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Dear Colleagues,

We are delighted to welcome you to the 2nd International Conference on Health and Health Psychology that will be held in Cyprus on 06-09 July, 2016.

We would like to invite professionals, researchers, clinicians, academicians and students to participate in our conference sharing scientific work and expertise. Future Academy will organize an outstanding low cost event, which consists only of virtual poster presentation, where participants will not have travel and hotel accommodation expenses but they will have a high quality conference.

The 2nd International Conference on Health and Health Psychology will be a target moment to update knowledge and experience on the latest developments in breakthroughs in health and health psychology. Presentations on the following topics are welcome but not limited to: Tele-health, tele-medicine, tele-psychology, tele-nursing, health professionals-patients communications, health promotion and well-being, quality and safety in health care, behavioural medicine, context and perspectives in health and health psychology, epidemiological issues of health and illness, biological mechanisms of health and disease, health-related cognitions and behaviour, stress, health and illness, chronic illness and disability, individual differences in health and illness, lifespan, gender and cross-cultural perspectives, long-term conditions and disability, applications of health psychology, professional issues working in the health sector.

Furthermore, we invite authors to publish their full text conference papers in EpSBS European Proceedings - Social and Behavioural Sciences eISSN: 2357-1330, in EJSBS The European Journal of Social & Behavioural Sciences eISSN: 2301-2358 and in C-crcs Volume Book eISSN: 2301-2358 and we proudly inform that previous scientific papers of the European Proceedings of Social and Behavioural Sciences have been indexed in ISI Thomson Reuters. Abstracts of all papers will be published in the Conference Abstract Book.

We look forward to receiving your abstract submission for this conference and we can assure that we will continue to work hard to make the 3rd International Conference on Health and Health Psychology, which will be in Oporto (Porto) – Portugal on 2017, to be a memorable and successful scientific event too.

Sandra Cruz, PhD, Chair of the 2016 International Conference on Health and Health Psychology
Associate Prof Dr at the Escola Superior de Enfermagem do Porto (ESEP) – Portugal
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Future Academy®’s Multidisciplinary Conference 2015

Future Academy®’s Multidisciplinary Conference will meet in Istanbul in 13-17 October 2015. This multidisciplinary conference also serves to celebrate the 8th anniversary of Future Academy, formerly known as Cognitive C-crcs Counseling, Research & Conference Services. Participants will attend individual conference and congress presentations as well as multidisciplinary presentations.

This conference brings together these annual events:

- 6th International Conference on Education & Educational Psychology (ICEEPSY)
- 3rd International Congress on Clinical & Counselling Psychology (CPSYC)
- 2nd International Conference on Business & Economics (BE-ci)
- 2nd International Conference on International Relations & Sociology (icPSIRS)

This multidisciplinary conference presents an opportunity for members of the several academic communities—researchers, professors, teachers, practitioners, and vendors—to gain new knowledge and skills, to interact, and to share research findings in Presentations, abstracts and complete papers, will be published in the proceedings of each conference.

Multidisciplinary Conference is organized by

The Future Academy®
Adolescent mental health and homelessness

Problem Statement: Homeless young people are more likely to experience psychological distress, psychiatric disorder, and the risk of developing such problems increases the longer they are homeless.

Research Questions: The aim of SJG Youth Services is to provide young people with early intervention service response to reduce harmful consequences of homelessness for them.

Purpose of the Study: Evaluation of the program which has developed a best practice model of care derived from an evidence-based practice that applies humanistic, attachment and trauma informed psychological framework.

Research Methods: Data analysis indicated that out of 54 adolescents who entered the program in 2014: •50 per cent presented with diagnosable mental health disorders and the most common were mood disorders and anxiety disorders. •45 per cent presented with dual diagnosis. •73.4 percent reported suffered childhood trauma •18 per cent attempted suicide in the last 12 months.

Findings: All adolescents received long term case management assisting them to develop independent living skills, reconnect with education and employment and access health and mental health support. 55 per cent of young people were successfully moved out into independent living in the community.

Conclusions: The most important part of the Horizon House service provision is to re-create a sense of family by actively developing healthy attachments through acceptance and enabling early intervention in homelessness and mental health. This creates a strong platform which adolescents can develop further and reach their potential in life.

Key Words: Adolescents, mental health, homelessness.
Development and validation of a tool for measuring HIV/AIDS literacy

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**Problem Statement:** There is no specific tool for measuring HIV/AIDS literacy and most educational interventions are blind and not tailored.

**Research Questions:** How can we develop and validate a specific tool to measure HIV/AIDS literacy?

**Purpose of the Study:** There are few tools to measure health literacy for specific issues. This study aimed at developing and validating a tool for measuring HIV/AIDS literacy for Iranians population and assessing that in Yasuj, Iran.

**Research Methods:** General content were selected through searching published Persian HIV/AIDS documents, and skill parts were extracted. Disease Prevention, Cure & Care, and Health Promotion were considered as main subjects. Developed primary items placed into five health literacy were discussed in expert panel. The final questionnaire was completed for 250 individuals aged 15-49 years.

**Findings:** CVR and CVI were estimated as $\geq 0.8$ and $\geq 0.77$ respectively. Cronbach’s Alpha was 0.75 and correlation between test-retest scores was 0.78. Average of HIV/AIDS literacy scores of participants was $10.30 \pm 3.36$ and only 16.4 percent of them had adequate health literacy.

**Conclusions:** The tool was developed to measure HIV/AIDS literacy with an acceptable reliability and validity. Designing and implementing the educational programs based on this tool result in more effectiveness. Limited HIV/AIDS literacy can be the result of lack of access to information and services, complexity and inappropriateness of materials, and usage of not suitable messages in health education interventions.

**Key Words:** Health literacy, HIV/AIDS literacy, questionnaire
Public trust in health services Tabriz, Iran

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Problem Statement: Trust is a major motive for all relations between human and has long been recognized as a cornerstone of effective patient-provider relationship.

Research Questions: What is the sense of the community about the health system, do they trust it?

Purpose of the Study: The aim of this study was to measure public trust in healthcare in Tabriz, Iran.

Research Methods: 1050 households were included in the study. Random Cluster sampling was used for sampling. Public trust in healthcare questionnaire (Persian version) was used to data collection. Face to face interview was done with the household head or an informant member of the household.

Findings: The mean public trust in health services in Tabriz was calculated as 63.31. Also Tabriz people have the most trust o Specialists physicians between variety of health providers.

Conclusions: Public trust on healthcare was not in a good manner. it is necessary to employ a set of good policies to improve the quality of health services and consequently get the communities trust.

Key Words: People emotion, health services, public trust
Emotional intelligence of health professionals

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**Problem Statement:** The sense of emotions in health has progressively be valued and that emotional intelligence (EI) is crucial in health systems.

**Research Questions:** What emotional intelligence of health professionals in long-term care?

**Purpose of the Study:** Assess the Emotional Intelligence of health professionals of the National Network for Integrated Continuous Care (NNICC) and verify the extent to which socio demographic, family and professional variables have significant effects on that Intelligence.

**Research Methods:** Quantitative study, non-experimental and correlational descriptive, transversal. The sample consists of 106 health professionals working in long-term care services in Portugal. The data collection instrument adds a demographic characterization survey, a characterization the Apgar Scale, professional family and Lastly, the Emotional Competence questionnaire (QCE).

**Findings:** The sample is mostly female, married with an age average of 34.13 years. The most represented professional categories are the medical, nursing and physiotherapy. Data collected Data showed significant associations between emotional intelligence and the profession, the academic degree, training and family functionality. The other study variables did not influence EI in our sample.

**Conclusions:** Given this evidence, it is clear that health professionals should focus on upgrading academic qualifications and the NNICC should promote the training of their formal caregivers. Furthermore, the familiar functionality of health professionals should be encouraged in order to make them provide emotionally intelligent care contributing to the humanization of the health care.

**Key Words:** Health professionals, emotional intelligence
Effect of peganum harmala on Lipid metabolism, HMGcoA reductase in Hypercholesterolemic Rat

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Problem Statement: Concentration of cholesterol and other lipids in human diet has been considered as an issue of public health

Research Questions: Do peganum harmala was effect on lipid metabolism?

Purpose of the Study: Hypercholesterolemia is a problem faced by many societies and is a cause of concern for health professionals, since it constitutes one of the major risk factors for the development of cardiovascular diseases, such as atherosclerosis and its complications, acute infarction of the myocardium or hypertension

Research Methods: Experiments were conducted. In the first experiment: G1) control, and 7 Groups treatment with Extract P. harmala (100,200,400 mg/kg) diet of 1% cholesterol were fed stock diet for 4-week pre experimental period.

Findings: Decreased plasma triglycerides only in 200,400 mg/kg of the diet group. Peganum harmala supplementation decreased very low density lipoprotein cholesterol and increased high density lipoprotein cholesterol significant difference (P<0.05). the P. harmala supplementation further decreased these enzyme activities. P. harmala in 400 mg/kg doses increased these enzyme activities was Significantly (P<0.05)

Conclusions: It is concluded that methanolic extract of P. harmala could be effectively used in rat to optimize serum lipid profile. These results demonstrate that P. harmala increases the effect of excretion cholesterol and not through HMG COA reductase activities inhibition.

Key Words: Peganum harmala, cholesterol metabolism, HMGcoa
Daily coffee-tea consumption among smokers and non-smokers in a Turkish student sample

Simge Sisman-Bal*

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Problem Statement: A number of researchers have reported that cigarette smoking is associated with high caffeine use. Caffeine is commonly found in coffee, tea, some soft drinks and chocolate.

Research Questions: Is there a relationship between cigarette smoking and daily coffee and tea consumption?

Purpose of the Study: The most commonly consumed caffeinated beverages among Turkish adolescents and young adults are coffee and tea. The aim of this study is to determine the amount of coffee and tea consumption among smokers and non-smokers by a sample of college students.

Research Methods: The present survey study was carried out with 562 Turkish undergraduates. Daily coffee and tea consumption of current and non-smokers were compared. In addition, for detailed comparisons smokers were divided into five groups according to daily cigarette consumption (from 5 cigarettes to ≥20 cigarettes per day). The caffeine use comparisons were also made across gender and age groups.

Findings: Findings indicated that smokers had a significantly higher amount of daily coffee and tea consumption than non-smokers. Interestingly, for smokers, daily cigarette consumption had no significant effect on daily coffee and tea intake but the heavy smokers (≥20 cigarettes per day) were found to be consuming the most coffee. Coffee consumption was found to increase with age.

Conclusions: These results pointed out that there is a strong relationship between cigarette smoking and caffeine consumption in Turkish undergraduates. Caffeine is one of the most commonly consumed psychoactive substances in the world. Particularly in adolescents, both cigarette and caffeine use should be screened regularly because not only cigarette smoking but also coffee-tea drinking are associated with various health problems.

Key Words: Cigarette smoking, caffeine use, coffee-tea consumption
Effect of Peganum harmala extract on PTZ-induced seizure threshold in rat

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Problem Statement: Epilepsy is a chronic disease with a heterogeneous set of symptoms that is characterized by recurrent seizure.

Research Questions: What do effect of peganum harmala on seizure?

Purpose of the Study: Different studies showed that the root of Peganum harmala contains free amino acid like GABA and other materials like harmin, harmalin and harmalol. Also showed that GABA, harmin and harmalin had anticonvulsant effects in animal seizure models.

Research Methods: In this study anticonvulsant effect of Hydro alcoholic extract of Peganum harmala (P. harmala) on standard method of making chemical seizure with PTZ in mice, was studied. After measuring seizure threshold with PTZ in control group, different doses of P. harmala (25, 50, 75 and 100mg/kg) intraperitoneally administrated.

Findings: Results showed that the PTZ seizure threshold was 41.5+2.88 second in control group. In animals pretreated with P.harmala PTZ seizure threshold showed dose dependently increased (p<0.05).

Conclusions: In conclusion results showed that: the mechanism of anticonvulsant effect of P. harmala probably is via GABAergic effect of this agent. This subject needs to be more investigation in human.

Key Words: Peganum harmala, PTZ, seizure, rat
Problem Statement: Present research was done to investigate Health Related Optimism and Adherence to treatment in postmenopausal osteoporotic women.

Research Questions: Health related optimism is positively related with adherence to treatment in women with postmenopausal osteoporosis? Health related optimism is a predictor of adherence to treatment in women with postmenopausal osteoporosis

Purpose of the Study: Finding association of optimistic beliefs about health and adherence towards the treatment in postmenopausal osteoporosis women. Determining influence of health related optimism on adherence attitude towards the treatment in women with postmenopausal osteoporosis. Finding the influence of demographic variables on adherence towards the treatment in postmenopausal osteoporosis women

Research Methods: Within group research design was used. Sample consisted of 60 postmenopausal osteoporotic women taken from hospitals of Lahore by using non probability sampling. Health related Optimism was assessed using Life orientation Test Revised (Schizer & Carver, 1994) and adherence towards treatment in postmenopausal osteoporotic women by using Morisky Medication Adherence Scale Urdu version (Morisky, 2008).

Findings: Results showed that health related optimism was not significantly related with adherence to treatment, and also not a predictor of adherence to treatment in postmenopausal osteoporotic women. Family genetics and family system emerged as predictors of adherence to treatment in postmenopausal osteoporotic women. There were differences in adherence to treatment on the basis of family genetics and family system.

Conclusions: The present study contributed towards understanding the association of health related optimism and adherence to treatment in women with postmenopausal osteoporosis. It was found that both of these variables have no significant relationship. In prediction of adherence to treatment health related optimism was not predicting adherence to treatment while family system and family genetics were its predictors.

Key Words: Osteoporosis, post menopause, adherence, optimism
Anxiety and depression symptoms in patients with diabetes

Problem Statement: To analyze the depression and anxiety in patients with diabetes compare with health population.

Research Questions: Having in mind the changes in lifestyle that have to do the patients with diabetes, how it influences in appearance of depression and anxiety.

Purpose of the Study: To identify the prevalence and major determinants of anxiety and depression symptoms in patients with diabetes.

Research Methods: A cross-sectional study of 60 patients with Types 1 and 2 diabetes, selected from patients models of care in Tetova hospital and 40 healthy people as a controlled group. Study instruments were Back Depression Inventory and Anxiety Back Inventory.

Findings: Anxiety mood is present in 55 diabetic patients pr (91,6%), while in healthy population we found only in 15 subjects or (37,5%) and the Depression mood is present 25 diabetic patients pr(41,6). In healthy population we found light depression in 23 pr (57,5%) persons and anxiety in 25 pr (62%) persons.

Conclusions: The prevalence of anxiety and depression symptoms in patients with diabetes is considerably higher than in general population samples. These data serve as a benchmark for the prevalence of anxiety and depression symptoms in patients with diabetes.

Key Words: Anxiety, depression, personality, diabetes
Social capital resources and transformational leadership as quality enablers in communication

Dharshika Sabanathan*

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**Problem Statement:** Communication amongst nurses is imperative for patient care and human lives. Barriers and resources for effective communication need to be understood and addressed to support optimal patient care.

**Research Questions:** The study examines whether social capital resources (attitudes towards diversity, identification with co-workers, and trust in co-workers’ competency) and transformational leadership have relations to communication quality amongst nurses.

**Purpose of the Study:** The study purports to propose a new perspective in response to the problem by examining the direct and moderating effects of social capital resources (attitudes towards co-worker diversity, identification with co-workers, and trust in co-workers’ competency), as well as transformational leadership on communication quality amongst nurses.

**Research Methods:** 93 nurses employed at the Macquarie University Hospital (MUH) aged between 22 and 65 years voluntarily participated in the study. The survey opened with information on study aims and requirements, and participants had to indicate whether or not they consented before proceeding to complete it.

**Findings:** Social capital resources (attitudes towards co-worker diversity, identification with co-workers, and trust in co-workers’ competency) and transformational leadership were related to higher quality of communication. A path analysis showed the relationship between attitudes towards diversity and communication to be significantly moderated by transformational leadership and by identification with co-workers.

**Conclusions:** The study brings light to the importance of educating people on the benefits of social resources of building common identity, trust and positive attitudes towards diversity, and the positive role of a transformational leader, as enablers of effective communication. The findings can be applied to other settings to educate and better communication amongst people.

**Key Words:** Communication, diversity, trust, identity, leadership
Positive psychology in women with breast cancer

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Problem Statement: There are some factors that promote the personal development and psychological wellbeing, which we want to increase and adapt in the patient’s life to improve their quality of life.

Research Questions: Which components improve emotional wellbeing and the quality of life in patients with breast cancer?

Purpose of the Study: The aim of this study is to analyze some components of Positive Psychology in women with breast cancer, like resilience, sense of humor and self-efficacy, and to observe their relation with emotional wellbeing and variables like type of surgery and type of treatment.

Research Methods: The sample of participants consisted in 131 women diagnosed with breast cancer from different Spanish hospitals. They were evaluated by a first interview where we collected demographic data, information about disease and personal strengths and the Hospital Depression and Anxiety Scale (HADS) to evaluated emotional wellbeing.

Findings: Note the relationship found in our research between emotional wellbeing and protective factors proposed. Emotional well-being was associated with a sense of humor, resilience and how to understand the disease and self-efficacy, presenting fewer symptoms of anxiety and depression.

Conclusions: There are few studies that investigate the influence of protective factors in breast cancer, and is important to observe these variables as a coping mechanism that may be useful to consider to improve psychological treatments. Our research corroborates a significant relationships between protective factors and emotional wellbeing studies.

Key Words: Positive psychology, breast cancer, wellbeing
The prevalence of depression and related factor among children in Iran

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Problem Statement: Depressive disorder among children and adolescents is the highest mental disorders.

Research Questions: What is the prevalence of depression among primary students in Sanandaj?

Purpose of the Study: The purpose of the study was determined the prevalence of depression and related factor among children in Iran

Research Methods: This study was cross-sectional which carried out in primary schools. The participates of the study were 395 students whom have been selected by cluster sampling method. Instrument of this study was Children Symptom Inventory (CSI-4). Data analysis of the present study was t-test and also frequency, percent, M and SD.

Findings: Results of this study showed that prevalence of depression among respondents was 6.2%. Results from this study indicated there were significant difference between family, parents’ separation and divorce with depression, [t=4.09,df(3), p=0.000] and [t=4.45,df(5), p=0.000] respectively.

Conclusions: Results from the present study reported that prevalence of depression among primary students was high also respondents’ family problems and parents with mental disorders were related to depression among children.

Key Words: Prevalence, depression, students, divorce, separation
Psycho social problems and life satisfaction among women with breast cancer

Mehak Hamid*

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Problem Statement: The current study aimed to investigate the level of psychosocial problems and life satisfaction among women with breast cancer.

Research Questions: To examine relationship between Depression, Anxiety, Stress and life Satisfaction and to examine the influence of demographic variables such as education and socioeconomic status among women with breast cancer.

Purpose of the Study: The current study aimed to investigate the level of psycho social problems and life satisfaction among women with breast cancer.

Research Methods: Correlation/comparative and within group designs were used for the current study.

Findings: Findings indicate that life satisfaction is negatively correlated with depression, anxiety and stress. Moreover, findings showed that unmarried, less educated and women who belonged to lower class showed high level of depression, anxiety and stress and less satisfaction with life.

Conclusions: This study promote the understanding that psychological disturbances, marital status, educational background and socioeconomic status can be hinderns of better prognosis.

Key Words: Breast cancer, depression, anxiety, stress, life satisfaction
Current and never smokers’ responses to positive and negative smoking-related images

Simge Sisman-Bal*

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Problem Statement: Some recent studies have revealed the brain regions associated with motivation were more active in smokers when they are exposed to appetitive smoking-related images according to aversive smoking-related images.

Research Questions: Is there an altered emotional response pattern to smoking-related images in smokers according to non-smokers?

Purpose of the Study: Some of the researchers claimed that smokers have an altered emotional response pattern to negative and positive smoking-related images. The aim of this study is to compare current and never smokers’ self-report responses to smoking-related and unrelated images.

Research Methods: Thirty emotional images from five different categories (positive/negative smoking-related, positive/negative smoking-unrelated, neutral) were presented to never-smokers (n=41, never smoked in whole life) and current-smokers (n=21, smoke at least 10 cigarettes per day). Participants evaluated the emotional content of each image on a 7-point scale from very negative to very positive. Beck Depression Inventory was used for controlling general mood.

Findings: Findings indicated that there was no significant influence of age, education and depressive mood level. As excepted, groups did not differ in their ratings of positive and negative smoking-unrelated and neutral images. Interestingly, both groups were found to evaluate all the smoking-related images more negative, but for positive smoking-related images current-smokers had significantly lower rates (more positive) than never-smokers.

Conclusions: These results suggest smokers do not attach importance to the negative long term consequences of smoking and rather prefer the positive current effects of nicotine. In other words, despite awareness of health risks, adolescents do not avoid smoking. In this sense, current picture-based deterrents on cigarette packages may not be a very effective way to dissuade smokers from smoking.

Key Words: Cigarette smoking, emotional context, smoking-related images
Workers’ Perception Regarding Introduction of Technology at Chiadzwa Diamonds Mines, Zimbabwe

Problem Statement: Technology through scientific management practices like specialization, deskills and alienates workers which induce powerlessness, loneliness, meaninglessness and isolation. This leads to detrimental behaviours like anxiety, stress, uncertainty and insecurity.

Research Questions: What are perceived negative positive effects of introduction of technology at the workplace. Skilled unskilled workers perceptions regarding introduction of technology are different or the same?

Purpose of the Study: The purpose of this study was to investigate the perceptions of workers regarding the introduction of technology at Chiadzwa Diamond Mines.

Research Methods: The study was quantitative in nature and a descriptive research design was used. The sample size was 60 workers. Simple random sampling was used and the data collection instrument was a questionnaire. Participants were required to complete the questionnaire using Likert-type scale responses. The Statistical Package for Social Sciences (SPSS) version 19.0 was used to carry out data analysis.

Findings: The study found that technology leads to dehumanisation effects like alienation, specialisation, deskilling, redundancy, monotony. However, to a lesser extent it increased production and profits. Nevertheless, positive effects like profits benefits management more than the workers. Therefore, juxtaposing the negatives and positives, the study concluded that workers bear the brunt whilst management gets the best out of technology.

Conclusions: The study showed workers hold negative perceptions regarding the introduction of technology. These negative perceptions triggers resistance of technology because of detrimental effects associated with it. Consequently, there is a dire need to strike a balance between positives and negatives. This enables a win-win situation to prevail whereby workers realise a quality work life whilst management surpass its goals.

Key Words: Perception, technology, change, resist, support, negative, positive
Mental Health (Anxiety, Depression, PTSD) of Female Survivors of Human Trafficking

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Problem Statement: Trafficking is a contemporary issue globally. Researches had focused on physical health and hidden mental health problems are yet to be explored. This research could be beneficial in future.

Research Questions: How much is the prevalence and level of Anxiety, Depression and PTSD among female survivors of human trafficking and association between mental health and socio-demographics and human trafficking factors?

Purpose of the Study: •To identify the level of (mental health) Anxiety, Depression and Post-traumatic stress disorder (PTSD), of female survivors of human trafficking. •To find the association of mental health with socio-demographic factors. •To find the association of mental health with human trafficking factors and other mental health factors.

Research Methods: A descriptive cross sectional study was employed to collect data from October to November 2014 among 142 female survivors of trafficking who are currently supported by local non-governmental organizations in Kathmandu, Biratnagar, Ithari and Nepalgunj. The Hopkins symptoms checklist-25 was administered to assess Anxiety and Depression and PTSD checklist civilian version (PCL-C) was used to evaluate PTSD.

Findings: Respondents had a high prevalence anxiety(90%) and depression (92%). Sixty five percent of the survivors of human trafficking were suffering from PTSD. Literacy status, sex worker, time since trafficking, type of trafficking were significantly associated with Mental health. After adjusting possible predictors in multivariate analysis time since trafficking, age of respondents and chronic disease were significantly associated with PTSD.

Conclusions: Most of the survivors of trafficking in this study are suffering from anxiety and depression. More than fifty percent of the survivors are suffering from PTSD. Mental health of female survivors of trafficking a hidden issue is yet to be explored. The result shows that psychological support, intense counseling to improve survivor’s mental health is essential.

Key Words: Human trafficking, survivors, anxiety, depression, PTSD
Family functioning with multiple sclerosis and paraplegia patients

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Problem Statement: Multiple sclerosis (MS) is a chronic, unpredictable, progressive, disabling disease of the central nervous system which has the potential to psychosocially burden the patient and its family.

Research Questions: What is family functioning with multiple sclerosis and paraplegia patients?

Purpose of the Study: The main aim of the research was to assess selected aspects of family functioning in multiple sclerosis patients from the perspective of patients and their spouse.

Research Methods: The presented research involves 108 families who are divided into three groups: experimental (families in which one member was suffering from multiple sclerosis.), control one (families without chronic illness), control two (families in which one member has damage of spinal cord). In this research D. H. Olson Circumplex Model of Marital and Family Systems (FACE-IV was used).

Findings: The results indicate that in ever aspects of the MS family assessment were significantly different from the control group. Sclerosis multiplex disrupts family functioning. The main problem of the MS family is too high cohesion. The pattern of MS family functioning is internally heterogenic. However there is some regularity, most families characterized high cohesion and high flexibility.

Conclusions: A continuation of this study and the gathering of a larger sample is underway.

Key Words: Multiple sclerosis, family functioning, cohesion, flexibility
Combination of MMSE and MoCA tests as a diagnostic screening tool

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Problem Statement: In old age psychiatry, it is desirable to quickly predict the underlying cause of low scores on cognitive screening tests. Excising screening tools are poor predictors of underlying cause.

Research Questions: Can a combination of established screening tools (MMSE and MoCA) give better prediction in differencing between causes of cognitive decline?

Purpose of the Study: The purpose of the study was to investigate if a combination of subtests within existing screening tools may facilitate better prediction of the cause of poor performance on cognitive screening tests.

Research Methods: 134 patients were tested with MMSE and MoCA at admission, and later grouped according to diagnosis at discharge. 122 patients fitted into main diagnostic groups, Alzheimer (14), Other Dementia (13), Schizophrenia (9), Delusional (7), manic (29), Bipolar (10), MDD (25), GAD (15). Group results on subtests of MMSE/MoCA were analysed with Anovas corrected for age, sex and education.

Findings: The Alzheimer patients had severe problems with all the subtests. The "other dementia" had particular problems with MMSE Orientation, MMSE Figure Drawing, MoCA Visuo-cognitive test, MoCA Clock drawing, MoCA Abstraction and Orientation. All groups showed patterns of poorer and better performances than the average patients on several subtests of MMSE and MoCA.

Conclusions: The Mini-Mental State Exam (MMSE) and the Montreal Cognitive Assessment (MOCA) are two diagnostic tests that both are used for screening purposes when there is a suspicion of cognitive problems. Our preliminary results shows that a combination of MMSE and MoCa subtests give a better prediction towards a particular diagnosis than MMSE or MoCA separately.

Key Words: MoCA, MMSE, cognitive decline, diagnostic tool.
The relationship between Stress and Diabetes

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**Problem Statement:** To analyze the level of stress in patients with diabetes.

**Research Questions:** Having in mind the changes in lifestyle that have to do patients with diabetes how it influence in appearance of stress?

**Purpose of the Study:** The purpose of this paper is to determine the correlation between the level of stress and diabetes.

**Research Methods:** In this research 50 subjects took part, 30 female and 20 male, aged from 30 to 70 years. Patients are diagnosed with Type 1 and Type 2 of diabetes, treated the Clinical Hospital in Tetovo. Cohen’s questionnaire of stress perception which encloses 10 questions is used to prove the presence of stress symptoms.

**Findings:** In our study we found that mean score of stress in diabetic is 21.32, also on female is 22.07 and on male is 20.20. Patients who lives in village have a mean score of stress 20.06 and patients in city have 21.91. The higher score of stress has patients aged 41-50 with 23 score.

**Conclusions:** Based on the findings we saw that stress is highly present at patients with diabetes. We think that to reduce the stress level, it is necessary to increase the active presence of psychologists and other professionals in undertaking appropriate measures to treat stress.

**Key Words:** Diabetes, stress
Pattern of anxiety and depression among secondary school students in Riyadh

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**Problem Statement:** Anxiety and depression among the top 10 most common causes of disabilities in productive age.

**Research Questions:** What is the pattern of anxiety and depression in matter of prevalence?

**Purpose of the Study:** To assess the Prevalence of anxiety and depression to improve the understanding of the mental health in schools.

**Research Methods:** This is an observational cross section study using The sampling technique followed stratified convenient sampling and data was collected using self-administered questionnaires (Arabic version of the symptom revised SCL 90- R). Data was collected from 331 secondary school students between 15 and 18 years old from both genders after raking an informed consent.

**Findings:** Results show 25.7% of the students had anxiety. On comparing boys and girls, 23 boys (10%) had anxiety, while 62 (60%) of the girls had anxiety. In depression 28.4% is the Prevalence of depression in both genders, on comparing boys and girls, 34 male students (15%), while 60 female students (58%) had depressive symptoms.

**Conclusions:** This study analyzed the importance of mental health assessment and follow-up in secondary school students, especially girls. However, further assessment for other co – factors such as socioeconomic differences should be considered.

**Key Words:** Depression, anxiety, adolescence
The Phenomenology of Anorexia Nervosa: The Intertwining Meaning of Gender and Embodiment

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Problem Statement: Eating disorders may affect 10 million females (Crowther, Wolf, & Sherwood, 1992), triple the rates of people living with AIDS (U.S. DHHS, 1998) and with schizophrenia (EDAP, 1999).

Research Questions: No quantitative studies interconnected the body to both gender analysis and anorexia, and no qualitative studies considered the bond between the meaning of gender and the body regarding anorexia.

Purpose of the Study: The focus of this study was to describe and illuminate this rift in the literature regarding the intertwining regions of embodiment, gender, and the presence of anorexia.

Research Methods: A mixed-methods approach was applied using first-person interview reports of subjects’ life experiences and the Bem Sex Role Inventory (BSRI). Six female participants between the ages of 19 and 29 years were interviewed (N = 6). A semi-structured interview format using an open-ended questions was used in conformity with commonly accepted phenomenological data collection procedures.

Findings: The study identified no correlation between BSRI and the presence of anorexia, but did reveal seven themes: Importance of others’ perceptions, Negative self-esteem, Perceptions of the feminine body, Perceptions of feminine role, Role of anorexia in woman’s life, Importance of intervention and gaining information about anorexia, Changed perceptions and hopes for new life.

Conclusions: The essential findings in this study are a polyvocal depth of knowledge about the meaning of the body and gender in anorexic women’s actual experiences. The clinical implications of the findings in this study provide a direction and basis not only for helping anorexic women face the challenges of their disorder, but also for assisting clients psychotherapeutically.

Key Words: Phenomenological psychology, anorexia, BSRI, gender, embodiment
Psychodynamic particularities expression of systematized delusions in the paranoid schizophrenia (case report)

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Problem Statement: The difference between paranoid schizophrenia and delusional disorder is sometimes challenging age of debut, longitudinal evolution, deterioration of social functioning, pathological expression in cognitive / perceptual level are useful

Research Questions: Princeps factors which influence diagnosis (in terms of paranoid schizophrenia support) depend on: age of debut, the mental automatism syndrome, lack of verra hallucinations, presence of lookalike illusion.

Purpose of the Study: This case report, which raises the issue of differential diagnosis, because of the long period of time during which patient did not receive psychiatric care, has refused medical treatment however she kept the social functioning to prior achieved level, having minimum emotional and social support from family and coworkers.

Research Methods: Psychiatric interviews, psychodynamic interview, map of life, monitoring the psychiatric evolution under antipsychotic treatment, psychological exam, neuroimaging examinations (CT, EEG), investigation the hormonal functions.

Findings: The debut around 35 years of age, lack of cognitional disorganization, predominance of up to two or three delusional themes, fairly good social functioning, the absence of collateral family history, are positively prognostic factors. Among the elements of unfavorable prognosis are: lack of insight ability, imperviousness to criticism and counterarguments, treatment non-compliance, despite established therapeutic relationship.

Conclusions: Presence of mental automatism syndrome, lookalike illusion, as well presence of symptoms for a long time prior to hospitalization, support the paranoid schizophrenia diagnosis, ever since the first hospitalization in psychiatry.

Key Words: Paranoid schizophrenia, lookalike illusion, mental automatism
Problem Statement: Because Europe represents an immense ethnic richness, issue of European ethnology currently arise, as a defining lode strengthen respect between nations and preservation of non conflictuality, emotional and territoriality.

Research Questions: Minimal knowledge thus acquired, guide the high school teen toward a better contact with the mentality and life philosophy of the Romanian people.

Purpose of the Study: In the actual context of globalization and acculturation is necessary knowledge of national identity. In this respect, we propose an optional class of Ethnology / Anthropology into high school, during a school year.

Research Methods: Comparative analysis of student study programs from 5 high schools. Questionnaire of influence of ethnology in schools - student’s opinion versus teacher’s opinion

Findings: Teaching axis: Reporting of own developing personality to a ethnic personality impressed by beliefs, myths, religion and its origins. Defining of individuality as human cannot be done in the absence of reporting: I - the others, I - ancestors, "I and mine". Humanistic culture regardless of profession subsequently adopted of the humanistic sciences, anthropology is pre-defining of psychology.

Conclusions: Developing a personality can’t be made in the absence of ethnological education. Discovering own ethnicity open new horizons of alterity understanding, as a premise of good interpersonal relationship.

Key Words: Ethnology, national identity, personality development
The Role of Optimism & Pessimism among Pakistani doctors about Burnout

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**Problem Statement:** Optimistic and pessimistic attribution styles moderate the occupational health of Pakistani Doctors.

**Research Questions:** How optimistic and pessimistic attribution styles influence the occupational health (Burnout) of Pakistani doctors, keeping in view the indigenous realities of Job demands and resources.

**Purpose of the Study:** The aim of this study was to investigate the relationships among optimism, job demands and resources, burnout, affective commitment of Pakistani Doctors.

**Research Methods:** Cross sectional Servuy design

**Findings:** The results showed high job demands and low level of job resources as per experience of Pakistani Doctors. while attribution styles optimistic and pessimistic moderating their Inclination towards burnout.

**Conclusions:** The results confirmed that high job demands and lack of job resources contributed to burnout, whereas job resources negatively related to burnout. Optimism had a strong direct effect on perceptions of job resources and affective commitment though strong indirect effects on burnout when pessimism plays role vice versa. Moderating effects of personality dimensions were also examined.

**Key Words:** Optimism, pessimism, job demands, resources, burnout
Change in the treatment of patients with behavioural disorders using cbt approach

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

Research Questions: What are the principles and mechanisms of therapeutic change among patients with BD? What are the factors of CBT effectiveness

Purpose of the Study: The author will attempt to find answers to the research questions, using the discourse analysis method.

Research Methods: Literature review

Findings: Current research analysis shows high a influence of therapeutic change on the CBT success with patients suffering from BD. This allows the researcher to assume that CBT has a high efficiency in the treatment of BD by using CBT techniques and strategies in order to cause and maintain the therapeutic change.

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

Key Words: Behavioral disorders, change, risk factors, CBT
The effectiveness of OMID in reducing of rumination and stress

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Problem Statement: Rumination is defined as obligatory concentration of one’s attention on symptoms and causes of distress and regarding the reasons, rather than focusing on ways to solve the problem.

Research Questions: Is management skills and behavioral knowledge (OMID) program effective in the reduction of rumination and stress?

Purpose of the Study: The purpose of this study is the effectiveness of management skills and behavioral knowledge (OMID) in reducing rumination and stress in women filing for divorce.

Research Methods: In a quasi-experimental with pre-test, post-test design, 15 women filing for divorce (7 in experimental group and 8 in control group) were selected via available sampling and were tested in terms of rumination and stress levels. Then, the experimental group underwent Hope training in 8 sessions. Each session lasting 3 hours. But the control group received no intervention.

Findings: The results of analysis of covariance data, showed that the intervention based on management skills and behavioral knowledge (OMID) program, have been effective in reducing rumination and perceived stress on women filing for divorce.

Conclusions: It seems that management skills and behavioral knowledge (OMID) is a good way to decrease rumination and perceived stress on women filing for divorce.

Key Words: OMID, divorce, rumination, stress
The effectiveness of OMID program in life satisfaction and the self-value

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Problem Statement: Life satisfaction is a general concept which is caused by the way of one’s whole life of cognitive perception and self-affection.

Research Questions: Is management skills and behavioral knowledge (OMID) program effective in the life satisfaction and the self-value?

Purpose of the Study: The purpose of this study is the effectiveness of management skills and behavioral knowledge (OMID) in life satisfaction and the self-value of prisoners.

Research Methods: In a quasi-experimental with pre-test, post-test design with control group of 30 prisoners (15 in experimental group and 15 in control group) were selected via available sampling and were tested in terms of life satisfaction and self-value. Then, the experimental group underwent hope training in 8 sessions. Each session lasting 3 hours. But the control group received no intervention.

Findings: The results of ANCOVA data, showed that the intervention based on hope, have been effective on life satisfaction and self-value of prisoners.

Conclusions: It seems that management skills and behavioral knowledge (hope) is a good way to increase the satisfaction and self-value of prisoners.

Key Words: OMID, life satisfaction, self-value
3050
The effectiveness of OMID in spirituality and general health of prisoners

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**Problem Statement:** Spirituality is the one important dimension of human, an attempt to find the sensitivity to themselves, others, inhuman creatures and God.

**Research Questions:** Is management skills and behavioral knowledge (OMID) program effective in the spirituality and general health of prisoners?

**Purpose of the Study:** The purpose of this study is the effectiveness of management skills and behavioral knowledge (OMID) in spirituality and general health of prisoners.

**Research Methods:** In a quasi-experimental with a pre-test, post-test design with control group of 30 prisoners (15 in experimental group and 15 in control group) were selected via available sampling and were tested in terms of spirituality and health. Then, the experimental group underwent hope training in 8 sessions. Each session lasting 3 hours. But the control group received no intervention.

**Findings:** The results of ANCOVA, showed that the intervention based on hope, have been effective on the increase of spirituality and health of prisoners.

**Conclusions:** It seems that management skills and behavioral knowledge (hope) is a good way to increase the spirituality and health of prisoners.

**Key Words:** OMID, spirituality, health
The effectiveness of Omid in the existential health and spiritual well-being

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**Problem Statement:** Issues related to the meaning of life can seriously influence people’s view towards themselves, disease and the future.

**Research Questions:** Is management skills and behavioral knowledge (OMID) program effective in the existential health and spiritual well-being?

**Purpose of the Study:** The purpose of this study is the effectiveness of management skills and behavioral knowledge (OMID) in the existential health and spiritual well-being of Students.

**Research Methods:** In a quasi-experimental with a pre-test, post-test design with control group, 15 students were selected and randomly assigned to experiment and control group. They were tested in terms of existential health and spiritual well-being. Then, the experimental group underwent hope training in 8 sessions. Each session lasting 3 hours. But the control group received no intervention.

**Findings:** The results of ANCOVA, showed that the intervention based on hope, improves the spiritual well-being and existential health of experimental group.

**Conclusions:** It can be claimed that the method of hope is effective in the increase of existential health and spiritual well-being of students.

**Key Words:** OMID, existential health, well-being
The effectiveness of OMID program on self-efficacy

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**Problem Statement:** Self-efficacy is the extent or strength of one's belief in one's own ability to complete tasks and reach goals.

**Research Questions:** Is empathy management skills and behavioral knowledge program (OMID) effective in the self-efficacy?

**Purpose of the Study:** The purpose of this study is the effectiveness of management skills and behavioral knowledge program (OMID) on creating self-efficacy of students.

**Research Methods:** In a quasi-experimental with a pre-test, post-test design and control group 15 students were selected via available sampling and tested in terms of self-efficacy. Then, the experimental group underwent hope training in 8 sessions. Each session lasting 3 hours. But the control group received no intervention.

**Findings:** The results of ANCOVA showed that the intervention based on management skills and behavioral knowledge program (OMID), have been effective in self-efficacy of students.

**Conclusions:** It seems that management skills and behavioral knowledge (hope) is a good way to increase the self-efficacy of students.

**Key Words:** OMID, self-efficacy
Problem Statement: Self-efficacy is the extent or strength of one's belief in one's own ability to complete tasks and reach goals.

Research Questions: Is empathy management skills and behavioral knowledge program (OMID) effective in the self-efficacy?

Purpose of the Study: The purpose of this study is the effectiveness of management skills and behavioral knowledge program (OMID) on increasing self-efficacy of students.

Research Methods: In a quasi-experimental with a pre-test, post-test design and control group 15 students were selected via available sampling and tested in terms of self-efficacy. Then, the experimental group underwent hope training in 8 sessions. Each session lasting 3 hours. But the control group received no intervention.

Findings: The results of ANCOVA showed that the intervention based on management skills and behavioral knowledge program (OMID), have been effective in self-efficacy of students.

Conclusions: It seems that management skills and behavioral knowledge (hope) is a good way to increase the self-efficacy of students.

Key Words: OMID, self-efficacy
Comparison of CBT, spiritual and four dimensions psychotherapy on distress

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Problem Statement: Breast is a symbol of femininity and loss of breast can be a major source of distress in women with breast cancer.

Research Questions: Is there any difference between the effect of CBT, FDT in the reduction of distress of patient with breast cancer?

Purpose of the Study: The aim of this study was to compare the effect of four dimensions psychotherapy (FFT), cognitive behavior therapy (CBT) and spiritual therapy (ST) on women with breast cancer.

Research Methods: 60 women with breast cancer were randomly assigned to cognitive behavior, four dimensions, spiritual therapy and the control group. The groups were tested at the start, end and two months after the interventions with distress questionnaires. Separate group therapy sessions were presented for all three groups once a week for 12 sessions.

Findings: MANOVA indicated that there is a significant difference between experimental and control groups in distress. FFT, CBT and ST are effective in distress, although the effect of CBT was less than ST. Follow-up stage supported the sustainable results.

Conclusions: All the three methods create significant changes in improving emotional regulation in women with breast cancer.

Key Words: Four dimensions psychotherapy, distress
Effectiveness of Relaxation on distress and cortisol levels in patients with MS

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**Problem Statement:** Multiple sclerosis is one of the most common chronic neurological disorders that makes the person to face a great deal of distress

**Research Questions:** Is relaxation effective in the reduction of Stress and cortisol levels?

**Purpose of the Study:** The present study investigates the efficacy of relaxation in reducing distress and cortisol levels in patients with multiple sclerosis (MS).

**Research Methods:** In a quasi-experimental study with a pre-test and post-test control group design was done. Among MS patients, 30 were selected for sampling and were replaced in both control and experimental groups by random sampling. Subjects before and after the intervention, were evaluated in terms of distress and cortisol levels. The experimental group received 8 sessions of relaxation.

**Findings:** The results of ANCOVA showed that relaxation causes a significant reduction in the amount of distress and cortisol levels compared the control group.

**Conclusions:** It seems relaxation is effective in the reduction of Stress and cortisol levels among MS.

**Key Words:** Relaxation, cortisol, stress
Obesity, food habits, physical activity among students in Elbasan district

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**Problem Statement:** Obesity among youth is today a major public health problem.

**Research Questions:** What is the prevalence of obesity among students?

**Purpose of the Study:** Is to determine the distribution and incidence of overweight and obesity in a group of students surveyed at the University "Alexander Xhuvani" Elbasan and dietary implement them, in order to help health educators develop programs, which recommend good food choices, good habits of eating and involvement in sports.

**Research Methods:** This is a descriptive study, transverse, conducted during the period October 2013-January 2014 at the "Alexander Xhuvani" Elbasan.

**Findings:** Results showed that the prevalence of obesity was 2.3% being more common among men than among women (3.9% M and 14.1% F) In contrast, women were underweight compared with men. Gender difference in nutritional regimen to follow is significant. Students have different attitudes towards involvement in physical activities and sports.

**Conclusions:** The prevalence of obesity is low between our students.

**Key Words:** Obesity, BMI, food habits, physical activity
Interethnic relations' culture is condition of formation of youth tolerant consciousness

Problem Statement: Study of personality and formation of tolerant consciousness of teenagers

Research Questions: How to promote respect to other nations, cultures among arising generation?

Purpose of the Study: How to help our teenagers to be united and tolerant to each other for their future and the future of our country.


Findings: We have developed a program of correction behavior among adolescents. The teenage period is the most favorable for the development of communication skills and formation of them to a higher level - of interethnic interaction. At this age it is begun to form a sense of cultural identity of a person and the question of cultural identity is growing.

Conclusions: In modern society the targeted educational strategy for formation positive tolerant relations in society is necessary. The meaning of tolerance is in active cognitive position and psychological readiness to patience for positive interaction with people of some culture, nation, religion, social environment.

Key Words: Interethnic communication, tolerance
Resilience and adaptation of adolescents

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**Problem Statement:** The first studies on resilience originate in child psychology and psychiatry. Contemporary authors define resilience as a dynamic process involving positive adaptation in the context of adverse living conditions.

**Research Questions:** Resilience, vitality, self-regulation, coping behavior and psychological defense mechanisms influence the processes of human adaptation.

**Purpose of the Study:** We hypothesized that the resilience of adolescents is associated with indicators of social adaptation.

**Research Methods:** A variety of methods for empirical data collecting were used: observation, expert interviews and test methods.

**Findings:** First, we have found that the main causes of adolescents’ social disadaptation are: manifestation of anxiety and hostility to adults, impulsivity and failure to comply with social norms. Secondly, the low level of the risk group’s resilience is determined by the lack of control over events and determination on choice making in difficult situations, including traumatic ones.

**Conclusions:** Therefore, resilience is an important resource for the adolescents’ development and social adaptation to environmental conditions.

**Key Words:** Resilience, adolescent, social adaptation, resource
The correlation between maternal adult attachment style and postpartum depression

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Problem Statement: Postpartum depression is one of the most important mental health issues considering negative effect of depressive mother on child development, mother-infant relationship, and whole family health.

Research Questions: We proposed the following research question: would it be possible to screen women at high risk for postpartum depression before giving birth?

Purpose of the Study: We sought to determine if the adult attachment styles of pregnant women (secure versus insecure) could predict the development of postpartum depression.

Research Methods: Fifty-seven pregnant women were enrolled. Revised-Adult Attachment Scale (K-RAAS), State Trait Anxiety Inventory (STAI-S), and Center for Epidemiologic Studies Depression Scale (CES-D) were administered. At two and six weeks postpartum, Edinburgh Postnatal Depression Scale (EPDS), STAI-S, and CES-D were assessed. Participants were categorized into secure-mom group (SMGN=48) or insecure-mom group (IMGN=9) according to K-RAAS. Repeated measures analysis of covariance was used.

Findings: There was different pattern of changes of STAI-S(F=4.47,p=0.01), CES-D(F=5.04,p=0.01), and EPDS(F=10.34,p0.01) scores between IMG and SMG. While SMG STAI-S scores decreased during whole period, IMG scores decreased during first two weeks but increased during next four weeks. While SMG showed decreased CES-D and EPDS scores, IMG showed increased scores from week2 to 6.

Conclusions: Assessing the maternal adult attachment style before giving birth seems to be helpful for screening high-risk group who are vulnerable to develop postpartum depression and anxiety. Clinicians should pay particular attention to high-risk mothers for preventing postpartum depression and further complications such as mother-infant relationship problems, developmental problems of her child, and go further, risk of suicide and infanticide.

Key Words: Maternal adult attachment style, postpartum depression
Problem Statement: After having analyzed the existing literature it was seen that university students, the adults of future, do not have sufficient knowledge about organ donation.

Research Questions: What do university students think about organ donation in terms of social, educational and religious?

Purpose of the Study: With this study it was aimed to determine the perception of university students regarding organ donation in terms of sociality, education and religion and to make recommendations according to these results and to create the basis for the planned training program regarding this issue.

Research Methods: It was planned to carry out the study as descriptive and cross-sectional type. No sample selection was made in the study (N=345). Students visiting the university between the dates (15.11.2014-15.01.2015) and wanted to participate as volunteers (n=313) have constituted the sample of the study. Prior to starting the study, the permissions have been obtained.

Findings: Analyzing the relationship between students’ social, educational and religious perception of organ donation and their thoughts about organ donation “There should be impeding conditions for organ donation in terms of religion.” (p<0.01), and the thoughts of students regarding organ donation there is a statistically significant relationship.

Conclusions: Young people have an insufficient perception of organ donation in terms of social and educational aspects, whereas they have a sufficient religious perception. Prejudices that cause negative thoughts should be eliminated. Systematic organizations regarding organ transplantation and donation should be carried out and it should be provided that the students take responsibility in this field.

Key Words: Organ donation, religion, education
Problem Statement: Critical thinking is the key element of nursing practice, because critical thinking constitutes the base of developing accurate communication, problem solving ability, understand conceptual and theoretical features and nursing science.

Research Questions: What do the critical thinking levels of nursing students?

Purpose of the Study: As critical thinking is influencing patient care potentially, it is very important. With this study it was aimed to determine the critical thinking levels of nursing students.

Research Methods: This study was planned to be conducted as analytical descriptive type in Corum/Turkey in the year 2014. Sample of the study (n=298) consisted of all students visiting the Health High School. The data in the study was collected by using Student Descriptive Characteristics Inventory Form and CCTDI.

Findings: Nursing students’ critical thinking point averages were found low. Whereas students’ CCTDI sub-scale point averages regarding analyticity and open-mindedness are medium, it was determined that searching for the truth, systematicity, self-confidence and curiosity sub-scale point averages are low.

Conclusions: It is recommended to use educational methods intending to increase students’ critical level during nursing education, to encourage students to read books-magazines and newspapers, to perform intervention studies that evaluate the effects of different interventions in order to provide students with critical thinking skills.

Key Words: Nursing, California Critical Thinking Dispositions Inventory(CCTDI)
Problem Statement: There is increasing percentage of chronically ill children at school and teachers have no quality education how to teach access and evaluate children with chronic diagnosis.

Research Questions: May participation at module increase self-esteem of participant at this module and strengthen their professional growth?

Purpose of the Study: Aim of the study was to strengthen professional growth of teachers through participation at module of education which is organised within project, supported by the Czech Fund of Educational Policy and named Route from the Beginner to the Mentor at Faculty of Humanities, Tomas Bata University in Zlín.

Research Methods: The support for teachers is being provided in the form of instructional module. Module is a self-contained course for a particular target group of teachers. Module is for 10-20 teachers who can participate in the learning process. Research data will collect by evaluation of the module. As research instrument for qualitative analysis the teacher's journal will be used.

Findings: There are not findings yet because the realization of the module is not completed.

Conclusions: The increasing of professional growth and self-esteem of teachers is very useful in their professional practice. Graduation of described module “analysis of the teacher’s work with ill children” offers an overview of the most frequent children’s illnesses, prevention, skills how to work with children at school, how to create positive environment for them or give first aid.

Key Words: Teacher, children, illness, further education, self-esteem