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25 ΧΡΟΝΙΑ Ε.Ψ.Ψ.Ε.Π!

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4TH WORLD CONGRESS OF THE A.P.P.A.C.

ASSOCIATION OF PSYCHOLOGY & PSYCHIATRY FOR ADULTS & CHILDREN

MAY 4 – 7, 2010
THE HILTON HOTEL, ATHENS, GREECE

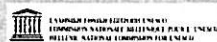
NEUROPSYCHIATRIC, PSYCHOLOGICAL AND SOCIAL SCIENCES TODAY

BOOK OF ABSTRACTS

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24 CME / CDP ACCREDITATION

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THE IMPORTANCE OF GRATITUDE AND PRIDE IN RELATIONSHIP BUILDING: CROSS-CULTURAL DATA FROM THE WORK PLACE

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Έντονο ερευνητικό ενδιαφέρον παρατηρείται τελευταία σχετικά με τα λεγόμενα «μη-βασικά» ή «δευτερεύοντα» συναισθήματα και, πιο συγκεκριμένα, για τα συναισθήματα της ευγνωμοσύνης και της υπερηφάνειας. Οι έρευνες δείχνουν ότι τα συναισθήματα αυτά συνδέονται άμεσα με την ανάπτυξη και τη διατήρηση κοινωνικών σχέσεων, καθώς και συμπεριφορών προσανατολισμένων προς την επίτευξη στόχων. Οι σχετικές έρευνες εδράζονται στο γενικότερο ενδιαφέρον για θετική ψυχολογία (positive psychology): η έμφαση στην ευγνωμοσύνη και την υπερηφάνεια αφορά στην αύξηση των θετικών συναισθημάτων που οδηγούν μελλοντικά σε ακόμα περισσότερα θετικά συναισθήματα, καθώς επίσης και σε πιο δεκτικές, δημιουργικές και ευέλικτες διεργασίες σκέψης, καλύτερη εν γένει υγεία, και ψυχική ευρωστία που μεταφράζεται σε αντοχή σε αντιξοότητες, αποδοχή, και εστιασμένη προσπάθεια. Η παρούσα εργασία συζητά εμπειρικά δεδομένα που επικεντρώνονται στην ανάπτυξη διαπροσωπικών σχέσεων στα πλαίσια του εργασιακού χώρου. Επιχειρείται η σύνδεση της αμφίδρομης καλλιέργειας των συναισθημάτων της ευγνωμοσύνης και της υπερηφάνειας μεταξύ διευθυντικών στελεχών και εργαζομένων με τη δημιουργία θετικού εργασιακού περιβάλλοντος. Παρουσιάζονται οι εμπειρίες διευθυντικών στελεχών μέσω συνεντεύξεων σχετικά με τη συνεργασία τους με υπαλλήλους εντός του ίδιου εργασιακού χώρου σε διαφορετικά πολιτισμικά πλαίσια: την Αθήνα, το Κάιρο, και το Βουκουρέστι. Ο συγκεκριμένος τρόπος πραγμάτευσης της ευγνωμοσύνης και της υπερηφάνειας ενδεικνύει διαπολιτισμικά την ισχύ της θετικής τους επιρροής σε βάθος χρόνου.

OCCUPATIONAL STRESS & PSYCHOPHYSIOLOGIC DISORDER IN NIGERIA SOUTHWEST ORGANISATIONS

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Stress is the non-specific response of the body to any demand made upon it. Stress reveals major physiological changes which can affect human performance. Occupational stress has been seen to have some major influences in daily living and all stresses whether psychological or physiological frequently implicates in ill health. The current paper aimed at finding out if certain occupations are more stressful than others. If there is any difference between organisations in terms of workers Psychophysiologic disorder and if there is a relationship between stress, health and job satisfaction. The participants in the study are 100 randomly selected organizational workers in South Western Nigeria, ranging between the ages of 25 and 55 years. All participants have been working in their various organisations for more than 12 months. The Life Experience Survey (LES) test, the General Health Questionnaire (GHQ) and the Job Satisfaction Questionnaire (JSQ) were administered to the participants. The result from the ANOVA test to find out the difference between Bank workers, Police Officers, Health Personnel, Academic Persons and Civil Servants showed there is no difference in their stress levels at $F(4,95)=1.15$ at $P=0.05$ level of significance. ANOVA test performed in finding out if there is a significant difference between the above five organisation in terms of Psychophysiologic symptoms, results a significant difference in the mean which gave $F(4,95) = 2.71$ which is significant at $P=0.01$ and $P=0.05$ level. The Pearson [®] computation to find out the relationship between the five organisations on Life Event Experience stress, general health and job satisfaction found that there is significant relationship between the five organisations at 0.05 levels. The paper recommends that Government and Private Organisations should endeavour to make the physical environment in organizations better for workers productivity.

THE ROLE OF GROUP-BASED SOCIAL SUPPORT IN MODERATING THE RELATIONSHIP BETWEEN EXPERIENCING STIGMA AND ILL-HEALTH

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Introduction and Aim: Discrimination can have a negative impact on psychological well-being, attitudes and behavior. This research evaluates the impact of experiences of weight-based discrimination upon emotional eating and body dissatisfaction, and also explores whether people's beliefs about an ingroup's provision of social support can moderate the relationship between experiences of discrimination and negative eating and weight-related cognitions and behaviors. **Methods:** 197 undergraduate students completed measures about their experiences of weight-based discrimination, emotional eating and body dissatisfaction. Participants also reported their beliefs concerning an ingroup's attitude towards overweight people (social support). **Results:** Recollections of weight-based discrimination significantly contributed to emotional eating and body dissatisfaction. However, the relationships between experiencing discrimination and body dissatisfaction and emotional eating were weakest amongst participants who believed the ingroup held a positive attitude towards overweight people. **Conclusion:** Beliefs about ingroup social support can influence the relationships between weight-based discrimination and emotional eating and body dissatisfaction. Changing group perceptions to perceive it to be unacceptable to discriminate against overweight people may help to protect victims of discrimination against the negative consequences of weight-based stigma.

FAMILY IMPORTANCE ON QUALITY OF LIFE OF PALLIATIVE PATIENTS.

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Introduction and Aim: Palliative care seeks to obtain Quality of Life (QOL) for people facing chronic advanced illness. We aim to investigate the importance of family in QOL of patients and relationships between family support, pain, fatigue and depression. **Method:** Correlational study using a non-probabilistic intentional sample of 121 patients, admitted to palliative care, during 2009 - 44,6% women, 55,4% men. Mean age 67.2 (SD = 12). Most (82,6%) had cancer. We applied a questionnaire of sociodemographic, family and clinical data. Fatigue, pain and family support intensity were rated 0-10. Patients identified things with greatest effect on QOL in the past two days. **Results:** Participants were strongly supported by family (M=9.1, SD = 2.0); referred low pain (M = 1.6, SD = 2.7), little fatigue (M = 3.8, SD = 3.3). 35% felt depressed. Correlating variables, no significant statistic differences were found ($p > 0.05$). Those with family support, despite physically worsened, reported that close relationships and family well-being improved QOL. Those without it, indicated family conflicts and disease progression, worsened their QOL. **Conclusion:** As no significant differences were found, we conclude that family support was good for most patients in palliative care. More studies are needed with larger populations.

PSYCHOLOGICAL ADJUSTMENT IN WOMEN WITH BREAST CANCER: AN INTERVENTION STUDY

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Introduction: The number of women who survive breast cancer due to advances in detection and treatment has increased dramatically in recent years with a 5 year survival rate reaching 86%. Many survive for many more years after that so quality of life issues and adjustment have become increasingly important with current emphasis on identifying those patients who would most benefit from psychological intervention. **Aim:** This study identifies predictors of adjustment and tests the efficacy of a psychological intervention with women diagnosed with breast cancer on their adjustment over time. **Method:** All women aged 20-75 years attending the Breast Symptomatic Unit, University Hospital Galway, Ireland since February 2005 newly diagnosed with breast cancer who met the inclusion criteria and were awaiting surgery were assessed. The study assesses global and cancer specific