**Psychological Issues in Education and Health**

Proceedings of the 1st Scientific Meeting in Psychology of the University of Evora and the University of Leipzig,

Evora, 13th May, 2016.

Editors

Adelinda Candeias,

Edgar Galindo,

Heldemerina Pires,

Konrad Reschke &

Evelin Witruk

Universität Leipzig & Evora

Titel: Psychological developments in Education and Health

Proceedings of the 1st Scientific Meetng in Psychology of the University of Evora and the University of Leipzig, Evora, 13th May, 2016.

Editors: Adelinda Candeias, Edgar Galindo, Heldemerina Pires, Konrad Reschke & Evelin Witruk

Verlag:

Evora/ Leipzig: Amazon-Verlag

**Contents**

[**Preface** 4](#_Toc472324878)

[**Mental Health & Stress** 5](#_Toc472324879)

[**Sleep quality and mental health in young adults** Perla Vargas 5](#_Toc472324880)

[**Dynamic evaluation of risk taking in the balloon analogue task** Elias Robles 17](#_Toc472324881)

[**On self-knowledge conflicts as promoters of stressful experiences and the prevention of depression in adolescence.** Maria João Carapeto 28](#_Toc472324882)

[**Stress, burnout, well-being in teaching profession: Portuguese studies** Adelinda Candeias, Ines Calisto, Liberata Borralho, Paulo Vilia 35](#_Toc472324883)

[**Optimistic management of stress in retirement age: An example of long life learning** Konrad Reschke 41](#_Toc472324884)

[**Mental health in teachers – Development and evaluation of a stress management program for teachers** Marcus Stueck 62](#_Toc472324885)

[**Mental Health & Learning** 80](#_Toc472324886)

[**School failure from a psychological point of view** Edgar Galindo 80](#_Toc472324887)

[**Variations on learning orchestration at higher education: conceptions, approaches and academic context** Luisa Gracio 89](#_Toc472324888)

[**From the gaps/needs to the e+ qolmi course** Heldemerina Pires, Adelinda Candeias, H. Rebelo, Vítor Franco, Madalena Melo, Luisa Gracio & Maria Jose Saragoça 98](#_Toc472324889)

[**Learning for Knowledge, Citizenship and Creativity - A Key challenge for schools in 21st century. A Reflection based on our experience with PMA-CEAGXXI** Adelinda Candeias 107](#_Toc472324890)

[**Media Psychology** Evelin Witruk 115](#_Toc472324891)

[**Emotional** **Intelligence** & **Resilience** 124](#_Toc472324892)

[**Emotional Intelligence and Coping Strategies of students faced with traumatic events.** Asanka Bulathwatta 124](#_Toc472324893)

[**Cognitive abilities and personal resilience among children of incarcerated parents in Indonesia** Dian Veronika Sakti Kaloeti 131](#_Toc472324894)

# Preface

Mental Health, Stress, Learning, Emotional Intelligence & Resilience are important topics of current clinical and pedagogical Research in many universities of the world.

In the frame of the collaboration agreement between the University of Evora (Portugal) and the University of Leipzig (Germany) in the field of Psychology, a group of Psychologists of both institutions and guests from the United States and Indonesia met in Evora on 13th May, 2016, in order to explain each other their current research interests and present results in the above mentioned topics of research. The goal was to exchange points of views on Psychology, science and society.

During this scientific meeting, several papers on the application of Psychology in the fields of education, public health, clinical disorders, child development and social issues were discussed. Thirteen of them have been selected to be part of the present volume, which contains the results of those fruitful discussions.

The main issues that are matter of concern in modern societies are here represented, like

* drug consumption,
* healthy habits of living,
* learning at school and at the university,
* depression,
* teachers health
* health in the retirement phase of life,
* personal resilience,
* stress in different populations and groups &
* citizenship and media.

All participants were aware of the existence of common mental health and education problems at an international level and of the important role of Psychology to make a contribution for the solution of those problems in the present world.

The aim of this volume is to give a glance on current developments of research on such topics in different countries (Portugal, USA, Indonesia, Sri Lanka & Germany).

The Editors