

6TH EFPSA SCIENTIFIC CONFERENCE

BOOK OF ABSTRACTS

Gdańsk, Poland | 8th–11th December 2025

*Drop in the sea of needs. Applied Psychology
in answer to modern-day challenges.*



Edited by:

Magdalena Weber

Seeburg Castle University, Seekirchen am Wallersee, Austria

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FOREWORD

It is with great pleasure that I present this Book of Abstracts of the 6th EFPSA Scientific Conference, “Drop in the Sea of Needs”, which took place in Gdańsk, Poland, from 8th to 11th December 2025.

This year’s theme captured a timely reflection on the role of psychology in a world marked by rapid changes and ongoing challenges. In the aftermath of global crises that have reshaped our society, we found ourselves navigating a reality defined by rising mental health concerns, social division, cultural tensions, and an increasing need to reconnect scientific knowledge with lived experience. Against this backdrop, psychology is a discipline aiming to understand human behaviour, but also increasingly engaged in contributing to meaningful societal change.

The conference served as a testament to that responsibility. It brought together students, researchers, and professionals from around the globe to share knowledge, exchange perspectives, and engage in dialogue across diverse domains of applied psychology. From health psychology and psychotherapy to social behaviour, and cross-cultural processes, the programme reflected the richness and breadth of contemporary psychology, as well as its growing relevance.

As part of the broader mission of the European Federation of Psychology Students’ Associations, this event was more than an academic gathering. It provided a space where curiosity met collaboration, where theoretical insight met applied practice, and where students were empowered to see themselves as active contributors to the future of the discipline. EFPSA has long served as an organization with the goal of connecting psychology students across Europe and beyond, fostering not only academic development but also intercultural understanding, as well as professional and personal growth.

The host city of the conference further enriched this experience. A city shaped by resilience, dialogue, and historical change, Gdańsk provided a fitting backdrop for reflection on change, both societal and psychological. It reminded us that knowledge is deeply embedded in history and community.

The metaphor of a “drop in the sea of needs” invited both humility and hope. It acknowledged the scale of the challenges we face, while also affirming the value of every contribution. Every idea shared, every question raised, every connection made. The conference demonstrated that scientific progress emerges through a multitude of contributions, which, over time, accumulate into a broader current of understanding and action.

It is my sincere hope that this Book of Abstracts serves not only as a record of the scientific work presented at this conference, but also as a continued reflection of this accumulation of drops of knowledge.

I would like to extend my gratitude to the organisers, reviewers, speakers, and participants whose collective effort made this conference possible. Most importantly, I hope that the days spent in Gdańsk fostered meaningful connections, critical thinking, and lasting motivation to contribute to impactful psychological work.

With sincere appreciation,

Magdalena Weber

ORGANIZING AND SCIENTIFIC COMMITTEE

Organizer

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Alicja Szmidka¹ and Mirella Wojciechowska²

¹Medical University of Gdańsk, Department of Quality of Life Research, Gdańsk, Poland; ²Medical University of Gdańsk, Department of Cardiology, Gdańsk, Poland

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University of Gdańsk, Institute of Psychology, Gdańsk, Poland

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Tomasz Grzyb

SWPS University, Department of Social Psychology, Wrocław, Poland

Beata Pastwa-Wojciechowska

University of Gdańsk, Department of Social and Organizational Psychology, Gdańsk, Poland

Łukasz Stecko

University College of Professional Education, Wrocław, Poland

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ORAL PRESENTATIONS

Flow Into Character: The Relationship Between Performance Strategies Use and Flow Experiences in Theatre Actors

Dorotea Brajković¹ (Presenting), Mark Campbell¹

¹University of Limerick, Limerick, Ireland

Flow state and peak performance have been researched over the last 50 years in different contexts, including music and dance, yet the research in theatre performers is scarce and methodologically uneven. Performance strategies are viewed as preparatory work for entering the transcendental experience of flow. In the field of theatre, performance strategies are essential parts of acting techniques but have never been researched with sport psychology methods—an applied branch aimed at elite performers. A small but representative sample of actors working in theatre organisations across six European countries was recruited. A mixed study approach with topical analysis was applied. Quantitative data was measured using a performance strategies test validated on athletes' data, with its terminology adapted to acting. Qualitative data from interviews yielded several codes: eight performance strategies found among athletes and dancers; further ones expanded to other relevant strategies and flow in theatre performance contexts. Actors' use of performance strategies is overall high; the conceptualisation of goal setting, emotional and attentional control is different. The most used are activation, emotional and attentional control, while imagery is applied least. Flow state differs in rehearsals and performances. During plays, flow is deemed equivalent to successful acting and achieved by automaticity development during rehearsals, a high level of concentration, awareness, and trust in one's body and stage partner. Flow carries a strong feeling of connection. Performance strategies are applied to enter the flow state on stage. Insights could be used in adapting TOPS2 to stage performing and furthering coaching methods for actors.

Online Interactions and Their Potential to Reinforce Social Polarization

Filip Liebersbach¹ (Presenting), Kamil Izydorczak¹, Kamil Kornacki¹, Tadeusz Berkowski¹, Paweł Gardula¹, Bartosz Stolarski¹

¹SWPS University, Wrocław, Poland

This project proposes a conceptual replication of the study “Online Interaction Turns the Congeniality Bias Into an Uncongeniality Bias” by Buder et al. (2023), which examined factors influencing intergroup polarization in online environments. A series of three experiments will introduce participants into an artificially created environment simulating social media, where they will be exposed to posts on political and social topics. Participants' engagement will then be measured both in terms of reading and responding to posts (with reactions and comments serving as behavioural indicators). The original study by Buder et al. (2023) demonstrated that while posts aligned with participants' views elicited stronger intentions to continue reading, exposure to incongruent posts increased the willingness to actively engage in discussion. This pattern suggests a previously unexplored duality of online interactions. Our innovative contribution lies in conducting experiments within a purpose-built social media simulation tool, thereby maintaining ecological validity necessary for accurately capturing social behaviour. This project enables a more nuanced analysis of online interactions and their dynamics, contributing to a deeper understanding of polarization in virtual spaces. The study is funded by the NCN MINIATURA 8 grant.

The Emotion Scale Tool: An Interactive Device to Foster Children's Emotional Awareness and Regulation

Hasan Mert Alatas¹ (Presenting)

¹University of Warsaw, Warsaw, Poland

Early childhood is a sensitive period for the development of emotion understanding and emotion regulation, both shaped through caregiver interactions and everyday emotion socialization. Although parents often aim to support children's emotional awareness and regulation, tools for daily, play-based coaching remain limited. This study provides an empirical foundation for the Emotion Scale Tool (EST), an interactive device designed to help children notice, name, communicate, and regulate emotions. Caregivers of children aged 4–12 in Warsaw ($N = 85$) completed Polish versions of the Emotion Regulation Checklist, the Emotion Regulation Questionnaire–Short Form, and custom items assessing children's emotional expression, recognition, and parental coaching. The sample included children aged 4–5 ($n = 29$), 6–8 ($n = 36$), and 9–12 ($n = 20$), including 37 girls, 48 boys, and 11 children with parent-reported ADHD ($n = 4$) or ASD ($n = 7$). The translated measures showed strong reliability. Parent-reported emotion regulation did not differ significantly by child age or gender. However, children with ASD or ADHD showed higher emotional lability/negativity, lower adaptive regulation, and lower recognition of others' emotions than typically developing children. Verbal emotional expression predominated, while boys were more often reported to express emotions through physical actions. Parental coaching ratings were uniformly high, suggesting possible ceiling effects. These findings indicate that parent-reported emotion regulation measures are sensitive to clinically relevant differences and highlight intervention targets, including anger and frustration regulation, empathy-related emotional literacy, and alternatives to action-based emotional expression.

Mental Health of Czech Medical Students and its Relationship to Burnout Syndrome

Veronika Kocmanová^{1,2} (Presenting)

¹Charles University, 1st Faculty of Medicine, Prague, Czechia; ²Czech-Moravian Psychological Society (CMPS), Prague, Czechia

Medical students represent a high-risk group for mental health challenges, including burnout, anxiety, and depression. International studies consistently report elevated stress levels and declining mental well-being during medical training. Despite these findings, Czech medical curricula at most of the medicine faculties still lack sufficient training in emotional competencies and psychological self-care. The aim of this study is to assess mental health and the prevalence of burnout among Czech medical students and to evaluate the potential influence of medical education on these outcomes. The study is grounded in established psychological models, including Beck's cognitive theory of depression and anxiety and Lazarus and Folkman's transactional model of stress and coping. This cross-sectional study will include medical students from all six years of general medicine programs at eight Czech medical faculties. Data collection will be conducted online. Standardized psychological questionnaires will be used to assess key psychological constructs related to mental health and occupational wellbeing, including depression and anxiety symptoms, stress and coping processes, emotional empathy, burnout, and perceived resource loss. Based on existing literature, it is expected that higher-year students will report significantly more symptoms of burnout, stress, depression, and anxiety. Emotional empathy is anticipated to be inversely related to burnout levels. Women and students living at home may show greater vulnerability to psychological strain. Findings are expected to confirm the need for structural changes in medical education, including early implementation of mental health support, emotional competence training, and destigmatization of psychological difficulties within the medical student population.

Mansplaining and More: Cross Cultural Validation of the Workplace Gender Competence Questioning Scale (WGCQS)

Miren Elizabeth Chenevert¹, Guillermo Valenzuela Catari², Milena da Silva Guimarães³, Jana Mészárosóvá⁴, Hannah Daniela Obertautsch⁵ (Presenting), Parthena Papadopoulou⁶, Gaia Terragni⁷, Valeria Tulinelli⁸, Michaela Vignoli⁹

¹University of Trento, Trento, Italy; ²University of Seville, Seville, Spain; ³University of Valencia, Valencia, Spain; ⁴Palacký University Olomouc, Olomouc, Czechia; ⁵University of Vienna, Vienna, Austria; ⁶Aristotle University of Thessaloniki, Thessaloniki, Greece; ⁷University of Turin, Turin, Italy; ⁸University of Zurich, Zurich, Switzerland; ⁹University of Trento, Trento, Italy

Workplace gender competence questioning (WGCQ) refers to subtle communication behaviours that signal doubt or diminish a woman's competence in the workplace, including condescending explanations (i.e., mansplaining), voice non-recognition, and intrusive interruptions. Although culturally well known, WGCQ has received limited empirical investigation, and no existing measure captures all three forms. This research developed and validated the Workplace Gender Competence Questioning Scale (WGCQS) and extended its validation across seven different cultural contexts. Study 1 ($n = 41$) qualitatively refined the construct and generated scale items. Study 2 ($n = 335$) used parallel and exploratory factor analyses to examine the factor structure, and Study 3 ($n = 465$) confirmed the two-factor model via confirmatory factor analyses. Study 4 ($n = 1,686$) examined external validity and validated the scale across seven different cultural contexts: Italy, Brazil, the Czech Republic, Austria/Germany, Greece, Spain, and the United States. The final 11-item, two-factor scale demonstrated strong internal consistency, good model fit, and strict measurement invariance across countries. Evidence supported convergent, discriminant, criterion, and nomological validity, situating WGCQ meaningfully within a network of person and work-related variables. The WGCQS provides a reliable, cross-culturally validated tool to assess subtle gender discrimination and advance research on workplace gender equity.

Social Norms, Pro-Environmental Beliefs, and the Inclusion of Alternative Protein Sources in the Diet: A Longitudinal Study

Julia Kolendowicz¹ (Presenting)

¹SWPS University, Wrocław, Poland

Increasing the availability of alternative protein sources is particularly important due to climate change associated with mass meat production. Therefore, this study was designed to address this global issue. The aim of the study was to examine the influence of social norms and beliefs concerning the need to care for the environment on both intentions and behaviours related to the inclusion of plant-based and insect-based proteins in the diet. The study employed a longitudinal design with two measurement points (Time 1 and Time 2) spanning one month and involving 150 participants, of whom 36% were men and 64% were women, aged between 19 and 78 years ($M = 32.78$). Participants were recruited through convenience sampling among acquaintances of the researchers, mostly from a large city in Poland. Although this resulted in a relatively homogeneous sample, the approach was intended to reduce the risk of participant dropout between measurement points. Regression analyses revealed that prescriptive norms regarding plant-based protein consumption (Time 1) and pro-environmental beliefs (Time 1) predicted intentions to incorporate alternative protein sources into the diet (Time 2). Plant-based protein consumption (Time 2) was associated with prescriptive and descriptive norms, as well as pro-environmental beliefs measured (Time 1). Among the variables tested, only descriptive norms regarding insect protein consumption were significantly associated with insect-based protein consumption behaviour. These findings underscore the importance of social and environmental factors in promoting more sustainable dietary choices and provide insight into the psychological mechanisms underlying consumer decision-making.

Preschool Prosociality in the Light of Parental Emotional Attitudes

Patrik Marksz¹ (Presenting), Rebeka Orbán¹, Melinda Pohárnok¹

¹University of Pécs, Institute of Psychology, Department of Developmental and Clinical Psychology, Pécs,
Hungary

Preschool years represent a critical period for socio-emotional development, during which early forms of prosocial behaviour emerge and may shape later social competence and school adjustment. Despite its developmental significance, preschool prosociality and its relational correlates remain underexplored in Hungary. The present study examined associations between preschoolers' prosocial behaviour and parental emotional attitudes, while also exploring potential gender differences. Data were collected in two consecutive cross-sectional phases using the same methodology, with the second phase extending the first sample ($n = 15$) to enhance the robustness of findings (final $N = 27$). Prosocial behaviour was assessed through structured observational tasks targeting instrumental helping and comforting, as well as parent and preschool teacher reports of children's social functioning. Parental emotional attitudes and the quality of the parent-child relationship were also measured through caregiver reports. Findings from the initial phase indicated a gender difference favouring boys, though no association emerged between prosocial behaviour and parental emotional attitudes. In the extended sample, gender differences remained significant only for helping tasks analysed separately. Parental warmth showed a significant association with parent-reported prosociality, suggesting that relational closeness may influence how caregivers perceive their child's prosocial behaviour. Given the modest sample size, results should be interpreted cautiously. Nevertheless, the findings provide preliminary insights into early prosocial development and highlight the complex interplay between observed behaviour, gender-related patterns, and parental perception.

Perceiving and Describing Political Parties as Collectively Exhibiting Dark Triad Traits

Adam Michalski¹ (Presenting), Mikołaj Winiewski¹

¹University of Warsaw, Warsaw, Poland

Since 2020, Polish public discourse has increasingly portrayed political parties, especially Law and Justice (PiS), as exhibiting dark personality traits. Although personality is typically attributed to individuals, this paper argues that it can also be applied to collective actors such as political parties, with implications for political perception. Within this paper, two studies were conducted. Data for Study 1 ($n = 590$) were collected via an online survey in the months preceding the 2025 Polish Presidential campaign, while data for Study 2 ($n = 588$) were collected during the campaign. Participants were recruited through convenience and snowball sampling. Study 1 developed the Short Dark Triad for Political Organizations (SD3-PO) scale using EFA. Study 2 conducted CFAs for both evaluated parties, PiS and Civic Coalition (KO), and validated the scale by examining relationships between perceived Dark Triad traits and voting intentions. The EFA of SD3-PO in Study 1 revealed a three-factor structure—Strategic-Provocative Sadism, Strategic Opportunism, and Political Exceptionalism—which was confirmed in Study 2. Logistic regression analyses indicated that perceiving PiS as sadistic or opportunistic was negatively associated with support for PiS, while perceived opportunism in KO was associated with lower support for KO. In contrast, perceived sadism in KO was associated with increased support for PiS, whereas perceived exceptionalism in PiS was associated with a lower likelihood of supporting KO. Findings suggest that parties are described using personality traits, offering a novel perspective on voter behaviour and analysing and interpreting political events.

The Moderation Effect of Experiential Avoidance: How Attachment Insecurities Lead to Exchange Orientation in Romantic Relationships Through Borderline Traits and Ostracism

Emrullah Ecer¹, Aleksandra Frontczak² (Presenting), Zaneshia Johnson Watkins³, Mara Raičković⁴, Oliwia Bączkiewicz⁵, Adrian Hebean⁶, Greta Jokimčiūtė⁷

¹University of Social Sciences and Humanities, Wrocław, Poland; ²University of Social Science, Łódź, Poland; ³University of Roehampton, London, United Kingdom; ⁴University of Belgrade, Belgrade, Serbia; ⁵University of Groningen, Groningen, Netherlands; ⁶West University of Timișoara, Timișoara, Romania; ⁷Università Cattolica del Sacro Cuore, Milan, Italy

Attachment insecurities are associated with maladaptive emotional regulation strategies in close relationships; however, the mechanisms underlying exchange orientation toward a romantic partner remain underexplored. This preregistered study examined whether borderline personality traits and perceptions of ostracism mediate the relationship between attachment insecurities and exchange orientation. A sample of 284 Turkish adults (194 women, 90 men; *M*age = 30.80, *SD* = 7.95) completed measures assessing attachment anxiety and avoidance, borderline personality beliefs, perceived ostracism, experiential avoidance, and exchange orientation toward a romantic partner. Separate mediation analyses indicated that borderline personality traits mediated the relationship between attachment anxiety and exchange orientation ($\beta = .17, p < .001$) and between attachment avoidance and exchange orientation ($\beta = .04, p = .030$). Perceived ostracism also mediated the relationship between attachment anxiety and exchange orientation ($\beta = .08, p < .001$) and between attachment avoidance and exchange orientation ($\beta = .04, p = .017$). Additionally, experiential avoidance strengthened the association between attachment anxiety and exchange orientation. Individuals with higher attachment insecurities reported greater borderline personality traits and stronger perceptions of ostracism, which were associated with a stronger tendency to adopt reciprocal, exchange-oriented relational behaviours. These findings suggest that therapeutic interventions targeting experiential avoidance, such as Acceptance and Commitment Therapy, may help mitigate maladaptive relational outcomes.

Recovering Hope: A Case Study of Adjustment Disorder in a Refugee Client

Chara Sofocleous^{1,2} (Presenting)

¹Instituto Superior de Estudios Psicológicos (ISEP), Barcelona, Spain; ²Iguality, Barcelona, Spain

Refugee populations often face intersecting mental health challenges related to trauma, forced displacement, acculturation, and identity conflict. This case study illustrates how an integrative, contextual, and values-based approach can be interwoven to formulate and treat a case of adjustment disorder in a young adult refugee with depressive and anxious symptoms, social withdrawal, and identity-related distress. Following a clinical assessment, a functional analysis formulation was co-created with the client to guide the intervention. Importantly, this formulation enabled a differential diagnosis, since situating the client's symptoms within their psychosocial and cultural background led to the diagnosis of an adjustment disorder, rather than a primary depressive or anxiety disorder. In addition, recognising the influence of prior forced displacement and cultural transition was essential to avoid over-pathologizing adaptive responses to extreme stress. Treatment was grounded in a Cognitive-Behavioural Therapy framework and integrated third-generation principles from Acceptance and Commitment Therapy, which offered a values-based approach to the intervention. Over the course of therapy, the client showed significant improvement, as depressive and anxiety symptoms reduced from severe to minimal and emotional regulation skills increased. Notably, improved well-being and engagement in value-aligned activities fostered a renewed sense of meaning and hope. This case highlights the importance of contextual assessment and formulation in promoting culturally informed psychotherapy and illustrates the contribution of integrating values-based approaches from third-generation therapies. Overall, it suggests that such an integrative, contextual, and trauma-informed framework can enhance clinical understanding of refugee populations and cultivate resilience and psychological wellbeing during resettlement.

Psilocybin as a Novel Antidepressant: Evidence From Randomized Clinical Trials in Major Depressive Disorder

Diogo Estêvão¹ (Presenting), Ana Sebastião^{1,2}, Ines Erkizia-Santamaría^{1,3}

¹Universidade de Lisboa, Instituto de Farmacologia e Neurociências, Faculdade de Medicina, Lisbon, Portugal;

²Universidade de Lisboa Centro Cardiovascular da Universidade de Lisboa, CCUL (CCUL@RISE), Faculdade de Medicina, Lisbon, Portugal; ³University of the Basque Country EHU Department of Pharmacology, Leioa, Bizkaia, Spain

Psilocybin, a serotonergic psychedelic compound, has gained increasing attention as a potential rapid-acting antidepressant for individuals with major depressive disorder. This literature review aimed to evaluate the efficacy and safety of psilocybin-assisted therapy for the treatment of major depressive disorder. A search was conducted in PubMed for clinical trials published within the last five years, and six studies meeting inclusion criteria were selected for analysis. Eligible studies employed randomized, double-blind, placebo- or active-controlled designs involving adults with moderate to severe or treatment-resistant depression. Treatment protocols generally consisted of one or two supervised sessions administering hallucinogenic doses of psilocybin (25–30 mg per session) alongside structured psychological support. Depression severity was primarily assessed using standardized rating scales, including the Montgomery–Åsberg Depression Rating Scale and the Quick Inventory of Depressive Symptomatology–Self-Report. Across studies, psilocybin administration produced rapid and clinically significant reductions in depressive symptoms, with response and remission rates frequently exceeding those observed with conventional selective serotonin reuptake inhibitors. Therapeutic benefits commonly persisted for several weeks to months following treatment. Adverse events were generally mild to moderate and transient, most commonly including headache, nausea, and brief anxiety. Serious adverse events were rare. Collectively, the findings indicate that psilocybin-assisted therapy produces substantial and sustained antidepressant effects. Psilocybin thus represents a potentially transformative intervention in the treatment of depression.

Agentic Memory Priming as a Protective Factor Against Subjective Executive Dysfunction in Borderline Personality Traits: The Role of Experiential Avoidance

Emrullah Ecer¹ (Presenting)

¹University of Social Sciences and Humanities, Wrocław, Poland

Borderline personality traits have been associated with executive dysfunction, yet little is known about the psychological mechanisms underlying this relationship. Across three studies ($N = 696$), we examined whether experiential avoidance mediates the relationship between borderline personality traits and subjective executive dysfunction. Study 1, conducted in Nigeria ($n = 83$), showed that experiential avoidance fully mediated this relationship. Study 2 replicated these findings in Turkey ($n = 117$), using thought suppression as the mediator and cognitive instability as the outcome. Study 3 ($n = 496$) used an experimental design to manipulate agentic vs. communal memory priming and tested whether priming agency mitigates the effect of borderline traits on executive dysfunction via experiential avoidance. Our results revealed that agentic memory priming reduced the indirect effect of borderline traits on executive dysfunction. Our findings identify experiential avoidance as a key mechanism linking borderline traits and cognitive difficulties and suggest that fostering agency may buffer against subjective executive dysfunction. Clinical implications and directions for future research are discussed.

Employing Neo-Psychometric Natural Language Processing in Classification of Anti-Trans Social Media Posts

Sofia Przyłuska¹ (Presenting), Mikołaj Biesaga²

¹University of Warsaw, College of Inter-Faculty Individual Studies in Mathematics and Natural Sciences, Warsaw, Poland; ²University of Warsaw, Robert Zajonc Institute for Social Studies, Warsaw, Poland

In prejudice studies, natural language processing classification methods can be used to elucidate phenomena such as hate speech prevalence and network structures of accepting, neutral, and prejudiced actors. One common pitfall of this approach is the use of black box models, which are not interpretable and yield atheoretical classification results. The present research focuses on employing a theory-driven, neo-psychometric natural language processing approach to text classification of trans-related posts. We collected posts from trans-related subreddits ($n = 3,948$) and the anti-trans Ovarit platform ($n = 8,919$). All posts were publicly available and were downloaded in accordance with the platforms' policy. We evaluated the cosine similarity of the posts to items from scales of gender essentialism, social determinism, and ambivalent sexism. This approach allowed for the creation of a classifier grounded in the transmisogyny theory. The results showed that our approach outperformed ($F1 = 0.90$) classifiers based on the toxicity and identity attack indicators from Jigsaw and Google team's Perspective API ($F1 = 0.82$), as well as a neo-psychometric approach using Attitudes Towards Transgender Men and Women Scale items ($F1 = 0.87$), at the task of classifying posts into categories of "transphobic" and "not transphobic"—providing support for the proposed model architecture. Possible applications outside of research include flagging hateful content for moderation on social media sites or internet browser add-ons showing automatic warnings or covering possibly triggering content. In the next stages of the project, the classifier will be used to study changes in anti-trans rhetoric on Reddit over time, as well as to study social networks of anti-trans actors.

Beyond Trauma: A Network Analysis of Psychological Flexibility in Refugee Adolescents

Johannes Freymann¹ (Presenting)

¹Fliehdner Klinik Berlin, Berlin, Germany

Refugees, particularly unaccompanied refugee minors, often report poor mental health. Psychological flexibility, derived from Acceptance and Commitment Therapy, appears to positively impact mental health in various populations, including adolescents and refugees. This study aimed to examine the structure of the Psychological Flexibility Model and the connections among its core processes, as well as the structure and connections between mental health constructs (i.e., post-traumatic stress, depression, anxiety, stress, quality of life) and psychological flexibility in unaccompanied refugee minors. 100 unaccompanied refugee minors aged 13–18 years living in shelters in the Republic of Cyprus completed four self-reports. Network analysis was used to examine the structure and connections of the constructs. Most core psychological flexibility processes showed positive connections amongst each other, with the strongest edge between committed action and values. Together with self as context, these core processes exhibited the highest expected influence. The strongest positive connections in the mental health network were found among stress, anxiety, and depression. Stress had the highest expected influence, whereas psychological flexibility had the lowest. A post hoc Johnson–Neyman analysis suggested a buffering effect of psychological flexibility on the impact of PTSD on anxiety and stress. Proposed areas of focus for clinicians working with unaccompanied refugee minors include incorporating strategies that address stress symptoms and facilitate individuals in pursuing value-based behaviour. It is equally important to encourage critical reflection on values and the conceptualized self in the context of culture.

POSTERS

Includership: How Workplaces Benefit From Inclusive Leadership

Krzysztof Jędrzejewski^{1,2} (Presenting)

¹University of Gdańsk, Gdańsk, Poland; ²Gdańsk Foundation for Management Development, Gdańsk, Poland

Recent scholarship on inclusive leadership highlights its essential role in fostering diversity, equity, and psychological safety in contemporary workplaces. Grounded in social identity theory and optimal distinctiveness theory, inclusive leadership is defined as leader behaviours that simultaneously promote employees' sense of belonging and appreciation of their unique individual contributions. This review aims to synthesize empirical evidence and theoretical developments regarding the organizational outcomes of inclusive leadership and to identify key boundary conditions that influence its effectiveness. A systematic literature search was conducted for the period 2006–2025 using Google Scholar. The inclusion criteria comprised peer-reviewed empirical studies, theoretical comparisons, and meta-analyses that specifically measured inclusive leadership and its workplace outcomes. Studies were excluded if they utilized inconsistent or overly broad definitions of inclusive leadership or lacked sufficient sample sizes to ensure reliable findings. From an initial pool of 107 identified records, 28 papers were selected for final analysis. The findings indicate that inclusive leader actions—such as providing consistent support, ensuring fairness, and empowering diverse perspectives—positively influence employee engagement, innovation, and performance. Notably, inclusive leadership significantly reduces emotional exhaustion and turnover, particularly among marginalized groups. Results further demonstrate that communal organizational climates serve as a critical mediator, enhancing the positive impact of this leadership style on employee well-being. This review establishes inclusive leadership as a critical, evidence-based strategy for building equitable high-performing workplaces. Organizations should prioritize the development of inclusive behaviours and the cultivation of communal cultures.

Adults' Perceived Quality of Life After Foster Care

Martina Marie Aquilina¹ (Presenting)

¹University of Malta, Msida, Malta

Research on foster care outcomes has frequently emphasised behavioural and socio-economic indicators of adjustment, with comparatively less focus on adults' subjective perceptions of their quality of life. This study addresses this gap by exploring how adults who experienced foster care in Malta understand their present wellbeing and the perceived influence of fostering on their relationships, resilience, and sense of self. A qualitative phenomenological design was employed. Five women aged 18–30 who were fostered in Malta during childhood or adolescence participated in semi-structured online interviews. Questions were informed by the domains of the World Health Organization Quality of Life Questionnaire (brief version): physical, psychological, social, environmental, and spiritual wellbeing. Interviews were audio-recorded, transcribed verbatim, and analysed using Braun and Clarke's (2006) thematic analysis. Six overarching themes were identified: Attachment and Trust, Resilience, Self-Esteem, Mental Health Issues, Support Systems, and Security and Stability. Participants reported stronger emotional bonds with foster parents than with families of origin, alongside ambivalence and enduring trust difficulties. Stable and consistent placements were linked to belonging and psychological security. Although experiences of trauma, anxiety, and other mental health challenges were described, resilience emerged through consistent caregiving, internalised relational values, and access to informal and professional support.

The Intersections of Power, Substance Abuse, and Trauma: A Literature Review on Domestic Violence in Intimate Relationships

Rana Abdullah Bin Qamar¹ (Presenting)

¹Istanbul Rumeli University, Istanbul, Türkiye

Intimate partner violence is a complex public health issue sustained by coercive power dynamics, substance misuse, and adverse psychological consequences. This narrative review synthesizes empirical research examining (1) power and coercive control in intimate partner violence, (2) the role of substance use in the escalation and maintenance of abuse, and (3) psychological outcomes among survivors. Database searches were conducted in PsycINFO, PubMed, Scopus, and Google Scholar to identify peer-reviewed studies published between 2010 and 2024. Search terms combined “intimate partner violence” or “domestic violence” with “coercive control”, “gender norms”, “substance use”, “alcohol”, “drug misuse”, “PTSD”, “depression”, and “anxiety”. Reference lists of relevant publications were also screened. Inclusion criteria required empirical studies focused on adult (≥ 18 years) intimate relationships that examined at least one predefined focus area: power/control mechanisms, substance use in relation to intimate partner violence, or psychological outcomes. Conceptual works and secondary reviews were used for contextual framing but were not included in the primary synthesis. Following full-text review, 24 empirical studies were included and analyzed thematically. Findings indicate that intimate partner violence is sustained by coercive control and economic dependence as key mechanisms, while substance misuse is associated with increased aggression and severity of violence. Besides, survivors frequently experience depression, anxiety, and PTSD symptoms. These findings support integrated, trauma-informed interventions combining mental health care, substance-use treatment, legal advocacy, and economic support.

Perceiving ADHD Across Countries: Cultural Variation in Symptom Interpretation

Lukasz Stecko¹, Aleksandra Frontczak² (Presenting), Amálie Salajková³, Luka Kalita⁴, Zofia Jaworska⁵, Samin Ranjbaran⁶, Catarina Pignatelli⁷, Tiago Gonçalves⁸

University College of Professional Education, Wrocław, Poland; ²University of Social Science, Łódź, Poland;

³University of Innsbruck, Innsbruck, Austria; ⁴University of Ljubljana, Ljubljana, Slovenia; ⁵University of

Padova, Padua, Italy; ⁶University of Pavia, Pavia, Italy; ⁷Universidade Europeia Lisboa, Lisbon, Portugal;

⁸University of Porto, Porto, Portugal

Drawing on cultural models of psychopathology, the way behaviours are perceived and judged as typical or atypical is not universal. This variability becomes especially relevant in the case of symptoms associated with Attention-Deficit/Hyperactivity Disorder (ADHD). As part of a broader international project, we surveyed 470 participants (68.5% women, 28.9% men, 2.6% other; ages 18–73, $M = 35.97$, $SD = 13.52$) from six countries (Czech Republic, Iran, Germany, Poland, Portugal, Türkiye) and an English-speaking sample. Participants were recruited through convenience sampling. They completed an online questionnaire assessing perceptions of normality and commonality of behaviours, readiness to recommend a protagonist for specialist evaluation, and dimensions of hyperactivity, inattention, and emotional dysregulation, along with attitudes toward ADHD. In some countries (e.g., Portugal, Turkey, Iran) respondents were more inclined to recommend specialist consultation, whereas in others (e.g., Czech Republic) this tendency was less pronounced. Symptom dimensions also varied in sensitivity to cultural framing: hyperactivity and inattention showed stronger variation, while knowledge levels differed less across countries. Although the sample size per country (approximately 70 participants) limits the identification of specific predictors of harsher evaluations or stronger normalization, the findings indicate meaningful cultural variation. These results emphasize that perceptions of ADHD-related behaviours are embedded in broader cultural and societal contexts. The findings have implications for diagnostic and educational practices, cross-national research, and the development of culturally sensitive diagnostic training aimed at improving diagnostic accuracy, reducing stigma, and strengthening international collaboration.

Affective Delay Discounting: Towards a Novel Measure of Impulsivity

Csilla Madarász¹ (Presenting)

¹University of Pécs, Pécs, Hungary

Impulsivity is a multifaceted construct associated with a wide range of behavioural problems, including substance abuse and behavioural addictions. Although impulsive behaviour is often elicited by emotional situations, most laboratory measures of impulsivity overlook the emotional component of this trait. The aim of our study was to modify an intertemporal choice task by incorporating emotional stimuli. We modified the Two Choice Impulsivity Paradigm, an experiential task in which participants choose between a smaller immediate reward and a larger delayed reward. In the modified task, participants based their choices on described stimulus valence (positive/negative), and delay length [short (5s)/long (15s)], resulting in six decisional conditions. Stimuli and intertemporal preferences were examined separately and in mixed conditions. An overall score was also calculated, where short-delay choices were awarded one point and long-delay choices three points each. In Study 1 ($n = 21$), participants were unable to see their overall scores, whereas in Study 2 ($n = 70$) the score was displayed. Afterwards, participants completed the Barratt Impulsiveness Scale – Revised (21-item version) questionnaire. Across both studies, higher behavioural impulsivity scores were negatively correlated with intertemporal preference conditions, indicating a preference for shorter delays when stimuli had identical valence. Interestingly, in Study 1 only, the overall score correlated with behavioural impulsivity. Results indicate that impulsivity emerges in both positive and negative stimuli, highlighting the underexplored role of positive affecting impulsive decision-making. These findings may support the development of more ecologically valid assessment tools and intervention strategies targeting affect-driven impulsive behaviours.

Early Maladaptive Schemas and Difficulties in Interpersonal Intimacy: The Role of Psychological Flexibility

Filip Jędrysiak¹ (Presenting), Alicja Bejnar¹ (Presenting), Alicja Raczak¹

¹Medical University of Gdańsk, Faculty of Health Sciences with the Institute of Maritime and Tropical Medicine, Division of Clinical Psychology, Gdańsk, Poland

Building strong relationships requires maturity, patience, and the ability to confront the full spectrum of emotions. One of the examples of interpersonal problems—difficulties in interpersonal intimacy—can be operationalized according to the functional analysis of the concept of intimacy. The defining feature of intimacy is the sharing of private thoughts and feelings or self-disclosure. This study aimed to analyze the relationship between early maladaptive schemas from the disconnection and rejection domain and difficulties in interpersonal intimacy, as well as to verify whether psychological flexibility serves as a mediator or moderator of this relationship. A sample of 302 adults ($M = 35.6$, $SD = 13.7$) completed online questionnaires assessing EMS severity, interpersonal intimacy difficulties, and all PF processes. The PF latent variable was constructed within the CFA method; its parameters confirmed a very good fit. Results indicated that early maladaptive schemas in the disconnection and rejection domain are significantly associated with greater difficulties in intimacy. Psychological flexibility was found to serve as both a partial mediator and a moderator of this relationship, with statistical model comparison demonstrating the superiority of the moderation model. These findings suggest that an approach integrating elements of Schema Therapy, Acceptance and Commitment Therapy, and Functional Analytic Psychotherapy can comprehensively address the multidimensional nature of difficulties in interpersonal intimacy. Working on the relationship with content derived from early experiences prepares the ground for changing deeply ingrained patterns of interpersonal functioning, while psychological flexibility processes increase the ability to openly and consciously experience unpleasant thoughts and emotions.

The Role of Mentalization in the Reception of Visual Arts and Its Preventive Relevance in Mental Health

Ákos Márton Reisz¹ (Presenting), György Béla Révész¹

¹University of Pécs, Institute of Psychology, Pécs, Hungary

Experimental and neuroaesthetic research from the past decade has increasingly highlighted the close relationship between visual art reception and social cognition, particularly mentalization-related processes. However, an integrated theoretical framework systematically linking these domains is still lacking. The present study provides an integrative narrative review examining how the reception of visual artworks engages and potentially strengthens mentalization capacities. First, the theoretical foundations linking art perception to intentionality and theory-of-mind processes are outlined. Neuroscientific and psychological findings are then synthesized, demonstrating that artwork reception activates neural systems associated with social cognition, ranging from perceptual processing and affective-limbic resonance to higher-order constructive and perspective-taking networks. Next, empirical studies investigating the role of explicit mentalizing instructions in aesthetic experience are reviewed. Across theoretical models and experimental evidence, art reception emerges as a continuum extending from automatic embodied simulation processes (supporting empathic and rudimentary intentional inferences) to explicit reflective mentalization about depicted agents and artistic intentions. Experimental findings consistently indicate that perspective-taking and intentional framing enhance depth of processing and increase aesthetic appreciation. Based on the reviewed literature, it is argued that repeated engagement with artworks may reinforce reflective mentalizing attitudes through the intrinsically rewarding nature of aesthetic experience. Visual art reception thus appears to engage both implicit and explicit social-cognitive mechanisms and may provide a context in which mentalization capacities are actively recruited. This integrative perspective carries preventive and therapeutic implications for mental health, although longitudinal empirical validation remains necessary.

Agentic Perspectives on Human-AI Collaboration for Creative Writing: Preliminary Insights from Think-Aloud Protocols

Karolina Zdunek¹ (Presenting), Janet Frances Rafner², Ida Bang Hansen³, Izabela Lebuda¹

¹University of Wrocław, Wrocław, Poland, ²Aarhus University, School of Business and Social Sciences, Aarhus, Denmark; ³Aarhus University, Aarhus, Denmark

Generative artificial intelligence is increasingly used in creative writing, yet little is known about how writers experience agency when working with AI. Agency is understood here as the intentional, value-driven enactment of creative processes through self-reflective critical judgment. This study investigates how creative self-efficacy, control, autonomy, and ownership emerge in AI-assisted story writing. Seven participants with prior creative writing experience were recruited through local writing groups. Every participant completed two short-story tasks: one using Sudowrite, an AI-based writing tool, and one without AI support. Concurrent think-aloud protocols documented real-time reflections during writing, followed by semi-structured interviews. Data were analysed thematically to identify expressions of agency and regulatory strategies across four dimensions: creative self-efficacy, control over creative action, autonomy in the creative process, and ownership of the final text. The second and third authors coded all transcripts using Taguette; the fourth author conducted spot-checks to ensure consistency. Codes were mapped onto the creative process timeline to examine fluctuations in agency. AI suggestions often prompted adaptive strategies, including selective appropriation of useful phrases, progressive refinement of text, and counter-inspiration, where participants deliberately diverged from AI's predictable outputs. While autonomy and self-efficacy were reinforced through active steering of narratives, some participants expressed reduced control or ambiguity about authorship when integrating AI-generated content. Writers described collaboration with AI as an ongoing negotiation, balancing inspiration with concerns about ownership. Designing AI systems that provide transparent, flexible assistance and preserve user ownership may better support agency in creative writing contexts.

A Systematic Review of Brain Connectivity in Memory Retrieval in Autism

Ana Jorge Santos¹ (Presenting), Ann-Kathrin Beck², Cristiane Souza³, Margarida Garrido³, Leticia Sena⁴, Mariana Caiadas⁵, Marina Xavier⁶

¹Portuguese Catholic University, Porto, Portugal; ²RPTU - University of Kaiserslautern-Landau, Kaiserslautern, Germany; ³ISCTE - University Institute of Lisbon, Lisbon, Portugal; ⁴ISPA - University Institute of Psychological, Social and Life Sciences, Lisbon, Portugal; ⁵Portuguese Catholic University, Lisbon, Portugal; ⁶Lusófona University, Lisbon, Portugal

Autism spectrum disorder has been associated with abnormal patterns of neural connectivity as a core feature for its atypical behavioural and cognitive activity. Quantitative electroencephalography studies explore this connectivity, particularly the coherence of theta oscillations. Our aim is to synthesize the existing literature on theta activity and coherence in people with autism spectrum disorder, during recognition memory tasks, specifically in the frontotemporal network, in its potential correlation with hippocampal functioning, to determine whether theta coherence may be a relevant marker for the neurocognitive profile in these individuals. Following PRISMA guidelines, a search for articles was conducted in three relevant scientific databases ($n = 177$ articles retrieved). Inclusion criteria focused on individuals with a specialist diagnosis of autism spectrum disorder and studies investigating correlated oscillatory activity between long-distance regions of interest. A group of six reviewers contributed to the screening process, and each article was reviewed by two reviewers and an expert decision maker. A total of 15 articles were included after the screening phase. Multiple studies revealed distinct patterns of brain connectivity, especially in the theta and delta frequency bands, which are assumed to be related to memory processes. Evidence was obtained for the frontotemporal hypothesis ($n = 8$ articles that clearly showed a pattern). Besides, a reduced interhemispheric coherent pattern was found. This systematic review contributes to the advancement of theories and methods in connectivity studies and their practical application for assessment and neuromodulations.

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