



7th

ASIAN COGNITIVE BEHAVIOR THERAPY CONFERENCE

- Embracing Differences, Celebrating Diversity -



CONFERENCE PROGRAM & ABSTRACT BOOK

5th - 7th July 2021

Sunway University, Kuala Lumpur, Malaysia





7th

**ASIAN COGNITIVE BEHAVIOR
THERAPY CONFERENCE**

- Embracing Differences, Celebrating Diversity -

CONFERENCE PROGRAM & ABSTRACT BOOK

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Editors: Lim Czientze, Florentyna Chuah Chih En, Lee Jia Yun and Alvin Ng Lai Oon

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Correspondence:

Prof. Dr. Alvin Lai Oon Ng | Chairperson

7th Asian Cognitive Behavior Therapy Conference

Department of Psychology, School of Medical and Life Sciences

Sunway University, No.5, Jalan Universiti, Bandar Sunway,

47500 Petaling Jaya, Selangor Darul Ehsan, Malaysia.

Email: alvinn@sunway.edu.my



7th Asian Cognitive Behavior Therapy Conference 2021 Conference Program & Abstract Book

The 7th Asian Cognitive Behavior Therapy Conference 2021, was held virtually at Sunway University, Kuala Lumpur, Malaysia. It is believed to be the largest CBT meeting ever held to date, with more than 6,200 registrants from at least 80 countries.

This Program & Abstract Book contains Conference Background, 7th Asian Cognitive Behavior Therapy Conference Organization, Partner & Sponsors, Program Schedule, Speaker Profile and Summary of Sessions, Abstracts (Oral & Poster Presentations), and List of Moderators, Social Media Post Corner and Advertisements.

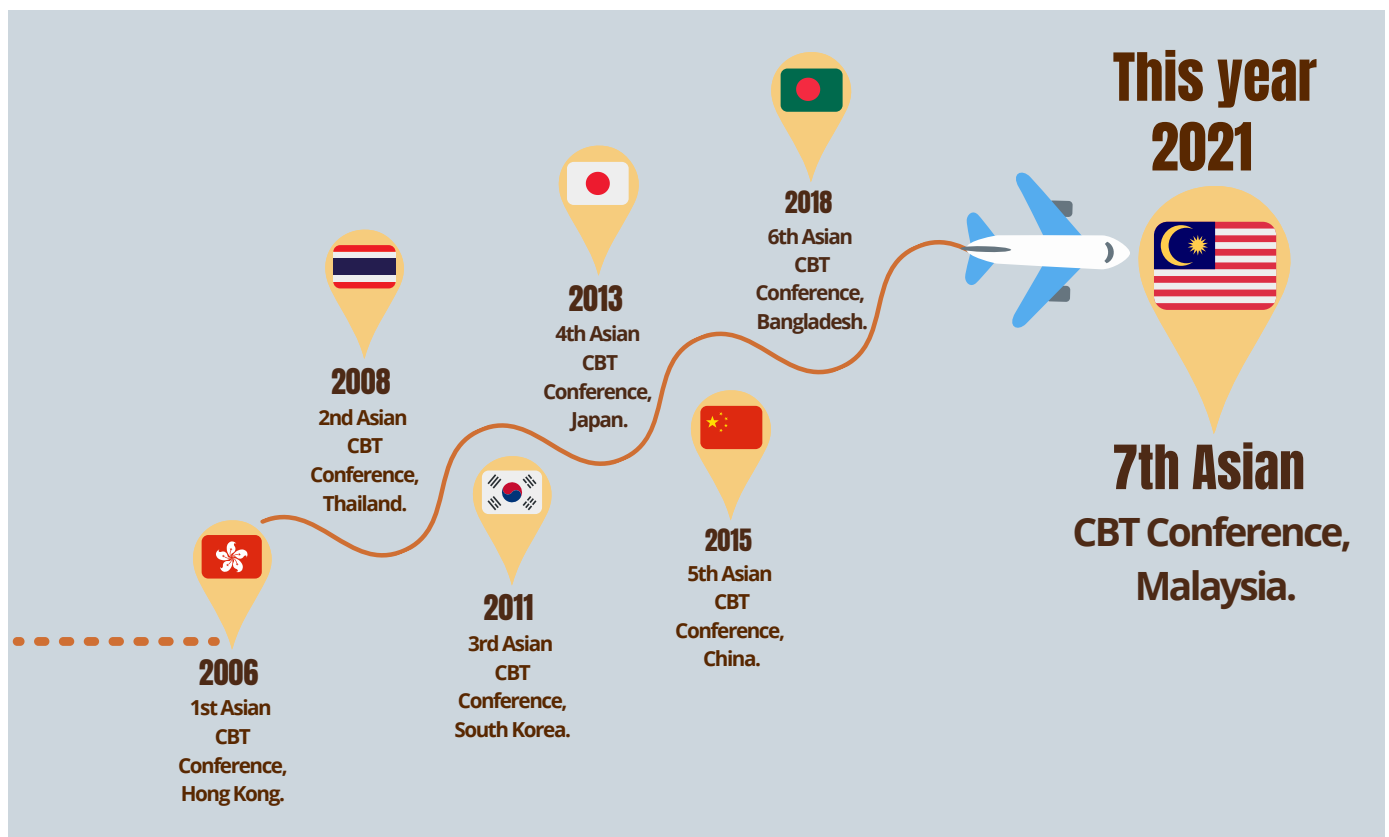


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CONFERENCE BACKGROUND



To facilitate interaction and cooperation among professionals from various countries for the advancement of CBT knowledge and practice in Asia, the Asian Cognitive Behavioral Therapy Association (ACBTA) have been maintaining their efforts to organize conferences in Asia for the past 15 years.

This year, in Malaysia, the theme of the 7th Asian Cognitive Behavior Therapy Conference is "Embracing Differences, Celebrating Diversity". Through this conference, our vision is to be the most accessible conference in providing scientific updates and brief training classes on cognitive behavior therapy in the year 2021. Along with that vision, our mission is to provide access to a free of charge, inclusive, international online conference to benefit CBT enthusiasts in times of pandemic lockdowns and financially critical circumstances.

WELCOME ADDRESS



Professor Alvin Ng Lai Oon
Conference Chair

Salam bahagia semua! (Joyful greetings to all!)

A warm welcome to all speakers, moderators and participants of the 7th Asian Cognitive Behavior Therapy Conference 2021!

I am very happy that we are able to convene at this conference despite the raging pandemic that has been a disruptive force affecting our lives. It has not been easy organizing this event while being isolated from each other, and so I am truly grateful to all of you for your patience and support in making this conference a success. We have over 6,200 participants, including speakers from at least 80 countries! We would not have achieved this without the support of organisations and institutions for promoting our conference in your respective countries and regions.

I believe that this conference to be a very special one, especially in Asia, where we will have special appearances for both Rational Emotive Behavior Therapy – Dr Debbie Joffe Ellis on the first day, and Cognitive Behavior Therapy – Dr Judith S. Beck on the second day. We will also commemorate the centenary of the Father of Cognitive Therapy – it's Dr Aaron T. Beck's 100th birthday this July! We also have a wonderful lineup of invited speakers from all over the world, together with exciting paper and poster presentations, all packed into three single-session days of conferencing.

My gratitude also goes out to my amazing team of selfless committee members who all put in their hearts and souls into their efforts and initiatives to realize this free-of-charge, fully virtual conference. Although we had zero budget, we wanted to acknowledge excellence in research and practice of CBT. So, we are truly thankful to our sponsors for the conference awards – Naluri and the Malaysian Society of Clinical Psychology (MSCP) for their kind support. I also thank the World Confederation of Cognitive and Behavioural Therapies (WCCBT), the Asian Cognitive Behavioral Therapy Association (ACBTA) and member associations for all their advice and support in helping us promote this conference, plus of course, Sunway University for graciously offering the virtual platform for this platform.

Lastly, I hope you all enjoy this conference and make use of whatever it can offer. I acknowledge that there are technical limitations in trying to accommodate as many participants as possible to be included in this event platform. So please accept my apologies for any shortcomings. While unable to be here in Malaysia for this conference, I hope you will be able to visit one day, once this pandemic blows over.

Stay safe, be well and stay connected.

Terima kasih! Harap kita jumpa lagi!
(Thank you! Hope we get to meet again!)

A handwritten signature in black ink, appearing to read 'Alvin Ng'.

Alvin Lai Oon Ng, DPsych
Chairperson
7th Asian CBT Conference 2021
Sunway University, Malaysia.

WELCOME ADDRESS



Professor Firdaus Mukhtar
President of ACBTA

Welcome all delegates of 7th Asian CBT Conference,

On behalf of Asian CBT Association, I would like to extend my heartiest congratulations and applaud the efforts of Malaysian Society of Clinical Psychology (MSCP) and Sunway University for organizing this virtual conference that helps promote mental health and reduce human suffering without leaving anyone behind.

Uncertainty is not an exception but is rather a rule in human lives. However as the duration of uncertainty prolongs and leads to human suffering, it changes and challenges the daily routines of our lives and become a traumatic process. Coming together is a good start but only working together will help accomplish our ultimate goal to disseminate good and ethical practice of CBT worldwide. We all learn to leave in peace with uncertainty and stay grateful not necessarily for undesired life events but for being given the chance of living as it is the biggest reward given to all of us without having to pay any cost. We also learn to become more compassionate to each other and the ecology that surrounds us.

One of the heartening outcomes of the pandemic has been watching the way that scientists and practitioners in CBT from all over the world from 80 countries with more than five thousands delegates have responded together during the pandemic to help mitigate the negative impact of the pandemic on mental health. It was excellent to see that the ACBTA and WCCBT were able to help in the worldwide dissemination of CBT during this unprecedented time and I hope that we start continuing our lives from a place which is better than where we left.

Thank you again to all organization and scientific committees of 7th Asian CBT Conference, EXCO members of ACBTA and EXCO members of World Confederation of CBT for their ongoing efforts and commitment to supporting the worldwide community during the pandemic.

Congratulations Malaysia!

A handwritten signature in blue ink, appearing to be 'Firdaus'.

Firdaus Mukhtar
President
Asian Cognitive Behavioral Therapy Association

WELCOME ADDRESS



Dr. Lynne Yong Ee Lin
President of MSCP

On behalf of the Malaysian Society of Clinical Psychology (MSCP), it is my great pleasure to welcome you all to the 7th Asian Cognitive Behavioural Therapy Conference, 'Embracing differences, Celebrating diversity' from 5th to 7th July, 2021. It is an absolute honor for MSCP to organize the first virtual Asian Cognitive Behavioural Therapy conference, and we thank the Asian Cognitive Behavioural Therapy Association (ACBTA) and the World Confederation of Cognitive and Behavioural Therapies (WCCBT) for their support. We are extremely grateful to all the wonderful speakers who have generously donated their time and expertise in this endeavor to spread the knowledge and practice of cognitive behavioural therapy far and wide.

The global COVID-19 pandemic has presented us with many challenges, not the least of which is hosting an event of this scale. I would like to congratulate the organizing and scientific committees made up of MSCP exco and members for their tireless efforts in making this event possible. I would also like to thank the ACBTA committee for rendering invaluable guidance and help. Finally, this event would not have been possible without our host, Sunway University, who providing the platform and technical support for this virtual conference. Many thanks as well to MSCP and various organizations for sponsoring this conference, thus allowing us to offer free registration so that this valuable sharing and learning is accessible to all.

I would like to take this opportunity to encourage all clinical psychologists and trainees to connect with MSCP during this conference. In line with our theme, I hope this event serves as a platform for all of us to bridge the gap and make new connections towards improving mental health in Malaysia. Stay Safe everyone!

A handwritten signature in black ink, appearing to read 'Lynne Yong Ee Lin', with a stylized flourish at the end.

Dr. Lynne Yong Ee Lin
President
MSCP

WELCOME ADDRESS



Professor Sibrandes Poppema
President of Sunway University

A warm welcome to Sunway University, Malaysia's leading, not-for-profit private university. I'm very pleased to welcome you to the 7th Asian Cognitive Behavioral Therapy Conference. Although we would have been even more happy to see you face to face here in Sunway City.

This conference has been organised by the Malaysian Society of Clinical Psychology and is supported by the World Confederation of Cognitive Behavioral Therapies. I congratulate the Chair of the Conference, Professor Alvin Ng and the organizers for having put together an excellent programme for the next few days.

I believe that Cognitive Behavioral Therapy is more relevant than ever during this Covid pandemic with all its associated hardships, fears, misconceptions, loneliness and depression.

Sunway University is dedicated to quality education and research focused on key global problems under the umbrella of Planetary Health and the Sustainable Development Goals. We want our graduates to not just obtain knowledge, but also values and skills. These values include an understanding of the relevance of a Healthy Planet. You all know the saying "a sound mind in a sound body", and likewise, "human health requires a healthy planet". Issues of climate change, pollution, deforestation and zoonotic diseases are important to human health.

As well, to become successful 21st Century global citizens, our graduates need digital and communication skills and an entrepreneurial mindset and skills. All of these have now been incorporated in the courses of all our students.

The University is based in Sunway City, a thriving green resort and a digital smart city built on reclaimed former tin-mining land, west of Kuala Lumpur in the heart of the Klang Valley. Sunway City is a prime example of the new global movement of sustainable "fifteen-minute cities" with hyper-connectivity and all amenities accessible within 15 minutes by walking. Our state-of-the-art campus is connected to the student residences and a wide range of social and community amenities by safe walkways at tree top level (the "canopy walk"). Close by the campus and connected by the canopy walkway we have the Sunway Lagoon Theme Park and the Sunway Pyramid Mall. Sunway Medical Centre is one of the best equipped private hospitals in Southeast Asia and a prize-winning medical tourism destination. All of this creates a unique sustainable study, work and social environment for our students and staff on campus and around Sunway City.

Sunway University was established 10 years ago, relatively young by global standards, but already ranked in the QS ranking within the top 700 universities in the world. We are even more pleased to have been ranked in the top 200 in the Times Higher Impact Ranking for SDG11: Sustainable Cities and Communities. Sunway University has developed collaborations with leading international universities, including Harvard University on Global health, the University of Cambridge on Infectious diseases, MIT on CO2 Capture and Utilisation, and Singaporean institutions on Microbiomics.

I'd like to mention here that there are some very interesting associations between intestinal microbes and emotion, cognition, and social behaviour. So welcome to a globally connected, forward looking university, dedicated to sustainability and Planetary Health, and located in one of the most exciting campus destinations on the planet in the warm heart of tropical sunny Malaysia.

I wish you all a great conference.

Professor Sibrandes Poppema
President

7TH ASIAN CBT CONFERENCE ORGANIZATION

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ACKNOWLEDGEMENT

The 7th Asian CBT Conference committee wish to express our deepest gratitude and sincere appreciation to all supporting organizations below for their continuous support.

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LOCAL & GLOBAL SUPPORTERS:



Persatuan Psikologi Malaysia
Malaysian Psychological Association



**PAKISTAN
ASSOCIATION
OF COGNITIVE
THERAPISTS**



**BANGLADESH
CLINICAL
PSYCHOLOGY
SOCIETY**



한국인지행동치료학회
Korean Association of Cognitive Behavioral Therapy

PHOTO & VIDEO CREDIT:





Sunway University, originally Sunway College formed more than 30 years ago, is today part of the Sunway Education Group which is owned and governed by the Jeffrey Cheah Foundation (JCF). The University is one of 15 institutions which includes Sunway College and Sunway International School.

Sunway University is a hub of multicultural interaction, a platform for sharing, learning and networking. In its aim to deliver quality higher education, Sunway University works closely in partnership, collaborating with world-class partners Lancaster University and Le Cordon Bleu International. With the partnerships, Sunway University's home-grown degrees in areas of business, accounting, banking and finance, financial mathematics and statistics economics and management, psychology, communication, computing and information systems, biological and medical sciences are validated by Lancaster University while its international hospitality management and culinary management degrees are accredited by the Le Cordon Bleu. The University also offers degrees in various other areas which include nursing, engineering, biomedicine, actuarial studies, contemporary music (audio technology), music performance, design communication, interior architecture, global supply chain management and international business.

The University also offers the American Degree Transfer Program which enables students to transfer to top 10% universities in the United States, for example John Hopkins, Cornell, Washington University in St Louise, and Michigan Ann Arbor. Sunway University also

partners Harvard University, University of Oxford and University of Cambridge to promote a two-way flow of scholars and researchers. The University also partners the University of California, Berkeley to develop Sunway University's entrepreneurship programmes, and to commence a bi-directional information exchange, in areas of Entrepreneurship and Technology, between the University and the Sutardja Center for Entrepreneurship and Technology (SCET) at Berkeley.

Sunway University has received recognition placing it on a par with long established international institutions. The QS World university ranking and rating organisation, regarded as one of the most authoritative of its kind in the world, awarded Sunway University an overall 5 stars. The QS Stars ratings focus on areas such as teaching and employability. Sunway University has been rated 5 Stars in these categories: employability, facilities, inclusiveness, social responsibility and teaching. In the QS Asia Rankings 2021, the University moved up to position 172 out of more than 13,000 higher education institutions in Asia.

In its aim to deliver high quality education, conducive study environment and overall learning experience, Sunway was recognised in the Student Barometer Survey (SB Autumn 2018) - a global benchmark survey administered by igraduate, revealed that institutions in the Sunway Education Group achieved high student satisfaction for Physical Library and Financial Services, with the highest score out of 23 Asian institutions.

A high score was also achieved for Learning and Living experience, highest out of 12 institutions surveyed in Malaysia.

High scores were achieved in the area of living experience in accommodation, financial support, safety, facilities and transport links. For support services, high scores were given by the students for financial services, accommodation office, Muslim prayer room and campus cafeteria. For arrival, accommodation topped the list.

In the inaugural Sin Chew Education Awards in 2019, Sunway University won the “Outstanding Educational Institutions for Private Universities or Colleges” award.

In recognition of the quality of the University's education in the information technology field and its commitment to the use of advanced digital technology across the institution, Sunway University was one of the 11 universities to be awarded the Premier Digital Technology University status by MDEC (Malaysia Digital Economy Corporation) in 2017.

In the SETARA (Rating System for Malaysian Higher Education) in 2019, Sunway received a 5-Star (Excellent) rating in the Emerging University category. It is also an ISO 9001: 2015 certified institution further amplifying the University's commitment to quality on all levels in the higher education provision.

For the first time Sunway University entered the Times Higher Education (THE) Impact Rankings 2021 which measures universities' commitment to the Sustainable Development Goals (SDGs) and officially became the highest ranked private university in Malaysia and. Sunway University is also credited to be within the Top 200 for SDG 11 – Sustainable Cities and Communities, once again making it one of the world's leading institutions in this most noble & topical of categories which reflects dedication to creating career and business opportunities, safe and affordable housing, and building resilient societies and economies.





GREETINGS FROM THE MALAYSIAN SOCIETY OF CLINICAL PSYCHOLOGY

HOW DID WE COME ABOUT

The idea for a professional association for clinical psychologists began in the early 2000 with a handful of clinical psychologists working towards having a professional voice and registration to protect professional integrity as well as public interest. Due to the small number of available clinical psychologists then it took a number of years before more clinical psychologists became interested in setting up a professional organization. Issues that led to the need for a professional association included professional registration, representation, regulation, and indemnity. Meetings were held in Hospital Universiti Kebangsaan Malaysia, Health Psychology Unit of UKM's Kuala Lumpur campus, as well as at HELP University College in building up and refining objectives for a professional association.

WHEN DID IT ALL GET STARTED

By 2009, a committed group began working towards setting up a protem committee for what we now know as the Malaysian Society of Clinical Psychology. A meeting of around 40 clinical psychologists in Dec 2009 elected a protem committee that then worked on registering the Society with the Registrar of Societies.

WHO WE ARE TODAY

Fast forward to 2021, our society has grown by leaps and bounds. Representing some 300 odd clinical psychologist across the country, the MSCP continues to be the flag bearer for our profession, and a champion for the psychological and emotional wellness of our community. We strive to uphold the traditions of evidence based practice that is both ethical and impactful, as well as nurturing future generations of clinicians for the betterment of our country and profession.



Tomorrow's Healthcare, Today

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PROGRAM SCHEDULE



8:45 - 9:00 am
(MYT; UTC+8)
9:00 - 9:30 am

Registration

Opening Ceremony: Welcoming Speeches

Firdaus Mukhtar
President of Asian
Cognitive Behavioral Therapy
Association

Lynne Yong Ee Lin
President of Malaysian Society of
Clinical Psychology

Moderated by:

Sibrandes Poppema
President of Sunway University

Alvin Ng Lai Oon
Chairperson of 7th Asian Cognitive
Behavior Therapy Conference

9:30 - 10:00am

Keynote Address

**Depression and COVID- 19: What
the Global Pandemic has Taught
us About Models of Risk,
Resilience, and Treatment**

Keith Dobson
President of World Confederation
Cognitive Behavior Therapies

Moderated by: Lynne Yong Ee Lin

10:00 - 10:30am

Oral Presentations 1

10:30 - 11:00am

CBT & COVID-19 Updates 1

**CBT and Covid-19 Updates in
Indonesia**

Diana Setiyawati

**Analysis on the Element of
Cognitive Behavioural Approach in
Managing COVID-19 in Malaysia**

Firdaus Mukhtar

**Cognitive-Behaviour Therapy for
Delinquent Youth With Mental
Health Problems: A Comparison to
Mindfulness Intervention**

Wong Fu Keung, Daniel

**Cultural Nuances of the COVID-19
Outbreak in India: Prospects and
Challenges for CBT Practice**

Nimisha Kumar

Moderated by: Nooraini Darus

11:00 - 11:30am

30-Minutes with Expert 1

Rational Emotive Behavior Therapy (REBT: Grandfather of CBT)

Dominic DiMattia

Moderated by: Zhang Yujia

11:30 - 12:00am

Research Updates 1

**The Role of Maladaptive and Five-Factor Personality Traits in Mental
Health and Preventive Behaviour During the COVID-19 Pandemic
Situation: A 10-Month Longitudinal Study**

Choi Kee-Hong

Moderated by: Jusmawati
Fauzaman



PROGRAM SCHEDULE



12:00nn- 2:00pm	Poster Presentations 1
2:00- 2:30pm	30-Minutes with Expert 2 Case Conceptualization in Complex PTSD: Integrating Theory and Practice in a Conflict Area Siti Irma Fadhilah <i>Moderated by:</i> Mahadir Ahmad
2:30 - 3:00pm	30-Minutes with Expert 3 Trauma-Informed Telemental Health in the Time of the Pandemic Leoniek Kroneman <i>Moderated by:</i> Nurul Miza Mohd Rashid
3:00 - 3:30pm	30-Minutes with Expert 4 Micro-Skill Training in Motivational Interviewing John Forbes <i>Moderated by:</i> Pamilia A/P Lourdunathan
3:30 - 4:00pm	Oral Presentations 2
4:00 - 4:30pm	30-Minutes with Expert 5 Cognitive Behavioural Interventions in the Management of Chronic Pain Zubaidah Jamil <i>Moderated by:</i> Serena In
4:30 - 5:00pm	Research Updates 2 Age Appropriate CBT and Wisdom Enhancement With Older People Kenneth Laidlaw <i>Moderated by:</i> Ponnusamy A/L Subramaniam
5:00 - 8:30pm	BREAK
8:30 - 9:30pm	The Prime Time Session with Debbie Joffe Ellis REBT: History, Impact on CBT Development, and Relevance During the COVID-19 Pandemic <i>Moderated by:</i> Alvin Ng Lai Oon



PROGRAM SCHEDULE



8:45 - 9:00 am
(MYT; UTC+8)

9:00 - 9:30am

Registration

CBT & COVID-19 Updates 2

CBT in Thailand - How we Have Grown, Despite the Challenges of the Pandemic

Nuttorn Pityaratstian

Applying CBT for Post-COVID Psychological Distress – A Pakistani Perspective

Iram Zehra Bokharey

Unified Management of Mental Intervention During COVID-19 in China

Chun Wang

Moderated by: Masyitah Minhad

**Case Supervision 1 - Freedom Leung Yiu-kin
On Borderline Personality Disorder**

Moderated by: Firdaus Mukhtar

9:30 - 10:00am

10:00 - 10:30am

Oral Presentations 3

10:30 - 11:00am

Research Updates 3

Doing CBT in the Era of Neuroscience: A Mechanism-Based Treatment Model

Freedom Leung Yiu-kin

Moderated by: Mohamed Faiz
Mohamed Mustafar

11:00 - 11:30am

30-Minutes with Expert 6

Validation: A Cornerstone of Dialectical Behavior Therapy

Shian-Ling Keng

Moderated by: Natasha Subhas

11:30am - 12:00nn

Research Updates 4

Evidence-Based Formulations and Solutions for Treating Obsessive Compulsive and Related Disorders: New Ways Forward

Michael Kyrios

Moderated by: Ahmad Nabil
Md. Rosli

12:00nn- 2:00pm

Poster Presentations 2



PROGRAM SCHEDULE



2:00- 2:30pm

30-Minutes with Expert 7

Integrating Mindfulness-Based CBT for Anxiety in a Psychiatric Clinic

Phang Cheng Kar

Moderated by: Siti Aminah Omar

2:30 - 3:00pm

30-Minutes with Expert 8

Role of Clinical Psychologist in Bariatric Surgery

Rahmatullah Khan

Moderated by: Aida Farhana Suhaimi

3:00 - 3:30pm

30-Minutes with Expert 9

Focusing on Processes of Change in the Therapeutic Relationship

Steven C. Hayes

Moderated by: Lee Sook Huey

3:30 - 4:00pm

Oral Presentations 4

4:00 - 4:30pm

30-Minutes with Expert 10

Recovery-Oriented Cognitive Therapy Program for Serious Mental Health Conditions

Paul Grant & Ellen Inverso

Moderated by: Hazli Zakaria

4:30 - 5:00pm

Research Updates 5

Anxiety in Young People: Using Super Skills for Life Program to Adapt to the “New” Normal

Cecilia Essau

Moderated by: Tan Yen Teng

5:00 - 8:30pm

BREAK

8:30 - 9:30pm

Special Appearance by Judith Beck and Allen Miller

Training in CBT: A Pilot Study of a New International Training Program

Moderated by: Dmitrii Kovpak



PROGRAM SCHEDULE



8:45 - 9:00 am
(MYT; UTC+8)

9:00 - 9:30am

Registration

CBT & COVID-19 Updates 3

Self-Guided App-Based CBT for Smartphone Addiction Among College Students in Taiwan During the COVID-19 Pandemic
Jenny Huei-Chen Ko

CBT & COVID-19 Updates From Singapore: Challenges and Opportunities
Sharon Sung

COVID-19 Situation in Tokyo and What CBT Can Do

Satoko Sasagawa

Special Adaptation of CBT-E (CBT Enhanced for the Treatment of Eating Disorders) for Remote Use During the COVID-19 Pandemic

Carine El Khazen
Moderated by: Norhameza Ahmad Badruddin

9:30 - 10:00am

Case Supervision 2 - Lata K. McGinn
On Obsessive Compulsive Disorder
Moderated by: Firdaus Mukhtar

10:00 - 10:30am

Oral Presentations 5

10:30 - 11:00am

30-Minutes with Expert 11

Implementation of Culturally Adapted CBT on a National Level: An Example From a Low-Income Country

Farooq Naeem

Moderated by: Saw Jo Anne

11:00 - 11:30am

Research Updates 6

The Effectiveness of Cognitive Training in Children With Developmental Conditions

Marieke De Vries

Moderated by: Kartini Ilias

11:30am - 12:00nn

Research Updates 7

The Effects of Behavioral Techniques Training on Feeding Problems Among Children With Neurological Impairments

Azizah Othman

Moderated by: Sakinah Idris

12:00nn- 2:00pm

Poster Presentations 3



PROGRAM SCHEDULE



2:00- 2:30pm

30-Minutes with Expert 12

Managing Procrastination

Shishir Palsapure

Moderated by: Asma Perveen

2:30 - 3:00pm

Research Update 8

Cognitive Behavior Therapy Limitations in Pakistan

Nashi Khan

Moderated by: Hilwa Abdullah

3:00 - 3:30pm

30-Minutes with Expert 13

Neurocognitive Science of CBT

Anke Karl

Moderated by: Yang Wai Wai

3:30 - 4:00pm

Oral Presentations 6

4:00 - 5:00pm

Closing Ceremony

- Special Message from HRH Princess Iman Afzan Al-Sultan Abdullah of Malaysia, International Patron of World Mental Health Day 2020
- Closing message from Firdaus Mukhtar, ACBTA President
- Message from Muhammad Irfan, ACBTA Director of Research and Innovation
- Message from Shin-Ichi Ishikawa, ACBTA Director of Training and Development
- Invitation from Nimisha Kumar, ACBTA President-Elect, to the 8th Asian Cognitive Behavioral Therapy Conference 2024
- Invitation from Jung-Hye Kwon, Past President of ACBTA to the 10th World Congress of Cognitive Behavioural Therapies 2023, in Seoul, South Korea
- Award Ceremony

Moderated by: Joel Low

CLOSING CEREMONY

July 7, 2021 4:00 PM | Moderated by: Dr. Joel Low

Special message from the International Patron of
World Mental Health Day 2020,
HRH Princess Iman Afzan Al-Sultan Abdullah
of Malaysia



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and Behavioural Therapies 2023, in Seoul, South Korea.



Vote of Thanks from Professor Alvin Lai Oon Ng,
Chair of the 7th Asian CBT Conference 2021

KEYNOTE SPEAKER



KEYNOTE SPEAKER

July 5, 2021 9:30 AM | Moderated by: Dr. Lynne Yong Ee Lin



Professor Keith S. Dobson

President of World Confederation of Cognitive Behavioral Therapies
Professor of Clinical Psychology at University of Calgary

Biosketch: Dr. Dobson is a Professor of Clinical Psychology at the University of Calgary in Canada. His research has focused on both cognitive models and mechanisms in depression, and the treatment of depression, particularly using cognitive-behavioural therapies. Dr. Dobson's research has resulted in over 300 published articles and chapters, 17 books, and conference and workshop presentations in many countries. In addition to his research in depression, Dr. Dobson has been engaged in the examination of psychological approaches and treatments in primary care.

He is also a Principal Investigator for the Opening Minds program of the Mental Health Commission of Canada, with a focus on stigma reduction related to mental disorders in the workplace. Further, he has written about developments in professional psychology and ethics and has been actively involved in organized psychology in Canada, including a term as President of the Canadian Psychological Association. He is a Past-President of the Academy of Cognitive Therapy, the International Association for Cognitive Psychotherapy, and the Canadian Association of Cognitive Behavioral Therapies, and is the current President of the World Confederation of Cognitive and Behavioural Therapies (2019- 2022).

Among other awards, he has been given the Canadian Psychological Association's Award for Distinguished Contributions to the Profession of Psychology, the Donald O. Hebb Award for Distinguished Contributions to the Science of Psychology, and the Award for Distinguished Contributions to the International Development of Psychology.

Keynote Topic: Depression and COVID- 19: What the Global Pandemic has Taught us About Models of Risk, Resilience, and Treatment

Summary: It has been widely reported that rates of anxiety and depression have increased dramatically as a consequence of the global pandemic. This address will begin by briefly reviewing this evidence and will show that rates of depression have indeed approximately doubled around the world. It will be suggested that this outcome could have been clearly predicted, when the known risk and resiliency factors associated with depression are considered. The address will further argue that there are clear directions to reduce the global rates of depression as the pandemic resolves, taking into account these same risk and resiliency factors. The role of cognitive- behavioral therapies in the global response to COVID- 19, and in particular the ways that CBTs have been adapted and can continue to provide care for depressed persons, will be highlighted.

PRIME TIME SESSION



PRIME TIME SESSION

July 5, 2021 8:30 PM | Moderated by: Prof. Alvin Ng Lai Oon



Dr. Debbie Joffe Ellis

Adjunct Professor, Columbia University in the City of New York

Biosketch: Dr Debbie Joffe Ellis was born and raised in Melbourne, Australia. New York City has been her home base for the past two decades. She is a licensed psychologist (Australia), licensed mental health counselor (New York), presenter, writer and adjunct professor at Columbia University in New York City where she teaches Rational Emotive Behavior Therapy and Comparative Psychotherapies. For years she worked with her husband, the brilliant and renowned pioneer of modern cognitive therapies: Dr Albert Ellis, giving public presentations and professional trainings in his approach of Rational Emotive Behavior Therapy (REBT), as well as collaborating with him on writing and research projects until his death in 2007. Before his passing he stated and wrote that he entrusted her to continue his work. She is recognized as a world-renowned expert on REBT, and regularly presents, throughout the USA and in countries around the world, to students, academics, practitioners in the helping professions, and to members of the general public. She wrote the second edition of the book Rational Emotive Behavior Therapy (published 2019) that she co-wrote with her husband in its first edition. She is also featured in a DVD produced by the American Psychological Association (APA) demonstrating and discussing the REBT approach. She has written chapters for various text books, articles, and has reviewed publications for APA's PsycCritiques Journal. In 2014 she was named "Legend in Counseling" at the American Counseling Association annual conference, and has received various other awards and acknowledgments for her work. She joyfully and passionately continues her mission of informing as many people as possible - through her presentations, teaching, writing, and the ways she strives to 'walk her talk' - that each one of us has the power to create our emotional destinies despite and including challenging circumstances, and through teaching the 'how-to's' of doing so!

Topic: REBT: History, Impact on CBT, and Relevance During the Covid-19 Pandemic

Dr. Debbie Joffe Ellis was the beloved wife of Dr Albert Ellis who was the brilliant creator of Rational Emotive Behavior Therapy (REBT). She worked with him in every aspect of his work during the years they were together until his passing in 2007. He entrusted her to continue to share REBT globally and locally, which she does with passion, gratitude and love.

She will be presenting not only from her role as Psychologist, Author and Professor, but also and uniquely from her experience with, and intimate knowledge about, her late husband from both professional and very personal perspectives.

In her address she will describe the atypical and remarkable history and development of REBT which is the cognitive approach that heralded in the Cognitive Revolution in psychotherapy. This includes sharing powerful ways Dr Ellis incorporated into REBT some of the tools and techniques he constructed and applied in his personal life, from childhood onwards, that succeeded in allowing him to better cope with challenges and adversities, and also reduced and prevented painful emotional experiences.

She will talk about the influence that the presence of REBT had on the early development of CT/CBT and on the Cognitive "3rd and 4th Waves" in psychotherapy that emerged in more recent decades since REBT was presented in the early 1950's.

Finally – in talking about the relevance of REBT in helping people cope with practically all human challenges and adversities, since it can aptly be seen as both an evidence-based, scientific approach in addition to being a way of life for those who choose to apply it as such, Dr. Joffe Ellis will describe how helpful REBT tools have been to many people, and their potential to help many more, when applied during this Pandemic time and during any other times of global, societal or individual crises.

SPECIAL APPEARANCE



SPECIAL APPEARANCE

July 6, 2021 8:30 PM | Moderated by: Dr. Dmitrii Kovpak



Dr. Judith S. Beck & Dr. Allen Miller
Beck Institute for Cognitive Behavior Therapy

Biosketch: As President of the Beck Institute, Dr. Judith S. Beck, PhD, provides the vision and leadership to further the mission Beck Institute: to improve lives worldwide through excellence in Cognitive Behavior Therapy. She is also Clinical Professor of Psychology in Psychiatry at the University of Pennsylvania where she teaches second and third year psychiatric residents. She received her doctoral degree from Penn in 1982. Dr. Beck divides her time among administration, supervision and teaching, clinical work, program development, research, writing, and course development. She has been a consultant for several National Institute of Mental Health (NIMH) studies, has developed widely-adopted assessment scales for children and adolescents, and has made hundreds of presentations nationally and internationally on various applications of cognitive therapy. She is also a distinguished founding fellow and past president of the Academy of Cognitive Therapy.

Dr. Beck has written over 100 articles and chapters on different aspects of cognitive therapy. She is the author of the primary text in the field, *Cognitive Behavior Therapy: Basics and Beyond* (2nd ed.), which has been translated into 20 languages, as well as books, workbooks, and pamphlets for consumers.

Dr. Allen R. Miller is CBT Program Director at Beck Institute for Cognitive Behavior Therapy. His responsibilities include development, implementation, and measuring outcomes for training and supervision programs internationally. He founded and served as Chief Psychologist for an APA-Approved Internship for doctoral students in Clinical Psychology at WellSpan Health, served as Chair of Psychology at a teaching hospital, and was an Adjunct Faculty member in the Department of Psychiatry at Pennsylvania State University College of Medicine. He held leadership positions and led many clinical initiatives in health care systems.

Special areas of interest for Dr. Miller have included dissemination and implementation projects in health care, and for new learners of CBT. Multiple initiatives he led involved integrating CBT therapists into primary and specialty care medical programs that resulted in benefits to patients, medical professionals, and were financially sustainable. A current research interest is development of efficient, effective, and cost-conscious training and supervision models for international trainees. Dr. Miller routinely reports the results of his work in presentation, workshops and professional writings.

Topic: Training in CBT: A Pilot Study of a New International Training Program

Summary: In 2019, Beck Institute for Cognitive Behavior Therapy in the United States created a special training program for international mental health professionals, most of whom had little or no prior training or experience in CBT. We rated transcripts of their therapy sessions at multiple points, including at the beginning and end of training, using a widely accepted competence scale. Analysis of the results showed that participants progressively improved their skill level and most reached competence by the end of the program. The program consisted of coursework (in person and online workshops and courses), reading chapters from a basic text on CBT, a self-directed learning course, and group supervision. This pilot study demonstrated that a distance learning program with a combination of programmatic elements can be effective in producing competent CBT therapists.

CASE SUPERVISIONS



CASE SUPERVISION 1

July 6, 2021 9:30AM | Moderated by: Prof. Firdaus Mukhtar

Guest: Prof. Freedom Leung Yiu-kin

Affiliation: Head of Shaw College, The Chinese University of Hong Kong

Topic: Borderline Personality Disorder



Biosketch: Prof. Freedom Leung graduated from Concordia University, Montreal, Canada with a PhD in Clinical Psychology. He spent three years working as the clinical research associate at the world renowned Douglas Hospital Center in Montreal before returning to Hong Kong in 1992. He has taught clinical psychology at the Chinese University of Hong Kong for over 25 years. His research expertise includes eating disorders, borderline personality disorders, self-harm behaviour and mindfulness therapy. During his tenure at CUHK, Prof. Leung has received numerous Best Teaching Awards, including the Best Teaching Award of the Faculty of Social Science (2004), and the Vice-Chancellor's Exemplary Teaching Award (2005), and the General Education Best Teaching Award of Shaw College (2019). Prof. Leung was the past president of the Hong Kong Psychological Society (1996-1997), and the senior advisor for the Society of Clinical Psychology in China and Taiwan. He is a committee member of the Asian Cognitive Behavior Therapy Association (2018-2021).

Currently, he is the Head of Shaw College at the Chinese University of Hong Kong. He also serves as the senior consulting clinical psychologist for the Personnel Department and the Office of Student Affairs of the University

CASE SUPERVISION 2

July 7, 2021 9:30AM | Moderated by: Prof. Firdaus Mukhtar

Guest: Prof. Lata K. McGinn

Affiliation: Clinical & CBT Training Program, Ferkauf Graduate School of Psychology, Yeshiva University

Topic: Obsessive Compulsive Disorder



Biosketch: Lata K. McGinn, PhD is a tenured Professor of Psychology and Director of the Clinical Program and CBT training program at the Ferkauf Graduate School of Psychology, Yeshiva University and is the co-founder of Cognitive and Behavioral Consultants (CBC), an evidence-based center in New York. She specializes in the prevention and treatment of stress, anxiety, trauma, OCD, depression, and related disorders. Her extensive publications span peer-reviewed journal articles, chapters, and her co-authored books, "Treatment of Obsessive-Compulsive Disorder" and, "Treatment Plans and Interventions for Depression and Anxiety Disorders."

In recognition of her achievements in the field of CBT, Dr. McGinn has earned the title of Beck Scholar and was appointed a Fellow of the Association of Behavioral and Cognitive Psychotherapies (ABCT). She was awarded a certificate of appreciation by ABCT in recognition of her professional contributions made on a Trauma Taskforce following September 11, 2001 and has just won the Outstanding Service to ABCT award in 2020.

Dr. McGinn is a founding fellow and certified trainer of the Academy of CBT, is the associate editor of the peer-reviewed journal Cognitive Therapy and Research and serves on the editorial board of several other peer-reviewed journals. In 2019, Dr. McGinn spearheaded a global initiative to found the World Confederation of Cognitive and Behavioral Therapies (WCCBT) and currently serves on its Board of Directors. She is also the Past-President of the Academy of CBT (A-CBT) and the International Association for Cognitive Psychotherapy (IACP), and has also served on ABCT's Board of Directors and continues today as the chair of ABCT's International Associates Committee.

CBT & COVID-19 UPDATES



CBT & COVID-19 UPDATES

2020 was a year of unprecedented disruptions to human life. The Coronavirus Disease 2019 (COVID-19) pandemic brought about much distress in communities around the world. Mental health problems surged to an all time high globally, with many mental health professionals struggling to keep up with daily demands for help. Physical distancing measures and lockdown saw many mental health services innovate towards online platform and other practical methods to deliver interventions. This segment provides updates from various Asian countries on how CBT is adapted within the growing pandemic.

CBT & COVID-19 UPDATES 1

July 5, 2021 10:30 AM | Moderated by: Dr. Nooraini binti Darus



Name of Presenter: Dr. Diana Setiyawati
Affiliation: Faculty of Psychology, Universitas Gadjah Mada, Indonesia.
Topic: CBT and Covid-19 Updates in Indonesia



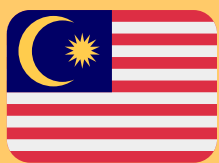
Biosketch: Diana Setiyawati is a Lecturer at the Faculty of Psychology, Universitas Gadjah Mada and currently is a Director of the Centre for Public Mental Health. She is doing research, training and advocacy in primary care psychology, culturally adapted CBT, school based mental health, family wellbeing and mental health policy in her country. Her PhD research about curriculum for Psychologists working in primary care was awarded Australia Awards-Hadi Soesastro Prize by The Hon Julie Bishop, Deputy Prime Minister Australia, in 2014.



Name of Presenter: Prof. Daniel Wong Fu Keung
Affiliation: Department of Social Work and Social Administration, University of Hong Kong.
Topic: Cognitive-Behaviour Therapy for Delinquent Youth with Mental Health Problems: A Comparison to Mindfulness Intervention



Biosketch: Professor Wong is a clinical psychologist and a social work academic. His research team has been actively conducting research in mental health practice and he is a pioneer in indigenizing the application of Cognitive Behaviour Therapy (CBT) for Chinese people with depression, anxiety problems, chronic illnesses, gambling problems, drug addictions among the Chinese. Regarding mental health issues, Professor Wong and his team have conducted numerous studies on Chinese caregivers' mental health and mental health literacy of Chinese people in Hong Kong, China, Taiwan and Australia, and on Mental Health First Aid for Chinese people in Hong Kong and Australia. He has written over 120 academic papers and 18 books and professional manuals. Prof. Wong and his colleagues have established the Institute of Cognitive Therapy in Hong Kong and Centre for Holistic Health in Melbourne, Australia to provide training for mental health professionals and promote better mental health among Chinese populations. His research interest includes CBT, evidence-based practice in mental health, mental health promotion, mental health literacy and mental health issues among migrants and caregivers.



Name of Presenter: Prof. Firdaus Mukhtar
Affiliation: School of Graduate Studies, Universiti Putra Malaysia.
Topic: Analysis on the Element of Cognitive Behavioural Approach in Managing Covid-19 in Malaysia



Biosketch: Professor Dr Firdaus Mukhtar qualified as a clinical psychologist in 2003 and currently hold a post as a Deputy Dean at School of Graduate Studies, Universiti Putra Malaysia. She was graduated from University of Queensland, Brisbane (PhD, 2007), University of Edith Cowan, Perth (Master of Clinical Psychology, 2003), and International Islamic University Malaysia (BHSc Psychology, 1999) in which her PhD thesis was related to Group Cognitive Behavior Therapy for Unipolar Depression. She was the first secretary in Malaysian Society of Clinical Psychology. In 2011-2013 she was appointed as WHO CBT Consultant for the country to develop a CBT manual to manage chronic medical illness at primary care and gave intensive CBT training to Family Medicine Specialists. In 2012, L'oreal Malaysia has awarded her as Young Women Scientist for her vast contribution in research related to depression, anxiety and weight management. Since 2000, she has trained both CBT and DBT to many psychiatrists, clinical psychologists, counsellors, medical specialists (Family Medicine, Paediatrics, Otorhinolaryngology etc), allied health professionals, undergraduate and postgraduate trainees, and community at large, not just in Malaysia but also in some other countries in South East Asia. She has published over 80 scientific articles and CBT books and has been appointed as Subject Matter Expert by many government and private industrial collaborators.



Name of Presenter: Dr. Nimisha Kumar
Affiliation: Faculty of Behavioral Science, SGT University, Gurugram.
Topic: Cultural Nuances of the COVID-19 Outbreak in India: Prospects and Challenges for CBT Practice



Biosketch: Dr. Nimisha Kumar is the President-Elect (2021 – 2024) for the Asian CBT Association. She is a Senior Consultant Psychologist and trained CBT practitioner based in New Delhi, India. She has a PhD in Psychology from University of Delhi and an MSc in CBT from University of Derbyshire, UK (as a recipient of the prestigious Commonwealth Scholarship). Her doctoral work was on a CB framework for Diabetes. Dr. Kumar is the Founder-President of the Indian Association for CBT (www.iacbt.org) and Founder- Director of Ascend-PsyCare (www.ascendpsycare.in), an MSME based in Delhi. She is currently Associate Professor at the Faculty of Behavioural Sciences, SGT University, Gurugram. Dr. Kumar has over 15 years of experience in clinical practice, teaching and research at prestigious institutions in New Delhi. She organized the first ever International Conference on CBT in India in 2015 and pioneered the IACBT in 2016. She organized two subsequent highly successful international conferences on CBT in 2017 and 2018 with outcomes in the form of special edited volumes on CBT related research. She has written papers on cultural adaptation of CBT in Indexed Journals, presented papers at National and International conferences and mentored a number of Masters and Doctoral research dissertations. Dr. Kumar has her own practice in New Delhi where she uses CBT for a number of mental health concerns and provides training and supervision to students and professionals from diverse backgrounds. She is presently launching India's first certificate and diploma level programs in CBT.

CBT & COVID-19 UPDATES 2

July 6, 2021 9:00 AM | Moderated by: Masyitah Minhad



Name of Presenter: Dr. Nuttorn Pityaratstian

Affiliation: Faculty of Medicine, Chulalongkorn University

Topic: CBT in Thailand - How we Have Grown, Despite the Challenges of the Pandemic



Biosketch: Nuttorn (Joe) Pityaratstian is an Assistant Professor in Child and Adolescent Psychiatry at Faculty of Medicine, Chulalongkorn University. He received the MD from Chulalongkorn University and MSc from King's College London. After completing the CBT training from the Beck Institute of Cognitive Therapy and Research in 2006, he has pioneered the development of CBT in Thailand through clinical work, training, curriculum development, and dissemination of CBT on both public and private sectors. He also received the Postgraduate Certificate in Enhanced Cognitive Behavioural Therapy (Supervision & Training) from the University of Oxford. He is currently the Course Director of the Diploma in CBT Program at Chulalongkorn University, the President of CBT Alliance of Thailand (CAT), and the President of Thai Society for Affective Disorders (TSAD).



Name of Presenter: Dr. Iram Zehra Bokharey

Affiliation: Department of Psychiatry, Mayo Hospital, Lahore, Pakistan

Topic: Applying CBT for Post-COVID Psychological Distress – A Pakistani Perspective



Biosketch: Dr. Iram Zehra Bokharey is a Chief Clinical Psychologist at the Department of Psychiatry, Mayo Hospital, Lahore, Pakistan also a Chapter President, Punjab for Pakistan Association of Clinical Psychologist (PACP). She started working as a Clinical Psychologist in 1988 after completing her Masters in Applied Psychology and Advanced Diploma in Clinical Psychology from Punjab University. She also obtained her PhD in Clinical Psychology from Centre for Clinical Psychology, from Punjab University in 2009. Currently she is a part time member for teaching courses on Cognitive Behaviour Therapy and Qualitative Research at three universities in Lahore, named Institute of Psychology, Beaconhouse National University, School of Professional Psychology, University of Management & Technology, and Department of Psychology, Forman Christian College University.



Name of Presenter: Prof. Chun Wang

Affiliation: Nanjing Brain Hospital, Nanjing Medical University

Topic: Unified management of Mental Intervention during COVID-19 in China



Biosketch: Prof. Wang is the deputy director of Mood Disorders Department, Nanjing Brain Hospital, Nanjing Medical University, deputy director of Cognitive Behavioural Therapy Institute of Nanjing Medical University. She is a committee member of Asian CBT Association, committee member of German-Chinese Institute of Psychotherapy, the secretary general of China CBT Professional Organizations and group leader of Dialectical Behavioural Therapy Group of China. Her research interest centers on understanding the mind-body mechanisms of MDD, anxiety disorders, and non-suicidal self-injury behaviour; exploring therapeutic mechanism and developing strategies of CBT and DBT; and neuroscience informed CBT. In the past several years, she and her group gave different system training projects of CBT and DBT in China. She and her group developed computerized CBT and virtual reality-based CBT in China.

CBT & COVID-19 UPDATES 3

July 7, 2021 9:00 AM | Moderated by: Norhameza Ahmad Badruddin



Name of Presenter: Prof. Jenny Huei-Chen Ko

Affiliation: Asia University, Taiwan.

Topic: Self-guided App-based CBT for Smartphone Addiction Among College Students in Taiwan During the COVID-19 Pandemic.



Biosketch: Prof. Huei-Chen Ko obtained her Ph.D. in Clinical Psychology at the National Taiwan University and had Post-doctoral training in the Department of Psychiatry at Yale University. She has been the Founding Chairperson in the Institute of Behavioral Medicine, Dean of Student Affairs at the National Cheng Kung University, and a Visiting Professor at Yale University. Currently, she is a Chair Professor in the Department of Psychology and Vice President at Asia University. In addition, she has served as the Higher Education Evaluation and Accreditation member. She has been devoted to the research of antecedents, consequences, and the treatments of depression, suicide, and behavioral addiction. She has published over 170 research papers, and several book chapters, awarded the Outstanding Research Award by National Science Research Award, the Adolescent and Youth Guidance Special Contribution Award by the Ministry of Education, and the Anti-illicit Drug Active Contribution Person Award by the Executive Yuan. Prof. Ko has been the President of Taiwan Association of Psychology, the President of Taiwan Association of Clinical Psychology, and the Founding President of Taiwan Association of Prevention and Treatment for Internet Addiction. At present, she serves as the Board member of the Asian Cognitive Behavior Therapy Association.



Name of Presenter: Dr. Sharon Sung

Affiliation: Duke-NUS Medical School; Institute of Mental Health; KK Women's & Children's Hospital

Topic: CBT & COVID-19 Updates from Singapore: Challenges and Opportunities



Biosketch: Dr. Sharon Sung is an Assistant Professor at Duke-NUS Medical School and Senior Clinical Psychologist at the Institute of Mental Health and KK Women's and Children's Hospital in Singapore. She completed her Ph.D. at University of California in San Diego and pursued specialty training in cognitive behavioral therapy at Columbia University Medical Center and the American Institute of Cognitive Therapy in New York City. Prior to moving to Singapore, Dr Sung held faculty positions at Albert Einstein College of Medicine and Harvard Medical School.

Dr Sung's award-winning research is focused on improving the identification and treatment of patients with mood, anxiety, and stress-related conditions. She has published numerous peer reviewed articles, editorials, and book chapters, as well as a practitioner guide entitled 10-Minute CBT: Integrating Cognitive Behavioral Strategies Into Your Practice.



Name of Presenter: Dr. Satoko Sasagawa

Affiliation: Faculty of Psychology, Mejiro University, Japan

Topic: Covid-19 Situation in Tokyo and What CBT can do



Biodata: Dr. Satoko Sasagawa is an Associate Professor of Clinical Psychology at Mejiro University, Japan. She obtained her Bachelor of Arts Degree (Literature, 2002), Master of Arts degree (Human Sciences, 2004), and her PhD (Human Sciences, 2007) from Waseda University. With research grants from numerous national and international institutions, her research has focused on the developmental psychopathology and intervention/ prevention of social anxiety disorder. Her interest extends to cross-cultural presentations of social anxiety symptoms and the assessment of Taijin Kyofusho. She is the author of more than 50 scientific articles and has 15 years of experience in providing CBT training to the Japanese population.



Name of Presenter: Carine el Khazen

Affiliation: American Center for Psychiatry and Neurology

Topic: Special Adaptation of CBT-E (CBT Enhanced for the Treatment of Eating Disorders) for Remote use During the COVID-19 Pandemic



Biodata: Carine el Khazen is a clinical psychologist. She has a Masters' Degree in Clinical and Psychopathological Psychology (USJ), post-graduate degree (DESS) in Clinical and Psychopathological Psychology (University of Sorbonne), and diploma in Profound Studies (DEA) in Clinical Psychopathology (University of Jussieu). Carine joined the American Center for Psychiatry and Neurology (ACPN) in Dubai in 2011 and as an eating and weight disorders specialist, she has set up and is the director of a specialized multidisciplinary outpatient Eating and Weight Disorders program. The program is a CBT-E centre for excellence. Carine also serves as the clinical lead for the psychology services of the centre. Carine is a fellow of the Academy of Eating Disorders (AED) and the Vice-President of the NGO MEEDA (the Middle East Eating Disorders Association) which is the Middle-Eastern chapter for the AED. She oversees and runs all the association's daily operations dedicated to raising awareness, supporting sufferers and training the general public and professionals on the subject of eating and weight disorders.



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30-MINUTES WITH EXPERTS



30-MINUTES WITH EXPERT 1

July 5, 2021 11:00 AM | Moderated by: Zhang Yujia

Guest: Dr. Dominic DiMattia

Affiliation: Counseling and Human Resources, University of Bridgeport

Topic: Rational Emotive Behavior Therapy (REBT: Grandfather of CBT)



Biosketch: Dr. DiMattia is currently Professor Emeritus of Counseling and Human Resources at the University of Bridgeport and a Human Relations Consultant. He was previously Executive Director and Senior Staff Supervisor at the Albert Ellis Institute, vice-president of Human Resources for the Fireman Group in New York. Dr. DiMattia has authored books, written numerous journal articles, and conducted numerous workshops and seminars in life coaching and corporate coaching, based on the cognitive-behavior theory. He has written the first book on cognitive-behavioral coaching, from the perspective of Rational Emotive Behavior theory, Rational Effectiveness Training: Increasing Personal Productivity at Work. He is a member of the American Psychological Association, and has presented papers, lectures, and workshops in Australia, the United States, and Europe.

Summary: The workshop will include the basic principles of REBT and explain how it is one of the CBT approaches such as Cognitive Therapy, Cognitive Behaviour Modification, Schema Therapy. They together make up what is now considered CBT. They together focus on thoughts and beliefs as they relate to emotions. REBT focus is on demanding and catastrophic thoughts which are at the core of emotional disturbance. Ellis created the abc's of REBT IN 1955 which puts it as the earliest CBT approach.

30-MINUTES WITH EXPERT 2

July 5, 2021 2:00 PM | Moderated by: Dr. Mahadir Ahmad

Guest: Dr. Siti Irma Fadhilah

Affiliation: Dept of Psychiatry, Faculty of Medicine & Health Sciences, University Putra Malaysia

Topic: Case Conceptualization in Complex PTSD: Integrating Theory and Practice in a Conflict Area



Biosketch: Dr. Siti Irma Fadhiah is a Clinical Psychologist and Academician at the Department of Psychiatry, Faculty of Medicine and Health Sciences, Universiti Putra Malaysia, Malaysia (from 2001). She is currently providing clinical services at Hospital Pengajar Universiti Putra Malaysia (HPUPM), and involved in research and service provision for CBT in primary care, and for vulnerable populations. She is also providing psychological intervention and psycho-social support for victims of torture, individuals and communities in conflict areas since 2014. She is currently looking at resilience as a basis for countering violent extremism among youths in Malaysia, conducting empathy training at community levels, and the preservation of peace in relation to mental health promotion and intervention.

Summary: Case conceptualization describes and proposes relationships among the psychological mechanisms and other factors that are causing and maintaining disorders and problems. Thus, it is key to effective intervention while guided by theory. For the purpose of this presentation, complex PTSD is defined and a brief review of current theories is presented. Finally, illustrative work conducted in a conflict area (Southern Thailand) is used to demonstrate integration of current theoretical understandings of complex PTSD with clinical interventions.

30-MINUTES WITH EXPERT 3

July 5, 2021 2:30 PM | Moderated by: Nurul Miza Mohd Rashid

Guest: Dr. Leoniek Kroneman

Affiliation: Thrive Well

Topic: Trauma-Informed Telemental Health in the Time of the Pandemic



Biosketch: Leoniek Kroneman is a clinical psychologist from The Netherlands. She holds a PhD in Developmental Psychology (2009) and is a registered cognitive behavioral psychotherapist (Netherlands) and EMDR Practitioner (Europe). She graduated from National University of Singapore with an MBA in Health Care Management. Leoniek spent multiple years in Southeast Asia; first in Hong Kong, then in Singapore and most recently in Malaysia.

In 2017 she joined the National University of Singapore where she continues to work as an adjunct Senior Research Fellow at the Department of Psychological Medicine. She joined SOLS Health as a clinical consultant in 2019. After her recent repatriation to The Netherlands she joined BMC as a managing consultant.

Much of her work focuses on trauma informed care, building resilience, particularly in youth, and battling the stigma surrounding mental health. She conducts research, offers clinical supervision to clinical psychologists in training and conducts talks on mental health. She is an International Affiliate with the Malaysian Society of Clinical Psychologists.

Summary: The Covid-19 pandemic has catalysed the importance of developing the telehealth delivery of mental health services in ensuring accessibility. However, it is critical for clinicians to understand that the adverse impact of the pandemic may result in trauma and also re-traumatisation especially for high risk communities as well as secondary traumatisation and burnout amongst clinicians. Thrive Well will be sharing their experience in applying the principles of trauma-informed care in our telemental health delivery to mitigate the isolating and traumatic effects of the pandemic that has been a journey of growth and resilience for both the clinicians and our beneficiaries.

30-MINUTES WITH EXPERT 4

July 5, 2021 3:00 PM | Moderated by: Dr. Pamilia A/P Lourdunathan

Guest: Dr. John Forbes

Affiliation: Delta Psychology

Topic: Micro-skill Training in Motivational Interviewing



Biosketch: Dr. John Forbes is the owner and manager of Delta Psychology. As well as extensive clinical experience, he has worked in hospital, community, and corporate environments – including as the Assistant Director of the WA Police Health and Welfare Branch and the Mental Health and Chronic Disease Program Manager at the Osborne General Practice Network. His areas of special interest include: motivational interviewing, positive psychology, optimal psychological functioning, post-traumatic stress disorder, grief, substance use, EMDR, and hypnosis.

Dr. Forbes also provides training to a wide range of organisations, and has taught in the undergraduate and postgraduate psychology programs at Edith Cowan University. He is also an approved Psychology Board of Australia Supervisor.

Summary: Micro-skills are an important part of maximising the benefits of Motivational Interviewing (MI). They enable the facilitation of applying MI Principles through the development of client-centred counselling skills, as well as being more generally applicable in a wide range of therapeutic settings. This session will introduce MI Micro-skills, and discuss their application within the wider MI setting.



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30-MINUTES WITH EXPERT 5

July 5, 2021 4:00 PM | Moderated by: Dr. Serena In

Guest: Prof. Zubaidah Jamil Osman

Affiliation: International Medical School, Management and Science University (MSU)

Topic: Cognitive Behavioural Interventions in the Management of Chronic Pain



Biosketch: Dr. Zubaidah Jamil Osman is currently a Professor of Clinical Psychology and Consultant Clinical Psychologist at the International Medical School, Management and Science University (MSU) in Shah Alam, Malaysia. She was professionally trained in Melbourne, Australia where she obtained her doctoral degree in Clinical Psychology from the University of Melbourne, in 2003. She did her clinical attachment with the Pain Research Unit, Royal North Shore Hospital, Sydney, Australia in 2009. Her main area of interest is Chronic Pain Management – focusing on the psychosocial issues experienced by patients as consequences of their persistent pain. She has been appointed as a Visiting Consultant Psychologist in Hospital Selayang since 2006, where she has been working closely with the Pain Management Team in Hospital Selayang. She has been invited to speak on non-pharmacological pain management in many local and international conferences, and was involved in the development of the Malaysian Clinical Practice Guideline (CPG) for Cancer Pain.

Since 2007, she has been appointed as one of the faculty members in the multidisciplinary field of Pain Medicine by the University of Santo Tomas, Philippines, who, in collaboration with the University of Sydney, has started to offer postgraduate degrees in Pain Management for candidates in the ASEAN region. She is also actively involved in the education of pain management from non-pharmacological perspective to other allied health professionals in Malaysia and South-east Asia region.

Summary: Over the past three decades, cognitive-behavioral therapy (CBT) has become a first-line psychosocial treatment for individuals with chronic pain. Evidence for efficacy in improving pain and pain-related problems across a wide spectrum of chronic pain syndromes has come from multiple randomized controlled trials. As postulated by learning theory (Fordyce, 1976), social and environmental variables (e.g., responses from family) have been shown to be associated with pain behaviors and disability levels (Flor & Turk, 2011). Numerous studies have also documented the associations of pain-related beliefs and appraisals with pain intensity and related problems, including depression, physical disability, and activity and social role limitations (Gatchel, Peng, Peters, Fuchs, & Turk, 2007). In particular, pain catastrophizing (magnification of the threat of, rumination about, and perceived inability to cope with pain) has consistently been found to be associated with greater physical and psychosocial dysfunction, even after controlling for pain and depression levels (Edwards, Cahalan, Mensing, Smith, & Haythornthwaite, 2011; Quartana, Campbell, & Edwards, 2009).

Fear-avoidance (activity avoidance due to fear of increased pain or bodily harm) has also been shown to be important in pain and physical and psychosocial function. The goals of CBT for pain are not specifically to reduce pain, but to reduce psychological distress, improve physical and role function by helping individuals decrease maladaptive behaviors, increase adaptive behaviors, identify and correct maladaptive thoughts and beliefs, and increase self-efficacy for pain management (Turner & Romano, 2001).

30-MINUTES WITH EXPERT 6

July 6, 2021 11:00 AM | Moderated by: Dr. Natasha Subhas

Guest: Dr. Shian Ling Keng

Affiliation: Yale-Nus College, Singapore

Topic: Validation: A Cornerstone of Dialectical Behavior Therapy



Biosketch: Shian-Ling Keng, Ph.D. is an Associate Professor and Head of Studies for Psychology at Yale-NUS College, Singapore. She obtained her PhD in Clinical Psychology from Duke University, United States, and completed her clinical psychology residency at Centre for Addiction and Mental Health, Canada. Her research interests encompass the efficacy and mechanisms of change of mindfulness-based interventions, as well as cross-cultural presentations of psychopathology, particularly borderline personality disorder. Clinically, Assoc. Prof. Keng received training in cognitive behaviour therapy (CBT), dialectical behaviour therapy (DBT), and other mindfulness-based approaches such as mindfulness-based cognitive therapy (MBCT).

Summary: In this talk, Assoc. Prof. Keng will present on validation as a cornerstone and key intervention strategy in dialectical behavior therapy (DBT), a multi-component intervention designed for patients with complex, multidagnostic presentations and/or dysfunctional behavioral problems. She will discuss six levels of validation as articulated in the treatment, and clarify ways in which validation overlaps with, and differs from other related concepts in therapy, such as expression of empathy. This talk is suitable for clinicians interested in acquiring an introductory exposure to selected core elements of DBT.

30-MINUTES WITH EXPERT 7

July 6, 2021 2:00 PM | Moderated by: Siti Aminah Omar

Guest: Dr. Phang Cheng Kar

Affiliation: Sunway Medical Centre

Topic: Integrating Mindfulness-Based CBT for Anxiety in a Psychiatric Clinic



Biosketch: Dr. Phang is a consultant psychiatrist & mindfulness-based therapist in private practice. He is the creator of the MINDFULGym program (mindfulgymalaysia.com), the first evidence-based structured mindfulness program for stress reduction and wellness in Malaysia.

Summary: No doubt, CBT is an evidence-based treatment for various mental health disorders. However, integrating CBT in a busy psychiatric clinic is challenging. In the presentation, Dr. Phang will share how he introduces mindfulness-based CBT in his clinic for patients with anxiety disorders.

30-MINUTES WITH EXPERT 8

July 6, 2021 2:30 PM | Moderated by: Aida Farhana Suhaimi

Guest: Prof. Rahmatullah Khan Bin Abdul Wahab Khan

Affiliation: Universiti Pendidikan Sultan Idris, Malaysia

Topic: Role of Clinical Psychologist in Bariatric Surgery

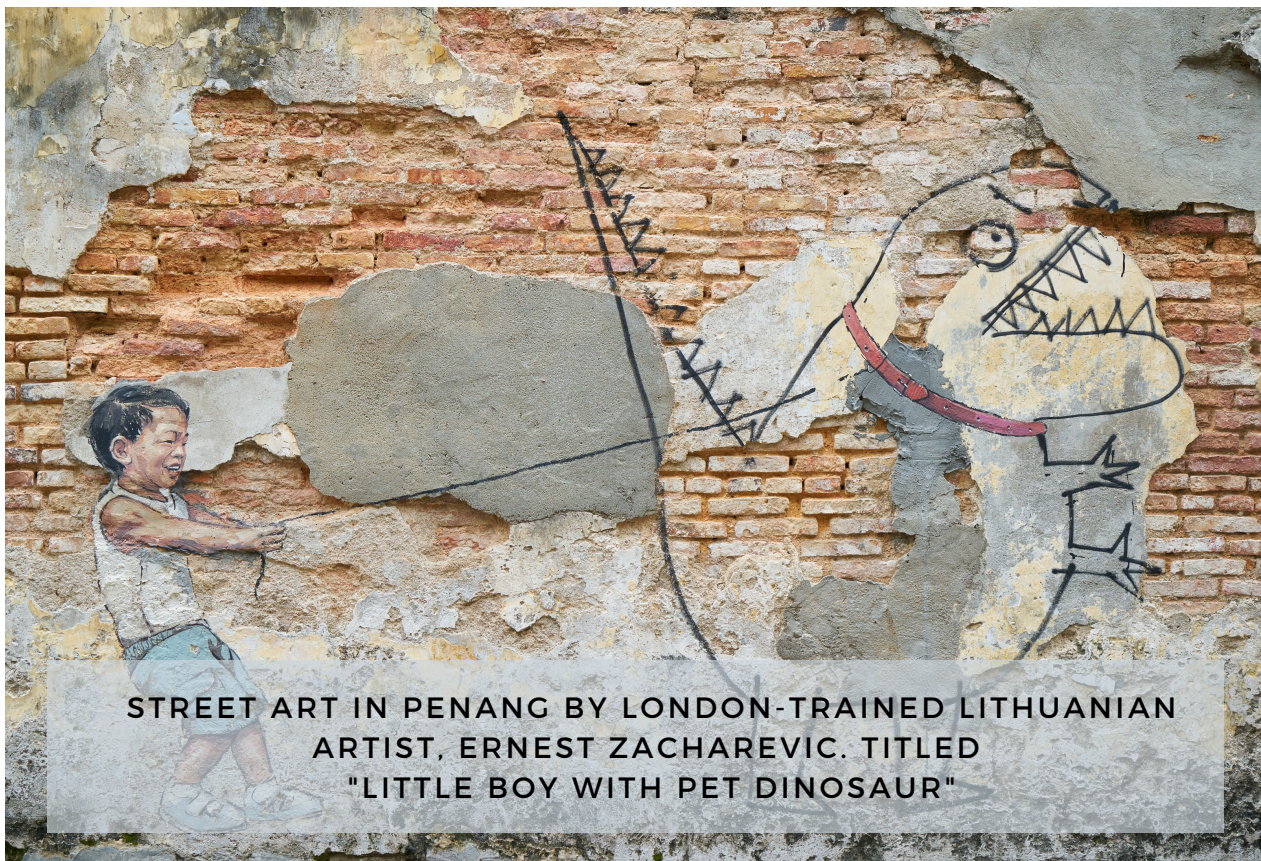


Biosketch: Prof. Rahmatullah was born in Bangkok, Thailand and grew up in Malaysia. He speaks many languages including Malay, English, and Thai, and is a talented orator. He is a progressive Muslim leader locally as well as overseas.

Prof. Rahmatullah graduated from the USA in the early 1980s. He is a Professor of Clinical Psychology at Department of Psychology & Counselling Universiti Pendidikan Sultan Idris (UPSI).

Prof. Rahmatullah Khan was recently awarded the Kesatria Mangku Negara (KMN) federal award in Kuala Lumpur, by the 13th Yang di-Pertuan Agong, Tuanku Mizan Zainal Abidin of Terengganu, in conjunction with the birthday of the Yang di-Pertuan Agong (The Star, 8 June 2011). The award ceremony was held at Istana Melawati on 30 September 2011.

Summary: Research has reported improvements in psychosocial status following bariatric surgery including social relations and employment opportunities, and improved quality of life. However, although evidence from recent systematic reviews in this area shows that the surgery can result in drastic weight loss and maintenance, most of this data is limited to the first 2–3 years of post-surgery follow-up. This session will discuss the need for psychological evaluation and the role of the Clinical Psychologist in the Bariatric surgical team. Local data will be discussed.



STREET ART IN PENANG BY LONDON-TRAINED LITHUANIAN ARTIST, ERNEST ZACHAREVIC. TITLED "LITTLE BOY WITH PET DINOSAUR"

30-MINUTES WITH EXPERT 9

July 6, 2021 4:00 PM | Moderated by: Lee Sook Huey

Guest: Prof. Steven C. Hayes

Affiliation: University of Nevada, United States

Topic: Focusing on Processes of Change in the Therapeutic Relationship



Biosketch: Professor Steven C. Hayes is a Nevada Foundation Professor of Psychology in the Behavior Analysis Program at the University of Nevada. An author of 46 books and nearly 675 scientific articles, he is especially known for his work on "Acceptance and Commitment Therapy" or "ACT" which is one of the most widely used and researched new methods of behavioral and cognitive therapy, with over 500 randomized controlled trials examining its efficacy (bit.ly/ACTRCTs).

Prof. Hayes has received several national awards, such as the Lifetime Achievement Award from the Association for Behavioral and Cognitive Therapy and is ranked among the most cited psychologists in the world. He is a leading proponent, with Stefan Hofmann and others, of "Process-Based CBT", an attempt to link evidence-based clinical work to empirical processes of change formulated within an extended evolutionary meta-model.

Summary: The reason the therapeutic alliance mediates change in evidence-based therapies is that good working alliances can model and instigate positive processes of change.

In this brief talk, Professor Steven C. Hayes will be speaking about how to enhance the outcomes of behavioral and cognitive therapy by using the therapeutic relationship, to strengthen known processes of change in using the psychological flexibility model that underlies Acceptance and Commitment Therapy as an organizational approach to the targeting of these processes.



BATU CAVES - A POPULAR TOURIST ATTRACTION IN SELANGOR WITH 272 COLORFUL STEPS TO THE HINDU TEMPLES AT THE TOP

30-MINUTES WITH EXPERT 10

July 6, 2021 4:00 PM | Moderated by: Dr. Hazli Zakaria



Guests: Dr. Paul Grant & Dr. Ellen Inverso

Affiliation: Beck Institute Center for Recovery-Oriented Cognitive Therapy (CT-R)

Topic: Recovery-Oriented Cognitive Therapy Program for Serious Mental Health Challenges

Biosketch: Paul Grant, PhD, is Director of Research, Innovation, and Practice at the Beck Institute Center for Recovery-Oriented Cognitive Therapy (CT-R). With Aaron T. Beck, he originated CT-R and conducted foundational research to validate it. He is a recipient of awards from the National Alliance on Mental Illness, the University of Medicine and Dentistry of New Jersey, and the Association for Behavioral and Cognitive Therapies. Dr. Grant developed group, family, and milieu CT-R approaches, and directs large projects implementing CT-R nationally and internationally. He has developed innovative implementation tools and is involved in researching positive beliefs and teamwide culture change as mediators of successful CT-R outcomes. He is the co-author of Recovery-Oriented Cognitive Therapy for Serious Mental Health Conditions and Schizophrenia: Cognitive Theory, Research, and Therapy.

Dr. Inverso is a licensed psychologist and Director of Clinical Training and Implementation at Beck Institute's Center for Recovery-Oriented Cognitive Therapy. A co-developer of CT-R, she provides training and consultation to mental health providers for individuals given serious mental health condition diagnoses and has developed transformative strategies for implementing CT-R on inpatient units, in community residences, in schools, and in forensic facilities, and on assertive community treatment (ACT) teams. She is co-author of the new book Recovery-Oriented Cognitive Therapy for Serious Mental Health Conditions, through Guilford Press.

Summary: Not engaging in treatment or dropping out is the best predictor of poor outcomes for individuals who experience serious mental health conditions (Kreyenbuhl, Nossel, & Dixon, 2009). They may be suspicious, have low energy, be utterly demoralized, or frequently exhibit behavior that is sometimes difficult to understand (e.g., disorganization, aggression, self-injury, grandiosity, anosognosia). Clinicians who use approaches that require the client be help-seeking or directly address challenges can sometimes find it difficult to get started with such individuals (Dixon, Holoshitz, & Nossel, 2016). Recovery-oriented cognitive therapy (CT-R) is expressly designed to help clinicians meet these individuals where they are at, discover the person behind the "patient," and purposefully pursue a desired life, developing resiliency beliefs to sustain progress. With the cognitive model as the foundation for strengthening the clinical formulation, CT-R utilizes existing skills and know-how that clinicians from all backgrounds and modalities possess to produce transformative outcomes.

In this session, we will briefly review the theoretical basis of CT-R (Beck's cognitive model and theory of modes), its empirical-support, and how to apply it to promote empowerment for individuals who are reluctant to engage in treatment or who are not making progress.

30-MINUTES WITH EXPERT 11

July 7, 2021 10:30 AM | Moderated by: Dr. Saw Jo Anne



Guest: Prof. Farooq Naeem

Affiliation: University of Toronto

Topic: Implementation of Culturally Adapted CBT on a National Level: An Example From a Low-Income Country

Biosketch: Prof. Farooq Naeem is a psychiatrist at CAMH, and a Professor of Psychiatry at the University of Toronto. He was trained in Psychiatry in Merseyside training scheme in Liverpool, England. He completed his MSc in Research Methods in Health and PhD at the Southampton University in England. He is also a Cognitive Behavioural Therapist. In addition to cognitive-behavioural therapy (CBT) for common mental health disorders, he received training in CBT for psychosis. He has pioneered techniques for culturally adapting CBT. These techniques have been used to adapt CBT for a variety of common and severe mental health problems in South Asia, North Africa, the Middle East, UK, China and now in Canada. He has conducted nearly 20 RCTs along with colleagues from Southampton and Manchester universities in England. He works with a team of IT experts, and has developed a CBT-based therapy program – called eGuru – that can be delivered through web and smart phone apps.

Summary: Our group has culturally adapted CBT in our previous work in England, Pakistan, The Middle East, China, Morocco and Canada. We used a mixed-methods approach. During the qualitative phase interviews and focus groups are conducted with stakeholders. We have conducted nearly 20 RCTs to test this method with positive outcomes. Our group's main focus has been the development, testing and implementation of culturally adapted CBT. We developed a model of implementation along with a model of cultural adaptation. We successfully implemented CBT at a national level in Pakistan. In this talk, we will describe our experience of adaptation of therapies and of implementation of CBT. As far as we are aware this is the only model of implementation of culturally adapted CBT at a national level in a low-middle income country.



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30-MINUTES WITH EXPERT 12

July 7, 2021 2:00 PM | Moderated by: Dr. Asma Perveen



Guest: Dr. Shishir Palsapure

Affiliation: Albert Ellis Institute, New York

Topic: Managing procrastination

Biosketch: Dr. Shishir Palsapure MD MSc (Psy) International life skills trainer, psychotherapist. Director and Founder of the company Morphic Minds and also of the Affiliated Training Centre of Albert Ellis Institute, India. Shishir Palsapure is a dynamic trainer, an international motivational speaker, life coach, psychotherapist, a medical doctor, corporate trainer. Dr. Palsapure has to his credit of being educated at the best institutes in the world like Harvard University, Boston, Albert Ellis institute, New York and Beck Institute, Philadelphia USA.

Dr. Shishir is truly shaping the future generation with his unique preventive emotional education programme for schools. Dr. Palsapure's training workshops are in immense demand because of his expertise and down to earth nature. He's an expert in Life skills coaching, personality development and confidence building besides training psychologists in the treatment of psychological disorders. He has conducted dozens of CBT and REBT workshops and has trained thousands of mental health professionals and non-professionals and trained many celebrities. He also regularly trains beauty pageant contestants like Mrs. India Queen of Substance and Mrs. India Earth, Rubaru Mr. India. He has brought Nagpur to the world map by representing India at international conferences like The American Psychological Association convention at Hawaii, World Congress of CBT therapists at Peru, Latin America, and twice at Spain.

Summary: Procrastination is an extremely common problem and most of us struggle to stop it in spite of knowing that its unhelpful. Although complex, the behavior can be managed, and even stopped. This quick presentation familiarises the audience with different styles of procrastination and how to break each of them using techniques in CBT and REBT.

30-MINUTES WITH EXPERT 13

July 7, 2021 3:00 PM | Moderated by: Dr. Yang Wai Wai



Guest: Dr. Anke Karl

Affiliation: Mood Disorders Centre (MDC), University of Exeter, UK

Topic: Neurocognitive Science of CBT

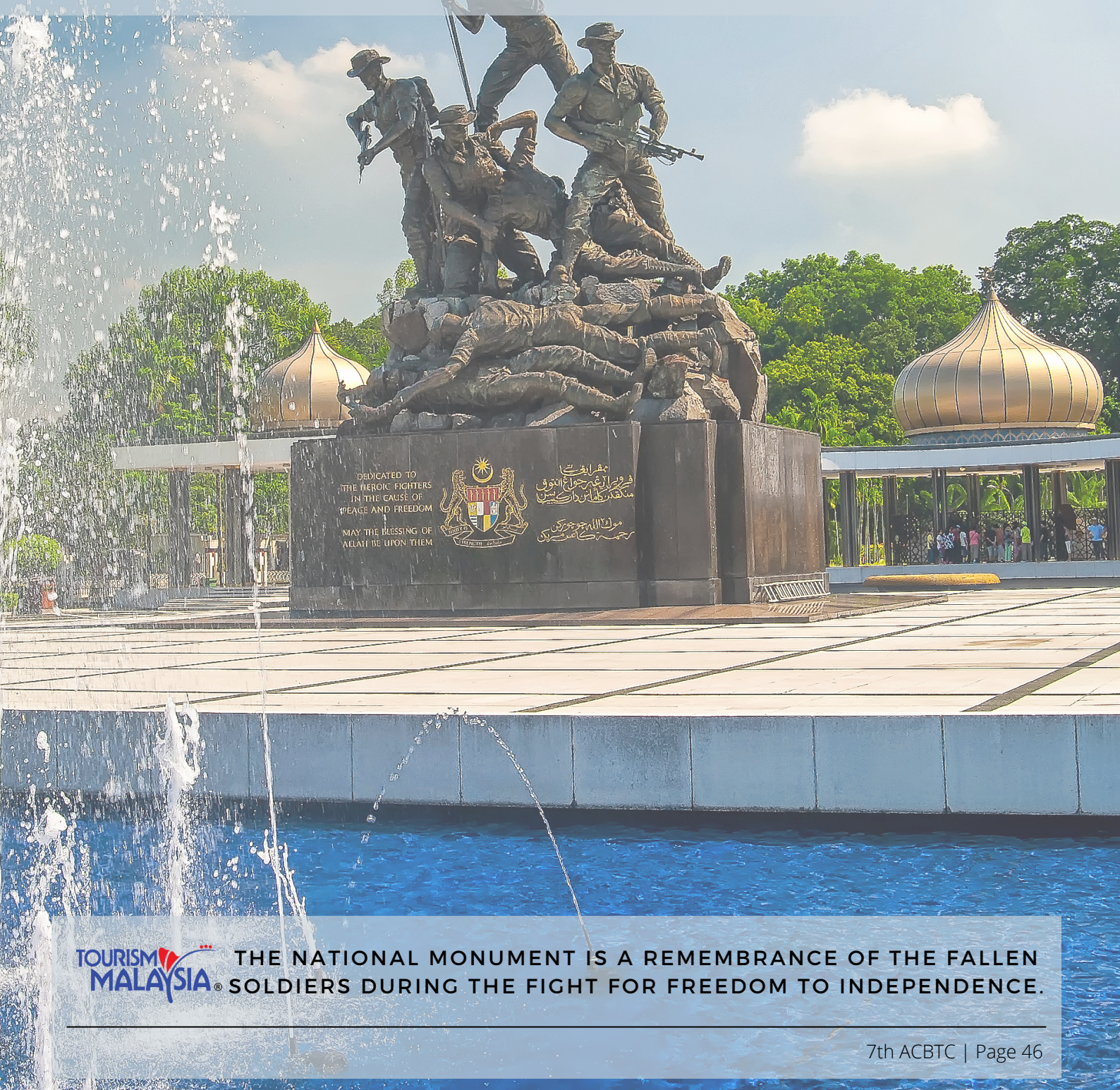
Biosketch: Dr. Anke Karl is an Associate Professor of Clinical Psychology and Affective Neuroscience at the Mood Disorders Centre (MDC) at the University of Exeter, UK. Her research focuses on biobehavioural underpinnings of posttraumatic stress disorder (PTSD) and recovery from psychological trauma. She is also interested in translational clinical research about how our understanding of biopsychological processes and mechanisms can inform the development or refinement of psychological therapies for trauma survivors with PTSD and depression. She teaches mostly at postgraduate level and as a licensed Psychological Psychotherapist (Approbation) is an associate therapist at the AcCePT clinic in the MDC.

Summary: Understanding the underlying mechanisms of change of cognitive behaviour therapy (CBT) is important to refine and develop new treatment approaches. CBT is accompanied by changes in neurocognitive and affective processes and their underlying brain circuitries and biopsychological correlates. This micro skill session will use examples from research into posttraumatic stress disorder and depression to demonstrate the use of experimental approaches to investigate mechanisms of action of trauma-focused CBT and mindfulness-based and compassion-focused third wave CBT. It will introduce possible markers for treatment outcome including the study of brain and autonomic nerve system functioning and allow participants to understand benefits and limitations of their use in CBT research.



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MOSQUE IS THE SEVENTH LARGEST MOSQUE IN
SOUTHEAST ASIA. LOCATED AT SHAH ALAM,
SELANGOR.

RESEARCH UPDATES



RESEARCH UPDATE 1

July 5, 2021 11:30AM | Moderated by: Dr. Jusmawati Fauzaman

Name of Presenter: Dr. Kee-Hong Choi

Affiliation: Department of Psychology, Korea University

Topic: The Role of Maladaptive and Five-Factor Personality Traits in Mental Health and Preventive Behaviour During the COVID-19 Pandemic Situation: A 10-month Longitudinal Study



Biosketch: Dr. Kee Hong Choi did his Masters in Clinical Psychology, Korea University, Seoul in 2005. He did his psychology internship in University of Rochester in 2009 until 2010. In distinction of his PhD in Clinical Psychology at University of Nebraska-Lincoln, Lincoln, United States year 2005 to 2010. Dr. Kee-Hong has completed a post-doc at Department of Psychiatry, Columbia University Medical Center, New York, NY, USA.

Currently, he is an associate professor in department of psychology, Korea University since 2016. He started to be a director of Korea University Mind Health Institute, Seoul Korea starting from 2016 until now. He is full member of Korean Clinical Psychologist, Korean Psychology Association, Seoul, Korea, a licensed Advanced Cognitive Behaviour Therapist, Korean Association of Cognitive Behaviour Therapies, Seoul, Korea and a full time Licensed Psychologist, Connecticut. He has numerous Research Publications in both National and International Journals.

Dr. Kee-Hong is generally interested in assisting individuals with severe mental illness to adapt to the community. His main focuses are on investigating effects of social-cognition and emotion on social functioning and psychotic symptoms, and the effects of cognitive-behavioral approaches.

Abstract: During the Coronavirus disease (COVID-19) pandemic situation, personality traits would be one of the factors explaining individual differences in mental health and coping. The purpose of the current longitudinal study was to examine how personality traits influence longitudinal changes in mental health (i.e., depressive and anxiety symptoms and suicide risk) and preventive behaviors in the COVID-19 pandemic situation.

A total of 1,137 representative samples of South Korea were recruited and participated in an online survey, and they were tracked changes longitudinally. The data was collected at 6 time points from May 2020 to February 2021. A linear mixed model was used for longitudinal data analyses utilizing SAS PROC MIXED. First, the results showed that participants with high levels of extraversion (E) and conscientiousness (C), or low negative affectivity (NA) had significantly lower levels of depression, anxiety, and suicide risks than people with low E, low C, or high NA over 10 months during the COVID-19 pandemic situation. Second, people with high levels of agreeableness (A), C, or emotional stability (ES) showed significantly higher levels of preventive behaviors. Third, people with high NA showed greater levels of depressive and anxiety symptoms and suicide risks regardless of the level of E or C, indicating that NA would be the strongest predictor for mental health problems during the COVID-19 pandemic situation. Fourth, people with high ES showed higher levels of preventive behaviors regardless of the level of C or A. However, people with low ES only showed greater levels of preventive behaviors when having high levels of C or A. The current findings demonstrate that personality traits contribute to individual differences in mental health and preventive behaviors during the COVID-19 pandemic situation. It is concluded that personality traits should be considered when designing and providing mental health services during COVID-19 pandemic situation.

RESEARCH UPDATE 2

July 5, 2021 4:30PM | Moderated by: Dr. Ponnusamy A/L Subramaniam

Name of Presenter: Prof. Kenneth Laidlaw

Affiliation: University of Exeter, United Kingdom

Topic: Age Appropriate CBT and Wisdom Enhancement with Older People



Biosketch: Professor Kenneth Laidlaw, PhD is Professor of Clinical Psychology and Programme Director of the DCLinPsy Clinical Psychology Training Programme as well as Director of Postgraduate Research Programmes within CEDAR (Clinical Education, Development and Research) at the University of Exeter. Professor Laidlaw has devoted his professional career to enhancing the wellbeing of older people through the application of CBT. Dissatisfied with prevailing ideas that depression was a natural outcome of ageing, and at the time, the accepted logical that CBT was not efficacious with older people, he has worked to overcome myths, misconceptions, and unhelpful stereotypes. In recent years, Professor Laidlaw has been developing age appropriate techniques within CBT to augment this efficacious treatment. In 2000, Professor Laidlaw was privileged to spend a year with Professors Beck in Philadelphia as a visiting scholar.

Currently, Professor Laidlaw is a Practitioner Psychologist Registered with the Health and Care Professions Council (HCPC). He maintains ongoing research activity in cognitive behaviour therapy (CBT) for late life depression and anxiety, especially with complex, chronic and comorbid conditions having published more than 100 papers, books, book chapters and practitioner reports, etc. He has established research links with colleagues in the US, Australia and Scandinavia. He carried out the first UK RCT of CBT for late life depression, and more recently (2017) published the first age-comparison meta-analysis of CBT for late life GAD. Research interests revolve around late life depression and the anxiety disorders, applied research in gerontology and quality of life and attitudes to ageing. Ken was the lead researcher on the development of a cross-cultural attitudes to ageing questionnaire (AAQ) created with 5566 older people in 20 countries worldwide (see Laidlaw et al, 2007; 2018), and subsequently published in a number of peer-reviewed papers with international collaborators. In recent years Ken has regularly presented keynotes and workshops at the European and World Congress of Behavioral and Cognitive Therapies.

Abstract: Research evidence confirms that CBT is efficacious as an intervention for depression and the anxiety disorders in later life as it is skills enhancing, present-oriented, problem-focused, and straightforward to use. While depression and the anxiety disorders in later life are often misunderstood as a 'natural' consequence of challenges and losses associated with ageing. This talk considers how CBT can be very empowering of older people in bringing about positive changes, by making effective use of lifeskills. Much less emphasis has been placed on understanding process issues in working with older people.

This talk will address these process issues and provide an overview of an age appropriate approach to CBT that builds upon traditional Beck models of CBT and integrates contemporary gerontological theories on normal ageing and wisdom.

RESEARCH UPDATE 3

July 6, 2021 10:30 AM | Moderated by: Dr. Mohamed Faiz Mohamed Mustafar

Name of Presenter: Prof. Freedom Leung Yiu-kin

Affiliation: Shaw College, The University of Hong Kong

Topic: Doing CBTs in the Era of Neuroscience: A Mechanism-based Treatment Model



Biosketch: Prof. Freedom Leung graduated from Concordia University, Montreal, Canada with a PhD in Clinical Psychology. He spent three years working as the clinical research associate at the world renowned Douglas Hospital Center in Montreal before returning to Hong Kong in 1992. He has taught clinical psychology at the Chinese University of Hong Kong for over 25 years. His research expertise includes eating disorders, borderline personality disorders, self-harm behaviour and mindfulness therapy. During his tenure at CUHK, Prof. Leung has received numerous Best Teaching Awards, including the Best Teaching Award of the Faculty of Social Science (2004), and the Vice-Chancellor's Exemplary Teaching Award (2005), and the General Education Best Teaching Award of Shaw College (2019). Prof. Leung was the past president of the Hong Kong Psychological Society (1996-1997), and the senior advisor for the Society of Clinical Psychology in China and Taiwan. He is a committee member of the Asian Cognitive Behavior Therapy Association (2018-2021).

Currently, he is the Head of Shaw College at the Chinese University of Hong Kong. He also serves as the senior consulting clinical psychologist for the Personnel Department and the Office of Student Affairs of the University.

Abstract: Advances in neuroscience research in the past few decades have enable us to develop a much better understanding of human mind's inner workings, from the nature of emotion, memory, attention to consciousness. We have also gained more in-depth scientific knowledge on how human mind works in different psychological disorders. Based on these knowledge advances, Insel (2014), the ex-director of NIMH in the US, advocated the shift toward "precision medicine for psychiatry". Basically, he argued that psychiatric treatments of any disorder should be based on the precise understanding of pathophysiological mechanisms of a disorder. Following Insel's ideas, I'll integrate recent findings from affective and cognitive neuroscience on how the mind works in different emotional disorders, and propose a mechanism-based treatment model for CBT. Treatment of stress-related disorders will be used to illustrate how this new model of CBT works in clinical practice.

RESEARCH UPDATE 4

July 6, 2021 11:30 AM | Moderated by: Dr. Ahmad Nabil Md. Rosli

Name of Presenter: Prof. Michael Kyrios

Affiliation: College of Education, Psychology & Social Work, Flinders University

Topic: Evidence-Based Formulations and Solutions for Treating Obsessive Compulsive and Related Disorders: New Ways Forward



Biosketch: Professor Mike Kyrios is Vice President and Executive Dean at Flinders University in the College of Education, Psychology and Social Work and was the inaugural Director of the Órama Institute for Mental Health and Wellbeing. He also maintains honorary positions at various universities (ANU, Melbourne, Swinburne) and the South Australian Health and Medical Research Institute (SAHMRI). Mike is a clinical psychologist with expertise focusing on mental health, wellbeing and psychological treatments, including those that are delivered digitally. He has attracted nearly \$22 million in research funding and has over 170 publications. He has undertaken editorial responsibilities for various leading journals, including Behavior Therapy, Journal of Obsessive-Compulsive and Related Disorders, Behavioural and Cognitive Psychotherapy and the International Journal of Psychology. He was Scientific Chair for both the 2010 International Congress of Applied Psychology and 2016 World Congress of Behavioral and Cognitive Therapies.

Prof Mike received the 2013 Ian M Campbell Memorial Prize in Clinical Psychology from the Australian Psychological Society (APS) and 2011 Presidential Citation for Excellence from the American Psychological Association's Society for General Psychology. He is also a former President of the APS and National Chair of the APS College of Clinical Psychologists. He was elected a Fellow of the APS in 2007 and an Inaugural Fellow of the Australian Association of Cognitive and Behavioral Therapy in 2016. Mike has also maintained consultancy roles to various government bodies, community groups and industry partners.

Abstract: The 5th edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (APA, 2013) highlights the distinctiveness of the obsessive-compulsive and related disorders (OCDs). While there are numerous OCDs, Obsessive Compulsive Disorder (OCD) is probably the best-known example, although there is also growing public awareness of Hoarding Disorder and Body Dysmorphic Disorder. These disorders are common, highly disabling and generally associated with higher degrees of comorbidity, suicidality and health costs.

This talk will focus on OCD and, if time permits, extend to other OCDs, giving an overview of symptoms and a cognitive conceptual framework that has led to enhanced treatment options for affected individuals. In particular, the talk will focus on our team's work with Cognitive Behaviour Therapy (CBT), recommended by guidelines as the first-line and most effective treatment, which can be applied in face-to-face and technology-based modalities. Our studies have found high magnitude effects for CBT, irrespective of treatment modality (face-to-face group or individual, and therapist-assisted or self-guided online dissemination). Nonetheless, despite its efficacy, less than half of CBT participants will recover or demonstrate clinically significant change, although face-to-face is superior to online treatment.

The limitations of CBT have led to deliberations regarding ways to improve outcomes. Most recently, our group has been investigating self cognitions in the OCDs in the hope of advancing our knowledge of new potential treatment targets. For instance, having identified self construals that are associated with OCD, we are now developing new strategies that can be integrated into CBT as a way of progressing efficacy.

The evolution of evidence-based treatments and their integration into mental health policies and funding models is imperative if we are to improve the wellbeing of those who present with disabling disorders such as the OCDs

RESEARCH UPDATE 5

July 6, 2021 4:30 PM | Moderated by: Dr. Crendy Tan Yen Teng

Name of Presenter: Prof. Cecilia Essau

Affiliation: Centre for Applied Research & Assessment in Child & Adolescent Wellbeing, University of Roehampton, UK.

Topic: Anxiety in Young People: Using Super Skills for Life Program to Adapt to the “New” Normal



Biosketch: Cecilia A. Essau is a Professor of Developmental Psychopathology, and Director of Centre for Applied Research and Assessment in Child and Adolescent Wellbeing at the University of Roehampton, UK, and Visiting Professor at the University of Adelaide, Australia. She is also a scientific advisor to the United Nations Office on Drugs and Crime project on “Treatnet Family” intervention for adolescents with drug use disorders. Prof Essau, born and raised in Malaysia, obtained her undergraduate and Master of Arts degree from Lakehead University (Canada), PhD from the University of Konstanz (Germany), and “Habilitation” (requirement to apply for tenure-track full professorships in Germany) in Clinical Psychology from the University of Bremen (Germany). Prof Essau has Visiting Chairs at numerous universities, including the Norman Munn Distinguished Visiting Scholar at Flinders University, the Florey Medical Research Foundation Mental Health Visiting Professor at the University of Adelaide, and a Distinguished Visiting Professorship at De La Salle University. She was recently Singapore’s Ministry of Health “HMDP” (Health Manpower Development Plan) Visiting Expert. In 2011, she was made Fellow of the British Psychological Society in recognition of her contribution to the field of Psychology. Prof. Cecilia is also Fellow of the Japan Society for the Promotion of Science. She is the author of 250 articles and is the author/editor of 21 books in youth mental health.

Abstract: Up to 32% of young people in the general population are estimated to suffer from any mental disorders, with anxiety being the most common. Numerous recent studies have reported that the prevalence of anxiety has shown a sharp increase since the COVID-19 pandemic. In addition to being prevalent, anxiety co-occur highly with numerous other psychiatric disorders such as with depression and substance use disorders. Among those with comorbid disorders, up to 75% of the cases, reported the presence of anxiety disorders before the onset of other mental disorders. Young people with anxiety and comorbid disorders tend to have more severe symptoms of their disorders and used higher mental health services. When untreated, anxiety disorders that begin early in life can become chronic and are often associated with a negative course and outcome.

In response to the growing awareness of the problems associated with anxiety, a number of programs have been developed to prevent/treat young people with this disorder. One such effort is the development of the “Super Skills for Life” (SSL), which is a trans-diagnostic treatment protocol that is based on the principles of cognitive behaviour therapy, behavioural activation, and social skills training. SSL is developed in an effort to increase access to evidence-based prevention/early intervention for young people with anxiety and/or depression. By utilising a ‘train-the-trainer approach’, the SSL training has built the capacity and shaped the practice of 24,800 practitioners in 17 countries. Since the pandemic several SSL workshops have been conducted via zoom to train school counsellors, teachers and youth workers to deliver SSL on-line to young people who need psychological support during this difficult time.

RESEARCH UPDATE 6

July 7, 2021 11:00 AM | Moderated by: Dr. Kartini Ilias

Name of Presenter: Dr. Marieke de Vries

Affiliation: University of Nottingham, Malaysia

Topic: The Effectiveness of Cognitive Training in Children with Developmental Conditions



Biosketch: Dr. Marieke did her Master in Clinical Neuropsychology, after which she worked as a child psychologist. She then continued to do her PhD, for which she studied an Executive Functioning training for children with Autism. A computerised training game, including a Working Memory and Cognitive Flexibility training was studied in a randomised controlled trial.

During her Postdoc, Marieke broadened her scope to Executive Functioning problems in a variety of paediatric conditions (e.g. Brain Tumour, Sickle Cell disease). When she started her work at UNM, she returned to studying cognition in autism, and is additionally interested in cultural differences in (interpretation of) autism traits. Marieke lectures about developmental psychology, clinical psychology, and autism.

Abstract: Executive Functioning problems are common in a wide variety of conditions. Children with neurodevelopmental conditions such as Attention Deficit Hyperactivity Disorder (ADHD), Autism, Learning- or Pediatric conditions, all experience difficulties with these cognitive functions, although the quality and quantity of these difficulties might vary. Several studies have explored the effectiveness of cognitive training to improve Executive Functioning difficulties in children with neurodevelopmental conditions.

Cognitive training can be subdivided in generally two types; 1) Process-based training, in which a cognitive task is performed repeatedly over a fixed period, and 2) Strategy-based training, mainly focusing on practicing planning, organizing, and time management strategies.

Initial results from process-based training seemed promising. However, randomized controlled trials show diverse effects. Moreover, transfer effects are often small; applying the trained skill to daily life activities appears challenging. Strategy-based training seems more promising, and generalizing the learned skills is an essential part of the training. Besides the type of training, factors such as the adaptivity of the training, the targeted behaviour (e.g., working memory, cognitive flexibility), the variety of training, and focus on transfer of skills are important for effectiveness.

In the current talk, the effectiveness cognitive training for ADHD, Autism, Learning- and Pediatric conditions will be discussed.

RESEARCH UPDATE 7

July 7, 2021 11:30 AM | Moderated by: Sakinah Idris

Name of Presenter: Dr. Azizah Othman

Affiliation: Department of Pediatrics, School of Medical Sciences Universiti Sains Malaysia (USM)

Topic: The Effects of Behavioral Techniques Training on Feeding Problems Among Children with Neurological Impairments



Biosketch: Azizah Othman is an Associate Professor and a clinical psychologist at Department of Pediatrics, School of Medical Sciences Universiti Sains Malaysia (USM), Kubang Kerian since 2008. She is a program co-ordinator for the Integrated Psychology Program Master in Psychology (Clinical) jointly offered by USM and UPSI. Dr. Azizah teaches psychology at various levels in medical and health departments and supervises trainees in counselling and clinical psychology. She actively supervises research students and has graduated postgraduate students at both Master and Doctorate level. She also provides psychological assessment and psychotherapy at Psychology Clinic HUSM in addition to offering counselling service for children, parents, and students.

She obtained a Professional Doctorate in Psychology (DPsych) in Clinical Psychology from University of South Australia (UniSA), Australia in 2008 and specifically trained in Cognitive Behavioral Therapy (CBT). She graduated in Master of Human Sciences (Clinical & Counseling Psychology) in 2005 and Bachelor of Human Sciences (Psychology) in 2000 from the International Islamic University Malaysia (IIUM). She obtained specialised training via Certificate in Brief Systemic Therapy and Certificate in Therapeutic Play Skills (2016) from Play Therapy United Kingdom (PTUK). Dr. Azizah is a member of Malaysian Society of Clinical Psychology (MSCP), Malaysian Psychology Association (PSIMA), Malaysian Association of Adolescent Health (MAAH) and Asia Pacific School Psychology Association. She is a member of International Psychooncology Society.

Her research interest includes psychological development and problems in children and adolescents, as well as positive psychology and parenting. Dr. Azizah is actively conducting research and holding several grants from within and outside the university, in the related areas. Dr. Azizah has written nearly 30 journals and proceedings, published locally and abroad, as well as authoring books and book chapters, for example entitled "Manual Psikologi" (2012), Pengurusan untuk kanak-kanak O.K.U: Panduan untuk ibubapa (2014), dan Persoalan dan Penyelesaian Masalah Kanak-Kanak O.K.U (2014). .K.U: Panduan untuk ibubapa (2014), dan Persoalan dan Penyelesaian Masalah Kanak-Kanak O.K.U (2014).

Abstract: Malnutrition is prevalent among individuals with neurological impairments, partly due to their limited eating capabilities as well as difficult feeding behavior especially during mealtime. **Purpose** As part of a larger project, we examined the effects of training the caregivers of children with neurological impairment on specific behavioral techniques in reducing their feeding problems. **Materials and Methods** This was a community-based intervention study sampled from 9 main districts in Kelantan Malaysia, involving 109 caregivers of children with neurological impairment, whom were conveniently assigned into a behavioral training program (n=53) and an active control group (n=53). The former received a 2-hour Mealtime Interaction and Behavior Training and the latter was given 2-hour dietary counseling. Pre, post and follow-up assessment were conducted using Behavioural Pediatrics Feeding Assessment Scale (BPFAS) **Results** Repeated-Measure ANOVA revealed a significant interaction between group and time (time-group interaction) for total BPFAS [$F(1, 100) = 5.95, p=0.005$], total children feeding problems [$F(1, 100) = 6.77, p=0.003$], and parents perceived feeding problems [$F(1, 100) = 18.87, p<0.0001$]. **Conclusion** Training on specific behavioral techniques, incorporated in a comprehensive nutrition program is found to be effective in reducing feeding problems, and improving the children's health outcome in general. Effective behavioral instructions should be introduced in the local community centers in managing children with neurological impairments.

RESEARCH UPDATE 8

July 7, 2021 2:30 PM | Moderated by: Dr. Hilwa Abdullah

Name of Presenters: Prof. Nashi Khan (1) & Ms. Samia Khalid (2)

Affiliations:

(1) Rashid Latif Khan University; Counseling & Wellness Centre (CWC); Rashid Latif Medical Complex (RLMC)

(2) Riphah International University

Topic: Cognitive Behavior Therapy Limitations in Pakistan



Biosketch: Dr. Nashi Khan did her Masters in Psychology, University of the Punjab with Distinction year 1986; did Masters in Clinical Psychology from Institute of Psychiatry, Kings College London, London, UK year 1988; did PhD in Clinical Psychology, University of Health Sciences, Pakistan, year 2008; did Fellowship of International Medical Sciences Academy (IMSA) India, year 2008; did Post Doctorate in Clinical Psychology, Institute of Psychiatry, Kings College London, UK year 2009. Has been awarded with the Status of Chartered Clinical Psychologist by British Psychological Society, UK. Still the only Chartered Clinical Psychologist in Pakistan. Full Member of British Psychological Society since 1994. Member New Zealand Board of Psychologists. Currently Elected Vice President, Pakistan Association for Clinical Psychologists, Pakistan.

Worked as Clinical Psychologist in Health Dept. for several years, founder of Psychiatric Rehabilitation Centre at Punjab Institute of Mental Health, Worked as the first Student Counselor of LUMS for 11 years, HEC approved supervisor Dr. Khan has been full time faculty at Centre for Clinical Psychology, University of the Punjab, Lahore till 2019. Trained Sex Therapist from the world most prestigious place i.e. Institute of Psychiatry, UK. Specialties: Anxiety Disorders, Sexual Dysfunctions and Culture Bound Syndrome.

At Present working as Project Director, Director & Dean Rashid Latif Khan University (Proposed) & Director, Counseling & Wellness Centre (CWC) Rashid Latif Medical Complex (RLMC). She has to her credit numerous Research Publications in both National and International Journals.

Abstract:

Psychological Therapies especially Cognitive Behaviour Therapy (CBT) are best widely used in the civilized World to help patients with Anxiety and Depression.

Despite the massive developments in the developed and civilized world, Clients / Patients in most developing countries are hardly convinced or buy the non Pharmacological Interventions. Although some or very few Psychologists are fully Trained or Certified in Pakistan, Psychological Interventions play a very little in Psychological treatment plans specially in Pakistan.

Some Interviews with Clinical Psychologists were conducted in Pakistan, to explore their experiences and their views on "Providing CBT in Pakistan".

The interviews were conducted on a small scale in this research whose focus was to look into developing cultural sensitive CBT for Pakistani Clients / Patients.

ORAL PRESENTATIONS



ORAL PRESENTATIONS 1

July 5, 2021 10:00AM - 10:30AM |

Name of Presenter: Fumiyo Oshima (1)

Co-authors:

Noriko Takahashi (2), Aki Tsuchiyagaito (1) (3), Hitoshi Kuwabara (4), Mikuko Seto (1), Minako Hongo (1), Yoshiyuki Hirano (1), Chihiro Sutoh (1), Yoshihito Ozawa (7), Yohei Kawasaki (7), Jiro Masuya (2) (5), Noriyuki Sato (2), Shizuka Nakamura (2), Yusuke Nitta (1) (6), Guan Siqing (1) (6), Akiko Nakagawa (1) and Eiji Shimizu (1)

Affiliations:

- (1) Research Center for Child Mental Development, Chiba University, Japan
- (2) Fukushima University Child Mental Health-Care Center, Fukushima, Japan
- (3) Laureate Instituto for Brain Research, Tulsa, OK, USA
- (4) Department of Psychiatry, Hamamatsu University School of Medicine, Shizuoka, Japan
- (5) Department of Psychiatry, Tokyo Medical University Ibaraki Medical Center, Ibaraki, Japan
- (6) Waseda University, Saitama, Japan.
- (7) Biostatistics Section, Clinical Research Center, Chiba University Hospital, Chiba, Japan.

Title: Does Self-awareness of Autistic Traits Contribute to Adaptation in Autistic Adolescents? Results From A Randomized Controlled Trial of Adolescent-Parent Participatory Cognitive Behavioral Therapy for High-functioning Autism Spectrum Disorder

Abstract:

Objective It is argued that self-awareness of one's autistic traits can improve their adaptation after adolescent. We developed a psychoeducational program, Aware and Care for my Autistic Traits (ACAT), for autistic Japanese adolescent/parent by utilizing cognitive behavioral therapy. To examine (1) whether the ACAT is more effective than treatment-as-usual (TAU) in increasing awareness of adolescent's autistic attributes, (2) whether autistic awareness relates to the improvement for adaptation of autistic adolescent aged from 10-17.

Methods Forty-nine dyads were randomly assigned to the ACAT or the TAU. The ACAT group participated in 6 weekly 100-min ACAT sessions and one follow-up 4weeks after. The primary outcome was the Autism Knowledge Questionnaire for young people (AKQ-C) from baseline to post. Secondary outcomes included the Strengths and Difficulties Questionnaire (SDQ). A paired t-test was used for objective (1), and Spearman's correlation coefficient was used for objective (2).

Results (1) The change of AKQ-C and SDQ in ACAT group significantly more improved than in TAU ($p < .0001$, $d = 1.51$; $p < .0001$, $d = -1.37$). (2) There was a significant association between the high score of AKQ-C at baseline and amount of change in SDQ ($r = -.49$, $p < .01$). However, there were no association between the amount of change in AKQ-C and the amount of change in SDQ.

Conclusion The improvement of self-awareness on ASD in ACAT is higher than TAU. Additionally, adaptation in ACAT was higher. Adolescent with higher awareness might predict improvement of adaptation. However, there was no relationship between the amount of change in autism awareness and the amount of change in adaptation. Considering that autism awareness is a crucial process for adaptation, it is assumed that those who scored low awareness at baseline did not have enough time to fully improve their adaptation within the ACAT period.

Name of Presenter: Emily Martins

Co-author: Adriane Xavier Arteche

Affiliation: Pontifical Catholic University of Rio Grande do Sul, Brazil

Title: Parenting Styles and Practices and Socioemotional Development in Preschoolers

Abstract:

Objective The family is the first social environment in which the child is inserted, playing a fundamental role in the development of different children's socio-emotional competences. However, few studies seek to understand the influences of styles and practices on socioemotional development in early childhood. The objective of this study was to investigate the relationship between parenting styles and practices and socioemotional development (recognition of emotions, theory of mind, empathy and frustration tolerance) in preschool children.

Methods The sample consisted of 100 caregivers of children aged 4 and 5, who answered online the sociodemographic questionnaire, parenting styles (QEDP), parenting practices (EMBU-P), empathy (EmQue), theory of mind (PCToMM), in addition to questions about the ability to recognize emotions and tolerate frustration.

Results The predominant parenting style was Democratic and the parenting practice was Emotional Support. In addition, the sociodemographic variables of income, education level, number of children, who answered the survey (mother / father) and sex of the child had significant effects on parenting outcomes. The correlation analyzes showed a moderate and significant association between parenting and child socio-emotional development. The regression analyzes revealed that, when considering the sociodemographic variables, parenting remains a significant predictor of the outcomes of emotion recognition, theory of mind and empathy. Democratic parenting style was the parenting variable most strongly associated with children's socio-emotional outcomes.

Conclusion The Democratic style had the main effects on the child development variables investigated. Therefore, the findings show the need to assess the social context in which the child is inserted and the importance of developing interventions that seek to enhance positive and healthy parenting skills, instead of focusing on practices and styles that should not be adopted.

Name of Presenter: Isana Kaichi (1)

Co-authors: Yuko Urao, Kazumasa (1), Fujiwara, Takako Koshiba (2), and Eiji Shimizu (1)(3)

Affiliations:

(1) Research Center for Child Mental Development Chiba University, Japan

(2) Nagasaki University of Foreign Studies, Japan

(3) Department of Cognitive Behavioral Physiology, Chiba University, Japan

Title: Cognitive Behavioral Therapy-based Anxiety Prevention Program for Japanese Elementary School Children: A Replication Quasi-experimental Study

Abstract:

Objective Cognitive behavioral therapy (CBT) is an evidence-based psychological treatment for children with anxiety-related problems. In Japan, a CBT based anxiety prevention program called the 'Journey of the Brave' was developed to fit the curriculum of Japanese schools. In the previous studies, trained health facilitators conducted the program as school lessons to the fifth and six grade elementary school students (aged 10-12 years). The intervention group's mean anxiety score on the Spence Children's Anxiety Scale (SCAS) significantly reduced at both post intervention and the 3-month follow-up compared to the control group. The purpose of this study was to conduct a replication of the previous studies.

Methods The study was a universal quasi-experimental study with an intervention and a control group. The intervention group received ten 45-min program sessions in the classroom. The intervention was delivered by the class teacher who had taken the 'Journey of the Brave' program instructor training course. The control groups attended the regular classwork. All participants completed the SCAS at pre, post, and 1-3 months follow-up.

Results The mean anxiety score of the intervention group significantly reduced at 1-3 months follow-up compared with the control group. The results of this study confirmed the effectiveness of the 'Journey of the Brave', supported in line with the previous studies.

Conclusion It is important that this CBT based prevention program was implemented in actual school classes as a part of regular sessions. However, there were several limitations in this study design, and it will be necessary to apply cluster randomization methods and to verify the program's preventive efficacy longitudinally by carrying out additional follow-up assessments.

ORAL PRESENTATIONS 2

July 5, 2021 3:30PM - 4:00PM |

Name of Presenter: Nudda Panakunakorn

Co-authors: Thiraporn Tangjittiporn, Sirirat Ularntinon

Affiliation: Queen Sirikit National Institute of Child Health, Thailand

Title: The Effectiveness of Group Mindfulness-Based Cognitive Therapy (MBCT) for Reducing Mild to Moderate Depressive Symptoms in Primary Caregivers of Children With Attention Deficit Hyperactivity Disorder (ADHD) at Queen Sirikit National Institute of Child Health

Abstract:

Objective This study is to compare the effectiveness of Group Mindfulness-Based Cognitive Therapy (MBCT), psychoeducation and usual care for reducing mild to moderate depressive symptoms in primary caregivers of children with ADHD.

Methods Main caretakers of children diagnosed with ADHD who visited psychiatric outpatient department, Queen Sirikit National Institute of Child Health between 1 November 2019 to 31 October 2020 were enrolled if their Hamilton Rating Scale for Depression (HRSD) scores were lower than the cut-off point indicating severe depression ($HRSD \leq 17$). They were purposive sampled to group-based MBCT (3-hour, one session) or group psychoeducation (1 hour) or as usual care. HRSD were used for assessing the degree of depressive symptoms whereas the severity of ADHD symptoms in their child were measured by Swanson, Nolan and Pelham Questionnaire (SNAP-IV) before and at one month after the group session. Participants were randomized sampling into a MBCT groups ($n=20$), Psychoeducation groups ($n=20$) and Treatment as usual care ($n=21$).

Results The mean score of HRSD in MBCT group were declined significantly from 8.20 ± 4.69 to 5.60 ± 4.88 ($p=0.004$, $d=0.74$) at one month after the intervention, as well as the mean HRSD score of participants in as usual care ($p=0.038$, $d=0.49$).

Conclusion There was no significant change in HRSD score of participants in psychoeducation group. Likewise, there was no significant change in SNAP-IV score of ADHD symptoms reported by participants in all three groups. One session of Mindfulness-Based Cognitive Therapy is an effective targeted intervention to reduce depressive symptoms in caretakers of children with ADHD.

Name of Presenter: Somaye Entezari (1)

Co-authors: Alavizadeh, S. Mohammadreza (2), Hosseinkhanzadeh, Abbas Ali (3)

Affiliations:

(1) Department of Psychology, School of Humanity Sciences, Shahrood Branch, Islamic Azad University, Shahrood, Iran

(2) Department of Psychology, School of Humanity Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran

(3) Department of Psychology, School of Humanity Sciences, University of Guilan, Rasht, Iran

Title: Cognitive Behavioral Therapy of Mood-Related Symptoms: A Randomized Control Trial Among Adolescent Girls With Subclinical Body Dysmorphic Disorder

Abstract:

Objective Body dysmorphic disorder (BDD) as a distressing obsessive-compulsive related disorder demonstrates the preoccupation with perceived defects in physical appearance. BDD has a high rate of comorbidity with depressive disorders, and it is associated with suicide ideation and suicide attempt. The aim of the present study is to determine the efficacy of cognitive-behavioral therapy (CBT) on depression, suicide ideation, and masochistic aggression of adolescent girls with subclinical BDD.

Methods The present study is an experimental study with the pre-test, post-test design. The sample in this study was selected with the purposive sampling method. Participants include 34 high-school girls in the city of Tehran in the 2018-19 academic year. These participants were entered into the assessment stage and after obtaining informed consent, they randomly assigned to the experimental group (CBT) or control group (waiting list). The participants completed Persian form of Beck's depression inventory-II (BDI-II) (Beck et al. 1996), Persian form of the Beck scale for suicide ideation (BSSI) (Beck et al. 1979), masochistic aggression (MA) subscale of aggression styles inventory (Alavizadeh et al., 2016) in pre-test and post-test. The experimental group received 10 sessions of group CBT for BDD. Data were analyzed by analysis of covariance (ANCOVA) in the SPSS-26 environment.

Results The results indicate that there are significant differences on depression ($F=29.157$, $p=0.01$; $\eta^2=0.485$), BSSI ($F=44.159$, $p=0.01$; $\eta^2=0.588$), and MA ($F=7.190$, $p=0.02$; $\eta^2=0.188$) of participants of CBT group and waiting list group.

Conclusion It can be concluded that CBT is an efficacious treatment for the improvement of depression, suicide ideation, and masochistic aggression of adolescent girls with subclinical BDD. We recommend that clinicians use CBT for reduce mood-related symptoms and prevent suicide in persons with subclinical BDD.

Name of Presenter: Somaye Entezari (1)

Co-authors: Alavizadeh, S. Mohammadreza (2), Soleimani, Mehdi (3)

Affiliations:

(1) Department of Psychology, School of Humanity Sciences, Shahrood Branch, Islamic Azad University, Shahrood, Iran

(2) Department of Psychology, School of Humanity Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran

(3) Department of Psychiatry, School of Medicine, Tehran University of Medical Sciences, Tehran, Iran

Title: Electroencephalographic Characteristic of Cognitive Behavioral Therapy: A Randomized Control Trial Among Adolescent Girls With Subclinical Body Dysmorphic Disorder

Abstract:

Objective The neuropsychological literature suggests that there are common phenotypes of abnormal early visual system functioning, which may contribute to perceptual distortions in Body dysmorphic disorder (BDD). The present study aims to determine the efficacy of cognitive-behavioral therapy (CBT) on electroencephalographic characteristics (EEG-Ch) of adolescent girls with subclinical BDD.

Methods The present study is an experimental study with the pre-test, post-test design. The sample in this study was selected with the purposive sampling method. Participants include 34 high-school girls in the city of Tehran in the 2018-19 academic year. These participants were entered into the assessment stage and after obtaining informed consent, they were randomly assigned to the experimental group (CBT) or control group (waiting list). The participants' electroencephalographies were assessed by the ClinicalQ procedure with an 8-channel neurofeedback device of Sciencebeam Company, in the pre-test and post-test. The experimental group received 10 sessions of group CBT for BDD. Data were analyzed by analysis of covariance (ANCOVA) in the SPSS-26 environment.

Results The results indicate that there are significant differences on high β / β ($F=58.800$, $p=0.01$; $\eta^2=0.655$), and alpha response at the central lobe, Cz, ($F=10.308$, $p=0.01$; $\eta^2=0.250$), but there were no significant differences in alpha response at the occipital lobe, O1, ($F=0.696$, $p=0.42$; $\eta^2=0.022$) of participants of CBT group and waiting list group.

Conclusion It can be concluded that CBT with reducing cognitive distortions is an efficacious treatment for the improvement of EEG-Ch at frontal and central lobes which are associated with higher cognitive processing.

Name of Presenter: Yusuke Nitta (1)(2)

Co-authors:

Murata, T. (2), Oshima, F. (2), Saito, J. (1)(2), Hiramatsu, Y. (2), Kawasaki, T. (2), Yoshida, T. (2), Hongo, M. (2), Kitahara, M. (3), Shimizu, E. (2), & Kumano, H (1)

Affiliations:

(1) Waseda University, Japan

(2) Chiba University, Chiba, Japan

(3) Kitahara Clinic, Japan

Title: The Patient's Experiential Process During Imagery Rescripting: Task Analysis of Videos of Sessions in Schema Therapy for Chronic Depression

Abstract:

Objective Imagery rescripting (IR) is a technique for rescripting imagery of an aversive memory into safety imagery and is used in cognitive behavioral therapy and schema therapy. IR has been used for various mental disorders, but the treatment process has not been empirically verified. The purpose of this study is to examine the experiential process of patients undergoing IR.

Methods Video recordings of sessions were performed with the consent of 5 patients with chronic depression receiving schema therapy. Two raters analyzed videos of 7 sessions conducting IR according to the task analysis protocol. We defined sessions in which a sense of security, attachment, and self-compassion was acquired during IR as successful sessions. This study was conducted with the approval of the Ethics Review Committee of the Graduate School of Medicine, Chiba University.

Results The raters classified 3 sessions as successful sessions and 4 sessions as unsuccessful sessions. The following patient experiential process common to successful sessions were revealed. (1) Recall of the episode of the adverse experience. (2) Expression of anger and dissatisfaction with the behavior of others in the adverse experience. (3) Expression of needs that were not met in the adverse experience. (4) Expression of hurt feelings related to unmet needs in the adverse experience. (5) Expression of complex emotions due to fulfillment of needs. (6) Acquisition of a sense of security, attachment, and self-compassion. In addition, behavioral markers of each process were revealed. The common point in unsuccessful sessions was that patients expressed a sense of difficulty in IR.

Conclusion The process was shown in which hurt feelings were expressed, then hurt feelings and positive emotions were expressed in combination, and finally positive emotions became predominant. Such a response of the patient can be used as an indicator of the smooth progression of IR.

ORAL PRESENTATIONS 3

July 6, 2021 10:00AM - 10:30AM |

Name of Presenter: Emily Hwang

Co-author: Keng, S.L.

Affiliation: Yale-NUS College, Singapore

Title: Trait Mindfulness and Self-Compassion as Moderators of the Association Between COVID-19-Related Stressors and Psychological Symptoms: A Longitudinal Study

Abstract:

Objective The COVID-19 pandemic has resulted in severe health, social, and economic implications that contribute to adverse psychological outcomes. Less is known however regarding dispositional traits that may serve as protective factors for negative psychological outcomes. Using a longitudinal design, this study examined the association between COVID-19-related stressors and psychological symptoms, and whether trait mindfulness and self-compassion would moderate this association.

Methods A community sample of 212 adults based in Singapore ($M_{age} = 20.92$, $SD = 2.26$) were recruited and completed a battery of measures assessing COVID-19-related stressors (perceptions on COVID-19 health risk, economic impact, and impact on daily life), psychological symptoms (depression, anxiety, and PTSD symptoms), trait mindfulness, and self-compassion two months apart.

Results Findings indicated that perceived COVID-19 health risk predicted anxiety symptoms two months later, above and beyond baseline anxiety symptoms. Controlling for baseline depressive symptoms, self-compassion moderated the association between perceived COVID-19 health risk and depressive symptoms, such that perceived COVID-19 health risk was more strongly related to depressive symptoms among those who scored low rather than high on self-compassion. Self-compassion also moderated the relationship between perceived impact on daily life and anxiety symptoms, such that this relationship was positive among those with low self-compassion, and negative among those with high self-compassion.

Conclusion Collectively, these findings highlight the importance of self-compassion in mitigating negative psychological consequences. More broadly, interventions that cultivate self-compassion may represent one strategy to combat psychological distress during the COVID-19 pandemic.

Name of Presenter: Jamilah Hanum Abdul Khaiyom

Affiliation: International Islamic University Malaysia, Malaysia

Title: Knowledge, Attitude, and Confidence on the Use of Cognitive Behavior Therapy for Weight Loss and Maintenance Among Healthcare Providers

Abstract:

Objective Cognitive Behavior Therapy (CBT) has been found to be effective in reducing and maintaining weight loss rather than diet and/or exercise alone. Even though CBT remain the cornerstone of obesity treatment and should be included in every weight management program, very limited healthcare providers are trained in using CBT, especially in Malaysia. Current study aims to examine the knowledge, attitude, and confidence on the use of CBT among healthcare providers after they have been exposed in a brief CBT training for weight management.

Methods 36 healthcare providers have attended a 3-hour face-to-face seminar on CBT for weight loss and maintenance. The modules of the training are i) Introduction to CBT, ii) CBT and its Relationship with Weight Loss and Maintenance, iii) Diet Traps, and iv) Cognitive-Behavioral Strategies to Reinforce Weight Management Behaviors. 16 questions were developed to assess knowledge, attitude, and confidence to use CBT for weight management. Their level of understanding for each modules was also assessed at the end of the seminar. The questionnaire was answered by the participants before and after the seminar.

Results Descriptive analyses showed an increase in participants' knowledge (Correct answers: Pre-score=121, Post-score=274), attitudes on the importance of CBT in weight management (Rated as Very Important: Pre-score=71.4% Post-score=92.9%), and confidence in using CBT for weight management (Rated as Very Confidence: For self: Pre-score=25%, Post-score=42.9%; For patients: Pre-score=21.4%, Post-score=32.9%). Level of understanding for the four modules were rated favorably by the participants at the end of the seminar.

Conclusion Despite a small sample size, results of the study indicate that the training was well received by the healthcare providers. However, in order to enhance confidence in using CBT as part of weight management among patients, further training need to be conducted.

Name of Presenter: Lena Quilty

Co-authors:

Thulasi Thiruchselvam, Alina Patel, Premika Premachandiran, Timothy A. Allen, Ishrat Husain, Stefan Kloiber, Faranak Farzan, Jane Foster, Raymond W. Lam, Roumen Milev, Benicio N. Frey, Daniel J. Müller, Sidney H. Kennedy, and Rudolf Uher

Affiliations:

Campbell Family Mental Health Research Institute, Centre for Addiction and Mental Health, Department of Psychiatry, University of Toronto, Canada

Title: Inflammatory Markers Across Cognitive Behavioural Therapy Versus Pharmacotherapy for Depression: A CAN-BIND Report

Abstract:

Objective Evidence has accrued to support the inflammatory hypothesis of depression, wherein the presence of inflammation is proposed to yield sickness behaviours in major depressive disorder (MDD). Evidence supports elevated inflammatory markers in patients with MDD compared to healthy controls: interleukin-6 (IL-6) and c-reactive protein (CRP) are the most consistently elevated, although others such as tumor necrosis factor- α (TNF- α) have also been implicated. These inflammatory markers appear to reduce over the course of pharmacotherapy and may predict poor response to pharmacotherapy. More limited and mixed data is available for peripheral inflammatory markers over the course of psychological treatments such as cognitive behavioural therapy (CBT), however. This study undertook to evaluate three key inflammatory markers in adults receiving pharmacotherapy versus CBT for depression.

Methods Forty-one outpatients with MDD or Persistent Depressive Disorder received 16 weeks of individual CBT for depression. Propensity score matching was used to extract 41 participants from a larger sample of outpatients with MDD who received 16 weeks of pharmacotherapy for depression. Three inflammatory markers (CRP, IL-6, and TNF- α) were extracted at Week 0, 2, and 16. Depression severity (Montgomery and Åsberg Depression Rating Scale, Quick Inventory of Depressive Symptoms) and quality of life (WHO Quality of Life) were measured bi-weekly throughout treatment.

Results Mixed effects modeling suggested that inflammatory markers did not differ across CBT vs. pharmacotherapy. Baseline inflammatory markers did not predict clinical outcomes; however, early change in IL-6 (Week 2: Week 0) was associated with lower depression severity at post-treatment in both participant groups. Additional sensitivity and subgroup analyses were conducted. Contrary to hypotheses, inflammatory markers did not reduce over treatment, and overall changes in inflammatory markers were not associated with changes in clinical outcomes.

Conclusion Similar to previous investigations of both clinical and biological markers of response, indicators of early change may hold prognostic promise.



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ORAL PRESENTATIONS 4

July 6, 2021 3:30PM - 4:00PM |

Name of Presenter: Lulu Yang

Co-authors:

Jihui Zhang, Xian Luo, Yuan Yang, Yuhua Zhao, Fei Feng, Shuai Liu, Chenxi Zhang, Zhe Li, Chao Wang, Wei Wang, Fan Jiang, Yunshu Zhang, Yuanyuan Hu, Changjun Su, Huijuan Wu, Huan Yu, Shirley Xin Li, Yun Kwok Wing, Ying Luo, Bin Zhang

Affiliation:

Guangdong Mental Health Center, Guangdong Provincial People's Hospital, Guangdong Academy of Medical Sciences, China

Title: Effectiveness of Brief E-aid Cognitive Behavioral Therapy for Insomnia to Prevent Progression From Acute to Chronic Insomnia: A Pragmatic Two-Arm, Multi-Center, Randomized Controlled Trial

Abstract:

Objective Previous studies have shown that face-to-face cognitive behavioral therapy for insomnia (CBTI) may have a role in managing acute insomnia. However, it is unknown whether brief e-aid CBTI (eCBTI) is effective in treating acute insomnia. Therefore, we aimed to evaluate the effectiveness of a brief eCBTI program in preventing the progression of acute insomnia to chronic insomnia.

Methods This was a pragmatic randomized controlled trial. Participants were recruited between November 2017 and June 2019 at 31 public hospitals in China. They were randomly assigned to eCBTI group to receive this brief eCBTI, 1-week fully automated and tailored online program based on CBTI, or control group. The primary outcome was incidence of chronic insomnia. Secondary outcomes measurements were Insomnia Severity Index (ISI), Dysfunctional Beliefs and Attitudes about Sleep-30 items (DBAS), Epworth Sleepiness Scale (ESS), Pre-sleep Arousal Scale (PSAS), Ford Insomnia Response to Stress Test (FIRST), Sleep Hygiene and Practices Scale (SHPS), Hospital Anxiety and Depression Scale (HADS), and Short-Form 12-Item Health Survey version 2 (SF-12v2). Main analyses were on an intent-to-treat (ITT) basis.

Results 192 participants (35.3 years; 118 women). At week 12, incidence of chronic insomnia was significantly lower (33.3% vs 65.8%, $P < 0.001$) in eCBTI group compared with control group. Participants in eCBTI group achieved significantly more improvements in ISI, ESS, PSAS, FIRST, SHPS, HADS-Depression and the MCS and PCS of SF-12v2 over time (overall time-by-group interaction, $P \leq 0.001$) when compared with control group. However, the changes in DBAS and HADS-Anxiety did not differ between two groups ($P > 0.05$). Similar results were seen in the per-protocol analysis.

Conclusion This brief eCBTI program is an effective tool to prevent the chronicity of acute insomnia. In addition, it can improve sleep-related symptoms, depressive symptoms, and quality of life among patients with acute insomnia.

Name of Presenter: Maja Gigovic

Co-Author: Ivana, Đ.

Affiliation: Alberta Health Services, Canada

Title: The Effectiveness of CBT-60 in Single Session Walk-In Therapy

Abstract:

Objective Single Session Walk-In (SSWI) therapy is a form of brief therapy focused on addressing clients' mental health concerns within 60-minutes (Slive & Bobele, 2011). South Calgary Health Centre (SCHC) is a multidisciplinary counselling centre in Calgary, Alberta, Canada providing counselling services to Calgarians presenting with multiple mental health concerns. The most common therapeutic approaches used in SSWI are change-oriented and strength-based (i.e. narrative therapy, solution-focused therapy, family systems therapy). These approaches prove to be useful in alleviating clients' concerns (Harper-Jaques & Foucault, 2014). However, very little is reported about the effectiveness of cognitive-behavioural therapy (CBT) in SSWI context. Our repeated efforts to locate the research, guidelines, or best practices to implement CBT in SSWI have not produced significant results. The need for intervention consistency, detailed evaluation of client outcomes and structure for training of new therapists and students led us to develop CBT-60 protocol. CBT-60 protocol incorporates the main theoretical ideas and propositions of CBT and the structure and context of SSWI (Gigović & Đurašković, 2017). This study was designed to implement and measure the effectiveness of CBT-60 for adult clients who present to SSWI at SCHC.

Methods Participants ($N = 164$) completed measures (Positive and Negative Affect Schedule, General Self-Efficacy Scale, Kessler Psychological Distress Scale, Short CBT-60 self-checklist) at pre-session, immediately after the session and at 1-month follow-up.

Results Results demonstrated that overall CBT-60 was effective in reducing psychological distress, increasing positive affect, reducing negative affect, and improving self-efficacy immediately following the session. The reduction in negative affect and psychological distress following the CBT-60 intervention was maintained at one month follow-up.

Conclusion Furthermore, CBT-60 was superior in lowering negative affect and increasing positive affect immediately after the session compared to other approaches. This study highlighted the effectiveness of CBT-60 as a useful intervention in SSWI. Clinical implications are discussed.

Name of Presenter: Nobuhiro Watanabe (1)

Co-Author: Mio W (2)

Affiliations:

(1) International University of Health and Welfare, Tochigi prefecture, Japan

(2) Tokai Village, Ibaraki prefecture, Japan

Title: Transformation in Care Givers Cognition for “Care Refusing” in a Group Home for an Elderly Woman With Dementia

Abstract:

Objective One of Behavioral and psychological symptoms of dementia is “care refusing” as refusal to care. This is a specific pattern of behavior that is described as “not eat prepared meals, spit out medicine, get angry and rampage when invited to take a bath, et cetera”. However, the cognition itself of the caregivers for “care refusing” can be a cause. Therefore, this study examines how caregivers transform their cognition by assessing and recording what they perceive as “care refusing.”

Methods Participants in this study were 8 caregivers belonging to a group homes for the elderly with dementia, 1 male and 7 females who agreed to participate in this study. The client of the participants was X, who all eight caregiver evaluated as “indicating care-refusing for long” in common. X is a 91-year-old woman in a wheelchair who has Alzheimer’s disease and needs constant care. “Care-refusing” indicated by X are mostly consisted weird voices and aggressive behaviors. Former are “wo-wow” or “yan-yan-yan-yan” and latter are grasping the caregiver’s arm or clothes, pinching, raising claws, clapping and kicking the caregiver, or hitting the desk or a wash basin with her palm. Each time care-refusing were addressed, the caregivers were asked to record and evaluate for them. There were two types of evaluation: “intensity of behavior” based on the Likert 5-scale and “necessity of reducing care-refusing”. The execution rate of this evaluation was calculated by dividing the number of evaluations by the number of evaluation opportunities. The recording and evaluating continued for about 7 months.

Results The record rate has increased since the 4th month since the start but, on the other hand, the incidence and intensity of care refusing decreased. And even more, after 7 months, X’s weird voices and aggressive behaviors continued but, all caregivers recognized no care-refusing.

Name of Presenter: Bianca Sutjiono

Co-authors: Shafira Fawzia A., Edo S. J.

Affiliation: Indonesian Psychological Healthcare Center, Indonesia

Title: Feasibility and Benefit of Cognitive Behavioral Therapy for Psychosis via Teleconsultation in Indonesia: A Case Study of a 40-Year Old Schizoaffective Patient

Abstract:

Objective Cognitive Behavioral Therapy for Psychosis (CBTp) has been shown to be effective in reducing psychotic symptoms. In the clinical practice guideline from the United Kingdom, CBTp is recommended to be routinely offered to people with schizophrenia. However, we do not know whether CBTp is feasible and/or beneficial in people with schizophrenia in Indonesia.

Methods Here, we report an ongoing case of an individual with schizophrenia who receives CBTp for 60 session during a span of 7 months. The patient was a 40-year-old male, diagnosed with schizoaffective at 26 years old, and exhibited a primary symptom of thought insertion. He had experienced psychotic symptoms for 14 years, and had received antipsychotics for approximately 14 years. CBTp sessions were mostly conducted via teleconsultation using video call for 30 minutes, twice a week, eg Wednesday and Friday. We started with 1 hour teleconsultation session but his attention cannot keep up for that one hour and thus we divided the session into two days. The following CBTp techniques were conducted: psychoeducation for understanding and normalizing his psychotic symptoms, behavioral activation, symptom diary, relaxation exercises, collaborative formulation of symptoms, behavioral strategies to manage symptoms, and exploring core beliefs.

Results The patient found the symptom diary and relaxation techniques to be the most helpful, and core beliefs exploration to be the least helpful. We measured the psychotic symptoms with Psychotic Symptom Rating Scales (PSYRATS) and the symptoms of hallucination and delusion were found to decrease throughout 6-month period from a score of 53 during the intake to a score of 25 at the latest assessment 6 months later, which is a 47 percent decrease.

Conclusion Here we report that CBTp is feasible and beneficial to be conducted via teleconsultation and in Indonesian setting.

ORAL PRESENTATIONS 5

July 7, 2021 10:00AM - 10:30AM |

Name of Presenter: Sheryll Ann Castillo

Co-authors: Trajeco, G.E., Gumarao, M.S., Mergal, B.C

Affiliation: Adventist University of The Philippines, Philippines

Title: Effect of Integrated Moral Recovery Program to the Self-Esteem and Spiritual Well-Being of Drug Surrendered

Abstract:

Objective One of the ways to address drug-problem concerns is to conduct community-based intervention programs. In the Philippines, faith-based intervention providers are being tapped by government agencies to render programs for rescue and recovery of drug surrenderers but limited studies had been done to measure their effectiveness. The main objective of the study was to investigate the effect of Integrated Moral Recovery Program (IMRP) to the self-esteem (SE) and spiritual well-being (SWB) of drug surrenderers who are considered as mild-low risk and therefore required to undergo community-based rehabilitation and after-care program mandated by the government.

Methods A quasi-experimental design had been employed to meet the study's objective. A total of 79 conveniently sampled respondents composed the final sample - 39 in control group and 40 in experimental group from two different municipalities in Batangas, Philippines. Modified instrument of self-esteem and spiritual well-being were administered as pre-tests and post-tests to both groups.

Results Results indicated that the self-esteem and spiritual well-being significantly decreased in the control group without the intervention, but significantly increased in the experimental group after intervention was conducted. The experimental group was further tested in a two-time series with a 15-day interval after each post-test and the result showed that the SE remained stable from post-test 1 to post-test 3, while the SWB significantly increased from post-test 1 to post-test 2, and post-test 2 and post-test 3.

Conclusion This study concludes that the IMRP had significant positive effects in helping drug surrenderers to have a more stable SE and continued growth in their SWB. It is recommended that IMRP be adopted by other communities in helping drug surrenderers achieve a healthier sense of self and well-being which are essential in drug recovery. For further studies, the same program may be tested in other municipalities, using other variables such as resilience or mental well-being.

Name of Presenter: Farihin Ufiya (1)

Co-authors: Ng, S.L.(1), De Meyer, H. (1)(2)

Affiliations:

(1) Faculty of Behavioural Sciences, HELP University, Subang 2 campus, Malaysia

(2) Faculty of Psychology and Educational Sciences, KU Leuven

Title: COVID-19 in Malaysia: A Psychocultural Response Amidst a Pandemic

Abstract:

Objective The Covid-19 pandemic in 2020 posed major challenges to the mental health and resilience of Malaysians. Individuals, especially those prone to mental health problems, struggled through the emotional adjustment to changing circumstances and life-events. A sudden adaptation to the strict measures imposed during the lockdown leads to increased stress, especially given Malaysia's distinctive cultural makeup and socioeconomic environment (e.g., work culture, family characteristics, living conditions). This study examined mental distress and internalizing symptoms, and its contributing factors in a Malaysian population.

Methods An online survey was conducted on Malaysian residents during the Covid-19 lockdown in May (N = 1,234, aged 18-65). Mental distress and internalizing symptoms were assessed using the General Health Questionnaire (GHQ-12) and the DASS-21 respectively. Contributing factors such as demographics, chronic condition, history of mental health problems and social support were evaluated using bivariate and multivariable logistic regression analyses.

Results Overall, over half of those surveyed were categorized as mentally distressed (58.20%) and the respondents reported mild to moderate levels of internalizing symptoms. Key factors associated with poorer mental health were increased social media use, becoming unemployed, experiencing limited social support and feeling lonely. Demographic characteristics such as younger age, being female, lower income and presence of a chronic illness and psychiatry history also predicted poorer mental health.

Conclusion Our findings indicate that the Malaysian population was struggling during the Covid-19 pandemic. Special attention should be given to those experiencing low social support and loneliness or with at-risk demographic characteristics. Future mental health guidelines and policies need to address key challenges in crisis situations (e.g., lack of priority on mental health problems) and mitigate the potential long-term impact of such pandemic on mental health.

Name of Presenter: Tereza Ruzickova (1)

Co-authors:

Carson, J. (1), Argabright, S. (3), Gillespie, A. (1), Guinea, C. (1), Pearse, A. (2), Barwick R., Murphy S. (1), Harmer C.J. (1)

Affiliations:

(1) Department of Psychiatry, Warneford Hospital, University of Oxford, UK

(2) Medical Sciences Division, University of Oxford, UK

(3) Lifespan Brain Institute of Children's Hospital of Philadelphia and Penn Medicine, Philadelphia, US

Title: Online Behavioural Activation During COVID-19 Improves Depression Symptoms and Affective Bias

Abstract:

Objective The COVID-19 pandemic has had a detrimental impact on global mental health and there has been an increased need for easily accessible interventions. Behavioural activation is a cost-effective depression treatment that can be widely disseminated through lay administration. However, it is unclear whether it remains effective at a time of significant lifestyle disruption when options for positive activity are limited.

Methods Sixty-eight UK participants with mild to moderate low mood were randomized to either 4-week online behavioural activation delivered by a non-specialist or to a passive control group. Self-report measures of depression, anxiety, anhedonia, activation and COVID-19 related disruption were collected before and after the intervention as well as at one-month follow-up. Participants also performed tests of affective bias, which have previously been shown to detect treatment effects of antidepressant medication in depression.

Results In comparison to the control group, behavioural activation led to a significant decrease in depression at the end of the study, which remained at one-month follow-up. Treated participants also showed a significant decrease in anxiety scores as well as an increase in activation and social support measures. Preliminary findings also indicate a beneficial impact on scores of anhedonia. Results from the Facial Emotion Recognition Task showed that behavioural activation significantly increased the tendency to perceive negative facial expressions as positive or neutral. Early changes in affective bias predicted later changes in mood, suggesting they may play a mechanistic role in recovery from depression.

Conclusion Online behavioural activation delivered by non-specialists remains effective during significant lifestyle disruption. This makes it particularly suitable for fast dissemination during a public health crisis. Moreover, this is the first study demonstrating that behavioural activation effects can also be detected via an objective marker of affective bias.

Name of Presenter: Tomomi Noda

Co-authors: Keima, T., Ryo, Mishima., Masanori, I., Toshiya, M.

Affiliation: Kyoto University, Japan

Title: The Effect of Mindfulness Intervention on Emotion Regulation in Anorexia Nervosa

Abstract:

Objective Mindfulness based intervention is attracting attention in the psychiatric domain. Mindfulness is defined as a multifaceted construct including awareness of the internal and external experiences occurring in the present moment, and acceptance. Previous studies suggest that mindfulness is effective for binge-eating symptoms in bulimia nervosa. However, evidence for its effect on anorexia nervosa (AN) is limited. We hypothesized that mindfulness meditation affect emotion regulation in AN. The purpose of the present study was to examine the effect of mindfulness on the state of acceptance and the awareness of the present moment using physical sensations in AN. We used functional magnetic resonance imaging (fMRI) to investigate neural correlate of these emotion regulation strategies.

Methods Twenty-one patients with AN participated in the 4-week mindfulness training session. Participants were instructed to do either sitting meditation or body-scan for 5 to 25 minutes at home every day. The fMRI scanning was carried out before and after the whole session. The fMRI task was designed to assess neural response against negative emotion. The participants were asked to Imagine gaining weight ranging from 50g to 5kg. They were also instructed to regulate their emotion with three different strategies; NEUTRAL (spend time as usual), BODY (observe the bodily sensation of breathing, heart-beating, limb, and others), and ACCEPT (try not to resist the emotion and leave as it is).

Results The results showed significant reduction in putamen, medial orbital gyrus, occipital pole, putamen to amygdala, posterior cingulate to middle cingulate, and precuneus in ACCEPT after the training. The results also showed significant reduction in amygdala during BODY and in caudate during the phase that participants were imagining gaining weight, after the training.

Conclusion Reduced activity of those regions can be considered that mindfulness meditation practice ameliorate emotion regulation process in AN.

ORAL PRESENTATIONS 6

July 7, 2021 3:30PM - 4:00PM |

Name of Presenter: Yena Park (1)(2)

Co-authors: Jung-Ho Kim (2), Jeong-Ho Chae (1)(3)

Affiliations:

(1) Emotion Research Lab, Institute of Biomedical Industry, The Catholic University of Korea, Seoul, Republic of Korea

(2) Department of Psychology Graduate School, Duksung Women's University

(3) Department of Psychiatry, Seoul St. Mary's Hospital, The Catholic University of Korea, College of Medicine

Title: The Effects of Mindfulness and Positive Psychology Training (MPPT) on Outpatients With Depression and Anxiety Disorders

Abstract:

Objective Mental health means not only free from psychopathology but also full of well-being. Many studies have applied mindfulness meditation to patients with depression and anxiety disorders, but few have applied positive psychological training together. This study applies mindfulness and positive psychology training (MPPT) to outpatients with depression and anxiety disorders in psychiatric outpatients clinic to verify their effect on depression, anxiety, mindfulness, self-compassion, acceptance, and gratitude.

Methods Participants were 45 outpatients with depression and anxiety disorders at the Department of Psychiatry, Seoul St. Mary's Hospital, 22 were allocated into MPPT group and 23 were allocated into TAU (treatment as usual) group and compared. The TAU group had routine pharmacotherapy and supportive psychotherapy by psychiatric specialist. In addition, the MPPT group participated in MPPT programs 2 hours a week, a total of 8 sessions. The MPPT program consisted of 1-4 weeks of mindfulness meditation and 5-8 weeks of positive psychological training. The topics for each session are as follows. 1) Focus on your senses, 2) Focus on your body, 3) Mindfulness while meditating, 4) Mindfulness in everyday life, 5) Well-being behavior, 6) Awareness of well-being, 7) Gratitude and compassion, 8) Comprehensive summary.

Results As a result of the independent sample t-test, the MPPT group had significant improvement of depression ($t=-2.935, p<.01$), state anxiety ($t=-2.129, p<.05$), trait anxiety ($t=-2.221, p<.05$), mindfulness ($t=4.627, p<.001$), and self-compassion ($t=2.529, p<.05$) compared with TAU group. There were no significant differences in gratitude and acceptance.

Conclusion MPPT showed positive effects on depression, anxiety, mindfulness, and self-compassion in outpatients with depression and anxiety disorders. To speculate why MPPT did not significantly affect appreciation and acceptance, the duration of 8 weeks is relatively short for the positive factor to change because it is a group of patients with severe depression and anxiety. The MPPT is very useful tools for improving psychiatric symptom and mindful attitude in patient with depression and anxiety disorders.



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TEMPLE IN SOUTHEAST ASIA. IT IS BUILT ON A
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KUALA LUMPUR.

Name of Presenter: Yuka Asami (1)

Co-authors: Nomura, K.(2), Shimada, H. (2), Ohishi, H. (3), Ohishi, M. (3)

Affiliations:

(1) Graduate School of Human Sciences, Waseda University

(2) Faculty of Human Sciences, Waseda University

(3) Ohishi Clinic

Title: Effects of Reward Perception and Distress Tolerance Improvement on Kleptomania Symptoms, Using Cognitive Behavioral Group Therapy

Abstract:

Objective In Japan, although thieves account for approximately half of penal code offenses, theft recidivism prevention measures are poorly maintained and affected by various issues. Theft includes kleptomania, addiction to stealing behavior. Cognitive Behavioral Therapy (CBT) is deemed effective for kleptomania treatment (Christianini et al., 2015). Therefore, improving the reward perception and distress tolerance is considered effective for kleptomania symptoms and quality of life (QOL). This study aimed to examine the effects of improvement in reward perception and distress tolerance on kleptomania symptoms and QOL.

Methods Seventeen kleptomania patients (four men and 13 women; mean age = 42.65[12.80]) attended the CBGT program (12 sessions). We tested the questionnaire (before and after the program) with the reward perception (EROS) and distress tolerance (DTS) as process variables. Further, kleptomania symptom (K-SAS) and QOL (SRS-18, GHQ28) were used as outcome variables. This study was approved by the local ethics committee. The data were partially duplicated from the report of Asami et al. (2019). However, this report presents analysis results based on different research objectives.

Results Paired t-tests were conducted to compare pre- and post-treatment scores. K-SAS and SRS-18 decreased ($p<.01$), DTS and GHQ28 decreased, while EROS increased ($p<.05$). Moreover, the multiple regression analysis results showed that EROS and DTS did not affect K-SAS. However, EROS ($\beta=-.59$, $p<.01$) and DTS ($\beta=.51$, $p<.05$) affected SRS18, and EROS ($\beta=-.58$, $p<.05$) affected GHQ28.

Conclusion The results revealed that improvement in reward perception and distress tolerance improved QOL. However, it did not improve kleptomania symptoms. It suggested that enhancing approach to positive reinforcer other than steal and improvement in chronic distress tolerance improved QOL by effects of not only CBT but also group process. Therefore, future studies should examine the effects of approach to alternative behavior of steal and tolerance of distress which causes steal on kleptomania symptom.

Name of Presenter: Sujata Satapathy (1)

Co-author: Kumar Nimisha (2)

Affiliations:

(1) Dept. of Psychiatry, All India Institute of Medical Sciences, New Delhi

(2) Indian Association for Cognitive Behaviour Therapy (IACBT)

Title: Practitioners' Perspectives on Need and Process of Cultural Adaptation of CBT in India?

Abstract:

Objective Cross-cultural CBT is multidimensional and moderately complex. As an emerging field, it complements mainstream psychotherapy by integrating cultural diversity components to address a variety of health issues including physical, mental, occupational, social, and spiritual health. However, the nature and delivery of such interventions may vary in terms of a country's healthcare delivery system, prevailing socio-cultural factors, patients' characteristics, and therapists' experience, thus highlighting the issue of cultural adaptation of CBT for all age groups. Wide linguistic and cultural diversity and socio-economic disparities in India make it even more challenging, therefore, more rigorous process of adaptation is warranted. Keeping the key principles intact, cultural adaptation has to be structured and sequential but with the scope for flexibility for the therapist to customize as per patient's need.

Methods An observational research and through an online survey was conducted with 50 CBT practicing therapists across India and what modifications they practice in their regular CBT practice for common mental disorders. We also explored the need for cultural adaptation, cultural adaptation process, adaptation method, suitability of CBT delivery in a health care system, and scope of field testing, etc. adjustments in CBT techniques.

Results The study is currently ongoing. However, the initial findings suggest that a wide variety of modifications in terms of illness focused assessments and therapy delivery such as adjustments in techniques, homework, restructuring the session duration and intensity, etc. are done by the therapists. Moreover, the modifications to engage the patients largely vary depending upon the education level of the patient. CBT for children and adolescents are not very prevalent in India.

Conclusion While culture-centred approaches are prevalent in India, findings on need and parameters for cultural adaptation and customization will be discussed in the light of cultural adaptation of CBT in other countries.

POSTER PRESENTATIONS



GASING IS A TRADITIONAL GAME TO SEE HOW LONG THE SPINNING TOP CAN REMAIN SPINNING OR TO STRIKE AT TO PICK A WINNER.

POSTER PRESENTATIONS 1

July 5, 2021 | 12:00 PM - 2:00 PM

Authors : Daros, A.R. (1), Haefner, S.A. (1)(2), Asadi, S. (1), Rodak, T. (1) & Quilty, L.C. (1)

Affiliations:

(1) Centre for Addiction and Mental Health, Toronto, Canada

(2) Ontario Institute for Studies in Education, University of Toronto, Toronto, Canada

(3) Department of Psychiatry, University of Toronto, Toronto, Canada

Title: Improvements in Emotion Regulation are Associated With Effective Treatments of Anxiety And Depression Symptoms in Youth

Abstract:

Objective Difficulties in applying emotion regulation (ER) skills are associated with depression and anxiety in youth and young adults. Psychological treatments tend to improve ER skills regardless of diagnosis or intervention approach in adults, raising questions around their role among interventions for young persons. Here, we examined improvements in intrapersonal ER skills during treatment for youth aged 14-24 defined in three ways: (a) decreases in emotion dysregulation (general ER skills difficulties), (b) decreases in ineffective ER skills (avoidance, rumination, and suppression), and (c) increases in effective ER skills (cognitive reappraisal, problem-solving, and acceptance).

Methods A youth advisory group was recruited and advised the design and implementation of the review. From 10,804 initial search results, we performed a multilevel, multivariate meta-analysis on 385 effect sizes extracted from 90 randomized-controlled trials (RCTs) assessing changes in symptoms of depression and/or anxiety and ER skills during psychological interventions.

Results RCTs incorporating psychological interventions significantly reduced depression, anxiety, emotion dysregulation, and ineffective ER skills (Hedges' $g=0.24-0.54$); effective ER skills also increased ($g=0.26$). Reductions in depression and anxiety symptoms were significantly associated with improvements in ER skills, with medium-to-large effects for increasing effective ER skills ($\rho=0.54-0.92$), as well as decreases in emotion dysregulation ($\rho=0.88-0.94$) and ineffective ER skills ($\rho=0.72-0.82$). Sensitivity analyses revealed that longer treatments (>6 sessions), group delivery formats, and cognitive-behavioral treatment orientations yielded stronger associations between improved ER skills and reduced symptoms.

Conclusion Results suggest that improving ER skills is a common feature of interventions for youth depression and anxiety and may inform increased research attention to ER skills as a transdiagnostic treatment target. Our youth advisory recommended dissemination to improve the autonomy of young persons in making decisions about their treatment and policy changes to improve knowledge and access. Future research should focus on the mediation of ER skills to predict treatment outcomes.

Author: Ke Yin, Lai

Affiliation: Thrive Family Clinic, Singapore

Title: Case Study of CBT-E for Anorexia Nervosa

Abstract:

Objective This case study illustrates the treatment of a female adolescent, who presented with various symptoms of anorexia nervosa, such as dietary restriction, fear of weight gain, amenorrhea, low mood, and low body mass index.

Methods 13 sessions of Enhanced Cognitive-Behavioural Therapy (CBT-E) were administered, with additional components (i.e., Motivational Interviewing, and family sessions).

Results The preliminary results supported that CBT-E is effective in reducing eating disorder symptoms, increasing weight, and improving mood for Mandy, suggesting that it may be useful for adolescents with AN. Treatment progress is detailed and the challenges associated with working with an adolescent with anorexia are discussed.

Author: Argel B. Masanda

Affiliation: Central Luzon State University, Philippines

Title: Redeeming the Beaming Rainbow: Counseling Cases of Sexual Abuse Against Gay Men in the Philippines

Abstract:

Objective This paper is an erudite and rigorous documentation of a psychological counseling practice with three gay men studying in college who suffered from a serious sexual abuse: two of those occurred inside the University and the other was from the outside.

Methods Cognitive-Behavior Therapy served as a counseling framework by using its techniques such as cognitive restructuring: identifying, evaluating & responding to automatic thoughts; modifying core beliefs; and homework. 8-10 counseling sessions were conducted with the aim of helping the clients transcend their awful experiences.

Results As a glaring note, the collective impact of stigmas (e.g., gays are sex oriented) and heterosexism are some of the factors that seemed to aggravate internalized homophobia among perpetrators and people around the clients and even the clients themselves. In addition, these factors exacerbated the experiences of the clients of sexual abuse. Due to this trying situation and judgmental attitude from the people around them, they felt extreme self-degradation and perceived derogation from others which significantly affected their psychological well-being. The counseling conducted seemed to have qualitatively contributed to their transition but other factors are worth looking into. As a male counselor handling LGBT client, it is an essential reflection that embracing one's anima is very helpful in gaining emphatic attitude and understanding that are vital in any counseling procedure.

Conclusion This experience and data herein are valuable information in further developing an indigenous or local LGBT-affirmative counseling techniques which the counselor/author himself is aiming to subject into further scientific investigation and scrutiny.

Authors: Nobushige, A. (1), Oshima, N. (2), Takii, A. (3)(4), Okabe, Y. (3), Yamashiro, K. (1), Ito, D. (5)

Affiliations:

(1)Division of Clinical Psychology, Graduate School of Education, Hyogo University of Teacher Education, Japan

(2) Aratama Kokorono Clinic, Nagoya, Japan

(3) The Joint Graduate School in Science of School Education, Hyogo University of Teacher Education, Japan

(4) JSPS Research Fellowship of Young Scientists (DC1), Japan

(5) Hyogo University of Teacher Education, Japan

Title: Factors Affecting Relational Aggression in Japanese High School Students

Abstract:

Objective Relational aggression is a behavior intended to harm others through manipulating and damaging peer relationships (Crick & Grotpeter, 1995), which negatively affects both the victim and perpetrator. However, the factors effective against relational aggression are unclear (Sukhodolsky et al., 2016). The present study aimed to examine the effects of the intervention target factors against direct aggression and "anger rumination" on relational aggression.

Methods We surveyed 513 students from Japanese high schools (297 males and 216 females, mean age = 16.23, SD = 0.95), using the Relational Aggression of Tendency Scale (Sakurai et al., 2005), Kikuchi's Scale of Social Skills (KiSS-18; Kikuchi, 1994), the Cognitive and Emotional Empathy Scale for Children (CEESC; Murakami et al., 2014), the Social Problem-Solving Inventory-Revised: short version (SPSI-R:S; Matsuo et al., 2019), and the Anger Rumination Scale (ARS; Hatta et al., 2013). Ethical approval was granted by institutional review board of the university.

Results Multiple regression analysis showed that anger rumination had the strongest positive effect on relational aggression ($\beta = .29, p < .001$). Positive feelings regarding positive emotions in others (a subfactor of empathy) and problem-solving skills showed significant negative effects ($\beta = -.18, p < .01$; $\beta = -.15, p < .01$) while social skills, sharing the positive feelings of others (another subfactors of empathy), and perspective-taking (another subfactors of empathy) did not show significant effects.

Conclusion To reduce relational aggression, anger rumination may be an effective intervention target. Interventions reducing depressive and anxious rumination may be beneficial in reducing anger rumination (Yang et al., 2020). To clarify whether relational aggression can be improved this way, future studies should utilize longitudinal surveys, experiments, or interventions.

Authors: Ayako Takii (1)(2), Daisuke Ito (3)

Affiliations:

(1)The Joint Graduate School (Ph. D. Program) in Science of School Education, Hyogo University of Teacher Education, Japan

(2) JSPS Research Fellowship for Young Scientists (DC1), Japan

(3) Graduate School of Education, Hyogo University of Teacher Education, Japan

Title: A Comparative Study of Knowledge, Skills and Efficacy in the Fostering of Enrolled Children of Workers at Japanese Foster Care Institutions According to the Number of Years of Service

Abstract:

Objective In Japan, over 80% of foster care services are institutional. Children in foster care institutions exhibit highly complicated symptoms, making care extremely difficult. As a result, it is difficult to maintain a good sense of efficacy in fostering, with reports noting that workers leave their jobs early. Since an early turnover of staff may hinder the improvement of conditions of children, it is necessary to support staff so as to maintain a good sense of efficacy in fostering. To examine the knowledge and skills necessary to improve the workers' sense of efficacy in fostering, this study compared between new and experienced workers.

Methods Subjective and objective knowledge of developmental disabilities (Kiso, 2013), along with the "Knowledge of Behavioral Principle as Applied to Children (O'Dell et al., 1979) Abridged Version," the "Worker's Cognitive Distortion Scale (Ota et al., 2014)," the "Fostering Behavior Scale (Takii & Ito, 2020)," the "Knowledge of trauma," and "Efficacy in fostering" measures were administered to 263 workers of foster care institutions (133 women, with a mean age \pm SD of 34.55 ± 9.86 years). Ethical approval of this study was given by the university. 162 new workers (less than 5 years of service) were observed (with the remainder of the participants having more than 5 years of service).

Results A t-test was conducted with the respective group acting as the independent variable, and "knowledge," "skills," and "efficacy in fostering" as the dependent variables. The results showed that the experienced group had a higher efficacy in fostering, and also had more knowledge about the symptoms exhibited by children and how to respond to them. On the other hand, cognitive distortions were significantly higher among the new group, suggesting that interventions concerning "knowledge," "skills," and "cognitive aspects" may all be effective.

Authors: Azumi Mitsui (1), Kaho Kuroda (1), Yui Horikawa (1), Hironori Shimada (2)

Affiliations:

(1) Graduate School of Human Sciences, Waseda University, Saitama, Japan

(2) Faculty of Human Sciences, Waseda University, Saitama, Japan

Title: Formulation of a Systematic Cognitive Behavioral Program to Promote Cross-Cultural Adaption

Abstract:

Objective Although the AUC-FGS learning model (Tanaka, 2008), which is similar to the clinical psychology approach, has been proposed to promote cross-cultural adaptation, practical evidence has not yet been obtained. Therefore, this exploratory study aims to systematize the theoretically proposed AUC-FGS learning model and examine its effectiveness from the cognitive-behavioral therapy (CBT) perspective.

Methods A CBT intervention program based on the AUC-FGS learning model was developed and implemented for six international university students in the Tokyo metropolitan area. Pre- and post-program questionnaires were administered, and the valid responses of four students were analyzed. The survey materials included (a) demographic characteristics, (b) cross-cultural social skills for international students in Japan: CSIJ (Tanaka & Okunishi, 2016), (c) general social skills: Social Skills Scale for Junior High School Students (Shimada, 1998), (d) stress response scale: SRS-18 (Suzuki et al., 1997), (e) a post-program questionnaire: developed in this study using Visual Analogue Scale, and (f) a behavior record chart: developed in this study. The study protocol was approved by the local ethical committee.

Results Quantitative analysis of the pre- and post-program questionnaire showed no significant differences in CSIJ. However, the stress responses of the survey participants, which were above the standard range, were reduced, and three participants demonstrated self-efficacy and willingness to use social skills. Additionally, all of the survey participants reported that they applied the program learnings afterwards in their daily life as well.

Conclusion These results suggest that more data would be required to systematize the CBT-based cross-cultural adaptation promotion program based on the AUC-FGS learning model developed in this study.

Authors: Sugiyama, C., Takada, K., Ito, D., Ohtani, T., Takahashi, F., Ishikawa, R., Niikawa, Y., Fujino, K., Ina, Y., Kishino, R., Matsusaki, A., & Koseki, S.
Affiliation: J. F. Oberlin University, Japan

Title: Effects of Problem-Solving Training on Behavioral Activation/Avoidance for PTSD Symptoms Among Students Affected by the Great East Japan Earthquake

Abstract:

Objective In this study, we used problem-solving training (PST) for students affected by the Great East Japan Earthquake. However, students can obtain solutions to problems using PST, but if it is not used in their daily lives, it is possible that PTSD symptoms will not improve. It is necessary to confirm that the implementation of solutions to problems in daily lives leads to positive results. Thus, it is reasonable to assume that such implementation will decrease PTSD symptoms as a result of improvements in behavioral activation and avoidance.

Methods A total of 234 high school students (M age=15.30, SD=0.46) participated in the study. The effect on PTSD symptoms score was examined by comparing four groups (behavioral activation/avoidance-change group, behavioral activation-change group, avoidance-change group, and no-change group). We administered BADS-SF and IES-R pre- and post- intervention. The protocol was approved by the ethics committee from the authors' affiliated institution.

Results The results of an ANOVA in dependence PTSD symptoms score showed that the interaction was significant ($F(3, 230) = 4.59, p = 0.004$). The results of a simple main effect test showed that the post-scores of the behavioral activation/avoidance-change group ($p = 0.020$) and avoidance-change group ($p = 0.030$) were significantly lower than the pre-intervention scores. However, the post-scores of those in the behavioral activation-change group tended to be higher than their pre-intervention scores ($p = 0.096$).

Conclusion The activation/avoidance-change group and avoidance-change group showed improvement in PTSD symptom scores. It is possible that the PST reduced the avoidance because the participants understood that there were positive results to be obtained from actions other than avoidance. However, there was not improvement in PTSD symptom scores in activation-change group. This may have been related to hyperarousal. For students with a tendency toward PTSD symptoms, an approach that promotes improvement in avoidance rather than behavioral activation may be more effective.

Authors: Christina Liza Labuac, & Prof. Lorelei R. Vinluan
Affiliation: University of the Philippines-Diliman

Title: Smoking Cessation of Nicotine Dependent Adolescents Using Cognitive Behavioral Therapy

Abstract:

Objective The purpose of this study was to help nicotine dependent adolescents quit smoking through cognitive-behavioral therapy (CBT). It also sought to determine whether CBT is effective in enhancing the socio-emotional skills of adolescents.

Methods Using a quantitative-qualitative approach, five selected participants aged 17 – 18 years old, studying in an Alternative Learning System (ALS), who were smoking for at least six months were involved in the study. Their readiness to quit, nicotine dependence, and cigarette sticks consumption per day were assessed before their first exposure to cognitive behavior therapy, and on the second, fifth and eighth week of exposure to cognitive behavior therapy. On the other hand, the socio-emotional skills of participants were also recorded before and after the eight-week period of intervention.

Results Findings revealed that cognitive behavior therapy was highly effective in reducing the nicotine dependence and cigarette sticks consumption of participants; and in facilitating the readiness of individuals to quit smoking. However, cognitive behavior therapy was not proven effective to enhance the socio-emotional skills of participants in the program. Implications to counseling practice, education and mental health are discussed.

Authors: Tan, C.P.S., Teh, S.S., Cheah, J.H., Kang, A.H.M, Chung, M.W., Jesveena Kaur, Manpreet Kaur & Thiviyashini Sivakumar
Affiliation: Taylor's University, Malaysia

Title: Students' Online Learning Experience - Should Lecturers Switch on Their Webcams?

Abstract:

Objective Due to the COVID-19 pandemic, the global education scene has transitioned from physical classes to online learning. Hence, this research reports a qualitative phenomenological investigation of students' impression formation and experiences in the context of online learning. Research questions include 'How important is it for students to be able to see their lecturers via webcams during online lessons to form their impressions on them?' and 'What are students' overall online learning experience?'.

Methods Semi-structured interviews were conducted with 24 participants (i.e., 15 female and nine males) that were recruited by snowball sampling. This study adopts an interpretative phenomenological approach to understand the complexity and multiple facets of students' online learning experiences.

Results From analysis, two superordinate themes that address the first research question are 'Impression Formation', Development and Its Effects' and 'Effects of Lecturers' Webcam Use'. Regarding students 'online learning experiences, the two superordinate themes are 'Forms of Communications', 'Online Learning Experiences'.

Conclusion The authors conclude by discussing the implications of findings as well as the strengths and limitations of the research. Recommendation for future studies include taking into account students' learning style.

Authors: Goh, D. F., & Zakaria, S.

Affiliation: Faculty of Psychology and Education, Universiti Malaysia Sabah, Malaysia

Title: The Effectiveness of Super Skills for Life (SSL) as CBT-Based Program in Enhancing Children's Social Skills

Abstract:

Objective The Super Skills for Life (SSL) program is a trans-diagnostic cognitive-behavioral-therapy based which was developed by Essau and Ollendick in 2013, for children with symptoms of anxiety and depression. SSL includes the knowledge of an individual's emotions and feelings, cognitive reappraisal, problem-solving, behavior activation, relaxation techniques, self-monitoring and social competence as part of the intervention. By using video feedback and cognitive preparation in SSL, it could improve children's social competencies by learning social skills and their self-perception. Social skills play an important role in the development of relationships, the performance of social interactions, and general mental well-being. Social experiences were thought to be a key factor in improving children's perceptions of their own abilities to succeed, autonomy as learners, and opportunities to accomplish personal goals. Initial social skills deficits often increase and lead to more long-term adjustment issues. This study will therefore help in understanding the importance of SSL and its efficacy in rising social skills of children in order to prevent such negative outcomes.

Methods According to previous studies, pre- and post-assessments (such as tests of emotional and behavioral problems, anxiety, self-esteem, and social skills) were carried out to investigate the effectiveness of SSL on participants.

Results Findings of previous research shown great reduced in signs of anxiety and depression of children in SSL intervention group, as well as positive improvements in social and communication skills. A great enhancement in eye contact duration, sentence length, vocal quality and conversation flow were found in the previous studies from the analysis of video feedback.

Conclusion However, shortcomings of these research included small sample size, did not use structured schedules for psychiatric interviews to access signs among participants, and questionnaires related to symptoms were filled-up by parents, which might affect the accuracy of measurement and make the results difficult in generalization.

Authors: Hasim, Siti Inarah, Abdul Khaiyom, Jamilah Hanum, Mohamad, Mardiana

Affiliation: International Islamic University Malaysia, Malaysia

Title: The Development of Mindfulness Parenting Module With Islamic Integration for Muslim Parents With Atypical Children (IMPPAC) Using ADDIE Model

Abstract:

Objective Mindful parenting has been reported in reducing psychological distress level and increases the well-being of the parents caring for their atypical children. It is also noted that lack of findings in this area is reported among the local Muslim population. This study meant to address this situation by developing the Islamic Mindfulness Parenting Module for Muslim Parents with Atypical Children (IMPPAC).

Methods This research will use a step-by-step approach via ADDIE model, which satisfied Design and Development Research (DDR) design to develop the proposed module. The ADDIE model comprises five phases (as implied by the abbreviation), namely analysis, design, development, implementation, and evaluation of the effectiveness of the product. For the intended module development, the process would involve the analysis (need analysis), design (to determine the component needed in the module), development (to develop the module based on data gathered in design phase), implementation (module will be tested on the sample of Muslim parents with atypical children), and evaluation (experiment and journaling technique).

Results It is hoped that this research would help to achieve the objectives of the study, namely in producing a module which can reduce psychological distress and enhancing the well-being among the Muslim parents with atypical children.

Author: Closa, J.M.

Affiliation: Southwestern College of Maritime, Business and Technology, Philipines

Title: The Mediating Role of Self-concept Clarity Towards Negative Affect and Grit

Abstract:

Objective Student motivation is a significant predictor for academic and corporate success. Grit has been a subject of interest as it significantly represents motivation passion and perseverance for long-term goals (Ducksworth, 2013). Emotion stability has strong implications on the development of grit.

Methods The study involved 322 college students, 130 males and 192 females in the age group of 18-31 years old from De La Salle Araneta University. The responses were gathered using the Self-Concept Clarity Scale (Campbell et al., 1996), the Positive and Negative Affect Scale (Watson et al., 1988) and the Grit Scale (Grit Scale (Ducksworth & Quin, 2009). Hayes' Process Model 4 was employed to test the mediation.

Results The results showed that the self-concept clarity partially mediated the relationship between negative affect and grit ($\beta = -.0213$, $SE = .0107$, $p = .046$, 95% $CI = -.0427, -.0005$). This means that negative affect can predict grit ($\beta = -.066$, $t = -2.970$, $p = .003$). However, when self-concept clarity was controlled, the predictive relationship between negative affect towards grit was no longer significant ($\beta = -.045$, $t = -1.820$, $p = .070$).

Conclusion Self-concept clarity explains how negative affect makes an individual gritty. Knowledge on one's strength and weaknesses results to stronger passion and persistence to achieve one's goals. Negative emotions lead to increased grit when one's self-concept is known.

Authors: Hamada Kana (1), Kenji Sato (2), ChihiroMoriishi (1), Hironori Shimada (3)

Affiliations:

(1) Graduate School of Human Sciences, Waseda University, Saitama, Japan

(2) Graduate School of Technology, Industrial and Social Sciences, Tokushima University, Japan

(3)Faculty of Human Sciences, Waseda University, Saitama, Japan

Title: Effects of Metacognition and Mentalization on Interpersonal Adjustment

Abstract:

Objective It has been suggested that mentalization, which is the mind's ability to think about oneself and others' mental states (Itakura, 2006), is essential in building adaptive interpersonal relationships. Additionally, metacognition, which is the ability to view one's cognition objectively, is considered the foundation of mentalization. However, the relationship between these factors and interpersonal adjustment has been limited to theoretical suggestions. Therefore, this study examined the effects of mentalization and metacognition on interpersonal adjustment.

Methods A questionnaire survey was conducted with 214 students from a national university. A total of 190 students (60 males and 130 females) were analyzed, with a mean age of 19.59 (SD = 1.478) years. Path analysis using simultaneous multiple group structural equation modeling was conducted for each gender.

Results The causal model assumes that metacognition influences mentalization and interpersonal adjustment and that mentalization influences interpersonal adjustment was rejected. Therefore, the modified model, which adopted a direct path from metacognition to interpersonal adjustment, showed a positive path only from metacognition to a sense of adjustment for both men and women. The standardized coefficients were $r=.60$ for men and $r=.21$ for women (GFI=.929, AGFI=.848, RMSEA=.078, AIC=115.843).

Conclusion This study suggests that an objective view of one's state, characterized by metacognition, may be necessary for improving interpersonal adjustment. However, inferring oneself and others' mental states as characterized by mentalization may not necessarily work as an inference to improve interpersonal adjustment. In the future, it will be necessary to review the research on mentalization, encompass the research findings, and reexamine the nature of mentalization concerning interpersonal adjustment.

Authors: Kiriko Nishihara (1), Minako Aizawa (1), Azumi Mitsui (1), Yui Horikawa (1), Hironori Shimada (2)

Affiliations:

(1) Graduate School of Human Sciences, Waseda University, Saitama, Japan

(2) Faculty of Human Sciences, Waseda University, Saitama, Japan

Title: Effects of Alexithymia Tendency and Degree of Behavioral Activation on Depressive Symptoms in Undergraduate Students

Abstract:

Objective Although behavioral activation (BA) therapy has demonstrated effectiveness in improving depressive symptoms (Martell et al., 2010), it may not be sufficiently effective due to alexithymia, a tendency to have difficulty in appropriately recognizing emotional states. However, there are no empirical studies that have examined this relationship. The purpose of this study is to examine the effect of the degree of behavioral activation on depressive symptoms in Japanese undergraduate students with alexithymia tendency.

Methods The researcher conducted a survey, with questions including (a) demographic items, (b) alexithymia tendency: BVAQ (Kashimura, 2007), (c) depressive symptoms: CES-D (Shima et al., 1985), (d) stress response: SRS-18 (Suzuki et al., 1997), (e) behavioral repertoire: TAC-24 (Kamimura et al., 1995), (f) cognition of emotions: developed in this study using VAS with reference to Sakagami (1999). Ninety subjects were analyzed. The study protocol was approved by the local ethical committee.

Results Correlation analysis revealed a positive correlation between verbalizing, a sub factor of the BVAQ, and one of the positive emotions, "joy" ($r = .21$, $p < .05$). Mediation analysis demonstrated that verbalizing mediated the subfactors of behavioral repertoire, positive interpretation, and distraction, respectively, and had a significant indirect effect on the SRS-18 (positive interpretation, $\beta = .124$, 95% CI [0.025, 0.235], $p < .05$; distraction, $\beta = .075$, 95% CI [0.004, 0.163], $p < .05$).

Conclusion These results suggest that those with alexithymia tendency may not be aware of pleasant emotions and thus may not be able to fully appreciate the effects of BA. By considering the alexithymia tendency, in addition to procedures to increase behavioral repertoires, results suggest that increasing behaviors, especially positive interpretations and distractions, may promote the effects of BA and improve depressive symptoms.

Authors: Kohei Mori (1), Hiroyoshi Ogishima (1), Chihiro Moriishi (1), Hironori Shimada (2)

Affiliations:

(1) Graduate School of Human Sciences, Waseda University, Saitama, Japan

(2) Faculty of Human Sciences, Waseda University, Saitama, Japan

Title: Examining the Relationship Between Stress Response to Task Stress and Resilience

Abstract:

Objective Resilience has traditionally been regarded as a personal trait. However, it is necessary to examine resilience as a response that follows stressor exposure, but few studies have adopted this approach. Therefore, the purpose of this study was to simultaneously and multidimensionally measure stress responses after stressor exposure and examine the relationship between stress responses and resilience.

Methods A total of 24 university students (13 men and 11 women, mean age = 21.3 ± 2.2 years) were included in the study. We measured their trait resilience and cognitive, physiological (salivary alpha-amylase level), and behavioral (number of errors on a computer task) stress responses before and after a stress loading task. A part of the data of this study has duplication with the report of Mori et al. (2020), but this report presents analysis results based on different research objectives. This study protocol was approved by the local ethical committee.

Results Co-cluster analysis revealed that the differential values of each stress response were classified into two clusters, which were interpreted as cognitive/behavioral and physiological responses, and three subtypes based on differences in reactivity and synchronization. One-way analysis of variance conducted with each subtype as the group and the characteristic resilience scale score as the dependent variable revealed no significant differences in scores between the subtypes (n.s.).

Conclusion From a data-driven perspective, the present findings underscore the commonalities between cognitive and behavioral stress responses. In addition, the lack of differences in trait resilience across clusters suggested that, in understanding resilience, it is difficult to measure it with mere questionnaire scales.

Authors: Koji Minosaki & Shinmoto, K.

Affiliation: Hiroshima Shudo University, Japan

Title: Relationships Between Problem-solving Strategies and Depressive Symptoms in the Upper Grades of Elementary School Children

Abstract:

Objective The varied problem-solving strategies adopted in stressful situation influence psychological stress responses such as depressive symptoms; however, no evidence prevails about the kind of problem-solving strategies that alleviate or exacerbate depressive symptoms in school-aged Japanese children. This study therefore examined the kinds of problem-solving strategies affecting depressive symptoms evinced by them.

Methods The study participants comprised 157 upper grades of elementary school children (82 males and 75 females; mean age = 11.25 years, $SD = 0.45$) who answered the Birlson Depression Self-rating Scale for Children and conceived problem-solving strategies for a fictitious scenario (for example, a friend playing with the group returned home angry).

Results The mean score of depressive symptoms was 10.12 ($SD = 5.42$), and the mean number of problem-solving strategies was 6.99 ($SD = 1.03$). Problem-solving strategies were classified into six categories, namely, asking the friend for a reason ($n = 69$), seeking advice ($n = 30$), letting things be ($n = 21$), saying sorry ($n = 19$), thinking of reasons ($n = 10$), and currying favor with the friend ($n = 8$). Analysis of variance (ANOVA) was subsequently conducted to examine differences in the depressive symptoms scores obtained for the six problem-solving categories. The ANOVA outcomes revealed a significant main effect ($F(5,151) = 3.878$, $p = .002$, $\eta^2 = .114$, 95% $CI [.017, .118]$). The results of multiple comparisons evidenced that seeking advice was placed higher than letting things be ($p = .007$, $d = .992$, 95% $CI [.257, 1.728]$).

Conclusion The study findings suggested that indirect problem-solving strategies such as seeking advice exacerbate depressive symptoms in school-aged Japanese children; conversely, problem-solving strategies such as letting things be alleviate depressive symptoms in them.

Authors: Ma. Regina Atinaja, Patrick Antonne H. Gonzalez, Jose Gabriel D. Gonzalez, Nicholle Anne B. Grageda, Abigayle Therese R. Guiritan, Alvin Joseph A. Guloy Jr., and Citadel C. De Castro

Affiliation:

University of Santo Tomas Faculty of Medicine & Surgery and UST Counseling & Career Center, Philippines

Title: Correlating Visual Acuity and IQ via Computer Use and Study Duration in Children

Abstract:

Objectives Visual acuity as a measure of visual function is the eye's resolution allowing discrimination of distinct visual stimuli from one another. This may play vital role in the educational development of children through its influence on the intelligent quotient (IQ), however, both variables have multifactorial basis.

Methods This study investigated on possible association between IQ and visual acuity in the context of other error of refraction risk factors, length of computer use and studying, utilizing cross-sectional design and stratified random sampling of ninety-six (96), aged 10-14 children in a private school in 2018. Robotfoto was used to obtain information. Snellen chart and the Otis-Lennon Mental Ability Test were used to determine visual acuity and IQ, respectively. A stepwise multiple regression analysis was employed using Stata software.

Results Findings revealed that visual acuity of both eyes alone was not a significant determinant for IQ development ($p = 0.0856$); however, visual acuity of the right eye ($p = 0.028$), history of honors ($p = 0.010$), history of dengue ($p = 0.028$) or UTI ($p = 0.006$) were statistically significant determinants for IQ development.

Conclusion It is recommended that future studies be conducted in public schools, assessing one year level and visual acuity abnormality at a time.

Authors: Atinaja, Ma. Regina D., Neptuno, Jasmin Aei F., New, Dean Xavier C., Ng, Sharmaine Anjanette G., Ngo, Barbara Lauren C., Nicdao, Isabelle Kristel J.

Affiliation:

University of Santo Tomas Faculty of Medicine & Surgery and UST Counseling & Career Center, Philippines

Title: Association Between Personality Types and Cigarette Smoking Status Among College Students

Abstract:

Objectives Despite the growing public awareness of the health risks and consequences of cigarette smoking, coupled with the statistics that reveal an escalation in the act of smoking over the years, individuals, particularly those aged 18-25 years old, continue to smoke. Fitzgerald et al. (2007) stated that "university students are the single largest group of young adults who can be reached by anti-tobacco programs by a single class of institutions." Many factors that affect one's predisposition to smoke is personality, being one of the most significant factors. Personality traits are specific, relatively stable features and are the main indicators of behavior which then governs one's motivation and predisposition to smoking. In line with this, the aim of the study was to determine if there is a significant association between cigarette smoking status and Eysenck's personality types of college students between the ages 18-25 years old of academic year 2018-2019.

Methods A total of three hundred three (303) participants were randomly selected by clusters (sections). The participants were then given the Eysenck Personality Questionnaire-Revised (Short Version) and smoking questionnaire to determine their personality and smoking status, respectively.

Results Results were then subjected to statistical analysis with a confidence interval of 95%. Among the personality parameters, Psychoticism and Extraversion, are positively correlated to smoking, with a coefficient of 0.1746 and 0.1590, respectively and a p-value of 5.33-4 and 6.60-9, respectively.

Conclusion This data states that High Psychoticism and High Extraversion is significantly associated with being a smoker. Lie scale on the other hand was negatively correlated with smoking, with a coefficient of -0.1055, and a p-value of 0.00464. This states that a Low Lie scale is significantly associated with smoking.

Authors: Masashi Sato (1), Guan Siqing (1), Toru Takahashi (2), Ayumi Minamide (1), Hiroaki Kumano (2)

Affiliations:

(1) Graduate School of Human Sciences, Waseda University, Saitama, Japan

(2) Faculty of Human Sciences, Waseda University, Saitama, Japan

Title: The Relationship Between Mindfulness Traits and Involuntary Attention

Abstract:

Introduction Attention can be divided into involuntary and voluntary aspects. Mindfulness training improves voluntary attention, but findings on the attentional function of mindfulness were not consistent. The mindfulness traits may affect not only voluntary but also involuntary attention. In the present study, we examined the relationship between mindfulness traits and involuntary and voluntary attention.

Methods Twenty-two students completed the Five Facet Mindfulness Questionnaire (FFMQ) and the Mindful Attention Awareness Scale (MAAS) that measured mindfulness traits. They accomplished the peripheral cueing task measuring involuntary attention and the central cueing task measuring voluntary attention. Reaction times (RTs) and error rates were used as the behavioral indicators for each attention task.

Results A negative correlation was shown between the MAAS and the peripheral cueing task's error rate ($r = -.39$, $p < .05$). However, no correlations were found between the mindfulness traits and the central cueing task's RTs and error rate. A multiple regression analysis was conducted with the FFMQ subscales and the MAAS as the independent variables and the peripheral cueing task's error rate as the dependent variable to examine the influence of the mindfulness traits on involuntary attention. The results showed that the MAAS and the FFMQ subscales of unresponsive attitude, conscious behavior, and observation of experience significantly predicted the number of errors in the peripheral cueing task ($R^2 = .49$, $p < .01$).

Conclusion This result provides evidence that improved mindfulness traits may enhance the accuracy of involuntary attention.

Authors: Anuar, A., Ramlee, F.

Affiliation: Department of Psychology and Counselling, Faculty of Human Development, Universiti Pendidikan Sultan Idris, Malaysia

Title: Designing an Online Module of Cognitive Behavioural Therapy for Insomnia (eCBT-I)

Abstract:

Objective Previous studies have shown that cognitive behaviour therapy is effective in treating insomnia. Recent application of CBT for insomnia has moved towards digital delivery of the intervention sessions via the internet and it is even more significant during the Covid-19 pandemic to reduce any physical contact. Hence, we aim to develop an online cognitive behavioural therapy for insomnia (eCBT-I) using the Malay language.

Methods The CBT-I intervention module will be developed based on the ADDIE model (Allen, 2006) consisting of five phases which are analysis, design, development, implementation, and evaluation. During analysis, previous studies on the Cognitive Behaviour Therapy for insomnia (CBT-I) will be reviewed to identify the CBT-I components for the proposed eCBT-I intervention module. Then, the components of eCBT-I will be designed which will include the number and length of the sessions. The next phase will focus on the detailed contents development of each session including appointing subject matter experts (SME) to review the eCBT-I module and any feedback from the SMEs will be used to improve the e-CBT-I. A pilot test will be run among 30 young adults with insomnia. The Insomnia Severity Index will be used as a measure of insomnia severity. During the final phase, the eCBT-I module will be evaluated. The feedback from the pilot test participants will be collected and reviewed on the usability and contents of the eCBT-I module.

Results The development of a Malay-language eCBT-I module could assist clinical psychologists to facilitate and deliver the intervention by following a step-by-step guide for each session.

Authors: Cardoso, B.L.A.(1), Rebessi, I.P. (2), Neufeld, C.B. (2)

Affiliations:

(1) Federal University of Sao Carlos (Sao Carlos – Sao Paulo, Brazil)

(2) University of Sao Paulo (Ribeirao Preto – Sao Paulo, Brazil)

Title: Family Case Conceptualization: A Cognitive Behavioral Proposal

Abstract:

Objective Systems of beliefs are constituted by family relations and sociocultural context, as well as through diverse experiences (e. g. first love and relationships with peers). The family cognitive conceptualization is the first step in providing evidence-based family therapy that will help patients in a comprehensive and competent way. This process includes the individual belief system of each member and the family system and/or dynamics. As in individual conceptualization, it must be focused on the context and unique needs that each family presents. Based on Cognitive Conceptualization for Couples model developed by Cardoso (2016) in Brazil, this paper aims to present a diagram model for families.

Methods Thus, two adaptive basic models are proposed: one for a single-parent family and one for two-parent families. It is important to stress that, because of multiple family configurations, the conceptualization can assume a dynamic design. It is understood that there are specific challenges in these formulations, so this model not intended to cover all the aspects that affect the family system, but rather to highlight some aspects that may help in the cognitive-behavioral understanding of the family problem maintenance.

Results The model covers the following aspects: (a) life history, (b) cognitive processes, (c) coping strategies and (d) consequences for each of the family members. The life history should involve reports from the family origin of each member and the current family, while cognitive processes involve an assessment of the central beliefs, rules, expectations, and thoughts of everyone. Coping strategies include behaviors which each family member does that influence the current family dynamics.

Conclusion Finally, the consequences can be the most diverse and vary according to family structure and demand, being specific to each case. This model has facilitated the evaluation and intervention with the public in different contexts.

Authors: Das, C.K., and Mozumder, M. K.

Affiliations: Department of Clinical Psychology, University of Dhaka, Bangladesh

Title: Two Decades of Clinical Psychology: Profile of Clinical Psychologists in Bangladesh

Abstract:

Objective The present study was designed to address this need for evidence-based data on the status of Clinical Psychology in Bangladesh.

Methods One hundred and one (38.84%) Clinical Psychology graduates of Bangladesh responded to the survey containing an anonymous online questionnaire which explored demographic characteristics (sex, age, gender, religion, marital status, parental status, educational qualifications, practicing years, employment setting, income range); clinical activities (theoretical orientations, types of activity, work hour, supervision hour, therapy formats, assessment activities, need of personal psychotherapy), publication and scientific endeavor; along with training and career satisfaction.

Results Findings indicated participant's average age were 31.6 years who were practicing Psychotherapy for an average of 6.16 years. Majority of the participants were female (67.3%), muslim (87.1%), and married (59.4%). The most common primary employment sites were Non-Government Organizations. All the participating graduates mentioned to be primarily oriented with Cognitive behavioral theoretical framework. Psychotherapy was found to take the major share of the professional involvement. Among different assessment activities clinical interview was the mostly used. Involvement in individual therapy format was found common across all the formats.

Conclusion Regardless of diverse professional involvements, 70.3% identified themselves as clinical practitioner. They also mentioned the need of personal psychotherapy. Surprisingly, a small minority of Clinical Psychology graduates contributed to the bulk of scientific publications and presentations. However, satisfaction in both training and career was found. The above profile of Clinical Psychologists demonstrated status of this profession in Bangladesh and replications of this survey will indicate trend and future directions.

Authors: Abu Hasan, H.E., Abdul Khaiyom, J.H.

Affiliation: International Islamic University Malaysia, Malaysia

Title: Translation and Adaptation of the Malay Version of the Triarchic Model of Grit Scale (TMGS) Among University Students in Malaysia

Abstract:

Objective Grit, a noncognitive trait which is defined as passionate perseverance for long-term goals, has been linked to favorable and successful life outcomes, beyond known cognitive traits such as intelligence. Grit is considered moldable and efforts in cultivating it may begin with the availability of suitable scales to measure it. Grit is conventionally measured with the Original Grit Scale (Grit-O) or more prominently, with the Short Grit Scale, which has improved psychometric properties and briefer than the Grit-O. However, the scales have been shown to have varying psychometric properties across different settings and culture. New grit scales have since been developed; either as translated and adapted (trans adapted) versions of the Grit-O and the Grit-S, or new grit scales in its entirety.

Methods In particular, the Triarchic Model of the Grit Scale (TMGS) has been developed to measure grit specific to the collectivistic culture. Therefore, this study trans adapted the TMGS into the Malay language, as Malaysia is one such collectivistic culture. The Malay TMGS was validated among 353 university students in Malaysia.

Results It was found that the scale demonstrated satisfactory internal reliability ($\alpha = .72$), as well as test-retest reliability after two weeks ($r = .58$). The scale also had concurrent validity with Big Five Inventory, Conscientiousness items ($r = .62$). Convergent validity was established with the Malay Grit-S ($r = .79$), while divergent validity was found with psychological distress via the General Health Questionnaire ($r = -.40$), and discriminant validity between individuals of higher levels and lower levels of grit were also found.

Conclusion Structural validity via exploratory factor analysis yielded a three-factor structure as per the original TMGS and adopted the same factor names: Adaptability to Situations, Consistency of Interests and Perseverance of Effort. Henceforth, the Malay TMGS is deemed a reliable and valid measure of grit among Malaysian university students.

Authors: Zaid, I., Abdul Khaiyom, J.H.

Affiliation: International Islamic University Malaysia, Malaysia

Title: Adaptation and Validation of the Malay Version of Brief Resilience Scale (BRS-M)

Abstract:

Objective Resilience is an individual's ability to recover from adversity. Having a suitable tool to measure resilience would contribute to the development of resilience as a recovery ability among Malaysians. The Brief Resilience Scale (BRS) is a useful tool to assess resilience. In Malaysia, no localized scale is available and the application of BRS had not been tested on the Malaysian population. The current study aims to adapt and examine the psychometric properties of the Brief Resilience Scale.

Methods The BRS will first be translated from English to Malay following the guidelines provided by the U.S. census Translation process. Next, a survey will be employed on Malaysians (N=700) who possess good English and Malay literacy for the validation process. Calculation of internal consistency, stability across time, language equivalence reliability as well as factorial, concurrent and convergent validities will be run through IBM SPSS. AMOS will also be used to confirm the factor structure of the Malay version of BRS.

Results It is expected that the Malay version of BRS will demonstrate a one-factor structure as the original tool, has good internal consistency, stability, and language equivalence, and good positive association with another measure of resilience and satisfaction with life to establish concurrent and convergent validity, respectively. Meanwhile, it is expected that BRS-M will indicate low correlation a self-report measure of physical activity, establishing its divergent validity.

Conclusion The availability of an adapted and validated tool specific to the Malaysian context is hoped to contribute to scientific knowledge and be useful for future research on resilience in Malaysia. Its usefulness also extends in practical application, providing insights for interventions in various settings including counseling, clinical, education and organizational settings.

Authors: Jing.L., Liu.H.

Affiliation: Beijing Anding Hospital, China

Title: Culturally Adapted Cognitive-Behavior Therapy (CA-CBT) in the Context of Chinese Culture

Abstract:

Objective Cognitive-behavior therapy (CBT) is a first-line psychotherapeutic approach based on empirical research, and recent studies on culturally adapted cognitive-behavior therapy (CA-CBT) have clearly demonstrated the significant role of cultural adaptation in the treatment process in terms of efficacy. However, most of these studies are limited to Western cultural contexts, and there are few studies on culturally adapted cognitive-behavior therapy for Chinese culture.

Methods Based on the cultural background and personality characteristics of Chinese clients, the therapeutic process of cognitive-behavioral therapy needs to be culturally adapted to Chinese clients from the dimensions of therapeutic alliance building, cognitive-behavioral assessment, case conceptualization, psychoeducation, cognitive-level intervention, emotional-level intervention, and behavioral-level intervention.

Results Cognitive-behavioral therapy is a psychotherapeutic theory constructed based on Western culture, and there is a certain level of cultural incompatibility when applying it to Chinese clients. How to conduct Chinese cultural adaptation in cognitive-behavioral therapy process is still at the stage of summarizing and reflecting on clinical experiences, and how to provide culturally personalized cognitive-behavioral therapy for Chinese clients still needs to be further explored, and the efficacy of cognitive-behavioral therapy (CBT) and Chinese culturally adapted cognitive-behavioral therapy (CCA-CBT) should be compared through clinical studies to assess whether cultural adaptation compromises its treatment effects.

Author: Jinky M. Macabago

Affiliation: Biliran Province State University, Philippines

Title: Predictors of the Quality of Life Among Parents/Caregivers With Children With Special Health Care Needs (CSHCN)

Abstract:

Objective This study investigates the predictors of the quality of life of parents/caregivers who have children with special health care needs (CSHCNs).

Methods One hundred and seven parents/caregivers with CSHCN were asked to answer a paper and pen questionnaire on profile about themselves and their child with special health care needs. Also, they answered a WHO quality of life questionnaire and the multidimensional scale of perceived social support.

Results When all the independent variables (perceived social support from significant other, family, friends, income, gender of the parent/caregiver, and presence of intervention) were entered into the regression equation, the model yielded a significant result, $F=7.44$ at $p<.01$ and it contributes 26.7% to the variance of quality of life. But, only two variables out of six-the perceived social support from the significant other and income-are the significant predictors to quality of life, with $\beta=0.34$, $t=2.62$, $p<.01$ and $\beta=0.311$, $t=3.48$, $p<.01$.

Author: Teow Chean Khai, Malaysia

Affiliation: Private Practitioner

Title: ABA, CBT, Social Thinking (ACS): An Integrated, Data Driven Social Emotional Program

Abstract:

Objective The present study aims to investigate the effectiveness of an integrated socioemotional program for individuals with average and low cognitive abilities and social communication abilities. This integrated intervention program will utilize Applied Behavior Analysis (ABA), Cognitive Behavioral Therapy (CBT) and Social Thinking methodologies. In particular, the study will draw from ABA's rigorous data taking and analysis methodology to supplement the relatively subjective nature of CBT and Social Thinking. The possible contributions of this research includes addressing the lack of social emotional programs for individuals with low cognitive and social communication abilities and to integrate the ABA methodology into CBT and Social Thinking programs.

Methods School going participants aged 7 – 18 will be recruited through random sampling and measured using standardized assessments covering non-verbal IQ (Leiter 3), adaptive functioning (Vineland Adaptive Behavior Scales), social responsiveness (Social Responsiveness Scale), behavioral abilities and emotional regulation abilities (Behavioral and Emotional Rating Scale). These standardized assessments will also be used after the intervention phase, providing both baseline data and post-intervention data as an objective benchmark of participants' progress. Participants will be categorized into 4 groups based on IQ and verbal communication scores: (1) average verbal-average IQ, (2) average verbal-low IQ, (3) low verbal-average IQ and (4) low verbal-low IQ.

Results The intervention phase is expected to take 3–6 months depending on the participants' progress. The program will comprise modules from Social Thinking (3 stages) and CBT (3 stages) supported by ABA methodologies. To progress to the next stages in these modules, participants need to achieve an 80% independent mastery rate over 3 consecutive trials.

Conclusion With the study's multiple baseline design, the results are expected to highlight the efficacy of the individual intervention modules relative to the participants' functioning.

Authors: Janine Trixia Austria (1), Kevin Miko Buac (1)(2), Claro Emmanuel Monsanto (1), Ma. Jamaica Monique Ponce (1), Arnold Christopher Soriano (1), Mystie Suzuki (1), and Marc Eric S. Reyes (2)

Affiliations:

(1) Faculty of Medicine and Surgery, University of Santo Tomas, Manila, Philippines

(2) Department of Psychology, College of Science, University of Santo Tomas, Manila, Philippines

Title: Media Reporting of Suicides and its Impact on the General Population: A Scoping Review

Abstract:

Objective Suicide is one of the leading causes of death among individuals worldwide. Numerous factors contribute to suicide ideation and recent studies are suggesting that the media's presentation of suicide seems to contribute considerably to suicide ideation and attempt among their audience. The present study aims to evaluate the extent of the literature on media reporting in the context of suicide ideation and attempt.

Methods The PRISMA Extension for Scoping Reviews was employed to retrieve relevant studies and report the results, as well as to answer as well the following inquiries: (1) What potential factors and phenomena in media reporting are relevant to suicide ideation and attempt in various countries among adults and adolescents? (2) What are the current solutions to improve media reporting in the context of suicide ideation and attempt among adults and adolescents in various countries? (3) What are the implications of the factors and solutions on media reporting regarding suicide ideation and attempt in various countries in adults and adolescents?

Results Our scoping review showed enough evidence and support that media reporting methods is a crucial contributor to the prevention of suicide ideation and attempt.

Conclusion Thereby, the application of positive changes in these methods warrants suicide prevention instead of mediation.

Authors: Amri, M. A., Zaid, I., Md Nasser, N. A., Ahmad Zaini, Z. A., Abdul Khaiyom, J. H

Affiliation: International Islamic University Malaysia , Malaysia

Title: Development of the Islamic Gratitude Scale (i-Gratitude)

Abstract:

Objective To date, there are many scales used to measure gratitude, but most were developed based on Western conceptualization of gratitude. As for Muslim, the definition of gratitude (or “Syukur”) extends beyond than being grateful in everyday situation. One scale was developed to measure Islamic gratitude; however, it lacks psychometric evidence and limits the item into gratitude towards humans and Allah s.w.t. Due to this reason, we aim to develop a scale that follows a broader and more comprehensive conceptualization of gratitude that encompasses different domains in a Muslim’s life.

Methods In the present study, we constructed and validated an Islamic gratitude scale that can measure the Muslims’ level of gratitude (shukr) that was conceptualized into three domains: Gratitude by heart, Gratitude by verbal and Gratitude by action.

Results After 30 initial items were developed, ten subject matter experts (SME) were approached for their professional insights on the necessity of each item. Content Validity Ratio (CVR) was used to decide which item to retain in the questionnaire. Finally, the harmonized scale was reduced to 27 items based on the SME’s feedback. A pilot test was conducted to get preliminary data on the psychometric properties for the developed scale.

Conclusion A discussion on its usefulness, limitation and future recommendation is also included.

Authors: Mat Hassan, N., Syed Othman, S.M., Mohd Noor, N.I., Abdul Talib, M.N.K., Abdul Khaiyom, J. H.

Affiliation: International Islamic University Malaysia, Malaysia

Title: Test Adaptation and Validation of the Malay Version of the Hypomania Checklist (HCL-32)

Abstract:

Objective The Hypomania Checklist (HCL-32) was developed to identify hypomanic symptoms among patients with Bipolar Disorder (BP) as previously a lot of patients with bipolar disorder initially misdiagnosed. However, there are still no studies that have translated, adapted and validated HCL-32 for the usage of Malaysian population. Current study aims to translate, adapt and validate the Malay version of 32-item Hypomania checklist by evaluating it in the Malaysian context.

Methods The Malay version of HCL-32 and additional measures were completed by 352 Malaysian adults aged between 18 to 50 years old.

Results The scale has good internal consistency ($\alpha = .80$) and the Cronbach’s alpha for the split half reliability was .76 for Part 1 and .62 for Part 2. Test-retest reliability analysis was conducted on 152 participants in the interval period of 14 days, and the result was $r = .67$. Evidence supported the concurrent, convergent and discriminant validity. Exploratory factor analysis revealed a two-factor structure of active/elated and irritable/risk taking, explaining a total variance of 27.26%.

Conclusion In conclusion, the 32-item HCL Malay version is a valid and reliable instrument for screening hypomania disorder.

Authors: Shivakaaminii, Azly, S. Ahmed, L.

Affiliation: Taylor's University, Malaysia

Title: Adversities Faced by the Malaysian Trans Community in Employment

Abstract:

Objective The human rights abuse faced by the trans community in Malaysia is a topic that deeply resonates with the call for trans rights in a society that continues to marginalize individuals on the basis of questioning integral components of what makes up their true identity. The research question looks into the adversities faced by the trans community in terms of job employment in Malaysia.

Methods Through semi-structured interviews with 13 participants between the ages of 30 to 59, of whom seven were trans men and six were trans women.

Results Using thematic analysis, four themes were identified in relation to both the living experience of a trans individual and the struggles they faced in job employment: (1) the human rights abuse of trans employees; (2) personal perceptions on trans social acceptance; (3) insight of the Malaysian society from the viewpoint of the trans community; and (4) the evolving self-concept of trans employees.

Conclusion These findings highlighted the importance of employing individuals on the basis of qualifications without bias towards gender identity and it further emphasized change that must be brought about in societal perceptions towards the trans community. This analysis also suggested that further research could be conducted with more ethnically diverse participants with a larger age range and of varying education and job scopes.

Authors: Keith Dobson, Savannah Wolf

Affiliation: University of Calgary, Canada

Title: "Myths and Facts" Campaigns are at Best Ineffective and May Increase Mental Illness Stigma

Abstract:

Objective A variety of approaches exist to combat stigma related to mental illness. The "myths and facts" strategy involves the presentation of incorrect ideas or facts, and then debunking these "myths" with factual information. Some research suggests that this strategy may have the unintended effect of increasing the strength of myths, especially after a time delay. The current study evaluated the outcomes of a "Myth and Fact" flyer related to mental health stigma, with and without time delays.

Methods Stigma content was divided into three dimensions: avoidance, perceived danger, and responsibility, and the outcomes of the flyer were assessed within each dimension. A total of 359 university student participants were randomly assigned to one of four groups. All participants reviewed the flyer, and then answered a series of survey questions. Groups were randomly assigned to complete the survey immediately (n = 86) or also with a delay of 30 minutes (n = 93), two days (n = 81), or seven days (n = 99).

Results Internal validity was supported, as there was no statistical significance based on group assignment or participant gender. Outcomes were levels of stigma towards mental illness. The results indicated stigma did not change for the dimensions of avoidance and responsibility, but increased perceptions of danger particularly in the shortest delay group.

Conclusion These results imply that the "Myth and Fact" social marketing strategy is at best ineffective and many actually increase mental illness stigma.

Authors: Umegaki, Y. (1), Watkins, E. (2)

Affiliations:

(1) Faculty of Human Life and Environment, Nara Women's University, Japan

(2) College of Life and Environmental Sciences, University of Exeter, UK

Title: Increasing the Effectiveness of a Minimal-Guided Rumination-Focused Cognitive-Behavioral Therapy Self-help for High Ruminating Japanese Female Undergraduates: Secondary Analysis of Qualitative Data of Participant Experience

Abstract:

Objective Rumination is a significant predictor of depression, anxiety, and other mental disorders. Rumination-focused cognitive-behavioral therapy (RFCBT; Watkins, 2016) is a transdiagnostic approach that directly addresses rumination. Its effectiveness has been demonstrated through multiple randomized controlled trials. Using a mixed-methods case series design, Umegaki et al. (2021) preliminarily demonstrated that a minimal-guided RFCBT self-help significantly reduced rumination, worry, and anxiety. Although their program was attentively developed, this was the first application of RFCBT to a Japanese population. The current study presents the results of a secondary analysis of qualitative data obtained by Umegaki et al. (2021) to investigate potential areas of improvement within the RFCBT self-help program from the participants' perspective.

Methods Participants were Japanese female undergraduates with a high tendency to ruminate or worry. Those who presented severe depression or suicidal thoughts were excluded. Of the 39 found eligible, 13 participants (age: $M = 18.38$, $SD = 1.12$) completed all three volumes of the self-help workbook and was interviewed using semi-structured interviews (25–70 minutes). Verbatim data were analyzed using content analysis. The study design was ethically approved by the NWU ethics committee. (See Umegaki et al. (2021) for further details.)

Results Following content analysis, 52 labels were generated. These were grouped into 15 categories based on semantic similarity. Further, categories were compiled into 5 groups: Difficulty analyzing rumination episodes and variation, difficulty creating If-Then plans, difficulty being self-compassionate, attitudes toward rumination, and general points.

Conclusion The minimal-guided RFCBT self-help program delivered in a workbook format has been found to be feasible and effective in reducing rumination and worry. Further, the results of the present secondary analysis revealed that the program may further increase its effectiveness by including more case vignettes to support functional analysis, explicitly normalizing and validating participant's ruminative behavior, and emphasizing the importance of repeated practice.

Authors: Phramaha Chaloeunkiat Kaewhom, Yasothara Siripaprapagon, Suriya Klangrit

Affiliation: Surindra Rajabhat University, Thailand

Title: The Study of Rituals and Treatment of Thai Kui People

Abstract:

Objective This academic article aims to present 3 issues: (1) to study the beliefs of the Thai Kui people towards healing rituals (2) to study the rituals, procedures and forms of healing rituals of ethnic groups. Thai Kui (3) to analyze the knowledge gained from the healing ritual of the Thai Kui people.

Methods By studying information, documents, textbooks, research books and conducting interviews. The field was then analyzed the content. The Thai Kui group is abundant in the Isan area of Thailand. Have belief in supernatural power and the power of the ancestor's soul and can give you and punish human beings.

Results In the ritual, treatment is an invitation to the soul to perform a ritual treatment. The ceremony will consist of offerings costumes, clothing and food, and folk music. The procedure will focus on the participants in the ritual, namely the spiritual leader. And participants in the ritual and the analysis of knowledge gained from the healing rituals of the Thai Kui group, including ritual therapy, music therapy, ritual dancing, incense and meditation, etc. And the therapeutic importance of this group and can be a guideline for application to develop in an integrated model for treating patients in a scientific format. And can be adapted appropriately to respond to the patient effectively.

POSTER PRESENTATIONS 2

July 6, 2021 | 12:00PM - 2:00PM

Authors: Satoshi O. (1) & Nobuhiro W. (2)

Affiliations:

(1) KINOKO-Club, Japan

(2) International University of Health and Welfare

Title: Applying the Token Economy System as Outpatient Visit Support for Individual With Severe Intellectual Disabilities and Autism Spectrum Disorder

Abstract:

Objective In Japan, there is a welfare service called “assisted-living” as a place for an individual with disabilities who need assistance in daily lives. While some individuals can lead a stable life by attending to assisted-living facility, some individuals have difficulties attending to the facility. In this study, we introduced a token economy system as outpatient visit support for an individual with severe intellectual disability and autism spectrum disorder who have difficulties in attending to assisted-living facility due to sleep disorder and disability characteristics.

Methods Prior to the intervention, the frequency of outpatient visits was 30.7%. In the preliminary assessment, it was found that the subject liked the character “Kamen Rider” in childhood and was collecting cards for that character. In addition, we interviewed with his parents. They had difficulties for using reinforcer because of the client’s particular about items. When he visited assisted-living facility, we gave Kamen Rider cards and he have showed a favorable reaction. According to that information, the social worker created their own Kamen Rider card and adopted it as a reinforcer. Size of Kamen Rider cards is same as original card he once had. We prepared more than a dozen different card patterns, so the card subject could get were different each time. The client was able to obtain a sticker as a token, every time he visited the facility, and when the specified number of tokens were accumulated, he was able to obtain a Kamen Rider card. The number of tokens that could obtained Kamen Rider cards increased from 1 to 2, then 2 to-3, and finally to 6.

Results As a result, the frequency of outpatient visits increased to 65%, nearly doubling compared to prior the intervention.

Conclusion In the discussion, we discussed the usefulness of utilizing the reinforcers affected in the past.

Authors: Mohtaram Rabbani (1)(2), Simin Hosseini (2), Mian Mian Seet (3), Ching Sin Siau (4)

Affiliations:

(1)(2) Alzahra University, Tehran, Iran

(3)UCSI University, Malaysia

(4)Universiti Kebangsaan Malaysia, Malaysia

Title: Mediating Role of Parental Involvement on the Relationship Between Parenting Styles and Academic Achievement Among Primary School Students in Malaysia

Abstract:

Objective This research aims to find out the mediation role of parental involvement on the relationship between parenting styles and academic achievement among primary school students in Malaysia.

Methods

A total of 159 students were drawn from private tuition centers in the Sentul area. Parenting Style Index was utilized to assign families to one of four groups: authoritative, authoritarian, permissive, and indulgent. Pearson’s correlation coefficient matrix was used to test the relationship between parenting styles and academic achievement.

Results There was a positive relationship between authoritative ($r = 0.307$, $p < 0.001$) and authoritarian ($r = 0.224$, $p < 0.001$) parenting style and academic achievement. Conversely, permissive ($r = -0.234$, $p < 0.001$) and indulgent ($r = -0.213$, $p < 0.001$) parenting style was negatively associated with academic achievement. Using SPSS macro discovered that parental involvement fully mediates the relationship between authoritative and authoritarian parenting style and students’ academic achievement. However, parental involvement is not mediating the relationship between permissive and indulgent parenting style and students’ academic achievement.

Conclusion In conclusion, the results of the present study suggested that parents play an important role in influencing a student’s academic achievement. Therefore, it is essential for the parents to understand and gain the knowledge about how the importance of parenting styles and parental involvement affect children’s academic achievement. In this way, the parents can offer better guidance for their children’s academic performance.

Authors: Entezari, Somaye (1), Alavizadeh, S. Mohammadreza (2), Mohammadi Aria, Alireza (3)

Affiliations:

(1) Department of Psychology, School of Humanity Sciences, Shahrood Branch, Islamic Azad University, Shahrood, Iran

(2) Department of Psychology, School of Humanity Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran

(3) Department of Preschool Education, School of Educational Sciences and Social Welfare, University of Social Welfare and Rehabilitation Sciences, Tehran, Iran

Title: Body Dysmorphic Disorder Prevention: A Randomized Control Trial of Cognitive Behavioral Therapy

Abstract:

Objective Body dysmorphic disorder (BDD) is an obsessive-compulsive related disorder; its onset usually begins at adolescence. Most psychologists concern about the clinical signs of mental disorders, hence, the subclinical signs are important in clinical practice. The present study aims to determine the efficacy of cognitive-behavioral therapy (CBT) on body image concern (BIC) and obsessive-compulsive signs (OCS) of adolescent girls with subclinical BDD.

Methods The present study is an experimental study with the pre-test, post-test design. The sample in this study was selected with the purposive sampling method. Participants include 34 high-school girls in the city of Tehran in the 2018-19 academic year. These participants were entered into the assessment stage and after obtaining informed consent, they randomly assigned to the experimental group (CBT) or control group (waiting list). The participants completed the Persian form of the BIC-inventory (Littleton et al. 2005), and the Persian form of the Yale-Brown obsessive-compulsive scale modified for body dysmorphic disorder (BDD-YBOCS) (Philips, et al. 2001) in pre-test and post-test. The experimental group received 10 sessions of group CBT for BDD. Data were analyzed by analysis of covariance (ANCOVA) in the SPSS-26 environment.

Results The results demonstrate that there are significant differences in BICI ($F=7.703$, $p=0.01$; $\eta^2=0.199$) and BDD-YBOCS ($F=29.774$, $p=0.01$; $\eta^2=0.490$) of participants of the CBT group and waiting list group.

Conclusion It can be concluded that CBT is an efficacious treatment for the improvement of BIC and OCS of adolescent girls with subclinical BDD; these findings suggest that CBT has an important preventive effect for BDD among adolescent girls with subclinical BDD.

Authors: Niikawa, Y., Fujino, K., Sugiyama, C., Ina, Y., Kishino, R., Matsusaki, A., & Koseki, S

Affiliation: J. F. Oberlin University, Japan

Title: Predictors of Behavioral Activation for Depression Among Students Affected by the Great East Japan Earthquake

Abstract:

Objective The great earthquake hit the Tohoku region of Japan on March 11, 2011. The present study aimed to investigate behavioral activation factors as predictors of depression among Japanese high school students who experienced the Great East Japan Earthquake.

Methods Two hundred and fifty-three students (51 males, 202 females, M age = 15.2 years, SD = 0.37) who experienced the Great East Japan Earthquake were administered the Center for Epidemiologic Studies Depression (CES-D) scale, the Impact of Event Scale-Revised (IES-R), and the Japanese Version of Behavioral Activation for Depression Scale-Short Form (BADDS-F). A chi-square test of independence was used to compare the difference in scores between the IES-R and CES-D, and a multiple regression analysis was calculated to predict depression based on avoidance and behavioral activation.

Results A chi-square test of independence was calculated to compare the difference in the IES-R and CES-D scores; a significant interaction was found ($\chi^2(1) = 62.25$, $p < .01$). Multiple regression analysis showed that “avoidance” was a significant predictor of depression ($\beta=0.60$, $t(169)=2.10$, $p < .05$), but that “behavioral activation” was not ($\beta=-0.23$, $t(169)=-1.48$, $p=n.s.$). In other words, “avoidance” was significant predictors of depression, but “behavioral activation” was not significant predictors of depression.

Conclusion These findings suggest that, after seven years since the earthquake, intervention is needed to reduce depressive symptoms rather than PTSD symptoms. Specifically, interventions should target “avoidance behavior” to reduce depression. In future studies, cognitive-behavioral factors other than behavioral activation need to be examined.

Authors: Ina, Y., Sugiyama, C., Niikawa, Y., Fujino, K., Kishino, R., Matsusaki, A., & Koseki, S.
Affiliation: J. F. Oberlin University, Japan

Title: Issues and Considerations of Effectiveness in Preventive Support for Anxiety in Children

Abstract:

Objective In this study, we reviewed the main targets of support, techniques used, and results of intervention studies on anxiety in children in Japan using cognitive-behavioral therapy conducted to date. Herein, we focused on trait anxiety, which shows a relatively stable tendency, rather than state anxiety, which tends to change temporarily depending on a specific situation or circumstance.

Methods A Google Scholar search of the literature published in Japan using the keywords “children,” “anxiety,” and “intervention” yielded 10,900 results. Altogether, 5,080 articles were found by searching for “child,” “anxiety,” and “cognitive-behavioral therapy.”

Results Eight papers were chosen as a result of the selection process. Six interventions were targeted at children with high anxiety tendencies, and two interventions were targeted at healthy children who had not been diagnosed with anxiety or similar disorders and did not have high anxiety tendencies. Two of the interventions included cognitive interventions, and six of them combined cognitive and behavioral interventions, using cognitive interventions such as cognitive restructuring and behavioral interventions such as exposure.

Conclusion At present, most anxiety-reduction programs are designed for children with high anxiety tendencies, and there are few programs for children with no signs of anxiety. In this regard, it is important to clarify the intentions of preventive and therapeutic interventions and to structure programs accordingly. In addition, a program that appropriately combines cognitive and behavioral interventions can be expected to be effective. When providing preventive support for childhood anxiety in Japan, it is important to select intervention procedures based on a clear picture of the condition and purpose of the intervention target, and it is also necessary to conduct personal and environmental assessments in order to use cognitive interventions.

Author: Khatijah Taharah Mohamed Shah
Affiliation: Manipal University College Malaysia, Malaysia

Title: Case Study: Using Techniques in Cognitive Behaviour Therapy to Treat Misophonia

Abstract:

Objective Misophonia is an important, yet understudied, psychological condition characterized by feelings of extreme anger and disgust in response to specific sounds. Several promising case studies using cognitive behavioral therapy to treat misophonia have been published, but given the limited work to date, exploring additional treatment options and expanding the potential options available to clients and clinicians remains important.

Methods In order to target the high levels of anger and disgust, a case of Misophonia in a 17-year-old adolescent using 10 (50-min) was treated using individual sessions based on mindfulness, guided imagery, cognitive reconstruction, graded exposure and acceptance-based components drawn from cognitive behavior therapy. In particular, we focused on guided imaginary, cognitive reconstruction and graded exposure.

Results At 3-month follow-up, the client reported no significant difficulties and a continued decline in symptoms. Theoretical rationale and treatment implications are discussed.

Authors: Azimullah, A.A., Jenkins, M. A.

Affiliation: Khalifah Education Foundation & Positive Islamic Psychology Centre, Malaysia

Title: Positive Islamic Cognitive Behavior Therapy (Pi-CBT): Holistic Transcendent Model for Islamic Counseling for Muslims

Abstract:

Objective There are many substantial researches in the field of psychology throughout the world, especially in the top universities. One of the most researched modalities is Cognitive Behaviour Therapy (CBT). Cognitive Behaviour Therapy is now widely used in the treatment of the whole range of psychological problems. It has demonstrated a significant rate of success.

Methods From the Islamic perspective, we are spiritual beings temporarily experiencing a physical existence on this earth. We have outlined the four basic principles of Pi-CBT as: (1) Understanding the Creator and the Created Universe, (2) The Holistic Transcendent Nature of the Human Self, (3) On being the Vicegerent of God in this Universe (Khalifat al-Allah fil ard), (4) Holistic Principles of Human Behaviour and the Laws of Learning. These four principles and approaches are some examples where we can integrate in Positive Islamic Cognitive Behaviour Therapy to other effective psychological treatments and modalities. In Pi-CBT, we essentially do not reinvent the wheel. Rather, we use all the good modalities in Cognitive Behaviour Therapy and its related therapies.

Results Positive Islamic Cognitive Behaviour Therapy can and will extensively use all Islamic principles, way of life, prayers, invocations, contemplation, meditation and all other techniques outlined in our Positive Islamic Psychology handbook, chapter 6. These includes; (a) Practicing basic principles of Islam as a way of life, (b) Practical application of contemplation and meditation to achieve peace, happiness and success, (c) Basic techniques that we can practise: Calm Breathing Focus Technique and Asma al-Husna, (d) Practical application of Inner Speech Dialogue Technique (ISDT).

Conclusion Positive Islamic Cognitive Behaviour Therapy uses all modalities including Cognitive Behaviour Therapy and other current psychological protocols and therapies that can complement the efficacy of Cognitive Behaviour Therapy.

Authors: Adlina Aisya Azham, Nazariah Sharie Janon

Affiliation: Department of Psychology, Kuliyyah of Islamic Revealed Knowledge and Human Science, International Islamic University Malaysia, Malaysia

Title: The Relationship Between Parental Anxiety, Child's Behavioral Inhibition and Child Anxiety

Abstract:

Objective The purpose of this cross-sectional study was to investigate the role of a child's behavioral inhibition in mediating the relationship between parental anxiety and childhood anxiety in the Malaysian context.

Methods Participants were 92 parents (father = 23, mother = 69) of young children aged four to six years old. They completed three measures which were The Beck Anxiety Inventory (BAI), The Preschool Anxiety Scale (PAS) and Behavioural Inhibition Questionnaire (BIQ).

Results Results indicated that there was a correlation between (1) parental anxiety and child anxiety and (2) child's behavioral inhibition and child anxiety, which supported our hypothesis. However, our findings did not provide support for the hypothesis that a child's behavioral inhibition plays a mediating role in the association between parental anxiety and childhood anxiety.

Conclusion Although this study does not illuminate the mediating role of a child's behavioral inhibition, our results still provided a groundwork for the development of a specific early intervention program for young children in Malaysia with childhood anxiety symptoms, with the inclusion of precursors of the presence of parental anxiety and child's behavioral inhibition. Future improvements should focus on recruiting a larger sample size and incorporating the feedback from both father and mother in completing the measures.

Authors: Zaidi, S. A. R., Safdar, F.

Affiliation: University of the Punjab, Lahore, Pakistan

Title: Efficacy of Transgender Affirmative CBT (TA-CBT) to Reduce Minority Stress in Transgender

Abstract:

Objective Transgender Affirmative Cognitive Behavior Therapy (TA-CBT) is an adaptation of Cognitive Behavior Therapy (CBT), based on the minority stress theory (Meyers, 2003). The current research was conducted to find out the efficacy of TA-CBT in reducing minority stress in Transgender.

Methods The sample was collected from Gulshan Ravi and Samanabad (2 areas in Lahore, Pakistan) and comprised of 8 participants. The mean age of the participants was 38 years. They were assessed on the Gender Minority Stress and Resilience Measure (Testa, Habarth, Peta, Balsam & Bockting, 2014), Perceived Stress Scale (Tahira & Kausar, 2013) and Coping Strategies Questionnaire (Kausar & Munir, 2004) on pre-assessment and post assessment level. The group sessions were conducted at the house of the guru (leader) by keeping in mind the comfort of the participants and the safety of the researcher. Total 7 group sessions with the mean duration of 45 minutes were conducted following the treatment protocol given by Craig and Austin (2014).

Results and Conclusion

The results of the non-parametric test (Wilcoxon Signed Ranks Test) indicated that TA-CBT was effective in reducing the minority stress and improved the coping strategies used by the participants.

Authors: Watanabe, A. (1), Ito, D. (2)

Affiliations:

(1) Joint Graduate School in Science of School Education, Hyogo University of Teacher Education, Japan

(2) Department Clinical Psychology, Hyogo University of Teacher Education, Japan

Title: Analyzing the Association Between Mindfulness and Perceptions of Symptoms in Post-Traumatic Stress Disorder

Abstract:

Objective In recent years, research has focused on establishing the effectiveness of mindfulness-based training as a new treatment for post-traumatic stress disorder (PTSD) (ex. Jasbi et al., 2018). However, there is a significant lack of research on the particular mechanisms through which mindfulness improves PTSD symptoms. For instance, the relationship between mindfulness and cognitive factors associated with PTSD is unclear. Furthermore, while previous research has shown that negative perceptions of one's posttraumatic stress symptoms have a negative impact on symptoms (Ito, 2013), the relationship between such perceptions and mindfulness has not been clarified. Therefore, the aim of the present study was to examine the association between mindfulness and perceptions of PTSD symptoms.

Methods A questionnaire survey consisting of the Trauma Experience Questionnaire (Sato & Sakano, 2001), the Post-Traumatic Stress Disorder Checklist (PCL; Weathers et al., 2013), the Mindful Attention Awareness Scale (MAAS ; Brown & Ryan, 2013), the Cognitive Fusion Questionnaire (CFQ ; Gillanders et al., 2014) and the Negative Appraisal for post-traumatic stress symptoms (NAP ; Ito, 2013) was administered on 885 university students (381 males, 496 females, 7 unknown, mean age 20.46 ± 3.45 years) . Data from 254 students (106 males, 147 females, 1 unknown, mean age 21.17 ± 4.40 years) (who had experienced trauma with posttraumatic stress) were subjected to correlation analysis. This study was approved by the appropriate ethics review board and informed consent was obtained from the participants.

Results Results revealed a weak negative correlation between scores on MAAS and NAP ($r = -.36, p < .01$). A moderate positive correlation was found between scores on CFQ and NAP ($r = .57, p < .01$).

Conclusion It can be concluded that increased mindful awareness and attention as well as reduced cognitive fusion may be associated with reduced negative cognitions, which can otherwise worsen PTSD symptoms.

Authors: Sasaki, A (1), Saito, J. (2)

Affiliations:

(1) Kokoro no Mori Shinjuku Clinic, Japan

(2) Comprehensive Research Organization, Waseda University, Japan

Title: The Role of Therapeutic Alliance in Cognitive Behavior Therapy -A Systematic Review

Abstract:

Objective Therapeutic alliance (TA) has been maintained as an essential element in cognitive behavior therapy (CBT). However, TA frequently receives less attention compared with CBT techniques and the process of quantifying change mechanisms. The present study aims to explore the role of TA in CBT for adult patients with depression, especially in the early phase of therapy, through a systematic review.

Methods A systematic literature search was conducted according to the PRISMA statement (Moher et al., 2009). The electronic databases, such as PubMed (from 1953 to September 2020), MEDLINE (from 1953 to September 2020), PsycINFO (from 1971 to November 2020), and CiNii (from 1953 to December 2020), were searched. Search terms related to TA, CBT, and depression were used. A total of 25 articles assessing TA in the early phase of therapy were selected, in which 18 articles indicated a relationship between TA and depressive symptoms, whereas 7 articles did not. Among the selected 25 articles, 4 articles focused on the first three to five sessions of therapy. Their results showed that CBT techniques, not TA, influenced the improvements in depression symptoms. Two out of the four articles indicated that TA was partially related to depressive symptoms.

Results Evidence that CBT techniques facilitate improvement especially in the early phase of therapy was found, whereas a number of articles selected in the study indicated that TA was related to symptom improvement. However, from a clinical sense, the early establishment of TA would arguably serve as an essential context for CBT interventions to function.

Conclusion Further research should be conducted to examine whether it is appropriate to compare TA and CBT techniques as equivalent elements. Employing a study design that set TA as a moderator may reveal its role in CBT. Hence, such future studies are encouraged.

Authors: Matsusaki, A., Sugiyama, C., Niikawa, Y., Fujino, K., Ina, Y., Kishino, R., Koseki, S.

Affiliation: J.F.Oberlin University, Japan

Title: Psychological Processes of Self-Diagnosis of Depression Using the Internet

Abstract:

Objective The improvement of mental health literacy has become an important issue. In this study, we focused on self-diagnosis using the Internet and aimed to examine the psychological processes of depression associated with self-diagnosis through qualitative research. Although previous studies have shown the reliability and validity of self-diagnosis of mental illness and developmental disorders on the Internet, no previous study has focused on the psychological process of self-diagnosis. Therefore, this study was conducted to clarify the psychological processes of users who felt some kind of discomfort and conducted self-diagnosis using the Internet.

Methods The method used was qualitative research. Specifically, we conducted one-hour interviews with people who had actually used self-diagnosis on the Internet and analyzed the data using M-GTA. The research collaborators were female university students who had actually received a diagnosis of depression at a medical institution. This study was conducted after obtaining the consent of the participants.

Results As a result of the analysis, 12 categories were found among the research participants who had been diagnosed. The research participants were suspicious of self-diagnosis on the Internet, but at the same time, they considered self-diagnosis on the Internet to be a familiar tool and used it to confirm and reconfirm their own symptoms and to seek reasons for their symptoms before seeing a doctor.

Conclusion These results suggest that self-diagnosis on the Internet can help those who feel that their symptoms are severe enough to require medical attention to recognize their own symptoms again and, as a result, promote their behavior to seek medical attention. The results of this study suggest that, in the ever-expanding Internet society, self-diagnosis using the Internet can directly lead to the welfare of clients if it becomes one of the tools that can be used by various people in a more familiar and safe manner. The present study has clinical psychological significance in that it can provide an important finding for this purpose.

Authors: Chihiro Moriishi (1), Maho Kadooka (2), Hironori Shimada (3)

Affiliations:

(1)Graduate School of Human Sciences, Waseda University, Saitama, Japan

(2)School of Human Sciences, Waseda University, Saitama, Japan

(3)Faculty of Human Sciences, Waseda University, Saitama, Japan

Title: Effects of Traumatic Experiences on Negative Cognitions and Interpersonal Styles

Abstract:

Objective Negative cognitions and associated interpersonal style changes following negative traumatic experiences have been identified as factors maintaining post-traumatic stress disorder (PTSD) and post-traumatic stress response (PTSR; Ehlers & Clark, 2000). However, these factor's types and relationships have not been sufficiently examined. We aimed to examine the relationship between traumatic experiences, negative cognitions, and interpersonal styles.

Methods A total of 892 participants (males, 480; females, 412; mean age, 46.7±13.3; valid response rate, 89.2%) completed a Web-based questionnaire (Traumatic experiences, Posttraumatic cognitions, and Interpersonal styles; TEG-3). The study protocol was approved by the local ethical committee.

Results Regarding the relationship between traumatic experiences and negative cognitions, fatal traumatic experiences were associated with higher self and world- related negative cognitions than non-fatal traumatic experiences (all $ps < .01$). Additionally, one's own traumatic experiences were associated with higher self and world-related negative perceptions and higher levels of self-blame than others' traumatic experiences (all $ps < .01$). Next, regarding the relationship between traumatic experiences and interpersonal styles, one's own traumatic experiences had lower Critical Parent (CP), Nurturing Parent (NP) and higher Adapted Child (AC) compared to others' traumatic experiences (all $ps < .01$).

Conclusion The results of this study indicate that negative cognitions and interpersonal styles differ depending on the type of traumatic experience, and that PTSD and PTSR may occur regardless of the lethality of the traumatic experience. Examining the effects of negative cognitions and interpersonal styles on PTSD and PTSR post traumatic experiences regardless of their lethality is necessary.

Authors: P.Z. (1), C.W. (1), N.Z. (1), M.L. (1), H.Y. (1), Y.W. (1), Q.W. (1), Y.H. (1), C.Z. (1), K.Y. (2), X.J. (3), J.L. (4), Y.L. (5), X.W. (6), Y.L. (7), Y.S. (8), G.L. (9), X.W. (10), S.W. (11), G.L. (12), J.H. (13), Y.L. (14), P.Z. (15)

Affiliations:

(1) The Affiliated Brain Hospital of Nanjing Medical University, China (2) The Third Hospital of Mianyang (3) Gansu Gem Flower Hospital (4) Tianjin Anding Hospital (5) Xuzhou Oriental People's Hospital (6) The Third Affiliated Hospital of Sun Yat-sen University (7) Suzhou Wujiang Mental Rehabilitation Hospital (8) Shanxi Provincial People's Hospital (9) Brain Hospital of Hunan Province (10) Mental Health Center of Xi'an City (11) The First People's Hospital of Changzhou (12) The 904th Hospital of the People's Liberation Army (13) The First Affiliated Hospital Zhejiang University of Medical (14) West China Hospital of Sichuan University (15) Zhenjiang Mental Health Center

Title: The Status Survey of Non-Suicide Self-Injury Behavior in Outpatients and Inpatients in Psychiatry Department in China

Abstract:

Objective Non-suicidal self-injury (NSSI) is more and more prevalent among patients in psychiatry department. These behaviors have brought serious troubles to patients and their families and become a serious public health issue requiring immediate attention. The aim of this study was to investigate the prevalence of NSSI behavior among psychiatric patients.

Methods A two-week multicenter cross-sectional survey was conducted in 15 specialized psychiatric hospitals or general hospitals (includes outpatients and inpatients) in 14 cities in 8 provinces of China. DSM-V diagnostic criteria were used to investigate the NSSI behavior of all patients who came to the psychiatry department and met the diagnosis of mental disorders.

Results A total of 3,298 psychiatric patients were included in the study. The prevalence of NSSI behavior was 6.8% in outpatients and 6.5% in inpatients. There were significant differences in the prevalence of NSSI behavior among different age groups. The highest prevalence of NSSI behavior was found in adolescents aged 13-17 years, followed by young people aged 18-22 years, which was significantly higher than other age groups. The prevalence of NSSI behavior of female was significantly higher than male. The prevalence of NSSI behavior of patients with borderline personality disorder was significantly higher than other diagnostic groups.

Conclusion The prevalence of NSSI behavior in psychiatric patients is high, especially in the adolescents, which requires the joint efforts of society, family, and medical institutions to reduce the occurrence of NSSI behavior.

Authors: M. L. (1), C.W.(1), N.Z. (1), P.Z. (1), H.Y. (1), Y.W. (1), Q.W. (1), Y.H. (1), C.Z. (1), K.Y. (2), X.J. (3), J.L. (4), Y.L. (5), X.W. (6), Y.L. (7), Y.S. (8), G.L. (9), X.W. (10), S.W. (11), G.L. (12)

Affiliations:

(1) The Affiliated Brain Hospital of Nanjing Medical University,China (2) The Third Hospital of Mianyang (3)Gansu Gem Flower Hospital (4) Tianjin Anding Hospital (5)Xuzhou Oriental People's Hospital (6)The Third Affiliated Hospital of Sun Yat-sen University (7) Suzhou Wujiang Mental Rehabilitation Hospital (8) Shanxi Provincial People's Hospital (9) Brain Hospital of Hunan Province (10) Mental Health Center of Xi'an City (11) The First People's Hospital of Changzhou (12) The 904th Hospital of the People's Liberation Army

Title: A Multicenter DBT Intervention Study for Non-Suicide Self-Injury Behavior in China

Abstract:

Objective Explore the effect of dialectical behavior therapy skills training (DBT-ST) on non-suicidal self-injury (NSSI) patients with different mental illnesses.

Methods 185 patients meeting the NSSI criteria were included in multi-center, randomized, double-blind, clinically controlled intervention trial. A total of 13 weekly group psychotherapy sessions of either DBT-ST or social support group psychotherapy (SSGT) were conducted. Two groups took conventional medications corresponding to their mental illnesses. Use simple self-harm behavior questionnaire, simple suicide behavior questionnaire, hamilton depression scale (HAMD), mood disorder questionnaire and borderline symptom list 23-items (BSL-23) before and after psychotherapy to evaluate enrolled patients' self-harm behavior, suicide behavior, mood, and borderline personality symptoms.

Results (1) There were no significant differences between the two groups at baseline in general demographic and disease characteristics. No significant differences between the two groups in dropout. (2) At the end of the 13-week psychotherapy, the self-harm thoughts and behaviors, suicidal ideation and behaviors, HAMD, BSL-23 and mood disorder scores of the DBT-ST group were significantly lower than those in the baseline, the self-harming thoughts and behaviors, suicidal ideation and behavior, and HAMD scores of patients in the SSGT group were compared with baseline significantly reduced. (3) Before and after the intervention, the scores of self-harm, BSL-23 and mood disorders in the two groups were significantly higher in the DBT-ST group than in the SSGT group.

Conclusion DBT-ST and SSGT combined with conventional psychiatric medication can reduce self-harm thoughts and frequency, suicidal thoughts and frequency, and depressive symptoms of NSSI patients. DBT-ST can reduce self-harm behavior, borderline personality and mood disorders in patients Has a better curative effect.

Authors: Y.H. (1), C.W. (1), N.Z.(1), C.Z.(1), M.L.(1), P.Z.(1), H.Y.(1), Y.W.(1), Q.W.(1), K.Y.(2), X.J.(3), J.L. (4), Y.L.(5), X.W.(6), Y.L.(7), Y.S.(8), G.L.(9), X.W.(10), S.W.(11), G.L.(12)

Affiliations:

(1)The Affiliated Brain Hospital of Nanjing Medical University: 264 Guangzhou Road, Gulou District, Nanjing City, Jiangsu Province, China (2)The Third Hospital of Mianyang (3) Gansu Gem Flower Hospital (4) Tianjin Anding Hospital (5) Xuzhou Oriental People's Hospital (6) The Third Affiliated Hospital of Sun Yat-sen University (7) Suzhou Wujiang Mental Rehabilitation Hospital (8) Shanxi Provincial People's Hospital (9) Brain Hospital of Hunan Province (10) Mental Health Center of Xi'an City (11) The First People's Hospital of Changzhou (12) The 904th Hospital of the People's Liberation Army

Title: How DBT Improve the Brain: A Neuroimaging Study on DBT for Non-Suicide Self-Injury Behavior in China

Abstract:

Objective Dialectical behavior therapy group skills training (DBT-ST) has demonstrated efficacy in reducing non-suicidal self-injury (NSSI) behavior, but little is known about structural and functional brain changes in NSSI patients after DBT-ST.

Methods Eighty-four NSSI patients were randomly divided into DBT-ST group and social support group psychotherapy (SSGT) group. T1-weighted and functional magnetic resonance images (fMRI) during resting-state were acquired at pre-treatment and post-treatment. Structural and functional brain changes were assessed with repeated measures ANOVA 2×2 for group x time interaction.

Results During resting-state fMRI, the DBT-ST group showed no significant differences in brain activation compared to the SSGT group. The DBT-ST group showed increased brain activation in some occipital and limbic areas and decreased brain activation in some prefrontal and limbic areas at post-treatment compared to pre-treatment. The DBT-ST group showed significantly increased gray matter volume in some prefrontal areas compared to the SSGT group. Significant structural changes in many cortical and subcortical areas were found in the DBT-ST group between pre- and post-treatment.

Conclusion This randomized controlled trial suggests that DBT-ST can produce significant structural and functional changes in NSSI patients and adds evidence to the efficacy of DBT-ST in the treatment of NSSI behavior.

Authors: Beneton, E. R., Godoy, P. P., Rossa, I., Silva, M. D., Andretta, I.
Affiliation: Universidade do Vale do Rio dos Sinos - UNISINOS, Brazil

Title: Social Skills and Their Association With the Types of Twitter Use by College Students

Abstract:

Objective Social Skills (SS) comprise a repertoire of behaviors emitted by individuals, which contribute to the establishment of successful interpersonal relationships and are a protective factor in the university context. Furthermore, it is known that this population is a great user of social media, which enable virtual social interactions, Twitter being one of them, and its use can be active (with interaction) or passive (without interaction). The relationships between HS and types of use are not yet consolidated in the literature, therefore, the objective was to evaluate the association between ten HS factors and the types of Twitter use by undergraduates of a private university in Rio Grande do Sul.

Methods The sample was stratified randomized (n=381), mostly female (72.03% n=273) with a mean age of 23.9 years (SD=6.81) and mostly single (87.83% n=332). This is a cross-sectional associative and quantitative study. Social Skills Questionnaire (CHASO) and Questionnaire of sociodemographic data and social media use were used.

Results Through Pearson's correlation, a significant positive association ($p < 0.005$) was found between active Twitter use and the skill factors: F1- interacting with strangers; F2- expressing positive feelings; and F3- facing criticism, F3 showed a positive association with both active and passive use.

Conclusion We conclude that these students use Twitter in a positive way, using the tools to establish healthy social interactions and get support to face the academic demands. In addition, Twitter becomes a field for exposure and practice of HS, also considered fundamental in the offline interpersonal relationships of college students. It is suggested that these results can be explored and used as data for future clinical interventions, since social networks can be a powerful tool for quality social interaction, from the training of skills through interventions such as gradual social exposure.

Authors: Tobing, H., Rohana, E.T., Kusnaldi, E.
Affiliation: Faculty of Medicine, University of Indonesia, Indonesia

Title: Case Report: Transference as an Important Part of a Successful Cognitive Behavioral Therapy on Depression With Obsessive Thought

Abstract:

Objective Transference in Cognitive Behavioural Therapy (CBT) has an important role for the success of the therapy. CBT has proposed that the therapeutic relationship reflects interpersonal schemas, earlier attachment problems, emotional processing, failures in validation and compassion, and variety of non-compliance. Although not usually part of the obvious language of CBT, examination of the cognitions and perception related to the therapist, is an integral part of a successful CBT program.

Methods Our patient had watched pornography for eight years, being abstinence for two years and became guilty after hearing spiritual sermon. He then came to outpatient clinic with chief complain of an obsessive thought about killing his mother, excessive guilt and sexual themed thoughts. He accommodates those thoughts with excessive masturbation and avoiding social interactions. Patient diagnosed with severe depressive with psychotic symptoms and treated with psychopharmacologic treatment along with CBT approach to reduce the obsessive thought and maladaptive behaviour. Through the intake phase the patient show better compliance and transference towards the therapist. He gives gifts often, saying thank you, idealizing and praising the therapist repeatedly.

Results As the therapy goes by, the therapist realized that the transference was emerge from his internal psychological world regarding the actual need of mother presence to help him resolve his problem. Acknowledging this guides the therapist to take a good enough mother figure, while using Socratic dialogue and self-monitoring. As the alliance shape up, his obsessive thoughts and guilt are reducing and he continue to learn new adaptive behaviour like social skills and self-distraction ability in daily basis through therapy.

Authors: Takahashi, E. (1)(2) & Katsuragawa, T. (2)

Affiliations:

(1) Research Fellow of the Japan Society for the Promotion of Science (RPD)

(2) Faculty of Human Sciences, Waseda University, Japan

Title: Development of a Scale to Measure Emotional Distress of Body Image in Japanese Adult Women and its Relation to Psychosocial Factors

Abstract:

Objective This study aimed to develop a scale to measure emotional distress regarding individual's physical appearance and reveal psychosocial factors that influenced attitudinal body image in Japanese women.

Methods An online questionnaire survey was conducted with 674 women. In total, there were 663 valid responses (age range = 18-59 years, mean age = 34.7 years, SD = 13.1), of which 372 women participated in a retest (age range = 25-59 years, mean age = 41.5 years, SD = 10.1). The authors developed a 13-item single-factor structure scale ($RMSEA = .049$, $SRMR = .008$) to measure body image distress in Japanese women in their late 20s or late 50s. The scale's internal consistency ($\alpha = .97$) and test-retest reliability were high ($r = .70-.75$, $ps < .001$).

Results Examining concurrent validity, results showed that body image distress scores were significantly associated with body dissatisfaction ($r = .69-.73$, $ps < .001$), psychological distress ($r = .45-.56$, $ps < .001$), and self-esteem ($r = -.50-.60$, $ps < .001$) scores. Age, marital status, parenting experiences, and job status significantly influenced several facets of attitudinal body image. Marital status and living area significantly affected psychological well-being. No psychosocial factors significantly influenced body mass index.

Conclusion The authors developed a scale to measure body image distress in Japanese women in their late 20s or late 50s with substantial reliability and validity. Japanese women aged 18-24 years old experienced more negative body image than women aged 45-59 years old. Marital and parenting experiences positively influenced attitudinal body image. Working women reported higher abnormal eating tendencies than housewives. Married women and women who live in north central Japan reported higher psychological well-being than unmarried or women who live in western part of Japan. We also discuss protective factors of negative body image attitudes.

Authors: Ji, E.-H., Cho, Y.-R.

Affiliation: Department of Psychology, Hallym University, Korea

Title: Factor Structure and Other Psychometric Properties of the COVID Stress Scales (CSS) in a Korean Sample of Adults

Abstract:

Objective One of the key tasks in promoting public mental health in the Covid-19 Pandemic era is to develop measures of psychological distress responses to the Covid-19. In this regard, the recently developed 36-item COVID Stress Scales (CSS) deserve attention in terms of research and clinical practice. The current study was conducted to examine the factor structure, internal consistency, convergent, and discriminant validity of the CSS in a Korean sample of adults.

Methods Five hundred twenty-seven Korean adults completed questionnaire packets online. Based on the original conceptualization and factor structure of the CSS reported by the original authors and one previous study, confirmatory factor analysis was applied to compare and evaluate the fit of the three factor models: 5-factor model, 6-factor model (36 items) and 6-factor model (34 items). Next, we examined the internal consistency, convergent, and discriminant validity.

Results CFA indicated that the 6-factor model (36 items) provided the best fit to the data. The 6 factors are danger fear, fears about economic consequences, xenophobia, contamination fear, traumatic stress symptoms, and compulsive checking and reassurance seeking. The six scales of the CSS had good or adequate internal consistency. Correlations of the CSS with conceptually same or similar measures were significantly stronger than those with conceptually distinct measures, thus providing support for the convergent and discriminant validity of the CSS.

Conclusion These results suggest that the six scales of the CSS are reliable and valid measures of various stress- and anxiety-related responses to COVID-19 experienced by Asians, especially Korean adults.

Authors: Da Luz, F.Q. (1)(2), Hay, P. (3), Sainsbury, A. (4), Teixeira, P. (1), Cordás, T. (1)

Affiliations:

(1) University of São Paulo, Eating Disorders Program (AMBULIM), Faculty of Medicine, SP, Brazil

(2) The University of Sydney, Boden Collaboration for Obesity, Nutrition, Exercise & Eating Disorders, Charles Perkins Centre, NSW, Australia

(3) Translational Health Research Institute (THRI), School of Medicine, Western Sydney University, NSW, Australia

(4) The University of Western Australia, Faculty of Science, School of Human Sciences, WA, Australia

Title: Development of an Improved and Accessible Online Treatment Program for People With Binge Eating Disorder and Co-Morbid High BMI: Study Protocol

Abstract:

Objective Eating disorders, particularly binge eating disorder (BED), are very common in people with a high BMI. This is problematic, as people with BED as well as a high BMI are at higher risk of health complications than people with either condition alone. A new treatment that combines cognitive behavior therapy (CBT) and behavior weight loss therapy – the HAPIFED program – has been developed. This program – as originally developed – includes 30 sessions of therapy. However, this extended treatment duration is time-intensive, which makes it expensive and potentially unfeasible for many people with time constraints. Thus, it is important to develop and test a short and online version of the HAPIFED program.

Methods This study compares an online short version of the HAPIFED program (i.e., 12 sessions of therapy) versus usual care, CBT in simultaneously treating BED and reducing BMI. One hundred participants with BED, BMI > 27 kg/m² and < 45 kg/m², and 18 years of age or older, will be randomized to online group treatment with either the short-version of the HAPIFED program or a short-version CBT program. Eating disorder behaviors, BMI, mental health, and quality of life will be assessed at baseline, as well as at 12, 24 and 36 weeks after treatment commencement, with the study powered for our primary outcome/hypothesis of lower weight in HAPIFED than in CBT at 36 weeks.

Expected Results The outcomes of this study will inform the effectiveness of a new integrated, accessible, and more time-efficient therapy for people with BED and comorbid high BMI.

Authors: Liu, T. (1), Zhou, W. (2), Chen, Y. (3), Li, H. (2)

Affiliations:

(1) Beijing University of Chinese Medicine, Beijing, China

(2) Institute of Move to Emptiness Technique Counselling Centre, Beijing, China

(3) School of Psychology, Nanjing Normal University, Nanjing, China

Title: Move to Emptiness Technique: A Chinese Localized Mind-body Therapy Technique for CBT

Abstract:

Objective The Move to Emptiness Technique is a localized mind-body therapy technique that integrates CBT techniques with traditional Chinese cultivation techniques. This paper focuses on the development of MET from its germination period, through its formation and maturation.

Methods The paper summarizes the following characteristics of the Technique of Move to Emptiness: integration of East and West, the possibility of addressing both psychological and physical symptoms, the application of figurative thinking, the achievement of a ‘void’ state where there is no perceived problem, addressing the symptoms themselves directly without asking for a course or diagnosis, the emphasis of the initiative and autonomy of clients, and the therapeutic relationship that is both counsellor-led and client-centred.

Results and Conclusion It is hoped that this technique will contribute Chinese wisdom to solving the psychosomatic disorders of the Chinese people, the Asian people and even the people of the world, and contribute Chinese creativity to the Asian and world psychotherapy community.

Authors: Yoshitsugu, H., Kishino, R., Sugiyama, C., Koseki, S.
Affiliation: Earth-kids, Inc., Japan

Title: Using Behavioral Theory to Examine Core Competencies Required to Support Children With Developmental Disabilities

Abstract:

Objective Previous studies have reported the effectiveness of behavioral theory programs for training supporters of children with developmental disabilities. Conversely, previous studies have reported that although the training programs were implemented, receiving help from supporters did not necessarily increase adaptive behavior in the children. One reason may be that the knowledge and skills required of supporters remain unclear. In this paper, we review the literature on training programs to help build a specific training system and clarify the core competencies required of supporters.

Methods The following core competencies were compiled by extracting seven papers: knowledge to analytically understand behavior; functions of behavior; developmental disorders; and skills to manipulate behavior, such as how to provide prior stimuli, prepare the environment, and provide reinforcing stimuli. Furthermore, these core competencies were reinforced with video feedback and case studies.

Results However, some training programs only highlighted its effects on the supporters without measuring its effects on children. Therefore, in future programs, we will devise procedures for acquiring these core competencies and focus on whether they actually function in acquiring children's adaptive behavior in addition to acquiring appropriate supportive behavior for them.

Conclusion Establishing a training system is expected to ensure quality support for children with developmental disabilities.

Authors: Syabirah, H., Kannan, Y.A., Arief, A., Sofia, W.N., Jiayi, L., Qin, R.C.Q., Selyan, E. N., Nisha, F.
Affiliation: Taylor's University, Malaysia

Title: Expectations Vs. Reality: Unrealistic Portrayals of Love in Films and its Effects on Real Life Relationship Dynamics and Understanding

Abstract:

Objective This research explored the effects of unrealistic portrayals of love in films on real life relationship dynamics and relationship understanding.

Methods The study was conducted by examining the relationship experiences of 21 participants in comparison to four of the common romantic ideals depicted in films: unrequited love, one perfect partner, unlikely pairings, and marriage as the end goal. Virtual interviews were conducted in which participants were asked a series of questions ranging from the topic of relationship experiences to romantic film ideals. With our research being a qualitative one, we employed an interpretivism paradigm when designing and writing this research. An IPA method of analysis was employed, and the codes were analyzed using the KWIC method where repetitive keywords under a context were grouped together, from which subthemes were constructed.

Results Results of the interviews found that participants were not directly influenced by films and its idealistic content, however, on the basis of the Cultivation Theory (Gerbner, 1958) and the Social Cognitive Theory (Bandura, 2001) it was concluded that the unrealistic romantic tropes that are frequently shown in films can influence film viewers.

Conclusion Further studies can benefit from the multifaceted relationship experiences collected through the present study by exploring other forms of influences on relationship dynamics and understanding such as that of absence of romantic experiences, books, social media, as well as family and friends.

Authors: Hikari Takashina (1)(2), Masako Tanabe (3), Satsuki Ueda (3), Keiko Takemori (3), Yumi Kaneyama (3), Shuntaro Aoki (4), and Hiroshi Sato (5)

Affiliations:

(1) Medical Corporation Yamauchi Clinic, Japan

(2) National Center for Cognitive Behavior Therapy and Research, National Center of Neurology and Psychiatry, Japan

(3) Graduate School of Humanities, Kwansei Gakuin University, Japan

(4) Center for Medical Education and Career Development, Fukushima Medical University, Japan

(5) School of Humanities, Kwansei Gakuin University, Japan

Title: COVID-19 and Depression: Behavioral Activation as a Protective Factor for Depressive Symptoms

Abstract:

Objective This study aimed to examine relationships among activation, positive reinforcement frequency, and depressive symptoms amid the environment of the COVID-19 outbreak.

Methods The survey was conducted in early August 2020 with 504 Japanese residents. It included the Japanese version of the Behavioral Activation for Depression Scale (BADs-J), the Japanese version of the Reward Probability Index (RPI-J), and the Quick Inventory of Depressive Symptomatology Self-Report Japanese version (QIDS-SR-J). A corresponding t-test was performed to examine the score differences for each variable before (retrospective) and after (August 2020) the COVID-19 outbreak in Japan.

Results The score of the activation factor of the BADs-J ($t=-3.12, p<.01$) and the scores of subfactors of the RPI-J (amount of reward: $t=-2.53, p<.05$, environmental suppressors: $t=-4.81, p<.001$, reward skill: $t=-2.16, p<.05$) significantly decreased after the COVID-19 outbreak. Contrastingly, the QIDS-SR-J score ($t=10.94, p<.001$) significantly increased. Next, a mediation analysis was conducted with the activation factor of the BADs-J (retrospective) as the independent variable, the subfactors of the RPI-J (retrospective) as the mediating variable, and the QIDS-SR-J (present) as the dependent variable. In mediation analysis, the mediation effects of environmental suppressors (indirect effect $=-.11$, 95% confidence interval (CI) $[-0.15, -0.08]$) and reward skill (indirect effect $=-.03$, 95% CI $[-0.05, -0.00]$) were significant, while the mediation effect of the reward amount (indirect effect $=-.01$, 95% CI $[-0.04, 0.03]$) was not significant.

Conclusion Although the total effects of activation on depression were significant (estimate $=-.15$, 95% CI $[-0.20, -0.10]$), the direct effects of depression from activation when controlling for RPI-J were not significant. Therefore, these mediation effects were in a fully mediated model.

Author: Hirokazu, F.

Affiliation: Naruto University of Education, Japan

Title: Cognitive-Behavioral Factors Associated with Symptoms of Atypical Depression: A Cross-Sectional Study

Abstract:

Objective Although cognitive-behavioral therapy has been recommended as a method of psychological support for atypical depression (Jarret et al., 2006), the cognitive-behavioral factors associated with the symptoms of atypical depression have not been clarified. The purpose of this study was to identify the cognitive-behavioral factors associated with symptoms of atypical depression.

Methods University students were asked to respond to the following survey materials; (1) demographics, (2) Global Scale for Depression, (3) Automatic Thoughts Questionnaire-Revised (ATQ-R), (4) Behavioral Activation for Depression Scale-Short Form (BADs-SF), and those who had symptoms of atypical depression were selected for analysis. Spearman's rank correlation coefficients were calculated for each scale score, and the relationship between symptom severity and cognitive-behavioral variables was examined. This study was approved by the Research Ethics Review Committee of the presenter's institution.

Results 14 participants were classified as "atypical depression" according to their GSD scores ($14 / 174 = 8.0\%$). In subjects classified as atypically depressed, the ATQ-R subscales of "negative self-evaluation" and "negative evaluation of the future" were found to be significantly positively correlated with depressive symptoms (negative self-evaluation: $r_s = 0.72, P = 0.01$; negative evaluation of the future: $r_s = 0.67, P = 0.02$). On the other hand, positive thinking, a subscale of the ATQ-R, and activation and avoidance behaviors, subscales of the BADs-SF, were not significantly correlated with depressive symptoms ($P_s > 0.05$).

Conclusion The results of this study revealed that cognitive variables such as "negative self-evaluation" and "negative evaluation of the future" were associated with the symptoms of atypical depression. In order to improve the effectiveness of psychological support for atypical depression, it is necessary to clarify the psychological variables that contribute to symptom maintenance and to develop a comprehensive model that can explain symptom maintenance.

Authors: Abdul Khaiyom, J.H. (1), Abdul Aziz, A. F.(1), Md. Rosli, A. N. (2), Bahri, C. A. (3), & Abdullah, N. S. T. (4)

Affiliations:

(1) Department of Psychology, Kulliyah of Islamic Revealed Knowledge and Human Sciences, International Islamic University of Malaysia

(2) Department of Psychiatry, Kulliyah of Medicine, International Islamic University Malaysia

(3) Department of Usul al-Din and Comparative Religion, Kulliyah of Islamic Revealed Knowledge & Human Sciences, International Islamic University Malaysia

(4) Faculty of Language, Al-Madinah International University

Title: Development and Pilot Study of An Islamic Psychospiritual Acceptance and Commitment Therapy- Based Prevention Program for At-Risk Young Adults in the COVID-19 Pandemic

Abstract:

Objective Young adults in Malaysia are at high risk of psychological distress. Despite rising mental health concerns in the ongoing pandemic, limited efforts have been initiated to address this issue, and none have catered to the religio-cultural characteristics of Malaysia's Muslim majority population. This study aims to describe and report the development and pilot study of an online modular prevention program based on Acceptance and Commitment Therapy (ACT) featuring integrated elements of Islamic spirituality (*i-ACT for Life™*).

Methods An existing WHO ACT-based module was adapted with the help of expert guidance to include elements of Islamic spirituality as well as to fit the study's context. The prevention program consists of five weekly modules (Grounding, Unhooking, Acting on Values, Being Kind, and Making Room) that each corresponds to an ACT core process, and was designed for delivery through web-based instant messaging platforms. Five Malaysian university students were conveniently sampled for a one-week condensed pilot run of the prevention program. Participants completed outcome assessments at pre-, mid-, and post-intervention, and rated the acceptability, appropriateness, and feasibility of each module and the overall prevention program.

Results Descriptive analyses showed a decrease in participants' anxiety, stress, and depression, and an increase in psychological flexibility, self-compassion, and resilience. Participants rated each module favourably, with the overall program receiving high ratings of acceptability ($M=4.50$, $SD=0.35$), appropriateness ($M=4.60$, $SD=0.38$), and feasibility ($M=4.8$, $SD=0.33$). Qualitative feedback revealed that *i-ACT for Life™* was helpful for the participants and was successful in achieving program objectives.

Conclusion Despite a small sample size, results of the pilot study indicate that the prevention program was highly accepted, appropriate, and feasible, and may support a full-scale 5-week implementation for prevention of psychological distress in Malaysian young adults during the pandemic.

Authors: Jeongae, K., Tanaka, T., Chihiro, Y., Arata, H.

Affiliation: Niigata University, Japan

Title: Cognitive Behavioral Therapy for 10 Persistent Postural Perceptual Dizziness Patients

Abstract:

Objective Persistent Postural Perceptual Dizziness (PPPD) is a dizziness disorder newly included in ICD-11 (2018). PPPD is diagnosed by the presence of one or more floating, unstable, or non-rotating dizziness almost every day for more than 3 months, and is worsened by standing posture, walking, active or passive movement, moving objects, or complex visual stimuli. Although cognitive-behavioral therapy is suggested to be effective in treating chronic vertigo (Schmid, Henningsen, Dieterich, et al., 2011), which is the precursor of PPPD, there are few reports on its practice for PPPD. Therefore, in this study, we report the application of cognitive-behavioral therapy to 10 patients with PPPD who had received medication and vestibular rehabilitation but had been unsuccessful or had limited effect.

Methods We provided a total of six 60-minute intervention sessions every two weeks. The intervention was conducted by a doctoral student specializing in clinical psychology and was conducted according to a protocol developed based on previous studies. The Hospital Anxiety and Depression Scale (HADS) and the Dizziness Handicap Inventory (DHI) were used as outcome measures. The study was conducted with the approval of the University Ethics Committee and with verbal and written consent of the patients. Three male and seven female participants aged 30 to 60 years old were included in this study. For all outcomes measured, a reduction was observed after the intervention.

Results The HADS-A, a measure of anxiety, decreased from a mean of 9.7 to 5.9. The HADS-D, a measure of depression, decreased from a mean of 9.4 to 7.4. The DHI, a measure of dizziness handicap, decreased from a mean of 54.8 to 46.2.

Conclusion Cognitive-behavioral therapy may have an effect on PPPD. In the future, it is necessary to confirm the long-term effects and to conduct RCTs.

Author: Jinky M. Macabago
Affiliation: Biliran Province State University, Philippines

Title: Rido Experiences of Displaced Muslim Women: Basis of an Adaptive Coping Management Design Using CBT

Abstract:

Objective This study reported a qualitative phenomenological investigation of rido as experienced by displaced Muslim women. This inductive approach aimed to capture the richness and complexity of the lived experience of rido. These were verified and confirmed with the results of DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure-Adult.

Methods Semi-structured interviews with five women were analyzed using Interpretative Phenomenological Analysis (IPA).

Results Results showed three major themes and seven superordinate themes. These were Traumatic Events and Experiences as exemplified by Death of Loved Ones, Losses Due to Displacement, and Bloody Cycle of Retribution; Psychological Consequences that centered on Paranoia and Anxiety; and Coping Strategies exemplified by Psychological Resilience and Family Motivation. Results of DSM-5 Self-Rated Level 1 Cross-Cutting Symptom Measure-Adult showed that participants exhibited no significant and problematic symptoms that might warrant further assessment, treatment, or follow-up.

Conclusion A proposed CBT program was especially designed for this group in order to extend support to their predicament, help them recover, and ensure that they will have healthy psychological make-up and well-being.

Authors: Chin, J. W. E. (1), Keng, S.-L. (1), Teo, I. (2), Mammadova, M. (1), Chua, I. J. J. (1), Kang, H. (1), & Wang, Z. (1)

Affiliations:

(1) Division of Social Sciences, Yale-NUS College, Singapore

(2) Lien Centre for Palliative Care, Duke-NUS Medical School, Singapore

Title: Effects of App-Based Mindfulness Practice on Healthcare Workers During the COVID-19 Pandemic

Abstract:

Objective The COVID-19 pandemic has affected the psychological well-being of countless lives around the globe. In particular, healthcare workers may experience the impact of the pandemic to a greater degree than the general population due to increased risk exposure to the virus, as well as more responsibilities within the workplace. Furthermore, healthcare workers may be reluctant to seek help from mental health professionals due to concerns of stigma, high workload, and irregular shift hours. There is therefore a need to develop accessible and feasible interventions to improve psychological resilience of healthcare workers amidst the pandemic. The current study investigated the effects of mindfulness practice as delivered through a mobile application, Headspace, on psychological symptoms and well-being among healthcare workers in Singapore.

Methods A total of 79 participants (*Age* 30.18; 90% female) were recruited and randomly assigned to receive either 3 weeks (10 minutes/day) of mindfulness practice or cognitive-games practice via an active control condition application, *Lumosity*. Participants were measured on a number of outcome measures at pre- and post-intervention as well as at a 1-month follow-up.

Results Compared to those in the control condition, participants in the mindfulness practice condition demonstrated significantly greater improvements on personal well-being, trait mindfulness, compassion satisfaction, self-compassion, and sleep quality, as well as greater decreases in depression and fear of COVID-19 from pre-intervention to the 1-month follow-up (p 's < 0.05). Duration of mindfulness practice was associated with improvements in self-compassion from pre- to post-intervention (p = 0.024). A low attrition rate (n = 1) in the intervention condition suggests that guided mindfulness practice via mobile applications such as Headspace is a feasible and accessible self-help intervention for healthcare workers.

Conclusion Findings of the current study suggest that app-based mindfulness practice may be a viable intervention in reducing distress and improving psychological health outcomes for healthcare workers.

Authors: Saito, J. (1), Kumano, H. (2), Ghazizadeh, M. (3), Shimokawa, C. (3), Tanemura, H. (3)

Affiliations:

(1) Comprehensive Research Organization, Waseda University, Japan

(2) Faculty of Human Sciences, Waseda University, Japan

(3) BioMimetics Sympathies

Title: Development of Avoidance and Fusion Questionnaire-Erectile Dysfunction (AFQ-ED) and the Examination of its Reliability and Validity

Abstract:

Objective Experiential avoidance is the attempt to avoid heightened anxiety and tension associated with anticipatory anxiety, which is a recently recognized problem. The study aims to develop Avoidance and Fusion Questionnaire-Erectile Dysfunction (AFQ-ED) to measure ED-related experiential avoidance and examine its reliability and validity.

Methods The researchers conducted an online survey that targeted the general adult male population. The participants answered questionnaires, such as the International Index of Erectile Function-15 (IIEF-15) and Acceptance and Action Questionnaire-II (AAQ-II). The responses of those who had been shown to have ED via IIEF-5 were analyzed, and a total of 277 valid responses were obtained (mean age: 36.39 years, standard deviation: 7.39 years).

Results Three factors, each consisting of three items, were extracted through exploratory factor analysis using the maximum likelihood method. The inter-factor correlation scores ranged from 0.71 to 0.79.

(1) Factor 1: "Preoccupation with Performance Anxiety." Item example: "I avoid intercourse as a result of thinking too much about past mistakes." Cronbach's alpha = 0.94.

(2) Factor 2: "Attention Bias." Item example: "I cannot focus during intercourse, because I keep wondering if I can maintain my erection." Cronbach's alpha = 0.89.

(3) Factor 3: "Preoccupation with Self-Concept." Item example: "I keep telling myself 'I cannot fail this time'." Cronbach's alpha = 0.89.

The value of Cronbach's alpha for AFQ-ED was 0.95. Furthermore, AFQ-ED showed moderate negative correlation between IIEF-15 ($r = -0.40$) and moderate positive correlation between AAQ ($r = 0.39$). While the factor analysis revealed that AFQ-ED possessed a three-factor, nine-item structure, the strong inter-factor correlations may indicate that AFQ-ED consists of a single factor.

Conclusion In conclusion, AFQ-ED may serve as a scale to measuring ED-related experiential avoidance. The efficiency of such scale in clinical practice needs to be examined through further studies.

Authors: Shinmoto, K., & Minosaki, K.

Affiliation: Graduate School of Humanities and Human Sciences, Hiroshima Shudo University, Japan

Title: Cognitive-Behavioral Factors Influencing Avoidance Behavior in Avoidant Personality Traits

Abstract:

Objective This study examines the cognitive-behavioral factors that influence avoidance behavior in avoidant personality traits (APT). In APT, "negative beliefs about oneself" (Beck et al., 2001), "maladaptive feelings" (Pos, 2014), and "lack of social skills" (Turner et al., 1986) are noted to cause avoidance behavior. However, in Japan, sufficient studies have not been conducted on the factors that influence avoidance behavior in APT.

Methods Fifty-three college students (13 males, 40 females; mean age 21.83 years, $SD = 0.84$) participated in this survey. Participants answered the SCID-II (First et al., 1997), read five scenarios about interpersonal situations, and wrote freely about whether they would avoid each circumstance and why they would avoid it.

Results As a result of classifying the free description data on avoidance behavior in each interpersonal situation using the KJ method, "emotional aspects," "cognitive aspects," "physiological responses," and "social skills" were identified as categories. Next, the participants were divided into high-APT (10 participants) and low-APT (43 participants) according to their scores on the SCID-II, and binomial tests were conducted on the differences in response proportions for each category in each group. The binomial tests indicated that the proportion of data from the high-APT was higher than that from the low-APT in "physiological responses" and "social skills" (both $p < 0.01$: two-tailed test).

Conclusion These results suggest that "physiological responses" and "lack of social skills" in interpersonal situations may be significant cognitive-behavioral factors that influence avoidance behavior in APT among Japanese. Conversely, the problem of this study is that the composition ratio of each APT group was biased. In future research, therefore, it will be necessary to conduct screening when targeting general college students.

Authors: Shirotaki, K.(1), Noda, S. (2)(3), Kodama, Y. (4), Nakao, M. (5).

Affiliations:

(1) Faculty of Human Sciences, Musashino University, Japan

(2) Graduate School of Human and Social Sciences, Musashino University

(3) JSPS Research Fellow

(4) Tokorozawa Mental Clinic

(5) International University of Health and Welfare, Institute of Global Education

Title: The Relationship Between Cost / Probability Bias, Attention, and Perceived Anxiety Control in Social Anxiety

Abstract:

Objective Social anxiety disorder (SAD) is the most common anxiety disorder, characterized by a fear of negative evaluation by others. In a comprehensive model of SAD, attention, interpretation, fear of negative evaluation by others, estimated social cost, attention, and perceived control of anxiety are considered as the key components in a social situation. The purpose of this study was to examine the relationship between cognitive biases and social anxiety symptoms.

Methods Participants were 206 individuals (mean age=43.06, SD=10.41; 86 males and 120 females). All participants had been diagnosed with SAD at an outpatient medical institution. They answered a set of questionnaires that consisted of the Liebowitz Social Anxiety Scale, Short Fear of Negative Evaluation Scale, Social Cost/Probability Scale, Perceived Anxiety Control Scale, and the Self-focused Attention Scale in web format after agreeing with the purpose of the study. The study protocol was approved by the Musashino University Ethical Committee.

Results Correlation coefficients revealed a moderately significant positive relationship among each scale. Additionally, we conducted a path analysis of the hypothesized model. The model assumed that fear of negative evaluation by others affected the relationship between each cognitive bias and that biases influenced social anxiety symptoms. Path analysis revealed that the model provided a good fit to the data (GFI = .987, AGFI = .907, RMSEA = .091) and cost bias highly affected social anxiety symptoms ($\beta=.44$, $p<.01$).

Conclusion The results indicate that cognitive biases in SAD may function to maintain social anxiety symptoms. From these findings, it was suggested that the reduction of cost bias can be effective in improving excessive anxiety and avoidance behavior.

Authors: Yamashiro, K. (1), Ito, Y. (2), Aniya, M. (2), Ito, D. (3)

Affiliations:

(1) Graduate School of Education, Hyogo University of Teacher Education, Japan

(2) University of the Ryukyus, Japan

(3) Department Clinical Psychology, Hyogo University of Teacher Education, Japan

Title: Examining the Relationship Between Factors Affecting Social Anxiety Disorder

Abstract:

Objective Social Anxiety Disorder (SAD) is a disease involving considerable fear and anxiety in social or performance situations, resulting from feeling evaluated and negatively judged by others (American Psychiatry Association, 2013). Fear of Negative Evaluation (FNE; Watson & Friend, 1969) and Fear of Positive Evaluation (FPE; Weeks et al., 2008) have been considered cognitive factors characteristic of SAD. Additionally, Cox et al. (2000) suggested that self-criticism is behind the symptoms of SAD. This study examined the relationship between FNE, FPE, self-criticism, and social anxiety symptoms to sort out these factors that influence social anxiety symptoms.

Methods We conducted a questionnaire survey at a Japanese university. The participants were 277 students (172 males, 105 females; Mean age 19.67±1.51), who completed a questionnaire that included the Social Interaction Anxiety Scale (SIAS; Kanai et al., 2004), Brief Fear of Negative Evaluation Scale (BFNE; Sasagawa et al., 2004), Fear of Positive Evaluation Scale (FPES; Maeda et al., 2015), and Self-Criticism Tendency scale in Social Situation (SCTSS; Ushijima & Ito, 2017). The appropriate ethics review board approved this study, and informed consent was obtained from the participants.

Results As a result of verification by the structural equation model, the model in which SCTSS partially mediates BFNE and FPES and affects SIAS showed the best goodness of fit ($\chi^2(1) = .997$, n.s., GFI = .998, AGFI = .982, RMSEA = .000).

Conclusion These results suggest that the background of FNE and FPE is related to the extent of self-criticism. However, according to Lipton et al. (2016), individual differences such as high FNE and/or FPE are also reported. Therefore, in the future, it will be helpful to improve SAD treatment by examining the relationship between self-criticism and FNE and FPE in detail.

Authors: Lalenoh, L.A.P., Heriani, Lukman, P. R.

Affiliation:

Department of Psychiatry, Fakultas Kedokteran, Universitas Indonesia – Cipto Mangunkusumo National Referral Hospital, Jakarta, Indonesia

Title: Cognitive Behavioral Therapy in Panic Disorder with Agoraphobia, Anankastic Personality Trait and Sjögren's Syndrome: A Case Report

Abstract:

Objective This is a case of 37 years old single male, presented by himself to the outpatient clinic with complaints of sudden experience of palpitation, feel unpleasant in the crowd, discomfort feeling of himself when alone and excessive emotion in making decision. The patient has a history of Sjögren's Syndrome since 2015 and now in complete remission. The cognitive errors found in the patients are: catastrophic thinking, magical thinking, self-labelling; and the maladaptive behaviors including excessive and deficit behaviors, and excessive emotions. Given to the identified cognitive and behaviors factors on the patient, the patient is indicated for a cognitive behavioral therapy (CBT).

Methods For cognitive errors, the techniques used are Socratic dialogue, problem solving, labelling and letting go of thoughts. In addressing the maladaptive responses, progressive muscle relaxation, mindfulness, panic induced, and graded exposure techniques were applied to the patient. There were 2 meetings for initial assessment and 5 follow-up sessions for the therapy.

Results After 6th session, the patient experiences less palpitation (in controlled situation); reduced frequency of transient depersonalization; reduced excessive negative emotions by 50%; and confidence for making business plan. There are three contributing factors on the patient, including predisposing, precipitating and perpetuating factors that related with the personality, defense mechanisms and past history. The symptoms of the patients can be explained using the hyperventilation theory (false alarm) and classical conditioning.

Conclusion The cognitive behavior therapy is effective to reduce the somatic symptoms on the patient and helps patient in problem solving and decision making.

Author: Goulart, L. N.

Affiliation: Center of the Assis Gurgacz Foundation University, Brazil

Title: Social Skills Training in Disabled Academics

Abstract:

Objective The university's understanding and its conceptions in relation to man, society and education follow philosophical and pedagogical principles. Man, as a humanized being is not the result of purely biological characteristics, but of the relationships established with the socially existing activities forms. Therefore, understanding the perspective that these relationships are in is, first understand the individual as inserted in the set of social reality, considering that, from the moment he interacts with the environment, he also transforms it through his actions, producing the conditions he needs to live, according to the specific possibilities of each historical moment. When carrying out his actions, this man doesn't do it alone, he does it socially. This means the society is a product of the historically produced productive forces, so, the present social organization inherits the forces produced by previous generations, the result of a collective and cumulative socio-historical process.

Methods Therefore, the university must propose teaching and learning methods and processes to ensure systematized knowledge transmission-appropriation, defining knowledge as a scientific, artistic, philosophical learning for teaching organization. Regarding AEE (Specialized Educational Service) is the process that governs Educational Institution functioning, including joint decision-making in planning, the social skills training helps the person to better develop their interpersonal skills.

Results The disabled person becomes able to resolve and lessen their daily conflicts, with cognitive behavioral therapy techniques such as: behavioral testing, psychoeducation and diaphragmatic breathing.

Conclusion When understanding the prevailing principles of cognitive behavioral psychology, a little better, we can certainly also see some ways of overcoming what denies us as human beings, thought-provoking topics for future studies, given that, as described, it is a theme that goes beyond this abstract objective.

POSTER PRESENTATIONS 3

July 7, 2021 | 12:00PM - 2:00PM

Authors: Shahi, D.C. (1), Verma, N. (2)

Affiliations:

(1) Speaking Cube, India

(2) Christ (Deemed to be university) Delhi NCR, India

Title: Combined Approach of CBT and Hypnotherapy as Therapeutic Modality in Dissociative Identity Disorder: A Case Study

Abstract:

Objective Dissociative identity disorder previously known as multiple personality disorder (MPD), is a mental disorder characterized by the maintenance of at least two distinct and relatively enduring personality states. The disorder is accompanied by memory gaps beyond what would be explained by ordinary forgetfulness. The present study deals with a diagnosed case of DID on medications for 7 years. This research article aims to establish a combined CBT and hypnotherapy approach as a modality to manage and treat dissociative identity disorder.

Methods The patient reported with no improvement with medications and used to show her 5 different identities in stressful situations. This study was conducted with a combination of 3 sessions of hypnotherapy and 18 sessions of CBT.

Results A combination of 3 sessions of hypnotherapy and 18 sessions of CBT for improving her self-esteem and coping mechanisms have helped her in releasing the identities, improving the coping mechanisms and resuming her normal life.

Authors: Balan, L. P., Ranjith, N.

Affiliation: Department of Psychology, Union Christian College, Aluva, Kerala, India

Title: Mindfulness Based Cognitive Therapy and Cognitive Retraining in Patient with Obsessive-Compulsive Disorder

Abstract:

Objective In the past two decades, different neurobiological and neuropsychological studies helped to understand the altered areas and circuits, and the cognitive functions in the brain of patients with obsessive compulsive disorder (OCD). Several research studies have reported the structural as well as functional change in the brain in an adaptive way as a result of mindfulness-based intervention. To explore the effectiveness of mindfulness-based cognitive therapy (MBCT) as well as cognitive retraining in a patient with obsessive-compulsive disorder.

Methods Single case study. Participant: A 28-year-old male with 15 years of formal education, unemployed at the time of evaluation, diagnosed as having OCD according to ICD-10 with one and half years of duration of illness. Measures: Mini International Neuropsychiatric Interview (MINI), World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0), Beck Depression Inventory (BDI), Hamilton Anxiety Rating Scale (HAM-A), Yale-Brown Obsessive-Compulsive Scale (Y-BOCS), and NIMHANS neuropsychological battery. Procedure: The patient was given 2-month cognitive retraining and 8 weeks of mindfulness-based cognitive therapy. Psychoeducation, role play, social experiment, follow-up reviews and interviews were included.

Results The findings revealed reduction in obsessive-compulsive symptoms. General anxiety and depressive symptoms reduced as revealed by scores in HAM-A and BDI. Patient reported improvement in response inhibition, sustained attention, planning and problem-solving ability, as well as a decline in cognitive rigidity. Social experiment and role play resulted in improvement in interaction with public.

Conclusion Mindfulness-based intervention and cognitive retraining is beneficial for the patient with OCD.

Authors: Mana, O. (1)(2), Hiroaki, Kumano (3)

Affiliations:

(1) Graduate School of Human Sciences, Waseda University, Japan

(2) Japan Society for The Promotion of Science

(3) Faculty of Human Sciences, Waseda University, Japan

Title: The Effects of Procrastination in Emerging Adulthood With ADHD Diagnosis

Abstract:

Objective ADHD persists into adulthood, has a high rate of comorbidity with depression. As in depressed patients, depressive symptoms in adults with ADHD also are mediated by avoidance behavior (Bodalski et al., 2019). The most frequent behavior of adult ADHD is procrastination. However, the relationship between procrastination and avoidance behaviors has not been examined in adult ADHD. Therefore, the present study focuses on the form and function of procrastination behavior in ADHD patients and healthy subjects and examines its relationship with avoidance behavior.

Methods Seven hundred participants (227 males) registered with the online survey completed the self-reported questionnaire; General Procrastination Scale (GPS), Pure Procrastination Scale (PPS), Cognitive-Behavioral Avoidance Scale, and depression symptoms with PHQ-9. The age range was from 18 to 29 years (mean age = 25.18, $SD = 2.81$), emerging adulthood. In this study, we recruited participants in two groups; The ADHD diagnosis group ($N = 350$) who self-reported diagnosis in a medical institution, and the control group ($N = 350$) who have no ADHD diagnosis. To compare the relationship between procrastination and cognitive-behavior avoidance in ADHD Diagnosis and Control group, t -tests and Pearson's correlation analysis was conducted.

Results Firstly, t -test revealed that the ADHD diagnostic group scored significantly higher on all scale scores. Second, Pearson's correlation analysis was conducted. The results showed that the ADHD diagnosis group showed no significant correlation between avoidance behavior and GPS ($r = .07, p > .05$), but PPS ($r = .51, p < .01$). In contrast, controls revealed significant correlation in both GPS ($r = .34, p < .01$) and PPS ($r = .54, p < .01$) respectively.

Conclusion ADHD participants were differentially related between avoidance behavior and procrastination, according to the measurements. GPS includes many items about delays, only this implemental delays adults ADHD may not cause depressive symptoms.

Authors: Peluso, M. L., Falcone, E. M. O., Baptista, M. N., Viegas, M. P., Krieger, S., Oliveira, E. R., Pereira, L. B., Alves, A. J. P., Silva, F. T.

Affiliation: Universidade do Estado do Rio de Janeiro (UERJ), Brazil

Title: The Cognitive Anxiety Scale (ECOGA): Creation and Investigation of its Content and Internal Structure Validities

Abstract:

Objective The clinical anxiety symptoms are manifested by physiological, emotional, cognitive and behavioral components. The incongruent responses in face of the stimuli are related to cognitive distortions, which contribute to injuries in different life areas of the general population. In order to facilitate the challenging but necessary therapeutic process of evaluating anxiety symptoms, this study aimed at creating The Cognitive Anxiety Scale (ECOGA) and investigating its content and internal structure validities.

Methods From a narrative review of cognitive anxiety beliefs, 17 cognitive descriptors of clinical anxiety were identified and classified into four categories. Such descriptors based the construction of the items, which were evaluated in terms of understanding and adequacy by eight experienced judges, and by nine individuals with low education to evaluate their level of comprehension. For the internal structure validity, the sample consisted of 874 participants, mostly male sex (55%), single (61.1%) and with incomplete higher education (46%).

Results After the evaluation of the judges and participants, one item has been deleted and eleven modified. The ECOGA pilot version had 73 items. The parallel analysis of this scale showed the existence of four factors, while MAP analysis pointed out the existence of three and Hull, one grouping of items. Analyses with three and four factors (theoretically acceptable) were performed, using factor loads above 0.40 and 0.50. The most psychometrically and theoretically suitable model consisted of 31 items and three factors, with a minimum factor load of 0.50. The three factors are (1) Pessimism, (2) Vulnerability intolerance and (3) Intolerance of uncertainty.

Conclusion It is expected for this scale to promote new studies about the most adequate treatments for patients with or without a diagnosis and enable a cognitive-behavioral intervention better targeted at beliefs that cause and maintain the dysfunctional anxiety.

Authors: Leal, M.C., Toni, C.G.S.

Affiliation: Universidade Estadual do Centro-Oeste (UNICENTRO), Brazil

Title: The Influence of Attachment in the Social Skills of College Students

Abstract:

Objective Young Brazilian college students undergo several changes when starting an undergraduate course; hence, there must be an adaptation of social skills to the challenges of the new context. Given that, the initial relationship between a child and its first caregiver serves as a prototype to the future social interactions this child might have. The current study aims to investigate the hypothesis that one's attachment style might influence one's social skill development.

Methods 56 undergraduate students from a university in the south of Brazil took part in the study, the average age of the participants was 21,6 years old, and 41 of the participants (73,2%) were female. The data collected through three self-report instruments: 1-The Social Skills Inventory (IHS); 2- The Adult Attachment Scale (AAS-R); 3- The Relationship Questionnaire (RQ). SPSS 1.8 (Windows) analyzed the descriptive and inferential data.

Results The results support the initial hypothesis that the two attachment-related dimensions, Anxiety and Closeness, could predict 33% of the total score in social skills. The study also found that two attachment styles with positive representations of the others (Secure and Anxious), others are trustworthy and available emotionally, got statistically significant higher scores in total social skills than the attachment styles with negative representations (Avoidant and Fearful).

Conclusion In conclusion, it is possible to affirm that the study presents the first empirical evidence of a significant relationship between attachment styles and social skills. It suggests that future research could investigate further details of this relationship in order to better understand and help the undergraduate students in the development of the demanded social skills.

Authors: Quitasol, M. N. (1)(2), Farquhar, J. (3)., Bagby, R. M. (2), Quilty, L. C. (1)

Affiliations:

(1) Centre for Addiction and Mental Health (CAMH), Canada

(2) University of Toronto, Canada

(3) Coastal Psychology, Canada

Title: Language Style Matching Distinguishes Between Responders and Non-Responders of Cognitive Behavioral Therapy for Depression

Abstract:

Objective The level of “match” between a therapist and patient may be a common factor associated with clinical improvement. Linguistic software programs can calculate the level of language style “match” (LSM), or the degree of similarity in the words used by two speakers in any given conversation. The aim of this study was to compare the language style matching (LSM) of treatment responders and non-responders to cognitive behavioral therapy (CBT) for depression.

Methods Participants received individual CBT for depression as part of a randomized trial. A portion of CBT sessions were transcribed; word use at the beginning, middle, and end of session by both the therapist and patient was evaluated using a linguistic software program. Overall linguistic matching, as well as linguistic matching at early (session 2), middle (session 8), and late (session 14) stages of therapy, were calculated for 14 therapist-patient dyads. The Hamilton Rating Scale for Depression (HAM-D) was used to assess treatment response.

Results Linguistic matching increased across stages of treatment. Compared to the early stage of treatment, matching scores were higher in the middle and late stages of treatment. The overall level of LSM between therapist and patient differed between treatment responders from non-responders: responders had significantly higher linguistic matching with their therapists than non-responders. Stage-specific analyses showed that this difference was present at the early stages of treatment, but not at the middle or late treatment stages.

Conclusion Results suggest that linguistic style matching may be an early prognostic indicator of treatment response to CBT. Greater linguistic matching in early stages of treatment may establish a stronger rapport between therapists and patients. Future research may more fully evaluate the causal role of language in this context, as well as its potential mediating role in therapeutic alliance and therapeutic response.

Authors: Ichikawa, M. (1), Sasagawa, S. (2)

Affiliations:

(1) Graduate School of Psychology, Mejiro University, Japan

(2) Faculty of Psychology, Mejiro University, Japan

Title: Situational Influences on the Relationship Between Cognitive Emotion Regulation and Depression

Abstract:

Objective A number of studies have reported that cognitive emotion regulation have considerable impact on mental health. In addition, it has been pointed out that the decision to use a particular emotion regulation, and whether the adopted strategy is effective is determined by various factors defining the situation. In the present study, we examined how the relationship between the tendency to use specific cognitive emotion regulation and mental health differed depending on the situation.

Methods We measured negative emotion intensity and controllability of each situation and examined the influence of these factors. Three scenes were extracted from Kamijo & Yukawa (2014): "Job rejection (Scene A)," "Harassment in university extracurricular activity group (Scene B)," and "Mother's diagnosis of terminal cancer (Scene C). The subjects of the study were 133 university students (50 males and 83 females, mean age 20.09 years, SD=1.28).

Results The results showed that there were differences in the intensity of negative emotion, controllability, and the tendency to use each strategy in the three situations. In addition, the relationship between the adaptive and maladaptive strategies of the CERQ and depression in each of the three scenes was examined.

Conclusion The correlation between the use of adaptive strategies and depression differed depending on the degree of controllability of the situation. Furthermore, flexible use of "positive refocusing" was correlated with higher depression scores, and flexible use of "putting into perspective" was correlated with lower depression scores. Implications for clinical intervention and future directions will be discussed.

Authors: Ikeda, M.Y., Araki, S., Nishida, Y.

Affiliation: J. F. Oberlin University, Japan

Title: The Relationship Between Mental Health and Awareness of Self-Disclosure of Disaster Stress of Among Fire Brigade Members

Abstract:

Objective Catastrophic stress was known as a traumatic stress reaction that occurs during or after an activity / witness in a dire situation such as a disaster or accident" by a professional disaster rescuer. In Japan, disaster stress study has been developed primarily mainly by firefighters. However, there are pros and cons to self-disclosure and the implementation of debriefing against disaster stress (Kenardy et al., 1996, Iwai et al., 1998). The fire brigade, which consists of a group of volunteers in the community, often engages in the same support work as firefighters, but it is hard to say that a support system against disaster stress for fire brigade members has not been established. Therefore, this study examined the relationship between mental health and awareness of self-disclosure of fire brigade members regarding disaster stress.

Methods From April to July 2019, a self-administered questionnaire survey was conducted on 572 of city fire brigades in Tokyo, and 172 (30.1%) were analysed. The survey items were demographic variables, GHQ12, 16 items workplace atmosphere, and 11 items self-disclosure resistance.

Results Of the 20 fire brigade members who have experienced disasters, 19 (95.0%) practiced self-disclosure, and 53.0% were those with a poor mental health (GHQ12 score was 3 or higher). When assuming all subjects (n=172) had experienced a disaster, 88.3% of those reported that they would self-disclose, suggesting that the atmosphere of the target group was good. On the other hand, among the resistance to self-disclosure, the percentage of those who admitted that "firefighters should not talk about their obligations" was significantly higher ($\chi^2(3) = 8.99, p < .05$).

Conclusion As a result, a good atmosphere of affiliation promotes self-disclosure, but it cannot be that self-disclosure contributes to the improvement of mental health.

Author: Mimi, F.Z., Indonesia

Affiliation:

School of Science & Psychology, Faculty of Arts & Sciences, International University of Malaya-Wales Kuala Lumpur, Malaysia

Title: Personal Enrichment Method: A Posttraumatic Growth Implication Towards Mental Health Recovery of Tsunami Survivors in Aceh, Indonesia

Abstract:

Objective Posttraumatic growth indicates individuals' positive psychological change in their struggles with devastating and traumatic life. The current research sought to explore the narrative reality of lived experiences of tsunami survivors from their own perspective. The study investigated survivors' personal enrichment coping mechanisms as the implication of their posttraumatic growth for mental health recovery.

Methods A semi-structured interview was conducted to seven survivors with the use of purposive sampling procedure.

Results Thematic analysis enabled the generated themes in three main findings; (1) Survivors' resilient strategies for posttraumatic growth. The results revealed survivors' posttraumatic growth of self-efficacy, self-regulation, self-esteem and internal locus of control enhanced their mental health recovery to elevate self-strengths living with adversity. (2) Survivors' enrichment coping skills through the implication of their posttraumatic growth ability. The enrichment programs were identified from the development of survivors' self-strengths to recover from devastating trauma. (3) Survivors' psychological determinations for mental health recovery programs.

Conclusion Results indicated survivors' process of mental health recovery to resiliency, as the implication of posttraumatic growth. The development of modules for the purpose of interventions for the survivors and others who experienced devastating and traumatic event, was presented to sustain mental health recovery and to transform adverse conditions for resilient capacity among the survivors.

Authors: Aizawa, M. (1), Kitagawa, Y. (1), Asami, Y. (1), Nomura, K. (2), Shimada, H. (2)

Affiliations:

(1) Graduate School of Human Sciences, Waseda University, Saitama, Japan

(2) Faculty of Human Sciences, Waseda University, Saitama, Japan

Title: Effect of Self-Compassion on Environmental Reward Observation, Depressive and Anxiety Symptoms

Abstract:

Objective Reports show a negative correlation between depression and anxiety symptoms and environmental reward observation. Further, improving environmental reward observation may help reduce depression and anxiety symptoms. Theoretically, regarding environmental reward observation, self-compassion (SC) improvement makes it easier to perceive behavior that is kind to oneself as a reward in itself. Consequently, environmental reward observation may be improved. Therefore, this study aimed to descriptively examine the effect of the degree of SC on the degree of environmental reward observation, and depression and anxiety symptoms.

Methods Participants were 86 university and graduate students aged 18 years and over (39 males, 46 females, one unanswered; average age 22.9 ± 2.3 years). We conducted a questionnaire survey. All data were analyzed using a mediation analysis. Measures include demographic items, BIS/BAS scale Japanese version (Takahashi et al., 2007), EROS (Kunisato et al., 2011), RPI (Yamamoto et al., 2016), STAI (Hidano et al., 2000), BDI-II. (Kojima and Furukawa, 2003), and SCS-J (Arimitsu, 2014). This study protocol was approved by the local ethical committee.

Results We used mediation analysis to detect SC's effect on environmental reward observation, depression, and anxiety symptoms. We established that SCS-J mediates the relationship between EROS, RPI and BDI-II ($z = -4.26$, $p < .01$; $z = -3.67$, $p < .01$), and between EROS, RPI and STAI ($z = -3.88$, $p < .01$; $z = -3.43$, $p < .01$).

Conclusion This study suggests that by perceiving behavior that is kind to oneself as a reward through SC's improvement, the degree of environmental reward observation may be increased, and depression and anxiety symptoms may be reduced. In the future, it will be necessary to empirically examine whether environmental reward observation can be enhanced by adding experimental operations that enhance SC.

Authors: Alavizadeh, S. Mohammadreza (1), Nokani, Mostafa (2), Entezari, Somaye (3), Mayeli, Mitra (4)

Affiliations:

- (1) Department of Psychology, School of Humanity Sciences, East Tehran Branch, Islamic Azad University, Tehran, Iran
(2) Department of Psychiatry, School of Medicine, Arak University of Medical Sciences, Arak, Iran
(3) Department of Psychology, School of Humanity Sciences, Shahrood Branch, Islamic Azad University, Shahrood, Iran
(4) Department of Psychology, School of Psychology and Social Sciences, Roudehen Branch, Islamic Azad University, Roudehen, Iran

Title: A Pilot Study on Internet-Delivered Cognitive Behavioral Therapy on Germophobia During the COVID-19 Pandemic

Abstract:

Objective The Coronavirus Disease-2019 (COVID-19) has recently been identified as a pandemic by the World Health Organization. The outbreak of the disease has caused numerous individuals around the world to become extremely frightened and subsequently present the signs of phobia. Fear is the basic emotion of anxiety disorders and individuals cope with their emotions by different strategies. Cognitive Behavioral Therapy (CBT) is an evidence-based therapy for many mental disorders, especially for depressive and anxiety disorders. The aim of the present study was evaluating of the internet-delivered CBT (ID-CBT) on germophobia (GP) and adaptive and maladaptive emotion regulation strategies (aERS & mERS), in germophobia during the COVID-19 pandemic.

Methods The present study is a case study with the "multiple baseline design". The sample includes 6 participants (3 males, mean age 20.7, ranged 19-22 years), that had been selected based on purposive method sampling. The inclusion criteria included, high level of germophobia, having a high-school diploma, exclusion criteria include simultaneously participating in other psychotherapies or medications, and having any chronic mental disorders or physical diseases. The participants completed the online form of the germophobia questionnaire (GPQ) (Alavizadeh, etc. 2020), and emotion regulation strategies for the germophobia questionnaire (ERS-GPQ) (Alavizadeh, etc. 2020) in every session; Participants began receiving ID-CBT in pairs from the first to the third week. The ID-CBT conducted in 12 sessions, 2 sessions per week (total 6-week).

Results A noteworthy improvement appears after CBT in all variables. The mean of improvement percent of GPQ, aERS, and mERS respectively was 26.38%, 52.07%, 29.38%.

Conclusion It can be concluded that the ID-CBT as a manualized treatment has positive consequences for persons with GP by decreasing GP symptoms and mERS and increasing aERS during COVID-19 outbreak. It is suggested that in subsequent studies, this method be performed as a controlled clinical trial.

Authors: Momoka, T. (1), Kazuhiro, K. (1), Daisuke, I. (2)

Affiliations:

- (1) Hyogo University of Teacher Education, Graduate School of Education
(2) Hyogo University of Teacher Education

Title: Examination of the Relationship Between "Cognitive-Behavioral Factors" and "Mindfulness" and Cognitive Responsivity

Abstract:

Objective In the treatment of depression, there is a need for an approach not only to depressive symptoms but also to cognitive responsivity, which is considered to be one of the causes of recurrence (ex. Segal et al., 2006). So far, approaches using cognitive-behavioral therapy and mindfulness have been used for cognitive responsivity, but the influence of each approach has not been clarified comprehensively. Therefore, we aimed to clarify the factors that effectively reduce cognitive responsivity; thus, we investigated the relationship between cognitive-behavioral factors and mindfulness and cognitive responsivity.

Methods A questionnaire survey and a web survey were conducted on 474 (209 males, 262 females, and 3 unknowns). A short version of the Automatic Thoughts Questionnaire-Revised (ATQ-R; Sakamoto, Tanaka, Tanno, Ohno, 2004), the Japanese version Behavioral Activation for Depression Scale (BADS; Takagaki, 2013), the Japan Shortened version of Five Facet Mindfulness Questionnaire (FFMQ-SF; Takahashi et al., 2019), and revised version of the Leiden Depression Sensitivity scale (LEIDS-R; Yamamoto, 2014) were used. This study received informed consent from participants with the approval of the appropriate Ethics Review Board.

Results As a result of correlation analysis, a small negative correlation between LEIDS-R and "positive automatic thinking" and "behavioral activation" ($r = -.12, p < .01$; $r = -.10, p < .05$), and a large negative correlation between LEIDS-R and FFMQ-SE ($r = -.51, p < .001$) were found.

Conclusion Cognitive-behavioral factors that have been identified as associated with depression are weakly associated with cognitive responsivity; it was shown that cognitive-behavioral factors alone may be less effective in improving cognitive responsivity. In the future, we will conduct a longitudinal study using mindfulness, which has a strong relationship with cognitive responsiveness and has been shown to be effective for improvement and will consider interventions aimed at preventing the recurrence of depression.

Authors: Moriya, N., Yoshida, S.
Affiliation: Tohoku University, Japan

Title: Coping Strategies Used by Highly Sensitive Persons and Their Impact on Psychological Adaptation

Abstract:

Objective Sensory-processing sensitivity involves deeper cognitive processing of stimuli that is driven by higher emotional reactivity. Individuals with high sensory-processing sensitivity are known as highly sensitive persons (HSPs). Previous studies pointed out high depressive tendencies and low satisfaction with life and self-esteem in HSPs. However, there are few quantitative studies on effective coping strategies for HSPs. This study primarily identified the coping strategies more likely to be used by HSPs. The secondary purpose of this study was to examine the effects of specific coping strategies on psychological adaptation in HSPs.

Methods Eight hundred and seven participants (447 females, 343 males, 17 not specified; mean age in years = 21.0) filled in questionnaires about sensory processing sensitivity (the 19-item Highly Sensitive Person Scale), coping strategies (Tri-axial Coping Scale 24-item version), and psychological adaptation (Social Adaptation Scale) online.

Results A total of 191 participants who scored in the top quartile of sensory-processing sensitivity were considered HSPs. There was no significant difference between HSPs and non-HSPs in terms of distraction, catharsis, information gathering, and planning coping. On the other hand, HSPs were more likely to use abandonment/giving up, avoidant thinking, and transfer of responsibility coping, and they were less likely to use positive interpretations than non-HSPs. Additionally, distraction, catharsis, information gathering, and positive interpretation were associated with higher levels of psychological adaptation, whereas abandonment/giving up and transfer of responsibility were associated with lower levels of psychological adjustment in HSPs. Abandonment/giving up and transfer of responsibility lead to low psychological adaptation in HSPs, while HSPs are more likely to use those strategies. Also, positive interpretation leads to high psychological adaptation in HSPs, while HSPs are less likely to use that strategy.

Conclusion In HSP, it is possible to enhance psychological adaptation in HSPs by facilitating the use of adaptive coping strategies.

Authors: Abdul Wahab, Noraini., Abdul Khaiyom, Jamilah Hanum
Affiliation: Department of Psychology, International Islamic University Malaysia, Malaysia

Title: The Effectiveness of Mindfulness-Based Cognitive Therapy Integrated With Al-Ghazali's Psychology of Self for Malay Muslim With Psychological Distress in Singapore

Abstract:

Objective Singapore's indigenous population, the Malays, account for 13.5% of the population. They culturally foster a stigma towards mental illness, attributing it to a spiritual disorder caused by evil spirits, religious negligence, or character flaw. They delay and drop-out of psychological treatments that do not address these causes. Singapore's Institute for Mental Health (IMH) identified the need for culture-based research and clinical intervention, catering to the minority populations in Singapore, to foster treatment sustainability and recovery. The effectiveness, feasibility, and experiences of the Malay Muslim with Mindfulness-Based Cognitive Therapy - Integrated al-Ghazali Psychology of Self (MBCT-IGPS) will be explored to provide mental health practitioners with a treatment option that may be integrated with standard therapies.

Methods This mixed-method, three-group randomised controlled trial recruits 246 Malay Muslims with psychological distress at a psychiatric rehabilitation organisation. Participants are allocated to an MBCT-IGPS experimental group, an MBCT group, or individual counselling-as-usual. MBCT-IGPS is a 2+8-week group intervention that integrates the al-Ghazali Psychology of Self (IGPS) with Mindfulness-Based Cognitive Therapy (MBCT). The primary outcome measure is Depression, Anxiety, Stress Score (DASS-21). Secondary outcome measures are the 19-item Positive Mental Health (PMH-19) and Self-Compassion Scale-Short Form (SCS-SF) conducted at baseline pre-intervention, post-intervention, one-month and three-months follow-up. General Linear Model (GLM) with an intention-to-treat analysis and per-protocol approach will analyse the study. Participant's and treatment providers' qualitative experiences will be thematically analysed for acceptability of treatment during and after the study. Feasibility will be measured by adherence to homework, retention, and completion of the intervention.

Results Overall improvements in outcome measures are expected with significant differences between groups. Qualitative experiences are hoped to be enriching and therapeutic for both participants and treatment providers, with treatment being feasible and acceptable, especially by the MBCT-IGPS group.

Authors: Tomita, N., Minamide, A., Kumano, H.

Affiliation: Faculty of Human Sciences, Waseda University, Japan

Title: Does Autism Tendency Change the Effect of Field and Observer Perspective in Social Settings on Clinical Symptoms?

Abstract:

Objective Self-focused attention is a central maintenance factor of social anxiety. When social anxiety individuals focus their attention on self, they take the form of a mental visual image experienced from an "observer perspective," wherein individuals perceive themselves from another person's viewpoint. In contrast, "field perspective" means that their image of the situation is perceived as if they are viewing the scene from inside their own eyes (Spurr & Stopa 2003). Although many studies have demonstrated that individuals with social phobia combine the autistic tendency, few studies have investigated the autistic tendency change the effect of a mental perspective in social settings on clinical symptoms. There were investigated in the present study.

Methods A total of 640 individuals completed the Liebowitz Social Anxiety Scale (LSAS; Asakura et al., 2002), the Mental Perspective Scale for SAD (MPS; Tomita et al., 2018), the Autism Spectrum Quotient (AQ-10; Kurita et al., 2005), the Short Fear of Negative Evaluation Scale (SFNE; Sasagawa et al., 2004), and the Patient Health Questionnaire-9 (Matsumura & Ueshima, 2009). The participants were divided into groups with high and low autism tendencies. The correlation analysis between each variable was conducted for each group,

Results The field perspective was correlated positively with LSAS, SFNE, and PHQ-9 in the high AQ group ($r = .31 \sim .60$), whereas these relationships were slight in the low AQ group ($r = .10 \sim .19$). Although the observer perspective was also correlated positively with LSAS, SFNE, and PHQ-9 in both groups, each correlation coefficient was higher in the high AQ group than the low AQ group.

Conclusion These results suggest that autism tendency changes the effect of mental perspective in social settings on clinical symptoms. It has been thought that the field perspective works adaptively, but it may work maladaptatively for SAD with high autistic tendencies.

Authors: Kausar, R., Hashmi, F.

Affiliation: Department of Clinical Psychology, Government College University Lahore, Pakistan

Title: A Case Study of Depressive Disorder With Assessment and Management

Abstract:

Objective The client A.R was 36-year-old male was referred to the clinical psychologist in the Fountain House Lahore Pakistan with the presenting complaints of irritability, restlessness, disturbed thoughts, disturbed sleep, restlessness, poor eye contact, low self-esteem, aggression, feeling of helplessness, worthlessness, suicidal thoughts, and fatigue for psychological assessment and management.

Methods Formal and informal assessment was used with the client including clinical interview, behavioral observation, Mental status examination (MSE), symptoms rating, Siddiqui Shah Depression Scale (SSDS), Rotter's Incomplete Sentences Blanks (RISB,) behavioral checklist, and symptoms checklist were done.

Results The psychological assessment of the client showed that he has symptoms of depression and it was causing impairments in his everyday functioning and social life. A diagnosis of Severe Persistent Depressive Disorder (F34.1) with persistent major depressive episode was made. A case formulation was identified his problem through previous related researches. A management plan was derived for the improvement of patient, its consisted on rapport building, psychoeducation, progressive muscles relaxation technique, vicious cycle of depression, baseline chart, thought stopping, daily mood and thought record form(DTR), double column technique, triple column technique, point counter point, past achievement list, pleasant and mastery activity schedule, list of blessings, pie chart, positive self-statement, sleep hygiene, case conceptualization and blue print chart of therapy techniques was made for the client.

Conclusion The total number of sessions conducted with the client was 16. The severity of the client's symptoms according to the pre management ratings was 85% and according to post management rating it was 56%. A total change of 26% was seen in client's symptoms.

Authors: Khurana, R. A. A., Kumar, N. B.B.

Affiliation: Ascend Psycare, India

Title: Disruption in the Assumptive World and Spiritual Practice During the COVID-19 Pandemic: A Mixed Method Comparative Study With & Without Common Mental Disorders

Abstract:

Objective The assumptive world is a broad set of fundamental beliefs that give structure to events in an individual's world, allow each individual to plan and predict, and contribute to how people and events in the world are perceived and understood. Researchers have theorized that "the essence of trauma is the abrupt disintegration of one's inner world (Cann, et al., 2008).

Methods The aim of this study was to compare the assumptive core beliefs of individuals who developed depressive and anxiety symptoms during the Covid-19 pandemic and those who did not and also to understand the role of spiritual beliefs and practices in coping with the crisis created by the pandemic. The Core beliefs Inventory (Cann et al., 2010) and Daily Spiritual Experience scale (Underwood, & Teresi, 2002) were administered on 15 individuals (both males and females) diagnosed with anxiety and/or depression during the pandemic and 15 matched healthy controls. The age of the participants ranged from 35-55 years. A brief semi-structured interview was also taken which elicited participant narratives about spirituality and experience of the pandemic. Interviews were thematically analyzed.

Results As expected, the assumptive beliefs of individuals diagnosed with common mental disorders during the pandemic were more significantly disrupted than normal matched controls.

Conclusion Spiritual beliefs and practices seem to not only mitigate disruptions in the assumptive world for mentally healthy individuals and protect them from being traumatized but also serve to facilitate post-traumatic growth in those with mental health issues. Implications of these findings and suggestions for further study are presented.

Author: Abendan, R.

Affiliation: St Paul University, Philippines

Title: Self-Stigma and Quality of Life Among Adult Individuals With Tourette Syndrome: A Basis for Psychological Intervention Program

Abstract:

Objective This study aimed to determine the relationship of self-stigma and quality of life among adult individuals with Tourette syndrome (TS). TS is a tic disorder and was classified by the fifth version of Diagnostic and Statistical Manual of Mental Disorders (DSM-5) as a neurodevelopmental motor disorder. Mixed method sequential explanatory design was utilized to analyze the quantitative and qualitative data.

Methods A total of 32 adult individuals aged 18 years old and above and formally diagnosed with TS participated in the quantitative part of the study and accomplished the demographic profile form, Internalized Stigma of Mental Illness Scale (ISMIS) and World Health Organization Quality of Life (WHOQOL-BREF) short version. The qualitative portion of the study included 12 respondents who qualified and took part in the quantitative portion to answer the online interview questions. Statistical treatment used for quantitative data were Mean computation and Pearson Correlation while Thematic Analysis was utilized for qualitative data. Results of the quantitative data suggest that age, marital status, and educational attainment are linked to self-stigma and quality of life scores of the respondents.

Results Another finding in the quantitative portion shows that self-stigma and quality of life are negatively correlated. On the other hand, qualitative results revealed the experiences of the respondents that overlap with the constructs of self-stigma (alienation, discrimination experience, and social withdrawal) and quality of life domains (physical, psychological, social and environment). The integrated results identified areas of difficulties of the respondents suggesting the need for psychological intervention.

Conclusion It is therefore recommended the use of Rational Emotive Behavioral Therapy (REBT) that aims to emphasize the importance of cognitive control over emotional states to address self-stigma and improve the quality of life of adult individuals with TS.

Author: Younus, B. S.

Affiliation: Army Special Education Academy, Pawalpindi, Pakistan

Title: Generalized Anxiety Disorder and Cognitive Behaviour Therapy: A Case Study

Abstract:

Objective Social and cultural pressures play a significant role in the development of generalized anxiety disorder. Women are at greater risk for generalized anxiety disorder because they always become the subject of social and cultural pressures. This paper presents the case of a 23 years old female who developed symptoms of major generalized anxiety disorder due to cultural constraints.

Methods Initial pre-testing and therapist observations of client verbal and non-verbal attitude/behaviour confirmed diagnosis of major depressive disorder. Diagnosis was made according to DSM-5. After initial intake interview, psychological tests including House-tree-person (HTP), Thematic apprehension test (TAT), Rotter Incomplete Sentence Blank (RISB), Beck Depression Inventory (BDI), Raven Standard Progressive Matrices (SPM) and Clinical Structured Interview (CIS-R) were administered on the client. After exploring the causal factors of her problem and diagnostic sessions, therapeutic sessions were conducted. Some techniques from cognitive behavioural therapy were selected for the client based on their strong empirical evidence for effectively treating depressive disorders.

Results After achieving the goals of the psychotherapy set at 1st session with the help of the client and having satisfactory results of post-testing and the therapist observations of the client progress, psychotherapy was terminated. Follow up sessions were conducted to monitor the progress of client. Our research study has clinical and community implications.

Author: Younus, B. S.

Affiliation: Army Special Education Academy, Rawalpindi, Pakistan

Title: Management of Bipolar I Disorder Through CBT (Cognitive Behaviour Therapy): A Case Report

Abstract:

Objective Bipolar disorder is considered a treatable medical condition marked by extreme changes in mood, thought, behavior and energy. Bipolar disorder is also known as manic depression because a person's mood can alternate between manic state and depressive state.

Methods This study presents a case of MR. X of 57 years of age. He was brought Fouji Foundation hospital with the symptoms of insomnia, distractibility, racing thoughts and poor judgement and rapid ups and down in mood. Diagnosed was made according to DSM-5.

Results Through detail examination it was concluded that his sign and symptoms are due to his circumstances not due to any biological or neurological deficits. Client was successfully treated with cognitive and behavioral therapies. The client showed significant improvement in his condition.

Author: Younus, B. S.

Affiliation: Army Special Education Academy, Rawalpindi, Pakistan

Title: Cognitive Behavior Therapy for Reducing Psychological Distress Among Parents of Children With Autism Spectrum Disorder (ASD): A Clinical Trial Study

Abstract:

Objective Autism Spectrum Disorder (ASD) is the second most prevalent neuro-development disorder among children. Parents of children with autism suffer from extreme psychological distress. Lifelong illness of their child, social isolation and anxiety about their child's future contribute significantly to their level of psychological distress. Due to this psychological distress, they face challenges in almost all areas of their life including social life, marital and occupational life. Aim of the study was to reduce psychological distress among parents of children with ASD.

Methods 12 parents were selected by randomized sampling. Parents were given online sessions of CBT for 8 weeks. Structured CBT interventions were given in the form of homework assignments and cognitive restructuring with some behavior modification techniques. Depression, anxiety and stress scale was used for pre-testing, post testing and after follow up sessions.

Results Results of post testing revealed that parents of autistic children have been successfully recovered from psychological distress. Additionally, parents reported that they are now regulating their emotions in a good and healthier way.

Authors: Nurmagambetova, S. A., Assimov, M. A., Beck, A. N.

Affiliation: Republican Center of Mental Health, Kazakhstan

Title: The Self-Coping Method as a Tool for Online Psychotherapy

Abstract:

Objective Today pandemic has set challenges for psychologists and psychotherapists in providing online first psychological aid to the community. At such moments, society especially needs psychological support, which should be feasible, short-term, and effective.

Methods A method of self-coping, based on the concepts of behavioral and cognitive psychology, was applied at online consulting. The following principles underlie the method: 1) a person can cope with his/her conditions; 2) the accumulation of unconscious feelings, sensations, images leads to the development of problem states; 3) self-awareness of them through the conscious observation leads to their attenuation and extinction. The method consists of five steps. The first step is the differentiation of sensations, feelings, and appropriate images. The second stage is the observation of one's condition related to images. In the third stage, the client observes spontaneous images developed on a basis of sensations and feelings. The fourth step involves observing spontaneous images. Fifth stage: A client obtains skills of ecological behavior: once a person is able to recognize his/her own sensations, emotions and accept them, he/she then is able to express feelings but does not exhibit them in a destructive way and could discuss productively. Afterwards, people could construct positive patterns of their thoughts and behaviors. The add-on tools help at jam up issues that could occur at any stage of the method.

Results The pre-pandemic experience of using this method has shown high efficiency, comprehensibility, and simplicity. The method has proven its usefulness in online consulting, positively perceived by clients, who note its ease of understanding, training, and use.

Conclusion The method has shown an efficacy during the pandemic and suggested to be effective in various conditions (obsessive/anxiety disorders, eating disorders, alcohol abuse, etc.) as well as for prevention reasons.

Authors: Kang, S., Pyo, J., Ahn, J. K.

Affiliation: Chungbuk National University, Korea

Title: Relationship Between Self-Construal and Social Anxiety in Koreans: Different Role of Bivalent Fear of Evaluation

Abstract:

Objective The purpose of this study is to investigate the mediation effect of bivalent fear of evaluation (BFE) in the relationship between self-construal and social anxiety. Self-construal is the view about connectedness between individual and social context. People have independent self-construal in individualistic cultures but interdependent self-construal in collectivistic cultures. Social anxiety is associated with cultural differences, and the BFE plays an important role in the relationship. BFE is fear incurred by distorted cognitive processes about others' evaluation and consists of fear of positive evaluation (FPE) and fear of negative evaluation (FNE). Previous multi-country studies suggested the relationship between FPE and social anxiety could vary with cultures. However, only a few studies measured self-construal and BFE.

Methods In this study, 220 adults in South Korea completed the self-construal scale, the social interaction anxiety scale, the social phobia scale, the brief fear of positive evaluation scale, and the fear of negative evaluation scale. We conducted correlation analysis and mediation analysis. Independent self-construal was significantly associated with social anxiety, FPE, and FNE. Interdependent self-construal showed a significant correlation with FNE, however not with social anxiety and FPE. Because interdependent self-construal was not significantly associated with social anxiety, we conducted mediation analysis only with independent self-construal.

Results Both FPE and FNE significantly mediated the relationship between independent self-construal and social anxiety. These results suggest social anxiety is associated with independent self-construal, not interdependent self-construal, and the role of BFE could be different in collectivistic cultures.

Conclusion Understanding these cultural differences would contribute to enhancing cognitive behavioral therapy for social anxiety disorder.

Authors: Shafira Fawzia A., Sutjiono, B., Jaya, E. S.

Affiliation: Indonesia Psychological Healthcare Center, Jakarta, Indonesia

Title: Benefit of Exposure and Response Prevention (ERP) to an Older Adult With Obsessive-Compulsive Disorder in Indonesia

Abstract:

Objective Obsessive and Compulsive Disorder (OCD) is characterized by intrusive thought and repetitive behavior that are interfering and hard to control. Exposure and Response Prevention has been advocated as the first-line psychotherapy for OCD based on studies conducted mainly in Western countries. However, the efficacy of ERP for OCD for patients in Asian countries such as Indonesia remains unknown.

Methods The treatment response of a patient with OCD treated with ERP for a total of 27 sessions during a span of 10 months. The patient was a 51-year-old female, diagnosed with panic disorder and OCD. Her primary obsession was an intrusive thought about death and her primary compulsion was mental rituals to reassure her. She had OCD symptoms for 23 years, and had received treatments such as psychiatric medication, unstructured counseling with CBT approach, and alternative medicine. None were successful in remitting the symptoms. The following treatment techniques were conducted: psychoeducation for understanding the symptoms, making a list of OCD target, developing the exposure hierarchy, determining the response prevention, conducting the ERP in session as well as through homework, and maintenance.

Results The patient found preventing the response by distracting her focus to the thought to be most helpful. Through Yale-Brown Obsessive Symptoms Scales that were administered periodically for 9 times, we found the severity to decrease steadily from 16 at pre-treatment to 1 at end of treatment. Her OCD remitted at session 23rd and it was maintained until the last follow-up at the 5th month after first remission.

Conclusion We found that the patient can use the skills from ERP in her day-to-day life to handle the symptoms by herself. This case demonstrates that ERP could be beneficial for OCD cases in Indonesia, older adults cases, and even for those who had the symptoms for decades.

Authors: Syed Omar, S. N. M., Abdul Khaiyom, J. H.

Affiliation: International Islamic University Malaysia, Malaysia

Title: The Effectiveness of Emotion Regulation Component of the Use of Brief e-DBT: A Case Study of Malaysian Client With Borderline Personality Disorder (BPD)

Abstract:

Objective DBT is an evidence-based intervention for individuals with difficulties in regulating their emotion and have demonstrated its effectiveness on treating many disorders. The aim of the study is to observe the effectiveness of Brief e-DBT specifically the emotion regulation components in decreasing symptoms of BPD, in particular affective instability such as depressive symptoms. The present modified DBT is over the course of 13 sessions (i.e., 4 assessment formulation and 9 intervention sessions).

Methods This single case study ($N=1$) implemented an online adapted brief DBT that combines both individual skills training and individual therapy on a 22-year-old male client with BPD and depressive symptoms in Malaysia. In the earlier 4 sessions, formal assessments and informal interventions were given. The first 3 intervention sessions were focused on awareness and mindfulness, while the last 6 intervention sessions focused on emotion regulation skills. Termination of session focused on practicing emotion regulation skills and relapse prevention. Dialectical Behavior Therapy Ways of Coping Checklist (DBT-WCCL), Borderline Symptom List-23 (BSL-23) and Beck Depression Inventory was administered pre-post intervention.

Results Comparison between pre- and post-intervention showed marked difference. There is an increase in client's adaptive coping use. Items that describe emotion regulation strategies (i.e., acceptance, focus on positive experiences) were marked higher as compared to the pre-intervention measures. Other than that, there were also marked difference between the severity of BPD symptoms in BSL-23 [i.e., pre- $M=3.7$ (extremely high symptoms of BPD); post- $M=1.57$ (moderate symptoms of BPD)]. Depressive symptoms also decreased from 55/63 (extreme depression) to 33/63 (severe depression).

Conclusion The result indicates that Brief e-DBT that focuses on emotion regulation components may results in marked overall improvements and decrease in BPD and depressive symptoms, and thus may contribute to findings on feasibility and effectiveness of Brief e-DBT focusing on emotion regulation strategies towards clinical population.

Authors: Omar, S. A. (1), Fernandez, A. (2), Zulkefly, N. S. (2), Mukhtar, F. (2)

Affiliations:

(1) Universiti Teknologi MARA, Malaysia

(2) Universiti Putra Malaysia, Malaysia

Title: A Systematic Review of Psychological Interventions for Traumatic Brain Injury Caregivers

Abstract:

Objective The objective of this literature revision is to systematically review and analyse the current research on the psychological interventions for TBI caregivers.

Methods Three electronic databases known as PsycINFO, CINAHL, Web of Science (WOS) within the traumatic brain injury field were searched between the years 2010-2020. The inclusion criteria were only Randomized Control Trial's study was selected, peer reviewed articles only, published in English and all studies must include caregivers in the intervention program. All types of injury severity were included as well. Paediatric TBI was excluded from the review.

Results The search identified 1231 total articles. After duplicates were removed, an application of inclusion and exclusion criteria, 21 identified studies that met criteria for inclusion. Finally, 10 randomized clinical trials studies were identified that merited for review of full articles. Most studies were adopting different approach in their intervention program. However, there is evidence to support the benefit of psychological intervention for TBI caregivers.

Conclusion Non standardized program were considered as one of the flaws in generalizing it in TBI population. Perhaps, a more standardized intervention program should be developed and tested specifically for TBI population to overcome this problem.

Authors: Sujata, S. (1), Kaur, M. (2), Pratap, S. (3)

Affiliations:

(1) Additional Prof. Clinical Psychology

(2) Junior Resident Psychiatry

(3) Prof. Psychiatry. Department of Psychiatry, All India Institute of Medical Sciences, New Delhi, India

Title: Cognitive Therapy (CT) for ARFID With Comorbid Histrionic Personality Disorder: A Case Study

Abstract:

Objective An unmarried graduate and working female aged 26 years from a upper middle socio-economic status family was hospitalized with complaints of vomiting immediately after food and significant weight loss (18kgs) for last 8 months; and incessant belching and nausea for 30 days. Subsequent to Covid-19 treatment, the patient developed symptoms which never subsided completely. Treatments were sought in Gastro, ENT, and Medicine departments. All medical radiological reports were normal. With 1 month treatment for Avoidant Restrictive Food Intake Disorder - ARFID (with? rumination syndrome and? psychogenic vomiting) at Psychiatry in February 2020, food intake improved slightly. However, belching and vomiting with slightest movement continued. Lorazepam assisted interview revealed no significant stressors, hence the referral for psychotherapy came with a suggestion to explore narcissistic personality. Urgent somatic symptoms warranted a simple and flexible cognitive case formulation.

Methods MCMI-III, Maladaptive Covert Narcissism Scale, and Adaptive Overt Narcissism scale were administered by a psychiatrist before therapy. All 3 sessions followed therapeutic assessment method for quick results. The patient had a syndromal histrionic personality hence therapy focused on histrionic personality rather than ARFID. The CT was of 7 hours (3+2+1) delivered in 3 sessions. The sessions focused on self-description and self-awareness at three levels, stage specific life events charting and intentional coping, and various worksheets (what changes my mood, emotional IQ and identifying emotions, identifying my stress symptoms and signs, Histrionic personality emotional spectrum, feeling connected and understood) and family psychoeducation.

Results The belching and vomiting came down 75% after the first extensive 3 hours session, and almost 100% after 2 hours of second session with other improvements. However, mild belching reappeared after few days which subsided completely after the final session till discharge and first follow-up.

Conclusion Patient's active engagement through histrionic-personality-focused therapeutic assessment was key to bring out target outcome even without any deliberate effort to reduce symptoms.

Authors: Razi, S., Saffdar, F.

Affiliation: University of the Punjab, Lahore, Pakistan

Title: Efficacy of Brief Cognitive Behavior Therapy for Internet Gaming Disorder in Young Adults

Abstract:

Objective The current research was conducted to find out the efficacy of Brief Cognitive Behavior Therapy (Brief CBT) for Internet Gaming Disorder (IGD). Internet Gaming disorder is classified in DSM-5 as preoccupation with internet games, withdrawal, tolerance, failure to control gameplay, loss of interest in other activities, problems, deception, using games as a means to escape reality for the player.

Methods The young adults were assessed prior to the commencement of therapy using Internet Gaming disorder Scale (IGDS) by Lemmens, Valkenburg & Gentile (2015). A total of 8 Brief CBT (Cully & Teten, 2008) sessions were conducted individually with the participants. Each session lasted for 45 minutes during which techniques of Cognitive Behavior Therapy were used. At the end of 8th session, post assessment was taken on the same scale.

Results The results of the non-parametric test (Wilcoxon Signed Ranks Test) indicated that Brief CBT was effective in reducing the symptoms of Internet Gaming Disorder in the participants.

Authors: Gunawardena, T. (1), Zoysa, P. D. (2)

Affiliations:

(1) Department of Psychology, Faculty of Arts, University of Peradeniya, Sri Lanka

(2) Department of Psychiatry, Faculty of Medicine, University of Colombo, Sri Lanka

Title: The Use of Cognitive Behavioral Therapy for Depression in an Ethnic Minority Homosexual Client in Sri Lanka: A Clinical Case Study

Abstract:

Objective Sri Lanka is yet to legalize homosexuality and therefore there are many instances of prosecution of such individuals. The cultural stigmatization of homosexuality has resulted in the gay community experiencing various forms of abuse. Within this backdrop, it is inevitable that mental health related consequences such as depression and suicidality is experienced at a higher rate among this population. There is limited research examining the psychosocial issues faced by homosexual individuals in Sri Lanka and the effectiveness of psychologically based intervention for such persons. The current case study aims to present evidence for the clinical utility of Cognitive Behavioral Therapy (CBT) based techniques used with a homosexual client in Sri Lanka, from an ethnic minority, diagnosed with depression.

Methods The presenting symptoms of the client were captured within a CBT-based assessment, formulation and therapeutic intervention framework. The CBT-based intervention consisted of 10 sessions. The intervention included psychoeducation for the client and immediate family members, behavioral activation, guided discovery, cognitive restructuring, and problem solving-related skill building. The Sinhala translated Beck Depression Inventory (BDI) was used as a pre- and post-intervention assessment of the success of intervention.

Results The client implemented behavioral activation related techniques in the home context in a more effective manner in comparison with cognition-based techniques. However, additional encouragement was needed to implement cognitive restructuring related activities beyond the therapeutic setup. Overall, the client's symptoms greatly improved as indicated by post-BDI scores.

Conclusion

Overall, there appears to be high clinical utility of behavior-oriented CBT techniques compared to cognitive based CBT techniques with homosexual clients in the Sri Lankan context. Unique culturally based elements such as ethnicity and legal and communal attitudes towards homosexuality that apply to homosexual clients in the Sri Lankan context need to be considered when engaging in psychotherapeutic work with such clients.

Authors: Karmaker.T., Khatun. M. N.

Affiliation: Department of Clinical Psychology, University of Dhaka, Dhaka, Bangladesh

Title: Web-Based Relaxation in Reducing Anxiety and Stress

Abstract:

Objective The present study was to see the effectiveness of web-based relaxation in reducing anxiety and stress. Non-randomized one group pre-test-post-test design was used in this study. The study was divided into three parts- contents development in Bangla for web-based program, development of web-based program, and a field trial.

Methods The web-content tools are- Breathing Relaxation, Progressive Muscle Relaxation (PMR) and Imaginary Relaxation. There was one session for each relaxation including reading materials, audio and video clips which took about 20-25 minutes to complete. Through advertisement in social media, 27 participants participated and implemented the intervention. Among them 16 participants continued to practice the relaxation for 1 week. The effectiveness of the web-based relaxation was assessed by applying Subjective Well-being Scale, Anxiety Scale, Perceived Stress Scale and a Subjective Evaluation Form.

Results The finding of the study indicated that, the individuals were significantly better regarding their overall well-being ($t = -9.1414$, $p < .001$) after practicing the relaxation. Results also suggested that, participants who practiced relaxation for 1 week were significantly less anxious ($t = 10.338$, $p < .001$) than before. Another finding showed that, participants' level of stress also decreased significantly ($t = 9.652$, $p < .001$) after 1 week of relaxation practice. Participants evaluated web-based relaxation program's quality (contents, language, and structure) as high quality and mean score was 84 on a 0-100 scale; where 0 meant lower quality and 100 meant highest quality and they were 88% satisfied with the program on an average.

Conclusion Overall, the findings of the study suggested that, web-based relaxation is effective in managing anxiety and stress in the context of Bangladesh.

Authors: Kurashige, T. (1), Tanaka, T. (2)

Affiliations:

(1) Graduate School of Modern Society and Culture, Niigata University, Niigata, Japan

(2) Educational Psychology Course, Faculty of Education, Niigata University, Niigata, Japan

Title: Treatment Effects of Attention Bias Modification for Social Anxiety : Meta-Analysis

Abstract:

Objective Attention bias modification (ABM) is one of the computerized intervention procedures for social anxiety (SAD). This intervention procedure has been conducted primarily by dot probe task (DPT). However, recent studies have shown skeptical results about the treatment effects of ABM, and new ABM procedures have been being developed. In the present study, we systematically collected studies on ABM for SAD and conducted a meta-analysis to examine the differences in treatment effects among different types of ABM tasks.

Methods Three literature search databases, PubMed, PsycInfo, and Science Direct, were used for this study. Either "Attention bias modification", "Attention Training", "ABM", "Cognitive bias modification", or "CBM" were combined with "social anxiety" in the search. Among the 120 articles extracted, 23 were included in the analysis.

Results Overall, the ABM group did not show any statistically significant treatment effects compared to the placebo group ($g = 0.07$). In the within-group effect size, the ABM group showed a significant effect size of $g = 0.47$. Subgroup analysis showed that the clinician-rated measure had a greater treatment effect than the self-reported measure (clinician-rated $g = 0.60$, self-reported $g = -0.08$; $Q(M(df = 1) = 18.727$, $p < .001$), and the presence or absence of a diagnosis of social anxiety and the environment (laboratory or Internet) did not affect the treatment effect. Since there was only one study that employed an intervention procedure other than DPT, it was not included in the subgroup analysis.

Conclusion ABM did not show a significant between-group effect size and therefore cannot be recommended as a clinical intervention procedure at present. However, ABM showed a stable within-group effect and a significant effect in the evaluation by clinicians. Furthermore, DPT is still the mainstream ABM procedure, and it is necessary to promote the study of treatment effects using a novel procedure.

Authors: Fracazzo, V., Toni, C.G.S.

Affiliation: Universidade Estadual do Centro-Oeste do Paraná (UNICENTRO), Brazil

Title: The Influence of Attachment Styles on the Activation of Initial Maladaptive Schemas in University Students

Abstract:

Objective Attachment Theory (AT) assumes that attachment develops from repeated internalizations of initial relationships. The style of attachment is stable throughout life and shapes the individual's view of self, relationships, and worldly views. Schema Therapy also presumes that the quality of an individual's initial life relationships influences the personality and construction of maladaptive initial schemas (EID). Leaving home for college presents itself as a context of vulnerability for young adults. The present study aims to analyze whether the dimensions of attachment (Anxiety, Close-depend, close, and depend) are predictors of the EID of the domain I, disconnection and rejection, in university students.

Methods A cross-sectional and a quantitative analysis approach were used: 60 students from a public university in the south of Brazil participated in this study. The participants were of both sexes, aged between 18 and 26. The instruments used were the AAS-R- Adult Attachment Scale-R (portuguese version by Cannavaro, 1997) and the Young Schema Questionnaire (YSQ-S3). Data was analysed by the SPSS 18 software, using multivariate data analysis methods (multiple regression). The attachment dimensions as the independent variables and the EID as dependent variables.

Results Results showed that the dimensions of the attachment have a high prediction of activated EID, explaining from 37% to 59% each tested schema. Anxiety was identified as a predictor of all five schemes in the first domain. The close-depend dimension influenced inversely the regression coefficient of the dependent variables, emotional deprivation and defectiveness.

Conclusion The results support the hypothesis of connections between the attachment and scheme theories and emphasize the importance of secure attachment for less EID activation and better adaptation to the university environment.

Authors: Natalia, V., Lentari, F.R.M.

Affiliation: Atma Jaya Catholic University of Indonesia, Indonesia

Title: Aspects of Father Involvement in Child Rearing During Prenatal Until Infancy Period in Dual Earner Family

Abstract:

Objective This study aims to get the overview of father's involvement in child rearing during prenatal until infancy period in dual earner family. In dual earner families, the portion of father involvement usually becomes higher as fathers are expected to help their wives to take care of their children together.

Methods This study was based on paternal involvement theory by Pleck (2010) that stated 5 aspects of father involvement such as Positive Engagement Activity, Warmth and Responsiveness, Control, Indirect Care, and Process Responsibility. This study was conducted with a qualitative method. The sampling method used in this study was convenience sampling. To collect the data, a semi-structured interview was conducted with 2 participants. The participants are working fathers with children within 0-12 months of age and working wives.

Results In the prenatal period, father involvement was seen more on the Process Responsibility aspect, such as making sure their wives were well-rested during pregnancy. During new-born period until 2 months of age, in the Positive Engagement Activity aspect, fathers were involved in changing diapers, giving milk, and singing lullabies. During 3-5 months of age, the aspect that stood out was Indirect Care, where fathers started to introduce their children to the outside environments. During 6-8 months of age, father involvements were mostly shown in the Warmth and Responsiveness aspect where fathers made more eye-contacts and gave compliments as they fed their children. During 9-11 months of age, the aspect that was mostly shown was Control, where fathers monitored their children intensively as they started to get active and learn how to walk.

Conclusion In this study, father's involvement was usually increased when their wives were supportive and gave them space to take care of their children. It was also shown that fathers with egalitarian gender perspective were more likely to be involved in child rearing.

Authors: Nagahara, Y. (1), Sadahisa, M. (2)

Affiliations:

(1) Support Center for Persons with Developmental Disorders, Kyoto City, Japan

(2) Center for Development and Clinical Psychology, Hyogo University of Teacher Education, Japan

Title: PTG and Related Factors in Mothers Who Raise Children With Autism Spectrum Disorders

Abstract:

Objective In many studies, the psychological situation of mothers who raise children with autism spectrum disorders (ASD) is analyzed in the context of difficulties. On the other hand, parenting children with ASD can be physical and emotional challenges that can promote PTG (Posttraumatic Growth). PTG is defined as positive psychological changes experienced because of adversity and other critical challenges to rise to a higher level of functioning. In this study, we examined PTG and related factors in mothers who raise children with ASD by questionnaire investigation.

Methods A self-administered questionnaire assessing PTG, coping patterns, and social support was mailed to 202 mothers who were a member of parents' association of children with ASD. 57 valid responses were received.

Results The result showed that mothers had high level of PTG on "new possibilities". In addition, stepwise multiple regression analysis was used to investigate the influence of PTG-related factors as explanatory variables for PTG. The result indicated that positive interpretation, information gathering, and sibling's existence significantly accounted for PTG.

Conclusion According to these results, it was suggested that there were two copings that promote PTG in mothers who raise children with ASD. One was trying to think positively by using active emotion-focused coping. The other was trying to gather information about the occurrence. Furthermore, it was shown that mothers who raise siblings were more likely to experience PTG than mothers who raise only children with ASD. Limitations, future research, and clinical implications were also discussed.

Authors: Okabe, Y. (1), Nakano, R. (2), Nobushige, A. (3), Yamashiro, K. (3), Takii, A. (1)(4), Ito, D. (3)

Affiliations:

(1) Joint Graduate School in Science of School Education, Hyogo University of Teacher Education, Japan

(2) Faculty of School Education, Hyogo University of Teacher Education, Japan

(3) Graduate School of Education, Hyogo University of Teacher Education, Japan

(4) JSPS Research Fellowship for Young Scientists (DC1), Japan

Title: An Examination of Factors Affecting Help-Seeking From Professional Psychological Organizations

Abstract:

Objective Despite college students often experiencing depressive symptoms, some individuals do not seek help. The barriers to help-seeking are stigma and attitudes of distrust toward professional treatment, while the facilitating variable is knowledge of mental disorders to enable one to assess one's own mental state. A review suggests the need to focus on the process of help-seeking (Gulliver et al., 2010). However, the variable associated with help-seeking has not been clarified for those who are experiencing depressive symptoms. This study aimed to identify the variable related to help-seeking while experiencing these symptoms.

Methods We distributed questionnaires using snowball sampling at a university in Japan. The participants were 184 students (43 males, 140 females, and 1 neither; $Meanage = 21.5$, $SD = 1.2$), who completed a questionnaire that included Attitudes toward Seeking Professional Psychological Help (confidence in professional help, fear of stigma, reluctance to face an unfamiliar situation, and indifference to psychological help; Ohata & Hisata, 2010), and knowledge about mental disorders (Yamaguchi et al., 2019), and help-seeking in situations where depressive symptoms are experienced (Kawai, 2019). Prior to responding to the questionnaires, all participants received information about ethical considerations, and provided informed consent.

Results Participants who reported not seeking help indicated a higher score of reluctance to face an unfamiliar situation ($t = -4.06$) and indifference to psychological help ($t = -4.53$) concerning Attitudes toward Seeking Professional Psychological Help ($ps < .01$). Logistic regression analysis indicated that reluctance to face an unfamiliar situation ($B = .19$) and indifference to psychological help ($B = .18$) were correlated with engagement in help-seeking ($ps < .05$).

Conclusion To promote help-seeking, it may be necessary to offer psychoeducation about the specific counseling situation and psychological help itself. Future research needs to consider what knowledge of mental disorders is required.

Author: Zenab Ayub, A.A.

Affiliation: Axon Healthcare & Pharmacy, Rawalpindi, Pakistan

Title: Psychological and Social Well-being of Stoma Patients

Abstract:

Objective Stoma/ ostomy is a surgical outlet constructed for excretions. The condition invariably leads to depression and anxiety. The study is aimed to assess the quality of life based on level of anxiety & depression in patients and to sensitize the health care workers for better/ improved management.

Methods 30 patients with ostomy of 1-2 years duration were randomly selected irrespective of their age, gender, marital and job status. Quality of life questionnaire for a patient with ostomy and HADS were used. The responses were analyzed both quantitatively and qualitatively. Correlation between all variables has been assessed.

Results Results showed that anxiety is positively correlated with depression (.34) while it is negatively correlated with physical wellbeing (-.32), psychological wellbeing (-.42), social wellbeing (-.33) and spiritual wellbeing (-.28). In the same way, depression was found to be positively correlated with anxiety (.34) and negatively correlated with physical wellbeing (-.52), psychological wellbeing (-.35), social wellbeing (-.44) and spiritual wellbeing (-.36). On the other hand, wellbeing was positively correlated with each other. Management of stoma i.e. cleaning, odour, hazards of carrying cleaning kit and “getting familiar with your gastrointestinal tract” by modifying dietary habits additional expenses, inability to clean as per Muslim standards, changes in dress style to hide the ostomy, fear regarding social restrictions, stigmatization and impotency further aggravated the anxiety (40%) and suicidal tendencies have been noted (20%).

Conclusion Inadequate guidance and support by health care providers to manage the condition further aggravate anxiety. Result shows that anxiety and depression are negatively co-related with all the variables while physical, psychological, social and spiritual wellbeing are positively co-related with each-others. It has been found that patient’s overall quality of life and especially spiritual well-being is adversely affected after having stoma surgery.

Authors: Nomura, K. (1), Tanaka, Y. (2), Asami, Y. (3), Shimada, H. (1)

Affiliations:

(1) Faculty of Human Sciences, Waseda University, Saitama, Japan

(2) Faculty of Humanities, Wayo Women’s University, Chiba, Japan

(3) Graduate School of Human Sciences, Waseda University, Saitama, Japan

Title: Development of the Coping Skills for Preventing Relapse of Addictive Behaviors Scale

Abstract:

Objective Cognitive behavior therapy (CBT) is widely used as a method to prevent relapse of addictive behaviors. A CBT for addiction teaches the person with addiction in recovery how to cope with any distressing emotions, cravings, or relapse triggers (Nomura et al., 2018). However, no such appropriate assessment tool exists. However, no appropriate assessment tool for the Coping Skills for preventing relapse of addictive behaviors. Therefore, this study was development of the Coping Skills for Preventing Relapse of Addictive Behaviors Scale (CSPRABS).

Methods First, a Self-reported questionnaire with open-ended questions related the Coping Skills for preventing relapse of addictive behaviors was administered to 65 outpatients with addictive disorder, and 30 items were developed for the CSPRABS. Next, a self-reported questionnaire pertaining to these items was administered to 77 outpatients with addictive disorder. All experimental protocols and data collection methods were approved by the Ethics Committee on Human Research of Waseda University.

Results Exploratory factor analysis revealed that CSPRABS, include 15 items appropriately fell into 3 factors: “Awareness and coping with own problems,” “Impulsive control,” and “Engagement in pleasant activities and distractions.” Internal consistency of the scale and each subscale was sufficiently high.

Conclusion Through exploratory factor analysis, CSPRABS were characterized into a 3-factor structure.

Future research will be to evaluate the validity of CSPRABS to discriminate between individuals received CBT treatment and no CBT treatment.

Authors: Ohue, T. (1), Hassan, H. (2)

Affiliations:

(1) Department of Nursing, Faculty of Nursing, Hyogo University, Japan

(2) Faculty of Medicine and Health Science, Universiti Malaysia Sabah, Malaysia

Title: Comparison of Factors Related to Nurse Burnout and Turnover in Japan and Malaysia

Abstract:

Objective The purpose of this research is to compare and consider the various factors related to nurse burnout and turnover in JAPAN and Malaysia.

Methods The participants in the study included registered nurses working at acute-care hospitals in JAPAN and Malaysia. The Maslach Burnout Inventory, Intent to Leave, Utrecht Work Engagement Scale (UWES), and Nursing Stress Scale were used to evaluate the variables of interest.

Results Questionnaire forms were distributed to nurses in two countries, and data analysis was performed on 560 people (Japan: 318, Malaysia 248). Comparing burnout scores by country (Japan and Malaysia) using analysis of variance, a significant difference was confirmed at burnout "exhaustion" ($p < 0.01$), "cynicism" ($p < 0.01$), and "job efficacy" ($p < 0.01$). Specifically, Malaysia had significantly higher "cynicism" ($p < 0.01$) than Japan, and "exhaustion" ($p < 0.01$) and "job efficacy" ($p < 0.01$) were higher in Japan. Also, when comparing the scores of the intention to leave the job by country, the intention to leave was no significant difference in the two countries. In Work Engagement, significant differences were confirmed in "vigor" ($p < 0.01$), "absorption" ($p < 0.01$), and "dedication" ($p < 0.01$). In addition, stressors are high in Malaysia for "death and dying" ($p < 0.01$), "lack of support" ($p < 0.01$), "conflict with doctors" ($p < 0.01$), and "conflict with other nurses" ($P < 0.01$), a significant difference was confirmed. "Uncertainty concerning" and "workload" ($p < 0.01$) were high in Japan. No significant difference was found in the average overtime hours.

Conclusion Malaysian nurses have a higher burnout "cynicism" than in Japan, and there was no significant difference in their intention to leave. Therefore, Malaysian nurses have a high intention to burnout or leave their jobs as in Japan. The cause was related to the stressors of "death and dying," "lack of support," "conflict with doctors," and "conflict with other nurses."

Authors: Shinjini S, Susmita H.

Affiliation: Amity University, Kolkata, India

Title: Exploration of Negative Automatic Thoughts and Emotional States Among Young Adults During COVID-19- A Comparative Study

Abstract:

Objective Corona virus outbreak has been impacted over every individual and it has an adverse impact on health and wellbeing. Pandemic caused disturbances in mental health conditions due to its uncertain and unreliable nature. It exhibits uncontrollable environment which promotes negative thoughts regarding self and the situation. The aim of the present study is to explore the negative automatic thoughts and the emotional states among young adults during this corona virus outbreak.

Methods In the present study, 50 individuals with the age range of 18-25 of both sexes were selected. Automatic thoughts questionnaire and Depression, Anxiety and Stress scale (DASS) were used to measure negative automatic thoughts and emotional dimensions among the sample.

Results Results suggests, presence of significant negative emotions and negative automatic thoughts among young adults during pandemic and in this context, gender differences can also be seen.

Conclusion In conclusion, it can be said that identification and exploration of negative automatic thoughts and severity of subject feelings of negative emotions could be considerate to intervene through cognitive behavioural therapy.

MODERATORS



MODERATORS



Prof. Alvin Ng Lai Oon

Department of Psychology,
School of Medical and Life
Sciences, Sunway University



Prof. Firdaus Mukhtar

School of Graduate Studies,
Universiti Putra Malaysia



Dr. Lynne Yong Ee Lin

Penang Adventist Hospital



Dr. Dmitrii Kovpak

Russian Association for Cognitive
& Behavioral Psychotherapy



Dr. Hazli Zakaria

Malaysian Psychiatric Association



Dr. Nooraini Binti Darus

Dept. of Psychiatry and Mental
Health, Hospital, Kuala Lumpur



Dr. Mahadir Ahmad

Health Psychology Programme,
Faculty of Health Sciences,
Universiti Kebangsaan Malaysia,
Kuala Lumpur, Malaysia



Dr. Ahmad Nabil Md. Rosli

Dept. of Psychiatry, Kulliyah of
Medicine, International Islamic
University of Malaysia (IIUM), Malaysia



Dr. Yang Wai Wai

Paediatric Department, Faculty
of Medicine, Universiti
Kebangsaan Malaysia (UKM),
UKM Medical Centre



Dr. Jusmawati Fauzaman

Dept. of Psychology, Kulliyah of
Islamic Revealed Knowledge &
Human Science, International
Islamic University Malaysia



**Dr. Ponnusamy A/L
Subramaniam**

Center for Healthy Ageing and
Wellness Faculty of Health Sciences,
Universiti Kebangsaan Malaysia



**Norhameza Ahmad
Badruddin**

Ministry of Health (KKM)



Dr. Hilwa Abdullah

Center for the Study of
Psychology & Human Well -
Being,
National University Malaysia,
Malaysia



Dr. Saw Jo Anne

Dept. of Psychiatry, Faculty of
Medicine, Universiti Teknologi
MARA (UiTM), Sungai Buloh Campus



Dr. Kartini Ilias

UiTM Puncak Alam Campus,
Malaysia



Dr. Serena In

Psychology Department,
School of Medicine,
International Medical University



**Dr. Mohamed Faiz
Mohamed Mustafar**

Dept. of Neurosciences, School of
Medical Sciences, Health Campus,
Universiti Sains Malaysia



Dr. Natasha Subhas

Dept. of Psychiatry & Mental Health,
Hospital Tengku Ampuan Rahimah,
Klang Selangor, Malaysia



Dr. Grendy Tan Yen Teng

Dept. of Psychology, Faculty of
Social Sciences & Liberal Arts,
UCSI University, Malaysia



Dr. Joel Low

The Mind Psychological Services
& Training



Dr. Pamilia A/P Lourdunathan

Dept. of Psychology, Kulliyah of Islamic
Revealed Knowledge & Human
Science, International Islamic University
Malaysia



Dr. Asma Perveen

Faculty of Education & Human
Development, Dept. of Psychology &
Counselling, Universiti Pendidikan
Sultan Idris, Tanjong Malim, Malaysia.



Lee Sook Huey

Dept. of Psychology, Faculty of
Social Sciences & Liberal Arts,
UCSI University, Malaysia



Nurul Miza Mohd Rashid

Dept. of Psychology, Kulliyah of
Islamic Revealed Knowledge &
Human Science, International Islamic
University Malaysia



Sakinah Idris

Dept. of Psychiatry, Clinical
Psychology Unit, Universiti
Teknologi MARA Malaysia



Masyitah Minhad

Hospital Raja Permaisuri
Bainun, Ipoh, Perak



Siti Aminah Omar

Faculty of Medicine, Universiti
Teknologi MARA, Selayang,
Malaysia



Aida Farhana Suhaimi

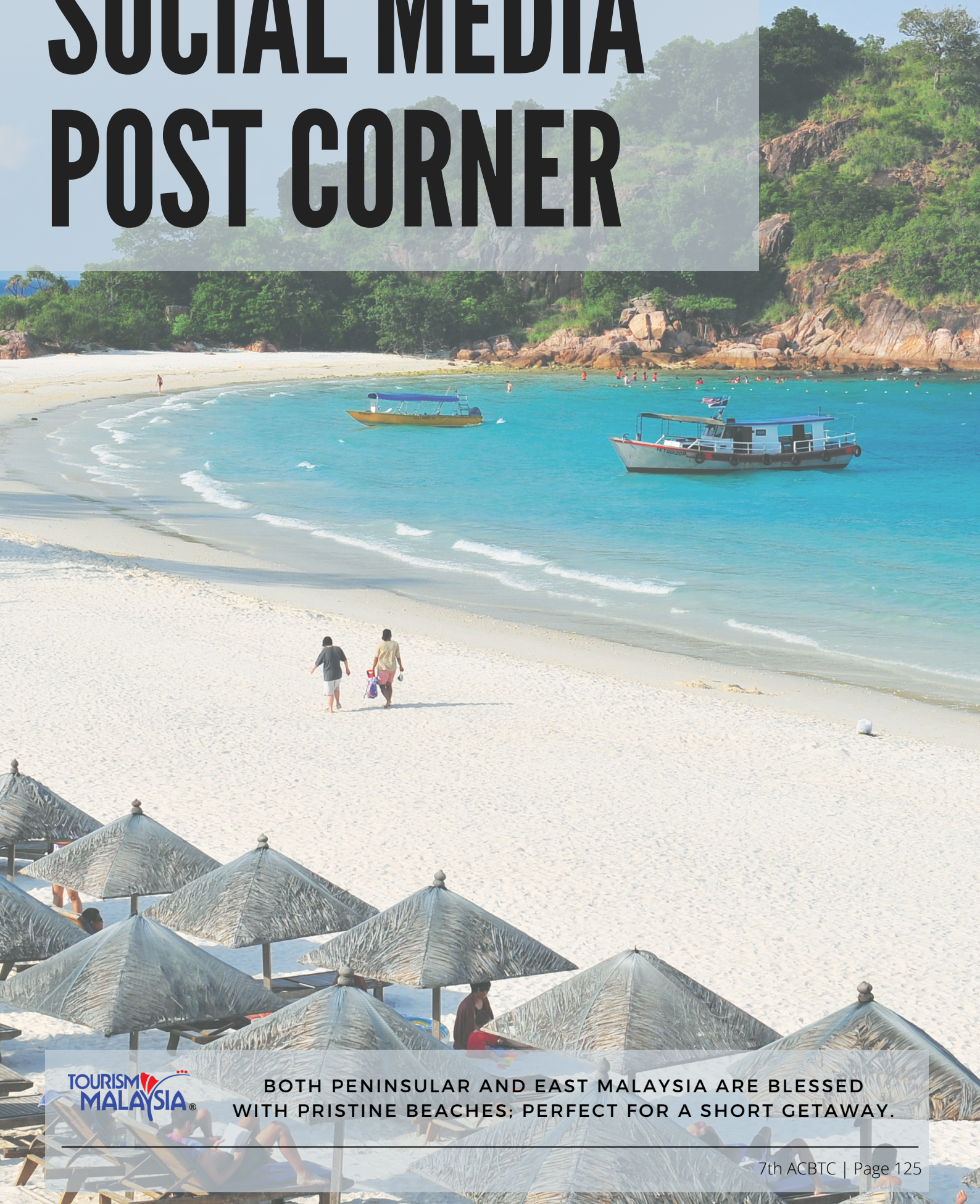
Dept. of Psychiatry & Mental Health,
Hospital Putrajaya, Malaysia



Zhang Yujia

Klinik Pakar John Tan

SOCIAL MEDIA POST CORNER



CBT UNHELPFUL THINKING STYLES

- Thoughts, feelings & behaviors are inter-related.
- Our thinking affects our feelings and influences our behavior.
- However, at times, our thinking may take short-cuts in interpretation.
- The short-cuts, or unhelpful thinking styles may be biased, and may lead to irrational feelings and behavior.
- Thus, it is essential to identify our common unhelpful thinking, in order to practice more rationalized thinking.

BLACK AND WHITE



Thinking which is either all or nothing

Examples: Either I've done perfectly, or nothing at all; If I'm not successful, I must be a failure.

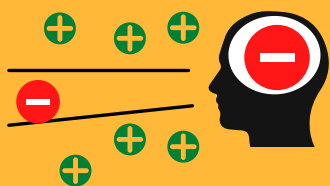
LABELING



Assigning labels based on behavior in specific situations

Examples: Labeling a friend "inconsiderate" for not offering help; Labelling self "useless" due to decline of work performance.

MENTAL FILTERING



Focusing on negatives and filtering out positives

Example: My mom never cared for me (Although in reality, the mom has been showering care and love).

BLAMING



Excessively blaming ourselves or others

Examples: It was all my fault. If I did better, our team wouldn't have lost; My partner is totally at fault for our relationship issues.

KILLER WORDS



Repeated use of words that promote unhelpful rumination & prevent effective problem solving

Examples: I **MUST** score straight A's in exams; I know I **SHOULD** do this **BUT**...

EMOTIONAL REASONING



Assuming that because we feel a certain way, our thinking is true

Example: I feel sad and frustrated, my life must be all doom and gloom.

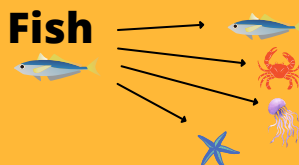
MAGNIFICATION & MINIMIZATION



Over exaggeration or inappropriately minimizing the reality of a situation

Example: I'm no good at figuring out what to do, it doesn't matter that I have good common sense.

OVERGENERALIZATION



Conclusion based on only one or a few instances

Example: After being rejected by a company, one makes the conclusion "I could never get a job".

DISQUALIFYING POSITIVE



Discounting the good aspects of a reality

Example: I won the competition but I did not stand out much as compared to others. I am just lucky.

JUMPING TO CONCLUSIONS



Making assumptions about others' thoughts and feelings (mind reading) or predicting the future (fortune-telling)

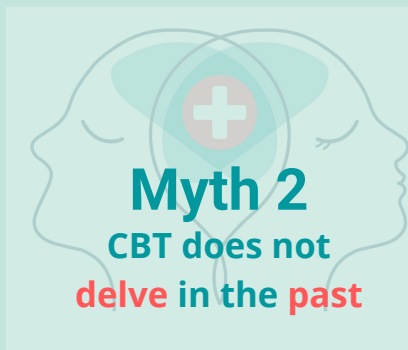
Example: She thinks I'm bad; I will certainly fail.

CBT MYTHS



Not true as CBT considers the **whole** person and tries to understand the person via the '**biopsychosocial**' process.

CBT explicitly **links** the person's thoughts, feelings, bodily sensations and behaviours, and addresses the factors currently **maintaining** their **problems**, as well as working collaboratively on building skills.



Not true as looking into the past helps to understand the social and psychological **learning history** of the person, and to discover how it continuously shapes and **influences** them in the **present**.

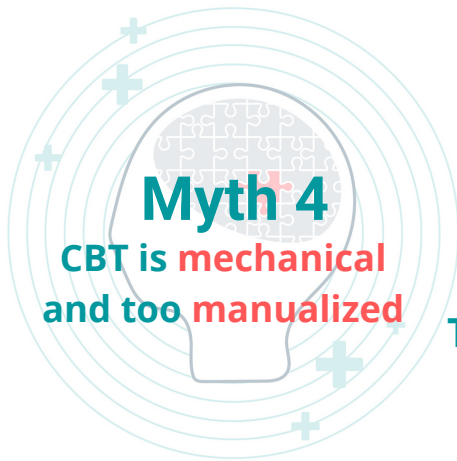
The therapist helps them modify their deep-seated beliefs by taking **action** in the **present** to experience the effects of **changing** their thinking and behaviour.



Not true as CBT focuses on enabling people to think **differently** about their **situation**, their **world**, **themselves**, and/or their **future**.

Rather, it is about 'thinking **realistically**' by helping people evaluate and **decide** whether their thoughts are in fact true, valid, realistic, and **helpful** to handle problem situations.

CBT MYTHS



Not true as CBT begins with a **detailed** and **deep understanding** of the person, and their individual needs in a **collaborative** and **supportive** manner.

Treatment is developed by the therapist with **input** from the client to ensure **success** in therapy.



Not true as CBT increases awareness of **subconscious automatic thoughts** and **beliefs** through reflection and guided discovery.

As behaviours (e.g., fear response or avoidance) may be outside conscious control, the therapist helps them **uncover** how it could have been **conditioned responses** towards **previous** problem situations.

Designed by Nicholas Kean Meng Lau

Adapted from:

Kennerley, H., Kirk, J., & Westbrook, D. (2007). *An Introduction to Cognitive Behavioural Therapy: Skills and Applications, 3rd Revised Edition*. Sage Publications Ltd.

Lazarus, C. N. (2013, April 13). *Four Common Myths and Misconceptions About CBT*. Psychology Today. <https://www.psychologytoday.com/us/blog/thinkwell/201304/four-common-myths-and-misconceptions-about-cbt>

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CBT QUOTES

Change your thoughts, and you change the world

Norman Vincent Peale

Just because you believe something, doesn't necessarily mean it is true

Judith S.Beck

We can't change the past, so we change how we are thinking, feeling & behaving today

Albert Ellis

**There are 3 musts that hold us back:
I must do well
You must treat me well
The world must be easy**

Albert Ellis

You are largely responsible for how you feel and act

Judith S.Beck

An idea can be tested

Judith S.Beck

CBT help individuals learn to be their own therapists

Judith S.Beck

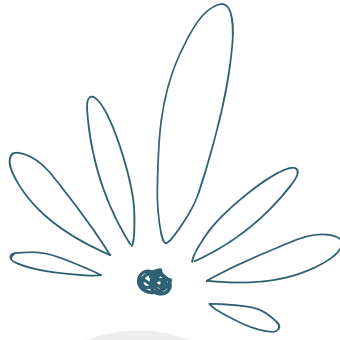
By correcting erroneous beliefs, we can lower excessive reactions

Aaron T.Beck



**I am a fallible
human being who
can at times think
& act in
unhealthy ways**

*Avy Joseph &
Maggie Chapman*



**People don't just
get upset, they
contribute to
their upsetness**

Albert Ellis

**We don't see
things as they
are, we see
things as we
are**

Anais Nin



**People do not complaint
about being anxious
about uncertainty, but
from demanding
certainty**

Avy Joseph & Maggie Chapman



**See the world
differently**

Paul Blenkiron

**People are
disturbed not by
events, but by the
view they take of
them**

Epictetus



**Our life is what our
thoughts make it**

Marcus Aurelius



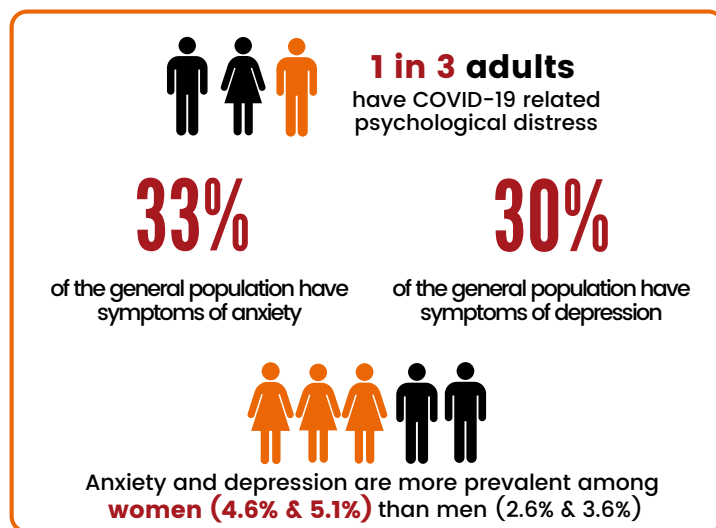
**Psychological
problems are
based, in part, on
unhelpful ways of
thinking**

*American Psychological
Association*

Designed by La Veina Sangaran

CBT & BUILDING RESILIENCY

Since the Covid-19 pandemic outbreak...



How Do We Grow From The Ground Up?

Through Resilience



Resilience



Involves the ability to

PERSEVERE, ADAPT & BOUNCE BACK

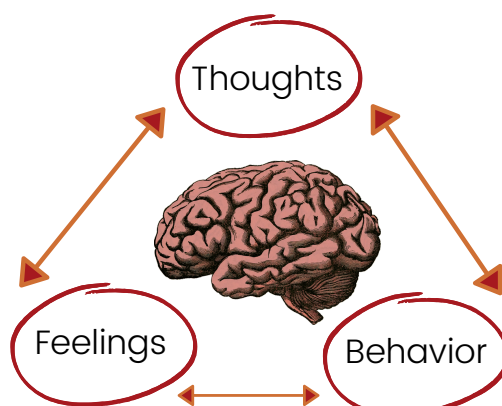
from challenging/adverse situations

Resilience is **NEGATIVELY CORRELATED** with depression, anxiety, somatization, & chronic medical conditions

Cognitive Behavioral Therapy & Mindfulness were found to be the

MOST EFFICACIOUS INTERVENTIONS

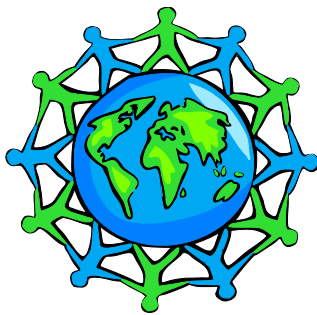
for building resilience



How Does CBT Build Resilience?

CBT is an **ideal** intervention because it helps individuals **build resiliency** through **adaptation & management** of the **current** situation

- CBT encourages individuals to develop more **psychological flexibility & rational thinking** about challenging situations
- CBT helps individuals to identify **unhelpful thinking patterns & irrational beliefs**
- **Challenge & restructure** maladaptive thinking patterns
- **Modify** maladaptive behaviors



As our movements have been restricted, physical contact limited & having to practice social distancing, making CBT **widely available** & **accessible online** would be beneficial to **all**, especially those who require help & support.



Simple Ways to Relieve Stress:

1. Deep breathing exercise



2. Physical exercise

3. Listen to your favourite music



Simple Ways to Relieve Stress:

4. Journaling or Drawing



5. Use your Mantra

6. Talk to someone you trust



CBT & OLD SAYINGS

ADA ANGIN,
ADA POHONNYA

A core idea of CBT is that our emotional responses are the result of our thoughts, behaviours, or bodily responses.

As the Malay saying goes, “Ada angin ada pohonnya” which roughly translates to “*everything has its cause*”. For instance, our anxiety in exam halls could be triggered by our thoughts of failing the exam or the heart palpitations from that double shot of espresso you had this morning. Thus, clients are guided to notice any thoughts, behaviours or physiological responses that may contribute to their distressing emotions.

Knowing the trigger itself can bring relief to some clients as they learn that they still have some form of control over their psychological processes. For instance, using the above example about exam anxiety, if the trigger is due to caffeine-induced heart palpitations, a viable strategy to manage these emotions could be to avoid drinking coffee before exams.

ALAH BISA,
TEGAL BIASA

In almost every culture, we have a saying for this, ‘alah bisa, tegal biasa’, ‘ (shú néng shēng qiǎo), ‘practice makes perfect’.

CBT therapists might introduce their clients CBT skills which are usually ones people are not normally exposed to. Some practice and adjusting will help it become effective. For this reason, therapists use their sessions with their clients to help them learn, get used to, and incorporate these skills into their daily life.

Familiarising ourselves with these skills enables us to more readily and easily use them. Eventually, with enough practice, we will be better equipped to deal with our stressors.

山不转,路转;
路不转,人转

CBT provides ways to help people progressively restructure the way they think by first identifying distressing thoughts, understanding them and their triggers, and then replacing them with more helpful and realistic thoughts.

This is called cognitive restructuring and is in line with the idea ‘山不转,路转; 路不转,人转’ (shān bù zhuàn lù zhuàn, lù bù zhuàn rén zhuàn) “if the mountain doesn’t move, change the road, if the road doesn’t turn, change your path”. Instead of dwelling on situations we cannot control or change, we can instead choose to focus on things that are helpful to us.

Using the exam hall example again, CBT therapists would guide the individual to eventually replace distressing thoughts, such as, “I don’t know how to answer all these questions!” with more helpful ones, such as, “While I may not know how to answer all these questions, at least I can answer some of them”. Though this may seem obvious now, it may not always be clear to the person experiencing the distress.

We are pleased to welcome you to the
10th World Congress of Cognitive and Behavioral Therapies 2023

Save the dates and see you in Seoul!



**10th World Congress of
Cognitive and Behavioral
Therapies 2023**
Sejong University Convention Center
Seoul, South Korea

June 1-4, 2023

See you at WCCBT2023 in Seoul, Korea!



Stay tune for updates at: <https://acbta.org/>



We would like to extend a warm welcome to you for the
8th Asian Cognitive Behavior Therapy Conference 2024
in New Delhi!

Hope to see you there!

See you at
the next
conference!

Welcome to
New Delhi,
India!



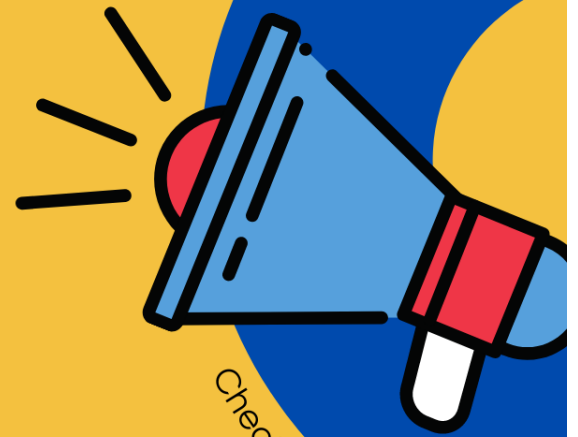
**8th Asian Cognitive Behavior Therapy
Conference 2024**



Stay tune for updates at: <https://acbta.org/>



COME AND JOIN US!



Check us out at mscp.my!

Representation

Advocating for both our profession and for the wellbeing of the community at large.

Updates

Get the latest updates on Facebook, and on our website on our comings and goings

Training & Development

Regular training workshops are held to both expand your clinical knowledge and refine your clinical skills.

Introducing: Clinical Support

No question too small or silly, we will be launching forums where you can get support from our ever-enthusiastic community!





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GREEN RIBBON GROUP

The Green Ribbon Group is a platform founded by YAM Tengku Puteri Raja Tengku Puteri Iman Afzan Al-Sultan Abdullah, International Patron of World Mental Health Day 2020. If we were to define what we do at the Green Ribbon Group in one word, it would be “aggregate”. We do not wish to replicate existing initiatives. Rather, we aim to empower organisations and individuals who have been working tirelessly to improve mental healthcare in Malaysia. Our role is to reach out to as many stakeholders as possible, deep dive into their concerns and try to find a way to bridge those gaps.

The Green Ribbon Group **advocates to raise awareness** by encouraging the public to prioritise their mental health, and ingraining the belief that mental health challenges can be overcome and managed with the right support and treatment. We **fundraise and channel resources** to where it is most needed. And we **collaborate with a wide range of stakeholders** both old and new, as we firmly believe that mental health is the responsibility of all.

Since its inception on 5 January 2021, the Green Ribbon Group is currently fundraising towards two initiatives with partner organisation the Malaysian Mental Health Association (MMHA) – the sponsorship of 100 individuals to attend the accredited Mental Health First Aid course, and the set-up of caregiver-led support groups nationwide that are inclusive of caregiver training. The Green Ribbon Group has also focused on suicide prevention, tackling stigma and mental wellbeing and general wellness.



7th

**ASIAN COGNITIVE BEHAVIOR
THERAPY CONFERENCE**

- Embracing Differences, Celebrating Diversity -

CONFERENCE PROGRAM & ABSTRACT BOOK



**7th Asian Cognitive Behavior Therapy
Conference 2021**
<https://acbta.org/conference/>
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