

Health

SYMPOSIUM

8029

COVID-19: Expanding professional psychology's role through advocacy for marginalized populations
Chair: Russell Searight Lake Superior State University, United States of America

This symposium is a result of a joint effort of the COVID-19 task force of the American Psychological Association's Division of International Psychology. A subgroup of the task force has considered the impact of health disparities, access to health care, and ethical dilemmas during the COVID-19 pandemic. In order to fully respond to the challenges posed by COVID-19, psychologists have found themselves struggling with issues and roles that go beyond the traditional person-centered focus of our discipline. In many industrialized countries, COVID-19 has highlighted health care disparities, discrimination, and fundamental human rights such as equitable access to medical care. World-wide, indigenous communities are often at disproportionate risk for greater morbidity and mortality from COVID-19. Factors contributing to this vulnerability include food insecurity, substandard housing, lack of clean water and inadequate sanitation. A legacy of discrimination and colonialism contribute to mistrust of medical institutions. In addition, the pandemic raises a number of ethical issues reflecting justice and fairness in allocating scarce medical resources. To have a full appreciation of the social implications of the pandemic, psychologists will, of necessity, need to be knowledgeable about medical ethics, guidelines for allocating treatment and the history of marginalized populations, and become advocates for a just and fair health care system. COVID-19 has introduced health care rationing in the United States and required countries with universal health coverage to prioritize who will and will not receive active versus palliative interventions. As these are systemic policy issues, psychologists should develop knowledge and skills in advocacy. Many national psychological associations in North America and Europe are addressing these issues in formal policy positions regarding COVID-19. In order to develop multicultural competence, policy advocacy should become part of undergraduate and graduate psychology education and be included in accrediting programs.

COVID 19's ethical dilemmas: Can rationing be fair when health disparities persist?
Russell Searight Lake Superior State University, United States of America

COVID-19 highlighted health disparities in many countries –including those with universal health coverage. Internationally, COVID-19's rapidly rising incidence overwhelmed existing medical systems and of necessity, required formal and informal treatment rationing. In the United States and Europe, migrant and ethnic minority communities experienced higher rates of COVID-19, greater mortality and received less aggressive treatment. Within the United States, relative to Whites, the African-American community has a long history of greater mortality, morbidity, and obstacles to accessing medical care. However, with the sudden appearance of COVID-19, U.S. health providers were faced with decisions about rationing ventilators, intensive care unit beds and ambulances. Explicit, rule-governed health care rationing has been relatively rare in the U.S. However, influenced by Italy's COVID-19 experience, the pandemic forced U.S. health providers to develop decisional algorithms based on patient characteristics. Since minority populations often delay seeking care and are more likely to have comorbid conditions, these algorithms, relying on dimensions such as COVID-19 symptom severity and presence of comorbid health conditions, while logical from a utilitarian perspective, perpetuate long standing disparities. According to the algorithm, these characteristics reduce the likelihood of receiving potentially life-saving treatment. Additionally, guidelines recommended priority for treatment to participants in early COVID-19 vaccine trials. With the availability of a COVID-19 vaccine, historical influences such as the early-mid 20th century Tuskegee Syphilis Study in which patients were deliberately deceived about their condition and treatment availability, are likely to adversely impact vaccine acceptance within the African-American community.

COVID-19 and ethical issues: Impact on indigenous communities
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COVID-19 has widespread global impact and repercussions throughout the world. At the time of this writing over 92 million people have been infected worldwide. Experts agree that there are significant disparities in COVID-19 infection rates domestically and internationally in particular socioeconomic, ethnic, and racial groups. These disparities are reflected in marked differences in lack of access to testing, healthcare services, ongoing institutionalized racism that has been existent for centuries, and discrimination of marginalized groups. This presentation focuses on the ethical issues and global plight of indigenous groups that have been overlooked domestically and internationally. Globally, indigenous communities have experienced multiple human rights violations.

Cultural norms and practices and historical incidents of outsiders impeding on their beliefs, engaging in cultural genocide, and not respecting treaties have created distrust between indigenous communities and the western world. Indigenous groups that attempt to maintain their cultural identity and practices are often isolated from mainstream society. They lack access to sanitation and opportunities to practice physical distancing, and mental health and medical resources to protect them against the harsh consequences of COVID-19. In addition, there is a deep distrust of mainstream institutions due to past historical atrocities against indigenous peoples. This presentation will review policy briefs and recommendations that address the concerns of indigenous peoples in North America and globally. Structural barriers, current programs that address well being and recommendations for indigenous peoples will be explored. A trauma informed approach will be utilized to make further organizational and systemic recommendations.

Psychological associations and advocacy during COVID-19
Laura Dryjanska Biola University, United States of America

COVID-19 has been described as an unprecedented catalyst for social transformation that emphasizes the pressing need for multilevel and cross-sectoral solutions to address systemic changes to improve health equity for all. This presentation will discuss the role of psychological associations as advocates since the outbreak of COVID-19. Advocacy stands out across different countries as a responsibility of national and international psychological associations. Vigorous advocacy is a must in the face of disparities influenced by race, social position, socio-economic status, overall health status, and other factors that affect exposure risk and treatment quality. As some scientists note, advocacy at the structural and industry levels, as well as personal responsibility as professionals is essential to be aware and take ownership of advocacy efforts led by psychological associations (i.e., APA's Psychology Advocacy Network and Advocacy training). Psychological associations play a vital role in establishing standards for higher education and continuing education that should include advocacy. In North American psychology, a well-established training model urges students to expand their roles as scientists and practitioners to incorporate social justice advocacy as part of a basic commitment to multicultural competence proposed by Mallinckrodt and colleagues. In Europe, social innovation and sustainability have been receiving increasing attention. Discussing changes in graduate higher education in psychology during COVID-19, this presentation emphasizes the ethical decision-making process related to training, encourages debate concerning advocacy in psychology, as well as the flexibility

of the boundaries in professional psychology training, considering some ethical dilemmas that may emerge in the process.

3142

Health forming and inner health picture in children and adults

Chair: Svetlana Burkova Herzen State Pedagogical University, Russia

The deterioration of the level of health, which leads to a decrease in the quality of well-being, is one of the acute problems that can be solved by methods of health psychology. The specifics of health psychology, the theoretical basis of which will be taken as a basis in this symposium, is a description of the conditions under which a person will actively change his own behavior towards a healthy lifestyle. This topic is being updated even more due to the fact, that it is possible to prevent a “disease” at the prophylaxis stage and maintain “health”. This factor is more beneficial not only from the emotional and psychological side, but also from the economic one. As a result, research in the field of health psychology is gaining momentum. This problem should be solved at several levels: at the level of assessing the state of health and the reasons for its deterioration, at the level of methods of influencing people of different ages that contribute to changing human behavior, and at the level of building university programs for training masters to work with people. The symposium contains reports that allow us to talk about various aspects of health (physical, mental, social) and the general idea of it. All levels and aspects will be covered by the reports of this symposium, which will create a holistic picture of the necessary practical actions in order to increase the level of the internal health picture.

Inner health picture of children from families with different styles of relationships

Svetlana Burkova Herzen State Pedagogical University, Russia

Health is an integral component of a successful human life in modern society. The closest environment that is the family can give the foundation for caring for the child's own health. A conscious perception of one's well-being allows forming an internal picture of health (IHP) as a set of ideas about the possibilities of one's health, about the causes and consequences of improving or worsening it, and about methods of maintaining it. Parents are able to influence the mood, well-being, behavior of the child, contribute to the development of knowledge about their own body and feelings. As a result, the formation of the IHP of a preschooler directly depends on the parental attitude to the child's health, and most importantly, the attitude to health as a value. With the aim to describe the characteristics of family relationships with different levels of formation of IHP in children of preschool age

we designed a study with 54 children (5–7 y.o.) and their parents and the following methods: express diagnostics of child IHP (Nikolaeva E.), “Homunculus” test (Semenovich A.), free associative experiment (in authoring) and questionnaire “Analysis of family relationships” (Eidemiller E., Justickis V.). As a result, it was shown that the majority of preschoolers have an unformed IHP. While a significant interdependence of the level of formation of the IHP and the style of family relationships was found ($p < .001$). For children who have formed IHP a harmonious type of relationship is characteristic in the family, other types of family relationships in this group of respondents were not identified. Equally condoning hyperprotection and harmonious relations between children with an incompletely formed IHP. In a group with unformed IHP, the predominant type of family relationship is indulgent hyperprotection, increased moral responsibility and hypoprotection are found in them to a lesser extent.

Cancer prevention and early diagnosis in Latvia

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Cancer prevention and early diagnosis is one of the priorities defined in Public Health Guidelines in Latvia for 2014–2020. Within national research program “Challenges and solutions of Latvian State and Society in an International Framework” (INTERFRAME-LV) national representative study is made in 2019 including following variables: usage of free cancer preventive checks by participation in state-paid cancer screening programs; usage of cancer preventive check for fee; usage of free preventive general health check; general perception of the national health care system as patient-friendly and overall trusting national health care system. There is significant difference ($p \leq .001$ Pearson Chi-Square = 74,247a) between males ($n = 330$) and females ($n = 443$) in non-usage of free cancer preventive checks with no intention to use (48,5% among males; 23,3% among females); as well as in usage of all possible options of free cancer preventive checks (12,4% among males; 34,1% among females). Among 443 female respondents aged 25–75 there is significant ($p \leq .001$) correlation between usage of free cancer preventive checks usage of free preventive general health check (Somers' $d = 0,691$; Kendall's tau-b = 0,691). There is lower, but still significant ($p \leq .001$) correlation between usage of free cancer preventive checks and usage of cancer preventive check for fee (Somers' $d = 0,287$; Kendall's tau-b = 0,288). Research data are showing, that there is no significant correlation between usage of any of cancer prevention check and perception of the national health care system as patient-friendly and overall trusting national health care system.

Gathered data give wide possibilities to statistically test many variables relationships and may be partly compared to previous research on health behaviour among Latvian adult population conducted by Center for Disease Prevention and Control (2018).

Dynamic visual acuity and the psychophysiological mechanism of reading disorders in children

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One of the functions of the vestibular system is the automatic stabilization of the eyeballs during head movements. This mechanism allows you to keep a stable image on the retina and provides dynamic visual acuity. Due to the vestibulo-ocular reflex during fast head movements, normal dynamic visual acuity remains almost the same as a static (in the traditional test of visual acuity with a fixed head). The study involved 120 children aged 7 to 10 years with reading disabilities. To assess the static and dynamic visual acuity in sitting and standing positions we were used the standard ophthalmological table by Sivtsev. Assessment of vestibular function was carried out by the method of cervical myogenic evoked potentials (otolithic function) and by the method of recording the duration of rotational nystagmus using electrooculography. Our hardware studies have found that 86% of students with learning difficulties have vestibular disorders. We hypothesized that vestibular dysfunction may result in impaired dynamic visual acuity, which causes reading difficulties. A survey in a group of children with reading impairments revealed that in 70% of them with head movements, visual acuity is significantly reduced: from 2 to 5 lines according to the table for checking visual acuity. This deficiency can be the reason for difficulties in automating reading skills, since reading in this case requires additional energy from the child to stabilize the eyeballs and image recognition. Children with vestibular disorders need to perform special exercises to develop dynamic visual acuity.

Trust as one of the factors in social health: Latvian experience

Sanita Šuriņa Rīga Stradiņš University, Latvia

Trust is one of the main factors in social capital and is a precondition for the positive development of the state and society. Institutional trust is one of the dimensions of trust and it is defined as dynamic relationship between an individual and an institution. The Latvian society has multi-ethnic structure, and during the last 30 years it has experienced fast changes in political, social and economic system. It is important to assess differences in institutional trust indicators, for socio-demographic groups in Latvian society, within the framework of the concept of social capital. The aim of this study was to assess differences institutional

trust indicators for socio-demographic groups in Latvian society. The data originate from a population-based cross-sectional survey ($N = 1014$, age 18–75) performed by study center SKDS, in cooperation with national research programme project "Challenges and solutions for Latvia's state and society in an international context (INTERFRAME-LV)". Institutional trust was measured by using question "How much do you personally trust in (1) government, (2) legal system, (3) news media, (4) the police, (5) national security system?", with responses ranging in a scale from 0 (no trust at all), to 10 (complete trust). Socio-demographic factors used in the survey where: gender, age, ethnicity, education level. Findings of this study indicated that there are statistically significant differences in institutional trust indicators regarding government with different ethnicity ($p < .000$); legal system with different groups of age ($p < .029$), education level ($p < .000$), ethnicity ($p < .000$); news media with different groups of education level ($p < .000$), ethnicity ($p < .007$); the police with different groups of age ($p < .001$), education level ($p < .001$); national security system with different groups of age ($p < .004$), education level ($p < .008$) and ethnicity ($p < .001$). Conclusions: Latvian society is characterized by different institutional trust indicators for different socio-demographic groups.

The importance of mental health for maintaining the adaptive potential of a person

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Social changes actualizes the adaptive potential of the individual. However, prolonged stressful events in people's lives can cause the mental disorder symptoms. This study involved two groups (67 people in total): healthy adults and patients of a neurosis clinic with a diagnosis of anxiety-phobic disorder in a ratio of 3:1. Groups are comparable in terms of demographic characteristics: no statistically significant differences in gender ($p > .01$, $p = .3$) and age ($p > 1$, $p = .188$). In a group of clinic patients presents a greater number of single and divorced people in comparison to healthy ones. The method used was "Posttraumatic symptom scale, 10 items (PTSS-10)" (Schüffel W., Schade B.). The results of the study allowed us to analyze the differences between somatically healthy people and patients with anxiety-phobic disorders. Healthy people rarely have statements about the difficulty of falling asleep ($p < .001$), sleep interruption is not observed ($p < .001$). Respondents may report unpleasant experiences and dreams, but associate them with specific situations. Clinic patients have persistent manifestations of insomnia, difficulty falling asleep and waking up, short, shallow sleep with an unexpected awakening. Healthy people talk about their condition with great

diversity in the manifestation of affect. For example, they describe depression as fatigue, lethargy, and powerlessness. For them, the need for privacy is temporary and constructive ($p < .001$), which allows them to remain in silence, alone with themselves, to engage in privacy with their favorite business, to relax from the daily workload. Against the background of clinical symptoms of anxiety-phobic disorder, patients are more likely to report apathy, helplessness and self-pity. The need for solitude for them characterized by the rejection of contacts, their avoidance and the feeling of loneliness. Thus, the presence of mental health contributes to the preservation of the adaptive resources of the individual.

2600

Health psychology research and intervention in emerging zoonotic diseases in Costa Rica and India

Chair: Benicio Gutiérrez-Doña Universidad Estatal a Distancia (UNED), Costa Rica

Emerging Zoonotic Diseases (EZD; diseases transmitted between animals and humans) became a global challenge for Health Psychology (HP). EZD are not only highly unpredictable, but also highly variable in terms of their effect on human health. This symposium presents 3 empirical studies and 1 theoretical analysis on the challenge of cross-cultural research in HP and EZD. Studies have a broad guiding research question: What is the role played by health psychology in investigating, preventing and controlling EZD-related morbidity and mortality? In answering to this question, Study 1 and 2 investigated multidimensional determinants (MD) of Dengue Fever, Zika and Chikungunya in Costa Rica. These diseases are caused by Arbovirus Infection transmitted by Aedes mosquitoes. This mosquito is widely spread in Costa Rican and Indian territories. A theoretical model that defines Arbovirus Infection as mediator of the MD-disease relation is under evaluation. In Study 3, objective and subjective risks of getting Paragonimiasis, a chronic disease damaging lungs and internal organs, are investigated. This disease is caused by trematodes of the genus Paragonimus, when a person eats poorly cooked freshwater crabs or crayfishes infected with Metacercariae. Both Indians and Costa Ricans consume freshwater crabs and crayfishes as source of protein. Empirical studies presented here are theoretical oriented. They integrate multidisciplinary innovations into health psychology and behavioral medicine models, such as geospatial technology, flora-fauna-human interaction, human use of time and global change. Studies are conceived to be replicated in India by means of cross-cultural qualitative and quantitative research strategies. This is the central challenge that final presentation points out. Costa Rican and Indian scientists propose a step by

step approach in order to replicate Costa Rican studies in India. Cross-cultural empirical evidence supporting theoretical models, ecological validity of observations, methodological challenges and plausibility of qualitative and quantitative analyses are considered and discussed.

Multidimensional determinants of diseases transmitted by Aedes mosquitoes in Costa Rica and India

Benicio Gutiérrez-Doña Universidad Estatal a Distancia (UNED), Costa Rica

Dengue Fever, Zika and Chikungunya are diseases of the arbovirus group transmitted by Aedes mosquitoes in Costa Rica and India. This work presents two studies aimed to understand the role played by multidimensional determinants in Arbovirus Infection (AI). Study 1 (North Pacific) evaluated a sample of $N = 800$ Costa Ricans in high risk of AI; Study 2 (Central Pacific) investigated a sample of $N = 100$ Costa Ricans diagnosed with AI. Studies will be replicated in India. Results of North Pacific revealed that Odds Ratio of female's AI has tripled the one of males ($OR = 2.97$ times $F > M$). Principal Component Analysis calculated on 68 risk variables yielded a 5-factor model explaining 66% of variance. Low but theoretically meaningful correlations were found between perceived risks of AI, mosquito breeding sites, stilt-houses, repellent use, campaigns and AI ($.10 < r < .30$; $.000 \leq p < .05$). According to Wald's criterion (SPSS-logistic regression), mosquito breeding sites [$\chi^2(1, N = 586) = 24.69, p < .001$] and affiliations [$\chi^2(1, N = 586) = 4.228, p < .001$] significantly predicted AI. Environmental observations suggested that Neem tree (*Azadirachta indica*) and calcareous stones were related to no AI. In Central Pacific, the role played by multidimensional determinants in AI are currently being investigated. For example, house architecture, exposure to mosquito, pet ownership, flora-fauna interaction, poverty, subjective/objective risks, and public health measures to reduce AI-related morbidity. Universality of patterns of AI, within and across countries (India and Costa Rica) are under scrutiny.

Health behaviors and risk of paragonimiasis among crab consumers in Costa Rica and India

Benicio Gutiérrez-Doña Universidad Estatal a Distancia (UNED), Costa Rica

Paragonimiasis (a zoonotic parasite disease related to human consumption of poor cooked crab or crayfish infected with Metacercariae) is a significant but unrecognized public health problem in Costa Rica and India. Hernández-Chea et al. (2017) identified 599 Metacercariae in $N = 347$ crabs collected across different communities in Costa Rica. Given results, a health psychology research was conducted on $N = 27$ communities and

$N = 534$ persons living in high risk zones of Paragonimiasis. Results showed that 21% communities and 31% participants reported regular crab consumption (at least 1–3 times/month), either parboiled (5.4%), fried (17%) or in soup (20%). Crab eating was correlated with crayfish consume ($r = .70$, $p < .001$). The 4-item scale used in Laos (Oddermat et al., 2009) to identify suspected Paragonimiasis reached an $\alpha = .60$ in Costa Rica. Principal component analysis generated a 4-factor structure model for human-crustacean interaction explaining 59% of variance. Interventions for physicians were implemented to adopt Paragonimiasis protocols in clinics and hospitals. Community interventions aim to adopt healthy crab or crayfish cooking practices. In evaluating assumptions of Schwarzer's HAPA-model (2019), results showed that intentions, action planning and coping planning were negatively associated with crustacean's consumption. General practitioners working for 85 EBASIS who assist circa 255000 Costa Ricans received training in Paragonimiasis protocols. Health Psychology research/interventions will be replicated in India. Medical and psychological diagnostics, treatments and interventions on diverse samples are a real challenge for effective translation of science into practice considering an evolving social, economic and cultural context.

Translating psychological science into practice in zoonotic diseases in India and Costa Rica

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Health Psychology and Behavioral Medicine are health-related disciplines concerning Emerging Zoonotic Diseases (EZD). Costa Rica and India are working together on cross-cultural research/interventions designed to face life-threatening public health problems. Dengue Fever, Zika, Chikungunya, Yellow Fever and Malaria are EZD transmitted by mosquitoes *Aedes* and *Anopheles*. Paragonimiasis is a zoonotic disease transmitted by consumption of poor cooked crabs or crayfish infected with *Metacercariae*. Costa Rica, a 5-million inhabitants' country, is an ideal tropical region to conduct small-scale research/interventions to be replicated on a larger scale in Indian. A step-by-step approach is being implemented to accomplish goals: First, in 2019, convention agreement was signed by participating countries. This was done to promote academic exchange in science and technology; second, principles of good clinical practices are being met by both countries; third, research/interventions were declared relevant, common and comparable; fourth, theory, method and data were harmonized considering cultural particularities; fifth, comparative advantages are being considered, in improving medical and psychological research/intervention protocols; sixth, science

is being translated into practice to provide concrete benefits for vulnerable persons in both countries. For example, India is conducting multilingual translations and adaptations, and harmonizing Costa Rican health psychology and behavioral medicine protocols with Indian research/interventions protocols for Arbovirus Infection and Paragonimiasis. In addition, India and Costa Rica are interested in understanding short/long-term neuropsychological impact of Paragonimiasis and Mosquito-borne diseases. To accomplish goals, new technology is being proposed for diagnostic, interventions, and treatments. Further details and examples are given for the above mentioned steps and collaborative innovations.

2376

Psychosocial aspects of advanced heart diseases in all ages: Implications for patient-center care

Chair: Amy Ai *Florida State University, United States of America*

Over the past decade, patient-center care has become a standard to measure the quality of care. care is featured by the patient centered goals, foci on not only physical comfort but also emotional wellbeing and behavioral health, and collaboration of health providers with patients and families, based on their preferences, values, cultural traditions, and socioeconomic backgrounds. Psychologists' role in medical settings and beyond, thus, should be enhanced based on evidence-based studies. To promote understanding of patients' psychological needs in this new era, this symposium aims to present four psychosocial studies on advanced heart conditions that require life-altering operation in children, adults, and the elderly. Study I examined the association between perception of barriers to medication adherence and posttransplant health outcomes among pediatric solid organ transplant recipients. Study II explored the association of hope/optimism, a character strength, with levels of anxiety experienced by adult and older patients during the highly stressful waiting time prior to heart surgery. The finding showed the minority disadvantage. Study III addressed posttraumatic stress symptoms and their association with post-operative medical complications among pediatric solid organ transplant patients and their caregivers. Study IV investigated the prediction of dispositional optimism prior to non-transplant open-heart surgery for anxiety one-months post the event. These finding adds new and more dependable knowledge about the role of psychosocial factors in cardiac surgery. The interdisciplinary nature of the evidence may have clinical implications for patient-centered, care for cardiac patients, if the results can be further validated and replicated in future investigation.

Medication barriers and health outcomes: Experiences of pediatric transplant recipients

Michael Killian *Florida State University, United States of America*

Organ transplantation seeks to enhance and extend the quality of life of patient while managing a complex posttransplant medical regimen. For children and adolescents who have undergone an organ transplantation, numerous challenges exist when integrating their treatment regimens within the home, family, and social environments. Patients heart, liver, or kidney transplant recipients and caregivers from an organ transplant program from a large, pediatric medical center were recruited for the study. Patients and caregivers were completed self-report questionnaires including on their perception of barriers to medication adherence, namely the Adolescent Medication Barrier (AMBS) and the Parental Medication Barrier Scales (PMBS). Posttransplant outcomes included medication adherence, late acute organ rejection (LAR), and hospitalization during last year. Ninety-four patients and caregivers completed an AMBS or PMBS self-report questionnaire. Using a sample larger than that of the original AMBS and PMBS studies, CFA modeling demonstrated generally good fit of the factor models to the data for the PMBS and AMBS. Internal consistency reliability was good to excellent for the AMBS and PMBS, yet inter-rater agreement between patients and caregivers was poor to fair. Greater medication barriers were reported among younger and female patients, families with more children in the home, and Hispanic parents. Only AMBS scores were correlated with LAR and hospitalization due to LAR. Results point to the difficulty of the assessment of barriers to medication adherence and the lack of agreement between patients and caregivers. Adolescent reports of medication barriers may offer some clinical utility when approaching patients with adherence difficulties.

Character hope optimism/related to low anxiety in patients with advanced heart diseases

Amy Ai *Florida State University, United States of America*

Anxiety and depression are co-morbidities in heart disease (HD) patients, but fewer studies have addressed anxiety than depression in HD patients, controlling for medial confounders. Hope is a character strength indicated by factors hope/optimism. Previous research has consistently reported optimal health outcomes among optimists. Patients with advanced HD ($n = 400+$) were recruited through face-to-face interviews by trained research assistants. We evaluated the role of Hope with other psychosocial protective factors (e.g., spirituality/religion indicators and perceived social support) in anxiety during the stressful waiting

period prior to open-heart surgery. Indicators of general health, illness impact, behavioral risks, and cardiac and medical indices the Society of Thoracic Surgeon's national database used by all cardiac surgeons were controlled for. Anxiety was positively correlated with female gender, number of medical comorbidities, impacted health, functioning, and wellbeing, and negative religious coping or spiritual struggle. In multivariate analysis, entry of psychosocial factors eliminated the influence of impacted health, but those of age, impacted wellbeing, and absent heart attack sustained and the effect of left main disease >50% became significant. As we hypothesized optimism and hope were inversely associated with anxiety ($B_s = -.28$ and $-.10$, $p < .001$ and $.005$) while positive religious coping was a positive correlate. Our findings supported the hypothesis that character strength Hope contributed to low anxiety with advanced HD. The finding expands the literature with more convincing medical evidence. The interdisciplinary nature of the evidence may have clinical implications for patient-centered, pre-OHS care for these patients, if results can be further supported in clinical trials.

Examining the association of medical complications and posttraumatic stress symptoms in solid organ

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Pediatric solid organ transplant patients and their caregivers must cope with ongoing medical and psychosocial complications following transplantation and are at an increased risk of experiencing posttraumatic stress symptoms (PTSS). This study examined the association between post-operative medical complications and PTSS in patients and caregivers. Participating patients had to be between the ages of 8 and 21 and have received a solid organ transplant at least one year prior to recruitment. Posttransplant medical complications included acute cellular or anti-body mediated rejection episodes and transplant-related hospital admissions one year prior to participation. Seventy-one transplant patients and fifty-five caregivers participated in the study. A subset of patients (21.1%) and caregivers (10.9%) met clinical cutoff for PTSD. Analyses identified no significant differences in patient-reported PTSS between patients who experienced transplant-related medical complications in the previous year compared to those who had not. Caregivers whose child was hospitalized in the previous year reported significantly PTSS and those whose child had a confirmed rejection episode reported significantly higher avoidance symptoms. When comparing patient- and caregiver-reported PTSS, results revealed a significant correlation between patients' hyperarousal symptoms

and caregivers' avoidance and hyperarousal symptoms. However, the overall association between patient and caregiver PTSS was low suggesting that patients and caregivers have a unique disparate response to transplantation and the associated medical complications. Findings from this study highlight an adverse patient and caregiver stress response following patient medical complications, particularly hospitalizations. Healthcare providers should consider screening for PTSS in caregivers following hospitalizations and rejection episodes.

Age, minority status, dispositional optimism, and anxiety following open-heart surgery

Amy Ai Florida State University, United States of America

Optimism was defined as confidence or favorable expectation about one's future. Previous research has consistently reported beneficial health outcomes among optimists. However, most studies were limited with the lack of adequate adjustment of medical confounders. Anxiety has been found as a contributor to poor cardiac prognosis and outcomes, including mortality, but has not been examined with this inner strength at the critical recovery month postoperatively. The present study investigated the effect of preoperative optimism and other character strengths (CSs) in patients with advanced HD on anxiety in the month following open-heart surgery (OHS). Patients with advanced HD ($N = 400+$) were interviewed two weeks and two days prior to OHS to obtain interdisciplinary data, especially CSs, and, then, underwent an additional survey at the end of first month after OHS, the critical time for recovery from physical wounds. In the finale model of multiple regression analyses, female gender, minority race, and living along predicated post-OHS anxiety but only the race effect persistent after the entry of general health and behavioral risk factors and pre-OHS anxiety. In, dispositional optimism predicted reduced post-OHS anxiety ($B = -.13$, $p < .05$). Older age, minority status, and preoperative anxiety were related to post-OHS anxiety. Our finding adds new information to the existing research with its sizable clinical sample, prospective design, and adequate control for objective medical and HD-specific indices. Minority patients were younger and not have poor health condition than their White counterparts but their lower income levels may reduce their resources much needed for the critical recovery month post-OHS.

INVITED ADDRESS

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Interpersonal violence in lives of women

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Sexual and gender-based violence is extensive global health, human rights and development problem that cuts across nations, culture, race, class and religion. Sexual and gender-based violence undermines the achievement of gender equality thereby leaving its victims, who are mostly women and girls, in subordinate positions. It is a widespread and tragic issue with an estimate of over 25% of all women worldwide have been victims of violence perpetrated by a male partner (Intimate Partner Violence). Intimate partner violence extends beyond physical acts of violence towards one's partner to include sexual coercion, physical threats, psychological abuse and controlling actions such as physical isolation or restricting access to health care or financial resources. Despite progress on gender equity, rates of violence against women/girls by theirs. 43% of Zambian women of reproductive age experienced it. Pregnancy is a major risk factor for intimate partner violence. This presentation will also draw upon the study we carried out in Zambia. In 4 low-income community Ante Natal Clinics we introduced a Danger Assessment tool and process. This facilitated access to, and the provision of, specialist GBV services and supports for pregnant women and girls in Zambia. This enabled preventative risk assessment for project participants by guiding safety planning and empowering them with information and learning about their situation. The innovation and intervention were innovative for the Zambian health sector and the findings indicate the intervention was a good news story.

8123KA

Eating Behavior and mobile technology: New perspectives for assessment and behavioral change

Britta Renner Germany

The development in the field of mobile technologies is proceeding at a rapid pace. The regular use of smartphones and other mobile technologies opens up new avenues for dietary assessment and interventions for behavior change. The technical features of smartphones, such as GPS and cameras, enable users to document and track their eating habits. In the process, it is also possible to record data about eating behavior and its psychological determinants at the moment of experience in everyday situations. New technologies thus offer not only "more" data, but also qualitatively "different" data. For example, they show us time signatures, when and for how long food is eaten, and also the circumstances, e.g., where and with whom food is eaten. Furthermore, mobile technologies can also be

used to tailor behavior change interventions more specifically to user needs and specific eating situations. A promising new perspective entails a shift from self-regulation and long-term health goals to a more positive centred perspective aiming at boosting human capacities and strengths. Mobile devices, delivering cues and prompts just in time, that is, in the eating situation, might be particularly promising for creating boosting interventions which make behavior easier and more fun to do by building on individual strengths and capacities. These potentials of mobile technologies for behavioral assessment and interventions are illustrated by summarizing findings from the project SMARTACT, which show first promising results in terms of improving eating experiences, dietary behavior and health parameters by using use intuitive behavioral cues which are comparably fast and easy to process. Finally, the potentials of mobile technologies for changing eating behavior are discussed based on higher-level frameworks (i.e., "Food as Health" and "Food as Well-being").

375KA

Understanding and improving the mental health of men and boys: A critical health psychology approach

Brendan Gough Leeds Beckett University, United Kingdom

We know that men are under-represented regarding mental health diagnoses and psychological service use, while also being three times more likely to take their own lives compared to women. While research has explored the impact of masculinity ideals on men's wellbeing, recent work is beginning to look beyond gender to consider intersections with other identity dimensions, including race, sexual orientation and age, as well as wider social determinants of men's wellbeing, including poverty, social exclusion and prejudice – a critical health psychology approach. This talk is based on a recent report for the World Health Organisation informed by perspectives from social psychology, gender studies and men's health. Report findings highlight barriers to men's help-seeking for psychological problems, pertaining to masculinity norms such as self-reliance, restrictive emotionality and self-control, perpetuating a stigma and illiteracy concerning emotional disclosure. In addition, wider community and societal challenges are implicated in men's help-seeking and wellbeing, including socioeconomic changes resulting in precarious work patterns, poor pay and conditions and limited options for health and social care provision – especially for marginalised groups of men facing discrimination, abuse and social exclusion (e.g. gay men, ethnic minority men, rural men). However, there was some evidence that men may display vulnerability and help-seeking with trusted others, within safe spaces and bespoke

male-oriented community initiatives. It is clear that groups most at risk of mental health problems require interventions that address inequality, marginalisation and oppression.

INVITED SYMPOSIUM

9027IS

Polyamory/CN-M: A challenge for the subject, for professionals, and for the society.

Chair: Gabriel Bianchi Slovak Academy of Sciences, Slovakia

The symposium is aimed at presenting the diversity of research approaches to the "new" phenomenon of polyamory – the consensual non-monogamy. Polyamory is currently a challenge for all the subjects who consider possibilities for personal development, but at the same time it is a serious challenge for professionals in helping professions (therapists, counsellors, coaches). And, naturally, polyamory is a significant challenge for the society with all its internal diversity of cultures, norms and institutions. However, the main aim of the symposium is to gather current knowledge that will help to understand the motivations for and effects of entering polyamory. Discussion of researchers who approach polyamory from different points of view could inspire further research of this growingly popular but still (from inside) heavily unknown intimate practice.

Polyamory: A fashion? A lifestyle? Or a psychologically determined phenomenon?

Denisa Hnatkovičová Slovak Academy of Sciences, Slovakia

In the times of transformation of sexualities and sexual identities some individuals change their way of defining relationships – at the level of sex, as well as at the level of feelings. Polyamory as a form of CNM builds on the expectation that people are capable to share and increase romantic and sexual relations in consensus with all participants. This study is aimed at identifying psychologically defined motivations and relevant contexts for entering polyamory. These motivations are multiple, from psychodynamic elements, through identity challenges, social norms internalization, striving for sexual diversity, need for enrichment of emotional attachment, to coping with non-heterosexuality, and other "unexpected" motivations that emerge in the analysis of narrative interviews with 22 participants. The qualitative approach can be characterized as critical narrative analysis with acknowledged for discursive interpretation.

Willingness to engage in consensual non-monogamy is greater among those for whom mate switching is favorable

Justin K. Mogilski University of South Carolina Salkehatchie, United States of America

Willingness to engage in consensual non-monogamy is greater among those for whom mate switching is favorable. Consensual non-monogamy (CNM) is increasingly visible within societies predominated by monogamy. This study examined when and why CNM becomes a more attractive alternative to exclusive pair-bonding. We hypothesized that CNM would be more appealing to those for whom mate switching is advantageous. Specifically, CNM may facilitate mate switching by permitting people to ethically form and foster desirable extra-pair romantic partnerships. In a sample of predominantly monogamous individuals ($N=894$), we assessed willingness to engage in CNM, perceived self vs. partner mate value, attentiveness to alternative mates, current partner investment, and intrasexual competitiveness. We also measured sociosexuality to test whether willingness to engage in CNM is better explained by a dispositional affinity toward casual sex. People who reported more attentiveness to alternative partners, relatively higher mate value than their current partner, and less investment in their current partner were more willing to engage in CNM. Affective reactions to CNM complement these findings, such that those who paid less attention to alternatives, had relatively lower mate value, and were more invested in their current partner reported greater distress and less excitement about opening their relationship to additional partners. We also document that those who scored higher on intrasexual competitiveness had more favorable attitudes toward CNM. Willingness to engage in CNM remained associated with these variables despite controlling for sociosexual orientation. Our findings suggest that CNM becomes more attractive when the cost of partner divestment is low and mate switching is favorable.

Polish sexologists regarding the acceptance of polyamory/open relationships in therapeutic contexts

Katarzyna Grunt-Mejer Uniwersitet SWPS, Poland

Presented results are the part of a broader study on the mainstream and marginalized approaches in Polish sexology. 48 in-depth interviews with sex therapists representing various therapeutic approaches were carried out to elucidate the diverse concepts of healthy sexuality and their impact on treatment goals in sex therapy. One important dimension that differentiated the therapists was the acceptability of consensually non-monogamous relationships as a healthy part of human sexuality. A significant number of the therapists had experience working with individuals representing different styles of CNM. Some professionals saw CNM as a means of relational fulfillment or an

opportunity to resolve relational tensions, primarily in the context of desire discrepancies. An open relationship was also seen as a more honest option than secret infidelity. Among these therapists, CNM was treated on par with exclusivity or even affirmed as shattering unrealistic and harmful (according to the respondents) assumptions about the "two halves of the apple." However, most therapists approached CNM with caution, assuming that the choice of sexual non-exclusivity was a smokescreen for problems related to power dynamics in the relationship, emotional withdrawal, or a cover for compulsive sexual behavior. Negative attitudes stemmed from assumptions about the inseparability of jealousy and possessiveness from true love (which would preclude the willingness to share a partner), or from psychoanalytic tenets of a deep and exclusive bond between child and caregiver reflected in the adult relationship. Accepting and critical attitudes were related to the therapeutic approach, the type of sexological training, and the therapist's own relational needs and values – often openly expressed, but were not related to the age nor gender of the therapist. Analysis of the contexts in which patients' CNM relationships were invoked and evaluated allows several consistent ideologies regarding the relationship between sexuality and love to emerge. Types of professional approaches to CNMs are also identified. Funding Sources: The work is a part of the project "The concept of norm in sexology – analysis of origins of diagnostic criteria and their social and ethical consequences", financially supported by National Science Centre, Poland 2016/21/D/HS1/03401.

A global approach to diagnosis for psychologists using the ICD-11

Geoffrey M. Reed *Columbia University Vagelos College of Physicians and Surgeons, United States of America*

The Clinical Descriptions and Diagnostic Guidelines (CDDG) for ICD-11 Mental, Behavioural and Neurodevelopmental disorders was developed through a rigorous international and multidisciplinary process, with psychologists in prominent roles. This included an extensive program of global field studies conducted in multiple languages, many via the Global Clinical Practice Network, consisting of more than 16,000 mental health professionals from 160 countries. A major aim in the development of the ICD-11 CDDG and the field studies was to maximize clinical utility and global applicability in order for the diagnostic guidelines to function well across global regions, countries and languages. The CDDG's approach is to recognize cultural differences where these are clinically important while maintaining the goal of a common global diagnostic language. The guidelines provide pragmatic, actionable material to assist clinicians in their evaluation of patients and reduce bias in clinical decision-making by

facilitating diagnostic assessment in a culturally informed manner. The CDDG's global approach is also reflected in the IUPsyS/APA volume A psychological approach to diagnosis using the ICD-11 as a framework. Authors from all global regions are included, including international leaders in the field, with specific attention to perspectives from low- and middle-income countries. The impact of cultural variation on assessment and case conceptualization has been considered, such as the global applicability and open-access availability of recommended measures. There are considerable benefits to psychology and to psychologists of considering regional, linguistic and cultural variations in conceptualization and presentation of mental disorders as a part of the diagnostic system's foundation.

A global approach to diagnosis for psychologists using the ICD-11

Andreas Maercker *University of Zurich, Switzerland*

A psychological approach to diagnosis is a conceptually driven, person-oriented formulation that integrates pertinent history, behaviour, symptoms, phenomenology, and functioning. The psychological approach to diagnosis is a unique and scientifically based strategy that is independent of, though often complementary to, other approaches. A diagnostic classification system for mental disorders offers advantages related to reliable and meaningful communication as well as guidance for action. Within this context, the psychological approach uses knowledge of relevant cognitive, emotional, motivational, interpersonal, and other psychological processes in the conceptualization, assessment, and treatment of mental disorders. The psychological approach adopted in the IUPsyS/APA volume A psychological approach to diagnosis using the ICD-11 as a framework enables intellectual coherence and supports the clinical application of the ICD-11 Clinical Descriptions and Diagnostic Guidelines (CDDG). This perspective influences the assessment of symptoms and assignment of a diagnosis; assessment of functioning and impairment; recording of history; communication with patients about their disorder; and selection of outcome and quality criteria and optimal methodologies for the diagnostic and treatment process. Each chapter in the book provides a psychological model for conceptualizing, assessing and intervening with a particular group of disorders, such as Schizophrenia and Other Primary Psychotic Disorders, Disruptive Behaviour and Dissocial Disorders, Disorders Due to Substance Use, Disorders Due to Addictive Behaviours, and Impulse Control Disorders. Embedded within the bio-psycho-socio-cultural framework, the psychological approach can be used beneficially by all professional groups, including psychologists, psychiatrists, social workers, and nurses.

Structure and content of a psychological approach to diagnosis using the ICD-11 as a framework

Tahilia J. Rebello *Columbia University Vagelos College of Physicians and Surgeons, United States of America*

This presentation describes the specific ways in which the book's structure and content enhance its efficacy as a training resource for psychologists who will use WHO's Clinical Descriptions and Diagnostic Guidelines (CDDG) in clinical practice. The book opens with two framing chapters that elucidate both the psychological and global approach to diagnosis. These chapters set a strong foundation by providing learners with relevant historical context and the core principles, approaches, and innovations introduced in the ICD-11 that are reinforced throughout the book. This is followed by sixteen chapters that provide an in-depth discussion of all major ICD-11 Mental, Behavioural and Neurodevelopmental Disorder groupings, and three additional areas of relevance including Conditions Related to Sexual Health, Sleep-Wake Disorders, and Relational Problems and Maltreatment. Chapters provide the overarching logic for the grouping, elaborate on the fundamentals of a psychological approach to each diagnostic area and include key content on the presentations and symptom patterns; subtypes and qualifiers; assessment and case formulation; differential diagnoses and co-occurring conditions; developmental course; cultural and other contextual issues; gender issues; validity; and other key scientific issues. The book's content reinforces, rather than replaces, the diagnostic material presented in the CDDG. Students and clinicians are provided with a comprehensive, elaborated discussion of the diagnostic material. This includes a rationale for newly introduced innovations, scientific and clinical evidence, elaborated examples, and other context and nuance on the guidelines to better prepare them to implement the new diagnostic system in clinical practice.

716IS

Millennials and mental health in the developing world: Critical paradigms

Chair: Sadhana A. Natu *Modern College Ganeshkhind Pune, India*

Invited Symposium Theme: Political Psychology and Health Psychology Title: "Millennials and Mental Health in the Developing World: Critical Paradigms" Purpose: In most of the developing countries, the term "Demographic Dividend" (Youth) is a misnomer, considering the structural inequalities and lack of opportunities that are all pervasive. Hence there is a need to foreground several psycho-social issues related to the millennials and post millennials in the developing countries. One such important issue is their mental health. It covers a broad spectrum, regionally, socio economically and in terms of gender, caste and religion

and has been viewed through a traditional lens and there is an urgent need to look at transformative, critical paradigms which include feminism, social constructionism, post colonialism, decolonizing paradigms and give visibility to the excluded millennials and their mental health issues. With this focus in mind the symposium will engage with the following:

- The question of millennials amidst communal riots in India
- Unpacking the tensions between gender, caste and mental health in the context of millennials and post millennials' lives in India
- Poverty, deprivation, millennials and mental health
- Decoding Malala's subjective reality
- How does a young adult's identity get shaped in a neoliberal post globalization India?

Structure of the Symposium: Organizer and Chairperson Dr Sadhana Natu, Mental Health of Millennials in India: Unpacking the Stories of the Excluded through a Feminist Lens Prof Sunil Bhatia, Decolonizing Psychology: Identity and Community in Neoliberal Globalization Prof Kumar Ravi Priya, "Mental health of Millennials Facing Communal Violence in India: A Life Story Approach" Dr Apurv Chauhan, Risk and trust in using informal healthcare providers Roopali Rokade Resilience, Resistance and the Girl Effect: A Case Study of Malala Yousafzai Discussant Prof Kumar Ravi Priya, "Mental health of Millennials Facing Communal Violence in India: A Life Story Approach"

Mental health of millennials in India unpacking the stories of the excluded through a feminist lens

Sadhana A. Natu Modern College Ganeshkhind Pune, India

XXXI International Congress of Psychology, Yokohama, Japan, July 24–29, 2016 Invited Symposium (Organizer's Abstract) Theme: Political Psychology and Health Psychology Title of the Symposium: "Millennials and Mental Health in the Developing World: Critical Paradigms" Title of the presentation: Mental Health of Millennials in India: Unpacking the Stories of the Excluded through a Feminist Lens Name of the presenter: Dr. Sadhana Natu Associate Professor and Head, Dept of Psychology Modern College, Ganeshkhind Pune University Pune Introduction: While much is being bandied about India's demographic dividend, which encompasses the millennials, the ground reality is that we will soon be facing the challenges of a demographic disaster. All is not well and the writing on the wall does not augur well for the mental health of the millennials in India. However, hope is forthcoming in the form of alternative and community locations. Many excluded groups of millennials are ushering in social change that has long been their due and pushing at the center from the margins. Against this backdrop the

presentation will flag off the following concerns: Deliberate on Exclusion and the flip side of the demographic dividend; Unpacking the tensions between gender, caste and mental health in the context of millennials and post millennials in India; Unravelling how Suicides in premier institutions in India are not merely mental health issues but caste issues and caste and gender issues; Linking Black Lives Matter and Dalit Lives Matter and Making the Efforts from marginalized groups. Visible Key words: Excluded Millennials, Feminist lens.

Decolonizing psychology: Identity and community in neoliberal globalization

Sunil Bhatia Connecticut College, United States of America

Decolonizing Psychology: Identity and Community in Neoliberal Globalization. Sunil Bhatia Department of Human Development Connecticut College Neoliberal forms of globalization have altered the cultural dynamics in many postcolonial nations and have reconfigured meanings related to culture and mental health. In this talk, I adopt a "decolonizing" framework to examine how specific Euro-American psychological discourses of self and identity are now part and parcel of the workforce in emerging neoliberal global economies such as India. I will argue that the concept of and "culture" and "mental health" needs to be reframed and understood within transnational connections and asymmetrical intersections of the global–local dynamic (Bhatia & Priya, 2017). Specifically, I will draw on examples from my recent book, Decolonizing Psychology, to show how urban youth in Pune, India, who belong to the transnational elite, middle and working classes, re-imagine/rework their "hybrid identities" within the new contexts of globalization. My analysis will highlight how conceptions of mental health and coping as rooted in a Eurocentric biomedical and neoliberal model erase and push aside indigenous concepts of identity, well-being and healing.

Risk and trust in using informal healthcare providers

Apurv Chauhan University of Brighton, United Kingdom

Rural healthcare market in developing countries is pluralistic. A strong evidence base suggests that in most developing countries untrained and unregulated informal healthcare providers (IHPs) play a major role in meeting both mental and physical health needs of people. On the one hand, poor people are failed by the poor quality of low-cost and affordable public sector health services. On the other hand, the private sector provides better quality but remains unaffordable for most. Using data collected from millennials in the province of Bihar, India, this paper will explore how decisions to seek healthcare from IHPs involves a careful negotiation of risk by drawing upon

interpersonal trust. The paper will use empirical evidence to build a case that despite being far from ideal, the use of IHPs represents a thoughtful exercise of agency. Keywords: Poverty; Bihar; informal healthcare providers (IHPs); risk; trust.

Resilience, resistance and the girl effect: A case study of Malala Yousafzai

Roopali Rokade York University, Canada

Resilience, Resistance and the Girl Effect: A Case Study of Malala Yousafzai The Girl Effect is the neoliberal idea of the global North to invest in the education of girls in the global South so the empowered girls can alleviate poverty within their families, communities and nations. This paper examines the Girl Effect in the context of Malala Yousafzai, the Pakistani girls' rights activist. I particularly explore how Malala resists not only radical cultural ideologies but also the Northern media representations of Southern girlhoods as essentially victimized; in need of Northern salvation. The questions I pursue are: Can Malala speak? Is she heard? What are the implications of the Malala Effect? Challenging the Northern media's artificial constructions of oppositional girlhoods that depict Southern girls as a contrast to the invariably empowered Northern girls, Malala demonstrates the relationality of girls' experiences across the world. Millennial girls' realities are intersectional; embedded within institutionalized patriarchy, classism, racism, neoimperialism and neoliberalism. This case-study underlines that it is critical to address and respond to local and transnational socio-political determinants of millennial girls' mental health; to link the intersecting macro-political to the micro-personal factors that cumulatively affect their holistic health. Keywords: Girl Effect, neoliberalism, resistance, oppositional girlhoods, relationality, holistic health.

Mental health of millennials facing communal violence in India: A life story approach

Kumar Ravi Priya IIT Kanpur, India

"Mental health of Millennials Facing Communal Violence in India: A Life Story Approach" for ICP '20: Researchers of mental health who have adopted an interdisciplinary approach call for listening to the narratives as well as anti-narratives (incoherent expressions of intense experiences highlighting the overwhelming impact of violence) of the survivors of war or ethnic conflicts. Life story research that endorses the creation of humanizing space for the participants has the potential to explore mental health experiences of such survivors of violence. As Gergen, Josselson and Freeman (2015) accentuate, "We live out our lives in terms of dramas of achievement, love, conflict, and so on. To understand others, then, is to comprehend (or "feel with") the stories by

which they live" (p. 4). For millennials who have been inflicted by post-Godhra riots, the post-violence context have been no less challenging than facing the brunt of violent events. Being suddenly forced to live a religious identity that one cannot come to terms with, and the indifference and hostility of erstwhile friends and neighbours in the post-violence period have shaken their sense of selfhood that has been based on the longstanding spirit of communal harmony. Their healing has been facilitated by the courage to face any threat to life or dignity by aligning their actions with efforts towards safe guarding the community and promoting the values of communal harmony.

ORAL PRESENTATION

180KA – Myths in sex

Petr Weiss *Charles University, Czechia*

This presentation focuses on some widely shared myths in human sexuality – e.g., the phallic myth, the myth of inferiority of the clitoral orgasm, myths of somatic proportions (the myth of penis size, size of breasts, etc.), the myth of romantic love, the myth of prevention of sexual crimes, etc. Possible consequences of these myths for the sexual health of men and women are discussed. The author uses several representative surveys of sexual behavior from the Czech Republic, pointing out the negative consequences of such myths, including erectile dysfunctions, anorgasmia, suicides, and unhappy marriages.

9103

Positive socialization of youth in social-economic transitivity: Contributions from ontopsychology

Ricardo Schaefer (1), Patricia Wazlawick (2), Victoria Dmitrieva (3), Tatiana Vereitnova (3) *1. Faculdade Antonio Meneghetti and UFSM, Brazil; 2. Faculdade Antonio Meneghetti (AMF), Brazil; 3. Russian Social State University, Russia*

This work refers to the research of the Brazilian and Russian Academy in the areas of Psychology, Social Sciences and Ontopsychology, with the general objective of studying the concept of positive socialization of young people under conditions of social and economic transitivity applying Ontopsychological Pedagogy and verify results for the development of participants. It was studied a social and educational project based on the application of premises of Ontopsychological Pedagogy in Brazil, that can be used and replicated as technology of positive socialization of young people. The project aims to develop human and social skills, such as subject responsibility, creativity, will, autonomy, initiative, problem solving, functional relationships and self-realization. The research method involves aspects of qualitative research, quantitative

research, exploratory research and participant research. As instruments of information collection were applied a semi-structured questionnaire previously prepared by the authors of the research and quantitative tests, and for the analysis of the information was performed statistical analysis and content. Results were obtained that reflect personal and social achievements of young people with identification of conditions and psychological mechanisms of positive socialization of youth and identified six criteria of positive socialization of young people, namely: (1) professional self-determination; (2) positive parental care; (3) responsible attitude towards one's own health; (4) normative conduct and dedication to the laws; (5) selfless attitude of the person; (6) psychological well-being. Positive socialization was identified in the group of young people studied, based on the practical application of Ontopsychological Pedagogy premises, containing the main indicators of: (1) pro-social behavior; (2) subjective satisfaction: the realities meet the expectations in relation to certain areas of life; the person positively evaluates their satisfaction with their own life and psychological well-being, especially in relation to the construction of their personal well-being, in their relationships and in the objectification of their happiness.

9047

Artificial intelligence in health care: Anthropological perspectives & psychological concerns

Anthony Pillay (1), Dylan Evans (1), Indira Pillay (2) *1. University of KwaZulu-Natal, South Africa; 2. University of the Free State, South Africa*

With artificial intelligence (AI) now a reality in many social and work spaces, this resource is already making in-roads in health care settings globally. While, for obvious reasons, high-income countries are already experimenting with and employing the technology, it is a matter of time before the technology becomes more affordable and part of the resource infrastructure worldwide. The presentation explores the development of health care services and practices over time using an anthropological perspective, examining the evolutionary phases within the prevailing sociocultural contexts. The authors further discuss some of the concerns that arise when considering the challenges emanating from the use of artificial intelligence within health care settings.

9039

Dissatisfaction and distortion of body image in Mexican overweight adolescents

Cecilia Meza Peña (1), Edith G. Pompa Guajardo (1), Mayra L. Gutiérrez Muñoz (1) *1. Universidad Autónoma de Nuevo León, Mexico*

Literature remarks that body image is considered a key element which negatively affects those who live with a health problem like obesity. The present study analyzes the relationship between body image satisfaction and distortion with the body mass index (BMI), studying differences according to gender and weight groups in Mexican adolescents. Method: Participants were 540 students from different schools of middle and higher level from Monterrey, Mexico; aged from 16 to 25 years. The anthropometric data (weight, height, BMI) were evaluated and later the participants completed the Figure Rating Scale, where they reported the self-perception of their current body image and their ideal body image. Results: The results show difference between the real and ideal body image, and between the real body image and the BMI group. The regression model predicts in a 37% the variable of body image dissatisfaction, where gender and BMI are significant (power of 53% and 31% respectively, $p = .000$). Conclusion: In conclusion, dissatisfaction and distortion in the perception of body image is present in overweight people living, but men and women face this phenomenon in a different form. Mental and health professionals can take advantage of this discomfort when implementing strategies to control obesity, while working in building a healthy and realistic body image.

9037

Patterns and predictors of electronic cigarette use among young adults

Daniel S. McGrath (1), Tavis Campbell (1) *1. University of Calgary, Canada*

Objective: E-cigarettes are battery-powered devices that vaporize the contents of cartridges that contain liquid compounds (i.e., 'e-liquid'), and often contain nicotine. The vapor created is inhaled by the user; a process referred to as 'vaping.' Prevalence data from 2015 indicates that 13.2% of Canadians aged 15 and older tried an e-cigarette in their lifetime. This signifies a substantial increase from the 8.5% of respondents reporting experimentation just two years earlier. E-cigarettes represent a potentially serious public health concern that could initiate the re-normalization of nicotine use. To date, most e-cigarette research has focused on their potential for treating tobacco dependence. Yet, the therapeutic utility of e-cigarettes represents only one aspect driving their use. In particular, young adults are more likely to use e-cigarettes for recreational purposes such as socializing with others. Unfortunately, beyond the simple recognition that younger people report using e-cigarettes for recreation, the contexts and patterns underlying e-cigarette use are not well known. Methods: In the present study, we examined patterns of e-cigarette use in a sample of young adults using ecological momentary assessment (EMA) over a 7-day period. Detailed information on episodes

of e-cigarette use, the context of use, reasons for initiation, and concurrent use of other substances was collected. Results: In this presentation, we will discuss the factors (e.g., social settings, mood, co-morbid substance use) directly associated with real-world e-cigarette sessions. Conclusions: Our findings have direct relevance for addictions and public health policy. These implications as well as areas for future research will be discussed.

8165

The effects of psychosocial factors on pregnancy adaptation for ART-Conceived pregnant women Zulal Törenli-Kaya (1), Özlem Bozo (2) 1. Baskent University Faculty of Medicine, Turkey; 2. Middle East Technical University, Turkey

In the case of conception via assisted reproductive techniques (ART), pregnancy can be more difficult; these women cannot help feeling anxious and having no control over the process (Harris & Daniluk, 2010). In order to prepare themselves for any potential losses, they can have pregnancy adjustment problems and show lower prenatal attachment towards the fetus (Hjelmstedt et al., 2006). In present study, the predictive role of prenatal distress on pregnancy adaptation, and the moderator roles of perceived social support (from family, friends and significant other) and insecure attachment styles (anxious and avoidant) were aimed to be investigated. The participants were 185 pregnant women who conceived via ART. The results of moderation analyses (Hayes & Matthes, 2009) revealed that higher levels of perceived social support from friends buffered the negative effects of prenatal distress on participants' concern for the well-being of self and baby, fear of labor and overall pregnancy adaptation level ($B = -.2771$, $SE = .1405$, $p = .050$, $95\%CI[-.5543, 0]$). Regarding the moderator role of attachment styles, as the participants' anxious attachment levels became lower, the negative effects of prenatal distress were decreased and women's pregnancy adaptation in terms of concern for self and baby, fear of labor and overall adaptation score ($B = -.26$, $SE = .13$, $p = .05$, $95\%CI[-.5259, 0]$) tended to increase. Although partner and family support were found as fundamental stress-buffering sources (Martins et al., 2011), in this study perceived social support from friends was found to be the only significant moderator. This supports the idea that receiving social support from outside the home can be more helpful for infertile women (Amir et al., 1999). Moreover, as earlier studies indicated, anxious attachment style can have a stronger influence on expectant mothers' pregnancy-related distress (Trillingsgaard et al., 2011), decrease their psychological adaptation and well-being (Mikulincer et al., 1998). The findings were discussed in terms of clinical-health psychological practices.

8128

Behavior change in the context of the Coronavirus outbreak: A longitudinal study in Costa Ricans Benicio Gutiérrez-Doña

Universidad Estatal a Distancia (UNED), Costa Rica
In 2020, the World Health Organization promoted simple behavioral precautions to protect people against SARS-CoV-2/COVID-19 transmission (e.g., cleaning your hands often). This study aimed to investigate the role played by age, gender and time in the adoption of protective behaviors. The Costa Rican study ($N = 2035$) is part of a multi-country research ($N = 58061$) authored by Renner et al (2020) at The University of Konstanz (see <https://euclid.dbvis.de/home>). Results of PCA performed on 15 variables assessing behavior change yielded a 5-factor solution ($KMO = .81$; total variance explained = 58%). Cronbach's alpha for the 15-item scale was $\alpha = .80$. A three-way MANCOVA defining time (T1–T10), age (18–29, 30–49, 50–89), and gender (male, female) as predictors; and seven protective behaviors as criterion revealed that: 1. Gender ($F [7, 1678] = 2.7$, $p < .001$, partial Eta square = 0.011), time ($F [63, 9456] = 11.5$, $p < .001$, partial Eta square = 0.06), and age ($F [14, 3356] = 2.6$, $p < .001$, partial Eta square = 0.011) had significant multivariate effects on protective behaviors. 2. This was also the case for time \times age interaction ($F [126, 11030] = 1.40$, $p < .001$, partial Eta square = 0.015). 3. All groups of age and gender have consistently used a set of protective behaviors from the very first beginning of COVID-19 outbreak in Costa Rica. 4. Females reported the highest frequency in handwashing, mobile phone disinfection, and staying at home across the time. The younger group (18–29) showed the lowest frequency in adopting the sneezing/coughing rules, staying at home, and disinfecting mobile phones. A strong increase in wearing the face mask has occurred from April–July and until December 2020. Costa Ricans did adopt behavioral precautions against SARS-CoV-2/COVID-19 transmission across the time. Study results are discussed by contextualizing behavior change in the evolution of the Coronavirus (COVID-19) outbreak.

8098

Examination of factor structure of illness perception and its effect on distress in cancer survivors Emi Tajima (1), Kotone Hata (1), Yuying Tang (1), Kojiro Saito (1), Shin-ichi Suzuki (1)

1. Waseda University, Japan
Objective: Illness perception denotes how patients perceive their disease and health. The Brief Illness Perception Scale (BIPQ; Broadbent et al., 2006) has been commonly used to assess this construct. However, the factor structure of BIPQ has been inconsistent between studies. We designed this study to

confirm the two-factor structure of the BIPQ in cancer survivors and examine illness perception in depression and anxiety. Methods: Cancer survivors ($N = 151$) provided demographic and clinical information and completed the Japanese version of BIPQ and the Hospital Anxiety and Depression Scale. Results: Confirmatory factor analysis of the two-factor structure indicated sufficient model fit ($GFI = .94$, $AGFI = .87$, $CFI = .92$). However, there were limitations in specific indices. Therefore, exploratory factor analysis was conducted, which indicated the appropriateness of the two-factor structure. Moreover, multiple regression analysis assessed the effects of factors named, "Impact on daily life" and "Sense of control", on depression and anxiety, which indicated a significant coefficient of determination ($R^2 = .21$, $p < .001$, $R^2 = .15$, $p < .001$). Furthermore, Impact on daily life ($\beta = .23$, $p < .01$, $\beta = .30$, $p < .01$) and Sense of control ($\beta = -.38$, $p < .001$, $\beta = -.23$, $p < .001$) had significant effects on depression and anxiety. Conclusions: The results of this study supported the two-factor structure of the BIPQ in cancer survivors. Also, both factors had an impact on distress. We suggest that future studies examine the relationship between illness perception and other psychological variables.

7905

Caregiver's experiences with ADHD diagnosed children in the context of COVID-19 lockdown in India Sandhya Basu (1), Bidisha Banerjee (1)

1. Birla Institute of Technology and Sciences, India

The coronavirus pandemic has caused one of the most significant global health crises in recent times. With over 223 countries affected and more than 1.9 million confirmed deaths, the pandemic continues to successfully derange various country's socioeconomic demography and individual's overall well-being. Governments, globally, have continued to impose lockdowns and other restrictions to curb the spread of the virus. However, recent literature suggests the psychological adversities of lockdown and its restrictions on individuals, especially children. Further, children with mental disorders also find themselves in a vulnerable position in the ongoing crisis due to their cognitive impairments. Thus, the objective of this paper is twofold: (a) to analyze literature on the mental health of caregivers of children with special needs, from the pre-COVID times, and (b) report findings from a brief quality study conducted with the family caregivers and staff members of children diagnosed with Attention Deficit Hyperactivity Disorder (ADHD). The data was collected from a special school in India. Findings are discussed in the light of the following themes: (a) children's behavioral patterns during the lockdown, (b) hardships faced by the caregivers

during the lockdown, and (c) caregiver's message to the society. Further, the present study has significant implications since it provides the ground report on children and their caregiver's psychological wellbeing. Such findings have a far-reaching impact in determining specific policies, exclusively catering to eliminate psychosocial distress from the children with special needs and their caregivers.

7505

Rural gay & bisexual men in the U.S.: Adverse childhood experiences and mental health outcomes

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Background: Individuals experiencing adverse events in childhood such as physical or verbal abuse or neglect by a parent/guardian are at an increased risk of developing a range of longitudinal mental health issues such as depression, internal and externalizing behaviors, and anxiety disorders. There is also evidence that suggests identifying as a gay or bisexual man may increase the odds of mental health issues due to minority stress. Only a handful of studies investigate the impact that ACEs has this population, with even fewer studies investigating rural men, as most research features their urban counterparts. The current study comparatively investigates the impact of ACEs on the mental health of rural and urban gay/bisexual men. **Methods:** Participants included 156 gay/bisexual men residing in Oklahoma. Linear regression was used to test ACEs' associations with mental health (anxiety, depressive symptoms, and loneliness) in the full sample (control variables of rurality, relationship status, age, and education were also added). Split-sample regressions were then conducted with the rural and urban samples, separately. **Results:** No significant differences were found between rural and urban and level of ACEs. ACEs were associated with all three mental health outcomes in the full sample. However, split-sample regressions showed ACEs were significantly linked to anxiety and depressive symptoms in urban, but not rural gay/bisexual men. **Conclusions:** Results suggest that living in an urban environment may amplify the risks of ACEs, rural gay/bisexual men may acquire outside, unique support networks which work to limit the effect of ACEs, or that rural men may manifest the effects of ACEs differently (or a combination of the three). Trauma-informed programming has been shown to effectively reduce mental health issues, yet consideration is generally not given with regards to rurality. As such, future programming, intervention and research should consider rurality/urbanity as influential factor.

7387

The role of psychological stress on adolescent Acne Vulgaris

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Acne vulgaris (AV) is a chronic dermatological disorder characterized by the presence of comedones and inflammatory papules, pustules and nodules mainly affecting sebaceous gland-rich areas of the body. Emotional stress has long been suspected to trigger or exacerbate acne, its influence on AV severity has been mostly underestimated until recently when studies have brought new data about the different mechanisms. Adolescence is the most turbulent time for social and emotional development in human life. The purpose of this study was to evaluate the psychological stress influence on adolescent acne pathophysiology. The research was cross sectional analytic study which was conducted in SMA 7 Surakarta, Indonesia on January 2020, to 72 subjects (16 boys & 56 girls) aged 15–16 years old. Each subject was photographed and assessed the severity of AV lesions by using Global Acne Grading Score (GAGS). The subjects were also given a questionnaire to determine the severity of psychological stress by using Perceive Stress Scale (PSS-10). The study showed a result of 11 subjects (15.3%) were mild, 56 subjects (77.8%) were moderate and 5 subjects (5.9%) were severe. In conclusion, there was a significant correlation ($p = .006$; by Pearson Chi-Square test) between stress level and acne vulgaris severity.

7156

Analyze the differences between subjective psychological methods and objective experimental methods

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Objectives: By measuring different types of daily physical activities, analyze the differences of subjective psychometry and objective experimental measurement in evaluating the energy consumption of physical activities, and further evaluate the differences of energy consumption of physical activities worn on the wrist and waist of the human body by using the Actigraph GT9X acceleration sensor. **Methods:** 30 celebrities, 15 male and 15 female, aged 21.5 ± 4 years, were selected. The subjects completed 5 daily physical activities including using mobile phone, washing clothes, jogging and working on computer. The Actigraph GT9X triaxial acceleration sensor was used to monitor the subjects' energy consumption levels at the wrist and waist. **Results:** According to the subjective psychological measurement, the physical activity of each subject was seriously affected by psychological emotion, fatigue and physical condition, which was not conducive to the evaluation of physical activity energy

consumption. Worn at the waist, the Actigraph GT9X is close to the center of mass of the human body, and data tends to be lost as the wearer's time passes. The data loss at the wrist is not serious, and the energy consumption value can reflect the change value in different time periods. **Conclusions:** The subjective psychological test can only be used as an auxiliary reference to evaluate the energy consumption of physical activities, while the objective test can accurately reflect the changes of energy consumption of physical activities. Wear the Actigraph GT9X triaxial acceleration sensor to measure the energy consumption of 5 daily physical activities and the gold standard portable gas analyzer to measure energy consumption in the experimental method, there is error, wear the Actigraph GT9X data loss in the wrist is not serious, the energy consumption value is closer to reflect the daily activity energy consumption of the upper limb movement rich.

7042

The quality of life of primary health care patients living with diabetes and/or hypertension

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Introduction: Hypertension and diabetes have emerged as major medical and public burden and have been associated with a poor quality of life (QOL). As such, QOL is an important indicator to evaluate hypertension and diabetes treatment outcomes. In this study, we aimed to describe the QOL of primary health care patients living with hypertension and/or diabetes. **Methods:** This was a cross sectional study with 79 participants from five primary health care centres in the Eastern Cape, South Africa. Demographic data was summarized as frequencies, percentages, means with standard deviation (SD). The Mann-Whitney U Test was to compare mean scores between people with and without other medical conditions. **Results:** Sixty-nine (87%) females and 10 (13%) males with mean age 49 (SD = 8.6844) participated in the study. More than half (54%) reported medical conditions other than hypertension and diabetes. There were low scores in physical health (mean = 12.42), psychological health (mean = 14.17), environment (mean = 12.71) domain. Social relationships domain had the highest mean score (14.97). There was a statistically significant difference in the scores of people with hypertension coexisting with other medical compared to people without other medical conditions (physical domain, 0.01) and (environment domain, 0.03). **Conclusion:** The study revealed that hypertension is associated with a poor QOL. People with hypertension comorbid with other medical conditions have significantly poor physical and environment quality of life compared

to those without other medical conditions. This highlights the need for interventions in primary health care to improve the QOL of people living with hypertension.

6702

Perceived ambiguity about cigarettes and E-cigarettes: Associations with risk perceptions and use

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Objective: The tobacco industry attempted to persuade people that there was scientific uncertainty, or ambiguity, about the risks of tobacco to promote use. Similarly, people might perceive greater ambiguity about tobacco products as a way to defensively decrease risks and justify use. We tested associations among perceived ambiguity about cigarettes and e-cigarettes with risk perceptions and tobacco use behavior, and whether a type of defensiveness (i.e., trait reactance) moderated these associations. **Methods:** Cigarette ($n = 111$, Mage = 35.54, 64% male, 77.5% White) and e-cigarette users ($n = 115$, Mage = 35.26, 55.6% male, 82.8% White) from MTurk completed a cross-sectional survey of perceived ambiguity, risk perceptions, cigarette/e-cigarette use, and trait reactance. Linear and logistic regression analyses were conducted controlling for age, gender, race, and education. **Results:** Cigarette users who perceived higher ambiguity about cigarettes also perceived lower harms of using cigarettes, $B = -.213$, $t(6,104) = -3.894$, $p < .001$, but ambiguity was not associated with use. Surprisingly, cigarette users higher in trait reactance perceived higher harms of using cigarettes, $B = .117$, $t(6,104) = 2.049$, $p = .043$, and higher likelihood of getting a smoking-related disease, $B = .228$, $t(6,102) = 2.302$, $p = .023$. E-cigarette users who perceived higher ambiguity about e-cigarettes also perceived lower harms of using e-cigarettes, $B = -.330$, $t(6,108) = -3.508$, $p = .001$ and indicated more days using e-cigarettes, $B = .815$, $SE = .402$, $Wald(1) = 4.113$, $p = .043$, $Exp(B) = 2.260$. The only significant interaction, $B = 1.013$, $t(7,107) = 2.973$, $p = .004$, indicated that e-cigarette users who perceived more ambiguity about e-cigarettes and were higher on trait reactance used more e-cigarettes per day, $B = .768$, $t(109) = 2.239$, $p = .027$. **Conclusions:** If greater perceived ambiguity is associated with riskier behavior, this might be a focus for future intervention.

6057

Obesity: A disease that affects self-care patterns and cognitive abilities

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Objective: The aim of the present study was to examine the consequences of obesity on verbal learning, risk-taking behaviors, and self-care attitudes. Specifically, it was hypothesized that obese individuals would score less in a verbal learning task, they would be more prone to risk-taking behaviors, and finally they would exhibit less self-care patterns than normal weight individuals. **Method:** Sixty-one undergraduate college students in Greece were categorized in respect of their Body Mass Index in the obese group or normal-weight group. Afterwards, all participants, independently of their group, completed a self-care assessment worksheet, the balloon analogue risk task, and the California verbal learning test in order to examine their self-care attitudes, risk-taking behaviors, and verbal learning abilities respectively. **Results:** Findings revealed that obese individuals demonstrated decreased self-care patterns, increased tendencies of risk-taking behaviors and lower performance in verbal learning task, in comparison to normal-weight participants. **Conclusion:** Aside from the well-established lifetime health consequences, obesity has a negative impact on cognitive abilities, decision-making processes and self-care behaviors.

6054

Sex differences, event impacts, and character strengths in depression following open-heart surgery

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Background: Open-heart surgery (OHS) is a life-saving/expanding, yet stressful, intervention in late life for patients with advanced heart disease (HD). Patients with advanced HD (e.g., congestive heart failure (CHF), myocardial infarction (MI)) often suffer from depression. Further, more women report depression and had higher scores of HD-related depression, compared to their male counterparts. No research has targeted sex differences in post-OHS depression in conjunction with pre-OHS character strengths with adequate control for HD-specific and surgical confounders. Using cross-disciplinary data collected from patients undergoing OHS, this prospective study explored the prediction of sex, event-based HD-specific indices, and character strengths for post-OHS depression. **Design and Methods:** The three-wave interview data of 481 patients (age 62+, female 42%) and their key medical record in the Society of Thoracic Surgeon (STS) national database were used to test our hypotheses. Hierarchical multiple linear regression analyses were performed to identify predictors for post-OHS depression. **Results:** Female gender,

older age, living alone, pre-OHS depression, greater number of diseased arteries, and operation time indicating surgical complexity predicted higher levels of post-OHS depression. Patients who scored higher on dispositional optimism or had a diagnosis of left main disease were less likely to have post-OHS depression. Although pre-OHS sense of secular reverence was related to more depression, women who experienced greater pre-OHS secular reverence, compared with women who did not, were less likely to report post-OHS depression. **Conclusions:** Women in the cohort had higher levels of depressive symptoms even after controlling for pre-OHS symptoms and multiple medical, cardiac, and surgical indices. Both subgroup could be more vulnerable due to disadvantages in HD conditions. This study provides more reliable information on protection of sex, CSs, and HD-specific confounders on depression in the critical recovery month following OHS, which could have important clinical implications for patient-centered, pre-OHS care of women with advanced HD.

5954

Stress & quantitative food intake in daily life: An EMA study exploring intra-individual variability

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Human health is substantially and directly influenced by nutrition and stress. In addition, stress also has an indirect impact on health, through changes in health-related behaviours such as diet. Laboratory studies found inter-individual differences in the dietary response to stress: roughly 40 % of the participants increased food intake, 40 % decreased the consumed amount and 20 % showed no change. However, these results cannot be generalized to the natural environment as the examined situations and the laboratory-induced stressors were artificially created and the offered food selection was limited. It also remains unclear whether the observed stress-induced responses are stable within a person across different situations. Therefore, the present study investigates intra-individual variability of the quantitative food intake in high-stress periods in daily life applying the EMA approach. Approximately 300 adults who are not diagnosed with a psychiatric disorder and patients diagnosed with ADHD and/or depression will be included. Participants are asked to enter all foods and drinks consumed using a smartphone application for three days (event-contingent). Eight times per day they are prompted by the app to complete questions regarding their experienced stress and stressful events since the last prompt (signal-contingent). Data collection has started in November 2018 and is ongoing.

Multilevel two-part models will be used to examine the relation of stress and quantitative food intake across different situations within and between participants. Preliminary results will be presented. An understanding of the connection between stress and diet in daily life is necessary for targeting specific situations and/or individuals at higher risk for unhealthy eating behaviour.

5886

Understanding 2SLGBTQ gender-based violence survivors' service and care needs

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2SLGBTQ people experience disproportionately high rates of gender-based violence (GBV; Sida, 2015). GBV aims to control individuals who threaten traditional gender roles and norms. GBV is often grounded in homophobia and transphobia, taking the form of bullying, harassment, physical violence, and exclusion. 2SLGBTQ GBV is often unrecognized by individuals providing supports and services, which serves to compound the health disparities faced by 2SLGBTQ individuals (Williams et al., 2017). Within the health-care system, 2SLGBTQ individuals often face receiving services from providers who are either unprepared to support their unique needs (White Hugto, Reisner, & Pachankis, 2015) or who perpetuate experiences of homophobia/transphobia (Durso & Meyer, 2013). Creating a gap in 2SLGBTQ individual's service provision. The current project presents the initial findings from a five-year nationally-funded applied research project/initiative seeking to address GBV, guided by a transformative participatory approach. The initial study was guided by two research questions: (1) what are 2SLGBTQ GBV survivors support and services needs; (2) what are 2SLGBTQ experiences of accessing care related to GBV. The current study utilized focus groups and Key Informant Interviews to collect experiences from diverse perspectives, such as, services providers from varying system ($n = 20$; i.e., health, education, justice, NGOs) and 2SLGBTQ survivors with lived experience ($n = 10$; i.e., seniors, youth, Indigenous, POC). Results from the thematic analysis speak to current barriers, gaps, and re-traumatization that occurs when 2SLGBTQ folk access supports and services related to GBV. In addition, the results identify current service and care needs for 2SLGBTQ individuals.

5840

Changes in smoking behavior affected by peer acceptance and sense of community in adolescents

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The prevalence of smoking behavior in adolescents has been increasing in Jakarta. This behavior is mostly started at adolescence and might be influenced by peers and environment. However, there were also adolescents who switched their smoking behavior into non-smokers. This study explored the possible connection between differences in peer acceptance and sense of community in two consecutive years to changes in smoking behavior in adolescents, whether they are turning into a smoker from a non smoker or vice versa. Follow-up data from 2018 and 2019 were collected from 5 high schools in Jakarta. Peer and environment factors were measured with Perceived Acceptance Scale (PAS) and Sense of Community Index-2 (SCI-2). Smoking behavior is determined with Youth Risk Behavior Surveillance Scale (YRBSS). The data were statistically compared using independent sample *t*-test technique. Participants consist of 53 adolescents where 47% turned into smokers (Group 1) and 53% turned into non-smokers (Group 2) in the second year. Results showed that the scores of PAS and SCI-2 on the first year were significantly higher among Group 1 ($p < .05$). On the other hand, scores of PAS and SCI-2 on the second year showed no significant difference among both groups. Other results yielded that there was a significant increase of PAS scores in both groups ($p < .05$) on the second year, where the scores are initially higher in Group 2 on the first year. Whereas for SCI-2 scores, there was a significant decrease in Group 1 ($p < .05$) and increase in Group 2 ($p < .05$). This study showed that peer acceptance and sense of community contributes to changes in smoking behavior. Peer acceptance and sense of community increased on adolescents who turned into smokers. While adolescents who turned into non-smokers, peer acceptance increased and sense of community decreased.

5769

The association of smoking behavior and anxiety among adolescents in Jakarta

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The high occurrence of smoking behavior and mental health problems, including anxiety, in adolescent population has become a major concern. Multiple studies have reported an association between smoking behavior and anxiety. However, the literature remains mixed regarding the direction of this association. This study aimed to assess the association of smoking and anxiety among adolescents in urban Jakarta. Data from two consecutive years stemming from a larger longitudinal database on adolescence mental health research were

used. A total of 573 students (262 males and 311 females) from 5 high schools in Jakarta, Indonesia were participated in 2018 and 2019. The Hopkins Symptoms Check List (HSCL) anxiety subscale was used to measure symptoms of anxiety. Youth Risk Behavior Survey (YRBS) was used to measure smoking behavior. Data were analyzed using bivariate logistic regression. Significant result yielded when smoking behavior served as predictor of anxiety ($p < .05$). The probability of adolescents who smoke increased by 60% in experiencing anxiety compared to those non-smokers (OR = 1.627; CI: 1.037–2.552). The study indicated that smoking behavior was found to be significant predictor for later anxiety.

5648

Factors influencing South African adolescents use of over-the-counter cough syrup

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Background: Adolescents are increasingly experimenting with new "craze drugs" including over-the-counter cough medicine (OTCCM). However, there is limited empirical evidence in South Africa on adolescents' use of codeine-containing medicines, especially OTCCMs. This paper describes South African adolescents' views of OTCCM misuse, and the factors that may promote use. Methods: This research adopted an exploratory qualitative design. Focus group discussions ($n = 24$) were conducted with 144 learners between 14 and 17 years old in two township communities in South Africa. Data were analysed thematically supported by Atlas.ti. Results: Three core themes emerged from the analysis, namely, knowledge of OTCCM use; factors that influence OTCCM use; and effects of OTCCM use. Participants reported that young people do use OTCCM recreationally. Four main factors were noted to influence OTCCM misuse in their communities, namely, accessibility, affordability, social influences, and the clandestine appeal of cough medicine. Adolescents also expressed that OTCCM had similar euphoric effects to alcohol or marijuana but could not easily describe any negative impacts. Conclusion: This exploratory study with adolescent participants provides contextualized empirical evidence about OTCCM. These findings call for the South African Health Products Regulatory Authority to promptly consider pending regulations on OTC codeine-medication and demands increased awareness raising of codeine misuse in communities.

5567

Children's agency in hypertension management of adult hypertensive family member

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Objective: Hypertension, globally, has the highest prevalence and is the most fatal non-communicable disease; simply a biomedical approach has not been enough to curb its ever-increasing occurrence and preventability rate. Hence, this study aims to examine the effectiveness of an anti-hypertensive intervention provided to children, and sequentially, their agency in supporting hypertension management of their adult family member(s) was also observed. With a huge research potential, children's agency might be useful in a more holistic approach towards chronic illness management. **Method:** A sample of 43 children paired with their hypertensive family members were shown an educational video on hypertension management along with pamphlets about the same. This was done over a span of 6 weeks and the pair were administered pre and post-tests for hypertension knowledge. Simultaneously, adults were examined for their anti-hypertension compliance, systolic and diastolic blood pressure. Children were also asked to monitor their counterparts on a daily basis for 6 weeks to remind them and note their medicine, diet, and exercise compliance. **Results:** Children showed a significant improvement in hypertension knowledge in total and across all its domains. Although adult participants did not have any improvement in their knowledge about hypertension, there was a significant improvement in the overall management of hypertension and a significant reduction in the systolic and diastolic blood pressure reading. The monitoring record has also been reported to show the efforts put by the children during the course of the study. **Conclusion:** This study confirms the instrumentality of children in carrying out effective communication in modeling behavior towards hypertension management. It opens a gateway to research in understanding social support from children in chronic illness management.

4770

Relationships, responsibilities & distress: Medical decision-making by cancer patients & caregivers

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The treatment for cancer often requires the patients and their family members to make tough decisions that are likely to have long-term consequences. Some medical decisions such as whether to opt for aggressive treatment or palliative care, whether to withdraw life-sustaining treatment, etc. often transform into moral dilemmas. The individual is faced with the crushing reality of choosing between two or more competing moral choices such that choosing one means forgoing the other. Behind these choices and

conflicting courses of action, are the responsibilities of the individual that places him/her in a unique state of indecision and uncertainty. The notion of moral responsibility directly links our actions to the consequences it holds for others. It is inherently a relational concept as it connects the individual with society. The present research aimed to understand this infused elusive nature of moral responsibility in moral dilemmas. Here, no matter what the person chooses, failure is inevitable. Thus, apart from the caregiver's stress, there is an element of moral distress that is experienced by the individual in the form of regret and guilt over the choices that had to be foregone. To understand the nature of moral responsibility, moral dilemmas, and distress, 50 in-depth interviews were conducted (20 cancer patients; 30 primary caregivers). Through interpretative phenomenological analysis, it was found that the moral nature of medical decisions was often rationalized through social scripts. It was also found that the perception of moral dilemmas is often contingent on the religious attitudes of the individual. The consequence of experiencing conflicting moral responsibilities was reflected in the affective distress that stayed with participants even after surviving cancer. The research holds implications for psycho-oncologists, counselors, and ethicists, among others as it elucidates how relationships and responsibilities tugs an individual in different directions thereby making medical decisions especially difficult.

4518

Air pollution and child psychological functioning: A review

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Children are particularly susceptible to (neuro)developmental impairments caused by air pollution. An increasing number of studies have focused on child air pollution exposure and impaired psychological functioning. Yet, there is a lack of reviews of the evidence. In response, this article reviews published studies of the effects of air pollution on children's psychological functioning. The study employed a mapping review methodology. Inclusion criteria were: published in peer reviewed journals; include exposure measurement as well as psychological outcomes; and participants had to be under 18 years old. Search terms included: ambient air pollution, outdoor air pollution, household air pollution, indoor air pollution, pollutants, children, psychological functioning, brain development, and effects of air pollution on psychological functioning. Twenty two studies were initially identified using the search strategy but only 12 met the inclusion criteria. The reviewed studies suggest an elevated risk of psychological impairments due to air pollution exposure and specifically cognitive outcomes, such as memory and

attention. However, the review highlighted a number of methodological concerns. Firstly, there were problems with study design (e.g. 60% of studies used cross sectional designs that do not allow for causal inferences), a lack of consistency in exposure measurements (not only did studies differ on the pollutants they focused on, they also measured them in different ways), there was an over-representation of traffic sources (other high-risk sources such as industry and household air pollution did not exist); and a lack of attention to possible confounding variables. No studies were conducted in developing countries where air pollution risks are higher. There is a need for stronger studies to strengthen the evidence of the associations between air pollution and psychological functioning (cognitive, emotional and behavioural) and to include other high risk sources. The paper also offers recommendations to standardise future epidemiological studies.

3456

The STEP-IN-AMI trial: Final results
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Psychosocial factors play an important role in atherosclerosis and ischemic heart disease. We performed a randomized trial to assess the effectiveness of standardized administration of an ontopsychological short-term psychotherapy (STP) in carefully characterized patients with a recent acute myocardial infarction (AMI) who also were treated with routine, contemporary treatments for their AMI. **Methods:** Patients ≤ 70 years old were randomized within 1 week of their AMI to short-term onto psychological psychotherapy plus routine medical therapy vs. routine medical therapy only. The primary composite outcome was defined as the combined incidence of new cardiovascular events (re-infarction, death, stroke, revascularization, life-threatening ventricular arrhythmias, and the recurrence of clinically significant angina) and clinically significant new comorbidities. **Results:** Ninety-four patients were analyzed. The 2 treatment groups were similar across baseline characteristics. At 5-year follow-up, psychotherapy patients had a lower incidence of primary outcome, relative to controls (77/223 vs. 98/202 patient-years, respectively; $p = .035$; absolute risk reduction = 19%, number needed to treat = 8); this benefit was attributable to the lower incidence of new comorbidities and clinically significant angina in the psychotherapy group. Gains in the primary outcome, relative to controls, among psychotherapy patients occurred in the first year and subsequently remained stable over the following 4 years. **Conclusions:** Adding short-term ontopsychological psychotherapy to routine secondary prevention of myocardial

infarction improves clinical outcomes overall up to 5 years post AMI.

1586

E-cigarette smoking as a social practice: motivation and meanings

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Purpose of this study is to explore the factors contributing e-cigarette smoking or vaping habits among youth. This study focused on the two discourses to create an e-cigarette motivational model for future understanding and control of this new phenomenon. The grounded theory approach was used to understand the underlying motivational thought processes in the context of engaging in e-cigarette smoking or vaping behavior. Sampling methods employed in this study are purposive and theoretical sampling. A total of 60 participants from the youth age group (23–30) were subjected to an in-depth interview. Data analysis was performed based on the Strauss and Corbin 1998 constant comparative method. The results of the analysis led to six main motivational concepts: peer pressure, risk compromising, smoking experience, belief system, quit desire, e-cigarette availability and social acceptance. Out of this, one concept was skewed towards the negative motivation while the rest were leaning towards positive motivational concepts. The grounded theory approach used in this research has helped in understanding and identifying relevant concepts/factors explaining the phenomenal rise in e-cigarette smoking or vaping and allowed formulation of an explanatory model addressing both discourses. Based on the model the positive reinforcements appear to be the main reasons for the adoption and consumption of e-cigarette smoking or vaping. Many of participants perceive e-cigarette smoking or vaping as a socially acceptable indulgence, non-intrusive and empowered them to decide on the nicotine-content and flavour. Participants also believed strongly that e-cigarette is very safe in comparison to tobacco smoking. The social acceptance, personal empowerment and health appeal perceived in e-cigarette vaping are the driving forces of this new social phenomenon. Future research should consider quantitative approach to investigate on moderating and mediating factors of e-cigarette smoking or vaping behavior among youth.

1293

The Effect of the clinical practice of narrative medicine for cancer patients

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Objective: Through evaluation of the narrative medicine practice in TCM way, this research showed the effect of the clinical practice of narrative medicine for cancer patients. Methods: 10 cancer patients and their family members into the exclusion criteria, 10 doctors and 10 nurses of oncology department of Xiyuan Hospital were selected for this research. The qualitative data of semi-structured interview of before and after training and practice of narrative medicine of each group were collected. The observation records of narrative medicine practice were also used, in order to show the in-depth analysis. Results: The results of the assessment of practice effect were as follows: (1) In terms of doctors and nurses, due to the enhancement of empathy ability, the trusts and adherence between patients and doctors were increased, the working state of medical staff became peaceful and the medical contradiction was softened. (2) In terms of patients, narrative medicine enhanced the effectiveness of doctor-patient communication. And patients could correctly evaluate their diseases and could willing to build more harmonious relationship with their doctors. Conclusion: The practice of narrative medicine of TCM will optimize personnel working status of doctors and nurses and enhance the effectiveness of doctor-patient communication, enforce the trust between patient and physician.

1734

Self-affirmation and responses to cigarette warning labels: The moderating role of message strength

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The present research aimed to investigate the moderating role of message strength on the association between self-affirmation and reactions given to cigarette warning labels. Two studies were conducted with 500 female (Study 1) and 500 male (Study 2) daily smokers. We focused on message derogation and quit intentions as outcome variables. Participants evaluated either strong or weak warning labels in terms of message derogation after they were given an opportunity to either affirm an important personal value/characteristics or not. Then, they responded to questions measuring intentions to quit smoking. Results showed that, only for the male sample, message strength had a moderating role on the effect of self-affirmation on message derogation. Specifically, self-affirmed male smokers derogated strong cigarette warning labels less than non-affirmed male smokers. However, message strength did not have a moderating role on both message derogation and quit

intentions for the female sample and on quit intentions for the male sample. These results provided limited support for the moderating role of message strength on the association between self-affirmation and responses elicited by cigarette warning labels. Note: This research was supported by The Scientific and Technological Research Council of Turkey.

736

Efficacy of a brief health risk communication intervention: An online randomised controlled trial

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Background: The increasing prevalence of diabetes globally is driven by rising numbers of people living with Type 2 diabetes (T2D), which is largely the result of an unhealthy lifestyle. Effective risk communication could lead to behavioural change; however, gaps in health services preclude at-risk individuals from receiving such interventions. Brief internet interventions may function as an alternative through offering users a brief risk assessment and subsequent lifestyle recommendations. Objective: The aim of this study is to assess the feasibility and efficacy of a brief online health risk communication intervention on changing behavioural intentions. While health risk communication interventions have proved efficacious in the general population, it has not been adequately tested as a brief online intervention tool. Methods: Participants are recruited through Amazon Mechanical Turk (MTurk) and redirected to Qualtrics to complete the survey. Following completion of the demographic and screening items, qualified participants will be randomly assigned to either the personalised or generalised T2D risk presentation condition, and subsequently the gain-framed or loss-framed health message condition. Results: A 2 × 2 analysis of variance tests (ANOVAs) using general linear model will be used to examine the main effects of message frames and the interaction effects on behavioural intentions. Effect sizes will be calculated using the means and SDs of each experimental group. Conclusions: The outcomes of the trial and the feasibility of the brief online risk communication intervention will be discussed. We will also briefly introduce the future directions along this same line of research.

594

Adverse childhood experiences and suicidal behavior in adolescents in an urban school-based sample

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The study extends the research linking adverse childhood experiences (ACEs) to suicidal behavior by testing these associations for suicide ideation and attempts in adolescents, controlling for established risk factors for suicidality, and measuring a broad array of ACEs. The sample included 4409 youth from the 2019 Bangkok Behavior Surveillance Survey age 14–16 years to examine associations between 11 different ACEs (physical, sexual, emotional abuse, neglect, parental divorce/separated, parental abuse, violent exposure, incarceration, alcoholism, household member mental illness, and family history of suicidality) with suicidal ideation and suicide attempts in adolescents, while controlling for depression, anxiety, problem alcohol use, drug use, gender, and age. We also tested for cumulative associations of ACEs with suicide ideation and attempts. In adjusted logistic regression models, we found that physical, sexual, and emotional abuse, parental incarceration, and family history of suicidality each increased the risk by 1.8 to 3.9 times for suicidal ideation and suicide attempts in adolescents. The accumulation of ACEs increased the odds of suicide ideation and attempts. Compared with those with no ACEs, the odds of seriously considering suicide or attempting suicide in adolescents increased more than three-fold among those with four or more ACEs. Intervention strategies need to prevent ACEs from occurring and should take into account the impact of cumulative ACEs on suicide risk. Future research should focus on identifying mediating mechanisms for the ACEs-suicidality association using longitudinal research designs and determine which ACEs are most important to include in a cumulative ACE measure.

POSTER PRESENTATION

9178

Examination of the influencing factors to inhibit sleep onset of Chinese employees

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The purpose of this study investigated the sleep onset of Chinese employees and the influencing factors on their sleep onset. This study investigated 254 Chinese employees, with three questionnaires as follows: a standard rating scale to estimate sleep onset, the Brief Job Stress Questionnaire, and Beck Depression Inventory-II. According to the results of the *t*-test, it is found that the office workers who do not use sleeping pills slept better than those who use. According to the results of the multiple regression analysis, the most important factors that affect their sleep onset were occupational stressors. Occupational stressors have a negative effect on the mental condition during the day, resulting in a negative influence of sleep onset. Occupational stressors, stress

responses, lack of social supports, and depression will exacerbate the condition of mind and body at present and last night. These factors will lead to a deterioration of sleep onset. These results suggested that reduced occupational stressors, reduced stress responses, increased social supports, and reduced depression might be a crucial approach to improve sleep onset.

9154

Psychosocial correlates of mental health during the COVID-19

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Objective: The COVID-19 pandemic has hit almost all countries around the globe, including Spain, seriously affecting the welfare of populations. The aim of this study was to analyze socio-demographic and economic correlates of mental health during the COVID-19 pandemic in the Spanish population. Methods: The sample of this cross-sectional study was comprised of 801 participants aged 18 or older and residing in Spain. Data collection was carried out during March–April 2020. Data of mental health (GHQ12), as well as of a wide number of socio-demographic and economic variables were recorded. Linear regression models adjusted for current medical diagnosis of COVID-19 were built. Results: A one unit increase in age ($\beta = -0.09$, 0.01(SE), $p < .001$), and in number of children ($\beta = -0.83$, 0.18(SE), $p < .001$) was associated with decreased mental health scores. Similarly, a high level of studies ($\beta = -1.36$, 0.39(SE), $p = .001$), being married ($\beta = -1.48$, 0.39(SE), $p < .001$), self-employed ($\beta = -1.56$, 0.69(SE), $p = .025$) and retired ($\beta = -2.08$, 0.73(SE), $p = .004$) were linked to lower mental health scores. On the other hand, referring gender as female ($\beta = 1.70$, 0.42(SE), $p < .001$), reporting a medium level of studies ($\beta = 1.61$, 0.40(SE), $p < .001$), being single ($\beta = 1.41$, 0.39(SE), $p < .001$), unemployed ($\beta = 1.55$, 0.71(SE), $p = .029$) and a student ($\beta = 3.04$, 0.56(SE), $p < .001$), were associated with a higher mental health score. Conclusions: The most vulnerable populations were found to be women, younger people, people with basic or medium studies, students and individuals with no remunerated activities, single populations as well as those with a reduced number of children.

9153

Anxiety among pregnant women during the COVID-19 pandemic in Spain

Sara Esteban-Gonzalo (1), María Caballero-Galilea (1), Miguel Álvaro-Navidad (2), Jean-Luis González-

Pascual (1), Laura Esteban-Gonzalo (3) 1. *Universidad Europea de Madrid, Spain*; 2. *Hospital Fundación Jiménez Díaz, Spain*; 3. *Universidad Complutense de Madrid, Spain*

Objective: Several studies have identified women as a vulnerable group during the COVID-19 pandemic. Further, stressors for pregnant women have been numerous. The aim of this study was to assess the associations between socioeconomic factors, health concerns and health information management, and anxiety level during the COVID-19 pandemic in pregnant Spanish women. Methods: Cross-sectional study. Sample of 353 pregnant women. Data collection from June to September 2020. The State Trait Anxiety Inventory (STAI) was used to assess anxiety level. Multilevel regression models were built to value the associations. Results: Reduced working hours ($\beta = 4.07$, $p = .003$) and reduced income ($\beta = 2.66$, $p = .025$) due to the COVID-19 pandemic were related to higher anxiety levels, as was the level of concern about COVID-19 symptoms and complications ($\beta = 2.70$, $p < .001$), contagion and consequences for the baby ($\beta = 1.87$, $p = .002$). An increase in the degree of information obtained about COVID-19 symptoms and complications ($\beta = -1.41$, $p = .001$), contagion and consequences for the baby ($\beta = -1.37$, $p = .001$) were related to lower anxiety levels. Conclusions: While economic and employment uncertainty has proven to be a risk factor for mental health in the general population, it may be even more so in pregnant women. Despite evidence that breastfeeding is safe, pregnant and new mothers continue to worry about risk of contagion and infection of the baby to the extent that many women have decided not to breastfeed their children. Receiving sufficient information regarding the virus has proven to be a protective factor in the appearance of symptoms of anxiety.

9110

Death anxiety, ageism, and COVID 19-related risk-taking by young adults

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Prior research has shown that those holding more negative beliefs about older adults engage in higher levels of risk-taking. The results supported Terror Management Theory, which emphasizes the role of death anxiety in influencing behavior and suggests that individuals rely on various types of death anxiety buffers in daily life. Prior research on risk-taking did not assess death anxiety directly. The present research aimed to replicate the prior research and to investigate the relationships among death anxiety, ageism, and risk-taking related to the COVID 19 pandemic. We surveyed 220 college students (101 men, 119 women) in fall 2020, assessing ageism, death anxiety, general

risk-taking, and COVID 19-related risk-taking. We created two sets of questions: seven related to recommended/safe behaviors (e.g., washing hands frequently, social distancing, etc.) (Cronbach $\alpha = .84$) and four related to risky/unsafe behaviors (e.g., not wearing masks in public locations and living life as though there was no pandemic) (Cronbach $\alpha = .74$). Thirty-six participants had contracted COVID 19 by the time of the study and were excluded from the analyses. The results replicated the prior research. In separate hierarchical multiple regressions predicting COVID 19-related behaviors and one predicting general risk-taking (as measured by the DOSPERT), variables were entered in three blocks: Block 1 (gender), Block 2 (death anxiety), and Block 3 (ageism). In all analyses, higher levels of ageism and death anxiety were significant predictors; however, different patterns were observed. The frequency of safe behaviors was predicted by higher levels of death anxiety and ageism. The frequency of risky/unsafe behaviors and general risk-taking was predicted by lower levels of death anxiety and ageism. The results have implications for public health efforts to reduce risk-taking, including risky COVID 19 behaviors.

9033

Social support mediates the association between stress and non-restorative sleep

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Background: Nonrestorative sleep refers to an unrefreshed feeling after adequate sleep time. Previous studies demonstrated that stress could induce nonrestorative sleep. This study aimed to examine whether social support mediates the pathway from stress to nonrestorative sleep, in order to help design improved future interventions and treatments. Methods: The study involved a household survey. Participants were asked to complete the Chinese version of the Nonrestorative Sleep Scale, the Perceived Stress Scale, the Hospital Anxiety and Depression Scale and the ENRICH Social Support Instrument. Structural equation model was used to assess the mediating role of social support on the relationship between stress and nonrestorative sleep. Results: 151 participants (57% female) with an average age 38.6 years (SD: 13.9) participated in the survey. Nonrestorative sleep was associated with stress ($\beta = -1.05, p < .001$) and social support ($\beta = 0.54, p < .01$) after adjusting for age, gender, marital status, exercise, smoking, alcohol consumption, sleep time, anxiety and depression. Furthermore, the indirect effect mediated by social support between stress and nonrestorative sleep was -0.11 (95% CI = -0.21 to $-0.02, p = .024$, 8% of total effect). Conclusions: Stress and reduced social support increased nonrestorative sleep, the impact of stress could also be mediated by

social support. Enhancing individuals' social support (e.g., providing sleep consultation) can help reducing the influences of stress on nonrestorative sleep.

8163

Cancer survivors' reinforcement contingency mediate the effect of activity restriction on depression

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Objective: Activity Restriction (AR) is studied as a predictor of depression in cancer survivors. However, the direct relationship between AR and depression is unclear. Perceiving reinforcement contingencies (PRC), which is perceiving a sense of mastery as a consequence of their activity, is studied as the mediator between AR and depression (Carvalho & Hopko, 2011). The current study examined the mediating effect of PRC in the relationship between AR and depression in cancer survivors. Methods: Cancer survivors ($n = 94$, Mean age, 60.07 years) recruited through cancer support groups at baseline (T1), completed the following questionnaires: demographic and clinical information, the Activity Restriction Scale for Cancer Patients- Revised, the Environmental Reward Observation Scale and the Hospital Anxiety and Depression Scale (HADS). Fifty-one out of 94 baseline (T1) participants completed the 6-month follow-up (T2). Results: The mediation model in T1 indicated that PRC fully mediated the relationships between AR and depression (indirect effect = $0.27, p < .01$). The same mediating model was applied to analyze score changes in the 6-month follow-up (T2-T1). As a result, changes in PRC also fully mediated the effect of changes in AR on changes in depression (indirect effect = $0.11, p < .05$). Conclusions: PRC was found to be the mediator of AR on depression in both cross-sectional and longitudinal data. These results could resolve the inconsistent results regarding the relationship between AR and depression, and could also serve as theoretical evidence for behavioral activation interventions for depression in cancer survivors.

7533

The influence of stress, coping and optimism on recovery processes – a multi-methodological approach

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Patients' recovery after surgery depends on a variety of factors, not only on the skills of the surgeon. More particularly, it has been shown that the patients' individual coping strategies, resilience and other personal traits contribute

to the recovery. Yet, these findings are mostly based on self-reports of the patients and thus might be biased. Therefore, the present study assessed the patient's general well-being with self-reports in combination with implicit reaction time measures (i.e. the Go/NoGo IAT, GNAT) and the hair cortisol as a measure of chronic stressors. Of interest to us was how these three approaches, namely self-reports via various questionnaires, the GNAT and the hair cortisol were related and whether they could, in a further step, predict patients' recovery. In a first step, data of 84 patients (age range: 18–84 years old, 39% female) had been collected at the time of their acute or planned hand surgery. Patients filled out questionnaires on their subjective stress, pain, coping, resilience, and mental health. Hair cortisol was assessed for the last 3 months. The GNAT was used with word phrases from the target category 'optimism' and the valence categories 'positive' and 'negative'. Based on significant correlations, the regression models were compared focusing on one of our measures as the criterion and the others as predictors. Results and implications of this multi-methodological approach are discussed.

7482

Depressive transformation in long-stay institutions for older people (Ilpis): An analysis of factors

Izadora R. Araujo Brazil

New social contexts related to population aging, as well as changes in family structures and the increase of life expectancy, have made it possible to observe an increase of spaces dedicated to receiving the elderly population, in the aims of preserving daily routines, promoting rest, as well as providing healthcare, called Long Stay Institutions for the Elderly (ILPIS). The move to such a space is characterized as a process of adaptation, as it involves leaving a familiar environment, distancing oneself from the external world, adapting to a new reality, as well as the loss of personal belongings, memories and senses attributed to a familiar environment. The extreme changes linked with the move to such a new environment only add to the physiological changes naturally occurring with age. This succession of changes can have several impacts on mental health, such as the feeling of abandonment and/or loss of autonomy. Through bibliographic studies, the present research aims to analyze the factors influencing the development of depression in the elderly population living in Long Stay Institutions for the Elderly (ILPIS), understanding the origin of these spaces and their dialogue with Brazilian public policies concerning elderly care, as a way to improve the current practices, thus providing increased quality of life and dignity.

7392

Are perceived cognitive difficulties in cancer survivors a reality? Evidence from a Portuguese sample

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Cancer is a prevalent disease, with breast cancer (BC) being the most frequent type of cancer diagnosed among women. Cancer treatments, specifically chemotherapy (CT), have increased the survival rate of patients. However, they are also associated with diverse short- and long-term side effects. One of the most frequent side effects reported by BC patients are impairments in cognitive functions. Although the degree of cognitive impairment is subtle, it is strong enough to have a negative impact on overall quality of life. The present Portuguese cross-sectional study aimed to evaluate perceived cognitive functioning (PCF) in women with BC treated with CT, and the relationship between PCF and sociodemographic (age and education) and psychological adjustment (anxiety and depression) variables, compared to matched healthy women. Furthermore, we explored whether these variables and health status (BC and healthy) could predict PCF. A sample of 146 women, 73 with BC and 73 healthy, participated in this study and completed a sociodemographic and clinical information questionnaire, the Functional Assessment of Cancer Therapy-Cognitive Function, version 3 (FACT-Cog), and the Hospital Anxiety and Depression Scale (HADS) through an online platform. Compared to healthy women, women with BC showed significantly lower scores on FACT-Cog subscales and higher levels of depression. Both groups showed significant negative correlations between PCF and anxiety and depression. Health status (BC survivors or healthy) and depression seem to be the best predictors of PCF, with health status adding significantly more explained variance beyond sociodemographic and psychological adjustment variables. Overall, this study supports the existence of significantly more cognitive complaints among Portuguese women with BC, compared to healthy women, which are not fully accounted by lower psychological adjustment. These findings can be important in designing clinical interventions for BC patients to help manage cognitive impairment, targeting not only cognitive functions but also psychological adjustment variables.

7487

Lived experiences of hemodialysis (hd) patients in Pakistan: Evaluation toward transformation

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End state renal disease (ESRD) patients undergo hemodialysis (HD) for their survival. HD is the preferred treatment by the majority of ESRD patients in Pakistan (Jha, 2013). HD is performed in-center for three to five hours, two or three times weekly. During HD, each patient is connected to a dialysis machine. These sessions, although vital for survival, are perceived as disabling and experienced as a major challenge by patients (Castro, Caiuby, Draibe, & Canziani, 2003). In depth, individual semi-structured interviews were conducted with 24 ESRD dialysis patients and 6 medical professionals in Pakistan to investigate their lived experiences of HD as well as potential strategies and/or interventions with which to transform the HD experience to a positive one. Interpretive phenomenological analysis (IPA) was used to analyze the data. The results indicated that: HD alters patients' lives; places a significant financial burden; creates emotional problems; social complications; dependence; physical weakness and deterioration; occupational difficulties; and most profoundly, patients find it difficult to pass the time during HD. Despite these challenges, patients were habituated to HD and some were living a productive life. As part of a broader research project, the current study explored possibilities of transforming the experience of HD to a positive one. As the project progresses, we will report on the development of interventions and strategies that transform the experience of the time spent during HD in Pakistan to a positive one.

7361

Consciousness and preparation to control the decrease of QOL in middle age

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Objective: Numerous negative life events occur in middle age that can decrease the quality of life (QOL) of people in this stage of life. It is important to prevent QOL decline in middle-aged people to facilitate a fulfilling post middle-age life in aging societies. The purpose of this study is to help reduce QOL deterioration in middle age, with the goal of supporting a favorable aging process. This study examines the relationship between QOL and preparing for aging in middle-aged people according to positive or negative awareness of older age. Methods: A survey was conducted on a total of 189 men and women between the ages of 40 and 65 years. The survey items are face Sheet and three scales: (1) Awareness scale toward older age (Usami, 1995), (2) Preparatory effort scale for older age (Hiraoka, 1991), and (3) WHO-QOL26 (Tazaki and Nakane, 1998).

Statistical analysis was performed using stepwise multiple regression analysis. The average QOL score was the dependent variable and the subscale scores of awareness and preparation for older age were the independent variables. Results: Results indicated significant effects showing that four items of the subscale of awareness affected QOL: (1) coherent role in life and retirement, (2) financial stability, (3) enhancement of social welfare and security, and (4) anxiety about health and illness. Regarding the preparatory effort for older age, only practicing physical exercise had an effect on QOL. Savings and interpersonal efforts did not affect QOL. However, the QOL scores of participants rose in all areas with the increase in active awareness towards health at an older age and their participation in exercises and sports. Conclusions: The factors examined are considered to have psychological significance in preventing QOL deterioration in middle-aged people.

6948

Promoting responsive feeding practices in mothers of malnourished children: A pilot intervention

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It was evaluated an intervention strategy to modify patterns of mealtime mother-child interaction which were identified as inhibitors of child consumption toward others more effective to improve nutritional status. It was involved four mother undernourished child dyads, three boys and a girl, aged between six and twenty-four months old at baseline. Children's anthropometrics, socio-demographics, and familiar health practices were obtained. A questionnaire on maternal responsiveness and stimulation and an instrument on maternal anxiety levels were administrated. Participants were filmed at mealtimes and the videos were analyzed using a system of behavioral categories. The within-subject design was an ABC type. The baseline consisted of mealtime video-recording. Then, it was structured a program to teach the mother about nutrition and contingency management. Finally, a follow-up was conducted between one to three months later. Results indicate favorable changes in interaction patterns for three dyads: children increased their self-feeding, and mothers decreased those inhibitory intake behaviors. Nutritional status showed slight positive changes for two infants. Anxiety levels decreased for three mothers.

6939

Interactive mother-child feeding styles and nutritional status: Responsive vs. non-responsive

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The study of interactive styles in different populations and different contexts can contribute to the explanation of some health problems, such as child malnutrition. Understanding that this problem is derived from several factors such as sociodemographic and cultural variables, this work is aimed to search if there are interactive styles characteristic of mothers of malnourished infants and mothers of eutrophic children. For this, a sample of 30 mother-child dyads was selected. Children mean age was 17.4 months old. Seven girls and eight boys had an optimal nutritional status (EG), five girls and ten boys had some degree of malnutrition (UG). Three video records of the interactions were made during mealtime. Videos were coded using a system of observational categories with four behavioral dimensions: closeness/orientation; presentation/consumption of food; vocalizations, and affective adjustments. The relative durations of the categories between the two groups were compared using a Student's *t*-test. It was found that in UG mothers paid less attention to the child even when they were close to him, did not vocalize and were apathetic or irritable; while in EG the mothers paid more attention, they changed the food when the child when the child did not like it, they talked more about the organoleptic properties of food or behavior and showed more positive affect. The cluster analysis selecting the categories that showed differences between both groups revealed two clusters, a first with non-responsive feeding patterns including three dyads of the EG and 27 of UG, and the other with a sensitive and responsive feeding pattern that comprised three dyads of the UG and 27 of the EG. Results indicate that it is possible to differentiate interactive styles that promote or hinder the child's eating, that influence the infant's nutritional status.

6876

Russians attitude towards biomedical technology

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Supported by State order No. 0159-2019-0002. The study was completed on youth (18–30 years, $N=110$), students of psychological ($N=55$) and medical ($N=55$) departments. Method: (1) author's questionnaire to study attitudes to certain biomedical technologies (editing the embryo genome, 3D printing of organs and body tissues, carrying the embryo in an artificial uterus, transplanting the brain into another body, forcing the regeneration of body tissues, neurointerfaces, bionic prostheses, exoskeleton) that are already being applied or will be applied in the future. It contains questions about the criteria for the admissibility of their use, assessment of the long-term consequences of their use, what emotions cause the prospects for the use of these biotechnologies. The statements of the

questionnaire were generated based on the results of a focus group interview (on the possible positive and negative consequences of using the above biomedical technologies, the boundaries of the use of similar technologies, etc.) and analysis of Russian media discourse; (2) The Moral Foundations Questionnaire; (3) Ten item personality measure; (4) Zimbardo Time Perspective Inventory. An analysis of the attitude towards biomedical technologies that are already being applied or will be applied has shown that the factors of a positive attitude are progressivism, extroversion, friendliness, openness to new experience, emotional stability, orientation to the hedonistic present, the future, atheistic and apolitical views. Factors that negatively relate to new biomedical technologies include conscientiousness (consciousness), commitment to moral foundations, cleanliness, loyalty, respect, care, orientation to a positive past, belonging to Christianity or Islam, liberal and conservative views. The factors of an ambivalent attitude to these technologies include the presence of a medical education, orientation toward a negative past. The presence of a psychological education, the experience of experiencing a serious illness or death of loved ones is not significant for the modality of attitudes toward biomedical technologies.

6638

Hope, positive mental health, and health behavior as predictors of health complaints in Czech adults

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The aim of the study was to examine the relationships between dispositional hope, positive mental health, health behavior, and health complaints. We also examined age differences in the investigated variables as well as in the relationships in our proposed model predicting health complaints from hope, mental health, and health behavior. The sample consisted of 1,634 respondents (67.4 % female), aged between 15 and 93 years ($M=34.6$), who completed the Mental Health Continuum – Short Form, the Health Complaints Inventory, the Health-Related Behavior Scale, and the Adult Trait Hope Scale. Demographic data were also collected. The results of a correlation analysis showed significant relationships between hope, positive mental health, health behavior, and health complaints. Regression analysis further revealed that out of the two components of hope, only agency independently predicted health complaints, and out of the three components of positive mental health, only emotional well-being independently predicted health complaints. The effect of emotional well-being on health complaints was substantially stronger than that of health behavior. The effect of hope agency on health complaints was completely explained by emotional well-being and health behavior. The analysis of age differences

revealed that older adults reported a higher number of health complaints but also a higher amount of health-enhancing behavior. Moreover, a multiple-group path analysis revealed that health behavior only had an independent effect on health complaints in older adults. The results also indicate that dispositional hope can be considered as a potential health-protective factor.

6541

HRQoL among childhood cancer survivors of child and adolescent age: A review of the literature

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With rising survival rates for childhood cancer, the concept of health-related quality of life (HRQoL) as a measure for adjustment has gained attention. No review paper, which only includes studies on childhood cancer survivors of child and adolescent ages. The purpose of this study is to review physical, psychological, and social HRQoL of childhood cancer survivors of child and adolescent age. Articles published in English were searched in the ProQuest, PubMed, and CINAHL between inception of databases and November 2019 using 4 word-sets related following words; (1) "childhood (pediatric)", (2) "cancer", (3) "HRQoL", (4) "survivor(off-treatment)". Inclusion criteria were as follows; (1) articles on HRQoL of childhood cancer survivors aged from 5 to 18, (2) articles that included statistically comparing result between survivor group and control group (studies comparing with published norms were excluded), (3) studies using peer or sibling group as control, (4) studies that used multi-dimensional HRQoL scale, (5) Full-articles published in peer-reviewed Journal. The box-counting review method was applied following the PRISMA guideline. 781 studies were searched. 17 studies met the inclusion criteria. 33~53% of studies reported that survivor group showed poor HRQoL than control group (physical HRQoL: 53%, psychological HRQoL: 50%, social HRQoL: 33%). Comparing with reviews on survivors of all ages, survivors of young adult ages, and survivors diagnosed cancer from 10 to 19 years old, in this review, larger proportions of studies reported survivors showed poor HRQoL. This result showed that the ages and current developmental issues of survivors and the definition of survival should be considered as an essential factor to make difference in adjustment of survivors.

6374

Body Image in dermatological diseases – A systematic review

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Objective: Skin diseases are the fourth leading source of non-fatal diseases in the world. Its psychological impact in the population is a worldwide growing concern. Given the notable growth of interest in researching this construct over nearly the last decades, the present analysis aims to provide a systematic review of the evidence that examines the role of body image in dermatologic diseases. **Method:** The following databases were searched: BVSAUD, PudMed, EBSCO and MedLine, using combinations of terms referring to dermatological diseases and body image. There were no restrictions on study design or publication time. The study included articles published until October 2019, in peer-reviewed journals. Two authors performed the stages of the selection process and the results were narratively evaluated. **Results:** From 310 records identified, 24 met the inclusion criteria. They analyzed populations with dermatological diseases and their impact on body image. The studies designs presented were: cross-sectional design ($n=13$), followed by experimental studies ($n=9$) and finally longitudinal studies ($n=2$). It was observed that the diagnosis of dermatological diseases affects the physical and mental health of patients, namely the way they perceive their body image. **Conclusion:** Although dermatological diseases and body image have been widely studied topics, it is important to note that together they are still a recent subject in the scientific field. To explore the relationship between them further research is recommended as well as interventions to promote better health care for this population.

5661

The patient-physician relationship across therapeutic observance and their expectations of treatment

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Postmenopausal osteoporosis requires strict adherence to dietary guidelines and medication observance which varies according to multiple factors, including treatment expectations. Patient's expectations often differ from those of the health care professional. Patients express expectations of treatment that are geared toward improving their health, but also their well-being by addressing their current needs and pursuing their personal goals. Physicians, on the other hand, assess these expectations of treatment in terms of prevention, limitation of disease and clinical outcomes. However, these differing expectations are part of the doctor-patient relationship, which is itself a prerequisite for the evolution of compliance. Using a qualitative approach, the aim of this study is to examine the way in which treatment expectations are perceived by the patient and the doctor, in order to better understand this paradox in the doctor-patient relationship. Four semi-structured interviews were conducted with two women over 50 years

old with postmenopausal osteoporosis, undergoing treatment, and with two rheumatologists. The data were collected through audio recordings. Thematic analyses were carried out using Nvivo 10 software, based on a pre-established interview grid aimed at updating patients' expectations regarding anti-osteoporotic treatment on the one hand and those of rheumatologists on the other, and assessing their influence on therapeutic relationship. Analyses are still in progress. However, they should help us to examine several areas, like treatment expectations (doctor vs. patient), effects of these expectations on the doctor-patient relationship, doctor's difficulties in perceiving and understanding the patient's needs and expectations in terms of drug management vs. patient's difficulties in adapting to this drug treatment by sometimes having to spare these needs or by reassessing these expectations. These initial results should help to update expectations of patients and rheumatologists regarding anti-osteoporotic treatment, and their role in the doctor-patient relationship, as well as the observance behaviors of osteoporotic patients.

5586

If we could only choose: Psychological correlates of lupus, fibromyalgia, and breast cancer

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220 women participated in this study, 46 with a systemic lupus erythematosus (SLE), 42 with breast cancer (BC), 41 with fibromyalgia (FM), and 77 healthy controls (HC). The participants were 36.5 + 12 years of age, and had 14.6 + 2.3 years of education. The study was conducted by online report on anxiety and depression [HADS], Type D personality [DS14], social support [PSS], and well-being [SWLS]. Women with a diagnosis of SLE reported on their disease severity with their current levels of anti-DNA, ESR and ANA, and women with a diagnosis of BC reported on the current level of their cancer, on current chemotherapy and on their fatigue level. Group comparisons were controlled for age and education. **Results:** The four groups differed considerably on depression ($F(3,201)=14.04$), anxiety ($F(3,201)=8.30$, $p \leq .001$), as well as for perceived social support ($F(3,201)=6.52$, $p \leq .001$) and for well-being ($F(3,201)=8.41$, $p \leq .001$). Post-hoc comparisons revealed that the FM group was significantly higher for anxiety and depression and significantly lower for perceived social support and well-being. For well-being within SLE, multiple hierarchical regression with age and education, followed by the objective measures of illness severity yielded no explained variance, the addition of anxiety and depression symptoms, type D personality and social support gave an $adjR^2=56.5\%$; a similar analysis for well-being within BC patients yielded

no explained variance for age and education as well as disease severity, and the addition of the psychological variables yielded $adjR^2=75.2\%$ for well-being; thus for SLE and BC psychological variables were more important to well-being than disease severity. **Discussion:** A chronic disease (SLE), or a curable life-threatening disease (BC) may cause distress independently of disease severity; furthermore, FM is associated with considerably worse psychological health although not necessarily worse objective health.

4265

Assessing the effectiveness of touching intervention at nursery Taiki Momose (1), Satoru Ishikawa (1), Hajime Yamaguchi (1) 1. J. F. Oberlin University, Japan

The previous researches indicated that is decreasing the time of touching with children during childcare. Growing evidence suggests that touching decrease conduct problems while increasing touching promotes to build good attachment. Recent studies also reported that nursery teachers could be an attachment targets. This study investigated whether touching from parents and nursery teachers influence child development. A total of 329 children aged 3 to 6 years were randomly assigned to three months touching intervention ($n=190$, 109 boys, 81 girls, $M=5.15$, $SD=0.74$) or control group ($n=139$, 75 boys, 64 girls, $M=4.77$, $SD=0.96$). Children in touching intervention were touched by parents and nursery teachers. Parents assessed age of child, Short Attachment Behavior Checklist (subscale: understand of mind, unsafe attachment, secure base), Scoring the Strengths and Difficulties questionnaire (emotional problems, conduct problems, hyperactivity, peer problems, prosocial) and nursery teachers assessed Social Competence (coordination, participate in peer relationship, initiative, relationship with adult). All measurements were taken at pre and post-test for both participants. Intervention group significantly scored coordination, participate in peer relationship, hyperactivity compare to control group. And children aged 6 years significantly decreased conduct problems than control group. But there was no significant difference in attachment. The results suggests that touching to children could be reduced the difficulty of childcare. Future research needs to be conducted to verify whether touching in childhood effects to later attachment.

4243

Psychological effects of music therapy in hospital wards

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We investigated psychological effects of music therapy in hospital wards in Japan. 36 respondents were mostly nurses and occupational therapists. Music therapy was conducted for

patients with dementia, schizophrenia, and other diseases in psychiatry, rehabilitation, and recuperation units. Less than 20 patients participated in music therapy from once a month to several times a week. They sung popular songs from good old days, played handbells and tambourines, heard background music, and stretched and moved their bodies or hands to the music. Participating to music therapy made patients behave actively, show expressive faces, and interact with others. Also music therapy made medical staffs notice conditions of patients and unexpected sides of patients. Problems of music therapy in many hospital wards were understaffed situation and annoying for sounds. Consequently these results suggest that music therapy in hospital wards bring both patients and medical staffs positive psychological effects.

3841

PSS and GWB of adolescents in worst-stricken areas 10 years after quake: A mediating role of resilience

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In order to investigate adolescents' current psychological status ten years after Wenchuan Earthquake disaster, and probe new working modes of the psychological assistance in the next decade, the current study is aimed to explore characteristics of the perceived social support (PSS) and general well-being (GWB) of adolescents in the worst stricken areas, and the mediating role of resilience on the relationship between PSS and GWB. A survey research was conducted in two secondary schools in worst-stricken country of Beichuan, and 1969 adolescents completed a series of scales including Perceived Social Support Scale, Connor-Davidson Resilience Scale and the Subjective Well-Being Scale. SPSS was employed to do statistic analysis. The results show: (1) There is significant difference of adolescents' PSS, resilience or SWB respectively in stages, places, genders, nationalities and school types ten years after quake. (2) perceived social support has significantly positive correlation with resilience ($r = .365, p < .01$) and general well-being ($r = .300, p < .01$), resilience has also significant positive correlation with well-being ($r = .230, p < .01$); (3) Perceived social support significantly predicts resilience ($\beta = .413, p < .001$) and general well-being ($\beta = .255, p < .001$), and resilience significantly predicts general well-being ($\beta = .121, p < .001$), with resilience having a partially mediating effect ratio of 16.393% between perceived social support and general well-being. Conclusion was made that Perceived social support can not only directly affect general well-being, but also have an mediating effect through resilience.

With decrease of social support in the next decade in contrast to the first decade, training to improve resilience might be helpful for those adolescents in earthquake stricken areas to get through the trauma caused by the disaster and enhance their sense of well-being in the future.

3502

Gender roles and mental health in infertile population

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Objective: The objective was to assess the psychological health of men and women with reproductive difficulties, and explore the relationship to gender roles. Method: The sample comprised 318 participants, of which 58.8% were women [$M = 35.62$; $SD = 4.33$). Mental health was assessed by the General Health Questionnaire GHQ-12, and the gender roles by the Spanish versions of the Mahalik' Inventory (CMNI and CFNI). Results: The average score obtained in mental health was an indicator for worse psychological health than the normative data ($p < .001$), and also, women even worse than men ($t = 4.9, p < .001$). Regarding gender norms, men showed less Total Conformity, and: Risk-Taking, Violence, Power over women, Dominant, Playboy, Self-Reliance, Primacy of work, Disdain for homosexuals ($p < .003$ to $p < .000$); women, on the other hand, presented higher Total Conformity, and: Care for Children, Thinness, Sexual fidelity, Domestic and Investment in appearance ($p < .006$ to $p < .001$). For men, significant associations were found between mental health and conformity with Emotional Control, Playboy, and Total Conformity ($p < .05$ to $p < .001$): higher conformity was related to worse mental health. Similarly, for women, the results also showed significant associations between mental health and conformity with: Sexual fidelity, Modesty, Romantic relationships, and Total Conformity ($p < .05$ to $p < .001$). Conclusions: The obtained results show that gender roles are an important determinant of psychological health in this context. A high conformity with some of the feminine gender norms, clearly linked to maternity, will establish an important risk factor for the psychological health of these women.

3438

The process of alexithymia to over-adaptation in junior and senior high school students

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Objective: This study investigated the mechanism of over-adaptation caused by Alexithymia, based on previous studies, and aimed to clarify the effects of alexithymic tendencies during junior and senior high school (aged 12–18 years). Alexithymia has three

basic characteristics: difficulty identifying feelings (DIF), difficulty describing feelings (DDF), and externally-oriented thinking (EOT). Over-adaptation is "a tendency to try to live up to the roles and expectations of others at the expense of repressing one's own feelings," which is thought to be a cause of maladaptation. Previous studies showed that perceived stress and fear of negative evaluation (FNE) had a major influence on over-adaptation caused by alexithymia in university students, but the process involved has not been made clear in high and senior high school. Method: To address this issue, we conducted structural equation modeling based on a questionnaire survey of 312 Japanese respondents. Results: Results indicate that the model fit was found to be adequate, $\chi^2(5) = 6.96$, RMSEA = .035, CFI = .99. The result suggested that alexithymia to over-adaptation were mediated by perceived stress and FNE. The results of this study were almost the same as previous studies. Conclusion: These results imply that Japanese junior and senior high school students experience difficulties due to over-adaptation in their daily life. We need psychological intervention to reduce perceived stress and lower the fear of negative evaluation.

3211

Concurrent US-Japan findings on interoceptive attention tendencies and perceived health competence

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Objective: The Multidimensional Assessment of Interoceptive Awareness (MAIA) is a psychometric instrument that attempts to track changes in "interoceptive attention tendencies" that are theorized to contribute to skill enhancement from self-regulatory progress with behavioral health practices. This assumption falls within the nomothetic span of self-efficacy and was key in the process of scale development for the MAIA. While external validity checks have been performed for the scale, explicit relationships between its constructs and health-related self-efficacy have yet to be examined. Methods: Here, we present findings on these relationships from a cross-national survey of 407 participants (204 females, $M_{age} = 42.73$, $SD = 8.45$) from Japan and 204 participants (102 females, $M_{age} = 33.26$, $SD = 9.35$) from the United States for whom the MAIA and the Perceived Health Competence Scale (PHCS), an 8-item domain-related measure of the ability to manage health outcomes and behavior, were distributed. Results: In reference to the factor configuration in the original MAIA validation, all factors showed modest-to-medium positive intercorrelations for the PHCS (cross-cultural $r_s = 0.28-0.36$, all $p_s < 0.001$), indicating convergent associations with self-efficacy over health. Regression analysis of the MAIA factors as predictors of PHCS scores in the

cross-cultural dataset also revealed supported path coefficients for Not-Worrying ($\beta = .23$, $t = 4.40$, $p < .001$) and Body Listening ($\beta = .22$, $t = 3.22$, $p = .001$). Conclusions: The findings suggest concurrent validity for the MAIA by meaningfully capturing variance related to self-efficacy with special attention to these two factors. The theoretical convergence provides further external validity for the dimensions. Also, the observed relationships offer insights in factor specificity for interpreting interoceptive attention tendencies as pertaining to elements tied to the ability to regulate and maintain health behaviors and outcomes.

2563

Phenomenological study on factors influencing successful smoking cessation for male adults

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Purpose: This study was intended to explore the factors influencing successful smoking cessation for male adults. Method: This study included 10 adult males in their 30's and 50's who have been smoking cessation for more than 6 months. First, in-depth interviews were conducted on the smoking cessation process for 10 subjects and data analyses were performed based on phenomenological approach. Results: As a result, 107 semantic units, 22 subcategories, and 9 upper categories were derived, and the upper categories were classified into 'start of change', 'process of change' and 'maintenance of change' according to the stage of change. Three themes were obtained and these were 'feeling needs for change', 'Implementing our own strategy for success', and 'psychological and physical benefits not wanting to miss and practicing self-management'. The top 9 categories were 'recognizing needs for change', 'do not procrastinate', 'wanting to keep something precious', 'importance of believing myself', 'increased intrinsic motivation', 'creating my own strategy of success', 'action driven by environment', 'experiencing the benefits of success', and 'practicing self-management'. Conclusion: Based on this study, one of the most distinguished success factor was participants' own success strategy. They developed their distinctive methods for smoking cessation and implemented them vigilantly.

2229

Predictors of family member visits to long-term care homes

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Objective: To better understand the factors associated with high levels of family member involvement in long-term care (LTC) homes.

Methods: We mailed surveys to 1000 family members of LTC residents in Saskatchewan, Canada, and received 276 responses. We regressed the following blocks of variables on the outcome variable visiting frequency: (1) respondent age, education, perceived health, health interference, and proximity; (2) resident duration of stay; (3) three variables determining respondent roles (e.g., immediate family member); (4) four variables measuring relationship quality and filial obligation, (5) three variables measuring respondent level of psychological adjustment. We used analysis of variance (ANOVA) to test the difference in adjusted R² values between the full model and restricted models (i.e., models containing all variables except the block of interest), thereby generating an estimate of the independent contribution of each block of variables. Results: The full model explained 45% of the variance in visiting frequency. All blocks contributed to the model: $F\Delta(5, 215) = 19.12$, $F\Delta(1, 215) = 4.53$, $F\Delta(3, 215) = 5.37$, $F\Delta(4, 215) = 7.42$, $F\Delta(3, 215)$, $p < .05$. Examination of coefficients suggested a more parsimonious model of visiting frequency: proximity, duration of stay, immediate family member, filial obligation, and anticipatory grief. This model explained 43% of the variance. Implications: These results suggests that family members who visit long-term care homes often are immediate family members living nearby, with strong filial obligation and a sense of loss. One way that health systems can promote family involvement is to offer long-term care placement near relatives' homes.

1483

The relationship between child maltreatment and risky health behaviors

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Objective: While prior research has established that experiences of childhood maltreatment are linked to poorer adult health, it has been suggested that health behaviors are a viable mechanism to understand that link. The aims of the current study are to test whether child maltreatment from both parents (i.e., physical & psychological abuse and neglect) is linked to risky health behaviors (i.e., alcohol use, smoking, poorer sleep quality, less exercise). Methods: $N = 37$ participants were recruited using Amazon Mechanical Turk (each receiving a \$20 honorarium). Participants completed the AUDIT-C, Comprehensive Child Maltreatment Scales, CDC Behavioral Risk Factor Survey, Pittsburgh Sleep Quality Index (PSQI), and the General Physical Activity Questionnaire. In addition, 1 week of steps, active minutes, sleep, and awake time Fitbit data were uploaded. Results: A series of One-way ANOVA indicated current smokers reported more physical abuse and neglect from both parents, and more psychological abuse from

the mother than non-smokers. Correlational analyses found significant positive relationships between physical & psychological abuse and neglect from both parents and total steps per day, physical activity, and hazardous alcohol use. Only the PSQI subscales of sleep disturbance and dysfunction were positively correlated with physical & psychological abuse and neglect from both parents. Conclusion: Hazardous alcohol use, smoking, and poorer sleep were linked with greater experienced maltreatment and neglect and may provide viable mediators between maltreatment and adult health. Interestingly, greater physical activity (self-reported and Fitbit data) was associated with more reported maltreatment and neglect, although prior research would lead to an opposite expectation.

1106

Motivational differences in the health action process approach to oral health behaviors

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This study examines the usefulness of and the motivational differences in the health action process approach (HAPA) to oral health behaviors (OHBs) among Japanese young adults. A cross sectional internet survey was conducted on 1679 Japanese young adults (males = 817; females = 862) aged 20–29 years (mean age 25.17; SD = 25.17). Data were collected using demographic variables, OHBs, an OHB motivation scale based on self-determination theory, and HAPA component variables such as risk perception, outcome expectancies, self-efficacy, behavioral intention, and behavioral planning. Results of the structural equation modeling (SEM) analysis indicated that the HAPA model had a good fit to the data as it explained 28.9% of the variance in OHBs; each path between HAPA variables had a significant influence on the variables. The multi-group SEM analysis that examined motivational differences revealed that the path value for positive outcome expectancies did not predict the behavioral intentions of the highly motivated group. In the path value of self-efficacy to OHBs, the group with higher motivation levels showed higher path values than the group with lower motivation levels. These findings indicate that it is possible that the HAPA model can lead to effective intervention strategies aimed at increasing OHBs. Additionally, as per the self-determination theory, the intervention strategies would be necessary based on the level of motivation.

839

Transgender and gender nonconforming experiences with cancer screening

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Guidelines and recommendations for cancer screening among TGNC persons have not been well established. There are no evidence-based screening guidelines for breast cancer in transgender women (male to female, or MTF) or transgender men (female to male, or FTM). There are conflicting reports about the risk for breast and prostate cancer in transgender women who are taking cross-sex hormones. And while anyone with a cervix should be screened for cervical cancer, transgender men (female to male, or FTM) remain absent in existing guidelines. Lack of awareness in TGNC populations what cancers are important to be screened for, and when, result in missed opportunities for early detection and treatment for these populations. Recent studies have reported lower uptake in cervical cancer screening among trans men compared to cisgender women. Other factors such as low self-perception of cancer risk, stigma, discrimination, and lack of insurance also impede access to cancer screenings in TGNC people. Research on health disparities among TGNC populations have historically been extremely limited, with HIV/AIDS among transgender women comprising the vast majority of

research to date. Findings from this study will contribute to a newer area of research—cancer prevention among TGNC people—and will inform future educational interventions for TGNC people and their health care providers. This presentation will provide results from a mixed methods study exploring TGNC experiences with cancer screening recommendations and experiences. Descriptive data from a survey of transgender men ($n = 19$), transgender women ($n = 37$) and intersex people ($n = 2$) and themes from interviews ($n = 20$) will be reported. Adherence to cancer screening for breast, cervical, prostate, lung, colorectal, anal and lung screening will be reported using chi-square tests. Next steps to address TGNC cancer screening and care will be explored.

120**Personality traits and intuitive eating among adolescents in Malang, East Java**

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Intuitive eating is eating in response to internal physiological hunger and satiety cue. It has been recommended as a healthier alternative to recent strategies of dietary habits intervention program. Thus, the study aim was to assess personality traits as a predictor of intuitive eating among adolescents in Malang, East Java, Indonesia. Participants were adolescent girls and boys age 15 to 19 years ($N = 263$). Intuitive eating was measured using Intuitive Eating Scale-2 (IES-2). Personality was measured using Mini-International Personality Item Pool (MINI-IPIP), which measure the broad Big Five traits of Neuroticism, Extraversion, Openness, Agreeableness, and Conscientiousness. Multiple regression analysis was used to assess whether personality traits significantly predicted intuitive eating. The result shown that personality traits explained 4.0% of the variance in intuitive eating among adolescents ($\Delta R^2 = .04$, $F(5,257) = 2.34$, $p = .042$). It was found that neuroticism, a personality trait that explained as a general tendency to experience negative affect, significantly predict decreasing intuitive eating ($\beta = -.20$, $p = .014$). This result may inform that dietary habits intervention program to improve eating skill among adolescents must take the personality type into consideration.