOUNG ADULTS WITH ALCOHOL USE DISORDER AND INTERNET GAMING DISORDER

Chilka Mukherjee, Dr. Ushri Banerjee

ABSTRACT

Background: Similar personality and behavioural patterns are emerging in individuals with Internet Gaming Disorder and Substance Use Disorders.

Aim: To compare young adult males with Alcohol Use Disorder (AUD), Internet Gaming Disorder (IGD) and their normal counterparts with respect to their Executive Functioning and Personality.

Methods: Information schedule, General Health Questionnaire (GHQ-28), Alcohol Use Disorder Identification Test, Game Addiction Scale, Temperament and Character Inventory and Wisconsin Card Sorting Test were administered to males aged 18-32 years (N=30). Nonparametric statistical analyses were carried out – Kruskal Wallis.

Results: The mean ranks of the three groups were found to differ significantly with respect to their total number of errors and the number of categories completed in WCST with the IGD group making the least number of errors and completing the highest number of categories followed by the control and the AUD group and also with respect to their Cooperativeness with the AUD group scoring the lowest followed by the IGD group and the control group.

Conclusion: Individuals with IGD were to found to perform better in WCST with respect to the AUD as well as the control group and the individuals with IGD seem to be similar to those with AUD based on their Character dimensions but not Temperament dimensions.

Keywords: Alcohol Use Disorder, Internet Gaming Disorder, Executive Functioning, Personality

MANAGEMENT OF MOBILE PHONE ADDICTION : A SINGLE CASE STUDY

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ABSTRACT

Background: Smartphone have taken a major place in our lives. Undoubtedly, it is a hugely productive tool but compulsive use of such device can interfere with work, school and relationships.

Aim: The study aims to enhance the coping skills along with decrease in mobile addiction behavior of the participant.

Methodology It was a single case study. Tools used were Brief cope and mobile phone addiction scale. Psycho-therapeutic techniques were used.

Conclusion: The obtained result indicates improvement in coping skills as well as reduction in addiction behavior of the participant.

Keywords: Smartphone, Mobile Phone Addiction and Coping Skill.

SOCIAL MEDIA USAGE AND SOCIAL INTELLIGENCE AMONG POST GRADUATE STUDENTS

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ABSTRACT

Introduction: Social media plays an important role in transforming people's life. Social media includes Social networking sites and blogs where people can easily connect with each other and build new social relationships. Social intelligence makes a significant contribution to facilitate relationships by helping the individuals to understand other people in a better way, communicate effectively and manage the relationships.

Objective: To examine the association between extent and duration of social media usage and social intelligence among postgraduate students.

Methodology: A single group design was used to conduct the research. Purposive sampling technique used to select the sample of 86 (18 males,68 females; aged 21-26years) post graduate students of Bangalore university. Social media usage and attitude scale and Social intelligence scale were administered to collect the data.

Results: There were no association between the extent of social media use and social intelligence. There was a significant negative association found between duration of social media usage and social skills.

Conclusion: As the increase in the social media usage corresponds to the decrease in the social skills, Intervention can be devised to enhance the social interactions of the students to function well in the social context and reduce the harmful usage of the social media.

Keywords: *Social Media Usage, Social Intelligence, Post Graduate Students*

THE PATTERN OF EMOTIONAL REGULATION IN YOUNG ADULTS WITH SMART PHONE ADDICTION: A COMPARATIVE STUDY

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ABSTRACT

The study emphasizes on the importance of understanding the pattern of emotional regulation in young adults with and without smartphone addiction. Since smart phone addiction is a prevalent problem behavior in this digital era and results in physical as well as psychological impacts, it is important to explore the underlying mechanisms predicting this behavior .So that the specific areas can be targeted for therapy and smart phone addiction as a problem behavior can be further understood better. Literature indicates that difficulties in emotional regulation play an important role in smart phone addiction behavior. Therefore, the aim of the study is to explore the role of emotional regulation in smart phone addiction behavior among young adults. For this purpose , Participants chosen for the study were 60 young adults , both males and females from age 18-25 years , (with smartphone addiction = 30 and without smart phone addiction =30). Data was collected using Difficulties in emotion regulation scale (DERS) to assess emotion regulation strategies and Smartphone addiction scale short version (SAS-SV) to screen for smart phone addiction. T test was used for statistical analysis in order to find the difference in the mean scores of emotional regulation between the two groups . Findings suggest that there was difference in the scores of emotional regulation between the two groups. Therefore, the study concluded that emotional regulation plays an important role in smart phone addiction behavior.

Keywords: Emotional regulation, smart phone addiction, young adults ,digital era

SMARTPHONE USE AMONG CHILDREN OF PRE SCHOOL AGE: AN EXPLORATORY STUDY

AUTHOR: VARSHA KRIPLANI
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ABSTRACT

Background: Smartphones are phones having advanced features and are nowadays freely available across ages. With ease in accessibility and parent's modelling, infants and toddlers are now able to use them much more frequently.

Aim: Present study aimed to see the use of smartphone among children of pre-school age in context of various parental and child socio-demographic characteristics, factors leading to, extent of smartphone use and the associated impact of such usage.

Materials and Methods: Participants (n=55) selected through purposive sampling included children of pre-school age (2-6 yr) who use smartphone for at least one hour per day. Their parent (any one) was evaluated on GHQ and interviewed for evaluation of their child on Smartphone use questionnaire for early childhood. IQ of participants was assessed using GDT.

Results: Family type, duration of smartphone use by parents, child's age, and educational reasons are some of the factors influencing smartphone use by children of this age group. Significant association was found between the number of hours of smartphone use and the negative impact taking place in children in the form of increased anger, reduced interest in studies, weak eye sight, social withdrawal, etc.

Conclusion: Findings indicated that there is a significant use of smartphones in this age group and various socio-demographic characteristics of parents and children play an important role in increased usage of such devices.

Key words: Smartphone, Pre-school children, GDT.

ROLE OF EARLY MALADAPTIVE SCHEMAS IN PSYCHOTHERAPEUTIC MANAGEMENT OF PATHOLOGICAL GAMBLING IN AN ADOLESCENT: A CASE REPORT

Kripanidh Kaur, Prerna Sharma

ABSTRACT

BACKGROUND: Pathological Gambling has many features of behavioral addiction, but research exploring this is limited. Early maladaptive schemas(EMS) develop during childhood and are elaborated and reinforced throughout the lifespan.

AIM: To investigate effects of psychotherapeutic intervention on EMS of an adolescent involved in gambling.

Case study: The case concerns a 18 year old male with a 12month history of involvement in betting in cricket matches and failure to abstain from them. Assessment was conducted using Gambling Symptom Assessment Scale (G-SAS). The Beck Depression Inventory (BDI) and the Hamilton Anxiety Rating Scale (HAM-A) were administered to ascertain the level of distress and symptomatology. Predisposing childhood vulnerabilities were assessed using Young Schema Questionnaire(YSQ-S3), Young Parenting Inventory(YPI), Young Compensation Inventory (YCI). The treatment consisted of twelve 45-minute weekly sessions: 2 assessment session+2 motivational interviewing session+ 8 CBT sessions. The primary outcome was change in scores of G-SAS, BDI and HAM-A post treatment. Secondary measures included generating adaptive alternatives to erroneous thoughts and beliefs, promoting healthy technology use, enhancing self efficacy and relapse prevention. Strong therapeutic alliance showed better and healthier therapy outcomes.

RESULTS: The patient showed decreased scores in G-SAS, BDI and HAM-A at 12 weeks. He reported higher level of control over gambling desires and could refrain himself during high risk situations.

CONCLUSION: Case represents how EMS, Schema Coping Styles and parenting environment contribute to gambling and how CBT with MI proves treatment effectiveness. Strong therapeutic alliance also leads to improved efficacy.

KEYWORDS: EMS, childhood vulnerabilities, gambling, motivational interviewing, CBT, dialectical abstinence

Poster Presentation

Theme: Advances in Psychotherapy

- ***Role of mindfulness and cognitive behavior therapy on individuals diagnosed with obsessive compulsive disorder***
  Shreshta Chattopadhyay

- ***A reflection on the current status of animal-assisted therapy in India***
  Hemangi Narayan Narvekar

- ***Psychoeducation intervention in relation to caregiver burden and expressed emotion in schizophrenia: a case analysis and discussion***
  Surbhi Khandelwal

- ***Mentalization therapy for reaction to severe stress and issues of attachment: a case report***
  Lovika P. Shikhu

- ***Efficacy of CBT in reduction of Non-Suicidal Self Injury behavior in an Adult Female: A Case Report***

  Ms Surabhi Gosh

- ***Emotional Regulation as a Mediator in the Relationship between Metacognitive Beliefs and Test Anxiety***

  Sonali Jain

- ***"Learning through Silent Mourning": An Experiential Report***
  Priyadarshini Pant

ROLE OF MINDFULNESS AND COGNITIVE BEHAVIOUR THERAPY ON INDIVIDUALS DIAGNOSED WITH OBSESSIVE COMPULSIVE DISORDER

Shreshta Chattopadhyay, Soheli Datta

ABSTRACT

Background: Understanding and treating OCD can be one of the greatest challenges facing mental health practitioners, given the idiosyncratic, highly persistent, and entirely irrational nature of these conditions. OCD is typically treated with medication, psychotherapy or a combination of the two. Literature suggests exposure response prevention (ERP) to be the most effective treatment for OCD. However, ERP tends to have a high number of dropouts as well. A mindfulness- based approach has the potential to reduce drop- out from ERP and to improve ERP task management with an emphasis on accepting difficult thoughts, feelings and bodily sensations and on becoming more aware of urges, rather than automatically acting on them.

Aim: The present study attempts to examine the effect of mindfulness and cognitive behaviour therapy on individuals diagnosed with OCD.

Methods: The individuals (n= 4) were assessed in the domains of thought control, emotional schema, quality of life, dysfunctional attitude and Y- BOCS total score, pre and post therapeutic intervention.

Results indicate that the clients tend to use more distraction techniques of thought control, tend have an increased validation of their emotions, experience better quality of life, have lower dysfunctional attitude and lesser severity of symptoms of OCD post intervention.

Conclusion: The intervention was found to produce improvements in the overall functioning of all the patients irrespective of their individual differences.

A REFLECTION ON THE CURRENT STATUS OF ANIMAL-ASSISTED THERAPY IN INDIA

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ABSTRACT

Background: The field of Animal-Assisted Therapy is advancing quickly throughout the world gaining popularity as a complementary therapy. Several countries, especially in the East, are still in their nascent phase in utilizing animal-assisted therapy and a more realistic presentation of their status should drive them towards effective initiatives to promote the field.

Aim: The primary objective of this study is to throw light on the current scenario of Animal-Assisted Therapy in India.

Methodology: The relevant databases such as Scopus, Google Scholar, Proquest, Pubmed, and JSTOR were searched to obtain information about the studies of Animal-Assisted Therapy in India. A total of 15 articles were found which included published research articles as well as unpublished conference papers.

Results: Results found a dearth of practice and research throughout the country indicating an urgent need to direct steps in promoting the growth of the field. The contemporary issues in the implementation of Animal-Assisted Therapy such as cultural and religious beliefs, lack of awareness, lack of practising organizations and therapists warrants immediate attention.

Conclusions: Reducing the research and practice gap alongside focusing on creating awareness, changing public perception, introducing coursework in educational institutions, the publication of evidence-based research will help in the acceptance and growth of this novel therapeutic field.

Keywords: Animal-Assisted Interventions, Pet therapy, Human-Animal Bond, Therapy Dogs, Mental Health

PSYCHO EDUCATION INTERVENTION IN RELATION TO CAREGIVER BURDEN AND EXPRESSED EMOTION IN SCHIZOPHRENIA: A CASE ANALYSIS AND DISCUSSION

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ABSTRACT

Background: Sudden onset of the illness, persisting symptoms in the long run and chronic relapsing; course of schizophrenia has far reaching consequences for both the patients with schizophrenia and their caregiver. It reflects not only the importance of feelings and affection in care, but also a greater Burden and Expressed Emotion on caregivers.

Aim: The paper illustrates a case of a chronic schizophrenia patient and addresses different aspects of Caregiver Burden and Expressed Emotion.

Method: The current study measures the effectiveness of a Psycho education in relation to caregiver burden and Expressed Emotion faced by family members using a case study approach. The Burden Assessment Schedule (BAS, Reinhard et. al 1994), The Level of Expressed Emotion (LEE, Cole & Kazarian, 1988), and Well-being (PGI, Verma and Verma, 1989) tools were employed for the intervention of the case analysis.

Results: The analysis of the data revealed that the tools and psycho education when used in combination were effective in improving the caregiver's experience and understanding of the condition, as well as their problem-solving skills and well-being.

Conclusion: Since, it is a single case study the result cannot be generalized. If the study is conducted on the largest sample Psycho education can prove effective among caregivers.

Keywords: *Schizophrenia, Caregiver Burden, Expressed Emotion & Well Being*

MENTALIZATION THERAPY FOR REACTION TO SEVERE STRESS AND ISSUES OF ATTACHMENT: A CASE REPORT

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ABSTRACT

Background and Aim: Attachment with parents contributes enormously to mental health of young adult. The ability of young adult to cope with stressors depends largely on his/her skills to relate psychologically to themselves and others.

Methods: A 23 years old, woman was seen with complaints of episodes of traumatic flashbacks with emotional blunting, disturbed mood, inability to sleep and suicidal ideation for past one year. Clinical interview along with psychological assessment shed light to conceive the case as reaction to severe stress. Thorough clinical interview let to the understanding that the client had disturbed attachment with her parents, both parents were severe alcoholic and father expired 3 years ago. After father expired, alcoholic mother would verbally abuse with death wishes towards the client frequently. Client had very unstable peer relationship involving non-consensual sexual contact.

Results: Intervention was focused on emotional regulation and on the skills for ability to mentalize her own mental states, in order to effectively adapt to the environment and take control of her own thoughts and feelings, and to understand the same for her mother. Efforts were also initiated in promoting mentalization in relationships by understanding secure-base relationships.

Conclusion: Attachment with parents plays an important role in young adult to foster stable relationship outside home. Unstable peer relationships can be seen in the backdrop of unstable insecure home.

Keywords: Attachment, mentalization, secure-base.

EFFICACY OF CBT IN REDUCTION OF NON SUICIDAL SELF INJURY BEHAVIOUR IN AN ADULT FEMALE: A CASE REPORT

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Dr Susmita Halder, Associate Professor, Clinical Psychology, Amity University Kolkata

ABSTRACT

Background- Among Young Adults, Non-suicidal self-injury (NSSI) is prevalent and is also associated with adverse medical and psychosocial consequences. In studies it has been found that the prevalence of any NSSI in young adults is 18.7% and it has been become a major public health concern which needs urgent medical attention. Structured psychotherapeutic intervention direct attention is towards NSSI behaviours. It involves therapeutic rapport, motivation to change maladaptive behaviours in individuals with NSSI.

Aim - In the present study the aim is to manage the Distress Intolerance, Non Suicidal Self Injury Behaviour, Suicidal Ideation and Impulsivity in the client by Cognitive Behavioural Therapy.

Method - The index client is 18 years old, female, unmarried, residing from urban area and perusing her graduation who presented with low mood, irritability, self harm behaviours, reduced social interaction since last 3 years and history of suicidal attempts was also reported. However; further assessment have suggested there is existing impulsivity in the index client and it gets triggered by her distress intolerance.

Result- In this study, CBT has been used to alternate negative automatic thoughts and to reduce maladaptive behaviours in the client. Techniques that are used like Socratic questioning, guided discovery, alternative thought, thought challenging, cost benefit analysis, identification of cognitive errors, motivation to change were conducted to decrease the above symptoms.

Conclusion- It can be concluded that that there is significant improvement in the client which proves usefulness of CBT techniques in a young adult having NSSI.

Keywords: Non-suicidal self-injury (NSSI), Suicidal Ideation, Cognitive Behavioural Therapy, Female Adult.

EMOTIONAL REGULATION AS A MEDIATOR IN THE RELATIONSHIP BETWEEN METACOGNITIVE BELIEFS AND TEST ANXIETY

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ABSTRACT

Background: The relation between emotions and performance has gained a lot of interest in the past decade. According to the Self-Referent Executive Processing Model of Test Anxiety, metacognitive beliefs and emotional regulation is a factor in the development and maintenance of test anxiety.

Aim: The present study aims to examine whether the relationship between metacognition and test anxiety is mediated by emotional dysregulation.

Method: The research study will employ a total sample of 127 participants as projected by A-priori sample size estimation. Participants will be selected through Convenience Sampling. The intensity of test anxiety will be measured through Westside Test Anxiety Scale, the Metacognitions Questionnaire-30 (MCQ-30) will be used to assess the metacognitive beliefs and Difficulties in Emotional Regulation (DERS) will be used to measure emotional regulation.

Results: The data will be analysed by correlational and regression analysis and the results will be shared during the presentation.

Keywords: *Test Anxiety, Metacognitive beliefs, Emotional regulation*

LEARNING THROUGH SILENT MOURNING: AN EXPERIENTIAL REPORT

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ABSTRACT

Psychotherapy is a very engaging experience for both the patient and the psychotherapist. Psychotherapists delve deeply into the lives of their patients, empathize, make sense of their life situations and assist in deciding the most suited coping strategies. To deliver standard care, psychotherapists also partake extensive case formulations and discussions apart from the therapy sessions. The nature of work by virtue inherits a profound sense of involvement and responsibility. Silent Mourners, a term often used to describe psychotherapists who suffer loss of a patients to suicide seems to adequately capture the essence of complex, overwhelming, traumatic and solitary feelings of loss experienced by the clinicians followed by the completed suicide of their patient. The present paper aims at highlighting the conflicts, distress and challenges associated with losing a patient, and possible efficient ways to facilitate much required healthy grieving, meaning making and learning to process the loss faced by the psychotherapists. To achieve the proposed objectives a clinical case report based on a psychotherapeutic experience is analyzed and discussed with the help of existing literature in the field.

Keywords: **Psychotherapists, Psychotherapy, Silent Mornours,**

Poster Presentation
Theme: Open themes

- ***Effects of positive and negative meta-emotions on marital communication***
  Dr. Rashmi Rani

- ***Knowledge and perspectives of veterinarians in India towards animal abuse***
  Ayisha Rushda P

- ***Exploring the relationship between mindset, self-handicap behavior, imposter syndrome and perfectionism: a study on emerging adults***
  Sweta Jain

- ***Comparing the level of role- conflict in teachers and professors***
  Ankita Singh

- ***A phenomenological exploration of the concept of dating***
  Sonali Singhal

- ***Effects of metacognitions on perceived stress***
  Anju Singh

- ***A study on handedness***
  Devu Rajeev

- ***A case series on obsessive compulsive disorder in a tertiary care centre***
  Mamta Bahetra

- ***Psychological well-being, quality of life among transwoman***
  Jini Sherly Saji

- ***Lived experiences of caregivers of children with disabilities: a qualitative study***
  Shivanee V. Bhagwat, Rewa M. Jadhav, Ishani H. Pande, Ananya Singh, Megha U. Deuskar

- ***Reflections & margins: mother of an adult with epilepsy and severe intellectual developmental disability***
  Vaishnavi M Kulkarni

- *Qualitative analysis on the impact of physically distanced but technologically connected workspaces, on individuals working from home*
  Trisha Walia

- *A correlational study on personality, marital adjustment, attachment pattern and subjective happiness in married individuals*
  Ms. Usri Sengupta

- *Thought action fusion in non-clinical population*
  Ms. Pranami Bordoloi

- *Savouring as an asset: a literature review*
  Anushree Gaur

- *Imposter phenomenon and self-efficacy: a study on emerging adults*
  Archana Gupta

- *Relationship of tolerance of ambiguity, need for closure and perfectionism with psychological well-being in psychology trainees*
  Anushka Modi

- *Aggression and naxalism: a comparative study on aggression among young adult of rural and naxalite area*
  Priyanka Yadav

- *Impact of meta-emotions on worry in normal individuals and coronary heart disease patients*
  Seema Rani Sarraf

- *The Mediating Role of Perceived Social Support between Depression Symptoms and Life Satisfaction in Peripartum Phase: A Cross-Sectional Study*
  Sukirti Ahuja

- *Time perception in relation to altered state of consciousness*
  Abhiram M Ajay

- *The relationship between grit, expressive suppression and flow: an exploratory investigation*
  Chakshu Sang and Shifa Shama

- *"A Quasi-experimental study to assess the impact of "Nurse-led stress management strategies" on quality of life, stress, and severity of Psoriasis among patients attending Dermatology OPD, PGIMER Chandigarh 2019-2021."*
  Ramandeep Kaur

- *Early detection and prevention of breast cancer in term knowledge among the students studying in higher secondary school*
  Dipti Rajendrakumar Darji

- *Non-suicidal self-injury in the indian youth*
  Anoushka Mishra

- *A study of academic anxiety of rural school students*
  Jaismin

- *Wisdom, self-reflection and insight in female meditators*
  Shauryaa Sharma

- *Impact of positive metacognitions and meta-emotions on positive and negative affect*
  Dipti Pandey

- *Effect of forgiveness and locus of control on happiness of individuals*
  Devanshika Misra

- *Psychological climacteric symptoms toward menopausal problems among women*
  Manisha Jamod

- *Self-compassion, affect and emotion regulation difficulties in individuals with depression and anxiety*
  Sneha Jaisingh

- *Perceived stress, emotional loneliness, well-being and coping in spouses of seafarers*
  Dextra Pereira

EFFECTS OF POSITIVE AND NEGATIVE META-EMOTIONS ON MARITAL COMMUNICATION

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ABSTRACT

The study aimed to examine the effects of positive and negative meta-emotions on marital communication. For this purpose 300 married couples (300 husbands and 300 wives) with at least graduation qualification were sampled from Varanasi city of Uttar Pradesh, India. The participants were individually administered Hindi versions of Meta-Emotion Scale (MES-H) and Marital Communication Inventory (MCI-H). The participants falling below Mean-1SD and above Mean +1SD on positive and negative meta-emotions, separately were referred to as low and high scorers, beside the spouses (husbands and wives) were screened out. The 2 X 2 ANOVA (2 spouses X 2 levels of positive and negative meta-emotions separately) performed on supportive and aversive communication facets of marital communication revealed (i) non-significant 'main effect of spouses' and interaction effects of ' spouses x levels of positive meta-emotions', and 'spouses X levels of negative meta-emotions' on facets of marital communications (ii) significant main effect of 'levels of positive meta-emotions' on supportive and aversive communication and indicated that high as compared to low positive meta-emotions resulted in significantly increased supportive communication and decreased aversive communication, and (ii) significant main effect of 'levels of negative meta-emotion' aversive communication on indicated that high as compared to low levels of negative meta-emotions displayed significantly elevated aversive communication.

KEYWORDS – Supportive Communication, Aversive Communication, Negative Meta-emotion, Positive Meta-emotion

KNOWLEDGE AND PERSPECTIVES OF VETERINARIANS IN INDIA TOWARDS ANIMAL ABUSE

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ABSTRACT

Background and Aim of the study: While animal abuse is a pathological act in itself, it is often accompanied by other forms of interpersonal violence such as intimate partner abuse. Considering that veterinarians form the primary point of contact for treating animals, they may often encounter cases of animal abuse and related pathological behavior. However, due to a lack of awareness or relevant resources, veterinarians in India may face issues in dealing with the situation. Hence the present pilot study aimed to understand veterinarian perspectivestowards animal abuse and its management.

Methods: The study used an investigator-designed online survey and asemi-structured interview format to collect information from practicing Indian veterinarians covering the dimensions of a) physical and psychological abuse andits manifestation b) instances of human abuse/familial violence in relation to animal abuse and c) management of the animal abuse scenario.

Results: Key results obtained revealed that a majority of the veterinarians were confronted with animal abuse casesand believed that animal abuse is linked with other crimes. While cases of abuse were reported through public/animal welfare agencies, the suspected perpetrators were mostlyyoung and middle-aged males. The overwhelming response was that even though veterinarians knew that they should report such cases, they did not due to the difficulty in recognizing and handling such cases, difficulty in assuring animals' safety and welfare after reporting and the neglect from higher authorities.

Conclusion: The findings suggest a need tostrengthenthe Indian veterinarian curriculum particularly incorporating the psychological aspects of animal abuse and its interlinkages with other pathological behavior.

Keywords: Animal abuse, Veterinarian, Human violence, Animal welfare

EXPLORING THE RELATIONSHIP BETWEEN MINDSET, SELF HANDICAP BEHAVIOR, IMPOSTER SYNDROME AND PERFECTIONISM: A STUDY ON EMERGING ADULTS

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ABSTRACT

Background: Emerging Adulthood is a period of instability where young adults tend to be very self-absorbed as they attempt to become autonomous individuals. Self-Handicapping, Imposter Syndrome, Perfectionist tendencies are commonly seen in the young adults which impacts their functioning. It is very much important to know how perfectionism, Self-handicap behavior, Imposter syndrome, and Mindset influence each other to formulate the preventative programs aimed at serving the individual within these groups and help them overcome these problems.

Aim: The study aims to investigate the relationship between Mindset, Imposter Syndrome and Imposter Syndrome with Self-Handicap behavior.

Methods: The sample of the study consisted of 50 Male and 50 female University students between the age group of 18-23 years. Tools used were Clance IP Scale**,** Burns Perfectionism Scale, Self Handicapping Scale (SHI), and Dweck Mindset Instrument (DMI). Result and conclusion will be discussed in the paper.

Keywords: Mindset, Self-Handicapping, Imposter Syndrome, Perfectionism.

COMPARING THE LEVEL OF ROLE - CONFLICT IN TEACHERS AND PROFESSORS

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ABSTRACT

An individual has their different roles in leading life, maintaining their roles in day to day life with others lives. In today's modern world it is overwhelming to strengthen all parts of life. example: household & work, relationships. The individual is stretching themselves in various directions to fulfill the demands raised by many. This will steer them in Role-Conflict. In this project - work, we'll be aiming to execute our hypothesis to know the level of role- conflict between teachers and professors to increase the work -performance and healthy lifestyle.

A Comparison between teachers (school) and professors (college) has been studied. Here, 64 Data Collection has been collected; 32 Teachers(Govt. School), 32 Professors (Govt. College).

The tool that has been used here is the " RCS: Role-Conflict Scale" The t-scores have been obtained and the significant difference has been got. The results reflect that there will be no significant difference between the level of role conflict in teachers and professors. Further suggestions have been given to improve the level of role- conflict.

Keywords: Role-conflict, Adulthood, Prime working age, work-family conflict School - College life, Teachers & professors.

A PHENOMENOLOGICAL EXPLORATION OF THE CONCEPT OF DATING

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ABSTRACT

Dating relationships or romantic relationships are meaningful because they contribute to relational development and foretell intimate relationships in young adults. This study explores young adults' perceptions towards the concept of dating and the way it's been emerging. The study was conducted on ten heterosexual young adults within the ratio of 5:5, i.e., five males and five females. A focus group discussion was conducted to gather the information. Interpretative phenomenological analysis has been conducted to investigate the information so as to get themes. The result shows that numerous factors play an important role in selecting a partner and the way dating relationships work as a former.

Keywords: Young adults, Dating, Romantic relationships, heterosexual young adults

EFFECTS OF METACOGNITIONS ON PERCEIVED STRESS

Anju Singh and Arun Kumar Jaiswal

ABSTRACT

The study examined the impact of metacognitions on perceived stress in 200 participants, both men and women participants randomly sampled by a multistage sampling procedure from Varanasi city, Uttar Pradesh, India, and each participant was individually administered the Hindi version of Metacognitions Questionnaire (MCQ-H) and Perceived Stress Scale (PSS-H). The MCQ-H consists of six facets: positive beliefs (PB), lack of cognitive confidence (CC), superstitions, responsibility and punishment (SPR), uncontrollability and danger (UND), cognitive self consciousness (CSC) and MCQ Total whereas PSS-(H) comprised two measures; uncontrollable stress and controllable stress. The 2 X 2 ANOVA (2 gender x 2 levels of facets of metacognitions) revealed (i) in general, non-significant main effects of gender on uncontrollable and controllable perceived stress, (ii) significant main effects of levels of PB, CC, SPR, UND, and MCQ Total facets of metacognitions indicated that high as compared to low levels of facets of metacognitions displayed significantly higher uncontrollable perceived stress, (iii) significant main effects of SPR, CSC and MCQ Total demonstrated that high as compared to low levels of facets of metacognitions resulted in significantly higher controllable perceived stress, and (iv) non-significant interaction effects of gender X levels of facets of metacognitions on both uncontrollable and controllable perceived stress. In conclusion the findings of the present study demonstrate that high levels of maladaptive metacognitions led to higher perceived stress.

Keywords: Metacognitions, Uncontrollable Perceived Stress, Controllable Perceived Stress, Perceived Stress

A STUDY ON HANDEDNESS

Devu Rajeev

ABSTRACT

Aim and background: A basic study was conducted to understand the nuances of 'handedness'. A total of 156 participants were selected from different parts of India.

Methods: The sample included 106 females and 50 males. Some of the aspects considered were the relation of handedness with the sex of the individual, birth stress experienced by mother, brain damage suffered by the individual and handedness of family members. In addition a handedness questionnaire by Annett (1970) was used, along with a few added questions. Chi square test and Fisher exact test was used for analysis.

Results and conclusion: 83.96% of females were right handed, 11.32% were left handed and 3.77% were ambidextrous. 78% males were right handed, 14% were left handed and 10% were ambidextrous. It was found that 22.2% of ambidextrous individuals suffered from a brain damage (as reported), 33.3% suffered from birth stress and 44.4% has an immediate family member who is left handed. In the case of left handers, 17.85% suffered from birth stress, and 39.3% had an immediate family member who is left handed. 14% of right handers suffered from birth stress and 14% had an immediate family member who is left handed. Fisher exact test found that there is no significant association between sex and handedness, and between birth stress and handedness. However, a significant association was found between brain damage and handedness, and between handedness of family members and the individual. After observing the percentages of people doing each task with left hand, right hand or either, we can understand that handedness is not discrete or concrete. It is fluid.

Keywords: Handedness, sex, birth stress, brain damage, familial handedness

PSYCHOLOGICAL WELL-BEING, QUALITY OF LIFE AMONG TRANSWOMAN

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ABSTRACT

Indian mythology has in it, many references to altered sexual states. Transwoman is someone who self-identifies as women but is not assigned as female at birth. Not just in a country like India,but the world as a whole there is a long way to go for transpeople to have the same rights as everyone else. The discrimination has been reported pervasive in society. The struggle of trans do not happen in isolation,but is a wider struggle in society. This study aimed to study the psychological well-being and quality of life among transwoman. The sample collected was through snowball sampling. The data collected was interpreted in SPSS using descriptive mean and Karl Pearson"s correlation.

Until transwoman is free,no one really is.

Keywords: transwoman, psychological well-being, quality of life

LIVED EXPERIENCES OF CAREGIVERS OF CHILDREN WITH DISABILITIES: A QUALITATIVE STUDY

Shivanee V. Bhagwat, Rewa M. Jadhav, Ishani H. Pande, Ananya Singh, Megha U. Deuskar

ABSTRACT

In India, caregivers for persons with cerebral palsy and other conditions, especially from the lower socioeconomic strata, have neither the knowledge nor the support for raising children with disabilities. The present study focused on exploring the concerns caregivers experience in raising children with special needs. It also explored the role of NGOs in reaching out to these caregivers and raising their awareness about the special needs of their children, thus enabling their child's participation at home, at school and in the community. This cross-sectional qualitative study consisted of semi-structured phone interviews to collect data on the lived experiences of primary caregivers. Using the phenomenological approach, 15 caregivers, whose children attended an NGO catering to "special" children, were purposively selected. Transcripts were subjected to content analysis and data was grouped into six themes: emotional reactions, caregiving challenges, societal reactions, knowledge of the condition, resources and support available, and coping strategies. The findings demonstrate that caregivers of a child with special needs are beset with stress and apprehension; however, they recounted the valuable nature of their coping strategies including patience, support, and hope in raising their children. This study provides relevant information for mental health practice, serving as a guide in developing intervention programs and catering to the requirements of caregivers of children with special needs.

Keywords: caregiver, experiences, disability, special needs, coping, challenges

REFLECTIONS & MARGINS: MOTHER OF AN ADULT WITH EPILEPSY AND SEVERE INTELLECTUAL DEVELOPMENTAL DISABILITY

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ABSTRACT

Background: Mothers of children with intellectual developmental disabilities (IDD) can have markedly different parental experiences than the mothers of typically developing children. Epilepsy is one of the most common neurological co-morbidity in persons with IDD. This Dual burden in conjunction with a environmental resources determine the caregiver's experiences.

Aim: To explore the life experience of a mother with an adult son who have been diagnosed with intellectual developmental disabilities (IDD) and co-morbid epilepsy.

Method: A single case design was adopted for the present study. Vineland Social Maturity Scale was administered to assess the adaptive functioning of the patient. Mother's experiences were explored using semi- structured interviews and various psychometric tools. The exploration specifically focused on mother's reflections on child's adaptive functioning, illness attribution model, social support, burden and resilience. It also focused on understanding the barriers and challenges faced by the mother for the habilitation of the child.

Results: The patient has severe IDD. The findings further revealed that mother experienced moderate-severe burden associated with care-giving. She has poor social support from her spouse and her main source of support is her friends. The major themes which emerged from the semi-structured interview included: continuous worry and anxiety in anticipation of seizures, sense of injustice and being punished for past life, losing oneself in journey of caring, uncertainty regarding his future, lack of professional early interventions, and finances as major barrier to habilitation of child.

Conclusion: The present case succinctly highlights the lived experiences of a mother having an offspring with severe IDD. The interventions to target the mental health and well being of the often neglected caregivers of IDD are the need of the hour.

Key Words: Intellectual Disability; Intellectual Developmental Disorder; Epilepsy; Caregiver experience

QUALITATIVE ANALYSIS ON THE IMPACT OF PHYSICALLY DISTANCED BUT TECHNOLOGICALLY CONNECTED WORKSPACES, ON INDIVIDUALS WORKING FROM HOME

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Dr. Sheema Aleem[2], Professor, Department of Psychology, Jamia Millia Islamia

ABSTRACT

The coronavirus or COVID-19 is one of the most widely spread diseases in the recent history, impacting people worldwide. In India, we have faced the lockdown for a long period of time, followed by night curfews or the weekend curfews. The lockdown included norms which were different from the usual lifestyle. The companies shut down the workplaces and the work culture and pattern underwent a major overhauling. The previously regular events like working from one's assigned workstation in the office, meeting colleagues, field work, etc. were all stopped. This study aims to explore the dynamics of such a renewed work environment, and its impact on the individuals working from home. Semi-structured interviews were carried out on selected sample of 15 working professionals, of age group 30-45 years, from various cities/towns in India, through the video/audio calls via various online platforms. Thematic analysis, a qualitative technique will be used for the analysis of the interviews to generate different themes depicting the dimensions of working from home and its impact. The interpretation of the study is under process. This study will be beneficial for mental health professionals, treating clients with complaints related to the renewed working conditions.

Keywords- COVID-19, work from home, work life balance

A CORRELATIONAL STUDY ON PERSONALITY, MARITAL ADJUSTMENT, ATTACHMENT PATTERN AND SUBJECTIVE HAPPINESS IN MARRIED INDIVIDUALS ABSTRACT

Ms. Usri Sengupta

ABSTRACT

Background- Marital conflicts have recently increased significantly in individuals influencing its quality of life and happiness. It is well known that marital adjustment differs across various conditions in different socioeconomic and psychosocial contexts. However, many studies on individuals belonging to various age groups till late adulthood has not been done. Therefore, the current study has been taken up to assess marital adjustment in individuals across varying age groups and gender.

Aims - Aim of the present study is therefore, to explore the correlation between marital adjustment and personality, attachment pattern and subjective happiness in married men and women and to see the difference in marital adjustment across varying ages and gender.

Methodology - This study was done using Randomized Group Design. Sample consisted of married couples, belonging to three different age groups 23 to 33 years, 34 to 44 years, 45 to 55 years. Data was analyzed using Mann Whitney U-Test and Pearson's Product-Moment Correlation.

Summary of Results- Significant positive correlations between Marital Adjustment and the domain of Attachment Patterns (Confidence in Self and Others), Personality Traits (Conscientiousness and Openness to Experience), Subjective Happiness in men. Significant negative correlations between Marital Adjustment and domains of Attachment Patterns (Discomfort with Closeness and Preoccupation with Relationships) were found.

Conclusion- Personality traits, patterns of attachment and levels of subjective happiness are significantly correlated with marital adjustment. Findings may be used in couple therapy with distressed couples and couples where individual(s) have mental illness.

Keywords- Marital Adjustment, Personality, Attachment Pattern, Subjective happiness

THOUGHT ACTION FUSION IN NON-CLINICAL POPULATION

Ms. Pranami Bordoloi) & Ms. Poonam Joshi

ABSTRACT

Background: Earlier research has pointed out the role of thought action fusion in clinical samples of obsessive-compulsive disorder (OCD). Rachman suggested that patients with OCD may interpret thoughts as having special importance, thus experiencing thought–action fusion (TAF). However, thought action fusion is seen even in normal population as a cognitive bias and leads to increasing responsibility for intrusive thoughts

Aim: To study the role of thought action fusion in non-clinical population.

Methods: Descriptive research design was used for the study. Data was collected from 136 people, all over India, who was in the age group of 18-30, through purposive sampling technique. Socio demographic details form, Yale-Brown Obsessive-Compulsive Scale (Y-Bocs) and Thought Action Fusion Scale–Revised were used to collect data. Pearson's Correlation and Linear Regression analysis were used in this study with the help of SPSS 22.0.

Results: The results suggested that Thought Action Fusion and its subscales exhibited a significant positive relationship at 0.01 level with Obsessive Compulsive Symptoms. Also increase in Thought action fusion scores had an effect on Obsessive compulsive symptoms.

Conclusions: The present study states that 74% of the participants in our study had scores above the cut offs on Thought Action Fusion Scale. It was also found that Thought Action Fusion has a significant positive relationship with Obsessive Compulsive symptoms in Indian population.

Keywords: Thought Action Fusion, Obsessive Compulsive Symptoms, Intrusive Thought, Over Importance of Thought

SAVOURING AS AN ASSET: A LITERATURE REVIEW

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Dr. Himangini Rathore Hooja, Assistant professor- IIS (DEEMED TO BE UNIVERSITY), JAIPUR

ABSTRACT

BACKGROUND: It is difficult to remain optimistic in a fast-paced atmosphere that is dominated by negative events. In order to protect mental wellbeing in the face of adversity, the use of positive emotion regulation techniques to enhance satisfaction and appreciation of positive experiences has increased. In this context, savouring has been explored and found out to be a potential strategy providing stability, encouragement and enhancing positive emotions and experiences in life.

AIM: The scope of this review paper consist of researches conducted to establish savouring as construct that is now being used as an asset in regulation of positive affect. The paper investigates whether this approach can be used to strengthen and reinforce important aspects of one's life such as relationships, mental health, and life satisfaction and many more.

METHOD: The paper consists of a compilation of published empirical studies that demonstrate various methods and approaches towards the appreciation of savouring component.

RESULTS: Analysis demonstrates that savouring has significant relationship with psychological well-being, life satisfaction, happiness, relationship satisfaction, resilience, subjective well- being and indirect relationship with, anxiety, PTSD, stress and depression. The technique can be implemented in a variety of settings, including offices, hospitals, and other healthcare facilities.

CONCLUSION: Savouring can help people build resources such as good relationships, amplify positive emotions, skills that enable people to respond resiliently when faced with difficulties, and focus on positive aspects of their lives, as well as offering a way to boost mental value.

Keywords: *Savouring, Mental health, Emotion regulation strategy*

IMPOSTER PHENOMENON AND SELF-EFFICACY: A STUDY ON EMERGING ADULTS

Archana Gupta[1] (Presenting Author), Dr. Vandana[2]

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[2] Senior Assistant Professor and Head, Department of Psychology, IIS Deemed to be University, Jaipur, India

ABSTRACT

Background: Imposter phenomenon is essentially a psychological phenomenon wherein individuals can't internalize their achievements. It alludes to a pattern of conduct where individuals question their achievements whilst having relentless, regularly disguised dread of being uncovered as a fraud. Self-efficacy is the thing that one trusts one can do with their aptitudes under specific conditions. It is not a hereditarily inherited quality; rather, it builds with the passage of time and is honed by experience.

Aim: The present study was aimed at assessing the relationship between imposter phenomenon and self-efficacy in emerging adults. The difference in the levels of imposter phenomenon amongst males and females was also of interest.

Methods: A sample of 160 young adults (80 males and 80 females) was administered the measures of imposter phenomenon and self-efficacy. Data was analyzed by statistical measures including correlation and t-test.

Results: Results revealed that self-efficacy and imposter phenomenon correlate negatively but not at a significant level. Further analysis of results suggests no significant gap in the levels of imposter sentiments in males and females. This important finding contradicts previous literature and indicates insignificant gender differences in impostor phenomenon.

Conclusion: A need to explore other variables in relation with imposter phenomenon was also observed. The study also implied that interventions aimed at increasing self-efficacy will show lower imposter sentiments in young adults. Several techniques of managing imposter sentiments along with the implications of the present study and suggestions for further research are also discussed.

Keywords: *Imposter syndrome, Self-concept, Self-Efficacy, Management of Imposter Phenomenon, Positive Psychology.*

RELATIONSHIP OF TOLERANCE OF AMBIGUITY, NEED FOR CLOSURE AND PERFECTIONISM WITH PSYCHOLOGICAL WELL-BEING IN PSYCHOLOGY TRAINEES

Anushka Modi*, Prof Dweep Chand Singh**, Dr. Arun Kumar***
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**Prof Dweep Chand Singh, Director / Head AIBHAS, Amity University Uttar Pradesh, NOIDA, India
***Dr. Arun Kumar, Assoc Professor, AIBHAS, Amity University Uttar Pradesh, NOIDA, India

ABSTRACT

Background: Ambiguity is a perception and a function of the information that an individual receives regarding a particular stimulus. Need for closure has been defined as a desire for a definite answer to a question, as opposed to uncertainty, confusion, or ambiguity. This may often lead individuals to possess attributes of perfectionism and set unrealistically high standards of functioning for themselves followed by critical evaluation of one's ability to achieve those standards. Psychological well-being refers to inter and intra individual levels of positive functioning that can include one's relatedness with others and self-referent attitudes that include one's sense of mastery and personal growth. Clinical practice is characterised by ambiguity. To study how this along with the need for closure, and perfectionism impacts the psychological well-being of practitioners is crucial.

Method: The aim of the present study is to investigate the relationship between tolerance for ambiguity, need for closure, perfectionism and psychological well-being in clinical psychology trainees. The study uses a single - group cross sectional research design. The sample consists of 80 clinical psychology trainees. Data is being collected from universities across India. The study is using "Tolerance for Ambiguity Scale", "Need for Closure Scale", "Frost Multidimensional Perfectionism Scale", and "Ryff's Psychological Well-being Scale".

Results: Data will be analysed by running correlational and analyses and the results will be shared during the research presentation.

Keywords: tolerance of ambiguity, need for closure, perfectionism, and psychological well-being

AGGRESSION AND NAXALISM: A COMPARATIVE STUDY ON AGGRESSION AMONG YOUNG ADULT OF RURAL AND NAXALITE AREA

Priyanka Yadav, Dr. Anuradha Kotnala

ABSTRACT

Background: Aggression among young adult is very common. Aggressive behviour can be very harmful if not managed. Social environment plays vital role in developing aggression.

Aim: The aim of this study was to assess the level of aggression among young adult of Naxalite and Rural area of Chhattisgarh.

Method: 50 participants (25 from naxalite area, 25 from rural area of Chhattisgarh) were included in this study. The Aggression Scale (A-scale) developed by Km. Roma Pal and Dr. Tasneem Naqvi, has been used to assess aggression. The significant difference of two group was assessed by using student't' test.

Result: Young adults from naxalite area reported significantly higher level of aggression. Result was found to be significant at $p<.05$.

Conclusions: The result suggests that there is high level of aggression in young adult of naxalite area than in rural area of Chhattisgarh. Therefore, there is need to adopt some techniques to curb aggression in order to maintain social norm and for development of society.

Keywords: Aggression, Young adult, Naxalite, Rural.

IMPACT OF META-EMOTIONS ON WORRY IN NORMAL INDIVIDUALS AND CORONARY HEART DISEASE PATIENTS

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ABSTRACT

The present study was performed to elucidate the effects of positive meta-emotions and negative meta-emotions as measured by MES-H on worry in CHD patients with hypertension, CHD patients without hypertension and control individuals. Two hundred respondents (28 to 78 years old) [clinically diagnosed 100 CHD patients (50 patients with hypertension and 50 patients without hypertension) and 100 individuals without CHD here referred as 'Control'] were purposively sampled for the conduct of the present study from three hospitals of Varanasi city of Uttar Pradesh. The participants were individually administered Hindi versions of Meta-emotions Scale (MES-H) and Penn State Worry Questionnaire (PSWQ). Mean and SD values were calculated and 3X2 ANOVA (3 groups - CHD with hypertension, CHD without hypertension and Control groups X 2 levels (low and high) of positive and negative meta-emotions) indicated that participants of CHD with hypertension group on positive and negative meta-emotions displayed significantly higher levels of worry in comparison to control participants. However, participants of CHD with hypertension group and CHD without hypertension group did not differ from each with respect to worry. High as compared to low scorer respondents on negative meta-emotion facet of meta-emotions displayed significantly high levels of worry.

Keywords: Meta-emotions, Positive Meta-emotions, Negative Meta-emotions, Worry, Coronary Heart disease.

THE MEDIATING ROLE OF PERCEIVED SOCIAL SUPPORT BETWEEN DEPRESSION SYMPTOMS AND LIFE SATISFACTION IN PERIPARTUM PHASE: A CROSS-SECTIONAL STUDY

Sukirti Ahuja[1*]; Sonia Puar[2] and Shweta Jha[3]

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[3.] Assistant Professor, Amity Institute of Behavioral (Health) and Allied Sciences, Amity University Uttar Pradesh

ABSTRACT

Background: Peripartum Phase encompasses far-reaching physiological and psychosocial changes that might be both challenging and daunting. This phase can therefore be stressful for women and their families, further compromising their life satisfaction.

Aim: To identify the relationship among perceived social support, depression symptoms and life satisfaction, and to further explore whether perceived social support could play a mediating role between depression symptoms and life satisfaction during the peripartum phase.

Methods: Clinical Sample (N=60,Female) would be selected through Purposive Sampling Method from a Government Hospital and a Private Clinic – two institutions based in Saharanpur, Uttar Pradesh. The data collection is being done using effective questionnaires, comprising of Multi-Dimensional Scale of Perceived Social Support (12 items), Patient Health Questionnaire (PHQ-9) (9 items), Satisfaction with Life Scale (5 items) and Socio-Demographic Details Sheet. A cross-sectional design and a correlational analysis will be used to analyze the data. Also, a Hierarchical Multiple Regression is to be conducted to explore the mediating role of perceived social support in relationship with the other two variables. Statistical analyses will be carried out using IBM SPSS statistics 21 package.

Results: Results shall be discussed during the presentation; data collection is in progress.

Key Words: Perceived Social Support; Depression Symptoms; Life Satisfaction; Peripartum Phase.

TIME PERCEPTION IN RELATION TO ALTERED STATES OF CONSCIOUSNESS

Abhiram M Ajay, Dr Bindu P Nair

ABSTRACT

The study explored the accuracy of assessing subjective time perception under different states of consciousness, using three diverse methods viz., interval estimation, time estimation, and interval reproduction. The duration involved were 120 seconds, 240 seconds, 180 seconds, and 60 seconds for interval estimation and time estimation, and 45 s, 60 s, 15 s, and 30 s for interval reproduction. The participants comprised of 160 young male adults in the age range of 22–27 years, with four levels of subgroups based on different states of consciousness, viz., Normal state of consciousness (N=40); meditation state of consciousness (N=40); cannabis induced state (N=40); alcohol induced state of consciousness (N=40). The data obtained were analyzed using appropriate statistical techniques like one-way ANOVA and Duncan's procedure, using SPSS version 21.The results showed that participants in different altered states of consciousness differ in accuracy of time perception. The cannabis induced state of consciousness show high error under all methods, followed by alcohol induced state. Participants in Cannabis induced state show over estimation of time, whereas those in alcohol induced state show under estimation. Assessment using interval estimation method resulted in overestimation of the given duration, while the use of time estimation method resulted in underestimation. The percentage of mean error of time duration, decrease with the increase in duration of time. This study provides data for future research on time perception.

Keywords Subjective time. Altered state of consciousness. Interval estimation. Time estimation. Interval reproduction.

"NURSE LEAD STRESS MANAGEMENT STRATEGIES" ON QUALITY OF LIFE, STRESS AND SEVERITY OF PSORIASIS AMONG PATIENTS ATTENDING DERMATOLOGY OPD, PGIMER, CHANDIGARH

Dr Sunita Sharma, Dr Karobi Das, Ms Ramandeep kaur

ABSTRACT

Psoriasis is a chronic, inflammatory disease with recurrent exacerbations an remissions that incapacitate the individual physically and psychologically. This immune-mediated disease is characterized by areas of thick red skin and silvery scales often on the extensor surface of elbows and knees, lower back, face, palms, scalp, and soles. This multisystem disease is linked with a number of comorbid conditions like psoriatic arthritis, hypertension, diabetes, obesity, cardiovascular, problems, malignancy, and psychiatric illness. Psoriatic arthritis is the inflammation of joints, characterized by synovitis and polyarthritis, and affects approximately 10-20% of the population. Psoriasis places immense stress on the lives of people. Stress associated with psoriasis is multifactorial with concerns like expensive medicines, chronic course of the disease, strained interpersonal relationship, work absenteeism, social isolation, and stigmatization, etc. Stress acts as a triggering factor for psoriasis, hence psychological interventions for emotional well-being are very important for the patients.

Nurses can be one of the important task force in the management of psoriasis by providing psychological interventions, tailored to the needs of the patients as they have more contact time with the patients.

A quasi- experimental design with 60 sample participants randomized into control and experimental group. Purposive sampling technique was used. Results of the study showed that the interventional strategies such as Jacobson's Progressive muscle relaxation exercises (JPMR), guided imagery, and activity scheduling used reduced stress, severity of illness, anxiety and depression and improved the quality of life of patients in experimental group (P value <0.05).

Keywords: Guided imagery, JPMR, Relaxation exercises, Psoriasis stress.

THE RELATIONSHIP BETWEEN GRIT, EXPRESSIVE SUPPRESSION AND FLOW: AN EXPLORATORY INVESTIGATION

Chakshu Sang (presenting), Jinisha Sakaria, Shifa Shama, Natasha Bhatia

ABSTRACT

Background: The COVID-19 pandemic has challenged routines, environment and the vision of the future causing concerns in well-being (Grover et al., 2020). Grit is the passion and perseverance of the goals formed by an individual, especially long-term goals (Duckworth, Peterson, Matthews & Kelly, 2007) which due to circumstances in the environment can be suppressed or inhibited. Expressive suppression is inhibiting the expression of the emotions being felt by the individual through physical behavior or the non-experiencing of emotions (Gross, 1998). A balance between goals and the ability to achieve them is required. Flow is a positive psychological state of being where the individual experiences a balance between the challenge and the ability to achieve the goal or activity that they have set for themselves (Csikszentmihalyi, 1990).

Aim: To understand the relationship between grit, expressive suppression and flow in emerging adults.

Method: Data will be collected from 100 female respondents only (studying or working) between 18-25 years. Participants will be completing the following questionnaires: Short Grit-Scale (Duckworth & Quinn, 2009), Emotion Regulation Questionnaire (Gross & John, 2003) and Flow Short Scale (Rheinberg, Vollmeyer & Engeser, 2003).

Results: A significant negative association will be observed between grit and expressive suppression and between expressive suppression and flow, significant positive association will be observed between flow and grit, and expressive suppression will act as a mediating factor between grit and flow.

Conclusion: The study will help to understand the importance of one's emotions and a state of balance on the perseverance of one's goals. It will have implications in the field of positive and counselling psychology.

Keywords:*grit, expressive suppression, flow, emerging adults*

EARLY DETECTION AND PREVENTION OF BREAST CANCER IN TERM KNOWLEDGE AMONG THE STUDENTS STUDYING IN HIGHER SECONDARY SCHOOL

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PH. D STUDENT.DEPT. OF PSYCHOLOGY, GUJARAT UNIVERSITY, AHMEDABAD

ABSTRACT

BACKGROUND: Breast cancer is a most common cause of mortality and morbidity of women. Several types of research and enhanced efforts are needed to ensure that all women have access to high quality prevention, detection and start treatment to increase chance of survival. Racial disparities in cancer mortality are driven in large part by differences in socio economic status.

AIMS: To Assess the knowledge on early detection and prevention of BC of students.

To raise student's awareness regarding risk factors and early warning signs of BC. So, it is helpful them in future. To evaluate the effectiveness of programme.

HYPOTHESIS: There will be a significant difference between the mean pre-test and post-test score is 0.05 level in significance.

METHODS: For evaluating the knowledge, structured, questionnaire was prepared. Then collected data personally from 50 students from selected school by purposive sampling technique. The data from structured knowledge questionnaire before and after the programme will be analysed.

RESULTS: The mean score of the sample was 9.22 in pre-test and 19.16 in post-test and mean difference was 9.94.

CONCLUSION: Finding of study indicated the knowledge of the students regarding early detection and prevention of breast cancer. The need to create awareness and to educate younger and women on importance of BSE as preventive measure for BC.

KEYWORDS: BREAST CANCER.

NON-SUICIDAL SELF-INJURY IN THE INDIAN YOUTH

Anoushka Mishra

ABSTRACT

Background: Non-Suicidal Self-Injury (NSSI) is understood as an act of physical harm to self without the intention of dying. While India continues to struggle in de-stigmatizing mental health issues, NSSI has become a rising concern for mental health professionals and workers across. The aim of the present study is to examine different characteristics of NSSI such as methods, age of onset, and plausible causes.

Methods: 109 individuals between the ages of 18 to 30 years were screened for engagement in self-harm, of which 31 individuals fulfilled the criteria with majority of the sample at 22 years. Responses were collected for The Alexian Brothers' Assessment of Self-Injury- Short Form (ABASI-SF) and were analyzed using descriptive statistical methods.

Results: Approximately 28% of the sample met the criteria for NSSI with the mean age of onset as 17 years. Cutting and hitting self were the most frequently used methods of self-injury (61.29%), followed by scratching or rubbing skin and banging head (58.06%). The most injured body parts included the arms, hands, and legs. 87.09% of the sample reported negative feelings or thoughts just before self-injury while 77.41% reported interpersonal difficulties before self-injuring.

Conclusions: The negative automatic thoughts experienced by individuals seem to be a precursor to NSSI. Identifying and targeting these thoughts using Cognitive Behavioural Therapy can serve as the primary method of intervention while dealing with this condition. Therapeutic techniques that focus on emotional regulation to decrease negative affect may also be explored specifically in the context of NSSI.

Keywords: self-injury, self-harm, NSSI, Indian Youth

A STUDY OF ACADEMIC ANXIETY OF RURAL SCHOOL STUDENTS

Jaismin

ABSTRACT

Adolescence is characterized as a dynamic stage of the life span development wherein changes occur in the physical, cognitive, emotional, social areas. All these areas demand certain kinds of responses in this period in which they appear with "stress and storm". One of the challenges they face in this stage is an achievement that is motivated by the expectation of the parent to perform the best approval by the teacher and peers. It affects adolescents which lead to anxiety for their academia. Academic anxiety is a new construct and it is a unifying representation for the various manifestation of anxiety in the school setting. Therefore, the present study aims to find out the prevalence and level of academic anxiety among school students in rural setting. Data (N-200) were collected from the rural areas of Ambedkar Nagar district of Uttar Pradesh, by using an academic anxiety scale. The frequency distribution technique was used. The findings of the study showed the significant prevalence of academic anxiety in rural school-going adolescents. The implication of the study is to the management of the academic anxiety of school students.

Keyword: Adolescents, Academic Anxiety, Level, Students

WISDOM, SELF-REFLECTION AND INSIGHT IN FEMALE MEDITATORS

Shauryaa Sharma* & Dr. Babita Prusty**

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**Dr. Babita Prusty, Assistant Professor, Amity Institute of Psychology & Allied Sciences, Amity University, Uttar Pradesh.

ABSTRACT

Meditation is a tool that aids to reach the fourth state of consciousness, that is, the *Turiya awastha*. It involves attaining a state of non-judgmental mindfulness of all present stimuli and circumstances. It affects our body and mind by bringing physiological, psychological and social oneness and maturity. The present study aimed to assess the effects of meditation of Self-Reflection & Insight and Wisdom, on young adult female regular meditation practitioner. Self-Reflection and Insight Scale (SRIS) and Practicing Wisdom Assessment Scale (PWAS) was administered to a purposive sample of 120 young adult female participants (among which 60 were regular practitioners who had been meditating for 2 years at least and 60 were non-meditators). The results obtained were statistically analyzed to study if any significant differences exist between the two groups. It was observed that meditators were higher on Insight and Wisdom as compared to the non-meditators. We also observe a positive relationship between Self-Reflection & Insight and Wisdom for the population of young adult females. It can therefore be said that meditation, or other practices that aid to achieve higher states of consciousness, enhance insight and self-knowledge which in turn leads to an enhanced quality of life.

***Keywords*:** Meditation, Meditators, Wisdom, Self-Reflection & Insight

IMPACT OF POSITIVE METACOGNITIONS AND META-EMOTIONS ON POSITIVE AND NEGATIVE AFFECT

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Department of Psychology, Faculty of Social Sciences,
Mahatma Gandhi Kashi Vidyapith, Varanasi

ABSTRACT

The study examined the effects of positive meta-cognitions and meta-emotions on positive and negative affect. The sample consisted 20 to 50 years old 300 participants (150 men and 150 women) randomly sampled from a multistage sampling procedure from Varanasi city of India. The participants were individually administered the Hindi versions of: (1) Positive Metacognitions and Meta-emotions Questionnaire (PMCEQ-H) and (2) Positive and Negative Affect Schedule. The 2 X 2 analysis of variance [2 gender (men and women) X 2 levels of facets of PMCEQ-H (high and low)] performed on the scores of positive and negative affect revealed (i) significant main effects of 'gender' for PMCEQ-H1, PMCEQ-H2, and PMCEQ-H3 on positive affect and non significant gender effects for PMCEQ-H3 on negative affect, (ii) significant main effects of 'levels' of PMCEQ-H1, PMCEQ-H2 and PMCEQ-H3 on positive and negative effect, and (iii) significant interaction effects of 'gender X levels of PMCEQ-H1 and PMCEQ-H3 on positive effect and 'gender X levels of PMCEQ-H2 and PMCEQ-H3' on negative effect. Post hoc analyses demonstrated significantly higher positive affect in men than in women with respect to three facets of PMCEQ-H1, PMCEQ-H2 and PMCEQ-H3, and significantly higher negative affect in women than in men with respect to PMCEQ-H1 and PMCEQ-H2. Moreover, low than high scorer participants on the three facets of PMCEQ-H, displayed significantly higher negative affect and higher than low scorer participants on the three facets of PMCEQ-H displayed significantly higher positive affect. The findings indicated facilitating effects of positive metacognitions and meta-emotions on positive and negative effect.

Keywords: Positive metacognitions and meta-emotions, PMCEQ, PMCEQ-H, PANAS

EFFECT OF FORGIVENESS AND LOCUS OF CONTROL ON HAPPINESS OF INDIVIDUALS

Devanshika Misra; Dr. Sachita Passi Sabharwal

ABSTRACT

Background: Review of literature on the three variables of forgiveness, locus of control and happiness revealed that most of the research, either done on forgiveness with happiness or locus of control with happiness focused on university or college going students, as such generalization of the findings to all other university students or populations different from students has not been possible. Roles of other intervening variables in forgiveness-happiness or locus of control and happiness relationship was also left unexplored.

Aim: To study the effect of forgiveness and locus of control on happiness.

Methods: 121 participants between the ages of 18 to 30 years filled out the Heartland forgiveness scale (Thompson et al, 2005), Oxford happiness questionnaire (Hills and Argyle 2002) and Rotter's locus of control scale. This descriptive research was statistically analyzed by using t-test, Pearson's correlation, and linear regression.

Results: The results suggest significant correlations between forgiveness and happiness, and between locus of control and happiness. Insignificant negative correlations were seen between locus of control and forgiveness. Linear regression analysis done separately for both independent variables suggests that forgiveness as a predictor variable accounts for 19.4 % variance in happiness, while locus of control as a predictor variable accounts for 4 % variance in happiness.

Conclusion: The study thus indicates that both forgiveness and locus of control effect and can enhance happiness.

Keywords: forgiveness, locus of control, happiness

PSYCHOLOGICAL CLIMACTERIC SYMPTOMS TOWARD MENOPAUSAL PROBLEMS AMONG WOMEN

Manisha D. Jamod, Ph. D. Research Scholar
Dr. Pankaj S. Suvera, Associate Professor
Dept. of Psychology, Sardar Patel University, Vallabh Vidyanagar

ABSTRACT

Menopause is associated with a loss of estrogens; estrogen has important neuro and psychoprotective activities, thus its decline and/or instability may trigger or aggravate mental disorders including psychotic ones. The aim of the present study was investigated to Menopausal problems among women. The random sampling method was used in this study. Total sample consisted 200 women. 100 Outdoor working women and 100 Indoor working women. The sample was selected from Bhavnagar District. The research tool of Menopausal Problems scale developed by Tiwari & Sahoo (1971). In this research Menopausal Problems inventory was used for data collection. 2 x 2 factorial designs were planned where types of work and types of area were considered as independent variables and Menopausal Problems as dependent variables. Accordingly, 2 x 2 ANOVA was carried out to test the Hypothesis. The result revealed to There is significant difference between Menopausal Problems of Outdoor working women and Indoor working women. Second is there is no significant difference between Menopausal Problems of urban area and rural area women. And last there is significant interaction effect between Menopausal Problems of types of work and types of area.

Keywords: Menopausal Problems, Physical Problems, Emotional Problems, Personality Problems, Sexual Problems, Urinary/Digestive Problems.

SELF-COMPASSION, AFFECT AND EMOTION REGULATION DIFFICULTIES IN INDIVIDUALS WITH DEPRESSION AND ANXIETY

Sneha Jaisingh[1*]; Sonia Puar[2] and Arun Kumar[3]

ABSTRACT

Background: Lack of self-compassion and emotion regulation difficulties has been shown as a key contributor to depression as well as other anxiety disorders; yet its role in the development and maintenance of these disorders remains unclear. It has also been established that individuals with depression and other anxiety disorders tend to have traits of positive and negative affect. However, further research is still needed to better understand these constructs.

Aim: To compare the degree of affect in patients with depression and anxiety and to assess its relationship with self-compassion and emotion regulation difficulties among patients with depression and anxiety.

Methods: Clinical sample (N = 44, 22 = individuals with depression and 22 = individuals with anxiety) would be selected through purposive sampling method from a psychiatric clinic, New Delhi. Tools selected are DSM-V Cross-Cutting Measure Level 1, DSM V Level 2- Depression- Adult, DSM-V Level 2- Anxiety-Adult, Positive and Negative Affect Scale (Revised), Difficulties in Emotional Dysregulation Scale, Self-Compassion Scale (Long Form). A cross-sectional and correlational design will be implemented to analyze the data. Inferential statistics will be used for data analysis. The techniques used will include correlation and regression analysis and will be carried out using IBM SPSS statistics 21 package.

Results. Results shall be discussed during presentation. Data collection in progress.

Keywords: Self-compassion, Affect, Emotion Regulation Difficulties, Depression, Anxiety Disorders.

PERCEIVED STRESS, EMOTIONAL LONELINESS, PSYCHOLOGICAL WELL-BEING AND COPING IN SPOUSES OF SEAFARERS

Pereira, Dextra[1]; Pandey, Preeti[2]; Pandey, Rashmi[3]

ABSTRACT

Background: Separation from one's spouse can be challenging, which is commonly experienced by spouses of seafarers when the seafarer is offshore. Along with loneliness, there is also a burden of solely taking care of self and the family, which can be stressful. It is human nature to adjust and adapt by learning ways of coping that can help to deal with stressors. Factors such as perceived stress, emotional loneliness, psychological well-being and coping methods can help in gaining insight into the overall well-being of the spouses.

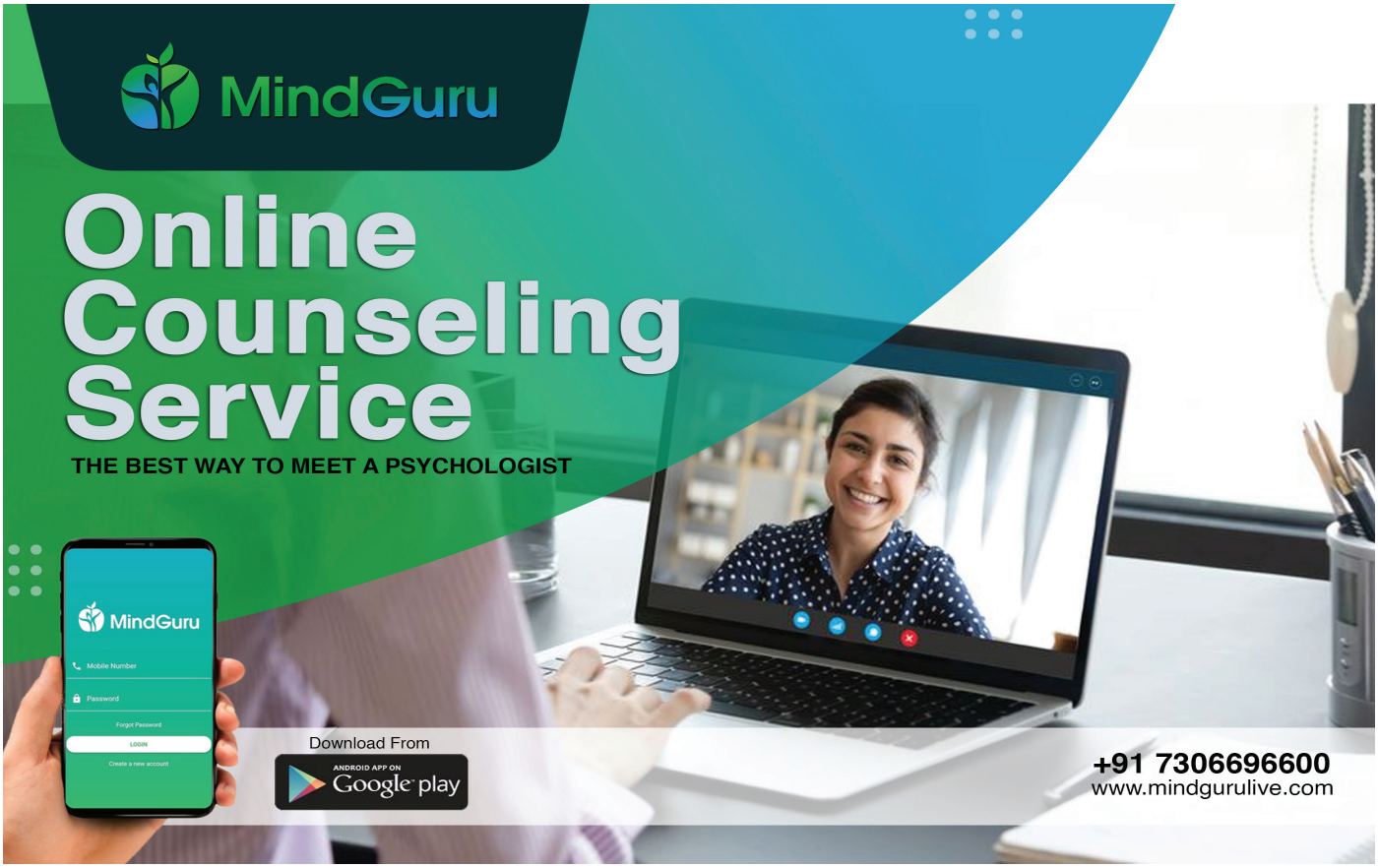
Aims: To explore the relationship among perceived stress, emotional loneliness, psychological well-being and coping among spouses of seafarers, between those married less than 5 years to those married longer than 5 years.

Method: The study uses a correlational research design with a sample size of 128 (64 each group) which was determined by sample size estimation using G*Power analysis. It uses snowball sampling method for data collection through online mode via Google forms. Tools used in the study are Perceived Stress Scale, DeJong Gierveld Loneliness Scale, Short Warwick Edinburgh Mental Wellbeing Scale and Brief-COPE. Data collection is currently under process. Inferential statistics will used for data analysis.

Results: Results shall be discussed during presentation.

Key words: Perceived stress; Emotional loneliness; Psychological well-being; Coping styles; Spouses of seafarers

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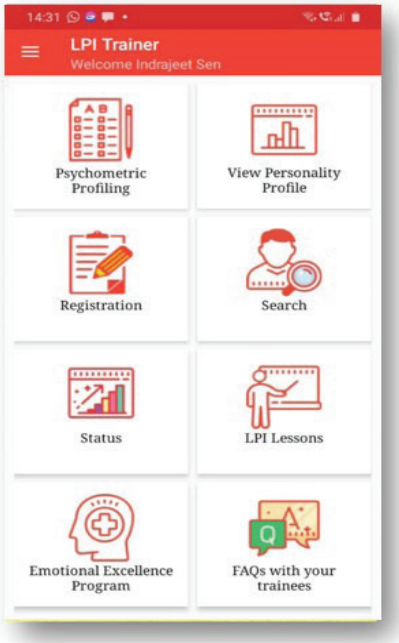
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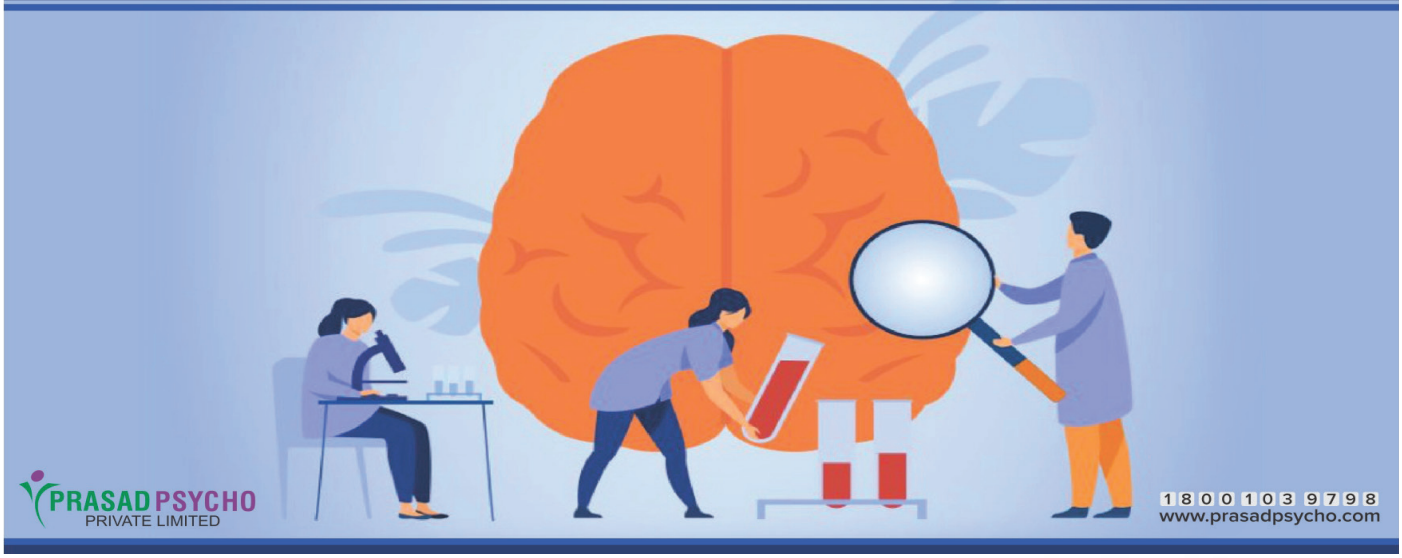
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