



คณะจิตวิทยา จุฬาลงกรณ์มหาวิทยาลัย
Faculty of Psychology, Chulalongkorn University



TOHOKU
UNIVERSITY



✿ *Psychology for Health and Well-being in the BANI World* ✿

The 2nd Thailand International Conference on Psychology, 2023

By Faculty of Psychology, Chulalongkorn University,
Graduate School of Arts & Letters, Tohoku University, and
Psychology Center for Life-Span Development and Intergeneration

31 JUL - 4 Aug 2023

The 2nd Thailand International Conference on Psychology

Psychology for Health and Well-being in the BANI World

Organized by the Faculty of Psychology, Chulalongkorn University,
Graduate School of Arts & Letters, Tohoku University, and
Psychology Center for Life-Span Development and Intergeneration

Committee:

Asst. Prof. Nattasuda Taephant, Ph.D. (Dean)
Assoc. Prof. Panrapee Suttiwan, Ph.D. (Director of Life-Di Center)
Asst. Prof. Kullaya Pisitsungkagarn, Ph.D. (Associate dean)
Asst. Prof. Somboon Jarukasemthawee, Ph.D. (Assistant dean)
Asst. Prof. Prapimpa Jarunratanakul, Ph.D. (Associate dean)
Asst. Prof. Thipnapa Huansuriya, Ph.D. (Associate dean)
Kris Ariyabuddhiphongs, Ph.D. (Assistant dean)
Poosub Areekit, Ph.D. (Assistant dean)
Jennifer Chavanovanich, Ph.D. (Director of East-West Research Center)
Phot Dhammapeera, Ph.D. (Director of International Undergraduate Program (JIPP))
Asst. Prof. Apitchaya Chaiwitikornwanich, Ph.D.
Asst. Prof. Juthatip Wiwattanapantuwong, Ph.D.
Asst. Prof. Watcharaporn Boonyasiriwat, Ph.D.
Asst. Prof. Yokfah Isaranon, Ph.D.
Nipat Pichayayothin, Ph.D.
Panita Suavansri, DPsych.
Suphasiree Chantavarin, Ph.D.
Graham Pluck, Ph.D.

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Nathanun Kongkaluang	Saranrat Jetsawangsrri	

Pre-conference WORKSHOPS

31 Jul - 3 Aug 2023

6 Fl. Borommaratchachonnaisattaphat Bldg. Faculty of Psychology, Chulalongkorn University

31 July 2023

Acceptance and Commitment Therapy:
Theory, Practice and Demonstration of Skills and Techniques
Asst. Prof. Kullaya Pisitsungkagarn and Asst. Prof. Somboon Jarukasemthawee,
Faculty of Psychology, Chulalongkorn University

1 August 2023

Acceptance and Commitment Therapy for Well-Being and Health Promotion
Prof. William H. O' Brien, Clinical Psychology Training Program, Bowling Green State University

2 August 2023

Using Compassion Focused Therapy to Support People Struggling
with Problematic Psychosis
Asst. Prof. Andrew Fox, School of Psychology, University of Birmingham

3 August 2023

Dialectical Behavior Therapy Skills for Emotional Dysregulation:
Theory and Practice of DBT Skills
Prof. David C. Wang, Fuller School of Psychology

The CONFERENCE

4 Aug 2023

Sasa Patasala Bldg. Sasin Graduate Institute of Business Administration of Chulalongkorn University

Venue



www.psy.chula.ac.th

Welcome to the TICP 2023

A message from Honorary Chair



Asst. Prof. Nattasuda Taephant, Ph.D.
Dean of Faculty of Psychology, Chulalongkorn University

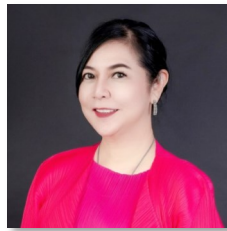
Post-COVID-19 impacts and the rapid world socio-economic changes led to the global challenges in this BANI world. Individuals have to adjust to these challenges so as to maintain their mental health and well-being.

As a part of the World Class National University, the Faculty of Psychology, Chulalongkorn University, draw a taskforce from our international collaborations, particularly our great friend, Tohoku University, Japan, and the Psychology Center for Life-span Development and Intergeneration in organizing an upcoming **the 2nd Thailand International Conference on Psychology (TICP 2023)** on the topic of **“Psychology for Health and Well-being in the BANI World”**.

The conference is aimed at enhancing mental health and well-being in the Bani World. Various perspectives will be offered, highlighted by the use of growth mindset as delivered in the keynote speech by Prof. Chiu Chi Yue, Ph.D., the Dean of the Faculty of Social Science, Chinese University of Hong Kong. Two panels discussions will be offered. One to showcase how well-being can be maintain in the BANI world in health, work, and personal domains. The other will outline therapeutic challenges and solutions. Both the public and professionals should benefit from the upcoming conference, to be held on Aug 4, 2023.

Four pre-conference workshops, will be offered by our own members and world class psychologist from the U.S. and the U.K. Hand-on workshops on Acceptance and Commitment Therapy both for fundamental and for health promotion, Compassion-focused Therapy for those dealing with psychosis, and Dialectical Behavioral Therapy for emotional dysregulation, These workshops should enhance professionals' research and clinical skills and should provide practitioners with more alternative to support their clients.

I believe that our international conference **TICP 2023** will help enhance both the public and the professionals to better mental health and well-being to create sustainability within the BANI world. Looking forward to welcoming you to Bangkok in August.



Assoc. Prof. Panrapee Suttiwan, Ph.D.
Director of Life Di Center, Chulalongkorn University

On behalf of the Psychology Center for Life-span Development and Intergeneration (Life-Di), it is my great pleasure to contribute to the TICP 2023, “Psychology for Health and Well-being in the BANI World”.

At Life Di, we strongly believe in human potentials. We are intrigued by human capacities to grow and flourish through various challenging circumstance. We are endeavored to build knowledge and understanding of these amazing capacities. So we are very excited to learn about and become a part of the TICP 2023, which brings together psychologists and scholars around the world to find ways to promote health and well-being in this challenging BANI period.

It is my strong belief that the TICP 2023 will become an excellent platform in which psychologists, scholars, and the interested publics can exchange their views in enhancing human developments in challenging circumstances. I trust that from this conference, the exchanges will continue and lead to subsequent collaborations in the future.

PRE-CONFERENCE
WORKSHOPS

31 Jul - 3 Aug 2023

1st WORKSHOP

31 Jul 2023

9.00-16.00 GMT+7



Kullaya Pisitsungkagarn

DPSYCH., Clinical Psychology & Ph.D., Education Psychology
Assistant Professor, Faculty of Psychology, Chulalongkorn University



Somboon Jarukasemthawee

Ph.D., Clinical Psychology
Assistant Professor, Faculty of Psychology, Chulalongkorn University

Acceptance and Commitment Therapy: Theory, Practice and Demonstration of Skills and Techniques



This workshop aims to provide a fundamental ground of the Acceptance and Commitment Therapy (ACT), a well-recognized third-wave Cognitive Behavioral Therapy. Underlying theoretical grounds of ACT, its core theses, and its unique contributions will be outlined. Practices of ACT case conceptualization will be illustrated to provide a link to ACT therapeutic procedure. Demonstrations of relevant skills and techniques will be provided with discussions of ACT common process issues and solutions.

2nd WORKSHOP

1 Aug 2023

9.00-16.00 GMT+7



William H. O'Brien

Ph.D., Clinical Psychology

Professor, Department of Psychology, Bowling Green State University, USA

Acceptance and Commitment Therapy for Well-Being and Health Promotion



This workshop will build upon the important theories and techniques presented by Dr. Pisitsungkagarn and Jarukasemthawee in their workshop.

The workshop will have three main parts.

Part 1 will provide a brief review of the three waves of behavior therapy which can provide the historical and theoretical context for ACT.

Part 2 will review the neuroscientific mechanisms that link ACT-related processes to physical health and well-being.

Part 3 will focus on providing participants with additional techniques and experiential exercises that are used in ACT for promoting well-being among selected medical populations, workers in stressful occupations, and outpatient mental health.

The workshop will be interactive with participants learning through presentations, discussion, and demonstrations of techniques and processes. Participants will also be able to practice some of the ACT techniques on each other and see how these techniques can influence physiological states.

3rd WORKSHOP

2 Aug 2023

9.00-16.00 GMT+7



Andrew Fox

Ph.D., Clinical Psychology & Clinical Psychologist
Assistant Professor, School of Psychology, University of Birmingham, UK

Using Compassion Focused Therapy to Support People Struggling with Problematic Psychosis



This workshop will introduce attendees to the core theories underpinning the Compassion Focused Therapy (CFT). We will discuss how these can be used to understand some of the difficulties that people with distressing psychosis (specifically, schizophrenia spectrum disorders) may experience. A core focus will be on using CFT to understand the experience of psychosis at emotional and behavioral levels, and we will explore how we can use this understanding to offer psychological support (e.g., psychoeducation, skills training).

The workshop will include consideration of compassion at the experiential level and the importance of clinicians engaging with compassion for themselves.

4th WORKSHOP

3 Aug 2023

9.00-16.00 GMT+7



David C. Wang

*Ph.D., Counseling Psychology & Licensed Psychologist, State of California
Professor, School of Psychology, Fuller Theological Seminary, USA*

Dialectical Behavior Therapy Skills for Emotional Dysregulation: Theory and Practice of DBT Skills



This workshop is designed to introduce attendees to the theory of the Dialectical Behavior Therapy (DBT) and the practice of applying the Dialectical Behavior Therapy skills within an individual therapy/private practice context (the full DBT treatment protocol requires a treatment team and is typically administered within a hospital setting).

Although the DBT treatment protocol was originally developed to treat borderline personality disorder, this class will explore the research and practice of DBT skills for a variety conditions related to various forms of emotional dysregulation, including depression, anxiety, and trauma, long with others. Special attention will also be placed on exploring how the practice of DBT skills (e.g., distress tolerance, interpersonal effectiveness, emotion regulation) can be adapted within the local cultural context in Thailand and the surrounding region.

The CONFERENCE

4 Aug 2023

Schedule

Sasin Hall 9th Fl.

8.00 - 8.30	Registration
8.30 - 8.45	Opening Ceremony and Welcoming Speeches by Dean of the Faculty of Psychology, Director of Life Di Center, and delegate from Tohoku university
8.45 - 9.45	Keynote Speech: Growth Mindset for the BANI World
9.45 - 10.00	Refreshment Break
10.00 - 12.00	Panel Discussion 1: Health and Well-being: Psychological Applications in the BANI World
12.00 - 13.00	Lunch Break

	Sasin Hall 9th Fl.	Room 201	Room 206	Room 522
13.00 - 14.15 (75 mins)	Panel A: Food & Well-being	Panel D: Environmental Impacts on Health and Well-being 1	Panel G: Enhancing Psychological Resources: The Indonesian, Malaysian, and Iranian Perspectives	Panel J: Social Dynamics and Well-Being in Malaysia: Insights into Human Behavior
14.15 - 15.15 (60 mins)	Panel B: Social and Language Psychology	Panel E: Insights from Joint International Psychology Program (JIPP) Students' Research	Panel H: Psychological Findings from the 2011 Great East Japan Earthquake and Tsunami into the BANI World	Panel K: Developmental Issues: Similar or Different across Countries?
15.15 - 15.30 (15 mins)	Refreshment Break			Refreshment Break
15.30 - 16.30 (60 mins)	Panel C: Panel Discussion 2: Psychotherapeutic Application in the BANI World: Selected Challenging Cases	Panel F: Psychology on Death and Religious	Panel I: Clinical Cognitive Sciences (Online)	Panel L: Environmental Impacts on Health and Well-being 2

Sasin Hall 9th Fl.

16.30 - 17.00	Certificate Award and Closing Ceremony
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Keynote Speech

[8.45 - 9.45 a.m.]

"Growth Mindset for the BANI World"



Prof. Chiu Chi Yue

Dean of Social Science, Choh-Ming Li Professor of Psychology,
Chinese University of Hong Kong

Abstract

Google and possibly GPT as well have made us less knowledgeable; Facebook and possibly other social media too have made more people lonelier than before; and COVID and online learning have lowered our students' IQ. In this BANI world, what are the human-only abilities that define humanity and confer survival advantages and existential meanings to humans? Can these abilities be learned? How can we remain hopeful of our ability to learn them all? In this presentation, I will discuss the challenges we all face and how the psychology of growth mindset can help humans live flourishing lives in a BANI world.

Panel Discussion 1

Health and Well-being: Psychological Applications in the BANI World

[10.00 a.m. - 12.00 p.m.]

Abstract

This 120-minute panel, facilitated by the Dean of the Faculty of Psychology, Asst. Prof. Nattasuda Taephant, Ph.D., will help showcase how the science of psychology can be applied to enhance health and well-being in the BANI world. Audience should obtain stimulating ideas from exchanged viewpoints from distinguished psychologists: Prof. William D. Crano, Ph.D., from the Department of Psychology, Claremont Graduate University; Prof. Ying-yi Hong, Ph.D., from the Business School, Chinese University of Hong Kong; Prof. Nobuyuki Sakai, Ph.D., the Department of Psychology, Tohoku University; and Prof. Steven Bruce, Ph.D., the Department of Psychological Science, University of Missouri-St. Louis.

Speakers

Prof. William D. Crano, Ph.D.

Department of Psychology, Claremont Graduate University

Prof. Ying-yi Hong , Ph.D.

Business School, Chinese University of Hong Kong

Prof. Nobuyuki Sakai, Ph.D.

Department of Psychology, Tohoku University

Prof. Steven Bruce, Ph.D.

Department of Psychological Science, University of Missouri-St. Louis

Moderator

Asst. Prof. Nattasuda Taephant, Ph.D.

Faculty of Psychology, Chulalongkorn University

Panel Discussion 2

Psychotherapeutic Application in the BANI World: Selected Challenging Cases

[15.30 - 16.30 p.m.]

Abstract

In this 60-minute panel, co-chaired by Asst. Prof. Somboon Jarukasemthawee, Ph.D., and Asst. Prof. Kullaya Pisitsungkagarn, Ph.D., the adverse impacts of the BANI world on mental health and well-being will be outlined. Ways that mindfulness can be applied to alleviate these impacts will be illustrated. For the Acceptance and Commitment Therapy, mindfulness can help persons maintain their values and engage in actions. Emotion regulation is maintained with character strength in the Dialectical Behavioral Therapy. Lastly, mindfulness enables persons to maintain compassion toward themselves and others amidst turmoil the BANI world in the Compassion-focused Therapy. Ways to manage challenging cases in these three therapeutic approaches will be illustrated.

Speakers

Prof. William H. O' Brien, Ph.D.

Department of Psychology, Bowling Green State University

Asst. Prof. Andrew Fox, Ph.D.

School of Psychology, University of Birmingham

Prof. David C. Wang, Ph.D.

School of Psychology, Fuller Theological Seminary

Moderator

Asst. Prof. Somboon Jarukasemthawee, Ph.D. & Asst. Prof. Kullaya Pisitsungkagarn, Ph.D.

Faculty of Psychology, Chulalongkorn University

List of Paper Presentation Abstracts

Panel A

Food and Well-Being

No.	Title	Author	Affiliation	Page
1	The Role of learning and stress in the relationship between reward memory and anxiety-related behavior in mice.	<ul style="list-style-type: none"> • Rong Jiang • Lingle Zhang • Yunfeng Liang • Nobuyuki Sakai 	<ul style="list-style-type: none"> • Department of Psychology, Graduate School of Arts and Letters, Tohoku University 	31
2	Cross-cultural comparison of knowledge, attitude and behavior toward salt reduction between Tohoku University students and Japanese population.	<ul style="list-style-type: none"> • Atsuhiko Saita • Chinatsu Kasamatsu • Hisayuki Uneyama • Nobuyuki Sakai 	<ul style="list-style-type: none"> • Graduate School of Arts and Letters, Tohoku University • Ochanomizu University • Ajinomoto Co. LTD. • Graduate School of Arts and Letters, Tohoku University and Advanced Institute for Yotta Informatics, Tohoku University 	32
3	Inhibitory effect of the red-colored placemat on consumption behavior.	<ul style="list-style-type: none"> • Takuya Onuma • Nobuyuki Sakai 	<ul style="list-style-type: none"> • Department of Business and Management, Faculty of Humanity-oriented Science and Engineering, Kindai University • Department of Psychology, Graduate School of Arts and Letters, Tohoku University 	33
4	Sensory testing role in product development	<ul style="list-style-type: none"> • Pimpinan Somsong 	<ul style="list-style-type: none"> • School of Agricultural Resources, Chulalongkorn University 	34
5	Umami: A hypothesis behind savory well-being.	<ul style="list-style-type: none"> • Hisayuki Uneyama • Nobuyuki Sakai 	<ul style="list-style-type: none"> • Global Communications Department, Ajinomoto Co., Inc. • Graduate School of Arts and Letters, Tohoku University 	35
6	The psychology of SDGs on Food.	<ul style="list-style-type: none"> • Chinatsu Kasamatsu 	<ul style="list-style-type: none"> • Institute for SDGs Promotion, Ochanomizu University 	36
7	The correlation between the attitude to the cosmetics and the distortion of the body image in male university students.	<ul style="list-style-type: none"> • Nobuyuki Sakai • Kosei Sato 	<ul style="list-style-type: none"> • Graduate School of Arts and Letters, Tohoku University • Faculty of Arts and Letters, Tohoku University 	37

Panel B

Social and Language Psychology

No.	Title	Author	Affiliation	Page
1	Classification of appearance management behavior among Japanese university students.	<ul style="list-style-type: none"> • Akari Ito • Tsuneyuki Abe 	<ul style="list-style-type: none"> • Graduate School of Arts and Letters, Tohoku University 	39
2	A psychological study on the difference between emotional modality: Focusing on the adaptive functions of fear and disgust.	<ul style="list-style-type: none"> • Xuyu Du • Tsuneyuki Abe 	<ul style="list-style-type: none"> • Graduate School of Arts and Letters, Tohoku University 	40
3	How do younger and older Japanese adults rely on verbatim and gist memories to comprehend indirect speech acts?	<ul style="list-style-type: none"> • Liwei Tan • Sachiko Kiyama 	<ul style="list-style-type: none"> • Department of Linguistics, Graduate School of Arts and Letters, Tohoku University 	41
4	A possible effective therapy for grammatical recovery in Japanese aphasia based on neurolinguistic findings.	<ul style="list-style-type: none"> • Michiyo Kasai • Sachiko Kiyama 	<ul style="list-style-type: none"> • Department of Linguistics, Graduate School of Arts and Letters, Tohoku University 	42

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Environmental Impacts on Health and Well-being 1

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1	Examining students' perception of the effectiveness of school routine religious rituals in enhancing psychological resilience.	<ul style="list-style-type: none"> • Naida Shafa Ghozalba 	<ul style="list-style-type: none"> • Faculty of Psychology, Universitas Gadjah Mada 	44
2	Exploring the program of special interests class on student's character development and well-being in Jogja Green school.	<ul style="list-style-type: none"> • Radia Maharani • Elga Adriana • Edilburga Wulan Saptandari • Dian Muftasari 	<ul style="list-style-type: none"> • Faculty of Psychology, Universitas Gadjah Mada 	45
3	Service learning experiences: A study on the awareness of psychological well-being on students in Jogja Green school.	<ul style="list-style-type: none"> • Aidine Afiga 	<ul style="list-style-type: none"> • Faculty of Psychology, Universitas Gadjah Mada 	46
4	Overview of mental health conditions of adults among rural communities in Bali during the COVID-19 pandemic.	<ul style="list-style-type: none"> • Kartika Nikova • Dewa Ayu Puteri Handayani • Nice Maylani Asril • Dewa Gede Firstia Wirabrata 	<ul style="list-style-type: none"> • Universitas Pendidikan Ganesha 	47
5	Mediating role of work burnout between work environment and musculoskeletal symptoms in healthcare professionals.	<ul style="list-style-type: none"> • Mytien T. Le • Chung Xiann Lim • William H. O'Brien 	<ul style="list-style-type: none"> • Bowling Green State University 	48

Panel E

Insights from Joint International Psychology Program (JIPP) Students' Research

No.	Title	Author	Affiliation	Page
1	Relationship between perceived parenting styles and emotional and behavioral problems among left-behind children in Thailand.	<ul style="list-style-type: none"> • Amonchet Wattana-Naraset • Chaiyathep Teerasirin Thongsin • Naravut Sasipongsakorn • Suphasiree Chantavarin 	<ul style="list-style-type: none"> • Faculty of Psychology, Chulalongkorn University 	50
2	A Thai sample: Decision making across the lifespan assessed by the Iowa gambling task.	<ul style="list-style-type: none"> • Akawat Lakawathana • Jamiena Ketudat-Cairns • Ratchapoom Thongsin • Phot Dhammapeera 	<ul style="list-style-type: none"> • Faculty of Psychology, Chulalongkorn University 	51
3	Stigma of mental health and mental illness in Asia: A systematic review.	<ul style="list-style-type: none"> • Nattasuda Taephant • Nutyathun Worawitjarungwat • Chanon Upara 	<ul style="list-style-type: none"> • Faculty of Psychology, Chulalongkorn University 	52
4	Early maladaptive schemas predicting narcissistic and antisocial personality disorders: An examination in non-clinical Thai adolescents.	<ul style="list-style-type: none"> • Zhuxin Tan • Phunyapa Komonwaj • Sanfan Luchutaskul • Apitchaya Chaiwitikornwanich 	<ul style="list-style-type: none"> • Faculty of Psychology, Chulalongkorn University 	53
5	Post traumatic growth after covid-19 experience: the roles of Hope and psychological well-being on post-traumatic growth in Thailand.	<ul style="list-style-type: none"> • Chanida Jitrungruangnij • Namnueng Varamisra • Thuchada Fugkhanca • Nattasuda Taephant 	<ul style="list-style-type: none"> • Faculty of Psychology, Chulalongkorn University 	54
6	Family function and psychological well-being in undergraduate students.	<ul style="list-style-type: none"> • Papada Linpiyawan 	<ul style="list-style-type: none"> • Faculty of Psychology, Chulalongkorn University 	55
7	Career decision making experience of Joint International Psychology Program alumni.	<ul style="list-style-type: none"> • Nutyathun Worawitjarungwat 	<ul style="list-style-type: none"> • Faculty of Psychology, Chulalongkorn University 	56

Panel F

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No.	Title	Author	Affiliation	Page
1	Musicality in Buddhist care: Differences in the effectiveness of Sutra chanting listening with and without rhythm.	<ul style="list-style-type: none"> • Taira Tokumasu • Yozo Taniyama 	<ul style="list-style-type: none"> • Department of Death and Life Studies / Practical Religious Studies, Graduate School of Arts and Letters, Tohoku University • Graduate School of Arts and Letters, Tohoku University 	58
2	How has Shinto, a religion unique to Japan, viewed suicide?	<ul style="list-style-type: none"> • Mika Shinoda 	<ul style="list-style-type: none"> • Department of Death and Life Studies / Practical Religious Studies, Graduate School of Arts and Letters, Tohoku University 	59
3	Mindfulness and Japanese Zen: Perspectives from Soto Zen and non-Zen Buddhists.	<ul style="list-style-type: none"> • Zhang Diya 	<ul style="list-style-type: none"> • Department of Religious Studies, Graduate School of Arts and Letters, Tohoku University 	60
4	The current status and challenges of psychological help for parents who have lost their only child in China.	<ul style="list-style-type: none"> • Xiaofeng Wang • Mika Omori 	<ul style="list-style-type: none"> • Ochanomizu University • Ochanomizu University and Tohoku University 	61

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Enhancing Psychological Resources: The Indonesian, Malaysian, and Iranian Perspectives

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1	The psychological impact of COVID-19 on medical students in Indonesia: A qualitative study.	<ul style="list-style-type: none"> • Ulil Albab Habibah • Soewadi 	<ul style="list-style-type: none"> • Universitas Islam Indonesia 	63
2	Perceived social support, conformity, and social capital in predicting mental health among young adults in Bali's rural area during the COVID-19 pandemic.	<ul style="list-style-type: none"> • Dewa Ayu Puteri Handayani • Nice Maylani Asril • Dewa Gede Firstia Wirabrata 	<ul style="list-style-type: none"> • Faculty of Education, Universitas Pendidikan Ganesha 	64
3	Linking perceived organizational prestige and employee engagement: The mediating influence of psychological capital.	<ul style="list-style-type: none"> • Britney Bong Sue Fun • Tan Chi Hau • T'ng Soo Ting 	<ul style="list-style-type: none"> • Department of Marketing, Faculty of Business and Finance, Universiti Tunku Abdul Rahman • Department of Psychology and Counselling, Faculty of Arts and Social Science, Universiti Tunku Abdul Rahman 	65
4	Predicting distress tolerance in married clients seeking divorce.	<ul style="list-style-type: none"> • Zahra Akhgary • Hossein Ebrahimi Moghadam 	<ul style="list-style-type: none"> • Department of Psychology, Azad University of Rudehen 	66

Panel H

Psychological findings from the 2011 Great East Japan Earthquake and Tsunami into the BANI World

No.	Title	Author	Affiliation	Page
1	A possible prescription for BANI world: Manners of disaster victims.	<ul style="list-style-type: none"> TsuneYuki Abe 	<ul style="list-style-type: none"> Graduate School of Arts and Letters, Tohoku University 	68
2	Post 2011 disaster of Japan: Attitude about resilience, radioactivity, and safety among people in the area and neighborhood countries	<ul style="list-style-type: none"> Jutathip Wiwattana-pantuwong 	<ul style="list-style-type: none"> Applied Psychological Research, Faculty of Psychology, Chulalongkorn University 	69
3	Eight factors of the power to live with disasters and their neural correlates.	<ul style="list-style-type: none"> Motoaki Sugiura 	<ul style="list-style-type: none"> Institute of Development, Aging and Cancer / International Research Institute of Disaster Science, Tohoku University 	70
4	Does the eight-factor power to live in disaster exist from childhood?	<ul style="list-style-type: none"> Yutaka Matsuzaki 	<ul style="list-style-type: none"> Institute of Development, Aging, and Cancer, Tohoku University 	71
5	Personality traits characterize types of housing recovery after the natural disaster: A discriminant analysis using data from five years after the 2011 Great East Japan Earthquake and Tsunami.	<ul style="list-style-type: none"> Akio Honda 	<ul style="list-style-type: none"> Faculty of Informatics, Shizuoka Institute of Science and Technology 	72

Panel I

Clinical Cognitive Sciences

No.	Title	Author	Affiliation	Page
1	Estimation of premorbid cognitive function with lexical reading tasks	<ul style="list-style-type: none"> • Graham Pluck • Carl Piaf • Smriti Sitani • Suphasiree Chantavarin 	<ul style="list-style-type: none"> • Chulalongkorn University • Patron Education • Chulalongkorn University 	74
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Panel A

Food and Well-Being

Panel Abstract

This 75-minute panel, co-chaired by Assoc. Prof. Takuya Onuma and Prof. Nobuyuki Sakai, will address various aspects of eating behavior and well-being. In the first study, the behavioral study with mice reports that the mice with genetic high anxiety showed easing the anxiety after ingesting the foods with high reward value. The second study illustrated the attitude, knowledge, and behavior toward to salt-reducing in Japanese people with the results of the broad survey. The third study showed inhibitory effect of red color on snack eating behaviors. The fourth study discussed about the role and the importance of the sensory testing in the product development. The fifth study reviews the processing of umami by vagus nerve, and the impact of umami on our well-being. The sixth study focuses on interactions between the attitude on SDGs and the evaluations on the SDG-foods, such as plant-based milks, fair-trade chocolates, and cricket powder snacks. The last study addressed about the eating behavior and well-being through studying the distortion of the body image in young male students with the experimental method.

Those studies showed psychology can do something or more on the well-being around the eating behavior and the foods.

Chair:

Prof. Nobuyuki Sakai, Ph.D.
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THE ROLE OF LEARNING AND STRESS IN THE RELATIONSHIP BETWEEN REWARD MEMORY AND ANXIETY-RELATED BEHAVIOR IN MICE

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Abstract

Reward value of the food is the main motivative power for organisms to explore food. High reward value food (HRV food), which is generally defined as food that contains high amounts of fat or sugar, is high energy dense. HRV food is considered to elicit positive affective responses in native. The positive effect is so high that the mice would be ease when they are given HRV food after entering a stressful environment. It has been speculated that the rewarding memory of foods formed positive affective responses of the foods that effect on the alleviating effects of anxiety. This study aimed to investigate the effects of food on the formation of reward memory and the alleviation of anxiety-related behaviors in mice with the elevated plus maze (EPM) and runway test. Twenty male mice from two strains were used in this study. The mice were randomly assigned to either the HRV group or normal reward value (NRV) group. The mice in the former group received HRV food and the latter received NRV food during experiment. In the EPM, all mice were given a baseline test without any treatment in the first day. And then the mice received 15 trials of reward memory training with high calorie foods in HRV group or with lower calorie foods in NRV group. In this training phase, mice are received HRV foods or NRV foods on the fix arm. After training session, two evaluation trials without any foods followed. The latencies for entering the arm and directions of the mice are measured and compared. After the EPM session, the runway test was performed. The mice were measured the speeds and latencies for running the runway for 16 times to evaluate the reward value of the food. The results demonstrated the formation of reward memory and indicated that food with a higher reward value had a more positive effect on mice with a high tendency to anxiety.

CROSS-CULTURAL COMPARISON OF KNOWLEDGE, ATTITUDE AND BEHAVIOR TOWARD SALT REDUCTION BETWEEN TOHOKU UNIVERSITY STUDENTS AND JAPANESE POPULATION

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Abstract

The overconsuming of salt causes major health problems. It is well known that Japanese people consume much higher amounts of salt than the recommended level. Despite of some efforts of the public health, the salt intake of Japanese population has not changed. This study investigates Knowledge, Attitude and Behaviors (KAB) toward salt reduction of Japanese population. This study compares the results of two surveys conducted on different samples (university students and the general population).

Two hundred thirty-one Tohoku University students responded in the first survey, four hundred thirty-nine participants extracted from Japanese population registered as sample in a database of the MacroMill (the survey company in Japan) responded in the second survey. The surveys were conducted online and consisted of three questionnaires: an unhealthy = tasty intuition (UTI) scale, a questionnaire of the food preference and health image, and a KAB questionnaire. The UTI scale consists of three questions measuring explicit belief in UTIs. In the questionnaire of the food preferences and health image, fifteen foods selected from Japanese and Western cuisine that were considered high in salt and calories respectively, were rated of those preferences and expectation about the healthiness. In the KAB questionnaire about salt reduction, participants answered 22 questions about their knowledge of salt reduction, their attitude toward salt reduction, and their frequency of salt reduction behavior.

The results showed that the TU students had more accurate knowledge than general Japanese population in KAB questionnaire. On the other hand, food related issues concerned general Japanese population more than TU students. Moreover, general population were more likely to practice salt reduction than university students. There was no significant difference between both samples in the results of the UTI scale. These results indicated that accurate knowledge does not necessarily lead to more positive attitudes and practices toward salt reduction.

INHIBITORY EFFECT OF THE RED-COLORED PLACEMAT ON CONSUMPTION BEHAVIOR

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Abstract

Previous studies have shown that the color red acts as an environmental consumption-stopping cue; reducing food intake by signaling danger. This study aimed to further investigate the mechanism of the inhibitory effect of the color red on consumption behavior. Seventy-seven participants were asked to solve an anagram task for 15 minutes and were told that they could snack on chocolates and almonds from a white plate placed on either a red or white placemat. The results showed that snack consumption was reduced when the placemat was red compared to white. This inhibitory effect was observed only when the snacks were perceived as unhealthy by the participants. The inhibitory effect of red color cannot be explained by the color contrast effect, as the background of the snacks remained a white plate. The results support the consumption-stopping cue hypothesis of the color red.

SENSORY TESTING ROLE IN PRODUCT DEVELOPMENT

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Abstract

In product development process, an understanding of consumers is important to determine the success of the product in the market. The product developer needs to understand the expectation of the potential consumers, especially, for food products that its quality is perceived mainly through sensory characteristics including appearance, taste, smell, touch, and sounds. Research conducted through sensory testing is therefore an important tool in understanding consumer preference. It can be used extensively throughout the stages during product development from ideation until commercialization where the product is continually adjusted to meets consumer's expectation. Many sensory testing methods are employed to suit the objective of the test. For example, food and beverage products such as coffee, tea and cacao have relied on using experts or trained panelists in the sensory testing to establish the terminology to describe product sensory characteristics that is essential for communication of its quality to the consumers. The other types of food products may rely more on testing with untrained panelists or the targeted consumers to determine its acceptance before actually launching the developed product to the market.

UMAMI: A HYPOTHESIS BEHIND SAVORY WELL-BEING

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Abstract

Umami, one of the foundational elements of taste, is pivotal in enhancing the savory or meaty flavors inherent in food due to the complex play of amino acids. This taste experience, perceived as umami, ascends into our consciousness through taste nerves, contributing to what we define as a hedonic pleasure of savory or meaty deliciousness.

Intriguingly, post ingestion, umami may continue to play a role in our satisfaction with food. This is believed to be facilitated by the activation of the vagus nerve pathways during the nutrient reception and absorption processes within the gastrointestinal tract. Animal studies conducted two decades ago substantiated the premise that umami stimulates the basal ganglia in the brain via the vagus nerve.

As the body of clinical trials for Vagus Nerve Stimulation (VNS) grows – a therapeutic approach utilized for conditions like epilepsy and depression – it becomes apparent that the vagus nerve could significantly influence not just autonomic functions like digestion and blood circulation, but also pivotal psychological aspects such as happiness and memory formation.

In the face of the pressing health challenges associated with an aging population in Asian regions, strategies for achieving a fulfilling, healthy, and happy long life are increasingly sought after. The exploration of umami offers an opportunity to probe the intersection of food, taste, and psychological well-being. This topic explores the hypothesis that delicious food, underpinned by elements like umami, plays a crucial role in promoting happiness and health, a subject of considerable interest to psychologists.

THE PSYCHOLOGY OF SDGS ON FOOD

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Abstract

As the global movement toward a sustainable future accelerates, the Institute for SDGs Promotion was established in our university and began to serve as an integrated base for implementing our university's research achievements centered on the human life sciences into society. At the same time, we will develop human resources who will become future sustainability leaders with a high awareness of issues and the ability to take initiative. Some of our student committee members, who lead the university's SDGs activities, investigated perception, liking and purchase intention for the fair-trade chocolates, plant-based milk products and insect-based sustainable food.

Cocoa beans are produced in developing countries, where child labor is a problem. In Japan, fair trade products are not well recognized, therefore, consensus sensory evaluation of commercially available fair-trade chocolates was conducted.

The environmental impact of the milk production process has become an issue and the global market for plant-based milk is growing. Soya milk has been consumed in Japan for a long time, however, we don't know the tastes of other plant-based milk. So, generation of sensory words and Check-All-That-Apply method were carried out on some plant-based milk.

Edible crickets, which are easy to rear, have a low environmental impact and are attracting attention as a new source of protein. Commercial snacks made with cricket powder was categorized by the Sorted Napping method, after disclosure of allergy and product information on the food to be tasted.

I address some perception gaps between knowing and sensing through my topic.

THE CORRELATION BETWEEN THE ATTITUDE TO THE COSMETICS AND THE DISTORTION OF THE BODY IMAGE IN MALE UNIVERSITY STUDENTS

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Abstract

Many preceding studies reported that the attitude to the cosmetics is related to the body image distortion in females. But it is believed that males do not have cognitive distortions on their body images. In nowadays, younger males have interests on aesthetic behavior, such as cosmetic behavior and controlling their bodies, as females do. Thus, this study was aimed to reveal the relationships between the attitude to cosmetics and the distortion of body image in male university students. In the survey of the attitude to the cosmetics, the cosmetic behaviors and the attitude to the aesthetics of the body were asked with some questionnaires. Then the participants were recruited and grouped based on the score of the survey. In the experiment, the participants were asked to adjust the aspect ratio of the figures in the pictures with their body images. The figures consisted of the pictures of the participants' own, other male, and other female. The results showed that there was significant effect of the figures on the aspect ratio. The participants had 3~4 % wider body images for themselves than the real body shapes. But they have correct body images for the other persons. The results failed to show the significant effect of the group, which was grouped by the cosmetic scores. This study suggests that the relationship between the body image distortion and the other indices, which was not studied here, should be considered when we understand and interevent the body image distortions.

Panel B

Social and Language Psychology

Panel Abstract

This 60-minute panel, co-chaired by Suphasiree Chantavarin, Ph.D., and Asst. Prof. Watcharaporn Boonyasiriwat, Ph.D., will address various aspects of the social and language psychology. The first study examined the social influence of appearances, and appearance management scale was proposed. The scale was designed to capture key behaviors that Japanese male and female undergraduates used to enhance their body shapes. The second study illustrated two key emotions that are essential for social functions, fear and disgust. Key stimuli that elicited distinctive responses in these emotions were identified. The third study examined how gist memory influenced younger and older participants' indirect speech acts using a recognition probe task. Lastly, event-related brain potentials were used to examine the processing of two types of flexible word orders in patients with Broca's and Wernicke's aphasia relative to healthy controls.

Chair:

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Co-chair:

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CLASSIFICATION OF APPEARANCE MANAGEMENT BEHAVIOR AMONG JAPANESE UNIVERSITY STUDENTS

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Abstract

Women are often expected to prioritize and strive for physical beauty, furthermore, they are required to be beautiful. However, in recent years, these circumstances have been extended to all individuals, regardless of age or gender. This increased emphasis on appearance may be attributed to the prevalence of movements such as "body positive" (which aims to reduce appearance anxiety) and "lookism" (which discriminates against those who do not meet certain beauty standards).

Researching these social phenomena, a scale to discover individual differences in Appearance Management Behavior (AMB) is required. Existing scales related to attire have focused primarily on apparel and cosmetics, without including widespread behaviors, for example, body-shape management. Thus, the current study aimed to create a scale that consisted of comprehensive options including body shape management. The hypothetical categorization consisted of three domains: 1) Fitting appearance management behavior, 2) Body Surface appearance management behavior, and 3) Body Shape appearance management behavior. The research was conducted using a questionnaire with 89 questions, derived from five base sections: clothing, accessories, cosmetics, body shape, and body modification. Participants were 48 college students (20 men and 28 women).

Although the number of participants was limited, interpretable factors could still be identified through factor analysis. The items were extracted into four factors: 1) body surface management, 2) fitting, 3) body shape management, and 4) high-risk management. The number of participants was small to classify all 89 questions, but the results confirm the validity of the theoretical framework. Therefore, it is required to refine the questionnaire based on the framework. Taking the current research, AMB scale must be continued to refine.

A PSYCHOLOGICAL STUDY ON THE DIFFERENCE BETWEEN EMOTIONAL MODALITY: FOCUSING ON THE ADAPTIVE FUNCTIONS OF FEAR AND DISGUST

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Abstract

Theories about emotions are generally divided into two categories: the basic emotion theory and the dimensional theory of emotions. Empirical studies by Ekman and Friesen (1971) identified six basic facial expressions of emotion - happy, sad, anger, surprise, disgust, and fear - suggesting the universality of emotions. Researchers of the neo-Darwinism (for example, Ekman) argued that emotions are preserved from the process of evolution because they are necessary for survival, and developed the basic emotion theory (Ekman et al., 1969, 1983; Ekman & Friesen, 1971; Izard, 1977; Plutchik, 1980). According to the basic emotion theory, emotions are functions acquired automatically for adaptation during the process of evolution. Although the categories and number of basic emotions differ depending on the country, culture, and even the researcher, many studies indicate that the basic emotions are happy, fear, surprise, disgust, anger, and sad (Hama, 2001).

Fear and disgust have similar avoidant reactions to the subjects which will arouse the emotions, but the subjective experiences of the two emotions are different. Based on the classic research, Woody and Teachman (2000) suggest that disgust appraisals center on the threat of contamination, whereas fear appraisals is more centered on broad estimations of danger.

In this study, the subjects of fear and disgust were surveyed and categorized. As a result, among the common categories of fear and disgust, the categories with obvious difference in the proportions between the two emotions were "ghosts/haunted" (fear: 10.6%, disgust: 1.0%), "danger" (fear: 7.1%, disgust: 1.5%), and "uncleanliness" (fear: 1.2%, disgust: 12.0%). The differences were consistent with classic theories. On the other hand, the categories with high proportions for both emotions were "communication" (fear: 7.7%, disgust: 12.0%), "people" (fear: 7.7%, disgust: 11.0%), "animals" (fear: 10.6%, disgust: 11.5%), and "harm" (fear: 11.2%, disgust: 10.0%). The characteristics of these four categories need further analyzation.

HOW DO YOUNGER AND OLDER JAPANESE ADULTS RELY ON VERBATIM AND GIST MEMORIES TO COMPREHEND INDIRECT SPEECH ACTS?

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Abstract

Fuzzy-trace theory (FTT) proposes two types of memory processes: verbatim memory for specific details and gist memory for underlying meaning. Lifespan research has shown that verbatim memory tends to deteriorate as we age, while gist memory remains relatively stable (Brainerd & Reyna, 2015). This study compared how gist memory influenced Japanese younger ($n = 36$, 21.78 ± 1.92 years old) and older adults ($n = 20$, 73.10 ± 5.35 years old) comprehension of the speaker's underlying intention–indirect speech acts (ISA). We developed a Japanese version of the recognition probe task (RPT), originally developed by Holtgraves, et al. (2008) in English. Participants were asked to judge whether a single probe word representing an ISA had appeared in the previously presented sentence, which conveys the ISA (not literally indicate the probe word). This paradigm expects participants to select “no” as a correct response with higher error rates (ER) and longer reaction time (RT) in the ISA condition compared with a control condition irrelevant to the ISA, because a gist memory of ISA interferes with RPT. Holtgraves, et al. (2008) interpret the higher ER and longer RT for ISA as the extent to which native speakers automatically comprehend ISA. We predicted an age-related difference in reliance on gist memory in RPT, resulting in higher ER and longer RT in the ISA condition, especially in older adults. Results were generally consistent with the prediction, suggesting different strategies for RPT among the two age groups. While younger adults may sufficiently utilize verbatim memory and suppress the interference with the gist memory of ISA, older adults may heavily rely on gist memory, plausibly to compensate for their impaired verbatim memory. The Japanese older adults' heavy reliance on gist memory might cause their stronger bias for comprehending speech acts, which leads to intergenerational miscommunication.

A POSSIBLE EFFECTIVE THERAPY FOR GRAMMATICAL RECOVERY IN JAPANESE APHASIA BASED ON NEUROLINGUISTIC FINDINGS

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Abstract

A possible effective therapy for grammatical recovery in Japanese aphasia based on neurolinguistic findings. We first describe the current state of clinical practice of speech-language-hearing therapists (ST) in Japan, focusing on grammatical recovery in aphasia, an acquired neurogenic language disorder resulting from brain injury. Patients with mild aphasia exhibit reduced syntactic and morphological complexities, even after the basic abilities have been recovered. Particularly in Japanese, syntactic and morphological complexities are reflected in flexible word orders (e.g., canonical sentence: CS with subject-object-verb: SOV order; scrambled sentence: SS with OSV order) and case particle usages (e.g., nominative -ga; accusative -wo), respectively. Japanese patients with mild aphasia are clinically known to easily misinterpret semantic roles (e.g., agent and patient of action) in SS (OSV) compared to CS (SOV). However, to date, the only applicable clinical method of evaluation and therapy for SS is a multiple-choice test with pictures depicting an agent and a patient of an action, which STs use to ask patients to determine the roles appropriate for the test sentences. It is urgent to develop a specific method to distinguish whether the misinterpretation results from syntactic deficits or morphological deficits, which enables STs to optimize therapy for patients with various conditions. Here we report our recent experiment (Kasai, et al., in press) that utilized event-related brain potentials (ERP) to compare the processing load of CS and SS using Japanese semantically reversible (i.e., agent and patient are interchangeable) sentences in patients with two common types of aphasia, namely, Broca's and Wernicke's aphasia, and the healthy controls. Results revealed that only Broca's aphasia and the healthy controls showed an ERP-P600 effect for processing SS compared with CS. This suggests that patients with Broca's aphasia relatively preserve the syntactic and morphological complexities, whereas those with Wernicke's aphasia have a functional disconnection. We will discuss how neurolinguistic findings are applicable to developing more effective therapy methods for grammatical recovery in aphasia.

Panel D

Environmental Impacts on Health and Well-being 1

Panel Abstract

In this 75-minute panel, chaired by Nipat Pichayayothin, Ph.D., the environmental impacts on health and well-being will be examined. In the first study, students' perceptions of school routine religious rituals and their role in enhancing students' psychological resilience will be examined. Next, will be an analysis of the impact of the program of special interests class program on student character development and well-being. Then, the role of service learning experiences of students will be explored. In the fourth study, the impact of the COVID-19 pandemic on mental health of adult community sample will be investigated. Last will be the examination of the impact of the work environment on musculoskeletal symptoms in health care professionals as mediated by work burn out.

Keywords: Character education, Psychological Well-being, BANI world, Mental health, Psychiatric, Pandemic, Online learning, Interventions

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EXAMINING STUDENTS' PERCEPTION OF THE EFFECTIVENESS OF SCHOOL ROUTINE RELIGIOUS RITUALS IN ENHANCING PSYCHOLOGICAL RESILIENCE

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Abstract

The implementation of character education in Indonesia has gained considerable significance, evident in its integration into the national curriculum and educational program policies by the Ministry of Education, Culture, Research, and Technology. Currently, several Indonesian schools have started to create their special programs of character education with a mission to foster virtuous students who exhibit positive conduct towards themselves and society. One of the programs that are created in some Indonesian schools are routine religious rituals. Currently, not only the religious private schools that practice this routine, but many public schools and non-religious private schools in Indonesia also practice religious rituals for all or some religions. Aim of these religious rituals at school is to help students internalize virtues from religious teachings, fostering resilience to overcome the distress. Nevertheless, research exploring the students' views on how routine religious rituals in Indonesian schools can enhance their psychological resilience remain underexplored. Thus, this quantitative survey research study was conducted to examine this matter, comparing middle school students aged 12-14 and high school students aged 15-17. The survey encompassed three aspects: the effectiveness of school religious rituals in establishing a foundation for psychological resilience, shaping a positive perception of psychological distress, and building effectiveness in coping mechanisms. The study took place at Edu Global School Cirebon, a non-religious private school that employs intensive religious rituals for Muslim students, including regular prayer, morning Quran recitation, Friday sermons, and Friday prayer. Forty-four middle school students and 29 high school students from Edu Global School voluntarily participated, selected through a convenient sampling method. All data analyzed by using descriptive statistical analysis. The findings revealed that routine religious rituals effectively enhance the resilience of both middle and high school students, empowering them to deal with psychological distress.

EXPLORING THE PROGRAM OF SPECIAL INTERESTS CLASS ON STUDENT'S CHARACTER DEVELOPMENT AND WELL-BEING IN JOGJA GREEN SCHOOL

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Abstract

Character education is critical to be taught at primary or school age, starting from 6 - 18 years old because they have to learn how to manage their emotions in handling the challenges they might face in the future. According to the American Psychological Association, character is the totality of an individual's attributes and personality traits, particularly his or her characteristic moral, social, and religious attitudes which also often refers to personality. Unfortunately, Indonesia's education system still lacks character development as they are mainly focused in the academic field. There aren't many schools that provide programs to enhance student's character development. However, Jogja Green School manages to develop their own programs, one of which is Kelas Minat or Special Interest Class. This program facilitates student's interest in many fields, including cooking and planting. Aside from developing the skills, they also focus on how the character of student's will change after joining the class, for example, the cooking class students became more brave yet careful in handling the challenges in the kitchen. To consider, the school is also an inclusive school where students with disabilities can develop skills other than academics since they have difficulties in that part. Through this qualitative study, the researcher aimed to gain a deeper understanding by exploring the program and its impact to student's character development. The questions are focused on the aspect of the effect of the program to student's character development. The interview takes place in the school itself with 4 participants in total and the data is analyzed using thematic analysis. The result showed that Kelas Minat or Special Interest Class does have impacts on the student's character development such as being more responsible, confident, and dare to take risks.

SERVICE LEARNING EXPERIENCES: A STUDY ON THE AWARENESS OF PSYCHOLOGICAL WELL-BEING ON STUDENTS IN JOGJA GREEN SCHOOL

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Abstract

Advancement of technology in the current era has brought not only beneficial outcomes, but in contrast, a decline in the sense of community belonging due to lack of real life social interactions. This decline can possibly be adopted by the younger generation, who are next in line to lead the society. Consequently, an act to raise the sense of belonging is needed. Character education, as one of the rising interests in learning applications, integrates teachings on attitudes, beliefs, and behaviors into an academic curriculum in relevant areas. In utilizing character education, service learning blends academic and character education purposes through a community service program. Community service in educational settings is directed at learning from a reflection of experiences while fulfilling community-identified needs. As service learning exposes students to actual life issues that happen in the general society, this study aims to see students that have prior experience in service learning's understanding of psychological well-being. Participants in this study consist of four students and a teacher from Jogja Green School that have exposure to the Tali Kasih program which is a service learning program that is often conducted in Jogja Green School, located in Yogyakarta, Indonesia. A semi-structured interview was the main data collection method for the study and thematic analysis was used to categorize the themes of participants' responses. The results showed awareness of the concept of psychological well-being in students, such as understanding the meaning and cause behind happiness and welfare. It is also aligned with the school's initial objective in carrying out the service learning program, which is to increase students' awareness of others and develop empathy.

OVERVIEW OF MENTAL HEALTH CONDITIONS OF ADULTS AMONG RURAL COMMUNITIES IN BALI DURING THE COVID-19 PANDEMIC

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Abstract

The COVID-19 pandemic has brought numerous changes in the way people live. Aside from financial issues, the pandemic also affects people's mental health due to a shrinkage in social interactions. This is also happening in rural communities in Bali, which are known for their strong sense of kinship and close community ties. The pandemic, which has been going on for nearly 2 years, has halted all cultural activities that used to take place. This research aims to understand the state of mental health among rural communities in Bali during the COVID-19 pandemic. The research subjects consist of 683 individuals from various regions in Bali, aged between 18 and 50 years old. Data was collected through online questionnaires and focus group discussions. The results of this study indicate that 88% of adults categorized as psychiatric. Anxiety symptoms in adults arise due to the increased burden of online learning, lack of learning facilities at home, limited outdoor activities, and the loss of interaction among people. It's also related to the loss of jobs and fear of contracting COVID-19.

Further explanation regarding each dimension of mental health condition includes somatic symptoms, anxiety, social dysfunction, severe depression is also discussed in this study. The implications of this study indicate that rural communities in Bali require appropriate interventions that are in line with the local cultural background to help address their anxiety conditions.

MEDIATING ROLE OF WORK BURNOUT BETWEEN WORK ENVIRONMENT AND MUSCULOSKELETAL SYMPTOMS IN HEALTHCARE PROFESSIONALS

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Abstract

An individual's working environment satisfaction and perceived safety can substantially impact health (Torp & Moen, 2006). Professions that require more risky physical labor have been associated with health-related concerns and musculoskeletal symptoms (Arsalani, Fallahi-Khoshknab, Josephson, & Lagerström, 2014; Sorour & Abd El-Maksoud, 2012). Individuals who work in healthcare (e.g., nurses, nursing aids) report higher levels of musculoskeletal issues over time due to repeated physical labor. Further, the working environment is correlated with work burnout and work frustration (Kar & Suar, 2014). Work burnout is also linked with musculoskeletal symptoms (Langballe, Innstrand, Hagtvet, Falkum, & Gjerløw Aasland, 2009). This study assessed whether work burnout mediated the relationship between the perceived safety of the physical work environment and musculoskeletal symptoms.

Data surveying 224-hospital healthcare providers were used collected. Results indicated that the perceived physical environment was negatively correlated with work frustration, work burnout, and musculoskeletal symptoms ($p < 0.01$), and that physical work task risk was positively correlated with work frustration, work burnout, and musculoskeletal symptoms ($p < 0.01$). Mediation analyses were conducted using PROCESS in SPSS. The indirect effect of physical work task risk on musculoskeletal symptoms through work burnout was significant ($b = 0.23$, 95% CI = [0.10, 0.37]). These findings indicate that the relationship between physical work task risk and musculoskeletal symptoms was partially mediated by work burnout.

Panel E

Insights from Joint International Psychology Program (JIPP) Students' Research

Panel Abstract

The panel is dedicated to showcasing the remarkable research endeavors carried out by the students of the Joint International Psychology Program (JIPP). Through this exhibition, their extensive training in conducting in-depth psychological studies and their ability to apply the knowledge imparted in the classroom are prominently highlighted. The research interests of these students encompass a diverse array of psychological disciplines, such as cognitive, developmental, and social psychology, as well as mental health.

Among the impressive research topics explored by the students are studies on the emotional and behavioral issues experienced by left-behind children in Thailand, analyses of decision-making processes throughout various stages of life, investigations into the stigma surrounding mental illness in Asia, and examinations of narcissistic and antisocial personality disorders. Additionally, there are projects focused on exploring post-traumatic growth following experiences with COVID-19, understanding the relationship between family dynamics and psychological well-being, and unraveling the influences on career decision-making. This wide range of subjects under investigation serves to demonstrate the comprehensive scope and high caliber of the research produced by JIPP's students.

Through their dedication, intellectual curiosity, and rigorous approach to scientific inquiry, the students of JIPP contribute significantly to the advancement of psychological knowledge and its practical applications. Their research projects serve as a testament to the program's commitment to nurturing future leaders in the field of psychology, who possess the skills and expertise to address complex societal issues and improve the well-being of individuals and communities worldwide.

Chair:

Phot Dhamapeera, Ph.D.

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Presenters:

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RELATIONSHIP BETWEEN PERCEIVED PARENTING STYLES AND EMOTIONAL AND BEHAVIORAL PROBLEMS AMONG LEFT-BEHIND CHILDREN IN THAILAND

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Abstract

Amid Thailand's urbanization, left-behind children whose parents are absent due to employment in other regions have been increasingly prevalent and concerning. In contrast to children raised by their biological parents, left-behind children are potentially at greater risk of emotional and behavioral problems, maladaptation, and psychopathology. This study explored the association between non-parent caregivers' parenting styles and the emotional and behavioral problems of 114 left-behind children from a secondary school in rural northeast Thailand using measures of perceived parenting styles and emotional and behavioral problems. We found a significant negative correlation between perceived authoritative parenting and emotional and behavioral problems and significant positive correlations between emotional and behavioral problems and perceived authoritarian and neglectful parenting. Findings support the importance of caregivers' parenting styles on left-behind children's psychological health: low-warmth parenting styles are correlated with increased risks of emotional and behavioral problems. As research on left-behind children in Thailand is still in its preliminary stages, we reported additional demographic and exploratory findings to contribute to exploring left-behind children's situation. These findings provide an empirical basis for future interventions aiming to mitigate psychopathology and promote healthy psychological development among left-behind children in Thailand.

A THAI SAMPLE: DECISION MAKING ACROSS THE LIFESPAN ASSESSED BY THE IOWA GAMBLING TASK

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Abstract

Decision making ability under risk and uncertainty differs across lifespan. Some studies found highest decision making performance scores in adolescents while others found that in middle-aged adults. The Iowa Gambling task (IGT)—one of the most common measurements for decision making—was first developed to gauge decision making impairments in patients with vmPFC lesions. With strong evidence, researchers became interested in transferring implications to healthy individuals across the lifespan, especially to children and older adults who may score lower in decision making performance due to brain immaturity and degeneration, respectively. The current study examined the trend of decision making ability throughout the lifespan with 87 Thai participants aged 12 to 69. We explored the differences in strategies (i.e., loss avoidance versus long-term planning) used in making decisions under risk and ambiguity, as well as contingency-learning across age. Aiming to compare cultural differences in trends to prior research evidence, we used an adapted Thai version of the IGT distributed through social media posts and computed Pearson correlations and mixed ANOVA to examine the data. Findings indicated no significant linear correlations between age and IGT performance, suggesting the possibility of an inverted U-curve quadratic trend for future research to explore. Middle-aged adults learned best to make advantageous decisions with significant improvements throughout trials. Older adults' decision making ability declined constantly from beginning to end, proposing inflexibility and reduced learning ability. As the first study to explore decision making across lifespan with IGT in a Thai sample, we found interesting trends that can serve as a benchmark for future studies which plan to obtain more insights regarding decision making in an eastern setting.

STIGMA OF MENTAL HEALTH AND MENTAL ILLNESS IN ASIA: A SYSTEMATIC REVIEW

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Abstract

Introduction: Stigma surrounding mental health and mental illness plays a significant role in individuals' well-being. The number of Asian with a mental health concerns and mental illness has risen significantly over the past few year. However, there remains a notable gap in research pertaining to stigma in the Asian context. This research aims to synthesize the existing body of knowledge on stigma related to mental health and mental illness in Asia.

Objective: Explore the research on stigma relating to mental health and mental illness in Asia.

Method: Scopus and Psych Article databases were searched using the keywords "mental illness or mental health, and stigma, and Asia" for the period between 2000-2023. A total of 3,069 articles were initially identified. A total of 66 articles were included after removing 53 duplicates and 2950 irrelevant articles using these exclusion criteria: 1. Not empirical research or review, 2. Not focused on stigma, and 3. Not specific to Asia.

Implications: This systematic review can improve our cross-cultural understanding of the stigma in Asia and inform future interventions and policies.

EARLY MALADAPTIVE SCHEMAS PREDICTING NARCISSISTIC AND ANTISOCIAL PERSONALITY DISORDERS: AN EXAMINATION IN NON-CLINICAL THAI ADOLESCENTS

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Abstract

The rise of narcissistic and antisocial personality disorders (NPD and ASPD, respectively) has sparked growing concerns. Despite these disorders' grave harm to the individual and society, both disorders have been traditionally considered refractory to current therapeutic interventions. Individuals with these disorders are often reluctant to seek treatment due to rigid dysfunctional thought processes and a lack of recognition of their presenting problems. This study investigated the potential of schema theory, an underexplored approach, to address this therapeutic challenge by examining the role of early maladaptive schemas (EMSs) in predicting the development of NPD and ASPD in non-clinical Thai participants. Sixty undergraduates of Chulalongkorn University completed our questionnaires assessing demographics, previously diagnosed mental conditions that could be comorbid with NPD and ASPD (e.g., mood, anxiety-related, eating, or substance use disorders), 15 sub-categories of EMS, and the presence or severity of NPD and ASPD characteristics. Findings support the hypotheses that specific patterns of EMSs predict both NPD and ASPD tendencies. The hypothesized Entitlement schema was a significant positive predictor for NPD, even when controlling for gender and co-occurring mental conditions. Most importantly, one novel finding emerged: having a high Enmeshment schema (i.e., codependency) significantly predicted a decrease in NPD. This finding illuminates the potential protective role of codependency in collectivistic cultures and prompts further clarification into whether high codependency is one reason why collectivists are less likely to develop narcissism than individualists. For the ASPD analyses, Vulnerability to Harm/ Illness and Social Isolation schemas were significant positive predictors, even after controlling for the covariates. Addressing the treatment-resistant nature of both disorders, the assessment of EMSs holds promise as an implicit screening measure for guiding the planning of effective and tailored therapeutic interventions. This should ensure more targeted and successful treatment outcomes.

POST TRAUMATIC GROWTH AFTER COVID-19 EXPERIENCE: THE ROLES OF HOPE AND PSYCHOLOGICAL WELL-BEING ON POST-TRAUMATIC GROWTH IN THAILAND

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Abstract

The aim of this research is to examine the role of hope and psychological well-being on post-traumatic growth in individuals who had been quarantined in hospital or hospitel when infected with COVID-19 in Thailand. The research sample consisted of 80 participants aged 18 and above. The participants completed the survey through an online platform which consisted of an informed consent form, demographic and clinical questions, Goal-Specific Hope scale (GSHS), Psychological Well-Being Scale - Short Form (PWBS-SF), and the Post-Traumatic Growth Inventory - Short Form (PTGI-SF). The demographics consisting of gender, age, duration of quarantine, and severity of symptoms were also examined. The results showed that hope had a significant positive correlation, $r = .223$, $p < .05$. Results also suggested that both hope and psychological well-being do not contribute to predicting PTG as well.

FAMILY FUNCTION AND PSYCHOLOGICAL WELL-BEING IN UNDERGRADUATE STUDENTS

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Abstract

Academic pressure is a common challenge faced by university students. However, when faced chronically, it can negatively affect both the physical and psychological well-being. For students who struggle to cope or manage stress, the support and resources provided by family may be vital to maintaining positive mental health. This study aims to examine the relationship between family function and the psychological well-being of undergraduate students. Participants were self-selected and completed an online questionnaire examining family function and psychological well-being. The measures used were the family APGAR and the shortened 18- version of Ryff's Psychological Well-Being Scale. A moderate positive correlational relationship was found between psychological well-being and family function ($r = 0.411$, $p = 0.027$) along with a significantly higher psychological well-being score in respondents with more functional families ($p = 0.014$), corroborating findings from previous literature

CAREER DECISION MAKING EXPERIENCE OF JOINT INTERNATIONAL PSYCHOLOGY PROGRAM ALUMNI

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Abstract

There is little research in the career decision making experience of psychology students in Thailand, especially with international programs like Joint International Psychology Program (JIPP). The purpose of this study is to explore the themes in JIPP alumni career decision making experiences. The first part of the research is a quantitative survey of what career choice 15 alumni made in the year following their graduation. The second part is a qualitative interview with 10 alumni with the question replicated from Strappe (2021) which is then analyzed by thematic analysis. The result from the first part of the study showed that most alumni chose 'Work' after they graduated even when they also chose 'Intern' or 'Continue study.' In the second part, the themes observed from the interviews can be divided into 5 main parts including uncertainty, change of plans, differences between alumni who joined the workforce and those who continue their study, information for the JIPP faculty, and lastly recommendations to the current students. This research contributes to a better understanding of the alumni career decision making experience and provides recommendations to both education providers and students.

Because of the small sample size and the nature of a qualitative study, future research should focus on obtaining quantitative information about the career life of Thai psychology alumni.

Panel F

Psychology on Death and Religious

Panel Abstract

This 60-minute panel, chaired by Panita Suavansri, DPsych., will illustrate the nature of death, both from an individual perspective and from the cultural perspective of religion. Additionally, ways in which religions can be applied to reduce psychological distress and enhance well-being will be addressed. The first study examines the efficacy of online Sutra Chanting Listening in reducing anxiety in undergraduates. Distinctions will be made between a regular Sutra Chanting Listening and monotonous chanting. Both types of chanting compared with a waitlist control. In the second study, an interview were conducted with Soto Zen and non-Zen Buddhists to examine their perspectives about Zen and mindfulness. Then, relationships between religiosity and suicide referring to case studies of suicides portrayed in Shinto-based Japanese books are examined. Lastly, a review on challenges encountered by Shidu parents, or matured parents who lost their only child, will be outlined. Four ways to support these parents are offered.

Chair:

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Presenters:

Taira Tokumasu

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Zhang Diya

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Mika Shinoda

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Xiaofeng Wang

Ochanomizu University

MUSICALITY IN BUDDHIST CARE -DIFFERENCES IN THE EFFECTIVENESS OF SUTRA CHANTING LISTENING WITH AND WITHOUT RHYTHM

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Abstract

We conducted an online Sutra Chanting Listening (SCL) session with university students in the North-east region of Japan to test whether participants' anxiety could be reduced. This study is an extension of the 2022 study, in which participants experienced a decrease in anxiety when they were given regular SCL, but the effect was unclear because there was no control group. On the other hand, in this study, participants were divided beforehand into three groups: one group was given a regular SCL session, one group was given a monotonous voice SCL session, and the other group was given a waiting group as a control. All experiments were conducted online, and the Google Forms were used for the questionnaire. The sutra reading was performed by a 25-year-old Shingon Buddhist monk, and the sutra used was a prose section of the "Avalokitesvara Sutra". The anxiety was measured before and after the intervention, and the amount of change was calculated. The results showed that anxiety decreased only in the regular SCL group and not in the other two groups. This study indicated that the rhythm of sutra reading is necessary in SCL.

HOW HAS SHINTO, A RELIGION UNIQUE TO JAPAN, VIEWED SUICIDE?

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Abstract

One of the factors that may lead to suicide is the cultural factors that a country possesses. Therefore, we decided to examine how religion, one of the foundational factors of Japanese culture, has been associated with suicide, and to consider the relationship between the latent religiosity of the Japanese people and suicide. The only religion examined in this study was Shinto, and cases of suicide described in the Kojiki, an ancient Japanese book on which Shinto is based, were used as clues.

MINDFULNESS AND JAPANESE ZEN: PERSPECTIVES FROM SOTO ZEN AND NON-ZEN BUDDHISTS

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Abstract

I would like to discuss mindfulness and Japanese Zen. Focusing specifically on the concept of meditation in modern-day Japan. My goal is to introduce the ideas surrounding meditation in contemporary Japan and gather feedbacks from Soto Zen and other non-Zen Buddhists to understand their impressions of Zen and mindfulness. Through their feedbacks, my goal is to summarize recent Japanese views on traditional Zen meditation and the emerging practice of mindfulness and to engage in a discussion on how these will develop in Japan moving forward.

THE CURRENT STATUS AND CHALLENGES OF PSYCHOLOGICAL HELP FOR PARENTS WHO HAVE LOST THEIR ONLY CHILD IN CHINA

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Mika Omori
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Abstract

In 2021, China implemented a national three-child policy. Nonetheless, the one-child policy implemented from 1979 to 2015 has resulted in a substantial number of "Shidu parents" who lost their only child at age 49 or older, while now experiencing difficulties in having more children. As a number of studies have demonstrated, bereavement takes a considerable toll on mental health. Shidu parents represent a continually expanding subgroup in this field. This study reviewed the research literature on the current status and challenges of offering psychological help to Shidu parents, in order to identify types of psychological help provided for Shidu parents and to discuss the development of appropriate support.

This review identified five primary forms of psychological help: (1) counseling and therapy, (2) social work groups, (3) homogeneous mutual aid, (4) social support from friends, family, or significant others, and (5) self-help. Nevertheless, each of these approaches has presented challenges, such as low acceptance and utilization of professional counseling, avoidance of bereavement-related discussions in social work groups, absence of professional involvement in social support from friends, family, or significant others, in addition to underestimation of self-help potential in existing models.

In spite of the fact that elder care, financial support, and physical health needs may appear more pressing for bereaved families, psychological needs should also not be disregarded. Psychological help is of critical importance to the holistic well-being of Shidu parents, which requires further focus and development. The future research and policy should tackle these challenges and explore ways to advance the accessibility, effectiveness, and utilization of psychological help for Shidu parents. This study holds implications not only for psychological help in China, but also for bereaved parent groups in other countries, such as Thailand and Japan.

Panel G

Enhancing Psychological Resources: The Indonesian, Malaysian, and Iranian Perspectives

Panel Abstract

This 75-minute panel, chaired by Asst. Prof. Apitchaya Chaiwutikornwanich, Ph.D. will highlight psychological resources that help enhance adjustment and well-being. Empirical findings from quantitative and qualitative methods will be presented. From Indonesia, factors that helped various groups of individuals thrive and survive during the COVID-19 pandemic will be illustrated. From Malaysia, the mediating role of psychological capital in maintaining employees' engagement in relation to perceived organizational prestige will be highlighted. The role of defense styles in personality traits and distress tolerance among individuals undergoing challenges of marital disintegration will be examined.

Chair:

Asst. Prof. Apitchaya Chaiwutikornwanich, Ph.D.
Faculty of Psychology, Chulalongkorn University

Presenters:

Ulii Albab Habibah
Universitas Islam Indonesia

Dewa Ayu Puteri Handayani
Faculty of Education, Universitas Pendidikan Ganesha

Britney Bong Sue Fun
Department of Marketing, Faculty of Business and
Finance, Universiti Tunku Abdul Rahman

Zahra Akhgary
Department of Psychology,
Azad University of Rudehen

THE PSYCHOLOGICAL IMPACT OF COVID-19 ON MEDICAL STUDENTS IN INDONESIA: A QUALITATIVE STUDY

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Abstract

Background: Young adults aged 18-23 were identified as the most vulnerable group with the highest levels of stress and depressive symptoms among all adults. Although the impact is felt across the population, students are among the most affected sections of society due to the uncertainty regarding academic success, future career, and social life during college.

Objectives: Find out about the psychological experience of medical students being Covid-19 patients.

Methods: Four students were surveyed using semi-structured in-depth interview techniques. The duration of the interview was 30-45 minutes and the researcher became an instrument or data collection tool in qualitative research. Field notes are used to record the non-verbal responses of the informants. After the data is collected, the transcription, reduction, and coding processes are carried out to find the right theme. Asking for the opinion of colleagues and resource persons to obtain that the meaning that has been constructed by the researcher is correct.

Results: Analysis of data reduction obtained five themes 1. Increased stress and anxiety, 2. Changes in lifestyle, 3. Internet use, 4. Use of counseling services, 5. Depression and suicidal thoughts.

Conclusion: The current study identifies specific psychological experiences for medical students who are Covid-19 patients. Academic demands increase student anxiety, counseling is needed to maintain student mental health

PERCEIVED SOCIAL SUPPORT, CONFORMITY, AND SOCIAL CAPITAL IN PREDICTING MENTAL HEALTH AMONG YOUNG ADULTS IN BALI'S RURAL AREA DURING THE COVID-19 PANDEMIC

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Abstract

The global COVID-19 outbreak has resulted in tremendous striking changes worldwide. Despite efforts made by individuals, groups, and governments, the recovery process following the pandemic remains a significant challenge. During this time of adversity, people's mental health have suffered, not to mention people who reside in rural area. A previous study had found that people in rural Bali, utilized an active coping strategy to overcome the hardships brought by the pandemic through connecting with their community, known as *Menyama Braya* in Balinese term. Psychosocial aspects of *Menyama Braya* were investigated in this study, namely perceived social support, conformity, and social capital. Particularly, this study aimed to examine the impact of those psychosocial factors on mental health of young adults in rural area in Bali, Indonesia. Data was collected through an online questionnaire from 683 respondents residing in various districts in Bali. Descriptive statistics and multiple regression test were conducted. The results indicated a significant association between conformity, social trust (a dimension of social capital), and mental health ($p < .01$). However, perceived social support and organizational memberships (another dimension of social capital), did not correlated significantly with mental health ($p > .01$). Moreover, multiple regression analysis indicated that these factors significantly predicted mental health, $F(4,678) = 15.176$, $p < .01$, which accounted by 8.2% of the total variance. Eventually, attempts to identify psychosocial strengths in our society are necessary and psychosocial interventions aimed at improving people's mental health become more prominent especially in an area with strong collectivistic culture.

LINKING PERCEIVED ORGANISATIONAL PRESTIGE AND EMPLOYEE ENGAGEMENT: THE MEDIATING INFLUENCE OF PSYCHOLOGICAL CAPITAL

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Abstract

In a world where the evolution of the working industry is ever-changing, academics are at risk of 'The Great Resignation' wave. Nevertheless, negative perceived organizational prestige posits a detrimental outcome to the organization leading to disengagement. Acknowledging that the academics are the backbone of tertiary education, the current study tests the association between perceived organizational prestige and employee engagement, and the mediating role of psychological capital among academic staff in Malaysian private universities.

Using broaden and build theory, we hypothesized that (a) perceived organizational prestige positively predicts psychological capital, (b) perceived organizational prestige and psychological capital positively predict employee engagement, and (c) psychological capital buffers the effects of perceived organizational prestige and strengthens employee engagement in the workplace. A representative sample of 105 academic staff from selected Malaysian private universities was surveyed using an online questionnaire. The study employed PLS-SEM to test the hypotheses. The results found that perceived organizational prestige was positively predicted psychological capital. Perceived organizational prestige and psychological capital were significant determinants of employee engagement. Moreover, and in favor of the hypothesized mediating effect, psychological capital produces a significant mediating relationship between perceived organizational prestige and employee engagement. Our finding suggest that psychological capital is significantly linked to the employee's adaptive response towards the sociopsychological stressor. The overall assessment sheds light on the facilitative effect of psychological capital and possibly draws attention to cross-disciplinary research to enhance the well-being of working life in the BANI world.

PREDICTING DISTRESS TOLERANCE IN MARRIED CLIENTS SEEKING DIVORCE

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Abstract

The present study was conducted with the aim of investigating the mediating role of defense styles in the relationship between dark personality traits and distress tolerance among married clients seeking divorce. The research method was correlation based on structural equations. The study population consisted of divorce applicants who had visited family counseling clinics in Tehran from March 2021 to March 2022 (1400 Iranian calendar). 260 participants were selected using convenience sampling method, and answered standard questionnaires. Data was collected using distress tolerance scale by Simons and Gaher (2005), dark personality traits scale by Jonason and Webster (2010) and defense styles scale by Andrews et al. (1993). Data analysis using structural equation modeling showed that the main path coefficient between dark personality traits and distress tolerance is significant in the model ($p < .01$). The main path coefficient between the three defense styles and distress tolerance is significant in the model ($p < .05$). Also, in this model, the main path coefficient is positively significant between dark personality traits and immature defense style, and it is negatively significant between dark personality traits and mature defense style. The result showed that defense styles mediate the relationship between dark personality traits and distress tolerance.

Panel H

Psychological Findings from the 2011 Great East Japan Earthquake and Tsunami into the BANI World

Panel Abstract

The BANI world is an acronym composed of the words "brittle", "anxious", "nonlinear", and "incomprehensible". When a major disaster occurs, our real lives are changed to strongly reflect the characteristics of the BANI world, and we are required to survive in that difficult situation.

Our research group has been studying human behavior related to the 2011 Great East Japan Earthquake and Tsunami, especially research topics related to human strength and resilience. In this panel discussion, we will provide the psychological findings from the 2011 Great East Japan Earthquake and Tsunami into the BANI world.

Key words: emergent norm, routine activity theory, deviant behavior, altruistic behavior, attitude towards nuclear powerplants, trust in institutions, fear of radioactive contamination, purchasing behaviors, risk perception, disaster, survival, resilience, personality trait, brain, children, disaster prevention education, post-disaster reconstruction, disaster recovery

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A POSSIBLE PRESCRIPTION FOR BANI WORLD: MANNERS OF DISASTER VICTIMS

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Abstract

They say that panic occurs after a major disaster, and that many crimes, such as looting, arise under the panic situation. Some crimes actually arose after the 2011 Great East Japan Earthquake and Tsunami. However, it has been pointed out that panic is rare (panic myth). Rather, "post-disaster paradise" occurs in the center of the disaster area, where disaster victims help each other. Manners among the 2011 Great East Japan Earthquake and Tsunami victims may show the model of appropriate attitude toward BANI world.

POST 2011 DISASTER OF JAPAN: ATTITUDE ABOUT RESILIENCE, RADIOACTIVITY, AND SAFETY AMONG PEOPLE IN THE AREA AND NEIGHBORHOOD COUNTRIES

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Abstract

This talk combines of 3 data sets collected within 1 year after the 2011 Great East Japan Earthquake, Tsunami, and nuclear accidents. The first study (April 2011) investigated Japanese university students' attitudes about the Fukushima nuclear accident and the relations between their attitudes and their opinions about post-disaster reconstruction policies. Attitude components were identified, including nuclear power plant efficiency, trust in institutions, and fear of radioactive contamination. Gender and area difference on attitude components were also found. Controlling for the effects of gender and area, fear of radioactive contamination was revealed as a predictor of opinions about post-disaster policies. Second study, focus group interviews (October 2011) were conducted among 65 Taiwanese living in Taipei and Chaiyi. As a result, participants report feeling fear about the events, and being aware of the radioactive contamination which led to a hesitation to visit some areas of Japan for purchase agricultural products from Japan even they couldn't point out exactly the location of the earthquake epicenter. Also, they disclosed high level of concern regarding radioactivity and mental health of children who were the victim of the disaster. They also mentioned greater fear for future nuclear accidents within their own country. The third study, qualitative group interview was conducted in 20 Korean women at Seoul, South Korea (March 2012). We found, most participants were still afraid of radiation exposure from Fukushima. Also, they expressed a negative reaction to having a nuclear power plant in their country. Some participants stopped purchasing products with direct body contact such as cosmetic and food from Japan. In addition, almost all participants estimated that panic would occur in a future national emergency. Our finding revealed anxiety and mistrust about the risk of exposure to radiation in every site of the studies.

EIGHT FACTORS OF THE POWER TO LIVE WITH DISASTERS AND THEIR NEURAL CORRELATES

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Abstract

When faced with an unexpected catastrophe, various psychobehavioral characteristics are thought to exert their power to avoid the crisis and overcome difficulties. In order to clarify such a multidimensional model of "the power to live with disasters," we conducted an interview survey (n = 80) and questionnaire survey (n = 1,400) on the experiences and views related to this among the victims of the Great East Japan Earthquake in 2011. Factor analysis of the responses revealed eight factors: leadership, problem solving, altruism, stubbornness, etiquette, emotional regulation, self-transcendence, and active well-being. Of these, different factors were shown to exert their power in self-help and mutual aid in the different contexts of this disaster (tsunami evacuation, emergency problem solving, housing reconstruction, and life recovery), as well as in the preventive and social responses to the COVID-19 pandemic. Furthermore, in recent neuroimaging studies using functional MRI and psychological tasks, the correlations between brain responses and the Power to Live factor scores were examined for six tasks: judging the applicability of death-related words to people, solving unexpected problems, decision-making to help others, understanding other people's opinions, and accepting temperature stress. The results showed negative correlations between factor scores and brain responses in leadership, problem solving, altruism, stubbornness, emotional regulation, and self-transcendence, respectively, in the information processing processes important for each task, indicating that scores for each factor are associated with more efficient adaptive psychological and behavioral responses in various cognitive domains. Thus, the multifaceted nature of the power to live with disaster indicates the multifaceted nature of the psychobehavioral characteristics required in the BANI world, and each power may be interpreted as a habit of taking more efficient adaptive responses in each situation.

DOES THE EIGHT-FACTOR POWER TO LIVE IN DISASTER EXIST FROM CHILDHOOD?

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Abstract

The "power to live," psychological traits that promotes resilience in the face of intense and prolonged adversity such as a catastrophic disaster, has been examined for the victims of the 2011 Great East Japan Earthquake and Tsunami. However, since the previous studies have focused on adult victims, it was unclear how each factor of the power to live (leadership, problem solving, altruism, stubbornness, etiquette, emotional regulation, self-transcendence, and active well-being) is formed in childhood. We therefore examined various factors of children's power to live and the relationship between these factors and disaster prevention awareness. We surveyed a total of 834 elementary and junior-high school students on their "power to live". The results of confirmatory factor analysis and reliability coefficient showed that (1) the goodness of fit of confirmatory factor analysis is not problematic and that the factor structure may be similar for adults and children. (2) Reliability coefficients were considered low and unstable for stubbornness, etiquette, self-transcendence, and active health in elementary school students. (3) Stubbornness remained unreliable even among middle school students. Next, we examined the relationship between the ability to live and disaster awareness among 25 elementary school students. Factors such as problem solving, altruism, and emotional control, which are relatively stable even among elementary school students, were found to be associated with disaster preparedness. However, the first factor, the leadership, was not significantly correlated with disaster awareness. We would like to discuss the background of stubbornness, which was consistently unstable among elementary and middle school students, and in the leadership factor, which was not found to be related to disaster awareness in relation to the education and nurture of children in BANI world.

PERSONALITY TRAITS CHARACTERIZE TYPES OF HOUSING RECOVERY AFTER THE NATURAL DISASTER: A DISCRIMINANT ANALYSIS USING DATA FROM FIVE YEARS AFTER THE 2011 GREAT EAST JAPAN EARTHQUAKE AND TSUNAMI

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Abstract

The 2011 Great East Japan Earthquake and Tsunami struck the northeastern coastal area of Japan on 11 March 2011, resulting in the relocation of 329,000 households and the repair of 572,000 houses. Previous studies predominantly addressed the impact of demographic factors on housing recovery. However, the types of housing recoveries and the impact of individual psycho-behavioral factors have been poorly addressed. In this study, we further investigated the impact of personality traits, along with demographic factors such as age and household size, on survivors' housing recovery after the 2011 Great East Japan Earthquake and Tsunami. More specifically, this study examined the impact of survivors' demographic and personality-trait factors using a discriminant analysis of five types of housing recovery among 573 survivors in the five years after the disaster. This was an optimal time to explore the determinants of housing recovery because five years had passed since the disaster, and the number of occupied emergency housing units had been reduced by half. Respondents' data on housing recovery type, age, household size, and the Power to Live with Disasters (hereafter, power to live) scale were analyzed. The results revealed two important axes. One axis discriminated self-procured (rebuilt, repaired, and chartered housing) houses from those that were publicly available (emergency temporary and public disaster housing) affected by three personality traits (stubbornness, problem-solving, and active well-being) and survivors' age. The other axis represented rebuilt houses affected by household size. These results demonstrate that personality traits and not just demographic factors impact three types of self-procured housing recoveries. These findings also suggest that stubbornness, problem-solving, and active well-being are related to human strength and resilience after the natural disaster or in the BANI world.

Panel I

Clinical Cognitive Sciences

Panel Abstract

Alterations to cognitive processes are present in most clinical disorders treated by psychologists, neurologists, psychiatrists, and even endocrinologists. As such, a detailed understanding of cognitive processes is useful to clinical practice. Cognitive science offers this depth of knowledge. In this panel, several researchers on the interactions between cognition and clinical disorder present their work. This includes studies of estimating premorbid cognitive ability, of functional brain imaging of cognition, interventions for attentional impairment after stroke, and how cognitive ability protects against age-related cognitive decline and dementia. The researchers highlighted different ways in which understanding from cognitive sciences can aid understanding in clinical sciences.

Key words: Neuropsychology, Cognitive science, Cognitive Neuroscience, Cognition, Cognitive Neuropsychiatry

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ESTIMATION OF PREMORBID COGNITIVE FUNCTION WITH LEXICAL READING TASKS

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Abstract

In clinical cognitive assessments it is not enough simply to measure the patients' current task performance, one also needs an estimate of how they may have performed before their illness. Increasingly, lexical reading tasks are being used to provide this information. Lexical reading is useful because performance is highly correlated with many other measures of cognitive ability, but is very insensitive to acquired cognitive impairments. Furthermore, they show no decline in performance with normal healthy ageing, unlike most other cognitive skills. Versions of such lexical reading tests have proven successful for use in diverse countries including the USA, Japan and Brazil. However, these need to be custom-developed for the culture and language that they will be used in. We have developed a simple lexical decision task that could potentially be used for this purpose in Thailand. In a preliminary study conducted online, 826 Thai speakers performed the lexical decision task with 100 pairs of words. In each pair, there was one real Thai word and one pseudoword (the task was to select the real words). We then used data sciences techniques (e.g., machine learning) to maximize unidimensionality of the set of items. Further analyses confirmed that performance on this task is not associated with age-related decline. In the second phase, 56 participants were assessed with face-to-face administered neuropsychological assessments, including the items from the revised lexical decision task, and other measures of language knowledge. This demonstrated that, as expected, there were large positive correlations with both phonemic and semantic verbal fluency tests, and a standardized picture naming test. This provides a measure of validity of the new test. We feel that this lexical decision test, still in development, has potential to become a standardized method for estimation of premorbid ability for use in clinical cognitive assessments in Thailand.

VISUAL AND AUDITORY CUEING IN HEMISPATIAL NEGLECT

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Abstract

Spatial attention impairments, such as hemispatial neglect, affect a large proportion of stroke survivors worldwide, with impact on daily life activities and hinder recovery. Previous literature has shown improvements in neglect symptoms and daily life activities using visual cueing combined with a motivational, individual-oriented task adapted to the neglect severity of the stroke survivor.

The researchers highlight how visual cueing or auditory spatial cueing, combined with music adapted to individual preferences, can lead to a reduction in egocentric neglect symptoms. This offers great potential for low-cost, effective neurorehabilitation methods that are easy to implement, particularly in middle- and low-income countries.

THE MODERATING ROLE OF COGNITIVE RESERVE BETWEEN BRAIN MARKERS AND COGNITIVE FUNCTION IN INSIGHT 46 AND UK BIOBANK

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Abstract

Sociobehavioral determinants of cognitive reserve (CR), such as education, verbal ability, occupation, and leisure, have been found to be beneficial to older age cognitive health, but more evidence is needed to understand the pathways involved and the relationship between CR, brain reserve (BR), and cognitive function. Analyses were carried out using data from NSHD Insight 46 and UK Biobank. The association between sociobehavioral determinants of cognitive reserve, indexed using the Cognitive Reserve Index (CRI; composed of education, occupation, and leisure) and verbal ability, and brain markers (total brain volume, mean hippocampal volume, amyloid-beta deposition, and white matter hyperintensity volumes) was assessed using linear regressions. Furthermore, CR theory was tested with moderation models utilizing the CRI and verbal ability as markers of CR, in the associations between brain markers and older age cognitive function. Across the two studies, the CR markers were consistently associated with older age cognitive function, independently of childhood cognition and brain markers, but their contribution to BR was less clear. Furthermore, the moderating role of CR was inconsistent; CR modified the association between brain markers and cognitive function in Insight 46, but this was not replicated in UK Biobank. Finally, leisure engagement showed a consistent association with cognitive function and BR and modified the association between these two variables.

These studies found a significant and independent association between the CRI and cognitive function. However, the moderating role of the CRI in the association between brain markers and cognitive function was less clear. The findings encourage further analysis on the role of CR once brain age- or pathology-related changes have accumulated for the samples.

UNDERSTANDING TIME PERCEPTION AS A KEY COGNITIVE FUNCTION: FINDINGS FROM BEHAVIORAL AND FMRI RESEARCH

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Abstract

Since a temporal structure characterizes all aspects of cognition, cognitive neuroscience has shown particular interest in studying time perception and the nature of its alterations. Research using functional neuroimaging has demonstrated that the brain networks responsible for time processing are involved in other cognitive processes as long as varying levels of cognitive effort are required. This suggests that optimal cognitive functioning across different difficulty levels may depend on the engagement of both functional and anatomical components of time perception. Several studies, including meta-analyses, have proved that regions involved in timing tasks are also recruited for cognitive control and saliency processing functions. Dysfunction observed during timing tasks may be partially linked to deficits in these functions. The presence of an integrated circuit for time and change processing suggests that this circuit also plays a role in other cognitive tasks that involve change detection. In this study, we extended our investigation beyond analyzing brain activity specific to temporal discrimination alone. We developed a comprehensive test incorporating tasks from various paradigms and conditions, including temporal discrimination, oddball, and cognitive control. Initially, we assessed the test's effectiveness and performance in a group of 43 participants (study 1). Then, we conducted fMRI analysis on a separate sample of 14 healthy individuals to examine the brain activity patterns associated with these paradigms (study 2). Our study confirms that our test design is a viable and effective method for examining time perception and its implications in normal cognition that could be extended to the study of neuropsychiatric conditions. The results of our research align with previous studies that have observed similar activation patterns in temporal discrimination and oddball tasks.

Panel J

Social Dynamics and Well-Being in Malaysia: Insights into Human Behavior

Panel Abstract

The symposium titled "Social Dynamics and Well-Being in Malaysia: Insights into Human Behavior" aims to shed light on various aspects of human behavior and their impact on social dynamics and well-being in the Malaysian context. The first presentation conducts a critical discourse analysis to examine the representation of child marriage in online newspaper articles. The second presentation delves into sexting behavior, particularly the role of sex intention and loneliness. The third presentation investigates life satisfaction among working adults, focusing on perceived stress and sleep quality. The fourth presentation explores the connection between natural green environment and subjective well-being among female older adults. Lastly, the fifth presentation examines the relationship between fear of COVID-19 and prejudice towards refugees. It highlights the mediating role of empathy. This symposium strives to provide valuable insights into the complex interplay of social dynamics and well-being in Malaysia, consequently fostering a deeper understanding of human behavior.

Keywords: Empathy, Sexting, Stress, Environment, Media Analysis, Social Issues, Well-Being

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REPRESENTATION OF CHILD MARRIAGE IN ONLINE NEWSPAPER ARTICLES: A CRITICAL-DISOURSE ANALYSIS

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Abstract

Background: Child marriage is a controversial issue in some developing countries including Malaysia. Child marriage often involves young girls below 18 years old. The law prohibits Malaysians marry until they are 18 years old. The practice is still present in Malaysia for economy and legal. The union of unprepared individuals deprived quality life of the couple and often resulted in failed marriage and other issues such as financial and health issues. The issue has led to the conception of National Strategic Plan in Handling the Causes of Child Marriage (2020-2025).

Method: This study employed the Discourse-Historical Approach (Wodak & Reisigl, 2011) to examine the representation of social actors and events in online English news articles in Malaysia.

Results: Analysis revealed that underaged female and religious affair department of government, and NGOs are the major social actors in the discourse. Child brides mainly addressed as child, teenagers, and young female instead of women. They are predicated as vulnerable group and deprived of education, freedom in life, and other privileges. Family economy burden is another description of child bride. Metaphors described child brides as burden to family, and the practice of child marriage as a threat to the nation. Topoi of authority such as religious law forms the premise that legalizes child marriage while topoi of threat, and humanitarian forms the reason to ban child marriage in Malaysia. Overall, the ideology that permits throughout the texts is that child marriage is a human right violation and all stakeholders must work together to curb the practice to ensure the development of the nation.

Conclusion: The issue of child marriage remains an issue to Malaysia due to contrasting stance within the government and norm practiced by certain cohort in the society. Strong political will is required to curb the practice.

DOES SEX INTENTION MOTIVATE HIGHER SEXTING BEHAVIOUR?: THE ROLE OF LONELINESS

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Abstract

Background: Sexting or sex texting has become a popular trend for individuals to develop virtual sexual relationships due to the advancement of technology. Past studies have evident that sexting is useful to fulfil sexual gratification virtually, which is common among intimate couples, but recently this behavior has been expanded to single individuals. Therefore, it is suspected that sexting could result from individuals' intention to have sex that cannot be fulfilled physically. Also, some literature supported that lonely individuals tend to engage more in sexting. However, the conditional effect of loneliness in the association between sex intention and sexting behavior is unexplored. Thus, this study aimed to examine the moderating role of loneliness in the association between sex intention and sexting behavior among emerging adult samples in Malaysia.

Method: A total of 197 emerging adult samples ($M = 22.76$, $SD = 2.20$) who admitted engaging in sexting behavior participated in this research using a non-probability unrestricted self-selected internet-based survey method.

Results: The results found that sex intention and loneliness positively correlated to sexting behaviors. Also, the moderation analysis supported that loneliness significantly moderated the association between sex intention and sexting behavior. Particularly, Individuals with moderate to high loneliness tend to report a higher sexting behavior when they have a higher intention to have sex. This association was not found significant for those with low loneliness.

Conclusion: The results of the study provide preliminary support on the moderating role of loneliness in understanding the association between intent to sex and sexting behavior. Several knowledge and practical implications were discussed.

PERCEIVED STRESS AND SLEEP QUALITY AS THE PREDICTORS OF LIFE SATISFACTION AMONG MALAYSIAN WORKING ADULTS

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Abstract

Background: The BANI world impacts the life satisfaction of working adults through increased stress levels and disrupted sleep quality. The volatile and uncertain work environment creates instability and dissatisfaction, while the constant need to adapt and handle complex tasks contributes to heightened stress. Additionally, the demanding nature of work, coupled with the COVID-19 pandemic, has caused elevated stress levels among Malaysian employers and employees, affecting work-life balance as well as life satisfaction.

Method: During the COVID-19 pandemic, an online survey was conducted with 203 working adults from Malaysia (102 males; Mage = 36.36; SD = 9.09).

Results: The study findings indicated that these individuals reported a moderate level of stress, poor sleep quality, and slightly lower life satisfaction. Notably, there were no significant differences in stress, sleep quality, and life satisfaction based on gender or whether participants had children. However, among the working adults, those who exclusively worked from home exhibited better sleep quality compared to those working solely in an office setting. Nevertheless, there were no significant differences in stress levels and life satisfaction between the two groups. The study also revealed that higher levels of perceived stress were predictive of lower life satisfaction, and poor sleep quality was linked to a lower level of life satisfaction among Malaysian working adults during the pandemic.

Conclusion: Understanding the stress, sleep quality, and life satisfaction of working adults is essential for fostering a healthier and more fulfilling work environment. By addressing these factors, organizations and employees can work towards cultivating a more sustainable and positive environment in the contemporary workforce, thereby enhancing their ability to adapt to post-pandemic changes and attain greater life satisfaction.

NATURAL GREEN ENVIRONMENT AND SUBJECTIVE WELL-BEING AMONG MALAYSIAN FEMALE OLDER ADULTS

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Abstract

Background: Urbanization and aging are growing at an unprecedented rate and one of the most pressing challenges of contemporary society is improving the subjective well-being of older adults. Rapid urban expansion in Malaysia and it associated with the deterioration of the natural environment. Whether this development and reduction of the natural environment impact people's SWB remains inconclusive. Nature is said to have wielded a vital effect on the subjective well-being of older adults. A growing number of researchers have identified the benefits and importance of natural and green spaces, but there is a significant knowledge gap on the impact of nature on the SWB of older adults. The present study aims to investigate the effect of nature (connectedness to nature and perceived greenness) on the SWB of female older adults in Malaysia.

Method: This study employed a cross-sectional design that involved 221 female seniors aged 60 and above who are residing in Ipoh, Malaysia. A self-administered questionnaire was used to gather information from the participant. The SPSS version 24 software was used for data analysis descriptive (means, standard deviations, frequencies, percentages) to describe the characteristics of the sample and the main variables of the study. Pearson Correlation analysis was also used to analyze the correlations between the understudied variables.

Results: The findings suggest that there is a significant positive correlation between connectedness to nature and the subjective well-being of female elderlies. This study also proved a significant linkage between perceived greenness and subjective well-being.

Conclusion: The existence of a linkage between older adults' SWB and the natural environment provides new insights for future policy development.

EMPATHY MEDIATES THE RELATIONSHIP BETWEEN FEAR OF COVID-19 AND PREJUDICE TOWARDS REFUGEES: EVIDENCE FROM MALAYSIA

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Abstract

Background: Research has revealed that the COVID-19 pandemic has led to a surge in anti-Asian racial incidents within Western countries. Throughout this period, numerous cases of racism, discrimination, and violence against Asians were reported with alarming frequency. While such incidents were less prevalent in Asian countries, the potential for discrimination against other minority groups remains uncertain. This study explored the relationship between the fear of COVID-19 and prejudice towards refugees in the Malaysian context, while also investigating the hypothetical mediating role of empathy within this relationship.

Method: A sample of 207 Malaysian adults (68.1% were women) aged 18 to 58 years old were recruited using convenient snowball sampling. All participants were living in Malaysia and were not diagnosed with any mental or psychological disorders. They answered an online survey consisting of the 7-item Fear of COVID-19 Scale, 7-item Empathy scale, and 5-item Prejudice Scale.

Results: Pearson correlation analysis showed that fear of COVID-19 was positively correlated with empathy but had no relationship with prejudice. The latter, on the other hand, was found to have a negative relationship with empathy. Furthermore, mediation analysis using Model 4 of the SPSS Process Macro Ver. 4.20 with 10,000 bootstrapping not only replicated the correlation results but also showed an indirect effect of fear of COVID-19 on prejudice via empathy.

Conclusion: The current study illuminates the effects of the pandemic on individuals' perceptions of minority groups within the Asian context. On the one hand, our findings revealed a positive association between the fear generated by crises like the pandemic and the development of empathy. However, on the other hand, it has been observed that the fear of COVID-19 indirectly amplifies prejudice towards refugees. These contrasting outcomes imply that the pandemic's influence can be a two-fold phenomenon, contingent upon other variables at play.

Panel K

Developmental issues: Similar or different across countries?

Panel Abstract

This 60-minute panel, chaired by Prof. Mika Omori, Ph.D., will illustrate four empirical studies conducted in China and Japan. Although developmental issues are shared by different societies, their significance may be different from one culture to another. While "Asian" culture is perceived as a monolithic society, there is a wide array of variabilities. The first study developed a scale measuring adolescents' attachment in China. Other three studies illustrate studies on development and mental health in college students. College students' career decisions are critical for their ultimate career. A comparative study was conducted to examine differences in college students' career decisions between China and Japan. Needless to say, many college students suffer from psychological distress under COVID-19. The third study explored the role of "ibasho", a place where one feels as he/she is, on mental health in college students. Lastly, predictors of help-seeking attitudes in Japanese college students will be illustrated.

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Presenters:

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COMPARISON OF FACTORS RELATED TO COLLEGE STUDENTS' CAREER DECISION MAKING SELF-EFFICACY IN JAPAN AND CHINA - BASED ON RELATIONSHIPS WITH PARENTS AND FRIENDS, SELF-ESTEEM, CAREER EDUCATION'S PERSPECTIVE -

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Abstract

Adolescents are required to explore and establish their identities and make choices about their future career paths. During the process of career decision-making, it is considered that the career decision making self-efficacy (CDMSE) is very important. A lot of research on CDMSE has been conducted. However, previous research has been conducted mainly in Western countries, and relatively little research has been conducted on individuals in Asian countries. Also, in terms of cultural comparisons, although there are few studies comparing Asian with Western countries, comparisons within Asian countries have rarely been made. However, it is conceivable that there are differences in the social backgrounds of career education during schooling, job hunting, and career development after entering the workforce between Japan and China, which may result in different factor mechanisms related to CDMSE.

In this study, a survey of university students in Japan and China has been conducted to compare the mechanisms of individual factors such as self-esteem, awareness and behaviors toward employment, and environmental factors such as attachment, support, and career education in relation to students' CDMSE. The survey was conducted in Japan from June to August 2022, with 112 participants, and in China in November 2022, with 165 participants. The results of the multi-group analysis in SEM showed that, in common with Japan and China, the paths leading from attachment to mothers and friends to CDMSE via self-esteem, and from attachment to mothers and fathers to parental support, and then to awareness and behavior toward employment, to CDMSE were significant. Thus, the results suggest that secure attachment with parents and friends is the starting point for enhancing CDMSE, and in this process, enhancing self-esteem independent of the context of job hunting and other activities, as well as encouraging awareness and behavior toward employment through parental support is very important.

THE RELIABILITY AND VALIDITY OF THE CHINESE VERSION OF THE NETWORK RELATIONSHIP INVENTORY-BEHAVIORAL SYSTEMS VERSION (NRI-BSV) SCALE IN FAMILIES WITH MULTIPLE CAREGIVERS

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Abstract

The Network Relationship Inventory-Behavioral Systems Version (NRI-BSV) is a widely used measure that assesses relationships with multiple intimates, including parents, friends, and romantic partners, simultaneously. The Behavioral Systems Version integrates attachment theory and Sullivan theory, both of which highlight the importance of interpersonal relationships in personality development.

Two pilot studies were conducted in Anhui, Inner Mongolia, Ningxia Hui Autonomous Region, and Henan Province, China, using part of the Chinese version of the NRI-BSV scale that verified the internal consistency of two dimensions, namely safe base and safe haven ($\alpha > .87$). However, the Chinese version has not yet undergone a comprehensive examination of its reliability and validity.

It has shown that children's attachment is not limited to their mothers or grandmothers, and in families with multiple caregivers, they can form strong bonds with other caregivers, such as maternal or paternal grandfathers, which can persist into adolescence, suggested by Bowlby et al.

According to attachment theory, when grandparents provide childcare, they can establish a strong attachment relationship with their grandchildren, which is likely to endure over the long term. Therefore, this study aims to create a Chinese version of the NRI-BSV scale, evaluate its reliability and validity, and investigate its relationship with intimate objects, including grandparents.

This study examined the scale's reliability and validity using statistical analyses, including criterion-related validity of relevance scale, retest reliability, and internal consistency through correlation and factor analyses.

IMPACT OF THE SENSE OF “IBASHO (EXISTENTIAL PLACE)” ON THE MENTAL HEALTH OF COLLEGE STUDENTS IN THE COVID-19 PANDEMIC: FOCUSING ON MULTIPLE PLACES

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Abstract

Aims: A strong sense of “ibasho (existential place)” promotes mental health. The Japanese government made a stay-at-home request in 2022 because of the COVID-19 pandemic. It restricted the ability of college students to “behave as we would like to” and “interact freely with others,” which are the characteristics of the sense of “ibasho.” We examined the effects of multiple “ibasho” on college students during the COVID-19 pandemic.

Methods: We conducted an online questionnaire survey that inquired about college students' mental health and their sense of “ibasho” in the first place (home), the second place (colleges), and the third place (places excluding home or colleges). College students (N = 218, M = 20.9, SD = 1.6) participated in the study by responding to the questionnaire.

Results: Of the participants, 166 (76.1%) had a third place with a sense of ibasho. SEM indicated that the sense of “ibasho” in the first ($\beta = .34, p < .001$) and the second ($\beta = .24, p = .001$) places promoted mental health, which was not the case in the third place ($\beta = .07, p = .310$).

Conclusions: These results suggest that even a weak sense of “ibasho” in the first place and a strong sense of ibasho in the second place could promote mental health. Many participants focused on the third place for relationships with partners and friends. Therefore, the concept of the ibasho might overlap with the first and the second places for some participants. Also, the COVID-19 pandemic restricted face-to-face communication, which might have made college students consider that relationships were more significant than particular places.

FACTORS INHIBITING JAPANESE UNIVERSITY STUDENTS' HELP-SEEKING FROM MENTAL HEALTH PROFESSIONALS: FOCUSING ON CULTURAL SELF-CONSTRUAL AND SHAME

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Abstract

Introduction: Seeking professional help can resolve psychological distress effectively (Nagai, 2013). Treatments from professionals such as psychiatrists and psychologists, can mitigate psychological problems (Maekawa et al., 2016). However, many university students do not actively seek professional help (Kimura, 2017; Yoshitake, 2018). Therefore, it is necessary to elucidate factors resulting in the unwillingness to seek professional help. We designed this study to identify factors contributing to help-seeking behavior, focusing on the influence of cultural construal of self and shame.

Methods: Japanese university students (N = 255, 33 men, 219 women, and 3 others) participated in this study. They responded to an online questionnaire assessing professional help-seeking attitudes, cultural self-construal, and shame related to help-seeking.

Results: Of the participants, 25.9% had experienced consultations with psychologists, whereas 54.9% had no such experiences. Moreover, results indicated gender differences in the interdependent construal of self, which was higher in men than women ($t(244) = 2.79, p = .006$). We conducted path analyses to identify the influence of cultural self-construal and shame on help-seeking attitudes, which indicated a positive effect from the interdependent construal of self on shame ($\beta = .22, p = .002$) and a negative effect from shame on help-seeking attitudes ($\beta = -.33, p < .001$).

Discussion: These results indicate that the sense of shame, rather than the cultural view of the self, underlies the unwillingness to seek professional help. We suggest developing interventions to reduce the shame associated with professional help-seeking.

Panel L

Environmental Impacts on Health and Well-being 2

Panel Abstract

In this 60-minute panel, chaired by Phot Dhammapeera, Ph.D., environmental impacts on health and well-being will be illustrated. In the first study, cultural factors contributing to resilience during COVID-19 pandemic in Bali will be investigated. Next will be the impact of smartphone usage on young adults' romantic relationships. Then, an efficacy of attention training technique on working memory of individuals with depressive moods will be explored. In the fourth study, the use of electronic music technologies for the treatment of situational phobia will be investigated.

Chair:

Phot Dhammapeera, Ph.D.
Faculty of Psychology, Chulalongkorn University

Presenters:

Assoc. Prof. Fu Wai, Ph.D.
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Hong Kong Shue Yan University

Dewa Gede Firstia Wirabrata
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USE OF ELECTRONIC MUSIC TECHNOLOGIES FOR TREATMENT OF SITUATIONAL PHOBIA: AN EXPLORATORY STUDY

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Abstract

Background: Situational phobia was a condition in DSM5 which is under the disorder class of anxiety disorders. In this study, music intervention methodology developed by Magee & Burland (2008) were adopted to utilize electronic sound stimulus including various pure waveform (rectangular, square, triangular, and sine) plus the background of white noise to lessen participants' situational phobia.

Methodology: In this case study, 20 participants (Male = 10, Female = 10) with self-claimed situational phobia (16 reported to have phobia to activities like presentation, while others reporting situation including walking alone in the street). Participants did not have experience in participating other modalities of music intervention (e.g. singing-bowl intervention, or visiting to music therapists). Participants joined a self-paced activity with the Theremin apps (Femurdesign) which can choose the wave form (rectangular, square, triangular, sine), frequency, delay, and echoes and create sound or noises from movement of fingers on an Ipad device. Each session was 30 minutes (10 daily sessions in total) and the changes in participants' HRV and heart rate were recorded, and the activities were also video taped for analysis. Participant were interviewed in an in-depth individual interview (two hours and thirty minutes) to describe his experience. The transcript were analyzed with descriptive phenomenology (Giorgi, 1997).

Results: Finding suggested that the self-paced Theremin sessions could allow participants to release their anger through creating noises-like sound waves, and the change from angular (e.g. triangular, square, and rectangular) waves was later replaced by sine waves when participants found that his anger was released. The paper concludes with a discussion of impact of self-created noise as an art-form, and comparison of realist view (i.e. sound quality affect one's mental health) versus relativist view (i.e. impact of sound quality depends on context and one's own preference). (Project funded by HKSJU URG number 20/06)

ESPORTS VERSUS GAMING ADDICTION: JUXTAPOSITION OF PERSPECTIVES FROM COUNSELING PROFESSIONALS AND FROM THE ESPORTS SECTORS

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Abstract

Background: Since the introduction of Gaming Addiction to ICD-11 by WHO, there is a heated debate over the position from counseling psychology to regard esports (and egaming) as a potential threat to mental health for adolescents, or a new opportunity in career counseling. Therefore, this study aims at finding potential protective factors based on experiences from Counselling Professionals and esports players' own perspectives. **Research Questions:** 1. how existing theories differs from lived experiences from those who play egames, 2. How motivations of esports players different from ordinary egaming addiction victims.

Methodology: Eight representatives from four various counseling associations in Hong Kong, as well as 22 esports players, were invited to participate individual interviews concerning their observation over the differences between gaming addiction and motivation for esports. Data were analyzed with thematic analysis method (Braun & Clarke, 2006), which includes six steps including familization of data, generating initial codes, search for themes, involved reviewing of themes, defining and naming themes, and interpretation and reporting.

Results: The following themes are founded: 1) scope of games for esports is much more stringent than psychologists / counselor perceived, 2) different from perspectives from counseling professionals, esports players does not value "buy weapons" and values systematic training in skills and problem solving strategies, which is very different from descriptions of gaming addiction, 3) while those who were involved in gaming addiction would spend money on buying virtual weapons, esports players would spend on training and equipment to enhance performance.

Discussion: discrepancies among perspectives is an major obstacle to service delivery among counseling psychologists, and this could be improved by enhanced understanding to the lived experience of esports players. (Project funded by Hong Kong Research Grants Council Institutional Development Scheme Collaborative Research Grant Project Number UGC/IDS(C)15/M01/20).

PREDICTIVE CULTURAL FACTORS OF RESILIENCE OF PEOPLE LIVING IN RURAL AREA, TANGGUWISIA VILLAGE, BALI, INDONESIA DURING COVID-19 PANDEMIC

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Abstract

The outbreak of COVID-19 has troubled the entire world community, including Indonesia. This situation requires people to limit their physical interaction. In this situation, each individual needs to strengthen resilience. Resilience is the potential possessed by one to rebuild one's spirit of life, from adversity, to strengthen their resources and increase their endurance in dealing with problems. Initial study in Tanguwisia village showed that resilience built on people living in rural area were more impacted by the support from the community through togetherness such as gathering, visiting each other and even praying together. One cultural value that bind people together is called menyama braya which is basic cultural concept of togetherness of people living in this area. Menyama Braya is difficult to achieve as the outbreak of the COVID-19 virus. Consequently, some community members were stressed and anxious and impacted their mental wellness. Using online survey of 683 young adults in the area, this research aims to discover cultural factor menyama braya towards resilience in which the concept were finally broken down into more specific psychological factors like attachment, social integration, and social guidance. Results showed that resilience of people living in this village strongly built by attachments of the community, integration and fulfillment of mental wellness through casual meeting and sharing and guidance from the community. This finding is useful to anticipate disrupt in mental wellness of people living in rural area in the extent of isolation, restriction or another recurrent of pandemic.

THE EFFECT OF ATTENTION TRAINING TECHNIQUE (ATT) ON WORKING MEMORY FUNCTION IN THE BRAIN IN PERSONS WITH DEPRESSIVE MOOD

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Abstract

Decreased cognitive abilities such as decision-making, attention, planning, and memory are used to diagnose individuals who have depression or those at risk of developing depression. Because of frontal alpha asymmetry and a hippocampus size that is smaller than usual, when thoughts of a bad scenario or experience are remembered. As a result, shifting focus is harder. On the other hand, when there is any distracting attention, it may be easily interrupted when completing or performing routine tasks which affect memory abilities, particularly working memories. Therefore, it is possible to state that attention is an essential issue. And it's not just depressed individuals, Individuals who are depressed or who have previously been treated for depression are also included. A therapy technique using the 'Attention training technique (ATT)' aims to directly control attention. The sound was played continuously for 12 minutes while the individuals closed their eyes instructed to concentrate on the given sound. The researchers hypothesized that the participant's capacity to perform working memory-based activities with a corsi-tapping task before and after one session of ATT would influence brain function varied according to EEG analysis. PHQ-9 scores were used to evaluate individuals depressed moods.



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