

Conference Proceedings

Refining Therapeutic Conversations to Build Hope and Resilience

**3rd INTERNATIONAL CONFERENCE ON
SOLUTION FOCUSED PRACTICES**

ICSFP

**20
20**

& 5th ANNUAL MEET OF ASFP-I
(Association for Solution Focused Practices - India)

PROGRAM SCHEDULE

12 - December - 2020		Saturday	
Time (IST)		What?	Who?
1.30 PM	1.35 PM	Salutation	
1.35 PM	1.45 PM	Welcome Address	Bajesh AR General Secretary, Association for Solution Focused Practices- India (ASFP-I)
1.45PM	1.50 PM	Opening Note	Dr. Roshan Bijlee Director, CRC-Kozhikode
2.00 PM	2.45 PM	Paper Presentation Slot 1	Dr. T.V. Anilkumar 1. A Solution Focused Pictorial Approach in Palliative Care for Clients and Care Givers
		Chairperson: Dr. Bindu Salim , Psychologist, Child and Adolescent Mental Health Services (CAMHS), Hamad Medical Corporation, Doha.	Dr. Sarika Jubin & Dr. Dhanesh Gopalan 2. Comparative study of Efficacy of SST and SFBT as Mental Health First Aid (MHFA) during COVID-19 Pandemic
			Reshma Riaz 3. Effectiveness of SFBT using Two Case Samples
			Chandana N. 4. Intervention for Complicated Grief: A Case Presentation
		Paper Presentation Slot 2	Akhila S. Kumar 5. Solution Focused Brief Therapy in the Treatment of Mild Depression- A Case Report
			Jency James & Jaseem Koorankot 6. Solution-Focused Brief Therapy in Treating Moderate Depressive Episode with Personal History of Self-harm: A Case Report
			Aishwarya Bhaskar 7. Solution Focused Thinking as a Moderator between Gratitude and Aesthetic Experiences
		Chairperson: Dr. Dhanesh KG , Consultant Clinical Psychologist, NMC Royal Hospital, Abu Dhabi.	Varsha & Dr. Smitha Ruckmani 8. Anxiety, Resilience and Coping Strategies among the Health Care Workers Students during the Covid-19 Pandemic
			Payal Banerjee 9. Gender Differences on Happiness and Self Esteem of University Teachers
			Sangeetha Joji 10. Hope, Resilience and Mental Health: A study among aged patients co-morbid with COVID-19
			Evlin Roy 11. Role of Meaning in Life on Internalized Stigma and Subjective Well-Being among Patients with Clinically Diagnosed Neurotic, Stress Related and Somatoform Disorders
		Paper Presentation Slot 4	Hitankshi Trivedi 12. The Power of the Present: Providing Scope for Mindfulness-Based Research
			Abishaina Harris & Dr. Noufal Hameed 13. Anxiety in Times of COVID-19 Pandemic and General Well-Being: A Correlational Study
			Dr. Atrato Law 14. COVID-19 Pandemic and Locus of Control among Postgraduates in a Private College
			Isha Mohamed Basheer 15. Efficacy of Tele-counselling in Mental Health during COVID-19 Pandemic
		3.00 PM	4.30 PM
Workshop 1 Kirsten Dierolf The Double Diamond of SF Coaching: Partnering With Your Client			
Workshop 2 Arnoud Huibers 18 Signs of Effective Solution-Focused Therapists and Counsellors			
Workshop 3 Chris Iveson Ordinary Lives, Extraordinary Outcomes; 3+3 Guidelines for Creating Possible Future			
Workshop 4 Emma Burns Conversations in Custody			
		Workshop 5 Dr. Edwin Tan New The Goal is Not the Destination, Merely Signpost for Building Hope and Resilience	
4.45 PM	6.00 PM	Keynote 1	Dr. Haesun Moon Inter-Fluence: Generating Hope and Resilience in and through Therapeutic Interactions

13 - December - 2020

Sunday

Time (IST)		What?	Who?	
1.30 PM	1.45 PM	Plenary	Dr. P Krishnakumar	Director, Institute of Mental Health and Neurosciences (IMHANS), Calicut.
2.00 PM	2.45 PM	Keynote 2	Dr. Alasdair Macdonald	New Thinking in Solution-Focused Practice
3.00 PM	4.30 PM	Workshop 6	Elliott & Adam	Solution Focused Brief Therapy: An Approach as lasting as a Diamond
		Workshop 7	Lyn Worsely	Solution Focused Resilience. Tapping into Who is Working
		Workshop 8	Dr. Ferdinand Wolf	Metaphors: A Way to Create Progress and Hope in Systemic and Solution Focused Brief Therapy
		Workshop 9	Dr. Biba Rebolj	Building Hope and Therapeutic Conversations Via Solution Focused Texting Therapy
		Workshop (Optional)	Dr. Jaseem Koorankot	Refining Therapeutic Questions: A Practice Session
4.45 PM	5.45 PM	Paper Presentation Slot 5 Chairperson: Dr. V. Premanand , Head, Department of Psychology, St Agnes College, Mangalore.	Abishranta Saikia	17. Influence of Social Media Engagement in the Self-esteem of Young Adults and their Empathetic Interactions
			Swathi T. P.	18. Interpersonal Problems in Major Depression
			Kanaga Lakshmi P.	19. Mental Health Challenges, Resilience and Coping Style Contributing to the Well-being of Patients Recovered from COVID-19
			Sudipta Pal, Gourav Dey Sarkar & Dr. Sumona Datta	20. Mental Health factors predicting Psychiatric Morbidity among Working Professionals: A COVID-19 Context
			Rachel Alice & Dr. Shabana Aboobaker	21. The Mental Health of Young Adults Living with their Families in India during the Covid-19 Pandemic
		Paper Presentation Slot 6 Chairperson: Dr. Suresh Sundaram , Associate Professor & Head, Dept. of Psychology, Rajiv Gandhi National Institute of Youth Development (RGNIYD), Sriperumbudur, TN.	Naba Fathima & Kavitha Dhanaraj	22. Perceived Parenting and Psychological Resilience among Adolescent Students
			Jonah Angeline, Nanthini & Dr. Maya Rathnasabapathy	23. Perceived Social Support and Psychological Well-being among Hospitalized and Home quarantined Covid-19 Patients
			Inthumathi S. R. & Dr. Smitha Ruckmani V.	24. Perceived Social Support, Depression and Insomnia among Nursing Staffs during COVID-19
			Niveditha Ajayaghosh	25. Post Traumatic Growth and Perceived Social Support among Flood Victims
			Fathima Shejia & Dr. Shabana Aboobaker	26. The Perceived Stress and Resilience among Young Entrepreneurs in India
			Paper Presentation Slot 7 Chairperson: Dr. Santhosh KR , Asst. Professor, Dept. of Psychology, CHRIST (Deemed to be University), Bangalore.	Anam Khan & Michael Ungar
		Ajeena Joseph & Athira M.		28. Resilience, Perceived Social Support and Hope among Cancer Survivors
		Fathima Zeba		29. Self Rated Mental Health among UAE Residents during the Covid-19 Pandemic
		Naina Midha		30. Strength of Caregivers of Elderly with a Disability in the Family
		Balasubramanian, S., & Dr. Datta, S.		31. The Role of Parental Attachment Styles in Situational Compliance
5.45 PM	6.00 PM	Valedictory	Dr. Romate John	Dean & Head, Dept. of Psychology, Central University of Karnataka
		Vote of Thanks	Dr. Santhosh KR	President, Association for Solution Focused Practices- India (ASFP-I)

Conference Chair: **Dr. Jaseem Koorankot**, Asst. Professor, Dept. of Clinical Psychology, IMHANS

icsfp2020@gmail.com | +91 9539933211

The post-conference workshop- Solutions East and West, by Chris Iveson and Biba Rebolj has been postponed to 17/12/2020, 3.00 PM to 6.00 PM (IST)

**ABSTRACTS OF
KEYNOTES**

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2	Alasdair Macdonald	New Thinking in Solution-Focused Practice	5

KEYNOTE 1

Title of the keynote	Inter-fluence: Generating Hope and Resilience in and through therapeutic Interactions
Name of the speaker	Haesun Moon
Designation and Affiliation (Institute /Organization)	Canadian Centre for Brief Coaching / University of Toronto
City & Country	Toronto, Canada
Brief about the talk	When we persist in studying conversations inductively, we learn to notice small-but-not-insignificant contributions people make in interactions. Whether visible or audible, our utterances influence both the content and direction of the conversation. In this keynote address, the vague notion of how people co-construct meaning will be made visible using a simple heuristic of interaction, Dialogic Orientation Quadrant (DOQ).
Brief Bio of the speaker	Haesun Moon is a communication scientist and educator based in Toronto, Canada. She cares about people curating better conversation at home, at school, and at work. She teaches Solution Focused Brief Coaching at the University of Toronto, and works as a principal researcher at Canadian Centre for Brief Coaching, a communication research institute.

KEYNOTE 2

Title of the keynote	New Thinking in Solution-Focused Practice
Name of the speaker	Dr. Alasdair Macdonald
Designation and Affiliation (Institute /Organization)	Retired consultant psychiatrist and family therapist
City & Country	Weymouth, Dorset, United Kingdom
Brief about the talk	I will present a number of ideas generated by SF specialists around the world.
Brief Bio of the speaker	Educated in Scotland and practised throughout the UK. I have published research and textbooks about SF and have collaborated with several journals. I have presented trainings in SF in over 20 countries.

**ABSTRACTS OF
WORKSHOPS**

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WORKSHOP 1

Title of the Workshop	The Double Diamond of SF Coaching: Partnering with your Client
Name(s) of presenter(s)	Kirsten Dierolf
Designation and Affiliation (Institute /Organization)	Solutions Academy
City & Country	Frankfurt, Germany
Brief about the workshop	Traditionally the practitioner is thought of as the expert of the process while the client is held as the expert on their lives. In Solution Focused practice, we hold a strong conviction that our clients are resourceful and we want to support them in creating their own desired future. In this workshop you will learn a simple structure which you can use to target the approach you are using in a session to the client and his or her preferred ways of working with you. The workshop will enable you to truly “refine therapeutic conversations to build hope and resilience”
Expected Learning outcome	<ol style="list-style-type: none"> 1. Explore what “partnership” means in SF practice 2. Know a simple model that allows partnering with your client 3. Know how to implement the model
Workshop is intended for:	Beginners/ Intermediates/ Advanced level?
Brief Bio of the presenter(s)	Kirsten Dierolf, M.A., MCC, MASFP is the owner and founder of Solutions Academy, an international ICF accredited training school for coaches. She has authored several books and many articles on Solution Focused practice and learned Solution Focus directly from the founders, Insoo Kim Berg and Steve de Shazer
Contact information of the corresponding presenter	

WORKSHOP 2

Title of the Workshop	18 Signs of Effective Solution-Focused Therapists and Counsellors
Name(s) of presenter(s)	Arnoud Huibers
Designation and Affiliation (Institute /Organization)	Psychologist and Psychotherapist. Director of Solutions Centre.
City & Country	Soesterberg, The Netherlands
Brief about the workshop	<p>The German physician Albert Schweitzer once said: "Each patient carries his own doctor inside him... We are at our best when we give the doctor who resides within each patient a chance to go to work." In Solution-Focused therapy and counselling, we are at our best when we give the therapist who resides within each client a chance to go to work!</p> <p>We believe in connecting with our clients, establishing a therapeutic alliance, being a genuine and respectful therapist, some of the common factors that, according to Michael Lambert, generate statistically significant differences in client outcome. Solution-Focused therapists and counsellors also believe it is our job to bring out the best in our clients, activate useful ideas/resources and envision the clients' preferred future. In order to do so, they have unique skills and qualities. When I was teaching SF to a group together with Insoo Kim Berg, we often said to each other: "he/she has got it". We also tried to define "it", but that was not easy. In this workshop, we will try to define "it" again, with the help of the participants.</p>
Expected Learning outcome	<ol style="list-style-type: none"> 1. Identify the unique skills and qualities of the Solution-Focused therapist and counsellor. 2. Explore what skills and qualities we manage. 3. Explore how we can improve certain skills and qualities.
Workshop is intended for:	Participants of all levels are welcome.
Brief Bio of the presenter(s)	Arnoud Huibers from The Netherlands is a licensed psychologist, psychotherapist, family and couple's therapist and internationally renowned teacher of Solution-Focused Brief Therapy (SFBT). He is

	<p>the director of Solutions Centre, co-founded with Insoo Kim Berg in 2004. He was trained at the University of Utrecht and completed his post-graduate degree at the Academic Medical Centre of Utrecht, the Netherlands. He is a member of the Dutch Society of Psychologists (NIP), Psychotherapists (LVVP), Family and Couples Therapists (NVRG) and Child- and Youth Therapists (VKJP).</p>
<p>Contact information of the corresponding presenter</p>	<p>arnoudhuibers@sol-centre.org</p>

WORKSHOP 3

Title of the Workshop	Ordinary Lives, Extraordinary Outcomes 3+3 Guidelines for Creating Possible Futures.
Name(s) of presenter(s)	Chris Iveson
Designation and Affiliation	BRIEF, London
City & Country	London, UK
Brief about the workshop	Constructing detailed descriptions of everyday life is at the heart of the briefest therapy. In this workshop you will learn that there is no mystery to being an effective brief therapist, just like any other craft it all comes down to practice. So you will be practicing and following the simple guidelines for creating more satisfying lives for your clients and probably for yourself.
Expected Learning outcome	By the end of this workshop you will be even more effective in helping clients make rapid and lasting changes for the better.
Workshop is intended for:	All levels
Brief Bio of the presenter(s)	Chris Iveson, with Evan George and Harvey Ratner, established BRIEF in 1989. Since then they have been a major influence in developing the approach and have taught colleagues from all over the world. Chris is author and co-author of 5 books translated into many languages.
Contact information	chrisiveson@brief.org.uk +447775584590

WORKSHOP 4

Title of the Workshop	Conversations in Custody
Name(s) of presenter(s)	Emma Burns
Designation and Affiliation (Institute /Organization)	Psychologist New Zealand Police
City & Country	Hastings, New Zealand
Brief about the workshop	Emma will speak about her project focusing on speaking to people who are in police custody, and how these initial conversations are making a difference.
Expected Learning outcome	<ol style="list-style-type: none"> 1. Understand how Solution Focused can be used in a police setting. 2. Inspire creativity in applying SF thinking. 3. Create new thinking in how we work to support people who have an offending history.
Workshop is intended for:	Applicable to all levels
Brief Bio of the presenter(s)	Emma is a registered psychologist, who has worked in mental health, education, and suicide postvention. She is currently employed by NZ Police, and based within the family harm time. She is also the vice president of the Australasian Solution Focused Association. In her “spare” time she delivers free suicide prevention workshops to the general public, is a competitive swimmer, and most importantly a mother to four children.
Contact information of the corresponding presenter	write2emmab@hotmail.com

WORKSHOP 5

Title of the Workshop	The Goal is not the Destination, Merely Signpost for Building Hope and Resilience
Name(s) of presenter(s)	Edwin Tan
Designation and Affiliation (Institute /Organization)	Executive Director
City & Country	Singapore
Brief about the workshop	In this workshop, we will explore ways to support the clients to explore their preferred future and best hope. Moving beyond goal setting, this workshop will look at ways to support clients to build hope and resilience.
Expected Learning outcome	<ol style="list-style-type: none"> 1. Able to use the various solution-focused building questions to explore the preferred future and best hopes. 2. Able to use a myriad of ways to help client build hope and resilience. 3. Able to adopt a framework to create solution building interview with clients.
Workshop is intended for:	Beginners
Brief Bio of the presenter(s)	Edwin Tan is a solution-focused practitioner for more than 20 years. As a social worker in a community setting, Edwin has used the SF approach in working with clients. Edwin has a Master of Social Work. Edwin is currently a director of a community based agency in Singapore.
Contact information of the corresponding presenter	Tanedwin74@gmail.com

WORKSHOP 6

Title of the Workshop	Solution Focused Brief Therapy: An Approach as lasting as a Diamond
Name(s) of presenter(s)	Elliott Connie and Adam Froerer
Designation and Affiliation (Institute /Organization)	The Solution Focused Universe
City & Country	Fort Worth, Texas and Atlanta Georgia
Brief about the workshop	This workshop will cover the Diamond Approach to Solution Focused Brief Therapy. The presenters will discuss the importance of how SFBT practitioners must view their clients, the most essential elements of a SFBT session, and how to maintain client autonomy to build hope. This workshop will include footage from actual sessions and will focus increasing confidence of SFBT practitioners.
Expected Learning outcome	<ol style="list-style-type: none"> 1. Participants will understand the components of the SFBT Diamond Approach. 2. Participants will understand how to hold a stance that is consistent to SFBT Diamond Approach clinicians. 3. Participants will understand how to maintain client autonomy throughout the therapeutic process.
Workshop is intended for:	All levels
Brief Bio of the presenter(s)	<p>Elliott Connie: Elliott is the President and Founder of The Solution Focused Universe. He is the author/editor of four SFBT books and is a worldwide trainer of SFBT practitioners.</p> <p>Adam Froerer: Adam is the Director of Research and Training for The Solution Focused Universe. He has edited one SFBT book and has authored multiple SFBT journal articles. He is also a worldwide trainer of SFBT practitioners.</p>
Contact information of the corresponding presenter	<p>Elliott Connie: elliott@elliottconnie.com</p> <p>Adam Froerer: adam@thesfu.com</p>

WORKSHOP: 7

Title of the Workshop	Solution Focused Resilience. Tapping Into Who Is Working
Name(s) of presenter(s)	Lyn Worsley
Designation and Affiliation (Institute /Organization)	The Resilience Centre
City & Country	Sydney Australia
Brief about the workshop	<p>Resilience The extensive research into psychological resilience points us to an ecological approach, noting that to build resilience is to connect and interact with the resources around you. The resilience doughnut is a solution focused model showing the multiple pathways to building resilience from childhood to adulthood. It is based on the research into the common strengths shown by people who have survived and thrived through extreme adversity.</p> <p>This research model is used as a pragmatic and practical conversational tool, used in schools, families, organisations and individual therapy. As a solution focused tool it is not looking at <i>what is working</i> but <i>who and where it is working</i>.</p> <p>This presentation will give an overview of the model and show how resilience refers to the interaction of multiple factors, and how it fits with the solution focused approach.</p>
Expected Learning outcome	<ol style="list-style-type: none"> 1. To understand the resilience model 2. Practical use of the model in conversation 3. Apply the model to SF work
Workshop is intended for:	Intermediates/ Advanced level.
Brief Bio of the presenter(s)	Lyn Worsley is a clinical psychologist and director of The Resilience Centre in Sydney Australia. She has lectured, published and researched in the area of Resilience for over 15 years, presenting the Resilience Doughnut model at International conferences and educational forums, consulting

	<p>with research teams, and facilitating programs in educational settings across Australia, NZ, UK and Canada. She quotes from the International Resilience Project</p> <p><i>“Fewer than half of adults caring for children and adolescents actually promote resilience in them. Many try their best in helping them develop resilience but only some make a difference.” (Grotberg 1994)</i></p> <p>Inspired by this quote Lyn’s research has focused on contextual wellbeing, engaging adults to be invested in building resilience and wellbeing in their communities.</p>
<p>Contact information of the corresponding presenter</p>	<p>Lyn@theresiliencecentre.com.au</p>

WORKSHOP 8

Title of the Workshop	Metaphors: A Way to Create Progress and Hope in Systemic and Solution Focused Brief Therapy
Name(s) of presenter(s)	Dr. Ferdinand Wolf
Designation and Affiliation (Institute /Organization)	Private Practice
City & Country	HORNSTEIN / AUSTRIA
Brief about the workshop	Diagnoses are used as terms for specifications in Medicine and Psychotherapy. Metaphors as a special art of language game in Psychotherapy can open spaces. In the workshop issues around metaphors in Systemic and Solution Focused Brief Therapy will be presented and reflected as a way of creating space for progress and development.
Expected Learning outcome	<ol style="list-style-type: none"> 1. Use of Creativity 2. Metaphors as a relevant part of language 3. Distinction between closed and open process work
Workshop is intended for:	Intermediate and Advanced level
Brief Bio of the presenter(s)	Clinical Psychologist, Licensed Trainer and Supervisor for Systemic and Solution Focused Therapy, Lecturer, Former Member and Secretary of the International Board of the European Brief Therapy Association (EBTA), Co-Editor of “Theory of Solution Focused Practice”
Contact information of the corresponding presenter	

WORKSHOP 9

Title of the Workshop	Building Hope and Therapeutic Conversations via Solution Focused Texting Therapy
Name(s) of presenter(s)	Dr. A. Biba Rebolj
Designation and Affiliation (Institute /Organization)	Solution Focused Possibilities
City & Country	London, United Kingdom
Brief about the workshop	<p>The most recent development of SF Possibilities and especially during Covid-19 and remote working, is offering Solution Focused Brief Therapy through texting thus having condensed sessions with clients, following the principle of “less is more” (there is no need to do more if the same effectiveness can be achieved with less means).</p> <p>The case that will be presented at the conference was a referral from social services and was done entirely via texting.</p> <p>In this workshop you will see actual transcripts from session 1 and session 2 (duration between the sessions was 2 months). You will also be able to try SF texting therapy yourself.</p>
Expected Learning outcome	<ol style="list-style-type: none"> 1. Seeing the demonstration of Solution Focused Brief Therapy via texting 2. Practice SFBT via text 3. Get inspired to try texting therapy
Workshop is intended for:	All levels
Brief Bio of the presenter(s)	<p>Dr. A. Biba Rebolj is a Slovenian, living in London, UK who first came across SFBT in 2014. Instantly recognising the value, she immersed herself in extensive training at BRIEF and brought SFBT training to Slovenia. In 2014 she won the SFBTA Award for SF newcomers and in 2016 gave her first masterclass at EBTA conference. Since then she has become a regular speaker and lecturer at SF international events. In 2019 together with her colleagues founded an international training organisation Solution Focused Possibilities, carrying on the mission to keep the approach simple, straightforward and minimalistic.</p>
Contact information of the corresponding presenter	biba@ribalon.org

WORKSHOP (Optional)

Title of the Workshop	Refining Therapeutic Questions: A Practice Session
Name(s) of presenter(s)	JaseemKoorankot
Designation and Affiliation (Institute /Organization)	Asst. Professor of Clinical Psychology Institute of Mental Health and Neurosciences (IMHANS)
City & Country	Calicut, Kerala, India.
Brief about the workshop	The workshop will be an interactive session on the solution-focused therapeutic question. Participants are expected to work together for building suitable therapeutic questions based on a case vignette.
Expected Learning outcome	<ol style="list-style-type: none"> 1. Understand the significance of SF questions in making therapeutic effect 2. Understand the significance of amplifying preferred future questions 3. Will be able to formulate useful solution focused questions
Workshop is intended for:	Beginners & Intermediates
Brief Bio of the presenter(s)	Dr. Jaseem Koorankot is a Licensed Clinical Psychologist currently working as Asst. Professor of Clinical Psychology at IHMANS, Calicut. He has over ten years of experience in solution-focused brief therapy in the mental health care setting. He writes and presents on solution-focused brief therapy, psychotherapy process research, affective neuroscience, career psychology and psychometric test construction.
Contact information of the corresponding presenter	www.jaseem.org jaseemclt@gmail.com

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PAPER PRESENTATION 1

A Solution Focused Pictorial Approach in Palliative Care for Clients and Care Givers

T.V. Anilkumar¹

Abstract

The newly emerging solution focused brief interventions become more appropriate in empowering clients and care givers of patients in palliative .Solution focused thinking is fostered by asking five simple questions summarized using the acronym FRAMES.

1. Future oriented questions- What are the expectations? What are the changes that you would like to see? 2. Resource activating questions- What are your strengths /skills, which will help? Who are the important persons who can help /resources available? 3. Miracle questions- If everything get settled overnight how will be the life tomorrow? (realistic better future based on stage of the illness process) 4. Exception /success stories - How did you manage things earlier? Mention situations where you succeeded or managed things effectively in the past. 5. Scaling questions- How do you rate your ability to handle this situation on a 1-10scale? What shall you do to improve your score by one point? How to implement the solution focused approach to practice? A pictorial 'KITE Model' in which mind is represented as a 'kite' attached to brain and our environment is used to explain the cognitive/behavior problems and it's relation to biological and family/social factors. The acronym KITE is used to explain the major components of in the therapy. KITE is expanded as Know the strength and goals, Involve important people in life, Train skills to learn and Evaluate the progress.

K –Know the strength, resources and expectations and challenges(use circular questions) **I** – Involve all important people and their strengths – family members, relatives, neighbors', **T** – Train the skills to achieve the goals (eg; breathing exercise, relaxation training, sleep, hygiene) **E**-Evaluate-self evaluate functioning in bio-psycho-social domains, Discuss and monitor steps to improve functioning in these domains in follow-up.

Keywords: *Solution focused approach, palliative care*

¹ Professor of Psychiatry, Govt. Medical College, Trivandrum, Kerala, India.

Corresponding Author: T.V. Anilkumar

Email: aniltvindups@gmail.com

PAPER PRESENTATION 2

Comparative study of Efficacy of SST and SFBT as Mental Health First Aid (MHFA) during COVID-19 pandemic

Dr. Sarika Jubin¹&Dr. Dhanesh Gopalan²

Abstract

During the COVID-19 pandemic outbreak the role of mental health professionals are more important than ever as people come to terms with the mental health impact of illness, bereavement, isolation, insecurity, changing work and family circumstances and general anxiety at such an uncertain time. During a pandemic when physical distancing is the norm, mental health help lines providing remote MHFA play a vital role in promoting social connectedness. To reiterate the fact that “We are all in this together” a voluntary team of mental health professionals has formed in United Arab Emirates (UAE) in the title of “Healing Minds”. The team includes Psychiatrists, Clinical Psychologists, Psychologists and counsellors based in UAE to provide MHFA to individuals in acute psychological distress by remotely logging in to a call center. Based on the designed plan of telephonic therapy the volunteers used varieties of techniques as Single Session Therapy (SST) which includes Solution Focused Brief Therapy (SFBT) as major technique and Cognitive Behavior Therapy, Counseling and Relaxation training etc. The present study was attempted in a group of people, who were drawn randomly from those who have benefitted from the MHFA in United Arab Emirates. It was a comparison of the effectiveness of SST and SFBT as MHFA in single session tele-consultation using a single item questionnaire to mark their current mental health in 1-10 scale. The study also attempted to find out the significance of the effect of SFBT and all other therapeutic techniques collectively as SST. When the data collected were analyzed, it had highlighted the effectiveness of SFBT on all other therapeutic techniques used as MHFA. The research also intended to assess the consistent effect of the SFBT and SST in a small sample based on the assessment after a period of two weeks. Relevance of psychological distress due to the pandemic outbreak and its effect on different aspects of life especially fear of getting affected, job loss, and forced social isolation etc. mainly people are away from home and also signified the importance of orienting more toward Solution Focused therapeutic approaches to prepare them make their own solution to the problem.

Keywords: *Mental Health First Aid, Solution Focused Brief Therapy, Single Session Therapy*

¹Global Indian School, Ajman UAE, Special Educator:

²NMC Royal Hospital, Abu Dhabi, Clinical Psychologist

Corresponding Author: Dr. Sarika Jubin

E mail: sarikajubin@gmail.com

PAPER PRESENTATION 3

Effectiveness of SFBT using Two Case Samples

Reshma Riaz¹

Abstract

Aim of this study is to establish the effectiveness of Solution Focused Brief Therapy (SFBT) using two case samples. Due to COVID-19, the mode of communication used was “tele-counselling” to help both the clients (husband and Wife). The husband had underlying psychological issues which had started even before the onset of COVID-19. But with COVID-19 his symptoms worsened. SFBT being a short- term goal - focused evidence based therapeutic approach which helps clients change by constructing solutions rather than dwelling on the problems played a crucial role in changing the husband's negative thoughts and also his perspective. The wife was also badly affected by the husband’s behavior and she in turn had begun to go into depression. SFBT with all its positively framed questions helped both the clients see life in a different perspective. The “exception” and “coping questions” were used primarily during the session. Each of them was provided with 5 SFBT sessions. SFBT “10 point rating scale” was used to assess the outcome. Initially the ratings were 3 and 1 for the husband and wife respectively. At the time of termination both the ratings were At 10. Processes and results will be discussed in detail.

Keywords: *SFBT, Exceptional and coping questions and SFBT rating scale*

¹Psychologist, Healing Minds, UAE

Corresponding Author: Reshma Riaz

Email: rosethomas2010@gmail.com

PAPER PRESENTATION 4

Intervention for Complicated Grief: A Case Presentation

Chandana N.¹

Abstract

Death of a loved one leads to grief reactions in the bereaved, which may be manifested in emotional, cognitive, functional and behavioural domains. Though there is no definite time period for normal grief, between 6 to 12 months is considered as normal grieving time in the literature. Prolonged grief with increased symptom severity is considered as a complicated grief reaction. A case of 27 years old female presented with panic attacks, and fear of being alone precipitated by the death of her mother one year back will be discussed. Associating to the loss, she was also having frequent crying spells, guilt, anger, yearning for the deceased, absenteeism from work and multiple complaints of pain. Conceptualising her symptoms as complicated grief, it was intervened in brief therapy which included psycho education, empty chair technique and developing coping skills over 9 weekly sessions within a span of 3 months. The case history and intervention will be discussed in detail in the presentation.

Keywords: *Grief, brief therapy, empty chair technique*

¹Lecturer in Clinical Psychology, Department of Psychiatry, PSG Institute of Medical Sciences and Research, Peelamedu, Coimbatore

Corresponding Author: Chandana N.

Email: chandanabalakrishnan@gmail.com

PAPER PRESENTATION 5

Solution Focused Brief Therapy in the Treatment of Mild Depression - A Case Report

Akhila S. Kumar¹

Abstract

SFBT is a widely used therapeutic approach and has been recognized as evidence-based practice showing favourable results on several emotional, behavioral, and interpersonal issues (Kim, Jordan, Franklin, & Froerer, 2019). Plenty of meta-analysis and reviews show significant effectiveness of SFBT on Depression as an outcome. SFBT shifts the focus away from problem formation and problem solving, to clients' strengths and resiliencies. In SFBT, clients look for solutions to obtain goals and strongly stress on the client's autonomy to achieve them (Habibi, Ghaderi, Abedini, & Jamshidnejad, 2016). Depressive Disorder is one of the most common illnesses that cause personal, social and occupational dysfunction to the individual. The presented one is a case of 36 year old married female school teacher with complaints of irritability, low mood, reduced interest in work and pleasurable activities and decreased appetite. The treatment followed the specifications of Solution Focused Therapy Treatment Manual for Working with Individuals 2nd Version, 2013. 4 sessions of SFBT (3 weekly and one after 3 weeks), with a duration of 40-50 minutes were given to the client. The symptoms presented in the first session to 4th session indicate significant changes and betterment of the client, which were measured qualitatively. The outcome shows that SFBT intervention is effective in the present case.

Keywords: *SFBT, depression*

¹Second year M. Phil Clinical Psychology, Institute of Mental Health and Neurosciences, Kozhikode

Corresponding Author: Akhila S. Kumar

Email: akhsvini@gmail.com

PAPER PRESENTATION 6

Solution-Focused Brief Therapy in Treating Moderate Depressive Episode with Personal History of Self-harm: A Case Report

Jency James¹ & Dr. Jaseem Koorankot²

Abstract

Solution-Focused Brief Therapy (SFBT) is an evidence-based therapy which places focus on a person's resources and preferred future rather than past negative experiences. In this goal-oriented therapy, the symptoms or issues bringing a person to therapy are not typically targeted; instead, the therapist encourages a client to recognize their resources, desired future and the therapist facilitate the client to describe the well-formed goal for their future, which help the person to be focused. This case report presents a case of a 40-year-old female client came with complaints of low mood, sleep disturbances, lack of appetite, irritability, fatigability from last 3 months. Also, the client had a personal history of self-harm 4 days prior the consultation in which lethality and intentionality of the attempt was high. The treatment followed the specification of solution-focused brief therapy treatment manual for working with individual's second version. A total of three sessions and two follow up session was done over a two-month period time. The average duration of the session was 50 minutes. Reports from the client as well as the family members show that the symptoms had significant improvement by the third session. The client gained improvement in mood, betterment in social, personal and occupational functioning by the end of the third session. The outcome implies that SFBT intervention is useful in speedy recovery and restoring functionality after potential self-harm.

Keywords: *solution focused brief therapy, Moderate depressive episode, personal history of self-harm*

¹2nd year M. Phil Clinical Psychology Trainee, Institute of Mental Health & Neurosciences (IMHANS), Calicut, Kerala

Email - jencyjames03@gmail.com

²Assistant Professor, Department of Clinical Psychology, Institute of Mental Health & Neurosciences (IMHANS) Calicut, Kerala

Email – jaseemclt@gmail.com

Corresponding Author:Jency James

PAPER PRESENTATION 7

Solution Focused Thinking as a Moderator between Gratitude and Aesthetic Experiences

Aishwarya Bhaskar¹

ABSTRACT

Seligman et al., (2005) defines Appreciation of Beauty and Excellence as ability to notice and appreciate beauty and excellence in all aspects of life. It is one of the character strengths which belong under the virtue – Transcendence. On the other hand, the independent variable in this study, Gratitude, is an ability to be aware of and thankful for good things in one's life. It is directly connected to goodness (Peterson & Seligman, 2004). It enhances well-being by allowing individuals to experience positive emotions (Bono et al., 2004). Solution Focused Thinking is also associated with positive emotions which guide towards possible goals to experiences desirable changes. It brings in hopes to the individual (Grant et al., 2012). Individuals develop an ability to cope with life challenges by thinking about further possible solutions. It helps in improving self-acceptance, purpose in life, personal growth and autonomy (Schmutte & Ryff, 1997). Solution Focused Thinking gives happiness (Schmutte & Ryff, 1997), likewise, happiness is related to appreciation of life (Khoda, 2016). The present study examines the role of Solution Focused Thinking in the relationship between Gratitude and Appreciation of Beauty and Excellence. In order to respond to the research problem, 180 young adults – 18 to 35 years (Erikson's Psychosocial Development) participated in the study. The tools used are – Solution Focused Inventory, The Gratitude Questionnaire and Engagement with Beauty Scale. Moderation Analysis was conducted which revealed that Solution Focused Thinking moderated between Gratitude and Appreciation of Beauty and Excellence.

Key words: *Solution Focused Thinking, Gratitude, Appreciation of Beauty and Excellence, and Young Adults.*

¹M. Sc., in Psychology

Corresponding Author: Aishwarya Bhaskar

Email: aishubhaskar25@gmail.com

PAPER PRESENTATION 8

Anxiety, Resilience and Coping Strategies among the Health Care Workers Students during the Covid-19 Pandemic

Varsha¹ & Dr. Smitha Ruckmani²

Abstract

The covid-19 pandemic has proved to be the most difficult period of everyone's life, as it brings with it the fear of infection, fatality, physical difficulties, lack of certainty around people's life, However it is considerably challenging for the health care workers, for their nature of work makes them more vulnerable to get infected than the normal population, It is not common for the health care workers to experience anxiety in the face of current pandemic. Thus the present study focuses on the levels of anxiety coping strategies, resilience among health care workers during pandemic. The objective of this study is to assess levels of anxiety, resilience and ways of coping among health care workers. A total of 50 samples who are health care workers in government hospital shall be taken for the present study; Purposive sampling will be used for the study. The standardized tools to be used in the study are a) Covid-19 anxiety scale (Lee, S.A 2020) b) Brief Cope Inventory (Carver 1997) c) Brief Resilience scale (smith and colleagues 2008) The hypotheses of the current study states that 1) There is a significant level of anxiety among health care workers 2) There is a significant relationship between the levels of anxiety and coping strategy 3) There is a significant relationship between resilience and levels of anxiety, 4) There is a significant difference between gender and level of anxiety 5) There is a significant difference between gender and coping strategy. The data will be analyzed using Pearson's coefficient of correlation through SPSS software. The present study shall be helpful in understanding the level of anxiety among health care workers and what kind of coping strategy are predominantly used by the health care workers, and how adaptive/ maladaptive coping strategy and resilience influence the levels of anxiety, thus it can be helpful in planning the appropriate interventions for the target population in the future studies.

Keywords: *Anxiety, Coping, Resilience, Covid-19*

¹ Research Scholar (M. Phil Clinical Psychology)

² Head of the Department of Clinical Psychology (IMH), Institute of Mental Health (Affiliated to Dr.MGR Medical University), Medakkam tank road, Kilpauk, Pincode - 6000109

Corresponding Author: Ms. Smitha

Email: officialclinicalpsychologist96@gmail.com

PAPER PRESENTATION 9

Gender Differences on Happiness and Self Esteem of University Teachers

Payal Banerjee¹

Abstract

Self-esteem and Happiness are important parts of personality. These are some of the crucial aspects that can influence the overall performance of a person. Gender is an important variable which can affect the self-esteem and happiness of a person. The purpose of the study is to find out the gender differences in happiness and self-esteem of University Teachers. For this purpose, data was collected from 150 teachers working in various Universities of India. Oxford Happiness Questionnaire was used to measure Happiness and Coopersmith Self Esteem Inventory was used to measure the level of self-esteem. SPSS was used for interpretation and analysis of data. After applying t-test, the results showed that gender doesn't have any effect on happiness and self-esteem of the teachers working in various Universities.

Keywords: *Happiness, Self Esteem, Gender, Males, Females, University*

¹ Research Scholar, Adamas University, 24 Parganas North, Kolkata, West Bengal, India

Corresponding Author: Payal Banerjee

Email: payalbanerjee8819@gmail.com

PAPER PRESENTATION 10

Hope, Resilience and Mental Health: A study among aged patients co-morbid with COVID 19

Sangeetha Joji¹

Abstract

The purpose of this article is to outline and review the impact of hope and resilience on the emotional and functional outcomes of aged patients suffering from COVID-19. Aged people are commonly diagnosed with diseases like cardiovascular diseases, hypertension, diabetes, arthritis, lung diseases etc. Despite the commonalities, when they are affected with COVID-19 they face adversities which are influenced by diverse psychological factors. Therefore, an understanding of behaviour, thoughts and feelings of aged people who are suffering from COVID-19 is necessary to inculcate hope and resilience which can act as protective factors against adversity. Growing interest in hope and resilience helps to regain, sustain and improve mental health well-being and give way for the advancement in mental health interventions.

Keywords: *Hope, Resilience, Aged Patients, COVID-19, Mental health*

¹Assistant Professor, JSS Academy of Higher Education and Research (Deemed to be University), Mysore.

Corresponding Author: Sangeetha Joji

Email: sangeethajoji@jssuni.edu.in

PAPER PRESENTATION 11

Role of Meaning in Life on Internalized Stigma and Subjective Well-Being among Patients with Clinically Diagnosed Neurotic, Stress Related and Somatoform Disorders

Evlin Roy¹

Abstract

To investigate the role of meaning in life on internalized stigma and subjective well-being among patients with clinically diagnosed neurotic, stress related and somatoform disorders. Very few studies in existing literature have examined the relationship between internalized stigma and subjective well-being, and role of meaning in life on these constructs, especially in Indian context. The proposed study is also an attempt to look at neurotic, stress related and somatoform disorders through Logotherapy classes. Method: A purposive sample of 30 young adults who were clinically diagnosed with ICD10, F40 – F48 (neurotic, stress related and somatoform disorders), completed Mini International Neuropsychiatric Interview, Purpose in Life Test, The Meaning in Life Questionnaire, Internalized Stigma of Mental Illness and The Personal Wellbeing Index. Pearson's correlation test and Chi-Square test were carried out using Statistical Package for Social Sciences Version - 20.0(SPSS20.0). Results: It was found that 80% of participants reported of experiencing existential void. The results indicate that Meaning in Life has a strong negative correlation with Internalized Stigma of Mental Illness and has a strong positive correlation with Subjective Well-Being of the patient. It was also found that Internalized Stigma of Mental Illness has a strong negative correlation with Subjective Well-Being experience of the patient. Conclusion: It was concluded that meaning in life has a significant role on internalized stigma and subjective well-being among patients with clinically diagnosed neurotic, stress related and somatoform disorders.

Keywords: *Meaning in Life, Existential Void, Internalized Stigma of Mental Illness, Subjective Well-being, Neurotic, Stress Related and Somatoform Disorders*

¹Clinical Psychologist, Sri Ramachandra Institute of Higher Education and Research (SRIHER)

Corresponding Author: Evlin Roy

Email: evlinroyonattu@gmail.com

PAPER PRESENTATION 12

The Power of the Present: Providing Scope for Mindfulness-Based Research

Hitankshi Trivedi¹

Abstract

Mindfulness has been widely understood as bringing attention to the moment-by-moment experience. It focuses on one embracing the here-and-now without dwelling in the past or the future. The concept of mindfulness has its roots in the Buddhist tradition. Borrowing heavily from spiritual practices, contemporary mindfulness has widespread applicability across diverse domains of living. For the purpose of this article, mindfulness has been defined as having two components – self-regulation of attention to maintain it on the immediate experience; and adopting an orientation filled with openness, curiosity and acceptance. Research suggests a strong link between mindfulness and the alleviation of mental health issues such as stress, anxiety and depression. Mindfulness has also been found to result in a state of equanimity, a reduction in self-stigma and an increase in self-compassion in its practitioners. Along with various psychological benefits, cognitive influences are also evident in terms of modifications in one's attention systems; increase in cognitive reflection and cognitive flexibility; and a reduction in irrational thinking. Moving beyond psychological and cognitive influences, mindfulness has also been increasingly studied with respect to interpersonal relationships; organizational set-ups such as schools and workplaces; and processes such as child rearing and parenting. In each of these domains, emphasis is placed on understanding how mindfulness influences the experiences and performance associated with these activities. Recently, mindfulness-based programs have been highly technologies in the form of digital apps and phone applications, thus making it more accessible and feasible to the larger population. Objectives: The aim of this study was to examine the trend in mindfulness research, explore its various domains of applicability, identify potential areas for future research and provide directions for future research. Procedure: A total of 80 articles were accessed through PUBMED and EBSCO with the keyword 'mindfulness'. These articles were then analyzed for its core theme, objectives, procedure, results and conclusions; and they were then grouped under relevant categories of mindfulness research. Each of these categories were then thoroughly examined to understand the trend of mindfulness research, the major findings under each category, lags in research and directions for future research. Results and Conclusions: Articles were found to indicate various categories of mindfulness research such

as mental health; cognitive abilities; instruments for measuring mindfulness; applications in interpersonal relationships, organizations like school and workplace, child rearing and parenting; and technological interventions through digital platforms. Implications and directions for future research were also identified in areas of exploring the mechanisms of mindfulness (characterized by reduced attachment to self and increased morality and wisdom); social domains such as application with racism and social sustainability; exploring the neuroscience behind mindfulness; exploring its application in terms of physical diseases; exploring some other applications such as decreasing problematic gaming and improving athletic performance; and finally enumerating specific strategies to enhance mindful practices in specific communities (such as the African American community).

Keywords: *mindfulness, mental health, cognitive functions, mindfulness-based technology programs, mindful practices*

¹M. Sc. Clinical Psychology, Department of Clinical Psychology, Manipal College of Health Professions, MAHE

Corresponding Author: Hitankshi Trivedi

Email: hitankshi.trivedi@gmail.com

PAPER PRESENTATION 13

Anxiety in Times of COVID-19 Pandemic and General Well-Being: A Correlational Study

Abishaina Harris¹

Abstract

The emergence of the Covid-19 pandemic had a tremendous impact worldwide, affecting all walks of human life, including mental health. Increased anxiety was one of the crucial changes reported—various measures taken to curb the pandemic adding to this anxiety. Under these circumstances, the present study aimed to understand general well-being and anxiety specific to the general public's Corona virus. The research adopted a cross-sectional quantitative design. Data was collected using purposive sampling. The survey included a socio demographic data sheet, general well-being scale, and corona virus anxiety scale. A total of 146 individuals (83 females and 61 males) responded to the survey. The analysis revealed a significant gender difference in the well-being measure while both groups had no significant difference in anxiety levels reported. Interestingly, overall, anxiety levels reported in the research were low. Further, respondent age did not have a significant relationship with the anxiety reported. There was a significant negative correlation between Corona virus anxiety and well-being. The study findings suggest that despite the considerable impact of Corona virus on people's mental health, there is excellent recovery and resilience. The finding that women's well-being, even in the absence of corona virus anxiety, is significantly lower than their male counterparts needs immediate attention. The study findings will add valuable insights into various attempts to plan and strategize measures to improve individuals' mental health and well-being.

Keywords: *Corona virus anxiety, general well-being, gender*

¹ Final year student of MA Clinical Psychology, Sam Higginbottom University of Agriculture, Technology and Sciences, Prayagraj, Uttar Pradesh, India.

Corresponding Author: Abishaina Harris

Email: abishainaharris@gmail.com

PAPER PRESENTATION 14

COVID-19 Pandemic and Locus of Control among Postgraduates in a Private College

Dr. Atrayo Law¹

Abstract

The COVID-19 pandemic has, with no doubt, wreaked total havoc across our world. Not only has it taken many, many lives, it has caused widespread panic, social isolation and thereby a worldwide mental health crisis. It has caused increased levels of emotional pain, increased loneliness, increased hopelessness and has even precipitated mental illnesses. Depression and suicide are at an all-time high now which requires us to refine our own therapeutic conversations amongst those around us, so that we can re-build hope and re-establish resilience. Locus of control is a well known element of this game. It refers to the extent to which people believe that they can control events and outcomes in their own lives (Rotter, 1966). There are several studies showing that having an internal locus of control helps one cope with mental illnesses. Our aim in this study was to see whether the majority of the sample had an external or internal locus of control. We used the Rotter's locus of control scale which has been used in previous studies. We hoped that the majority would have an internal locus of control and were satisfied with the results which showed that 70% of subjects out of the 50 postgraduates had a strong internal locus of control. Further studies can now be done in this area which will highlight other aspects beyond the scope of this study, such as executive functioning and decision making, exercising one's empathy and sincerity muscles and learning to be happy at home alone during pandemic times. The objective was to measure the locus of control among postgraduates in a private medical college, i.e., external or internal. The results showed that the COVID-19 pandemic has caused widespread depression, social isolation and social phobia. An essential component of these problems is losing one's sense of locus of control. We were glad to find that 70% of the students had an internal locus of control, which correlates with good mental health.

Keywords: *COVID-19 pandemic, locus of control*

¹ 2nd year MD Psychiatry student, Room number C-10, AarupadaiVeedu Medical College & Hospital, PondyCuddalore Main road, Kirumampakkam, Puducherry – 607402

Corresponding Author :Dr.Atrayo law

Email: doctorpartheeban@gmail.com

PAPER PRESENTATION 15

Efficacy of Tele-counselling in Mental Health during COVID-19 Pandemic

Isha Mohamed Basheer¹

Abstract

There is an ample evidence of the efficacy of tele-counselling in healthcare delivery in the context of COVID-19 pandemic. This clinical case study explores the effectiveness of the tele-counselling in returning an individual with anxiety related symptoms affected by the stress of COVID-19 pandemic to normal life. The client was a 28 yr old single Indian male from middle socio economic status working as salesman in a car showroom. He contacted the psychological support helpline and presented with difficulties of excessive fear, decreased sleep and fear that something will happen to him. The Tele therapy was carried out by a Post Graduate Voluntary Psychologist in the team. The total number of 10 sessions was carried out and each session time was between 45 to 60 minutes. The final call up was done for feedback and evaluating the subjective rating of mental wellbeing using a self rating scale, where 1 being the worst he have been and 10 being the best he can be. During the initial session, the client placed himself as 3 on self rating scale and as 9 in the final session. At termination the client presented a decrease in his fears and also improvement in his wellbeing where he placed 9 in the self rating scale.

Keywords: *Psychological Support, Tele counseling*

¹ Psychologist, Healing Minds, UAE

Corresponding Author: Isha Mohamed Basheer

Email: ishamohammedbasheer@gmail.com

Humour Styles and Coping

Divya Radhakrishnan¹ & Dr. Sumona Datta²

Abstract

Humour coping is seen as a property of an individual expressed in the use of humour to deal with situations that are described as stressful or demanding. It also includes efforts to maintain a humorous perspective in the face of adversity. The Humor Styles Questionnaire (HSQ; Martin, Puhlik-Doris, Larsen, Gray, & Weir, 2003) assesses the four humor styles of affiliative, self-enhancing, aggressive, and self-defeating to allow for a multidimensional assessment of everyday functions of humor, with a focus on functions that are relevant for one's psychosocial well-being. The study aimed at find if there is any relationship between humour styles and coping. The sample chosen consisted of adults aged 20 to 29. A total of 103 samples were collected for the survey. The study follows a cross sectional design. Data was collected through online surveys. Purposive sampling was used for the survey. The tools used were Humour Styles Questionnaire (Martin, R. A., Puhlik-Doris, P., Larsen, G., Gray, J., & Weir, K. (2003) and Coping Scale (Hamby, Banyard, & Grych, 2013). The surveys were conducted using google forms. The survey was send using social media platform. SPSS was used to analyse the data. Karl Pearson correlation was used to analyse if there was any correlation between the humour styles and coping scales. Independent sample t-test were performed to see if there was any significant difference in the usage of aggressive humour by people of different age group (20-23 and 24- 29).The results showed that self enhancing humour styles have a correlation to coping. This could imply certain humour styles are used in the process of coping. Aggressive humour styles is more widely used by people below the age of 23 than people aged 24 and above.

Keywords: *Humour styles, Coping, Self enhancing humour styles, Aggressive humour style, affiliative humour, self defeating humour styles, coping appraisal, coping behaviour.*

¹Research Intern at Mind Weavers, Calicut

²Assistant Professor, Department of Psychology, Adamas University

Corresponding Author: Divya Radhakrishnan

Email: 3divya0@gmail.com

PAPER PRESENTATION 17

Influence of Social Media Engagement in the Self-esteem of Young Adults and their Empathetic Interactions

Abishranta Saikia¹

Abstract

The present study tries to understand three phenomena in the context of each other; if the use of social media affects the self-esteem of a person, and how a person's evaluation of oneself facilitates the process of empathetic interaction or not. A number of studies have been done on social media use and self-esteem. Zezulka et.al (2016) in their study Differentiating Cyberbullies and Internet Trolls by Personality Characteristics and Self-Esteem, found that individuals that engaged in more cyber-bullying behaviors were neurotic, less agreeable, less conscientious and self-reported low self-esteem. Balakrishnan et.al (2018) investigated the impacts of self-esteem and empathy on cyber bullies, victims and bystanders. It also examined their impacts on emotional responses experienced, and actions taken by the perpetrators, victims and bystanders through a self-administered survey from a large sample of 1263 young adults. Binary logistic regression showed no significant impacts of self-esteem and empathy on the participants, regardless of their roles. Most of the studies around social media and self-esteem has focused on the negative impacts and less on the enhancing factors. Not many studies has been conducted linking empathy and interaction among people, to which it is directly related. The objective of the study was to see whether there is any association between social media engagement pattern and self-esteem and self-esteem and empathy. The sample size was N=71 and sampling design was Convenience Sampling. The tools used are Social Media Engagement Pattern Questionnaire, made for this study, Rosenberg Self-Esteem Scale and Toronto Empathy Questionnaire. The forms were generated in Google forms and distributed through social media; the data was later coded and analyzed in SPSS. ANOVA and Pearson Correlation were run for the data. While no significant association was found between self-esteem and empathy, with $r = .148$, $N=71$ and $p=.271$, a significant difference in self-esteem was found between people deleting their photos and posts for not getting enough likes (F ratio is 14.078 and is significant at the level of 0.000). Thus, it can be seen that certain social media engagement patterns such as

deleting posts for less likes ad comments can have relationship with self-esteem and it can be concluded that the presentation and validation in social media effects people's self-esteem.

Keywords: *Social Media, Self Esteem, Empathy, Young Adults*

¹Banaras Hindu University, Varanasi-221005, U.P., India.

Corresponding Author: Abishranta Saikia

Email: saikiarimli11@gmail.com

PAPER PRESENTATION 18

Interpersonal Problems in Major Depression

Swathi T. P.¹

Abstract

The various mood disorders, including depression, are considered among the most prevalent and serious of all psychological illnesses. In fact, major depressive disorder is one of the leading causes of disability worldwide. Interpersonal problems refer to difficulties that individuals have in relating to others and that cause or are related to significant distress. Interpersonal difficulties may be persistent, and recover more slowly than symptom changes. The objective of the present study was to explore interpersonal problems in Major Depression. The difference between never depressed and depressed individuals on interpersonal functioning was studied. The predictors of depression were also examined. Purposive sampling design was adopted for the study. The study was conducted with 30 individuals diagnosed with depression and 30 individuals as control group included from the community in the age range of 18- 45 years, from Bangalore. The tools used were Socio- Demographic Sheet, MINI- International Neuropsychiatric Interview Plus, Beck's Depression Inventory-II (BDI-II and Inventory of Interpersonal Problems (IIP-32). Descriptive statistics, paired -sample t-test and conditional logistic regression were used for statistical analysis of the data. On MINI, 19 patients from the study group had depression as the current diagnosis (RDD= 11, MD=8). Results showed significant differences between the two groups in terms of the total score. Individuals in the study group reported significantly more problems in interpersonal dimensions of being cold/distant, socially inhibited, non- assertive, overly accommodating, self sacrificing, and intrusive. Interpersonal problems as a whole emerged as significant predictors of depression. Since the sample consisted of individuals who were currently depressed, in remission, or had multiple episodes in the past, this piece of information points to the fact that interpersonal problems can trigger, maintain or cause relapse in an individual. In terms of treatment, this finding is important in suggesting the importance of keeping interpersonal efficacy as a goal in the intervention plan and to change unhealthy patterns of behavior.

Keywords: *depression, interpersonal problems*

¹Consultant Clinical Psychologist, Center for Mental Health, Pune

Corresponding Author: Swathi T. P.

Email: swathivellur@gmail.com

PAPER PRESENTATION 19

Mental Health Challenges, Resilience and Coping Style Contributing to the Well-being of Patients Recovered from COVID-19

Kanaga Lakshmi P.¹

Abstract

COVID-19 has been a difficult time for the world. Along with economic shutdown, the new normal ways of wearing a mask, the quarantine procedures and many different ways to function and adapt has elicited mental health challenges among many. The new normal way, changing ways of situations and the fear of contracting the virus has elicited serious mental illness among people. Hence it is essential to understand the mental health challenges faced by people recovered from COVID-19 and the long standing mental health challenges faced. Objective: This study aims to understand the mental health challenges among COVID-19 recovered patients and to understand the resilience and coping style of people recovered from contracting the illness. Methods: Participants who contracted the COVID-19 virus in Chennai participated in the study. Participants who recovered from COVID-19, were contacted via telephone and participants who consented to the study were assessed using Impact of Event–revised (IES-R) scale, Patient health Questionnaire (PHQ -9), Coping scale, brief resilience scale and Quality of life scale. The data obtained will be analysed using Pearson correlation co-efficient. Results: The results of the study depicts the mental health challenges of the patients recovered from COVID - 19, on the different psychological issues alongside the resilience and coping strategies used by them. The study also will depict an understanding of these factors on the quality of life of the participants in their recovered stage.

Keywords: *COVID-19, Pandemic, Coping, Resilience, Quality of life*

¹M. Phil Clinical Psychology Scholar, Institute of Mental Health

Corresponding Author: Kanaga Lakshmi P.

Email: kanakz.1992@gmail.com

Mental Health factors predicting Psychiatric Morbidity among Working Professionals: A COVID-19 Context

Sudipta Pal¹, Gourav Dey Sarkar² & Dr. Sumona Datta³

Abstract

Social isolation has lasting impact on mental health including depression, anxiety, impaired sleep, and reduced immunity at every stage of life. The COVID-19 situation presented working people with newer challenges like working from home, taking online classes, diagnosing patients, maintaining precaution, and other various problems. Such uncertain situations might lead to stress, anxiety and feelings of loneliness, and might predispose individuals to develop psychopathologies. Objective of the Study: The present study, therefore, intended to investigate the extent to which Anxiety, Loneliness and Uncertainty predicted Psychiatric Morbidity among working people during this pandemic situation. Method: 88 working people (Mean age = 34.5 years, SD=9.76; Females= 42%; Males= 58%) were administered with standardized measures of Psychiatric Morbidity, Anxiety, Loneliness and Uncertainty through Google forms. Consents were taken and clear instructions were given. Statistical analysis included Descriptive Statistics and Multiple Regression Analysis. Findings & Discussion: Multiple Regression Analysis revealed that Psychiatric Morbidity is significantly predicted by Anxiety only. This indicates that under the pandemic situation, the mental health of the working professionals is affected. This higher vulnerability is due to the high levels of anxiety experienced by them. However, loneliness and uncertainty are not significant contributors, showing that most likely these factors are not directly related to the psychiatric morbidity of working professionals. Findings have implications in understanding mental health of working people in the COVID-19 context.

Keywords: *Anxiety, Loneliness, Uncertainty, Psychiatric Morbidity, COVID-19*

¹Undergraduate Student, Department of Psychology, Adamas University

²Undergraduate Student, Department of Psychology, Adamas University

³Assistant Professor, Department of Psychology, Adamas University

Corresponding Author: Sudipta Pal

Email: dipikapal1964@gmail.com

PAPER PRESENTATION 21

The Mental Health of Young Adults Living with their Families in India during the Covid-19 Pandemic

Rachel Alice¹ & Dr. Shabana Aboobaker²

Abstract

A lot of college students had to go back to their families even though they wanted to stay in the hostels or rented flats where they had the agency to be what they wanted to be and to live in a way suitable to their own needs. Also, there must be many young adults who might have had a job in a different city but the 'Work from Home' policy and loss of jobs may have resulted in their return to 'family' which might have brought forth new or old challenges. According to a recent article by the United Nations in The Economic Times, "Half of the world's youth population is subject to anxiety or depression-causing circumstances. The current study aimed at assessing the mental health of young adults who were forced to stay with family by the circumstances. Methods: The study was conducted as part of the internship program from an organization; MIND WEAVERS, Calicut. The data was collected through online by using Google sheet. Descriptive Research Design was used to assess the mental health (Anxiety & Depression) of the respondents. The data was collected from 100 young adults (18-25 years) who were staying away from their family prior to the pandemic and were forced to live with them during the lockdown by using convenient sampling method. Beck Depression Inventory (BDI) and Beck Anxiety Inventory (BAI) were used to assess the mental health of the respondents. Quantitative variables were summarised with Mean and SD and categorical variables were summarised with frequency and percentage. Results: The mean age of respondents was 21.54 (SD=1.54). Majority of the respondents were female (N=71 %). The mean score of Depression was 17.05 (SD=11.9) which indicates Borderline Clinical Depression and the average score of Anxiety among the respondents was 17.26 (SD=12.67) which shows low anxiety. Conclusion: The negative family environment can have significant adverse impact on one's mental health. More studies are required in this field to find out the significant family factors which cause poor mental health of this population.

Keywords: *Mental health, COVID-19, Young Adults*

¹M. A. Psychology, Ambedkar University, Delhi

²Psychiatric Social Worker, City Hospital, Kanhangadu, Kerala

Corresponding Author: Rachel Alice

Email: ralice970@gmail.com

PAPER PRESENTATION 22

Perceived Parenting and Psychological Resilience among Adolescent Students

Naba Fathima¹ & Kavitha Dhanaraj²

Abstract

Adolescence is identified as a crucial stage in human life because in this stage, individuals are vulnerable to various unexplored situations, psychological, especially, some positive and some adverse. One's level of resilience at this stage can be associated with the kind of parenting one has perceived themselves to have experienced as parenting concerns with the process of aiding the development, growth and learning of social attitudes and skills. Objectives: 1. To understand perceived parenting and psychological resilience among the adolescent students. 2. To understand the relationship between perceived parenting and psychological resilience among the sample. Method: This was an ex post facto research study and was done by convenient sampling technique and analysed using the SPSS package, independent samples t-test and Pearson's product moment correlation. Tools used were a general profile sheet containing preliminary details, The Adolescent Psychological Resilience Scale and The Parenting Scale. A total of 120 responses were obtained from adolescent students from various schools and colleges in Chennai city within the age group of 17 to 20years. Results shows that there was a significant relationship between the parenting and psychological resilience among adolescent students also a significant relationship between the mothering and psychological resilience and the fathering and psychological resilience among adolescent students.

Keywords: *Psychological resilience, parenting, mothering, fathering, adolescents.*

¹Department of Psychology, Justice Basheer Ahmed Sayeed College for Women, 56, KB Dasan Rd, Teynampet, Chennai, Tamil Nadu 600018

²Department of Psychology, Justice Basheer Ahmed Sayeed College for Women, 56, KB Dasan Rd, Teynampet, Chennai, Tamil Nadu 600018

Corresponding Author: Naba Fathima

Email: nabafathima19@gmail.com

PAPER PRESENTATION 23

Perceived Social Support and Psychological Well-being among Ha

Abstract

Covid-19 is a pandemic that affected not only the physical health of the people worldwide but also affected their mental health. It changed the whole scenario of the world. People were quarantined; schools and jobs are confined at home now. Social distancing is maintained everywhere to prevent contamination. This social distancing creates lots of psychological distress to many people like old age, sick and also people affected by Covid-19. Mortality rate is also high in case of covid-19 and people who are hospitalized due to severity of infection may not be able to cope up and lost their life. Unlike the other disease family and friends couldn't stay with the patient and support them in hospital. This may create a stress among patients and may affect their psychological well-being. The objective of this study is to compare the perceived social support and psychological well-being among hospitalized and home quarantined Covid-19 patients. In addition, this study attempts to find out the relationship between two variables. An online survey is conducted using purposive sampling technique and by invitation through email and whatsapp to participate. A total of 62 patients (31-Hospitalized and 31-Home quarantined patients) diagnosed with Covid-19 are included in this study. Ex-post facto research design was used. Participants were asked to complete the Google form consisted of Sociodemographic profiles form, Multidimensional Scale of Perceived Social Support (MSPSS- Gregory Zimet) and Psychological General Well-being Index (PGWBI- Dupay HJ) questionnaires. For analyzing the data Pearson correlation method and t-test is used to test the relationship between two variables. The findings and the implications of the study are discussed.

Keywords: Covid-19, Perceived Social Support, Psychological Well-being

¹Research Scholar, VIT UNIVERSITY, Tamil Nadu

² Research Scholar, VIT University, Tamil Nadu

³Associate Professor, VIT University, Tamil Nadu

Corresponding Author: Jonah Angeline

Email: jonah.angeline2019@vitstudent.ac.in

PAPER PRESENTATION 24

Perceived Social Support, Depression and Insomnia among Nursing Staffs during COVID-19

Inthumathi S. R.¹& Smitha Ruckmani V.²

Abstract

Corona virus disease (COVID-19) is affecting the mental health of people especially the frontline health care workers. Frontline professionals might experience sleep disturbances due to work pressure, stress, anxiety, depression, poor social support and various other factors. Social support plays a protective role in preventing depression and insomnia among frontline health care professionals. Thus, this study focused on “Perceived Social Support, Depression and Insomnia among Nursing Staffs during COVID-19”. Objectives of the study is to explore the levels of depression and insomnia among nursing staffs during the pandemic situation and in finding the relationship between Perceived Social Support, Depression and Insomnia among Nursing Staffs during COVID-19. The hypothesis of the current study is that there is a significant level of depression and insomnia among nursing staffs, there is a significant relationship between Perceived Social Support and Depression among nursing staffs, there is a significant relationship between Perceived Social Support and insomnia among nursing staffs and there is a significant relationship between Depression and Insomnia among nursing staffs. Nature of the study was quantitative and purposive sampling technique was used to collect data. Data will be collected from Institute of mental health, Chennai using the Multidimensional Scale of Perceived Social Support, Patient Health Questionnaire-9 and Athens Insomnia Scale from a sample of 50 nursing staffs. Data will be analysed using Pearson’s Coefficient of Correlation through SPSS Software. The present study will give insight about the importance of social support especially during the pandemic situation. Intervention for depression and insomnia are recommended in the phase of the current pandemic.

Keyword: *Perceived Social Support, Depression, Insomnia, Nursing staffs and COVID-19.*

¹M. Phil Clinical Psychology, IMH

²Head of the Department, Department of Clinical Psychology, Institute of Mental Health, Medavakkam Tank Road, Kilpauk, Chennai- 600010

Corresponding Author: Inthumathi S. R.

Email: saravanaameera.im@gmail.com

PAPER PRESENTATION 25

Post Traumatic Growth and Perceived Social Support among Flood Victims

Niveditha Ajayaghosh¹

Abstract

The study investigated post traumatic growth and perceived social support among flood victims. Objective of the study is to examine the relationship between post traumatic growth and perceived social support among flood victims. Participants in this study (N=100) were from the most flood affected areas of Kalady Grama Panchayath. The methods of sampling were convenience sampling method and based on the information given by ward members and panchayath officers. The post traumatic inventory and multidimensional perceived social support scale were administered to measure post traumatic growth and perceived social support, the socio-demographic data also collected from participants. Pearson correlation coefficient test was used for analysis of data. Results show there is positive correlation between post traumatic growth and perceived social support. Among 5 dimensions of post traumatic growth three dimension- relating to others, new possibilities, and personal strength- are highly correlated with perceived social support. And the post traumatic growth and perceived social support shows significant differences based on the socio demographic variables.

Keywords: *Post Traumatic Growth, Perceived Social Support*

¹Student, SreeSankaracharya University of Sanskrit

Corresponding Author: NivedithaAjayaghosh

Email: nivedithaajayaghosh97@gmail.com

PAPER PRESENTATION 26

The Perceived Stress and Resilience among Young Entrepreneurs in India

Fathima Shejia¹ & Dr. Shabana Aboobaker²

Abstract

The outbreak of COVID-19 has become a concern for many people due to its serious consequences. It has taken a toll on people's lives and their mental health. Losing one's job and having an income reduced can cause significant emotional distress. The current study aimed at assessing the perceived stress and resilience among young entrepreneurs in India. The study was conducted as part of the internship program from an organization; MIND WEAVERS, Calicut. The data was collected online by using Google sheet. The respondents of the study were young entrepreneurs between the age group of 20 to 30. Convenient sampling method was used and there were 100 respondents in the study. Descriptive research design used to assess the perceived stress and resilience among the respondents. Quantitative variables were summarized with Mean and SD and categorical variables were summarized with frequency and percentage. The Perceived Stress Scale (PSS) and Brief Resilience Scale (BRS) were used respectively to assess the stress and resilience among the respondents. The mean age of the sample is 22.97 (S.D=2.37). Majority of people from the sample are from Kerala followed by Tamil Nadu. High majority of the respondents were into online business. The mean score of the perceived stress is 19.43 (S.D=4.92) and the resilience is 3.22(S.D=3.73).The respondents had moderate levels of stress despite having normal resilience. The study highlights the importance of addressing stress among this population and further studies are required to establish the relationship between these two variables.

Keywords: *Perceived stress, Resilience, Entrepreneurs*

¹ B. Sc. in Psychology, Farook College, Calicut, Kerala

²Psychiatric Social Worker, City Hospital, Kanhangadu, Kerala

Corresponding Author: Fathima Shejia

Email: shejiashoukath5@gmail.com

Resilience to Self-harm: A Scoping review of Protective Factors that aid in Recovery among Marginalized Young People

Anam Khan¹ & Michael Ungar²

Abstract

Self-harm can be defined as any act that causes psychological or physical harm to the self. It is a global health problem which seems to be rising especially among the young population. Where a wide range of studies discuss prevalence and risk factors associated with self-harm; protective factors which are equally important are rarely explored. Efforts in research have now begun to focus on a strength-based framing of the issue that looks at promoting resilience and well-being. However, much of our understanding on how young individuals who engage in self-harm cope with risky environments comes from research conducted in Western countries with very limited focus on marginalized groups. This scoping review aimed to identify and document the extent and range of published literature on protective factors and coping strategies that help develop resilience to self-injurious behaviours among marginalized young people. Method:Based on preliminary searches, three groups were selected for the review: young people in low- and middle-income countries (LMICs), Indigenous youth, and youth that are considered ethnic minorities in their host countries. A scoping review following Arksey and O'Malley's framework was conducted. The search was performed on various electronic databases to identify studies published between January 2000 and September 2020. This effort included drawing upon peer-reviewed research to identify protective factors and coping strategies that are employed by young individuals with self-harming tendencies aged 10-29 belonging to these groups. A search through the reference lists of selected papers was also done for additional related resources. Result:Fifteen original papers emerged as meeting the inclusion criteria. Of these, 9 were conducted in LMICs, 3 were studies of ethnic minorities and 3 detailed researches conducted with Native and/or Indigenous young people across the globe. Most publications on LMICs were from China. Majority of the studies on Indigenous youth discuss suicidal behaviours and its prevention but rarely focus specifically on self-harm (which may or may not be fatal). Conclusion: Despite widespread concern about self-harm among youth, we found few studies that look at resilience and recovery documented in the peer-reviewed literature, and even fewer focusing specifically on youth in LMICs, Indigenous youth and ethnically diverse young people. The most frequently reported protective factors in these studies were social support, positive

youth development and religiosity. This article summarizes the current understanding of resilience to self-harm among marginalized young people.

Keywords: *Resilience; self-harm; protective factors; Indigenous youth; ethnic minorities*

¹Ph. D Scholar, Faculty of Health, Dalhousie University, Canada

²Professor of Social Work and Canada Research Chair (Tier 1) in Child, Family and Community Resilience at Dalhousie University, Founder and Director of the Resilience Research Centre, Dalhousie, Canada

Corresponding Author: Anam Khan

Email: akhan344@gmail.com

PAPER PRESENTATION 28

Resilience, Perceived Social Support and Hope among Cancer Survivors

Ajeena Joseph¹ & Athira M.²

Abstract

The present study was conducted in cancer survivors to find out the influence of resilience, perceived social support, and hope among cancer survivor. The study consists of 30 cancer survivors 30 participants (15 men and 15 women) of age ranging between 25-65years. A quantitative research design was adopted. The required data were collected by using the Multidimensional scale of perceived social support, Resilience scale and Hope scale. The data were analyzed by using different statistical analysis such as correlation, and t-test. Result indicates that there is a significant relationship between resilience and social support, resilience and hope and also significant relationship between hope and social support.

Key words: *Resilience, social support, hope, cancer survivors*

¹Guest Lecturer, Alphonsa College, Thiruvambady

²Student, Alphonsa College, Thiruvambady

Corresponding Author: Ajeena Joseph

Email: ajeenajoseph12@gmail.com

PAPER PRESENTATION 29

Self Rated Mental Health among UAE Residents during the Covid-19 Pandemic

Fathima Zeba¹

Abstract

The COVID19 Pandemic and the resulting restrictions have brought about a global mental health crisis as the flurry of research that followed the lockdown has consistently shown. However, different groups of people had different vulnerabilities, and these can influence mental health in very different ways. UAE is a multicultural hub whose cultural make up of residents is representative of a global picture. A large part of the population is composed of expatriates who were one of the hardest hit due to economic vulnerability and restricted mobility and social support. To understand better the psychosocial factors of mental health during COVID19, self reported mental health was studied among those who sought mental health support through a dedicated helpline for psychological first aid. Mental health was measured using a single item self reported mental health scale which is a standardized measure of population mental health. The item asks respondents to rate their mental health on a five-point scale from excellent to poor. Psychosocial variables such as age, gender, ethnicity, living status, marital status and COVID19 diagnosis were taken into consideration. The results indicate that mental health is affected to some extent by the psychosocial factors, having implications in treatment and the social support that is to be provided to these categories as the pandemic continues. Implications of the findings on the unique factors in UAE and as well as possible factors are also discussed.

Keywords: *Psychosocial Factors, Self Rated Mental Health, corona virus, Pandemic, mental health*

¹Psychology Teacher, GEMS Westminster School

Corresponding Author: Fathima Zeba

Email: fathimazeba00@gmail.com

PAPER PRESENTATION 30

Strength of Caregivers of Elderly with a Disability in the Family

Naina Midha¹

Abstract

The study titled “Strength of caregivers of elderly with a disability in the family” aims to find the strengths of the caregivers both internal to them and external/outside forces that drive them to provide sustained and continued care to the elderly in the family or in the neighbourhood. Additionally, the study also focuses on finding the relationship between inner strength and quality of life of caregiver. The purpose of the research is to comprehend what factors motivate caregivers of the elderly with disabilities to provide care at home, with the view to suggest that care giving and self-nurturance are aspects that need to be heeded. The following study uses a Sequential explanatory mixed method design in which the relationship between the inner strength and quality of life is computed using questionnaires Inner Strength questionnaire and Adult career-quality of life questionnaire respectively. A total of 31 caregivers across Delhi and Chennai participated in the research. (N=31). The high and low scores obtained in inner strength questionnaire are then used to conduct interviews with individual to find what constitutes their external strength. For this purpose, a total of 6 participants were chosen, 3 each from Delhi and Chennai. It was found that there exist a significant positive relationship between inner strength and quality of life, while the major themes that emerged from the interview were: a) the different care giving responsibilities; b) background support and support mechanism for self; c) influence of the lived experience; d) rewards of care giving. The research concludes that the inner strengths have an impact on the quality of life, while the inner strengths and external strengths work together in improving and maintaining the life of the caregiver.

Keywords: *Caregivers, Elderly, Neuro-Degenerative Disorder, Locomotor Disability, Strength, Quality Of Life*

¹Counselling Psychologist, Apeejay School, Saket, New Delhi- 110017

Corresponding Author: Naina Midha

Email: nainamidha15@gmail.com

PAPER PRESENTATION 31

The Role of Parental Attachment Styles in Situational Compliance

Balasubramanian, S.,¹ & Dr. Datta, S.²

Abstract

Introduction: Attachment patterns that a person establishes with primary caregivers are known to affect their interpersonal relationships, within concurrent contexts as well as past and future relationships. As initially found by Ainsworth, there are three types of attachment patterns: secure, insecure-anxious, and insecure-avoidant. While it is not the only contributing factor, and its effects can be offset by factors like parenting style and temperament, it is still known to affect long-term emotional, social and cognitive competence. A wide body of literature exists which explores various attachment styles as well as their relationship with personality, anxiety, loneliness, depression, etc. but review of literature in this research identifies a gap in existing literature that is worth exploring- studying the role of parental attachment style in situational compliance among late adolescents. Objectives: The present study explores the role of parental attachment style in situational compliance among late adolescents and investigates if there is a difference between individuals with highly secure attachment styles and highly insecure attachment styles with regards to the degree of situational compliance they engage in. Method: The study was done on a sample of 201 late adolescents, age ranging from 16-20 years. An ex-post facto research design was followed. Data were collected by administering standardized measures of Parental and Peer Attachment as well as Situational Compliance by using Google forms. Findings & Discussions: Correlational analysis indicates that there is a negative relationship between secure parental attachment style and situational compliance among late adolescents. Moreover, One-way ANOVA revealed that the individuals with highly insecure attachment styles engage in situational compliance significantly more than those with secure attachment styles. The study discusses the findings in the light of previous studies and possible implications.

Keywords: *Parental Attachment style, Situational Compliance, Adolescents, Secure and insecure attachments*

¹Intern, Mind Weavers

²Assistant Professor, Department of Psychology, Adamas University

Corresponding Author: Balasubramanian, S.,

Email: sadhanaab0910@gmail.com

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