Psychological Science and Well-Being Conference 2022

4 - 5 March 2022
James Cook University, Singapore Campus

Conference Program

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10.00am	Keynote Speech – Professor Sylvia Xiaohua Chen	C2-14 / tiny.cc/SylviaChen

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11.20am	**Gi Kunchana Chonu** Testing structural equation models of wellbeing: Advantages of a Bayesian estimation technique in large samples		**Da Xuan Ng** Facets of openness and their associations with prejudice and tolerance: A cross-culture study	
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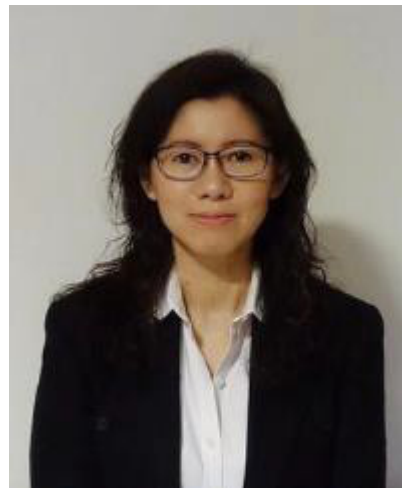| TIME	PARALLEL SESSION C C2-14 / tiny.cc/SessionC	PARALLEL SESSION D C2-15 / tiny.cc/SessionD
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CONFERENCE SCHEDULE (5 MARCH)

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KEYNOTE ADDRESSES

Professor Sylvia Xiaohua Chen

The Impact of the COVID-19 Pandemic on Mental Health and Implications for Psychological Research

The spread of coronavirus disease 2019 (COVID-19) has affected both physical health and mental well-being around the world. Since the severe acute respiratory syndrome (SARS) epidemic in 2003 stimulated psychological research related to infectious diseases, the importance of social factors and cultural norms has been recognized in promoting effective coping strategies and health behaviors in the general public. There are burgeoning empirical studies during the COVID-19 pandemic showing the interface between public health, personality and social psychological perspectives. I will talk about the effects of containment and closure policies on controlling the COVID-19 pandemic in East Asia, based on time-series data in mainland China, Hong Kong, Taiwan, South Korea, Japan, and Singapore during the early period of outbreaks. I will also talk about our multinational study that examined the consequences of the pandemic on mental health and explored the effects of government responses to the outbreak. It is suggested that multidisciplinary empirical research in health care and social sciences, personality and social psychology is needed for a clear understanding of how cultural values, social norms, and individual predispositions interact with policy to affect life-saving behavioral changes in different societies.

Associate Professor William Tov

Happiness for All: Sharing the Science of Well-Being with the General Public

Well-being science has evolved rapidly over the past few decades. Prior scepticism about the extent to which people really know if they are happy has given way to a large body of research suggesting that what people say about their well-being is linked to important social, health, and work outcomes. Policymakers and organizational leaders have begun to incorporate the insights from well-being measures into their planning and advocacy. However, before the use of such indicators can gain widespread acceptance, the general public needs to have confidence in the validity of these measures and understand the science that undergirds it. I will share several critical findings from the field of well-being science that have strong empirical support. Though some findings may seem intuitive, I argue that the implications of these basic findings for the functioning of individuals and society are not always appreciated. Greater well-being literacy will enable a more fruitful dialogue between citizens and governments on how policies can best be crafted with respect to improving and sustaining well-being.

PAPER ABSTRACTS

Kelly Phang, Abdoul Aziz Fall, & Zubaidah Jamil Osman

Attitude toward pets and depression among residents in Klang valley, Malaysia: Moderating effect of pet ownership

The question regarding the effect of pet ownership in the relationship between attitude toward pets and depression remained unanswered. Thus, the objective of the present study was to investigate the moderating effect of pet ownership in the relationship between attitude toward pets and depression among residents in Klang Valley. A sample of 238 participants were recruited using stratified random sampling method. The instruments completed by them were the Pet Attitude Scale-Modified (PAS-M) and Patient Health Questionnaire-9 (PHQ-9), which measure attitude toward pets and depression level respectively. Data analyses included correlation and moderation analyses using SPSS 22.0.0.0 and PROCESS. Results have indicated that there was a moderating effect of pet ownership in the relationship between attitude toward pets and depression (b = -.093, p = .049). However, the conditional effects of both conditions (e.g., owns a pet, does not own a pet) yielded insignificant relationships respectively. Further, higher attitude toward pets was insignificantly correlated with lower depression level among total participants (r = -.042, p = .52). These findings indicated that pet ownership seems to play an important role in facilitating mental health (e.g., alleviating depression) under the circumstance of involving attitude toward pets. Despite this, when examined further, the relationship was not significant under the condition of being a pet owner and also a non-pet owner. This could possibly be due several factors (e.g., COVID-19 outbreak, animal orientation). Future studies should consider exploring this area further for the benefit of improving mental health issues (e.g., depression) in Malaysia.

Gi Kunchana Chonu

Testing structural equation models of wellbeing: Advantages of a Bayesian estimation technique in large samples

Structural equation modelling (SEM) was originally introduced with a maximum likelihood estimator. Despite its popularity, this conventional SEM is recognised as having limitations on non-normally distributed data. Bayesian estimator has thus been advocated as an alternative that can overcome such limitations in SEM. The distinctive feature of Bayesian structural equation modelling (BSEM) is that it can incorporate prior information, which helps improve the precision of parameter estimation. However, the effectiveness of multivariate prior information particularly in social contexts has been understudied to date. Besides, there is not enough clarity as to whether using BSEM to handle non-normal data is an advantage when sample sizes become larger. Hence, this study aims to compare the precision of parameter estimation in conventional and Bayesian SEMs by employing actual empirical social data. It also aims to examine the effects of informative multivariate priors on parameter estimates in BSEM. Two data waves from the British Household Panel Survey (N = 13,672) were drawn to create two models of wellbeing with high and low degrees of non-normality. Findings show that with informative multivariate priors, standard errors of parameters in both models were diminished. This in turn yielded the most precise parameter estimates, compared to the same parameters generated from conventional SEM and BSEM with non-informative priors. The findings highlight the usefulness of BSEM in improving the precision of estimation using large data with non-normal distribution.

Mini Narayanan & Sujata Sriram

Differentiation and depression in youth: The role played by families

Background: Murray Bowen's Differentiation of Self (Bowen, 1978) refers to regulating emotional autonomy and fusion in the presence of significant others. A differentiated self is associated with healthy psychological functioning and positive mental health outcomes. Understanding levels of differentiation among youth and exploring its association with depression during the COVID-19 pandemic in Maharashtra, India, can offer insights about systemic factors in psychological distress in youth.

Method: An online cross-sectional survey was conducted during the peak of the first wave of the pandemic. During a one-month period, youth self-administered the DSI-R (Skowron & Schmitt, 2003) and BDI-II (Beck et al., 1996) questionnaires to provide data regarding levels of differentiation and depression correspondingly. Nonparametric tests analyzed data from 783 participants in the age range of 19-25 years (540 females, 243 males; mean age = 20.77 years).

Results: Findings indicated that the sample had average levels of differentiation on the DSI-R (M=3.4, SD=0.59). The level of differentiation of men (M=3.7, SD=0.6) was higher than that of women (M=3.4; SD=0.6) and a statistically significant difference was found (p<.001). On the BDI-II, 51.8% of the sample had scores indicative of depression (M=16.48, SD=11.58). There was a significant negative correlation between differentiation of self and depression (p=-.58), indicating the association between depression and low levels of differentiation even during the pandemic.

Conclusion: Findings have implications for further work on factors contributing to differentiation of self in the Indian context and its role in mental health.

Shalini Elangovan & Shuting See
Self-care: a reflective study on EIC parents

The prevalence of children diagnosed with developmental issues requiring special education have increased in recent years. Research shows parents of children with developmental needs report lower quality of life, more depression, and greater pessimism about the future than parents of typically developing children (Neff et al., 2014). Parents of such children are faced with unique daily stressors associated with the experience of parenting a child with added needs, worries about permanency of child's condition, adjustments of family dynamics, insufficient professional, and financial support (Crowell et al., 2019). The stress on these families is considerable and research indicates self-care is essential for caregivers at the early intervention level. No studies have explored self-care practices of caregivers at the early intervention level in Singapore. The present study examined self-care strategies among parents with a child with added needs in AWWA EIC setting during circuit breaker. The study aimed to gain insight into self-care needs parents are fulfilling and some which might currently not be in place. It also aimed to help parents reflect, understand their self-care practices and modify behaviors to improve their self-care. This study comprised of pre-self-care questionnaire, a caregiver sharing on self-care practices and post-self-care questionnaire. The results provided insights on parents' perspective of self-care and highlighted significant areas parents needed help for self-care. Using data supported evidences, clinicians, therapist and teachers can incorporate these findings to better support the wellbeing of parents and improve parents' positive outcome.

Da Xuan Ng, Jonathan E. Ramsay, Patrick K. F. Lin, & Nigel V. Marsh
Facets of openness and their associations with prejudice and tolerance: A cross-culture study

A recent meta-analysis study found the openness facet of liberalism to strongly correlate with prejudice, while the facet of artistic interest to be strongly correlated with tolerance. Most of the included studies, however, used western samples and used NEO-PI-R as the facet-structure of openness. To address these gaps, we conducted a questionnaire study using three major inventories of openness facets (i.e., IPIP-NEO, SFOS, HEXACO-PI), and examined their associations with prejudice and tolerance in Singapore and the United States. Nationally representative samples based on age and educational level were recruited (SG: 155; US: 163) and all data were retained for analyses. After corrected for multiple comparisons, fifteen facets of openness significantly predicted prejudice in the United States sample, while only five facets of openness significantly predicted prejudice in the Singapore sample. In contrast, eleven facets of openness significantly predicted tolerance in the United States sample, while fourteen facets of openness significantly predicted tolerance in the Singapore sample. Out of the three inventories, multiple regression analyses found SFOS accounted for the highest proportion of variance in prejudice. SFOS also accounted for the highest proportion of variance in tolerance, but only for the United States sample. IPIP-NEO accounted for the highest proportion of variance in tolerance for the Singapore sample. This is the first study that examines the relationship between openness facets and intergroup constructs cross-culturally and directly compare the predictive utility of different facet-structure of openness across culture.

Abhishek Sharma

Diversity, disposition, and intellectual humility as predictors of transformational leadership

In a post-pandemic world with a distributed workforce and varied working, the importance of understanding diversity and leading them has remerged. Industrial and academic voices emphasize that 21st Century Leadership (with the insight related to future of work and future of job) should be oriented toward being inclusive, collaborative, and of service, to organizations and the greater good. Most theoretical analyses seem to converge on the conclusion that diversity may positively affect creative performance and decision-making, which is a leadership role.

The present study is an attempt to explore the specific role of dispositional factors and diversity in Transformational leadership and the mediating role of intellectual humility in these relationships. Participants of the study were173 students pursuing the final year of professional courses (Response Rate: 72%). Standard questionnaires were used to collect the data. Correlation and hierarchical regression analysis were used to test the expected patterns of relationship among the study variables.

Results revealed the significant contribution of Diversity experience and extraversion along with significant mediation by intellectual humility. Results of the present study provide a critical new angle for leadership development through diversity exposure. Study results suggest an essential implication that Early and compulsory exposure of diversity along with humility development/awareness may prove vital in the development of the most loved and desired style of leadership.

Nai Ze Ling, Tan Woan Shin, & William Tov

Does attitudes towards communication technology influence emotional support and subjective well-being of older adults living alone?

During the circuit breaker (CB), communications between households become heavily dependent on communication technology (CT; e.g. Phone calls, messages). Older adults, especially those living alone, reported feeling lonely during the CB. The study aims to test if older adults' living arrangements during the CB (living alone vs living with others) and their attitudes towards CT affected their emotional support, and in turn, their subjective well-being (SWB).

We conducted a cross-sectional survey with 300 community-dwelling older adults. The survey assessed older adults' attitudes towards CT (perceived usefulness, perceived ease to use and anxiety towards CT), emotional support, SWB (positive emotion, negative emotion, and life satisfaction) and living arrangements during the CB. Each first-step moderated mediation model was built with an attitude towards CT as predictor, emotional support as mediator, living arrangement as moderator, and an SWB variable as outcome. Control variables include education and age. Bootstrapping was used to test the model's significance.

The moderated mediation models were significant. For older adults living alone during the CB, positive attitudes towards CT (greater perceived usefulness, greater perceived ease of use, lower anxiety towards CT) led to greater emotional support, which in turn increased their positive emotions and life satisfaction. For older adults living with others, their attitudes towards CT did not affect their emotional support or their SWB.

Improving older adults' attitudes towards CT, in general, is vital in maintaining their emotional support and SWB. These efforts may contribute to the SWB of older adults, especially those living alone even after COVID-19.

Tay Kah Woon Chloe & Emily Ortega
Development and initial validation of the cyber well-being scales

Life is increasingly becoming a mix of offline and online activities. Daily tasks are dominated by internet use and technology for both work and leisure, with the internet becoming a fundamental need as we spend more time online. Yet, well-being is commonly measured for offline functioning, and there are no existing measures of well-being for online functioning. The aim of the present study was to develop the cyber well-being scale (CWB) to assess the positive functioning of internet users. Given the distinct nature of work and leisure, a separate cyber well-being scale was developed for each domain. Items were developed through a multistage process involving a comprehensive literature review, quantitative surveys, and qualitative interviews. Exploratory and confirmatory factor analyses provided support for a 20-item scale with five factors for the work scale, and a 24-item scale with five factors for the leisure scale. Internal reliability estimates for the subscales were above .77, and the fit indices revealed adequate model fit for both scales. Correlation analyses using the cyber well-being scores and flourishing scores provide initial evidence of discriminant validity. Given the pervasiveness of internet use, this study shows a greater need to review existing measurements of well-being as online functioning is related to but distinct from offline functioning.

Anika Yadav & Suruchi Bhatia

Through the lens of objectification: a study on well-being of young adults

In today's world media has marked its huge presence in everyone's life. It has become a source of global information but at the same time it has set numerous unrealistic standards. People constantly strive to achieve these standards which often make them objectify their own selves. Objectification dehumanizes individuals and belittles their capabilities. Self-objectification is when people limit themselves to just their bodies and do not acknowledge their qualities. This affects their physical, mental and psychological wellbeing. The present study aims to explore self-objectification among young adults (18-30 years) and its effect on psychological wellbeing. It is an ex post facto, exploratory, and correlational study, and adopts a mixed-methods research design. Data was collected online from 140 participants (70 females, 70 males) from central India, using The Self-Objectification Beliefs and Behaviors Scale (SOBBS), and Ryff's Psychological Well-Being Scale. Analysis of data was done using SPSS. No significant gender difference was found in self-objectification, but the 'Autonomy' dimension of psychological well-being showed significant gender difference. This could be attributed to the prevailing socialization conditions. Dimensions of self-objectification and psychological wellbeing showed negative correlation. To explore more, qualitative data was collected from respondents scoring high on self-objectification, using semi-structured interview. It was observed that these young adults were more focused on how they looked rather than on how they felt. They were fine with making changes to their bodies to look more attractive to others, even at the expense of discomfort.

Nishkala Iyer & Pooja Purang
A qualitative analysis of employee well-being and its predictors

Employee well-being while important in itself, also affects organizational success. A workplace that cares for well-being of employees that is, pays well, has fair rules, and offers a positive social connection will attract and retain employees. This study aims to understand factors that influence employee well-being. 291 employees of various organizations across India had participated in our study. A qualitative methodology was used wherein participants were asked to answer open-ended questions. Questions pertained to how they felt about fairness of pay, especially in fulfilling their basic needs, about the fairness of procedures in the organization that determine pay, promotions, about their interactions and relation with co-workers and supervisor and the helpfulness of supervisor. Content analysis was done on the responses. Results showed that good communication, extra-role behaviour and support by supervisor was appreciated. Many reported that pay was such that they could meet their basic needs such as food, home, etc., they were grateful of mental and financial support received from supervisor and management during pandemic. Some were unhappy as they had to take pay cuts because of loss due to pandemic. Job security was a concern. Employees closer to boss were more likely to get pay raise, promotions. Work-from-home, pressure, and overtime, e.g., working 9.5 hours and on holidays affected employees' physical and mental health, well-being and work-life balance. Even if govt laws are in place, implementation is a problem as employees are often overworked. Employees working-from-home missed social interaction with co-workers who were like family members to them.

Krishna Singh Bhandari, Ankita Sharma, Sumit Kalra, Ajay Nirmal, Soumik, Rajat Soni, & Bhavneet Kaur

Feasibility and usability of Experience sampling method and typing characteristics for smartphone-based emotion detection

The experience sampling method (ESM) is an ecologically valid method to systematically obtain self-report data of participants in their naturalistic environment. A study was conducted using the ESM approach to gather emotion persistence by using an android based app to record self-reported emotion labels from participants before and after a typing session in text-based communication. An android based keyboard application was used to record users typing characteristics and related metadata during textual communication. This study investigates detecting users' emotions by jointly modelling the typing characteristics and emotion persistence of participants, and feasibility and usability of ESM for recording perceived emotion. Issues like managing appropriate probing moments for requesting self-report measures, establishing minimal time gap between self-report measures and typing sessions and the effect of various contextual and routine characteristics on the response rate of the participants are also investigated in the study. This was a 3-week study conducted on 80 participants to log keyboard typing data and self-report details indicating the perceived emotion of the participant before and after a typing session. The analysis of the data set using machine learning algorithms would reveal predictions of participant emotions based on typing behaviour combined with data on emotion persistence. Further analysis would be done to highlight the effect of contextual and routine factors to investigate the feasibility of ESM in recording data on perceived emotion and its usability for association and smartphone-based emotion detection.

Sujata Sriram & Swarnima Bhargave

Making meaning of COVID-19: Narratives of older adults from India

The effects of the Covid-19 pandemic were felt in India from January 2020. Older adults were among the most vulnerable and at risk. A study was carried out to examine the narrative experiences of older adults in India during the Covid-19 pandemic. Eighteen older adults participated in the research, nine men and nine women in the age range of 60 to 78 years, from diverse socio-economic and linguistic backgrounds. Narrative interviews were conducted to generate stories about experiences of the pandemic, followed by in-depth interviews to explore domains previously identified. While some interviews were conducted virtually, others were conducted in person, following Covid-19 safety protocols. Interviews were held in the preferred language of the participant. Interviews were recorded, transcribed and translated. The transcripts were analysed using a thematic narrative analysis framework proposed by Reissman. Narrative accounts were restoried and presented. Key findings indicated that participants perceived the virus as an infectious illness with multiple modes of transmission. The unpredictable and uncertain transmission of Covid-19 created conflict and dilemmas for the participants. There was a perceived age-related vulnerability to Covid-19. A hyperawareness about the possible risk of infection was reported. This was accompanied by isolation and disruption in previous routines for exercise and social interaction. Socioeconomic status, physical health and ability, and the presence of social support influenced participants' understanding of, and experiences with the pandemic.

Hasse De Meyer, Siew Li Ng, & Farihin Ufiya

COVID-19 in Malaysia: A Psychocultural Response amidst a Pandemic

Background: The Covid-19 pandemic posed major challenges to mental health and well-being. Many individuals struggled through the emotional adjustment to changing circumstances and life-events, especially given the strict measures imposed during a nation-wide lockdown. This study examined mental distress and internalising symptoms, and its contributing factors in a Malaysian population. Method: A longitudinal online survey was conducted during Covid-19 pandemic in 3 waves (May 2020, August 2020 and May 2021). Mental distress and internalising symptoms were assessed. Predictors such as demographics, chronic condition, history of mental health problems and social support were also evaluated. Results: Preliminary results show that over half of those surveyed in wave 1 were categorised as mentally distressed, and respondents reported mild to moderate levels of internalising symptoms. Throughout wave 2 and 3, internalising symptoms increased to moderate and severe levels. Key factors associated with poorer mental health were increased social media use, unemployment, limited social support and feeling lonely. Demographic characteristics such as younger age, female, lower income and presence of a chronic illness/psychiatry history also predicted poorer mental health. Conclusion: Our findings indicate that Malaysians were struggling during the Covid-19 pandemic with increasing difficulties over time. Special attention should be given to those experiencing low social support and loneliness. Future mental health guidelines and policies need to address key challenges in crisis situations and mitigate the long-term impact of such pandemic on mental health.

Swarnima Bhargava & Sujata Sriram

Grief and loss during the COVID-19 pandemic: Narratives of older adults from India

The Covid-19 pandemic left the world grieving multiple losses; the loss of structures, familiar routines and practices, health and loved ones. Older adults were rendered vulnerable and most at risk. A qualitative study was carried out to examine the narrative experiences of older adults in India during the Covid-19 pandemic. Eighteen older adults, nine men and nine women between 60 to 78 years of age, from diverse backgrounds participated in the research. Narrative interviews were carried out, followed by in-depth interviews to generate stories about experiences of the pandemic. The interview transcripts were analysed using Riessmanâ€™s thematic narrative analysis framework. Findings suggested that the pandemic impacted taken-for-granted ways of living and worsened socio-economic inequalities for older adults. Participants experienced multiple losses during the course of the pandemic. All participants experienced a loss of predictability and daily routine; however, social class provided a cushion to financial loss and insecurity about the future. Financial loss and insecurity about the future impacted participants with limited means. Feelings of loneliness and insecurity were voiced by all participants. Some participants also lost loved ones to Covid-19. Participants grieved the loss of traditional practices of mourning, prohibited by the pandemic. Many participants reported a change in long held ideas about religion and faith.

Denise Dillon

Green spaces as healthy places: correlates of urban green space use in Singapore during COVID-19

Since the onset of the COVID-19 pandemic, Singapore reported a dramatic increase in numbers visiting green spaces. Given reports of heightened stress levels amongst the population during 2020 and evidence indicating stress-reduction capabilities of nature immersion, people could be seeking green space visits for therapeutic purposes and general wellbeing. Given the spike in numbers it appears that people are not going out alone; an element of social belongingness could be driving their behaviour. Interpersonal aspects such as nature connectedness and value orientations towards self, others or nature as a whole could also influence these behaviours, as could religious faith or spirituality. An understanding of what motivates people to seek outdoor experiences in stressful times could be used to inform urban planning policies. Consequently, this survey-based research captures some of the correlates of the use of urban green spaces in Singapore during COVID-19. Preliminary analyses from 91 young adult residents of Singapore aged 18-35 years indicated that social connectedness directly predicted psychological wellbeing independently of value orientations while nature connectedness did not. Religiosity was negatively correlated with egoistic and biospheric values and positively correlated with altruistic values. Egoistic values were positively correlated with well-being, and altruistic and biospheric values were strongly and positively correlated with nature connectedness. Frequency of visits was also associated with nature connectedness and with well-being. In ongoing data collection, we included an item to capture reasons for visiting green spaces, which will provide additional data to help understand the findings.

Nabia Mujeeb & Sheema Aleem
Redefining happiness and well-being after lockdown relaxations

The concept of happiness is a complex idea in collectivist countries like India where the concept of well-being is not free from external factors. Pandemic has changed the perception about many abstract concepts of life. The situation of lockdown has streamed varied emotions and feelings about happiness and true meaning of life. People dealt with the negative aspect and realities of life but on the other side, they have also explored the positive aspects ranging from meeting the 'new theme' by analyzing their lives and the relationships around them, therefore depicting the brighter side of picture. The study explores the lived experiences in the current scenario, i.e., after the lockdown has ended. People have the opportunity to get back to their pre pandemic lives as there are less restrictions. But the circumstances of previous year have created a deeper impact and has changed the meaning of abstract concepts like happiness for them. The study explores the concept among Generation Y in a qualitative way, providing their significant outlook towards life in current times through different themes emerged by using interpretive phenomenological analysis.

Kwok Hong Law, Ben Jackson, Kym Guelfi, Thinh Nguyen, Elaine Bennett, Xuan Hui Tan, Jessica Muller, Taylor-Jane Sharouni, Jennifer Barkin, & James Dimmock
Characteristics of effective peer mentorship for primiparous mothers:
Qualitative findings from a peer support program

The early days of motherhood can be challenging, especially for first-time mothers. These challenges can predispose women to maternal distress, and social support such as that offered by peers can be important in assisting mothers to manage such distress. While existing research has identified that first time mothers often seek for and value peer support programs (e.g., practical advice, not feeling alone), few researchers have investigated factors that contribute to successful peer support and mentorship for primiparous women. Insight into these factors can be key to enhancing the success of future peer support interventions. Thematic analysis was applied to thirty-six semi structured interviews conducted with fourteen primiparous mothers and seventeen peer mentors in a peer support program. Four key factors were identified and included: expectations about the peer mentor relationship, independence of peer mentor (i.e., not part of the mother's immediate circle of friend or family), nature of contact between primiparous mothers and peer mentors (e.g., frequency, content of conversation), and similarities between primiparous mothers and peer mentors (e.g., pregnancy and parenting experience, personality, beliefs). This study adds to existing research on factors that contribute to building successful peer mentor relationships for primiparous women. The identification of additional factors that influence peer mentor relationships, and the interplay between those factors appear important in the formulation of support networks for first time mothers.

Shahana Siddiqui & Arijita Sen

Impact study of peer mentoring program with college youth

Youth aged 15-24 go through significant transitions causing psychological vulnerability. 75% of the psychological issues in youth begin between this period but help seeking is low. When they do seek help, it is not from professionals, rather from peers. The barriers in help seeking, 1. personal awareness of psychological distress and language limitation to express it, and 2. Motivation to reveal mental health issues to others. It's essential to train the youth to identify mental health symptoms and provide peer support skills. Hence, RoundGlass (RG) created a structured peer mentoring program (PMP) focused on youth mental health and wellbeing.

The aim of this retrospective study was to assess the impact of the RG PMP on enrolled peer mentors in comparison to other college students.

The study has 2 levels. i.e., between and within groups measures. In the between groups measure the Independent Variable was the peer mentoring program and the Dependent Variable were transferable skills, mental health literacy and emotional wellbeing. The within group measure assessed the mentoring experience, personal and transferable skills of the peer mentors.

Results showed a 4.65% difference in the overall learnings between the peer mentors and non-mentors. Mentors showed the largest increase in emotional wellbeing. 100% of the mentors have reported having a positive experience in the program.

Limitations: 1. sample size is small, generalization needs caution. 2. Further study required to check the scalability of the model. 3. No. of participants across colleges was skewed. 4. Non-mentors had access to mental health awareness emails.

Jessica L. Muller, Luke Tomlin, Sonja March, Ben Jackson, Timothy Budden, Kwok Hong Law, & James A. Dimmock

Understanding parent perspectives on engagement with online youth-focused mental health programs

Background: Online self-help programs have become increasingly popular as a means of early intervention for various mental health problems in children and adolescents. At the forefront of online youth-focused health programs in Australia is BRAVE Self-Help, an evidence-based program designed for children and teenagers with early signs of anxiety, and for parents to support their child in managing anxiety. Despite BRAVE Self-Help's popularity, the program shares the same challenge as many online health programs when delivered without therapist support that of low participant engagement. In this study, we asked parents who had previously registered in BRAVE Self-Help to (a) describe the factors that influenced their engagement in online health programs, and (b) provide recommendations for enhancing online program engagement for parents. Method: We conducted semi-structured interviews with 14 parents (M age = 44, SD = 4) who had registered for BRAVE Self-Help within a 6-month period prior to data collection. Data were analysed through reflexive thematic analysis.
Results: We observed evidence of social-, family- and program-related factors that drove parents' engagement in, and recommendations for, online child health programs. Social factors included sub-themes relating to levels of professional and community support. Family sub-themes included competing priorities, condition severity, and prior experience. Program sub-themes included general and specific design elements for promoting engagement (utility and usability).
Conclusion: Program designers could target support systems, include flexible delivery options, and use iterative design processes to enhance parent engagement.

Joanna Barlas, Davinder Gill, Laika Jumabhoy Binto Anwar Ali, Kang Qi Lee, & Wei En Rachel Leong

The Impact of Parenting on First-Time Mothers Mental Health and Sense of Competence: A Mixed-Method Study

Early adverse childhood experiences impact the psychosocial functioning of individuals when they become parents themselves including links to postnatal mental health problems. Previous research primarily focused broadly on attachments styles or the impact of abuse on parenting. This mixed-method study will look at both negative and positive day-to-day parenting interactions that mothers experienced with their own parents. A community sample of 212 first time mothers of infants under 12-months old completed questionnaires relating to perceptions of being parented, parenting stress, parenting sense of competence, postnatal depression and postnatal anxiety. 25 of these mothers were then interviewed 1:1 to explore at a deeper level the transition to motherhood and aspects of their own parenting that they draw upon. Quantitative data was analysed using PROCESS for moderating and mediating relationships and qualitative data was analysed using reflexive thematic analysis. Results showed that both positive and negative experiences of being parented affect mothers' sense of competence and that this relationship is mediated by mental health disorders such as depression and anxiety. Stress moderated some of these relationships. Reflexive thematic analysis generated themes explaining how mothers' made sense of and responded to their own experiences of being parented in order to manage their own mental health and develop their own parenting styles. These findings have implications for postnatal mental health services and parenting programs.

Severin Hornung, Matthias Weigl, Bettina Lampert, Christian Seubert, Thomas Hage, & Britta Herbig

Transformations of Work and Well-being: A Conceptual-Empirical Integration

Reported is the conceptual integration of seven survey studies on current topics of work-related well-being and mental health. Combining applied psychology, occupational medicine, and industrial sociology, studies empirically examine motivational and stressful work characteristics, emotional labour in interaction work, health-implications of high-involvement management practices, role conflicts caused by work extensification, proactive job crafting and related approaches to work self-design, and perceived fairness of individually negotiated working conditions. The conceptual framework identifies tendencies of 'subjectification' in work intensification (performance focus), internalization (goal adoption), and individualization (job personalization). Contents are structured according to: a) focus on work task (activity) vs. working conditions (context); b) proximal vs. distal references to tendencies of subjectification; and c) positive and negative short, medium, and long-term health impacts (e.g., irritation, burnout, psychosomatic complaints vs. motivation, affective commitment, general well-being). Psychological tensions arise from dynamics between individualization of working conditions and internalization of organizational goals, coupled with work intensification. Such dysfunctional dynamics constitute risks factors for psychologically detrimental forms of self-management, reflecting incompatibilities between work and health in the ongoing socio-economic transformation. Discussed are implications for the psychological study of well-being and health in contemporary work environments, probing more adaptive coping patterns.

Sweta Kaman, Ankita Sharma, & Romi Banerjee
Neural correlates of non-verbal response and wisdom

We all desire to have wisdom. Not because we believe the wisdom to deliver us happiness and fulfilling lives, but because it can help us guide through some crucial events when we are bound to make critical decisions with some best possible choices.

There are multiple state-of-the-art approaches and methods proposed to measure wisdom, but all have focused only on the verbal responses of an individual. We know that verbal response cannot always mean an individual's 'actual' response, and with all the available measurement scales, we cannot measure an individual's 'actual' wise behavior.

Wisdom can reflect some significant non-verbal intuitions and responses like some other aspects of wisdom like complex inner feelings and actual goals, which cannot be directly observed.

To understand what do 'wise' people 'actually' do when they have to make a good decision, we performed a pilot study to identify associativity between the non-verbal responses and wisdom score while performing tasks related to the 3-Dimensional Wisdom Scale (3DWS) invented by Monika Ardelt.

For stimuli presentation, recording EEG signals, eye-tracking data acquisition, and recording facial expression, we have used E-Prime 3.0 Software, Brain Vision, Tobii ProFusion, and default computer webcam, respectively.

This study will help answer some critical questions like: Are there any neural correlations between wisdom and its corresponding non-verbal responses? Can we say if a person is wise only by looking at their brain signals related to their non-verbal responses? Can this approach be a novel alternative to replace the traditional way of measuring wisdom?

Prarthana Saikia & Ankita Sharma

Awareness training of common wisdom model and its effect on wise negotiation

Wisdom is commonly understood as the capacity for better decision-making and handling people. However, in an organizational setup where both of these skills are needed (i.e., wise negotiation) is not clear in the literature. We define wise negotiation as to where all parties feel heard and understood, and their interests are balanced. This work in progress examines 'if giving awareness training on common wisdom models has any effect of balance of perspective in participants' negotiation, and whether the strategies adopted confirms our definition of wise negotiation.' The methodology follows a mixed method of data collection: questionnaire (SAWS, Perspective Taking, and HEXACO), negotiation scenario, and monetary negotiation game and analysis (quantitative: with SPSS and qualitative: with MAXQDA). The quantitative analysis (N=100) showed no significant difference; however, there was a reduction in the differences by 23% between the pre-and post-negotiation game task (and 40% increased in the balance of interest). The prediction analysis showed that personality dimensions predict wisdom (and explain 21.8% of the variance with $p<0.05$), and wisdom predicts balancing interest ($p<0.05$). Further, the qualitative analysis of strategies used in negotiation is done, and whether the themes conform to our definition of wise negotiation is explored. The conclusions are drawn from analysis in supporting the wise negotiation definition and value of Common wisdom Model awareness training.

Natalia Constantinescu

Emotion regulation intervention as a treatment for somatic symptom disorder

Previous studies indicated a correlation between emotion regulation (ER) and somatic symptom disorder (SSD), but few research investigated the causality. This quasi-experimental study aims to investigate the effect of ER strategies improvement on SSD symptomatology. A sample of 60 adults meeting the DSM-V citeria for SSD was assigned to experimental (n=30) and control (n=30) groups. The experimental group participated in a 8-week ER program consisting in group training and intervention sessions and also between-session assignments. The control group didn`t follow any form of ER training or therapy. All participants were evaluated before and after the program, using the Romanian versions of Regulation of Emotion Systems Survey RESS (DeFrance & Hollenstein, 2017), Patient Health Questionnaire-15 PHQ-15 (Kroenke et al., 2002) and Somatic Symptom Disorder B Criteria Scale SSD-12 (Toussaint et al., 2016). Results showed correlations between ER strategies and SSD symptoms. ER program improved the use of rumination (lower use: Wilcoxon signed-rank test = 360.5, $p<0.001$, rank-biserial correlation=0.776) and reappraisal (greater use: $t(29)=$ 2.134, $p=0.041$, Cohen`s $d = 0.390$) and also reduced somatic ($t(29)=5.891$, $p<0.001$, Cohen`s $d=1.076$) and psychological symptoms ($t=(29)=5.008$, $p<0.001$, Cohen`s $d=0.914$) of SSD. The scores of somatic and psychological symptoms of SSD decreased on average by 7.07 (SE=1.20) and 13.43 (SE=2.68). There were no statistically significant changes in SSD symptoms in the control group. These findings indicate that ER improvement has a positive effect on SSD symptoms and ER-based intervention should be included in the treatment of adults with SSD.

Samuel Ken-En Gan, Keane Ming-Jie Lim, & Yu-Xuan Haw

The relaxation effects of stimulative and sedative music on mathematics anxiety: A perception to physiology model

Previous research on music and mathematics anxiety has relied primarily on self-reports without biological measurements. To address whether these parameters were correlated, we included blood pressure physiological measures, the State-Trait Anxiety Inventory (STAI) and the Mathematics Anxiety Rating Scale (MARS) in our study. One hundred and five psychology undergraduates were assigned to sedative, stimulative and 'no music' conditions while completing Cambridge GCE O Level mathematical questions. Anxiety was measured pre-, during and posttest. Results showed that MARS was positively correlated with STAI, but not with the physiological measures. A 3 x 3 mixed ANOVA showed differences between the sedative and no music condition for the measures of STAI and MARS, but not for the physiological measures. Further analyses using t-tests found sedative music to elicit a pronounced decrease in systolic blood pressure and the stimulative music to have minimal effect. To explain these findings and the discrepancy with previous studies, we propose a Perception-to-Physiology model for the effect of music in anxiety.

Samuel Ken-En Gan, Rachel Yi-Xin Ng, Yi-Sheng Wong, Joshua-Yi Yeo, Crystal Ling-Zhen Koh, Cynthia Wilson, Benjamin Yi-Liang Goh, San-Ho Yew, Keane Ming-Jie Lim, & Yu-Xuan Haw

The associations between dietary practices and dietary quality, biological health indicators, perceived stress, religiosity, culture, and gender in multicultural Singapore with relevance to psycho-otorhino-microbiology

Dietary quality, biological health, culture, religiosity, and perceived stress are co-related. However, there is a dearth of research conducted on Asian populations in secularized and harmonious multicultural societies. This study addresses these gaps by conducting an investigation in the multicultural and multireligious Singapore to examine the parameters of culture and gender and the associations with (1) dietary quality, (2) biological health indicators, (3) religiosity, and (4) perceived stress. One hundred fifty participants (18-60 years old) were recruited, and their blood pressure (BP), body mass index (BMI), and body fat percentage (BF%) were also measured along with a 5-part questionnaire on demographics, dietary practice, food frequency, religiosity, and perceived stress. Results showed that cultural differences are associated with certain dietary practices, where the three ethnic groups of Chinese, Malays, and Indians significantly differed in their choices of meal locations such as Western fast food restaurants (H = 12.369, p = .002061). Our analysis revealed that perceived stress significantly correlated with fat intake (r = .169, N = 150, p = .03865) and sugar intake (r = .172, N = 150, p = .03575). On the other hand, biological parameters such as diastolic BP (r =.0473, N = 150, p = .565), systolic BP (r =.00972, N = 150, p = .906), BMI (r =.0403, N = 150, p = .6246), and BF% (r =.110, N = 150, p = .1811) did not have significant correlations with perceived stress. Similarly, religiosity did not significantly correlate with perceived stress (r =.025, N = 150, p = .7616). In conclusion, our findings provide insights into the changing intersection of food practices mitigated by ethnicity, religiosity, stress, and gender in the harmonious multiracial and multicultural Singapore.
This talk will cover the over-arching theme of three publications https://doi.org/10.1016/j.jef.2018.07.003; https://doi.org/10.30943/2019/25032019; and http://www.ajhss.org/pdfs/Vol3Issue1/7.pdf holistically

Minglee Yong, Carolyn Keh, Madeline Yu Qian Tseng, & Si Jie Tan

Prevalence of Depressive, Anxiety, and OCD Symptoms among University Students in Singapore During COVID-19

The adverse psychological impact of COVID-19 is becoming more salient as the pandemic continues. University students may experience increased vulnerabilities as they adjust to higher educational demands and/or transition to work after graduation. Using self-report screening questionnaires, this study surveyed a sample of university students in Singapore to estimate the prevalence of depressive, anxiety, and OCD symptoms across a six-month period during the pandemic. The study also investigates the prevalence of symptoms across gender, ethnicities, household income, and year of study in the university. Comparisons with prevalence estimates from other studies before and during COVID-19 suggest an increase in the experience of various mental health symptoms which showed a high degree of stability. Hence, it is important for higher educational institutions to implement school-wide prevention programmes to help students understand and cope with COVID-19-related stress that may be specific to the emerging adult stage of development.

Trisha Walia

Phenomenological Analysis of the experiences of changes in the family dynamics and family wellbeing due to COVID 19

The family structure in India is going through a change in the last two decades due to acceptance of individualistic opinions via the western influence and changing role of women in the personal and professional fronts. Amid these developments, the country along with the rest of the world was hit with the COVID-19. With the lockdown and work from home culture being implemented, most of the adults working in metro cities moved back to their native places. This arrangement brought about certain changes in the family dynamics and wellbeing which needs to be tapped. Using a phenomenological approach, this study explores the lived experiences of individuals as they experience the changing dynamics and its effect on family well-being in India. Six participants, who had moved back in 2020 to live with their families were selected, via purposive sampling. Semi-structured interviews were used to collect data. Data will be analysed and interpreted into themes discovered during the analysis. Insights from this study will help in exploring the concept of family well-being in the backdrop of evolving family dynamics and the pandemic. Positive psychology interventions and family therapy can be planned along the current research findings.

Martina Mae Schlittler & Divjyot Kaur

The effect of work stressors, stress recovery and work-family conflict on employee wellbeing and burnout

With the development of information technology and growing competition in many industries, employees are often expected to work regardless of time or place, with lines between work and nonwork becoming increasingly blurred and causing greater strain, less wellbeing and increasing the risk for burnout. While the topic of work stress and its stressors has been widely explored, there is a gap in literature exploring the role of stress recovery on wellbeing and burnout, as well as the work-family conflict that is often experienced. In view of this, the present study conducted among 201 Singaporean working adults (21 to 64 years) employed across a variety of jobs, examines the roles of work stressors (role clarity, job control, job demands, work relationships, colleague support, management support, and organisational change), stress recovery, and work-family conflict on wellbeing and burnout. An online survey was conducted on Qualtrics to collect demographic information and scores from Health and Safety Executive Management Standards Indicator Tool (HSE), Recovery Experience Questionnaire (REQ), Work-Family Conflict Questionnaire, PERMA-Profiler scale, and the Oldenburg Burnout Inventory (OLBI). Data collected was analysed using multiple regression analyses and mediated hierarchical regression analyses. Findings demonstrated the importance of social support and stress recovery in predicting wellbeing. Job demands and social support from colleagues were found to predict burnout. In the relationship between work stress and wellbeing, a mediational effect was found for stress recovery, but not work-family conflict. Theoretical and practical implications of these findings are discussed and future research directions are provided.

Valerie Lugiman & Ai Ni Teoh

The Effects of Goal Sharing and Social Media Audience Size on Procrastination

Social psychology research has long established that the presence of others can motivate individuals to improve their behaviour and performance, it has also established that commitments made public are better kept. The current study attempted to investigate if the presence of virtual audience on social media could motivate people and reduce procrastination when they share plans and progress of their intended activities or projects on social media. The study also investigated the mediating roles of commitment and self-concept in explaining the association between plans/progress sharing and procrastination and how larger audience size could enhance the mediation effects. The study employed a correlational design by measuring how much and how public participants share their projects, as well as their self-concept, commitment, and procrastination levels throughout the project. The study recruited 170 active social media users aged 17 to 30 (M = 21.9, SD = 3.02), which included 135 female and 32 male participants. The results of the study showed that plan sharing significantly predicted a higher level of commitment, and progress sharing significantly predicted a higher level of positive self-concept. However, this did not predict a significant reduction in procrastination frequency. Overall, sharing plans and progress of intended activities on social media was found to not reduce procrastination, but also not harmful for procrastination. Limitations and further recommendations were discussed.

Sumaiya Khan, Trisha Walia, & Sheema Aleem

The mediating role of social safeness on the relationship between parental warmth and fear of compassion

Background: With an economic recession and political pressures, genocides, and suicides that are international in scope, we humans face threatening, and uncertain environments. More worrying perhaps is the possibility that with increasingly competitive societies there is increasing fear of compassion (Gerhardt, 2010; Gilbert, 2009). Matos, Duarte, and Gouveia, (2017) found that memories that function as trauma memories and that become central to personal identity and life story, along with a lack of affiliative memories, may promote perceptions of having compassion for self and from others as frightening and aversive. The literature has also suggested that individuals who are fearful of receiving compassion and kindness tend to perceive others as unavailable and not safe (Gilbert, 2010).

Objective: The present study aim to examine the relationship between Parental Warmth and Fear of Compassion as mediated by social safeness among college students.

Method: For the present study, 311 college students (Group 1= males students and group 2= female students) were taken from different colleges in Delhi and NCR area, through purposive sampling, within the age group of 18-24 years. Written informed consent was taken after explaining the objectives and procedure of study in detail. For the assessment, Social safeness and pleasure scale, The acceptance and action questionnaire-II and Fear of compassion scale were administered on all the students.

Results: Results will be discussed at the time of the presentation.

Yip Yun Ting, Teoh Ai Ni, & Frederick Poi Kee Low
Unavoidable stressful client situations: Sources of social support and engagement on clinical psychologists' and counsellors' psychological well-being in Singapore

The increasing demand for mental health services in Singapore makes it important to understand how the stressful nature of clinical psychologists' and counsellors' professions affect their psychological well-being. The study explored how (1) different sources of social support (clinical supervisor, coworker, nonprofessional) predict clinical psychologists' and counsellors' stress, exhaustion, distress, depression, and anxiety levels during stressful client sessions, and (2) how their engagement level influences the effects of social support (encouragement or comfort) on psychological well-being. Trainee/Professional clinical psychologists and counsellors recalled a stressful client situation before completing online questionnaires. Data collection is still undergoing. Preliminary results (N = 39; M = 36.15 years old, SD = 9.19) indicated that (1A) social support from coworker predicted lower stress, and (1B) social support from clinical supervisor and nonprofessional did not predict psychological well-being. Also, (2) engagement did not moderate the effect of social support on psychological well-being. An additional mediation analysis showed that (3) social support from coworker lowered stress through social encouragement. These findings suggest that organizations may support clinical psychologists and counsellors by enhancing the social support system. Tapping on coworkers to provide assurance of competencies (encouragement) is more effective than assisting with emotional regulation (comfort).

Lim Hui Tien & Divjyot Kaur

Stress, burnout and wellbeing among teachers of students with additional needs

Teaching is a profession that yields great satisfaction and yet in recent years, the wellbeing of our teachers is challenged due to the multiplexity and dynamic nature of the job. Literature on teacher wellbeing has predominantly explored the negative effects of stress and burnout. The present study examined stress, burnout, and wellbeing of 107 Special Education (SPED) teachers serving children and adolescents with additional needs in Singapore. Taking a salutogenic approach (Lindstrom, 2005), factors contributing to wellbeing such as self-care and teachers' sense of community were explored. The results found that stress and burnout were positively correlated. Stress and burnout were significant negative predictors of wellbeing. In addition, self-care emerged as a mediator between stress and burnout, as well as between stress and wellbeing among SPED teachers. However, sense of community, did not emerge as a significant mediator. Despite some limitations, insights from our study can help administrators and policymakers focus on positive, supportive factors such as self-care and in building stronger communities for SPED teachers, to retain SPED teachers of good quality and improve the standard of Singapore's special education.

Megan Tan (Chen Qi) & Divjyot Kaur

Academic stress and well-being among undergraduates: Role of resilience and gratitude

With a rise in mental health issues among undergraduates, research has geared towards documenting the negative implications of academic stress, with much focus on psychological distress. However, as stress is an inevitable part of academic life, understanding the human strengths that enable students to persevere through stressful periods whilst maintaining a sense of well-being becomes vital. Resilience and gratitude are two such personal strengths than have gained traction in the positive psychology literature. A cross-sectional, correlational design was adopted to explore the relationship between academic stress, well-being, psychological distress, resilience, and gratitude. An online survey collected data from 227 undergraduates. Results showed that well-being was negatively correlated with psychological distress; academic stress predicted lower levels of well-being and higher levels of psychological distress; and the indirect effects of academic stress on wellbeing and psychological distress was significant through both resilience and gratitude. The findings point towards possible routes for intervention initiatives, providing empirical evidence for promoting resilience and gratitude on university campuses.

Ajay Nirmal, Sumit Kalra, Ankita Sharma, Soumik, Rajat Soni, Bhavneet Kaur & Stuti, Krishna

DeepMood: Identification of mood state with keystrokes on smartphone

Smartphones have become an essential part of our life, especially since the Corona outbreak. The recent literature suggests that smartphone behavior can be used for deducing a lot of psychological concepts. The present work, 'DeepMood,' aims to study the potential association between the users' keystrokes and mood identification. This study will explore whether mood and associated clinical conditions can be identified with statistical confidence through keystrokes. To make predictions with high accuracy, we have to collect data with experimental design. DeepMood App, Keylogger are the two applications, and psychometric questionnaires are used for data collection. The users are asked to use the keylogger app, which stores all the typing related keylogging data, during their daily typing related activities like using social media applications on their mobile phones and fill a survey on the DeepMood app, which stores their mood/emotion-related data, before and after these typing sessions. In total, 80 volunteers have taken part in the data collection survey and used these apps for about one month. The data collected is used to train an appropriate machine learning algorithm to get good predictions of users' mood. The study will yield patterns connecting the typing and the psychological conditions of the users and associate possible clinical conditions. The statistical analysis also examines the association and prediction. Results are explained with triangulation from machine learning analysis and statistical analysis.

Boehm-Fischer & Luzi Beyer

Requirement analysis for a Smartphone-app to support adolescent refugees considering insights from an ELSI-workshop

Post-traumatic stress disorder is a common mental health challenge of (juvenile) refugees, which is why low-threshold and target group-oriented support services are much needed. An AI based self-screening tool for the detection of PTSD was developed and will be integrated into an app with further support services. To design this app in a user-centered way, a requirements analysis was performed with the target group (N = 53; age 20,2 years, SD = 3,2; average time in Germany 4.6 years, SD = 1,4). Responses indicated strong interest in peer chat and uploading of texts, photos, and videos. The responses were discussed in an interdisciplinary ELSI-workshop (N = 12, psychologists, social workers, computer scientists, and engineers) to generate implementation options consistent with Value-Sensitive Design and MEESTAR (Model for Ethical Evaluation of Socio-Technical Arrangements).

To enable self-determined posting and protect privacy, it was agreed to allow anonymous user uploads which are published after an administrator check. This way, quality of content can be controlled and users are protected from bullying, while preserving the anonymity of posters.

For the peer chat, an implementation with trained young adults (age 18 - 25), with migration experience but without traumatization, was considered suitable, if they are integrated into support and supervision structures. Furthermore, it was decided to prepare information material for the peers (e.g., about traumatization and different forms of therapy).

This article shows how the development of technology for vulnerable target groups can be implemented in a user-oriented manner while taking ELSI aspects into account.

Pooja Rawat, Sumit Kalra, Prarthana Saikia, H Sriram, Jahnab Dutta, Prabal Singh, Prashant Kumar, & Ankita Sharma
Understanding typing error, delayed error identification, and fatigue in online interaction

Zoom fatigue is a new word in the dictionary. In this post-covid world, online interaction is consistent and demanding on its recipients. Typing behaviour, a complicated task, has thus become a crucial aspect of our lives that can be indicative of our inner workings. Emerging literature calls for understanding the link between fatigue, online interaction, and typing errors, similarly, the delayed conscious attention of error is gray area. With that in hindsight, the primary objective of the study was to examine psychological processing implicated in changing typing style, delayed identification of typos committed, and visceral reaction with immediate recognition of typo. Specifically, the aim was to understand the relationship between fatigue and typing errors within the online mode of interaction. The methodology followed a mixed method of data collection with a 7-day experimental design to explore the world of typos and fatigue along with interviews to elaborate on the impact of current increased online interaction on the participants. We used questionnaires including PANAS, Oxford Happiness Scale, Brief Symptoms Inventory, and Zoom Exhaustion and Fatigue Scale. We propose that the results will report a meaningful relationship between typing errors and aspects of fatigue, creating a link between well-being to 'online interaction'.

Zuhre Neslihan Icin

What makes Turkish immigrants happy? The factors affecting life satisfaction, happiness and physical health

Introduction
Individuals tend to immigrate because of financial, political, occupational and many other reasons, especially skilled workers from developing countries. The aim of this study is to investigate the most important factors which affects immigrants' well-being and undirectly physical health.

Method
Demographical Information Form, Multidimensional Scale of Perceived Social Support Scale, Five Factor Personality Inventory, Oxford Happiness Scale, and The Satisfaction with Life Scale (SWL) were used in this research. In Demographical Information Form, participants' language proficiency, sense of belonging and having close friends, their expectancy from the country and their future plans were questioned. The data was collected online from participants aged between 18 and 63 (average 30+) who live abroad, correlation and regression analysis were conducted via SPSS.

Results
As a result of the study, a positive significant relationship was found between social support and SWL ($r = .30$, $p < .01$), also with happiness ($r = .27$, $p < .01$). On the other hand, a significant positive relationship was found between happiness and country expectancy ($r = .32$, $p < .01$). However, somatization was negatively correlated with life satisfaction ($r = -.33$, $p < .01$) and happiness ($r = -.52$, $p < .01$).

Conclusion
Based on the findings, agreeableness has a predictor role on life satisfaction while social support and conscientiousness have on happiness. Happiness and life satisfaction have significant relationship with physical health. Also, having a special partner and extraversion plays a predictor role on physical health.

Anahita Bhandari & Sujata Sriram
Political volunteering in India: A review

Volunteering is intended to benefit others. Individuals volunteer for personal and social reasons, and its impacts are multi-dimensional. India has a rich history of volunteering, with its origins in religious, historical, and cultural contexts. Volunteering, and its determinants have been found to intersect with socio-economic status, caste, and religious identity. Self-efficacy and altruism are common pre-determinants with their roots in religion. Political volunteering is a subset of volunteering wherein individuals work with political parties and campaigns, which align with their political ideology, affiliation, and identity. Political volunteering in India is a widespread phenomenon that is not only on the ground but also has a large online presence on social media. Political parties in India have mobilised volunteers for community development, spreading the party ideology, creating awareness, mobilising communities, and campaigning during the elections. This paper reviews research on volunteering and political volunteering in India, through a psychological lens.

POSTER ABSTRACTS (tiny.cc/PosterSession)

Ester Câmara, Margarida Pocinho, Dora Agapito, & Saúl Neves de Jesus
Development of meaningful tourist experiences: A positive psychology approach

Tourism is facing its most challenging phase due to the current pandemic situation. In this context, psychology and tourism represent a successful partnership to develop meaningful experiences according to tourists' needs, desires, and expectations. Meaningful experiences are a complex concept, focused on the self and the social, relational, and emotional dimensions. They represent a change in the routine, with important social, personal, and emotional consequences on individuals' lives. Considering these assumptions, what theoretical foundations can be interrelated to explore meaningful tourist experiences? A substantial number of studies relating meaningful tourist experiences with positive psychology, well-being, and mindfulness present the motivations that lead tourists to engage in these experiences, considering their ability to increase personal consciousness, and their strong potential to become extraordinary. Yet, research focused on the synergies between the theoretical approaches mentioned above is still scarce. Also, literature suggests that more is needed to understand how stakeholders perceive a tourist experience as meaningful, in terms of their triggers (antecedents) and their results in the short, medium, and long time (outcomes). Overall, this poster offers a theoretical reflection on the connections between positive psychology, well-being, and mindfulness on the development of tourist experiences associated with the development of meaning. In so doing, it is proposed a preliminary diagram illustrating the theoretical links reflected in literature, comprising adequate indicators to explore the tourism field from the perspective of individuals' well-being.

Soraia Garcês

Creativity and well-being in Education: A project in the making

Creativity can be understood as a character strength in the field of Positive Psychology, related to the individuals' abilities to create uniqueness and value. Being positive psychology considered the science of wellbeing, many studies focused on the link between creativity and wellbeing have concluded on the relevance of creativity to promote wellbeing, even showing that creativity can be a predictor of mental health. Considering creativity and its potential to foster wellbeing this presentation aims to introduce a project in the making that intends to nurture wellbeing through creative activities in elementary school children. Specifically, this presentation will focus on the theoretical conceptualization of the project, its structure and aims, and expected outcomes. As so, the project intends to encourage creativity in young children through hands-on activities, thus, contributing to increasing children's wellbeing. It has as its theoretical core positive psychology principles and hopes to help children build their own steps to flourish, through creative endeavors. Thus, the project is composed of an initial eight pilot sessions, that will focus on positive variables that can contribute to wellbeing, such as gratitude, grit, resilience, and imagination. These psychological variables will be fostered through creative activities such as storytelling, crafts making, or creative writing and also through divergent thinking, mindfulness practices, and creative problem-solving skills. The project expected outcomes focus on increasing children's engagement in everyday life activities, promoting positive emotions, better relationships, and an overall sense of well-being.

Sheow Yun Sie, Reena Maharaj, Emily Nelson, Johnny Lopez, Catherine Heitz, & Yoko Nomura

Mothers stress during COVID-19 pandemic effects child fear in kids with developmental disabilities

Little is known about how COVID-19 lockdown affected children with developmental disabilities. The study explores whether maternal stress during lockdown is associated with the level of fear among children with and without developmental disabilities. A sample of 117 mothers and their children was recruited. Participants completed an online survey which assessed COVID-19 related post-traumatic stress levels and children's worries post-lockdown. Child's development disability status was ascertained via a structured diagnostic interview. Factorial ANOVA was conducted to compare the main effects of mothers' stress and child's developmental disabilities status, and the interaction of the two on child's fear following COVID-19. The results showed a significant main effect of mothers' stress, but not the developmental disability status, and no notable differences by the interaction of the two risk factors. A stratified analysis by sex of the child showed that only among the girls, there was a significant main effect for mothers' stress. Notably, there was an elevated level of fear among boys without developmental disabilities, but an elevated level of fear was observed among girls with developmental disabilities. These findings reveal the differential adverse experiences of boys and girls in relation to COVID-19 and highlights the importance of the mothers' well-being.