

**The VIth Leipzig-Evora-Zwickau Scientific Meeting in
Psychology and Health Sciences:**

**“New Horizons, New Paradigms in
Health and Human Development”**



19th & 20th

October, 2023

Campus Scheffelberg Zwickau

THURSDAY 19th OCTOBER

begin 9.30

- Children Health and Family Matters
- Employees Health
- Health in Old Age

FRIDAY 20th OCTOBER

begin 9.00

- Digital Competencies in a changing world
- Psychological Interventions, Inclusion, Psychosocial Support

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THURSDAY 19TH OCTOBER

9.40-9.50

The Aftermath of the Pandemic: Psychosocial Effects of Covid 19 Containment Measures

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Abstract

On 5th May, 2023, the UN World Health Organization (WHO) has declared an end to Covid-19 as a public health emergency. The disease is still there, but it no longer seems to be a source of concern. The WHO first made a public health emergency of international concern on 30 January, 2020. In the following months, the entire world lived pending the evolution of the pandemic. Entire cities were locked down, millions of human beings were locked up at home for weeks, the economy came to a standstill, thousands of people fell ill and many of them died. In the absence of a vaccine, the WHO, followed by the health authorities of most countries, applied the containment measures that are common in these cases, until such time as it was possible to start mass vaccination of the population, towards the end of 2020. All the measures applied, including the vaccine, were the subject of lively, sometimes even violent discussions on social media. Opposition from some groups to vaccines was especially notorious. The discussion between enemies and supporters of the applied measures divided countries, social groups, political parties and families. After the emergency is over, the time seems to have come to objectively analyze what happened. Were the measures necessary? What were the positive effects? What were the negative effects? What did we learn for the future? The WHO has already recognized that some mistakes have been made. In the present paper, a first analysis is made of the scientific evidences on the psychosocial consequences of the so called COVID-19 Containment Measures (CCM), according to the existing literature. Scientific studies seem to coincide in the fact that the CCM were effective to control the pandemic. Nevertheless, there were and there are still also negative economical, political and psychosocial effects. Some psychosocial effects are analyzed.

Stress diagnosis in healthcare professionals

Carlos Alberto da Silva, Adelinda Candeias, Domingos Braga, Florentino Serranheira, José Saragoça, Laurência Gemito,

Victor Ramos, Eurico Flores, Francisca Carvalheira & Edgar Galindo

Abstract

Technical reports and scientific studies have highlighted the plural and negative impacts of covid-19 on workers in health service organizations. Professional risk factors like work overload, the weaknesses of organizational, professional and social support networks during the pandemic have affected seriously this sector. The purpose of the present study is to know the perceived impact of covid-19 on the work of different health professional groups (hospitals and health centers), in order to make a contribution for the improving of work situations in health services, as well as to propose measures to improve conditions for professional practice. This is a transverse, descriptive and correlational study based on Schröder & Reschke Brief Chronic Stress Test (TBSC), aimed to measure chronic stress through items associated with loss of control, loss of meaning, anger/dissatisfaction, ability to rest, worrying personal issues or social support. It was held at a national level in Portugal in 2021-2022. The analyzed dimensions were global changes in workplaces, stressful situations, self-perception of the changes that have occurred and/or impacts resulting from covid-19.

The results show the pandemic has negatively impacted work across all services, affecting doctors, nurses, tsdt and others. Among the most cited causes were changes in the organization of services, changes in workplace conditions, changes in work load, scarce training opportunities during the pandemic, and difficulties to conciliate professional life with personal life. The global stress index showed moderate and high levels among the workers. A set of recommendations are made, namely, to redesign work organization procedures, to train health professionals, to improve communication channels between health professionals and managers and protect the mental health of healthcare professionals.

Utilization of Emotional Creativity in the Context of Trauma to Foster Motivation for Achievement

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Abstract

This study examined the influence of trauma symptoms on achievement motivation and emotional creativity levels in students from various faculties at the University of Peradeniya, Sri Lanka. Quantitative research method was employed to assess emotional creativity, achievement motivation, and trauma symptoms. The results revealed significant correlations between emotional creativity and achievement motivation, while emotional novelty did not exhibit any noteworthy correlation. Emotional effectiveness and authenticity displayed significant correlations with achievement motivation, while hyperarousal as a trauma symptom had a negative impact on it. Emotional creativity exerted a moderate-level direct and indirect influence on achievement motivation. Furthermore, the study found that trauma symptoms played a mediating role in the context of achievement motivation among undergraduates, underscoring their significance in motivating this particular student population.

Keywords: Emotional Creativity; Achievement motivation; Trauma symptoms, University students

Cognitive functions of pre-adolescent children practicing gymnastic or soccer

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Abstract

Our main aim was to investigate the cognitive profiles of children practicing soccer and gymnastic. Our study group included a total of 176 children, comprising 88 boys and 88 girls aged 10-12 years (mean age of $M=11.06$; $SD=0.77$). The primary criterion for selecting children to participate in the study, in addition to age, was whether they engaged in closed-skill exercises with high static and low dynamic levels (Group 1, $N = 59$) or open-skill exercises with low static and high dynamic levels (Group 2, $N = 59$). Children who did not regularly participate in the desired sport were also included in the study as a comparative group ($N = 58$).

The results showed, that children practise soccer (open-skill exercise sport) have better selective attention, sustained attention, attentional control and cognitive flexibility than those who do not practice any sports regularly.

The gymnasts had the lowest selective attention in comparison to another groups of children, but they have a better verbal working memory. The both group of athletes achieved higher results in phonological loop and immediate free recall of visual material compared to a control group. There was no statistically significant difference between study groups in cognitive inhibition, attention and calculation, verbal short-term memory, visual working memory, reasoning, initial letter fluency, semantic fluency, planning, Theta/Beta Ratio, neither Theta/SMR ratio. There was a difference in temperament in activity and sociability.

Keywords: cognition, sport gymnastics, soccer, children

10.45-11.00

Child abuse and Domestic Violence: Study conducted with Parents of preschool children in Xalapa/Mexico

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Abstract

The aims of this study were to explore in parents some aspects of child punishment as a pattern of their own forms of parenting, as well as to determine how repetition patterns of parenting models are involved in the different types of punishment administered to their children. A guideline was used and 30 parents of the children who attended the Preschool Psycho-pedagogic Care Center were interviewed. The results are like other studies previously conducted in terms of the type of punishment used, the reasons for using it in raising children,

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The role of family health and socio-economic status in the severity of cognitive dysfunctions of school-age children with ADHD (online)

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Abstract

Socioeconomic status, alcohol and tobacco use are broadly studied in ADHD context and the impact of socioeconomic adversity and unhealthy behaviors of parents and other relatives on ADHD symptoms in children is well documented. However, there is little known about the influence of socioeconomic status, alcohol and tobacco use on specific cognitive functions, like attention, working memory or executive functions. The aim of the study was to examine whether the socioeconomic adversity and family unhealthy behaviors, like drinking alcohol and smoking may impair the quality of cognitive functions in children diagnosed with ADHD. The interaction of heritability of neurodevelopmental disorders in other relatives was also considered as a moderator variable. 176 children with ADHD aged 10-13 were tested with The Diagnostic Battery of Cognitive Functions PU1, while parents answered the questionnaire on socioeconomic data, and alcohol and tobacco use in home during of child's life stages. Cluster analysis of family types and moderation analysis testing neurodevelopmental heritability in family interaction were applied. We specified three family types raising children with ADHD – (1) families with higher SES, lower level of family unhealthy behaviors and average levels of children's cognitive functioning; (2) families with low SES, high level of family unhealthy behaviors and average level of child's cognitive functions; and (3) families with average SES, lower level of family unhealthy behaviors and low level of child's cognitive functions. No statistically significant associations were found between family predictors, moderator, and cognitive functions in children with ADHD. These results stay in contract to numerous evidence of connection between socioeconomic, alcohol and tobacco use and cognitive dysfunctions in children with ADHD.

Keywords: ADHD, socioeconomic status, alcohol use, tobacco use, neurodevelopmental heritability, cognitive dysfunctions

Going Through the Adolescence having Disabled Sibling: Parental Attitudes as Predictors of the Risk of Internalizing and Externalizing Disorders among Healthy Adolescents (online)

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Abstract

Aims and objective

Current scientific research on the functioning of families with a disabled child focuses mainly on the relationship of disabled child with parents, while the role of siblings is overlooked. However, the presence of a disabled child affects the functioning of the family on many different levels - e.g. relations between family subsystems, family routines, parents' work life or family finances. Further, having disabled siblings can be both - an opportunity and a threat to the normative development of adolescents. Thus, the aim of the study was to analyze parental attitudes towards healthy adolescents with disabled or chronically ill siblings as predictors of the the risk of internalizing and externalizing disorders in this group, compared to adolescents with healthy siblings.

Method

The study involved 116 dyads - a healthy adolescent and one of parents ($N = 232$). Participants were divided into two groups 1) 60 dyads in the group with disabled or chronically ill siblings ($M_{adolescent's\ age} = 16.68$; $SD = 0.62$) and 2) 56 dyads in a group with healthy siblings ($M_{adolescent's\ age} = 16.64$; $SD = 0.75$). The following measures were used in the study: *Parental Attitudes Scale - 2 (SPR-2; Plopa, 2012)* and *Child Behavior Checklist for Ages 6-18 (CBCL/6-18, Achenbach, 2001)*.

Results

Parents of adolescents with disabled or chronically ill siblings presented a higher intensity of acceptance and autonomy attitudes, while a lower intensity of demanding and inconsistent attitudes. In addition, mothers presented higher, whereas fathers lower, intensity of the overprotective attitude towards adolescents. It has also been shown that adolescents with disabled siblings have a higher risk of internalizing disorders compared to adolescents with healthy siblings. Moreover, parental attitudes proved to be significant predictors of internalizing disorders in the group of adolescents with disabled or chronically ill siblings.

Conclusions

The results indicate that parental attitudes towards adolescents with disabled or chronically ill siblings are important for the occurrence of clinical problems in this group.

Keywords: Siblings, parental attitudes, externalizing disorders, internalizing disorders, disability, chronic disease, adolescents

Parental Metal Emotion and Coparenting (online)

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Abstract

Parental Meta-emotion is defined as the set of thoughts and feelings that parents have in relation to their own emotions and those of their children (Gottman et al., 1997). Negative emotions represent a major challenge for parents in emotional socialization (Katz et al., 2012). The present study aims to investigate the relationship between Parental Meta-emotion and the levels of Parental Exhaustion, studying the role of sociodemographic variables, and coparenting. The sample consists of 122 fathers and mothers of children between 6 and 10 years old, residing in Portugal, who were applied the questionnaire of COPING with Children's Negative Emotions Scale (CCNES, RPEN, adapted by Alves & Cruz, 2011), the Parental Burnout Assessment (PBA, QEAP, adapted by Matias et al., 2018), and Coparental Relationship Scale (adapted by Gaspar & Fontainne, 2018). The findings indicate significant correlations between parental reactions to children's negative emotions and levels of parental exhaustion. Coparenting significantly predicts feelings of being fed up with one's parental role and non supportive parenting reactions to children's negative emotions. This research's results offer significant clues for understanding of, and interventions in, human behavior.

Keywords: parental meta-emotion, parental exhaustion, coparenting, parental practices.

Grade retention, prosocial behaviour, and difficulties (SDQ) in vocational education

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Abstract

Vocational education has made changes regarding skills, which currently tend to be more transversal. DGEEC data (2020) concerns positive associations between some characteristics of students of vocational courses and sociodemographic variables. Indeed, in this study, we evaluate the performance and the difficulties (SDQ) of students from vocational courses according to grade retention. 139 students aged 15 to 18 have participated in the study. They were attending the 10th, 11th and 12th grade. For data collection, a socio-demographic questionnaire and the (Strengths and Difficulties Questionnaire (SDQ) were used. Data processing was carried out using the quantitative methodology. The results of this study indicate that students with grade retention score higher on emotional symptoms, conduct problems, hyperactivity/inattention, and peer relationship problems when compared to their peers who do not have grade retention. The results show a slight deficit in prosocial behaviour and the mainly difficulty regards the behaviour and relationship with colleagues.

Keywords: strengths, difficulties, colleagues' relationship, grade retention, vocational courses.

Do not disturb! A Laboratory Experiment on the Influence of Digital work Interruptions on Perceived Workload at an Office Workplace.

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Abstract

While in the past, employees were mainly exposed to physical demands, psychological demands have increasingly come to the forefront (Leitung des GDA-Arbeitsprogramms Psyche, 2017). This is also evident in the data on work disability in Germany. Over the past ten years, as of 2021, the number of days off due to mental illnesses has increased by 41% (DAK, 2022). At work, employees are confronted with various psychological stress factors (Rothe et al., 2017). Disturbances and interruptions during task performance are frequently mentioned in this regard (Lück et al., 2019). These not only can lead to increased psychological strain but also affect the long-term health and performance of employees. However, depending on the type of interruption, positive effects can also be observed (Rigotti, 2016). The aim of this study was to investigate how work interruptions affect perceived workload during a cognitive-digital office task. A laboratory experiment was conducted, designed as a randomized controlled trial. The participants were 55 students and employees, randomly assigned to two groups. While one group was interrupted four times during task execution, the other group experienced no interruptions. The procedure was generally based on the study by Foroughi and colleagues (2014). The NASA Task Load Index (Hart & Staveland, 1988) was used to assess the perceived workload. To examine the difference between the groups regarding the perceived workload over time, a two-way repeated-measures analysis of variance (ANOVA) was conducted (Rasch et al., 2021). The collected data is currently being analyzed.

Healthy school, Healthy teachers: Mediating effect of optimism (online)

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Abstract

Background

In the last decades we have witnessed a growing deterioration of teachers' health and well-being that affects in the quality of teaching and learning process and the school as an organization.

Organizational and personal variables, related to positive psychology, have been little studied in research associated with teachers' health.

Aims

This study aimed to understand: (a) the direct relationships between organizational health and the various dimensions of health of these professionals (professional well-being, exhaustion and cognitive, musculoskeletal and voice disorders); (b) the direct relationship between organizational health and optimism; (c) the indirect effects of optimism on the relationship between organizational health and the various dimensions of teacher's health.

Method

The investigation protocol was applied to a sample of 12104 Portuguese teachers, from elementary and high schools. The organizational health mediation model on teacher's health was evaluated through structural equation modeling (SEM).

Results

The results obtained confirmed the tested hypotheses. Organizational health and optimism have a positive association with professional well-being and a negative association with other health dimensions. Organizational health has a positive association with optimism. Optimism mediates the relationship between organizational health and the various dimensions of teacher's health.

Conclusions

Organizational health has significant effects on teachers' health. Optimism is an important variable to consider in future intervention programs with teachers.

Keywords: Optimism, Organizational health, Professional well-being, Teacher's health

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Aging healthy, autonomous, and safe

VI Leipzig-Evora-Zwickau Scientific Meeting in Psychology and Health Sciences: New Horizons , New Paradigms in Health and Human Development

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Abstract

Healthy aging concerns the process of developing and maintaining the functional ability that allows well-being in old age. However, aging involves bio-physiological changes that over time result in the decline of the individual's abilities and skills, whether physical, cognitive, or socio-emotional. In addition to these changes, throughout life, each person also accumulates unfavorable changes resulting from illnesses, accidents such as falls, or other negative events such as domestic violence, between peers, or otherwise.

The study by Pereira and collaborators addressed the problems of falls, independence, autonomy, and violence in the elderly. The main findings of these studies showed that the risk factors for falls, dependence, and violence in the elderly are similar, linking these risk factors with all aspects of life that make the person more fragile and more susceptible to negative events, highlighting the key factors social isolation, decline in cognitive, physical, and emotional capacities and skills, and lack of support and facilitator environment. Of these factors, the decline in cognitive abilities proved to be a preponderant risk factor to explain all the negative events mentioned above, social isolation proved to be the most preponderant risk factor for susceptibility to violence, loss of balance showed to be the most important risk factor for falls, while the loss of resistance in walking proved to be the most relevant risk factor for physical dependence. In what concerns autonomy maintains, the studies by Pereira and Collaborators demonstrated that this condition fundamentally depends on the balance between the individual's abilities and skills and the support and facilitator environment for carrying out either daily tasks or for informed decision-making. It should emphasize here, that the access and use of new technologies in an easy and accessible way takes a primordial role in autonomy maintenance.

In conclusion, to promote healthy, autonomous, and safe aging, people must attend throughout their lives to interventions and programs that promote the development, maintenance, or rehabilitation of

skills and competencies, as well as access increasing support and a facilitator environment that allow the maintenance of their functionality. For these, the key risk factors mentioned above should be considered in the design of interventions and programs, as well as in the design of measures to adequate fragile older adults support and a facilitator environment. Attending to these key risk factors seems to be a means for older adults to maintain their functional capacity to continue being and doing what they value safely.

Discovering self-compassion in young-old and old-old Poles.

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Abstract

Self-compassion is defined as a personal resource to better adapt to aging. It is widely studied and has been proven to be associated with seniors' wellbeing. However among Polish studies on self-compassion there is still underrepresentation of people aged 60+. To fill this gap, the a group of seniors divided into two subsamples of young old and old old were asked to complete a set of questionnaires. Participants completed the SCS-PL, SWLS, GSES, Positivity Scale, Beck Scale, and Brief 10-Item Big Five Inventory. The undertaken analysis aim to explore the buffering effect of self-compassion against the decline of aging.

The obtained results are significant and in line with the social need to promote healthy aging in Poland. The literature shows that interventions that promote self-compassion can improve the quality of life of older people. Therefore, knowledge about the role of self-compassion in the context of its potential positive implications in the aging process should be disseminated and actions to develop new mental health intervention protocols should be taken.

Keywords

positive aging, subjective well-being, emotions, self-compassion

Discovering self-compassion in young-old and old-old Poles.

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Abstract

Falls, followed by being hit by, among older adults at home constitute the most prevalent accidents leading to morbidity, mortality, and increased utilization of healthcare services, including early nursing home admissions. The aging process brings about a decline in perceptive, cognitive, and postural abilities, along with morphological and other constraints, which can collectively contribute to an inaccurate perception of one's action capabilities. Accidents tend to happen when the requirements of a task exceed the individual's abilities. Home accidents can be seen as unsuccessful actions that arise from an erroneous perception of affordances. Falls often occur due to a discrepancy between what elderly individuals believe they can do and what they are actually capable of doing (in other words, the difference between their perceived capabilities and their real physical abilities). This approach to home accidents is rooted in Gibson's ecological framework of perception and action, emphasizing the concept of affordances. As individuals age, the affordances available to them change due to alterations in the relationship between the elder people and their environment. Consequently, what might have been perceived as an affordance for a person in an earlier stage of life may no longer hold true in a different stage. This presentation focusses on an established test - Stepping-Forward Affordance Perception Test (SF-APT), developed and designed to evaluate perceptual and stepping-forward boundaries, while quantifying accuracy biases. The presentation will center on the investigation's findings and conclusions derived from studies conducted using the SF-APT. It aims to explore the scope of future research and potential possibilities for work in the field of perceptual and action boundaries assessment (to assess other perceptions of affordances, such as stepping over obstacles and reaching objects from shelves), which could lead to a comprehensive understanding of action capabilities in various daily activities and therefore changes in the environment to create age-friendly living spaces. The presentation will focus on the investigation's findings and conclusions derived from studies utilizing the SF-APT. Its aims to explore the potential scope for future research

and possibilities in the domain of perceptual and action boundaries assessment. This includes the assessment of other perception of affordances, such as stepping over obstacles and reaching objects from shelves, to gain a comprehensive understanding of action capabilities in diverse daily activities. Additionally, the presentation will emphasize the importance of considering changes in the environment to foster the creation of age-friendly living spaces. By understanding and optimizing the affordances present in living environments, we can enhance safety and well-being for individuals of all ages.

Adults Perspectives on Aging Related Changes, Gains and Losses (online)

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Abstract

Background: Aging is a process often connoted with loss and decay. However, some approaches have defended that aging also encompasses adaptive, developmental processes and gains. This study aimed to identify the main changes, gains and losses in the aging process as perceived by the elderly. Participants and Procedures: 20 elderlies participated in semi-structured interviews, and a qualitative and quantitative methodology was followed. Results: Changes in the aging process were perceived as encompassing natural, but accepted losses (e.g., health, family members), and some fears emerge (e.g., loss of health). In addition to acceptance, other strategies to cope with loss were mentioned including some maladaptive strategies. Only a few aging- related gains emerged (e.g., relationship with the family). Conclusions: Overall, elderlies' perspectives were consistent with existing research and theory. However, more research is needed about the seemingly limited expressiveness of the perceived gains and their relationship to elderlies' well-being.

Keywords: Psychogerontology, Developmental psychology, Positive aging

Environmental Chemicals: the linchpin of healthy aging?

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Abstract

Chemical contaminants in the environment pose high levels of risk to human health through air, water, soil, and food pollution. This is of particular concern when we consider the elderly population. A growing body of epidemiologic evidence supports the association between environmental pollutants and age-related diseases (ARDs). For instance, exposure to fine particulate matter (PM_{2.5}) has been indicated as playing a role in the development of dementia, a globally prevalent disease among the elderly.

Inside the multifactorial process of aging, contaminants have a central role in the development of yet other ARDs such as cardiovascular diseases, and cancer. This assertion is based on a consistent body of literature and in the relatively recent identification of the cellular and molecular changes that characterize the aging process, when put together with the knowledge of contaminants' toxicity mechanisms.

Chemical exposures are ubiquitous and are gaining added impact in the context of climate change and an aging population, which renders the future ominous and uncertain. However, these exposures can be reduced, thereby providing the opportunity to develop preventive strategies both at the individual and societal levels to support healthy aging and longevity.

New perspectives towards health – first research results of biocentric health variables

Marcus Stueck*, Sebastian Mueller Haugk*

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Abstract

In recent years, the concept of health has evolved to encompass not only anthropocentric perspectives, but also broader, biocentric viewpoints that consider the human-environment nexus. This presentation aims to shed light on the emerging field of relative biocentric health theory developed by Stueck (2023) by examining the impact of self-regulatory prior experiences on anthropocentric and biocentric health variables. Using data from the 2020 Corona & Psyche study, which involved around 400 participants from Germany, we examine the relationship between different forms of exercise-based pre-experience and health outcomes.

Our study looks at the effect of self-regulatory pre-experience and its role in shaping individual attitudes and behaviours in relation to both anthropocentric and biocentric health. The aim of the study is to identify ways to measure biocentric health and to assess whether different types of exercise-based prior experiences have a differential impact on anthropocentric and biocentric health variables.

The implications of this research are many and offer potential avenues for health policy that integrates both anthropocentric and biocentric perspectives. By understanding the factors that influence these two dimensions of health, we can work towards a more holistic approach to well-being that benefits both the individual and the planet.

17.30-18.30

30 years of research and Intervention in human development –
Remembering the work of Evelyn Witruk (+2023) + International Guest
Speakers (online)

Konrad Reschke (Chair); Markus Stueck

Abstract

FRIDAY 20th OCTOBER

9.00-9.10

Best Practices of Online Education

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Abstract

Throughout history, discourse on education has included references regarding the use of artifacts external to the educational process itself, which function as work tools that facilitate teaching and improve the learning of the contents to be communicated. In recent decades, such tools have largely been found in electronic networks and cyberspace, resulting in technology-mediated education and its multiple approaches. This paper presents the use of such tools, how they have had a considerable impact on educational communication, and how rapid and frequent changes in their development have not altered the very essence of education, which is the training of critical, autonomous, and self-regulated students.

Keywords

Best practices, online education, technology-mediated education, ICT education tools, self-regulated learning

Digital competencies in international comparison- A challenge for society as a whole

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Abstract

The European Union defines digital competencies as one of the eight key competencies for lifelong learning. This paper examines the extent to which differences exist regarding digital competence in Germany in an international comparison in the science sector. The study was based on the DigKomp 2.2 survey instrument according to the reference framework of the European Union. Designed as a convenience sample, digital competencies of international alumni from the science sector in DCA countries were evaluated in comparison to German reference values. Both the mean values of the group of international alumni and the German reference values indicate good digital competence, with the German reference values predominantly demonstrating higher digital competence. The education sector should see itself as a mediator between employees and employers - who are increasingly demanding a high level of digital skills - when training specialists at colleges and universities.

Keywords: digital competence - digitalization - lifelong learning

Psychological Intervention in Intergenerational Settings: Results from P-I-N Program in Cri(activa) age, Health and Well-being

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Abstract

Background: Intergenerational programs involving children and seniors represent valuable psychological and social interventions that foster the development of cognitive, linguistic, motor, emotional, and social skills, leading to improved well-being. Research indicates significant positive outcomes for both children and seniors, such as enhanced intergenerational socialization, increased self-esteem and self-efficacy, intellectual development, greater happiness, and an overall improvement in the quality of life (Zeanat Ebrahimi et al., 2020).

In Portugal, there is a lack of psychological interventions in this domain, which provides the rationale for our proposal. We introduce the P-IN Program: Intergenerational Psychological Intervention Program - Cri(activ)age, Health, and Well-Being (Candeias & Felix, 2023). This program focuses on fostering creativity, cognitive preservation/development, and overall well-being through intergenerational coexistence.

The P-IN program has two primary objectives: (i) to promote cognitive development/preservation, creativity, and well-being through intergenerational psychological interventions for children aged 5-6 and seniors aged 60 and above; (ii) to evaluate the effectiveness of the intervention on cognitive development/preservation, creativity, and well-being.

Participants and Procedure: This paper outlines the conceptual structure of the program, organized into three main components: Beliefs and Attitudes, Emotions and Well-Being, and Cognitive Stimulation and Creativity. The program consists of ten 90-minute sessions.

Additionally, we present the evaluation plan for assessing the program's quality and effectiveness, utilizing a qualitative methodological approach involving semi-structured interviews with participants (24 children and 24 seniors; 10 professionals).

Results and conclusions: Among the notable results, we observed an increase in autonomy, self-confidence, and social participation in both groups. Specifically, the emotional well-being and psychosocial and physical autonomy of the seniors showed remarkable improvement.

Changes in Mood State after Aquatic Training in Elderly Woman

Wiech Monika

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Abstract

Introduction

High-intensity resistance training programs improves different aspects of psychological wellbeing and life satisfaction components in older adults (Barker, 2005). Aerobic activity in water seems to has a better effects on the mood state a comparable activity carried out in a gym, therefore the aqua fitness is highly recommendable for elderly women (Scurati, et al., 2016). The aim of the study was to observe the effect of a single water training session on mood with using different equipment.

Materials and methodes

Forty one healthy women aged between 60 and 80 ($\bar{x} = 72,2$; $SD = 4,7$) took part in a single aqua fitness endurance training unit lasted 45 minutes with the same playlist. The participants were divided into 3 groups: low-impact aqua fitness training with neopren gloves (n=12), moderate-intensity aqua fitness training with betomic (n=16) and high-intensity aqua fitness training session with aqua balls (n=13). The BRUMS scale was used before and after each training session.

Results

Significant changes was observed in all but one subscales (fatigue) in the whole group. Specifically, lower scores were in anger, tension, depression, confusion and higher in vigour Happiness and calmness. In the low intensity group changes in depression subscale were insignificant, the rest was similar to the whole group. Moreover, the group with moderate intensity training achieved significantly lower scores in anger, tension, depression, fatigue subscales and higher in vigour, happiness and calmness. High intensity training caused significant changes only in vigour, happiness and calmness.

This study shows that the single training session in water environment has a positive effect on mood states in elderly populations. Different intensity of training may influence on mood slightly differently.

Keywords: aquatic training, mood, elderl

Therapeutic and Pedagogical Support in Educational Inclusive Settings: Results from an Online Survey in Portugal

Félix, A.; Coelho, C.; Almeida, G.; Portelada, A.; Candeias, A.

University of Evora

Abstract

Background

The journey towards inclusive education in Portugal has been shaped by legal advancements, international guidelines, and educational policy changes. The principles of inclusion and methodologies, guided by international declarations and standards, have been embraced by Portugal. This study aimed to characterise the methodologies and strategies used in Portuguese educational settings for students with Special Educational Needs (SEN).

Participants and Procedure

The participants responded to a questionnaire (ASUMIE Survey - Portugal) about methodologies concerning individuals with Special Educational Needs and their inclusion. The study involved 118 participants working in the field of inclusive education (N=46; 38,98%).

Results: The Universal Design for Learning (UDL) was the most prevalent methodology utilised, with 27.96% of participants employing this approach to create inclusive learning environments. Support for students with special needs was primarily provided either in the classroom (33.20%) or on an individual basis (32.79%), emphasising the significance of personalised assistance. Cooperative learning emerged as the main strategy to foster positive relationships among classmates, with 43.22% of participants emphasising its usage.

Conclusions

These results highlight the diverse range of methodologies and strategies adopted in Portuguese educational settings to cater to the needs of students with SEN, emphasising the importance of inclusivity

Research on inclusion including young students – a critical review of opportunities and limitations over almost a decade of work

Martin Grünendahl*

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Abstract

The paper will address some of the work done on inclusion at the University of Zwickau starting almost 10 years ago. Like a lot of other universities and public institutions University of Zwickau was at that time on the one hand pushed by political needs to further integrate inclusion and on the other hand pulled by the interesting topic to carry out projects on inclusion.

To strengthen our approach with an empirical basis and to give our students the opportunity to get some insight into the field of inclusion, we did empirical research projects on a whole variety of topics. We covered for example physical barriers at the university ground, emotional and other more invisible barriers in studying, political participation of handicapped people or supported decision making for people with dementia. All this work was done with young students at the beginning of their studies.

The paper will give a critical review of the main research questions we addressed, our methodology, the main results and practical consequences we achieved. We will also discuss the limitations of working with groups of students with very little experience in research and with very limited financial resources. Last point will be an outlook on future demands for a student-based work in the field of inclusion.

11.20-11.35

Putting Well-being in Perspectives- A discussion about (re-) searching processes

Catarina Vaz-Velho*

*Universidade de Évora

Putting Well-being in perspectives: A discussion about (re)searching processes.

In this presentation we will review some, previous and ongoing, studies listening to people in different contexts and stages of development about well-being, We will specifically discuss the importance of paradigms and epistemological reflexion for the research processes and purposes, as well as for the search of well-being as a sustainable development goal.

Psychosocial Support for Ukrainian War refugees in Leipzig

Beate Mitzscherlich¹, Y. Ieromina², D. Smetankina³, S. Tshernykh³

¹University Zwickau

²Leipzig

³Odessa

Abstract

As a result of the Russian Invasion on the Ukraine in spring 2022 more than 10.000 Ukrainian war refugees arrived in Leipzig: mostly younger women with children, but also elder pairs, disabled or deaf people, people with Mental Health problems or substance abuse. While state actors were preparing rules and structures for these people according to the EU-mass inflow direction, volunteers from the Civic society started to organize food, shelter, medical support. More than 5000 refugees were hosted by private persons or families for days, weeks or even months, long before the City council had rented hotels or other shelter. Some people being heavily traumatized by bombing, loss of relatives, experienced or watched violence, nearly everybody in psychological state of emergency, leaving home and part of the family from one day to another. While state institutions started to register, accommodate and pay people social security, psychological support was not accessible. Inspired by the crisis network of the Europa-Maidan after the killing of more than 100 participants of the demonstration in Kyiv in Winter 2024 we developed a network of Ukrainian psychologists to offer psychological help in Russian or Ukrainian language to their countrywomen, children and teenagers. In different groups with different frequencies of meetings and different methods in the first year more than 500 Ukrainian women and children got psychosocial support. Thus they were not only stabilized or supported in their resilience to stress, but could create communities, which support also their integration in German society.