

# Perceptions of Educational Situations and Aggressiveness: Analysis of a Two-Wave Study Among Juveniles and Pedagogical Implications

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*Keywords: aggressiveness, educational situations, juveniles*

The aim of the study was to analyze the temporal (though not necessarily causal) personality-situation relationship by examining pathways for aggressiveness and the main dimensions of DIAMONDS situational traits. The study presented here analyzed a specific group of participants, juveniles (N=726) referred by the courts to educational and probation centers. Our two-wave analyses suggested that the relationships between aggressiveness and perceptions of the educational situation were not reciprocal. We found that aggressiveness measured at Time 1 was positively related to perceptions of the situation as negative and cheating at Time 2. In contrast, none of the eight DIAMONDS situation dimensions at T1 were related to aggressiveness at T2. The results show that aggressiveness can explain how juveniles define educational situation.

# Family vs. Autism Spectrum Disorder: Challenges, Tolerance, Acceptance – Interviews With Parents

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*Keywords: acceptance, action, autism spectrum, diagnosis, family*

Due to its specificity, complexity and dynamics of changes, the topic of autism is a constant area of interest for researchers around the world. The analysis of the discussed issue applies not only to children on the spectrum, but also to their parents, siblings and the entire family. The parents' maturing to a new life situation related to the diagnosis, care and upbringing of a child with ASD is marked by a kind of mourning. However, how parents will cope with the situation depends on the family's potential and social support.

The aim of the research is a qualitative analysis of the opinions of parents of children with ASD on the functioning of the family, maturation in tolerance and acceptance of behaviors related to the autism spectrum, and a parental assessment of the activities of the Polish educational, therapeutic and assistance system.

The research results and conclusions obtained on their basis constitute an encouragement for further analysis of the discussed issue, deepening specialist knowledge in the presented field, as well as proposals for systemic solutions in the aspect of early support for the development of young children.

# Teacher Empathy as a Predictor of Professional Role Functioning

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Keywords: Work empathy, job satisfaction, occupational burnout, teaching profession

**Introduction:** Empathy, involving cognitive, affective, and motivational components, is a key competence in professions focused on human interaction. It allows teachers to better understand students' behaviors and tailor supportive or corrective strategies. It also enhances self-awareness and personal development, contributing to greater job satisfaction. This study examines whether workplace empathy can predict positive and negative aspects of teachers' professional functioning.

**Method:** The study included 356 Polish teachers (78.1% women), aged 26–76 ( $M = 47.69$ ), with teaching experience ranging from 1 to 47 years ( $M = 23.15$ ). Empathy was measured using the Teacher Empathy Scale (EST). Professional functioning was assessed via a job satisfaction survey and the Burnout Assessment Tool (BAT).

**Results:** Cognitive, affective, and work-related empathy positively correlated with job satisfaction and a sense of professional fulfillment, and negatively with stress and burnout symptoms such as exhaustion, detachment, and cognitive decline. In contrast, excessive emotional involvement was linked to lower satisfaction and higher burnout. Empathy indicators explained 26% of the variance in job satisfaction, 21% in fulfillment, and 26% in burnout.

**Conclusions:** Empathy strengthens teachers' psychological resources, protecting them from burnout and enhancing job satisfaction. These findings support the development of training to enhance empathetic competencies among teachers, particularly in student-related contexts.

# Strengths Use and Deficit Correction in the Workplace: Temperamental, Personality, and Motivational Predictors

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*Keywords: deficit correction, motivation, personality traits, strengths use, temperament, workplace*

Positive organizational psychology promotes strengths use as a way to increase human well-being, optimal functioning, and flourishing. However, a strengths-based approach at work emphasizes only developing one's competencies (strengths) and omits improving one's incompetence (deficits). The alternative Strengths Use and Deficit CORrection (SUDCO) model (van Woerkom et al., 2016) proposes working on employee's strengths and deficits simultaneously. Such an approach might help employees to reach their full potential at work. Nevertheless, prior research mainly focused on strengths use and did not analyze deficit correction. Moreover, despite the broad knowledge of the positive individual and organizational outcomes of strengths use, little is known about its potential antecedents, including temperamental, personality, and motivational predictors. Thus, we conducted two correlational studies that examined the predictive role of chosen temperamental, personality, and motivational factors with regard to both strengths use and deficit correction at work. In Study 1 ( $N = 446$ ), we examined whether 'dark' personality traits (i.e., grandiose and vulnerable narcissism) and motivational aspects (i.e., regulatory focus at work) predict strengths use and deficit correction. In Study 2 ( $N = 129$ ), we investigated the role of temperamental characteristics (i.e., reward and punishment sensitivity) in predicting strengths use and deficit correction. Both research demonstrated that distinct temperamental, personality, and motivational factors predicted strengths use and deficit correction. These findings suggest that strengths use and deficit correction have distinct nomological networks, which might indicate that enhancing both forms of organizational behavior requires specific organizational interventions.

# Mindfulness and Other Concepts of Positive Mental Health: Well-Being, Quality of Life, Flow, Resilience, and Coping

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Keywords: mindfulness; positive mental health; well-being; quality of life; flow; resilience; coping

Until the end of the 1990s, the so-called deficit paradigm prevailed in science, aiming to recognize what factors determine cognitive, emotional, behavioral, and mental problems, etc. Since the 1990s, attempts have been observed to break the paradigm from deficit to expert (positive dimensions of mental health). However, the multitude of definitions, models, and measures of positive mental health hinders academic precision and thus the ongoing scientific evolution of this critical field (currently there are 155 measures of positive mental health with a total of 410 component dimensions, which can be consolidated into 21 themes). In the face of the lack of consensus on definitions of positive mental health states, the mindfulness model is a promising theoretical background.

Studies on advanced meditation practitioners have shown the insufficiency and limitations of various strategies for developing positive dimensions of mental health (simulation training, creativity, sports training, etc.). Specialist training shapes specific skills that can be used in training conditions, while mindfulness training shapes skills that can be used in unknown circumstances. Moreover, the effects obtained during mindfulness training last long beyond the training periods (it causes permanent neuroplastic changes). The results show that habitually developed self-critical emotional reactions are the basic obstacle to developing expert skills. It is precisely such self-critical thinking that blocks - necessary for expert skills - choking, i.e., the sudden appearance of errors. Mindfulness training significantly contributes to limiting choking processes and strengthening flow by focusing on the sensations, with acceptance and without judgment.

# Mindfulness for Flow. Gaming App for Youth

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*Status: Accepted*

*Keywords: flow; app; gaming; mindfulness; neurofeedback; audeering; AI*

The Flow state increases the sense of happiness, affects biological and mental well-being, allows for the optimal use of one's potential, and improves the ability to act in demanding, stressful, and chaotic situations by improving concentration and increasing learning speed. Because no application has been developed so far that would allow obtaining and strengthening the flow state, a team of researchers and practitioners was created to establish such a project (Kamila Orlińska - neuromeditation, Stanisław Radoń - mindfulness, Michael Sanderson - mindfulness training, Mike Piatigorsky - Audeering Germany, UMK - development of game strategies). Since mindfulness training is the most scientifically developed training leading to developing one's potential, it was decided to create a special program to build flow using a gaming strategy (games are attractive and have immersive properties). The most crucial element of this project was to create a system enabling remote recognition of the emotions of a game participant and, based on the data obtained from neurofeedback, to offer the user optimal training elements. For this purpose, it was decided to use the Audeering system (Intelligent Audio Engineering) developed in Germany, which is used to recognize emotions based on analyzing the participant's voice using AI. For this purpose, it was necessary to adopt several tools for studying flow, choking, mindfulness, stress, and personality disorders, and to research about 1,000 people (youth), measuring their voice and psychological changes caused by the game. The data obtained would be used to develop the appropriate application.

# Mindfulness for Therapists Working With Substance-Abused Individuals and Their Health, Resilience, and Flourishing: A Case Series Study

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*Keywords: flourishing, mental health, mindfulness, resilience, substance addiction*

**Purpose:** Caring for substance use disordered individuals is associated with chronic stress, which can have significant deleterious effects on mental health and quality of life. The study aimed to check the effectiveness of a four-day mindfulness retreat (10 hours of mindfulness practice and 6 hours of lectures) for caregivers working with substance abuse and addicted patients. **Methods:** 85 participants (aged  $M=34.8$ ;  $SD=8.3$ ) completed the Short Version of the Five Facet Mindfulness Questionnaire, the Rumination-Reflective Questionnaire, the Flourishing Scale, and the Resilience Scale. The following statistics were used to assess the magnitude of change in the variables controlled in this study: t-test, Cohen's d-test, Reliable Change Indices (RCI) with 80% Confidence Intervals for repeated measures (Time 2 vs. Time 1). **Results:** The statistical analyses show an improvement in all factors. The most substantial effects were noticed in overall nonreactivity ( $d=.83$ ), rumination ( $d=.72$ ), mindfulness ( $d=0.67$ ) and observe ( $d=.63$ ). Most of them improved their results rather than worsened them (see tables) in reflectivity (10 vs 2), mindfulness (10 vs 4), non-judging (9 vs 4), and acting with awareness (9 vs 1), resilience (8 vs 2) and flourishing (6 vs 2). **Conclusions:** short meditation practices together with lectures can provide a range of benefits to therapists and caregivers working with substance use disordered individuals: responding more adaptively to challenging events; coping better with the demands of life by reducing distress, burnout, and other health problems; strengthening resilience and flourishing.

# “Have the Courage to Live” – The Role of Personal Resources and Meaning-Making in Chronic Illness

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Status: Accepted

Keywords: chronic illness; personal resources; meaning making; coping with illness

Chronic illness, as indicated by numerous researchers (Baxter & Sirois, 2025; Jiakponna et al., 2025; Karademas & Benyamini, 2025), constitutes a category of physical conditions in which psychological factors related to stress play a significant role. For an individual, chronic illness is a highly stressful life event that triggers a wide range of responses, shaping cognitive processes, emotional regulation, and behavioral mechanisms at various stages of diagnosis and treatment. It profoundly destabilizes and obstructs personal goals and aspirations, necessitates changes in one's existing lifestyle, limits the ability to fulfill social roles, and disrupts interpersonal relationships. The aim of this presentation is to present—based on empirical research findings—the role of both personal resources and meaning-making processes in adapting to chronic illness. At the heart of the research is the concept of meaning, which plays a crucial role in the psychosocial functioning of individuals, particularly in the context of illness. This focus will enable the examination of the function meaning serves in the stress transaction process among individuals living with chronic illness, as well as the identification of mediating mechanisms involved.



# Health Education in Schools and Current Qualification Challenges for Teachers

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*Keywords: curriculum policy, health education, teacher qualifications*

This presentation explores health education as a key area of inquiry within contemporary health pedagogy. It highlights the role of the national curriculum for the subject "health education" in Poland's education system (as defined by the Ministry of National Education) as a guiding framework for the thematic scope of teacher training. Particular attention is given to postgraduate qualification programs for teachers at the University of Silesia in Katowice, which are designed to enhance competencies in health education. The presentation aims to emphasize the growing need for specialized teacher training in response to evolving educational standards and public health priorities.

# A Quantitative Study on the Effect of Secondary Teachers' Attitudes towards Inclusive Education on Teacher Stress

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*Status: Accepted*

*Keywords: Attitudes, Experience working with students with SEN, Gender, Inclusive Education Training,*

*Keywords: Inclusive Education, Special Education Needs (SEN), Teacher Stress*

**Context:** Inclusive education is a widely promoted model in India, yet implementing these policies has raised concerns regarding teacher attitudes and the stress associated with working in inclusive classrooms. Understanding how teachers respond to inclusive education practices, the pressures in implementing inclusive education strategies, and their effect on their stress levels is crucial for addressing the challenges of inclusive education. This study investigates the effect of secondary school teachers' attitudes toward inclusive education on their stress levels, controlling for demographic factors such as gender, experience working with students with special education needs (SEN), and training in inclusive education.

**Methods:** A quantitative study was conducted among 167 secondary school teachers in Bangalore, India. Hierarchical linear regression analysis explored the predictive role of teachers' attitudes toward inclusive education on their stress levels.

**Results:** The results revealed that with an increase in teachers' negative attitudes toward inclusive education, there is an increase in teacher stress. While teachers' gender, inclusive education training, and experience working with SEN students did predict teachers' stress levels, these results are not significant. Teachers' negative attitudes toward inclusive education positively predict stress when demographic factors are controlled. The changes in the effect of teachers' attitudes towards inclusive education on teacher stress were more pronounced when demographic factors were controlled.

**Conclusion:** While positive attitudes toward inclusive education do not directly reduce teacher stress, comprehensive training and practical experience with SEN students are crucial in alleviating stress.

# Eye-Tracking Biomarkers for Objective ADHD Diagnosis - Responses to Frustration in Adults

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Status: Accepted

Keywords: ADHD, Biomarkers, Emotional-Dysregulation, Eye-Tracking, Frustration

ADHD is a neurodevelopmental disorder that affects approximately 7% of children. It is estimated that 30% to 60% of them retain the diagnosis into adulthood. Classification systems define the core symptoms of this disorder as attention deficits, hyperactivity, and impulsivity. In recent years, however, clinical and neuropsychological research has provided evidence that emotional dysregulation may be just as significant a symptom of ADHD.

Psychophysiological studies using eye-tracking methods have shown that individuals with ADHD exhibit specific eye movement patterns that may serve as potential biomarkers of the disorder. Despite considerable evidence of specific attention allocation patterns, research on biomarkers related to emotional processes, such as pupillometry, is still in development and requires further investigation.

Given the importance of emotional dysregulation in ADHD, particularly the elevated levels of frustration intolerance observed in individuals with the disorder, it becomes justified to examine the impact of frustration on specific visual biomarkers. The aim of the study is to test the following hypotheses. *H1*: frustration will cause a greater change in eye-tracking parameters in individuals with ADHD compared to baseline and to the control group; *H2*: frustration will induce greater pupil dilation amplitude compared to baseline and to the control group.

Previous studies on ADHD biomarkers, such as specific eye movement patterns and pupillometry, suggest the possibility of developing more objective diagnostic methods. Further evidence in this area may contribute to the creation of new diagnostic tools that reduce the subjectivity of clinical assessment, thereby supporting clinicians in the precise identification of the disorder.

# How Affection Mediates the Relationship Between Mindfulness and Satisfaction in Romantic Partnerships

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*Keywords: display of affection, relationship mindfulness, relationship satisfaction, romantic relationships*

Mindfulness is an important psychological resource in romantic relationships, supporting emotional closeness and relationship satisfaction. This study examined how relationship mindfulness relates to relationship satisfaction, focusing on the mediating role of affectionate behavior—both displaying and receiving it. The sample included 162 Polish participants in romantic relationships. Relationship mindfulness was assessed using the Relationship Mindfulness Measure, affectionate behavior with the Public and Private Romantic Display of Affection Scale, and relationship satisfaction with the Couples Satisfaction Index. Results indicated that higher relationship mindfulness was significantly positively associated with more frequent private displays and receiving of affection, which were themselves strongly linked to greater relationship satisfaction. Mediation analysis confirmed that private affectionate behavior partially mediates the link between relationship mindfulness and satisfaction. These findings extend prior research by showing that both giving and receiving affection are key pathways through which relationship mindfulness contributes to relationship quality. They also suggest that cultivating mindful awareness in romantic partnerships can promote emotional closeness and overall relational well-being.

# From Prayer to Well-being: Exploring Health Benefits of Religious Community Life

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*Keywords: health attitudes, religious; lifestyle; consecrated person*

## Abstract

**Introduction:** The impact of religion on health is a growing area of research. The exact mechanisms through which these factors influence health are not yet fully explained. This study suggests that religious communities are a suitable setting for investigating this topic. Despite challenges, the lifestyle of religious people often promotes health, supporting resilience and adaptation in later life.

**Purpose of the study :** This study analysed the lifestyles of consecrated individuals. The aim was also to determine how community members assess the impact of community life on health.

**Material and Methods:** The cross-sectional study was conducted using an anonymous, specially designed questionnaire. The study involved 463 religious women representing 22 different nationalities from 34 countries.

**Results:** The study's findings indicated that individuals who recognized the positive influence of community life on health were more likely to report a healthy lifestyle (69.1%) compared to those who did not perceive such an impact (26.3%) ( $t = 5.21$ ;  $p < 0.001$ ). In both Polish and other nationalities, retreats (98%), holidays (96%), and communal prayers (96%) were identified as the most frequently cited factors beneficial to health.

**Conclusions:** The study showed that different aspects of religious life can significantly impact how health is perceived. Notably, significant differences were identified based on nationality, country of service, and age.

# Symptoms and Impact of Fibromyalgia Syndrome in Males and Females

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*Keywords: fibromyalgia, impact, sex, symptomatology*

## **Background**

In most published studies, pain perception has been reported to be higher for females with Fibromyalgia Syndrome (FMS). However, males have and continue to suffer with significant pain, debility, and functional decline.

## **Objective**

To examine sex-based differences in symptomatology and disease impact in patients with FMS.

## **Design**

Questionnaires distributed to patients from between December 2022, and February 2023.

## **Setting**

The FMS unit of the Hospital Santa Maria de Lleida, Spain

## **Main Outcome Measures**

We measured sociodemographic and clinical variables, including comorbidities, ongoing treatment strategies, and the Fibromyalgia Impact Questionnaire (FIQ).

## **Results**

Participants were 50 males and 50 females. Males were older ( $M = 58$ ,  $SD = 9.77$ ) than females ( $M = 50$ ,  $SD = 14.51$ ). Females were younger, more often single, and had higher unemployment and obesity rates. Males had lower educational status and received more support from parents and children. Males experienced more sleep problems, napping/sleeping during the day and sleeping poorly at night. Furthermore, males used more opioids.

There were no differences in the FIQ subscale of physical impairment in the activities of daily living (ADLs). However, greater disability was reported in making the bed and preparing meals among females, while males had more difficulties with yard work and driving. Males felt unwell more days than females.

## **Conclusion**

Overweight, medicinal plant use, massage, and music therapy were more significant in females, whereas paternal and filial support and opioid consumption were more prevalent in males. In addition, sex differences influenced physical impairment in ADLs and the number of days they did not feel well. Knowing these aspects will be important.

# Health Security - Systematization of Definitions Functioning in the Scientific Space

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

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*Keywords: definition, discussion, health security, security*

The first part of the presentation will present the evolution of the definition of the concept of "security". Starting from antiquity, through the Renaissance, the Enlightenment, the 20th century, created by European theoreticians. The second part of the presentation will be devoted to distinguishing the concept of health security and showing threats in this area. This will be followed by an attempt to ask a question that is a starting point for a discussion on the awareness of health (in)security in contemporary society.



# Whether Being Religious is Sufficient for Life Satisfaction: A Sample of Alcohol Dependent Participants of Alcoholics Anonymous from Poland

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*Presenter Preference: Oral Presentations (15 min) – On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: Faith; Mass attendance; religiosity; God's control over sobriety; positive religious coping; life satisfaction*

Religiosity is a underestimate factor in the recovery of alcohol dependent individuals. There is a lack of studies showing the connections underlying the link between different religiosity facets and well-being indicators in this sample. This study examined the mechanisms of the potential influence of faith and Mass attendance on life satisfaction in alcohol dependent individuals participating in Alcoholics Anonymous (AA) and the role of God's control over sobriety and positive religious coping in these relationships. As was shown, the positive direct effect of the strength of religious faith on life satisfaction was confirmed, the same as the positive indirect effect of faith and Mass attendance on life satisfaction, through God's control over sobriety, but only in alcohol dependent individuals, who average and more than average used positive religious coping. The benefits of faith, Mass participation, and trust in God for life satisfaction of AA members from Poland were found. Theoretical and practical implications were discussed, emphasizing the need to enhance alcohol dependents' trust in a higher power/God by alleviating faith, Mass attendance, and attributing God's control over sobriety.

# The Indirect Relationship Between Religious Practices and Egoism at Work Through Dark Triad Traits? A Sample of Polish Employees

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*Keywords: Machiavellianism, Religious practices, dark triad, egoism at work, instrumental ethical climate, narcissism, psychopathy, relationship with God*

Religious involvement promotes employee virtues and encourages prosocial behavior in the workplace. There is no research about the preventive role of religion regarding dark-triad personality traits as antecedents of antisocial behavior at work. This study verified the mechanisms underpinning the relationship between religious practices and egoism at work, focusing on the mediating role of the dark triad and the moderating roles of perception of a relationship with God and an instrumental ethical climate. It was hypothesized that among Polish employees, according to relational spirituality, religious practices have a negative effect on dark-triad personality traits only in group with the most positive perception of a bond with God. It was also hypothesized that, consistent with the concept of trait activation, an instrumental ethical climate in turn strengthens the positive effect of dark-triad personality traits on egoism at work. In the cross-sectional study participated 434 employees from Poland. Consistent with the relational spirituality approach and concept of trait activation, the preventive role of the interactive effect of prayer and perception of a relationship with God for dark-triad was confirmed the same as the moderating function of an instrumental ethical climate in the relationship between psychopathy and egoism at work and Machiavellianism and egoism at work.

# Psychological Support in Relation to the Existential Needs of Seniors

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*Presenter Preference: Blitz Presentations (5 min) – On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: existential needs, psychological support, religiosity, seniors*

The paper focuses on the sense of religious security. The concepts assumed indicate that religious security is determined by inner peace, fulfilled spiritual needs, meaning in life, positive life balance and a place to live (home, care institution). The conceptual assumptions were operationalized in a research project. The study using the “Spiritual Needs Questionnaire” (Büssing, 2019) was conducted among 195 seniors living in their own home and under institutional care. During the investigations, similarities and differences between seniors living in different settings, in terms of spiritual needs, were identified. In the conclusion part, the key areas of support in this regard (pastoral spiritual support, pastoral spiritual support psychological, social and financial support) were determined.

# Grit as a Protective Factor Against Stress in Emerging Adulthood

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Presenter Preference: Blitz Presentations (5 min) – On-site (Sosnowiec PL)

Status: Accepted

Keywords: emerging adulthood, grit, protective factor, stress, young adults

Grit is a construct that refers to the ability to maintain commitment and perseverance in the pursuit of long-term goals despite obstacles and difficulties. The concept was popularized by A. Duckworth, who defined grit as a combination of two aspects that enable individuals to achieve significant goals despite adversity. These two dimensions of grit are **perseverance of effort (PE)** and **consistency of interest (CI)** (Duckworth et al., 2007). The importance of grit in both personal and professional life is invaluable. Individuals with a high level of grit are more likely to take on challenges, continue learning, and engage in self-improvement, which leads to greater self-esteem and life satisfaction. The link between grit and educational achievement is undeniable and has been demonstrated across various social and cultural systems, as confirmed by research conducted worldwide (Arya & Lal, 2018; Datu et al., 2018; Postigo et al., 2020; Yerofeyeva & Nartova-Bochaver, 2020).

The aim of the present study was to examine whether grit can be considered a protective factor against stress in the period of emerging adulthood. In a study conducted among young adults, significant correlations were found between the level of grit (measured using the Short Grit Scale – SGS by A.L. Duckworth) and the level of experienced stress, assessed with the Perceived Stress Scale – PSS-10 (adapted by Z. Juczyński and N. Ogińska-Bulik). The results suggest that developing grit during childhood and adolescence may contribute to better stress resilience in young adults.

# A Comparative Analysis of School Well-Being Among Students With Migration Experience From Ukraine and Their Polish Peers

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*Status: Accepted*

*Keywords: inclusive education, peer relationship, primary schools student, school well-being, students with migration experience*

Since the war in Ukraine escalated in February 2022, the Polish education system has faced an unprecedented influx of refugee students. By October 2024, nearly 200,000 Ukrainian children were registered in preschools and schools—the highest number since the crisis began—posing new challenges for creating supportive school environments.

The aim of this presentation is to share the results of a comparative analysis of selected indicators of school well-being among students from Ukraine and their Polish peers. The study was conducted in 2025 with a sample of 1608 students, using standardized psychometric tools and scales adapted to the Polish context. Student well-being in the school environment was treated as a multidimensional construct including the following indicators: (1) perception of teacher practices in teaching and upbringing, (2) peer relationships, (3) motivational and emotional engagement in school learning, (4) academic achievement, and (5) positive and negative emotions related to school. One-way analysis of variance (ANOVA) was used to identify significant intergroup differences.

The results indicate significant differences in areas such as peer relationships and emotional engagement. Ukrainian students more frequently reported difficulties in peer relations and declared a higher sense of loneliness, while simultaneously demonstrating a positive emotional attitude toward school and highly valuing the support of Polish language teachers.

In the presentation, we will attempt to interpret these differences in the context of inclusive practices and the availability of psychoeducational support. The conclusions presented aim to support the development of more inclusive educational solutions and policies that foster the well-being of all students.

# The Role of Social Support in the Context of Pornography Addiction Among Psychiatric Inpatients

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*On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: pornography addiction, psychiatric hospitalization, social support*

**Introduction:** Social support plays a crucial role in the recovery process of individuals struggling with behavioral addictions. In psychiatric hospital settings, it can alleviate feelings of loneliness and reinforce therapeutic outcomes, especially when provided by significant others and friends.

**Aim:** The aim of this study was to assess the relationship between perceived social support and the intensity of problematic pornography use among psychiatric inpatients.

**Method:** The study compared a group of hospitalized patients with a control group from the general population. Participants completed a set of psychometric questionnaires and a self-report survey. The analysis focused on the connection between the level of social support and the severity of pornography-related difficulties.

**Results:** Among hospitalized individuals, a clear association emerged: lower levels of social support were linked to higher levels of compulsive behavior. Emotional support from close relationships and friendships proved particularly significant.

**Conclusions:** The findings suggest that a strong social support network may serve as a protective factor against the escalation of pornography addiction in individuals with mental disorders. Strengthening interpersonal bonds should be considered a vital component of prevention and therapy in psychiatric care settings.

# Psychological Flourishing in Marginalized Rural Communities on the Example of Systemic Support and Domestic Violence Prevention in Southern Poland

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*Status: Accepted*

*Keywords: access to psychological support, community resilience, domestic violence prevention, interinstitutional cooperation, psychological flourishing, rural communities*

This presentation explores a case study of initiatives aimed at supporting the psychological well-being of residents in a small rural municipality in southern Poland, where access to psychological assistance and institutional protection against domestic violence is significantly limited due to transportation exclusion, staffing shortages, and poor availability of specialized services.

The presentation will examine the functioning of a local interinstitutional support network that includes a non-governmental organization, the municipal social welfare center, schools, the police, and the family court. It will demonstrate how cross-sector collaboration, despite limited resources, can effectively contribute to improving the psychological well-being of individuals experiencing domestic violence and their families. The session will also present practical tools, solutions, and challenges encountered in psychological practice in rural areas.

The topic is situated within the framework of psychological flourishing viewed through a biopsychosocial lens, highlighting the importance of systemic responses to violence, trauma, and mental health crises. Special attention will be given to the role of psychological assistance as a factor enhancing both individual and community resilience.

The presented case may serve as an inspiration for practitioners and policymakers in other parts of the world facing similar challenges, such as a shortage of specialists, spatial isolation, and limited access to professional support. This presentation also contributes to the broader discussion of what “flourishing” means in communities struggling with violence and systemic inequality in access to care.

# Breast Cancer Survivor Self-Efficacy Scale – Polish Adaptation and Preliminary Validation

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*Status: Accepted*

*Keywords: breast cancer, polish adaptation, quality of life, self-efficacy*

Breast cancer is one of the most commonly diagnosed cancers among women. The experience of cancer has consequences across physical, social, and psychological domains. One resource for coping with cancer is self-efficacy. In Poland, we lack a tool to measure domain-specific self-efficacy, which is crucial for both research and practical applications. The study aimed to adapt and validate the Breast Cancer Survivor Self-Efficacy Scale (BCSES) originally developed by Prof. Victoria L. Champion, into Polish.

The BCSES was translated from English into Polish using the back-translation method. Subsequently, cognitive debriefs were conducted ( $N=7$ ) and the final linguistic version was reconciled. A total of 71 hospitalized women diagnosed with breast cancer completed the following assessment: BCSES, GAD-7 (generalized anxiety), CES-D (depression), EORTC QLQ-C30 + QLQ-BR23 (quality of life), and MHC-SF (well-being).

The adapted scale demonstrated acceptable internal consistency (Cronbach's  $\alpha = .713$ ). Item-total correlations ranged from .020 to .632, with 2 items showing poor correlations, suggesting limited contribution to the overall scale consistency.

Pearson correlation analysis was conducted to explore the relationship between BCSES and psychosocial, health-related variables. Significant positive correlations were found between quality of life subscales (ranging from  $r = .248$  to  $r = .463$ ) and well-being ( $r = .637$ ). Conversely, there were negative correlations revealed with psychological distress variables such as anxiety ( $r = -.495$ ) and depression ( $r = -.254$ ).

Preliminary validation suggests the Polish version of the BCSES shows acceptable psychometric properties. Further research is ongoing in order to refine the scale and confirm its utility.



# Sexuality and Quality of Life in Adult Women

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*Status: Accepted*

*Keywords: adult women, female sexuality, quality of life, sexual health, sexuality, women*

## **Introduction:**

Adulthood represents a critical developmental phase for women, characterized by multifaceted growth achieving psychological harmony and well-being. Understanding factors that enhance women's quality of life and sexual functioning is central to research on female psychological health, as these aspects significantly impact overall well-being and life satisfaction.

## **Aim:**

This study aimed to examine the relationships between self-assessed sexual functioning and quality of life in adult women, assessing potential differences between early and middle adulthood groups.

## **Materials and Methods:**

The sample comprised 101 women aged 18–69 (44 early adulthood, 57 middle adulthood). Data were collected using a proprietary questionnaire and two standardized instruments: *the Female Sexual Function Index (FSFI)* and *the World Health Organization Quality of Life scale (WHOQOL-Bref)*. Normality was assessed via skewness and kurtosis. Spearman's rank-order correlation examined associations between variables, while the Mann-Whitney *U* test evaluated group differences. Statistical significance was set at  $\alpha \leq 0.05$ .

## **Results:**

Significant correlations were observed between sexual functioning components and quality of life domains. The strongest correlation was between sexual satisfaction and the social quality of life domain ( $\rho=0.737$ ,  $p \leq 0.05$ ). No significant differences were identified between early and middle adulthood in terms of sexual functioning or quality of life. Thirty-eight participants were classified as at risk of clinically significant sexual dysfunction.

**Conclusions:**

The findings suggest that improved social functioning and satisfying personal relationships are associated with increased sexual satisfaction. Based on the overall sexual functioning scores of the study group, it was determined that 37.62% of participants remain at risk for developing clinically significant sexual dysfunctions.

# Self-Esteem and Self-Assessment in Pansexual Women

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Status: Accepted

Keywords: assessment of one's own body, pansexual women, pansexuality, self-esteem

**Introduction:** Modern society shows numerous disorders in the field of gender and sexual definition. One of the less popular orientations is self-esteem and assessment of the own body of pansexual women.

**Aim:** The aim of the study was to explore the relationship between sexual orientation, self-esteem of the body of pansexual women, and socioeconomic variables.

**Material and Methods:** The study involved 45 pansexual women who differed in terms of age, place of residence, education, having children, the level of formalization of close relationships and participation in the psychotherapy process. The study used the author's questionnaire, the Body Esteem Scale (Franzoi & Shields) and the Rosenberg Self-Esteem Scale.

**Results:** In the group of studied women, a significant negative correlation was found between age and self-esteem in pansexual women ( $\rho = -0.330$ ;  $p < 0.05$ ), as well as statistically significant relationships of strong intensity between the level of formalization of a close relationship and the assessment of one's own body ( $\rho = 0.549$ ;  $p < 0.001$ ). The Mann-Whitney U test showed statistically significant ( $p < 0.001$ ) differences in the level of self-esteem in pansexual women depending on the attendance at psychotherapy.

**Conclusions:** The results indicate that the self-esteem of pansexual women tends to decrease with age, while pansexual women in a formalized relationship assess their own bodies better than women who are not in a stable partner relationship. Pansexual women who have experience with psychotherapy have higher self-esteem.

# Caffeine Consumption Mediates the Relationship Between Study Addiction and Perceived Stress

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Presentation language: English

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Status: Accepted

Keywords: caffeine, problematic overstudying, stress, study addiction

Problematic overstudying has been conceptualized as addictive behavior, so-called “study addiction.” Study addiction is negatively associated with general quality of life, general health, and sleep quality. Caffeine is a widely used stimulant that enhances readiness and the ability to remain mentally alert after fatigue. University students, especially those showing symptoms of problematic overstudying, may consume more caffeine to increase their academic performance. Previous research has shown that both study addiction and caffeine consumption are positively associated with general perceived stress. The study aimed to investigate the relationship between study addiction, caffeine consumption, and perceived stress in university students. It was hypothesized that study addiction, caffeine consumption, and perceived stress would be positively related, with caffeine consumption mediating the relationship between study addiction and stress. Sample 1 consisted of 444 university students, and Sample 2 consisted of 2392 university students. The Bergen Study Addiction Scale, Perceived Stress Scale-4 and a question about average daily caffeine consumption were used. The results showed that caffeine consumption partially mediated between study addiction and perceived stress. Students with high study addiction tend to consume more caffeine and, therefore, show higher stress levels. The results found in Sample 1 were cross-validated in Sample 2. They emphasize the importance of raising awareness about the negative health consequences of caffeine consumption among students with high study addiction. To promote flourishing in academic settings and beyond, limiting caffeine consumption and promoting healthy alternatives, such as rest when the body requires it, is recommended.

# A Diagnostic Checklist for Well-being

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*Presentation language: Polish*

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: diagnostic checklist, flourishing, happiness, well-being*

A Diagnostic Checklist for Well-being is a tool designed to assist individuals and professionals in evaluating overall well-being and identifying potential areas of concern. The application of the present instrument is twofold: firstly, it can be used to monitor progress; secondly, it can be used to identify areas for improvement in personal well-being. A diagnostic checklist for well-being was formulated on the basis of current research findings derived from two general perspectives: the hedonic and the eudaimonic approach. The data collated using the Diagnostic Checklist for Well-being can facilitate the identification and description of target behaviours, the identification of possible causes of the behaviour, the selection of an appropriate treatment, and the evaluation of treatment outcomes.

# Is It Worth Having a Good Boss? Indirect Influence of Perceived Supervisor Support on Prevention of Egoism at Work and Burnout, and Enhancement of Job Engagement

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*Status: Accepted*

*Keywords: Perceived supervisor support; gratitude toward the organization; job engagement; egoism at work; burnout*

Having a supportive and benevolent leader yields beneficial outcomes for both employees and organizations. It is important to identify the mechanisms underpinning these relationships. In this study, three main hypotheses regarding this topic were examined. First, based on social exchange theory, it was assumed that perceived supervisor support (PSS) would increase the gratitude toward the organization, which in turn would enhance job engagement. Second, following the job demands-resources approach, it was hypothesized that PSS would increase the gratitude toward the organization, which in turn would decrease the burnout. Finally, in the line of social learning theory, it was assumed that PSS, through elevating the organizational gratefulness, would decrease the egoistic attitude at work. The data concerned two samples, comprising 1000 (cross-sectional design) and 333 (longitudinal design) Poles employed under contract of employment in various Polish organizations. Both cross-sectional and longitudinal data showed that PSS increases the employees' gratitude toward the organization, leading indirectly to higher job engagement and a lower level of egoism at work and burnout. Depending on the research sample, small to medium indirect effects were noticed in reference to egoism at work and burnout, and medium to large indirect effects were found regarding job engagement. The theoretical and practical implications were presented with emphasis on the crucial role of leaders in building work gratitude towards the organization as a bridge to achieve favorable effects at work.

# Mental Health Condition Among Residents of the Visegrád Group Countries

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*Status: Accepted*

*Keywords: Central Europe, Mental health, risk factors, war, war refugees*

Since the Covid-19 pandemic, mental health has become one of the leading areas of sociological research. Researchers have been closely observing societies subjected to stress.

Following the end of the pandemic, the war broke out in our region, as Russia invaded Ukraine. The war has resulted in a decline in social security, the emergence of “Putinflation” and an unprecedented refugee crisis not seen since the end of the Second World War. Poland, Slovakia, and Hungary share a border with Ukraine, where military operations are taking place. The Czech Republic, similarly to the other V4 countries, has received a large group of Ukrainian war refugees. The influx of refugees may lead to competition for resources and act as a stressor, especially for individuals of lower social status. Taking advantage of the natural experiment provided by the war’s impact on individual psychological well-being, we aim to examine whether macrostressors resulting from the war affect the mental health of residents in the V4 countries. Based on the conducted research, which measures mental health disorders using the following scales: K-10 (psychological distress), GAD-7 (anxiety), and PHQ-9 (depression), we will be able to accurately assess the scale of mental health disorders in the studied population. We will also be able to determine whether the results reveal similarities or significant differences when considering the country of residence and its socio-cultural context. Moreover, analyses will be carried out in each of the surveyed countries in order to identify risk factors for mental health disorders among their residents.

# Exploring the Role of Conformity and Self-Control in the Well-Being of Middle-Aged Individuals From a Collectivist Culture

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Presenter Preference: Oral Presentations (15 min) – On-site (Sosnowiec PL)

Status: Accepted

Keywords: Collectivist Culture, Life satisfaction, Self-control, Social Conformity, Wellbeing

## **Aim**

This study investigates the relationship between social conformity, self-control, and well-being among middle-aged individuals in a collectivist culture, focusing on how adherence to societal norms and self-regulation impacts subjective well-being.

## **Methods**

A qualitative narrative analysis was conducted involving eight middle-aged participants (4 male, 4 female) from India, a collectivist society. Semi-structured interviews were used to collect personal narratives on experiences with social conformity and self-control. Data were analyzed using a narrative framework to extract themes of belonging, identity, and well-being.

## **Results/Findings**

The study revealed that conforming to social and cultural norms positively influenced well-being by fostering belonging, support, and reassurance. Participants also associated self-control, developed through adherence to societal rules, with improvements in various life domains, including health, finances, and relationships. However, individual responses varied; some participants viewed conformity as a pathway to self-identity, while others expressed neutrality or ambivalence toward its impact on well-being.

## **Discussion/Main Conclusion**

Social conformity and self-control, while often perceived negatively in Western individualistic cultures, can enhance well-being within collectivist frameworks by providing stability and a sense of community. The findings highlight the dual role of conformity as both a source of unity and potential limitation to personal autonomy. Future research should



explore cross-cultural comparisons to broaden the understanding of these dynamics and investigate the role of conformity in other collectivist societies. This study underscores the importance of cultural context in interpreting psychological constructs like well-being.

### **Presentation Style- Oral Presentation**

# Mental Resilience and Stress Coping Versus Feelings of Anxiety and Job Burnout Among Staff in Nursing Homes

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Event: HUMANITAS Global Congress of Flourishing

Presentation language: Polish

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Status: Accepted

Keywords: Nursing home, professional burnout, psychological resilience, sense of anxiety, styles of coping with stress

**Introduction:** This paper addresses the psychological constructs of resilience, anxiety, professional burnout and stress coping strategies among employees of Nursing Homes.

**Objective:** The aim of the study was to determine the relationship between psychological resilience, occupational burnout, coping strategies, and sense of anxiety among Nursing Homes.

**Material and methods:** Employees of Nursing Homes in Poland were included in the study. A total of 173 people took part in the study. Four questionnaires were used to measure variables: CISS (coping styles with stress), ER89 (resilience), GAD-7 (sense of anxiety), LBQ (job burnout) and a self-administered tool - a metric.

**Results:** Psychological resilience and task style of coping with stress are negative predictors for occupational burnout and its components. There is also a significant difference in perceived anxiety and occupational burnout in the different types of Nursing Homes.

**Conclusions:** It was found that the higher the level of resilience, the lower the level of burnout. The study also showed that task-based coping style negatively correlates with professional burnout. At the same time, the trend is the opposite in the other stress coping styles. Respondents with higher levels of avoidant style and emotional style, had higher levels of job burnout. Employees of Nursing Homes for the intellectually disabled and the elderly had the highest levels of anxiety.

# Momentary Affective Well-Being and Basic Needs Fulfillment: Evidence From Three EMA Bursts on Daily Support

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*Status: Accepted*

*Keywords: basic psychological needs, ecological momentary assessment (EMA), support provision*

**Background:** There is extensive knowledge on how social support benefits recipients, yet providers are often studied from a resource-depletion perspective. Drawing on self-determination theory, we propose that providing support enhances daily affective well-being, particularly when it fosters autonomy, competence, and relatedness. If theoretically valid, this effect should persist across time and contexts.

**Methods:** Following a measurement-burst design, three ecological momentary assessment (EMA) studies involving 373 adults (55% women) were conducted 3 months apart. Participants received mobile phone prompts three times daily for seven days to assess their emotional state and whether they had provided support in the past 60 minutes (yes/no). If so, they reported momentary fulfillment of autonomy, competence, and relatedness needs.

**Findings:** For 22,653 measurement points, spontaneous acts of support were reported in 23% of cases, with no significant gender differences observed. Across all three studies, the same pattern of relationships emerged. Within-person analyses showed that fulfilling autonomy, competence, and relatedness needs following support provision predicted an increase in positive emotions (controlling for autoregression). In contrast, a decrease in negative emotions was unrelated to post-support evaluations of momentary changes in the relationship with the recipient. However, within-person variance in relatedness need satisfaction was the highest.

**Discussion:** As hypothesized, the momentary affective well-being in everyday life can be modified by acts of support, with effects linked to perceived momentary satisfaction of basic needs. The robustness of these findings is strengthened by replication across three EMA bursts.

# Influence of Resentment and Forgivingness on Health and Quality of Life in People Living in France With HIV

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*Submitted: 2025-06-09*

*Event: HUMANITAS Global Congress of Flourishing*

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*Status: Accepted*

*Keywords: HIV, forgivingness, health, stigma, stress*

Life stress is strongly associated with poor mental and physical health and its effects explain significant morbidity and mortality. Forgiveness is one of the factors that can influence the effects of stress on health. By definition, forgiveness is the release of negative feelings, emotions, and behaviors - and possibly the release of positive feelings - toward an offender. Numerous studies have shown that forgiveness is associated with several mental and physical health benefits. Unfortunately, very few studies have been done in France. The literature argues that high levels of propensity to forgive (trait) predispose that person to experience forgiveness (state) more often. In other words, a stronger forgiving disposition is believed to increase the experience of forgiveness, which, in turn, mitigates the negative effects of stress. Forgiveness is therefore a coping style that can play a beneficial role in the stress-health relationship. Patients living with HIV (PLHIV) are patients particularly exposed to stress, not only because of their chronic pathology but also because of the stigma attached to this disease. Very few studies have studied the impact of forgiveness (state or trait) on the physical health of PLHIV and even fewer the impact of an intervention promoting the disposition to forgive. In this presentation, we will give some explanations for why France has very little publications on the topic and how this impacts HIV care. Then we will present how to better have holistic care for PLHIV by including forgiveness in daily practice.

# Exploring the Associations Between Narcissism and Modes of Identity Formation

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*Status: Accepted*

*Keywords: Narcissism, adolescence, identity*

Grandiose and vulnerable narcissism are related to various intra and interpersonal consequences. The goal of the current paper is to assess how different facets of narcissism are related to the healthy and pathological identity formation modes. Aiming to address that, we assessed 479 Polish adolescents, aged between 14-16 years old ( $M = 14.90$ ;  $SD = 0.55$ ). Whereas agentic narcissism was related to healthy identity formation modes, neurotic narcissism was related to pathological ones. Furthermore, antagonistically-oriented facets of narcissism were both related to petrification, while more neurotic expressions of antagonistic narcissism were also related to pathological identity formation modes. Although exploratory in nature, our results extend the knowledge of narcissism consequences on identity formation during adolescence and suggest the need to distinguish these two faces of antagonism in further studies on narcissism.

# Mentalization as a Complex Psychological Construct: Models, Methods, and the Role of Compassion for Others

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*Presentation language: Polish*

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: compassion for others, mentalization, mentalization models, normal populations*

Mentalization, understood as the ability to recognize and interpret one's own and others' mental states, is fundamental to psychological well-being, social interactions, and clinical applications. From a diagnostic perspective, it plays a crucial role in assessing neurodevelopmental and personality disorders as well as antisocial behaviours or psychotic experiences.

This presentation examines key models and approaches to studying mentalization, with particular attention to their conceptual coherence. A crucial question arises: do these frameworks truly capture the same psychological capacity? Findings from the author's study suggest that multiple reference systems are worth considering, one of which is the level of compassion toward others.

Empirical findings offer a refined approach to mentalization, demonstrating how interpersonal factors shape cognitive and emotional processing. The discussion will address implications for future research, highlighting potential applications in psychological assessment, therapeutic practice, and broader research contexts in normal populations.

# Attitudes Toward Climate Change in Three Cultural Zones (Central Europe, Central Asia, and the Middle East) and the Role of Cultural Values and Views on Human–Nature Relation

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*Status: Accepted*

*Keywords: Anthropocentrism, Climate Change Attitudes, Collectivism, Cross-cultural study, Ecocentrism, Individualism*

Differences in pro-environmental attitudes, reflected in perceptions and concerns about climate change (CC), may be influenced by cultural factors such as collectivistic and individualistic values. Collectivism tends to promote pro-environmental attitudes because it emphasises community goals, like environmental protection, over individual self-interest. Adversely, individualistic cultures prioritise personal interests, which can lead to less concern for collective goods, such as the environment. According to the New Environmental Paradigm, worldviews surrounding human-nature relationships can be categorised as anthropocentric or ecocentric. We hypothesised that collectivistic values and ecocentrism would positively predict attitudes toward climate change, while individualism and anthropocentrism negatively. The total sample consisted of  $N = 1268$  participants (Belarus  $N = 207$ , Lithuania  $N = 225$ , Poland  $N = 304$ ; UAE  $N = 251$ , Uzbekistan  $N = 281$ ). Approximately 30% of the participants were male, with a mean age of around 23. We conducted linear regression analyses in the total sample and national sub-samples. Predictors comprised collectivistic and individualistic values (self-indulgence and self-realisation), anthropocentrism, ecocentrism and ecocentrism-equal-rights. Dependent variables were cognitive, affective and behavioural components of CC attitudes. The results from the total sample didn't fully support our expectations regarding collectivism and only partially supported our hypothesis concerning individualism. As expected, both forms of ecocentrism significantly predicted most of the dependent variables, indicating pro-environmental attitudes, while anthropocentrism predicted CC attitudes negatively. Regression analyses performed across countries revealed different patterns, demonstrating national specificities. Results contribute to the worldwide discussion on the role of collectivism and individualism in attitudes toward the environment.

# Fear of Being Single, Loneliness, Forgiveness, and Commitment to Relationships - Findings from a Cross-Sectional Study

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*On-site (Sosnowiec PL)*

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*Keywords: disposition to forgive, fear of being single, feelings of loneliness, interpersonal commitment*

The fear of being single, feelings of loneliness, and the ability to forgive are psychological variables that may play a significant role in the quality and stability of interpersonal relationships. Contemporary research highlights the importance of these factors for both the motivation to build close relationships and the ability to maintain interpersonal commitment.

The aim of this study was to examine the relationships between the fear of being single, feelings of loneliness, the disposition to forgive, and commitment to interpersonal relationships. The study was conducted on a sample of 300 participants – 78% of whom were female and 22% male, aged between 18 and 55 years ( $M=25.46$ ;  $SD=5.52$ ). Polish adaptations of the Fear of Being Single Scale (FBSS), the Revised UCLA Loneliness Scale (R-UCLA), the Heartland Forgiveness Scale (HFS), and the Interpersonal Commitment Questionnaire (KZI) were used.

The results indicated that both the fear of being single and the disposition to forgive others are significant positive predictors of commitment to interpersonal relationships. The fear of being single promotes greater engagement but is also associated with higher levels of feelings of loneliness, which may suggest a compensatory nature of efforts to strengthen relationships. Furthermore, the disposition to forgive enhances relational bonds and the perceived importance of relationships, whereas feelings of loneliness – particularly in the dimension of lacking social contact – as well as difficulties in self-forgiveness and forgiving situations, reduce the level of interpersonal commitment.



# Beyond Material Conditions: Determinants of Quality of Life and Place Attachment in Rural Communities

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*Status: Accepted*

*Keywords: place attachment, quality of life, rural communities, subjective well-being*

Quality of life in rural areas is influenced by a complex interplay of physical, functional, and social factors within the local environment. Research conducted in the United States during the 1980s and 1990s (Weidemann & Anderson, 1985) demonstrated significant correlations between both physical and social characteristics of the environment and residents' satisfaction with their place of living. However, other studies (Kasprzak & Derbis, 1999) indicate that a high sense of life quality is not necessarily linked to the full satisfaction of material needs. Objective conditions alone do not directly determine life satisfaction. Rather, the key determinant is an individual's subjective perception of their life situation. In psychology, this phenomenon is referred to as the "satisfaction paradox," where individuals report high life satisfaction despite unfavorable living conditions (Sęk, 1993). Analyses show that, among rural residents, emotional attachment to place and the social character of the community are often more important than material conditions. The aim of this presentation is to explore the phenomenon of rural quality of life by focusing on how subjective perceptions and social bonds shape overall life satisfaction, often outweighing objective living standards. These insights may inform policies and interventions aimed at supporting well-being in rural communities.

# Health, Well-Being, and Psychosocial Working Conditions: Effectiveness and Self-Efficacy of Probation Officers

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*Status: Accepted*

*Keywords: effectiveness, health, probation, psychosocial working conditions, self-efficacy, well-being*

The aim of the presentation is to recognize the professionalization and new tasks of probation officers; to point out the sense of health, psychosocial determinants including psychological well-being, which is measured by the frequency of experiencing happiness and self-efficacy at work; to describe and diagnose the levels, differences of self-efficacy and the importance of psychological well-being at work due to the nature of the profession. The study of probation officers (N = 544) included psychological well-being, which is closely related to everyone's quality of life. The characterization of work activity and culture and work organisation in the context of the high stressfulness of the occupational role based on measures of psychological well-being provides interesting conclusions about the link between the perceived level of happiness and the effectiveness in terms of enduring the psychological burden of the occupational role. Research methods: survey research, document analysis, interviews with experts. Research tools: Copenhagen Psychosocial Questionnaire - COPSQ II, Generalized Self-Efficacy Scale - GSES, survey questionnaire, interview dispositions. The project is of exploratory importance for this area of knowledge. It can be a useful source for theoreticians, practitioners, as well as institutional probation organizers. The results of the research will be used to create an optimal model of support for the helping professions taking into account contemporary changes and social processes, taking into account the welfare of the ultimate recipients of their interventions.

# The Student's Gender and His Well-Being in the Post-COVID Class

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*Status: Accepted*

*Keywords: emotions, gender, post-COVID-classroom, well-being*

Well-being has been defined as the combination of feeling good and functioning well; the experience of positive emotions such as happiness and contentment as well as the development of one's potential, having a sense of purpose, and experiencing positive relationships. It has become even more relevant in the face of the past pandemic, which, as the research shows, had a negative impact on students' well-being in general. Thus, the aim of the article is to examine the post-pandemic situation, including the period of students returning to schools and emotions connected with their come-back. As the literature on the subject shows significant differences between boys and girls in terms of their perception of the world, the gender factor will be taken into consideration while assessing the students' level of self-satisfaction with full-time education. The questionnaire implemented among the sixth form primary school students touched upon such issues as student-student and teacher-student relationship, lesson organization, materials used and a broadly-understood classroom management covering, among others, task discipline, behaviour control, and problem dealing strategies. The level of students' (dis)satisfaction with the current situation has helped us to define problems that threaten their well-being, in line with preventive measures, as well as highlight the cases that prove a high level of contentment identified among the students in order to reinforce them, depending on gender

# Flourishing After Sixty: How Wisdom Promotes Well-Being Through Psychological and Behavioral Pathways in Later Life

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Keywords: aging, health behavior, mental health, older adults, self-compassion, wisdom

Cross-sectional studies suggest that personal resources, attitudes toward aging, and health behaviors serve as protective factors for well-being in later life. However, few studies have examined their unique contributions in combination or investigated their interrelations using longitudinal designs. This two-wave, six-month longitudinal study examined whether attitudes toward aging, health behaviors, and self-compassion mediate the relationship between wisdom and well-being in older adults.

At baseline, 400 Polish older adults were recruited, with 200 participants aged 60–87 completing both waves ( $M = 67.61$ ,  $SD = 5.38$ ). Participants completed the Three-Dimensional Wisdom Scale, the Attitudes to Aging Questionnaire, the Self-Compassion Scale – Short Form, the Health-Related Behavior Questionnaire for Seniors, the Mental Health Continuum – Short Form, and a demographic and health survey. Regression and mediation analyses controlled for age, sex, education, marital status, place of residence, employment status, and self-rated health.

Wisdom at baseline significantly predicted well-being six months later. This association was fully mediated by baseline self-compassion, health-related behavior, and attitudes toward aging. All three mediators were significant, with the strongest indirect effect observed for attitudes toward aging.

These findings highlight wisdom as a key psychological resource that facilitates adaptive self-attitudes and behaviors, thereby enhancing well-being over time. Interventions that foster wisdom, particularly those that promote self-compassion and more positive views on aging, may contribute to healthy aging and improved mental health in older adulthood.

# Attachment Styles, Empathy, and Forgiveness as Predictors of Romantic Relationship Satisfaction: Findings From an Original Study

## **Authors:**

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*Presentation language: Polish*

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: attachment styles, empathy, forgiveness, relationship satisfaction*

The aim of the presentation was to present our own research, which attempted to understand what psychological mechanisms support satisfaction in romantic relationships. The focus was on three variables: attachment styles, empathy, and forgiveness in three dimensions—avoidance, revenge, and benevolence. The essence of attachment styles was presented based on attachment theory. The role of empathy and forgiveness as elements supporting relationship satisfaction was discussed. The concept of satisfaction in romantic relationships was explored in the context of various theoretical approaches. The research methodology and key results based on correlation, regression, and mediation analysis were presented. The limitations of the study, practical implications, and possible directions for further exploration in the area of the discussed variables were indicated.

# The Role of Stress Coping Strategies in the Context of Alcohol Consumption Among Aviation Industry Employees

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*Status: Accepted*

*Keywords: aviation industry, coping styles, social support*

**Introduction:** Aviation industry sector employees face significant stress related to a high-responsibility environment, unpredictable schedule, frequent time zone changes as well as intensity of crisis situations. The lack of effective coping mechanisms can cause an increase in alcohol consumption for tension relief.

**Objective:** This study assessed relationships between alcohol consumption tendency, stress coping strategies, and perceived social support among diverse aviation professionals.

**Methods and material:** Participants were 111 aviation employees (68 women, 43 men; mean age 33.5, SD=9.11), including pilots (N=23), passenger service staff (N=22), and stewards/stewardesses (N=66). Instruments consisted of original questionnaire, Mini-COPE, AUDIT and MSPSS.

**Results:** Statistically significant relationships existed between social support, coping strategies, and AUDIT scores. The suspected addiction group showed significantly lower support from friends ( $p=0.011$ ) and significant others ( $p = 0.032$ ) than the low-risk group. AUDIT scores correlated negatively with active coping ( $r = -0.369$ ) and social support ( $r=-0.284$  to  $-0.285$ ), and positively with helplessness ( $r=0.4460$ ). The high-risk group had lower active coping ( $p=0.003$ ) and higher helplessness ( $p=0.008$ ).

**Conclusions:** Low social support (especially from friends) and dominant helplessness coping are key factors linked to increased alcohol addiction risk. Active coping acts protectively, highlighting an urgent need for programs fostering adaptive coping and strengthening support structures in the aviation industry.

# Religiosity, Forgiveness, and Life Satisfaction: Does It Matter Who We Forgive?

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

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*Keywords: religiosity; forgiveness; target of forgiveness; forgiveness of a spouse; life satisfaction*

Although effects of religiosity and forgiveness on satisfaction with life have been tested, findings are still ambiguous. Moreover, no research to date has examined the actual mechanism linking the variables and taking different targets of forgiveness into account. We explored the associations between centrality of religiosity, forgiveness, and life satisfaction using two Polish samples with different targets of forgiveness (spouse vs. other transgressor). We also tested a model in which forgiveness of particular offenders mediates the relationship between religiosity and satisfaction with life. The Centrality of Religion Scale (CRS), Transgression-Related Interpersonal Motivations Inventory (TRIM) and Satisfaction with Life Scale (SWLS) were used. The results revealed that the associations between the variables varied as a function of target of forgiveness. When spouses were offenders, centrality of religiosity was weakly positively associated with life satisfaction and negatively related to forgiveness, whereas forgiveness correlated positively with satisfaction with life. Among participants who indicated other offenders, positive relationships between centrality of religiosity and satisfaction with life were found, but not with forgiveness. We found an indirect effect of forgiveness only for spouses and it was negative. Centrality of religiosity was positively related to avoidance toward a spouse which in turn negatively correlated with life satisfaction.

# Green Connection: The Relationship Between Nature Connectedness, Pro-Environmental Attitudes and Behaviors, and Well-Being Among Young Adults in Poland – A Longitudinal Study

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*Keywords: AIMES, dobrostan, postawy proekologiczne, więź z naturą, zachowania proekologiczne*

Preliminary findings are promising and suggest that a stronger connection to nature may contribute to the development of pro-environmental attitudes and behaviors while also potentially enhancing well-being and psychological resilience. However, previous research has often been limited to cross-sectional analyses, which do not provide a comprehensive understanding of the dynamics involved in human-nature interactions. To address these methodological gaps, we conducted a two-wave longitudinal study with a six-month interval, involving 261 young adults from Poland. The results of our study demonstrated that connectedness to nature predicts an increase in pro-environmental attitudes ( $\beta = .17$ ,  $p = .002$ ) and behaviors ( $\beta = .18$ ,  $p < .001$ ) over time. Conversely, pro-environmental attitudes positively predicted subsequent connectedness to nature ( $\beta = .15$ ,  $p = .002$ ). Contrary to expectations, neither pro-environmental attitudes and behaviors nor connectedness to nature predicted later psychological well-being among the participants ( $p > .05$ ), suggesting that the health benefits of connectedness to nature in this age group may have been overestimated in previous cross-sectional studies. Nevertheless, the significant effects on the development of so-called "pro-environmental orientation" justify the need for further research on connectedness to nature and suggest that interventions in this area may yield benefits for environmental protection.



# Shades of Silence in the Works of 20th and 21st Century Choral Composers as an Expression of Their Spirituality

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*Status: Accepted*

*Keywords: choral music, silence, spirituality*

Silence is not only something that can be experienced, silence can be created, treating it as an element of an artistic work. Conscious use of silence, widely present in the work of choral composers of the 20th and 21st centuries, testifies to the deep spirituality of the creators. In times of the dictatorship of noise, it is particularly important to educate people towards silence, in both the external (acoustic) and internal aspect, related to such concepts as reflection, contemplation, contemplation, delight, peace. This becomes exceptionally important in artistic education.

# Balancing at the Edge: Gender Differences in Work-Life Balance Among Full-Time Workers Across 91 Cultures

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*Keywords: cross-cultural, gender, macro-level factors, work-life balance*

Achieving a healthy work-life balance is a challenge for many full-time workers, who must juggle career demands alongside personal responsibilities. This challenge can be particularly pronounced for working women, who often bear a disproportionate share of unpaid domestic and caregiving duties, which can limit their ability to maintain balance. In highly developed countries, where expectations for career success and competitiveness are high, these demands may be amplified, further straining women's efforts to achieve work-life balance. In the current study, we analyzed data from more than 30,000 participants across 91 cultures, collected through the Global Research Project on Work Addiction. Work-life balance was measured using three items developed by Haar (2010), with measurement invariance supported across cultures and between genders. Hierarchical linear modeling revealed that being a woman was associated with lower work-life balance. Moreover, in cultures with higher economic development, this relationship was even stronger, suggesting that economic context may exacerbate gender disparities in work-life balance, with women facing greater challenges in managing work and personal life. This highlights the need to address these imbalances as economies grow and emphasizes the importance of implementing gender-sensitive policies, promoting equitable workplace practices, and supporting caregiving responsibilities to ensure that progress benefits all members of society equally.

# The Role of Eating Styles in High-Calorie Food Craving During an Analog Space Mission in the LUNARES Environment

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*Presenter Preference: Poster Presentations – On-site (Sosnowiec PL)*

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*Keywords: Keywords: emotional eating, craving, isolated-confined-extreme environments, loss of control over eating, space analogs*

Research on eating behavior under the challenging conditions of space missions is sparse. Pre-existing eating styles may make it challenging to endure the monotonous and texture-poor food selection during space missions. The aim of this study was to examine craving for high-calorie foods during an analog space mission, and to examine the moderating effects of eating styles. We hypothesized that craving would increase over time and that three eating styles: emotional eating, external eating, and uncontrollable eating, would contribute to greater craving.

International volunteers who participated in nine 14-day analog space missions in Lunares (Piła, Poland) between May 2022 and June 2023 completed questionnaires at three timepoints: (1) pre-flight (n=49), (2) day 7 (n=48), (3) day 13 (n=45). Questionnaires included the Food Craving Inventory (FCI-International version), Dutch Eating Behavior Questionnaire (DEBQ), Three-Factor Eating Questionnaire (TFEQ).

Craving decreased over time (Day-7:  $\beta = -0.50$ ,  $p < .001$ ; day-13,  $\beta = -0.29$ ,  $p < .001$ ). Emotional eating moderated the change in craving: higher emotional-eating scores attenuated the overall decline in craving at Day-7 ( $\beta = -0.22$ ,  $p = .001$ ) and day-13 ( $\beta = -0.17$ ,  $p = .019$ ). Similar effects were found for external eating: Day-7 ( $\beta = -0.23$ ,  $p = .001$ ) and day-13 ( $\beta = -0.14$ ,  $p = .043$ ). Uncontrollable eating was also a significant moderator: those with higher scores demonstrated a rebound in craving at day-7 ( $\beta = 0.19$ ,  $p = .009$ ) and day-13 ( $\beta = 0.16$ ,  $p = .022$ ).

Although the effects of time on craving were contrary to expectations, maladaptive eating styles were associated with a craving for high-calorie foods under conditions of deprivation. Individuals with those eating styles might have particular difficulties with long space missions.

# Celibacy and Social Integration: The Role of Spiritual Discipline in Priestly Identity and Community Relations

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*Presenter Preference: Oral Presentations (15 min) – On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: celibacy, priestly identity, relationships, social integration*

This presentation explores celibacy as a form of spiritual discipline, examining its integrative potential in interpersonal dynamics, which can foster meaningful relationships, a sense of purpose, and emotional well-being, alongside its social limitations.

The notion of Christian celibacy will be defined, along with its theological foundations and historical origins. The discussion will encompass both theological and psychological perspectives, considering celibacy as a path toward inner growth, self-mastery, and deeper identity formation within the priesthood.

The integrative dimension of celibacy will be further illustrated by emphasizing its constructive contributions to community life—such as increased availability of celibates to others, their role in cultivating social cohesion, and their position as moral and spiritual exemplars.

Conversely, the analysis will also address its challenges, including the risk of social isolation, lack of shared marital experience, and psychological burdens such as loneliness and struggles related to sexuality.

The conclusion aims to situate celibacy within broader cultural and societal shifts, assessing its implications for communal well-being and suggesting how clergy can effectively support and engage their communities.

# A Generation Under Pressure. How Can Schools Support Students' Health and Wellbeing in Challenging Times?

## **Authors:**

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: health; wellbeing; mental health; curriculum; health education*

The present generation of children and young people is growing up under considerable pressure related to social expectations, the constant presence of social media, and the need to achieve success in an increasingly competitive world. This phenomenon has been shown to precipitate an increase in stress, anxiety and lower self-esteem, and can also lead to mental health complications and difficulties in establishing healthy interpersonal relationships. These disturbing phenomena have been reflected in numerous studies and analyses. In the face of mounting health concerns, both physical and psychosocial in nature, a close collaborative alliance between educational system, institutions and family units assumes paramount importance. It is asserted that the improvement of the health of the young generation and their well-being can only be achieved through joint actions in the field of education and health awareness-raising. In the contemporary educational landscape, health education has emerged as a pivotal instrument for parents, teachers and principals. This pedagogical approach serves as the foundational framework for cultivating pro-health attitudes and fortifying the mental resilience of students.

# Psychological Resilience and the Severity of Stress, Anxiety, and Depression in Special Forces Soldiers

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*Keywords: anxiety, depression, resilience, stress*

Resilience is considered a protective factor against the effects of excessive stress and anxiety. This study examined the relationship between length of service and psychological resilience, as well as the severity of stress, anxiety, and depression, among 128 elite military operators selected from Special Forces. The SPP-25 and DASS-42 questionnaires were used, and data were analyzed using standard statistical procedures. The Shapiro-Wilk test indicated deviations from normality; therefore, non-parametric methods were applied. Spearman's rho was used to examine correlations. A weak positive correlation was found between length of service and optimistic attitude ( $\rho = .22$ ;  $p < .01$ ), which was the only resilience factor significantly associated with service duration. There is a negative correlation between the service length and level of anxiety ( $\rho = -.34$ ;  $p < .01$ ). Negative correlations were observed between service length and global results of levels of stress, anxiety, and depression, suggesting that longer service may confer resistance to psychological distress. A Mann-Whitney U test indicated a statistically significant difference in distress levels between less experienced (<3 years) and more experienced (>4 years) operators, with lower distress in the latter group ( $r = -.27$ ). These results suggest that while overall resilience remains stable, longer service is linked with greater optimism, reduced psychological burden and anxiety.

# Addiction to Social Media in the Context of Emotional Sensivity and Self-Efficacy

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Presenter Name: Marta Szostak

Presenter Preference: Poster Presentations - On-site (Sosnowiec PL)

Status: Accepted

Keywords: addiction, emotional sensivity, self-efficacy, social media

The aim of the study was to assess the significance of the relationships between critical thinking and social media addiction. Additionally, the study examined how general self-efficacy is related to these variables. The study involved 234 participants ( $M_{age} = 39.76$ ;  $SD = 15.39$ ), the majority of whom were women (80.8%). The Critical Thinking Questionnaire (CThQ), the General Self-Efficacy Scale (GSES), and the Bergen Social Media Addiction Scale (BSMAS) were used. The correlation matrix was calculated using Spearman's  $\rho$  nonparametric test. Significant negative correlations were found between social media addiction and the ability to understand and interpret information ( $\rho = -.201$ ;  $p = .002$ ), as well as with the ability to self-reflective and to be self-critical ( $\rho = -.159$ ;  $p = .015$ ). General self-efficacy was not significantly correlated with social media addiction; however, it showed significant associations with overall critical thinking ( $\rho = .375$ ;  $p < .001$ ) and several of its dimensions: evaluating the credibility of information ( $\rho = .329$ ), creating original interpretations ( $\rho = .307$ ), understanding and comparing content ( $\rho = .295$ ), applying knowledge in practice ( $\rho = .354$ ), and tendency to self-reflection, analysis of one's own thought process ( $\rho = .366$ ). All correlations were statistically significant at  $p < .001$ . The findings suggest that a high level of critical thinking, particularly the ability to understand and interpret information, may serve as a protective factor against the risk of social media addiction. General self-efficacy, although not significantly related to addiction, may be significantly associated with critical thinking.

# Insight and Creative Thinking in the Context of Impasse Experienced in Crisis Situations

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*Presentation language: Polish*

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: creative thinking, impasse, insight*

In times of uncertainty and dynamic change, one can experience crisis situations in various areas of life. The greatest enemy in such cases are very strong emotions, such as helplessness or frustration. These, in turn, can lead to an impasse – a situation in which the individual does not know how to solve the problem and gives up looking for potential courses of action. Paradoxically, this may be the turning point that stimulates creativity in the search for solutions. It may also facilitate the activation of the insight process – a phenomenon defined as a sudden and abrupt change in the image of a problematic situation.

The issue of insight and three groups of concepts explaining the origin of this phenomenon will be analyzed: the selective encoding theory (Davidson & Sternberg, 1984), the problem simplification theory (Simon, 1977), and the “opportunistic assimilation” theory (Seifert et al., 1995). These will be analyzed in terms of generating new solutions in situations of experienced impasse.

Next, empirical studies will be presented, which have shown, among others, the relationship between stress caused by crisis events and an increase in creativity (Forgeard, 2013), the influence of high emotional intensity on the increased probability of insight (Hill & Kemp, 2016), and examples of other selected studies.

In the summary, the answer will be given to the question of whether the presented theoretical concepts and research findings can be practically used in solving problems in crisis situations.



# Childhood Trauma and the Power of Forgiveness: The Role of Attachment and Emotional Regulation

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*Abstract ID: 86*

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: attachment, childhood trauma, emotion regulation, forgiveness*

Childhood trauma can have profound and long-lasting effects on an individual's emotional and relational well-being. This presentation explores the critical role of attachment styles and emotional regulation in navigating the journey from early trauma to the capacity for forgiveness. Drawing on attachment theory and recent empirical findings, we examine how attachment patterns can either hinder or facilitate the ability to process and integrate painful childhood experiences.

Moreover, emotional regulation emerges as a mechanism in this process, providing individuals with the skills to manage overwhelming emotions and develop more adaptive coping strategies. Together, these elements create a framework that can promote forgiveness.

The our results obtained suggest that individuals with moderate, high, and extreme levels of childhood trauma, compared to those with low levels of trauma, are more likely to negatively predict decisional forgiveness. This occurs through heightened levels of attachment avoidance and a reduced use of adaptive strategies. Additionally, these individuals exhibit lower levels of emotional forgiveness in the presence of positive emotions, mediated by higher levels of attachment avoidance.

# Exploring the Lived Experiences of Women Who Converted to Islam

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*Presentation language: English*

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: Belonging, Islam, Muslim community, Muslim women, Religious conversion*

This study explores the conversion experiences of unmarried Muslim women who decided to accept Islam. There exists an important gap in studying the reasons behind their choice to convert and their adaptation to their new religious beliefs and experiences after conversion. The aim of this study is to examine the conversion processes, difficulties encountered, and how they navigated their social and cultural environment while reviewing the support systems within the Muslim community.

This study used thematic analysis to interpret data from interviews with 10 female unmarried participants (mean age = 29.7 years) from various countries. The participants were queried on their early life experiences, learning about Islam, difficulties as a new Muslim, and the intricacies of family structures and community support.

The analysis emphasized several prominent themes, such as personal and societal motivations for exploring Islam, changes in identity, the strain associated with concealing their conversion from their family, and diverse reactions from born Muslims. Many participants expressed dissatisfaction with the inadequate support provided by the Muslim community, highlighting various difficulties they faced both during and after their conversion. Despite these difficulties, a significant number of participants experienced a sense of empowerment from their spiritual pursuit. Findings emphasize the need for more specific support groups that would facilitate the sharing of experiences and provide guidance on the integration of Islamic practices in their lives.

# The Co-Occurrence of Aggression and Self-Harm in Justice-Involved Youth

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*Abstract ID: 92*

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*Presentation language: Polish*

*Presenter Name: Izabela Waszkiewicz*

*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: aggression, dual-harm, justice-involved youth, self-harm*

Aggression and self-harm have traditionally been examined as distinct psychological phenomena. However, growing evidence indicates that these behaviours often co-occur, especially among individuals in clinical and justice-involved populations. This co-occurrence, known as dual harm, is associated with distinct characteristics, including elevated risk and more complex, disruptive behavioural pattern. Currently, the most prominent explanatory framework for understanding dual harm is the Cognitive-Emotional Model of Dual-Harm. This model highlights potential distal factors (e.g., environmental influences), proximal processes (e.g., social context), and feedback loops that sustain these behaviours. It emphasizes the role of personality style and explores how dual harm may serve interpersonal and emotion-regulation functions.

This talk introduces a research project examining the determinants of dual harm, guided by the Cognitive-Emotional Model as its theoretical framework. The project is highly relevant to health psychology—supporting more accurate assessments, informing more effective interventions, and ultimately contributing to improved mental health and well-being among at-risk youth.

# The Strength of Relationships or the Burden of Tension? How the Well-Being of Parents of Children With Down Syndrome Can Be Influenced by the Interplay of Parental Stress and Social Support

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Presentation language: Polish

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Presenter Preference: Oral Presentations (15 min) – On-site (Sosnowiec PL)

Status: Accepted

Keywords: Down syndrome, parental stress, psychological well-being, social support

**Introduction:** Previous research indicates a robust negative association between parental stress and well-being (Rusu et al., 2025), and a positive link between social support and mental health (Acoba, 2024). However, the interaction between these constructs has not been examined, nor whether high social support can buffer the detrimental effect of stress on well-being. The present study addresses this gap by testing whether greater social support mitigates the impact of stress on parents' psychological well-being.

**Method:** A cross-sectional design was used with a sample of 191 parents of children with Down syndrome (143 mothers, 75%). Participants completed standardized questionnaires measuring Psychological Well-Being (according to the multidimensional model developed by Carol Ryff), Parental Stress, and Perceived Social Support.

**Result:** We conducted a series of hierarchical analyses of variance with each of the six well-being dimensions (e.g. Autonomy, Personal Growth, Positive Relationships) as a dependent variable. All models were significant and explained 21–44% of the variance. For two dimensions (Positive Relationships and Autonomy), the main effect of social support was stronger than the stress effect, whereas a reverse trend was observed for the other dimensions. Notably, in the domains of Personal Growth and Autonomy, higher social support appeared to suppress the negative effect of stress on well-being.

**Discussion:** Psychological Well-Being is a multidimensional construct and should be analyzed accordingly. By including both adverse (stress) and protective (support) factors in our models, we observed a suppression effect, where controlling for one factor revealed the influence of the other.

# The Dark Triad of Personality – A Friend or Foe of Mental Well-Being?

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*Presenter Preference: Poster Presentations – On-site (Sosnowiec PL) | Poster Presentations – On-site (Sosnowiec PL) | Poster Presentations – On-site (Sosnowiec PL) | Poster Presentations – On-site (Sosnowiec PL) | Poster Presentations – On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: Dark Triad personality traits, quality of life, sexual satisfaction*

**Background:** Interpersonal relationships, especially intimate partnerships, play a crucial role in the quality of life during early adulthood. The Dark Triad of personality, which encompasses socially undesirable traits, may negatively affect relationship stability and sexual satisfaction.

**Aim:** The aim of the study was to assess the relationships between Dark Triad personality traits and sexual satisfaction as well as quality of life among young adults, and to examine differences in these variables across groups distinguished by selected sociodemographic characteristics.

**Participants:** The study included 262 individuals, comprising 191 women and 71 men.

**Methods:** The research consists of a sociodemographic questionnaire and standardized psychological instruments with established psychometric properties: the Dirty Dozen Scale, the Sexual Satisfaction Questionnaire (KSS), and the World Health Organization Quality of Life Questionnaire (WHOQOL-Bref).

**Statistical analyses:** Spearman's rank correlation coefficient, Kruskal-Wallis test, and Mann-Whitney U test were used.

**Results:** A positive, statistically significant but weak correlation was found between narcissism and quality of life in the domain of physical well-being. Psychopathy and Machiavellianism were negatively and weakly correlated with social well-being. Furthermore, weak negative associations were observed between psychopathy and sexual

satisfaction, as well as between Machiavellianism and the sense of intimacy.

Conclusions: Higher levels of narcissism may be positively associated with quality of life in the domain of physical well-being. Machiavellianism may be negatively associated with intimacy and social well-being, while psychopathy may be negatively related to both social well-being and sexual satisfaction.

# Creativity of Third-Grade Primary School Students and Their Ability to Evaluate the Creativity of Others

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*Presenter Name: Marika Szulborska*

*Presenter Preference: Blitz Presentations (5 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: Creativity, creativeness, school., students*

Creativity has been an area of interest and research for many years for many educators, psychologists, and specialists in this field. The aim of the study was to examine the relationship between the level of creativity of third-grade students and their ability to objectively evaluate other people's creative products. The study involved 135 third-grade students. Respondents completed questionnaires to measure creative talents, including the TCT-DP Test (Version A and Version B) and a presentation of creative works (TCT-DP) for objective evaluation by the child. The research I conducted shows that the vast majority of third-grade students demonstrate an average level of creative talent. The relationship between the level of creative talent and the ability to evaluate other people's creativity appears only within the sample I studied. This work can become an important source of information for students of early childhood and preschool education, for professionals working with children, and for parents. In addition, it offers excellent material for reflecting on one's own level of creativity.

# Mental Resilience of Transgender People from the Perspective of Personality Traits

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*Presentation language: Polish*

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: Machiavellianism, dark personality tetrad, narcissism, personality, psychopathy, resilience, resiliency, sadism., transgender*

Transgender people are exposed to strong, long-term minority stress, much of which is caused by social interactions. Most often, the difference between the light and dark sides of personality is revealed precisely during the stress response. The personality traits we refer to as the dark side are revealed in situations of diminished control, when the individual is exposed to prolonged stress and his/her previous defence mechanisms are no longer efficient. These seemingly dysfunctional traits allow them to cope with the difficulties arising in interpersonal relationships that transgender people experience on a daily basis. The development or intensification of traits that are part of the dark personality tetrad seems to be a natural consequence of being in a situation of overexposure to stress and a tendency to isolate oneself in social relationships. This is likely to have the effect of reducing the level of psychological resilience, which can cause even deeper isolation and a self-perpetuating vicious circle mechanism. These considerations will be further explored in the context of my ongoing research project.



# Personality Traits, Anxiety Severity, and the Likelihood of Undergoing Cervical Screening Tests

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*Status: Accepted*

*Keywords: Personality traits, anxiety severity, cervical screening tests, identity traits, woman*

In this presentation, we aim to present differences in selected personality and identity traits, as well as anxiety symptom severity, between women who report undergoing cervical screening tests and those who do not engage in such preventive behaviors. The study involved 367 women undergoing Pap tests at varying frequencies. The average age of participants was 34.47 years. The Mann-Whitney U test was employed to examine the significance of differences, and the Kolmogorov-Smirnov test was used for multiple variables. A statistical significance level of  $\alpha = 0.05$  was adopted. The study revealed that respondents who regularly underwent cervical screening exhibited higher levels of identification with commitment as well as higher levels of commitment making. Women who do not regularly participate in cytological examinations show lower scores on personality traits such as honesty-humility and extraversion. Those women also exhibit higher levels of anxiety symptoms. Anxiety may be a factor against engaging in preventive behaviour.

# Sexual Functioning and Life Satisfaction in Relation to Resilience and Self-Efficacy in Women With Experience of Cancer

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*Presentation language: Polish*

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*Status: Accepted*

*Keywords: Sexual functioning, cancer, life satisfaction, resilience, self-efficacy, women*

Sexual functioning and life satisfaction in relation to resilience and self-efficacy in women with a history of cancer - abstract for a conference

In my presentation, I would like to present the results of the research I conducted for my master's thesis, which concerned the impact of cancer on the sexual functioning of women and the relationship between cancer, resilience, and self-efficacy. For the storage and statistical analysis of the data. In constructing the questionnaire, I utilized the following research tools: Ego Resilience Scale, Satisfaction with Life Scale, Female Sexual Functions Index, and Generalized Self-Efficacy Scale. I adopted a classical significance level of  $\alpha = 0.05$ . In the statistical part, I used Shapiro-Wilk and Kolmogorov-Smirnov tests. For correlation analysis, I employed the Pearson r coefficient and the Kruskal-Wallis test. A total of 176 women participated in the study. The results showed that the level of life satisfaction was positively correlated with both the level of psychological resilience and the sense of self-efficacy of the women; moreover, the level of self-efficacy was negatively correlated with the level of desire and positively correlated with the level of life satisfaction of women cured from cancer.

# Education for Citizenship in Wales: Between a National-oriented and a Global Approach

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*Abstract ID: 109*

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*Presenter Preference: Oral Presentations (15 min) – On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: Citizenship education, Wales, global citizenship, national identity*

It has been almost thirty years since the devolution in the United Kingdom. Since 1997, the four devolved countries have pursued their own educational policy. The curriculum for citizenship education has been changing in order to find the balance between maintaining the Welsh cultural and linguistic heritage and cultural diversity, as well as a globally oriented mindset. The Welsh identity and language come to the fore in the Welsh curriculum. However, the idea of contemporary Welshness is inclusive and globally oriented. From this perspective, the idea of Welsh education is to develop active, engaged, and global citizens within Welshness. The key point is how the policy of inclusion and a globally oriented approach deals with the tensions between the dominant culture, fluidity of Welsh identity, and the present priority of cultural diversity. The aim of the presentation is to reconstruct the educational policy for citizenship in Wales. Moreover, I will try to answer the question of whether the ambitious approach of reconciling the national-oriented curricula with the global needs is possible.

# Beyond the Mean: A Quantile Regression Analysis of Forgiveness for Self, Others, and by God in Predicting Mental Health

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*Presentation language: Polish*

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*Presenter Preference: Blitz Presentations (5 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: anxiety, depression, forgiveness, psychological resilience, quantile regression*

**Background:** Forgiveness is increasingly seen as a resilience factor linked to better mental health. However, its effects may differ based on the type of forgiveness and symptom severity. Prior studies have mostly used mean-based models, which may overlook variation across symptom levels. This study used quantile regression to assess whether dispositional forgiveness—for self, for others, and by God—predicts depression and anxiety at varying levels of symptom severity over time.

**Methods:** A two-wave longitudinal survey was conducted in a general adult sample in Poland ( $N = 174$ ), with assessments spaced six months apart. Forgiveness was measured using the Toussaint Forgiveness Scale, including subscales for forgiveness for self, for others, and by God. Depression and anxiety were measured with the PHQ-9 and GAD-7. Quantile regression was used to examine associations at the 25th, 50th, and 75th percentiles of symptom severity, adjusting for baseline scores.

**Results:** Forgiveness by God significantly predicted lower depression and anxiety at the 75th percentile, indicating greater benefit under high symptom burden. Forgiveness for others was associated with lower depression at both the 50th and 75th percentiles. No significant longitudinal effects were found for forgiveness for self beyond initial correlations. These patterns, revealed through quantile regression, were not evident in traditional linear models, which average effects across the symptom distribution.

**Conclusions:** Analyzing forgiveness across symptom distributions reveals specific protective patterns. Forgiveness by God and for others may serve as resilience factors, especially under prolonged psychological distress. Forgiveness-based approaches could be accessible, low-cost additions to mental health programs in religiously homogeneous

societies.

# Effects of Cannabidiol (CBD) on Depression, Anxiety, and Life Satisfaction in Parkinson's Disease: A Randomized, Double-Blind, Open-Label Trial

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*Presenter Preference: Oral Presentations (15 min) - On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: Anxiety, CBD, Depression, Life Satisfaction, Open-Label Trial, Parkinson's Disease*

**Background:** Depression and anxiety are common non-motor symptoms in Parkinson's disease. Cannabidiol (CBD), a non-intoxicating cannabis compound, has shown potential anxiolytic and antidepressant properties. This study evaluated the effectiveness of full-spectrum CBD oil on mood symptoms and life satisfaction in individuals with Parkinson's disease.

**Methods:** In a randomized, double-blind trial, 25 participants with Parkinson's disease completed the intervention. They were randomly assigned to one of three dosage groups: 30 mg/day (0.5 ml, n = 8), 60 mg/day (0.9 ml, n = 8), or 300 mg/day (4.5 ml, n = 9) of full-spectrum hemp-derived CBD oil, taken twice daily with meals. Assessments occurred weekly for four weeks using the Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), and Satisfaction With Life Scale (SWLS).

**Results:** Baseline demographic and clinical variables did not differ significantly between groups (all  $p > .05$ ). Mixed-design ANOVAs showed no significant main effects of dosage or

dosage-by-time interactions on BDI, BAI, or SWLS scores (all  $p > .50$ ). However, significant main effects of time were found for BDI and BAI (both  $p < .001$ ), with the greatest reductions between baseline and Week 1. SWLS scores remained stable across time and groups.

**Conclusion:** Full-spectrum CBD oil was associated with significant reductions in depression and anxiety symptoms, regardless of dosage. No changes in life satisfaction were observed. These findings suggest mood-related benefits of CBD in Parkinson's disease, warranting further study in larger trials.

# Falling in Love for Three Minutes: Social Dance as a Space for Wellbeing, Relationships, and Boundary Awareness

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*Presentation language: Polish*

*Presenter Name: Małgorzata Reiter*

*Presenter Preference: Oral Presentations (15 min) – On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: boundary awareness, social and ethical dimensions of dance, social dance, social relationships, sport psychology, wellbeing*

Frankie Manning's concept of "falling in love for three minutes" captures the unique emotional intensity that often accompanies partner-based social dancing. This fleeting yet powerful connection represents a fascinating social phenomenon that helps explain why people engage in such activities, often subconsciously, seeking not only movement but also deep, albeit momentary, interpersonal connections. This case-study-based presentation illustrates how these experiences support emotional regulation, self-expression, and a sense of belonging. At the same time, the physical closeness and emotional charge of social dance reveal the necessity for clear communication and education around consent and boundaries, especially when the activity takes place in informal groups such as dance clubs or in more formal settings like dance schools or organizations. Understanding the psychological and social dynamics of these "three-minute loves" enables the creation of inclusive, safe, and respectful dance environments.



# Social Emotional Learning as a Tool to Support Resilience and Well-being of Early School-Age Students

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Presenter Preference: Oral Presentations (15 min) – On-site (Sosnowiec PL)

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Keywords: Social Emotional Learning, early school education, resilience, socio-emotional development, well-being

*Social Emotional Learning* (SEL) is a process in which children, adolescents and adults acquire and apply knowledge, skills and attitudes needed for comprehensive development of personality and identity, strengthening mental health, setting life goals or building and maintaining supportive interpersonal relationships (CASEL, 2019). The SEL concept is based on five basic social and emotional competences: self-awareness, social awareness, self-management, relationships skills, responsible decision-making. This presentation aims to present the main assumptions of the *Social Emotional Learning* approach in the context of building mental resilience and supporting the well-being of early school-age students in the face of selected contemporary social challenges, with particular emphasis on the online world. The following research question was distinguished: whether and how does the implementation of the *Social Emotional Learning* concept affect the development of mental resilience and well-being of early school-age students? The answer was developed through triangulation of sources and theories along with drawing conclusions for educational practice. This topic is part of the research subject of the ongoing doctoral dissertation.

# Mental Well-Being and Tendencies Toward Alcohol Use and Facebook Addiction among Emergency Number Operators

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*Status: Accepted*

*Keywords: Facebook addiction, alcohol, psychological well-being*

The work of emergency number operators is highly stressful. One way of regulating emotional tension may involve a tendency to use alcohol or to escape into Facebook. Against this background, we examined the relationships between psychological well-being, the tendency to use alcohol, and Facebook addiction among emergency number operators. A total of 108 individuals participated in the study (mean age =  $35.48 \pm 9.16$  years), including 77 women. They all completed the Psychological Well-Being Scale, the Self-Perception Profile, and the Bergen Facebook Addiction Scale. Spearman's rank correlation coefficient ( $\rho$ ) was applied to determine the strength and direction of relationships between variables. It was found that well-being in the domains of autonomy ( $p = .006$ ) and environmental mastery ( $p = .028$ ) was weakly negatively correlated with Facebook addiction. Furthermore, psychological well-being in the domains of autonomy ( $p = .035$ ), environmental mastery ( $p = .012$ ), personal growth ( $p = .003$ ), purpose in life ( $p = 0.018$ ) and self-acceptance ( $p = 0.01$ ) was weakly negatively correlated with alcohol addiction. Thus, psychological well-being may play a significant role in the development of tendencies toward alcohol use and excessive Facebook use.

# Psychopathy, Narcissism, Machiavellianism, Sadism and their relationships with Pornography Addiction and Quality of Life among Young Adults.

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*Status: Accepted*

*Keywords: Dark Tetrad, pornography addiction, quality of life.*

Recent research has increasingly focused on psychological factors underlying problematic pornography use, particularly among young adults. Traits from the Dark Tetrad of Personality—machiavellianism, narcissism, psychopathy, and sadism—are socially undesirable and may contribute to pornography addiction and lower quality of life of an individual.

This study aimed to examine the relationships between Dark Tetrad traits, pornography addiction, and quality of life among young adults, as well as differences across sociodemographic groups.

The study involved 425 participants (mean age =  $24.29 \pm 3.74$  years): 309 women (mean age:  $24.10 \pm 3.55$  years), 110 men (mean age:  $24.81 \pm 4.17$  years), and 6 individuals identifying as another gender (mean age:  $24.50 \pm 4.72$  years).

Data were collected using a sociodemographic survey and validated psychological tools: The Dark Tetrad (SD4-PL), Brief Pornography Screen (BPS-PL), and WHOQOL-Bref. Statistical analyses included descriptive statistics, Spearman's correlations, and the Mann-Whitney U test.

Moderate positive correlations were found between narcissism and psychological well-being. Weak positive correlations emerged between pornography use and sadism, machiavellianism, and psychopathy. Narcissism was also weakly positively correlated with physical, social, and environmental aspects of quality of life.

Furthermore, weak negative correlations were noted between psychopathy, sadism, pornography and physical well-being, pornography and psychological well-being, sadism, pornography and social domain, psychopathy, pornography and environmental well-being.

Overall, narcissism may be positively linked to quality of life, while sadism, machiavellianism, and psychopathy appear positively related to pornography addiction. Pornography use and psychopathy may negatively affect well-being, particularly in physical and environmental domains.

# Mental Resilience, Self-Efficacy, and Pornography Addiction among Adults Diagnosed with ADHD

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Status: Accepted

Keywords: ADHD, pornography addiction, psychological resilience, self-efficacy

**Introduction:** This study explores the role of the relationship between psychological resilience, self-efficacy, and the severity of pornography addiction symptoms among adults diagnosed with ADHD.

**Objective:** The main objective of this study was to determine the relationships between psychological resilience, self-efficacy, and pornography addiction among adults diagnosed with attention deficit hyperactivity disorder (ADHD).

**Material and methods:** A total of 127 adults diagnosed with attention deficit hyperactivity disorder (ADHD) participated in the study. The study used a proprietary questionnaire, as well as the Brief Pornography Screen – PL (BPS-PL), the Generalised Self-Efficacy Scale (GSES) and the Resilience Scale (SPP-25).

**Results:** In the group of adults diagnosed with ADHD, a statistically significant positive relationship was found between the overall mental resilience score and self-efficacy ( $\rho = 0.713$ ;  $p < 0.001$ ), indicating a strong correlation between these variables. The analysis showed a statistically significant negative correlation between age and difficulties in controlling pornography use ( $\rho = -0.220$ ;  $p = 0.013$ ). This means that as the age of the subjects increases, the severity of difficulties in this area decreases.

**Conclusions:** The results confirm that older age is associated with less difficulty in controlling pornography use, which may suggest a partial extinction of impulsivity with age in people with ADHD. At the same time, strong positive associations were found between psychological resilience (especially personal competence and optimism) and self-efficacy, suggesting their protective role in the development of behavioural addictions.

# Work Addiction and Alcohol Consumption Tendencies in Light of Psychological Well-Being among Lawyers – Preliminary Report

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*Status: Accepted*

*Keywords: Alcohol Consumption Tendencies, Lawyers, Psychological Well-Being, Work Addiction*

**Introduction:** The legal profession is a highly stressful occupation associated with significant responsibility for professional duties, encompassing disciplinary, civil, criminal, and ethical liability. For this reason, lawyers may be exposed to factors such as a tendency to use alcohol and work addiction.

**Objective:** The aim of the study was to assess the relationships between psychological well-being and the tendency to use alcohol and work addiction among lawyers.

**Material and Methods:** A total of 85 individuals (mean age  $32.64 \pm 7.70$  years) participated in the study, including 67 women ( $32.06 \pm 7.45$  years) and 18 men ( $34.78 \pm 8.23$  years). The following research tools were used: SPP, WART and PWBS. To determine the strength and direction of the relationship between variables, Spearman's rank correlation coefficient ( $\rho$ ) was applied.

**Results:** A weak negative correlation was found between work addiction in the dimension of obsession/compulsion and psychological well-being in the dimensions of environmental

mastery ( $p = .033$ ) and positive relations with others ( $p = .025$ ).

**Conclusions:** Psychological well-being in the areas of environmental mastery and positive relationships with others may reduce the tendency toward obsessive-compulsive work engagement.

**Keywords:** work addiction, well-being, alcohol consumption

# Mind and Body / Psyche and Soma: Personality Disorders and Somatization as Means to Explore the Nature of Spirituality

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Status: Accepted

Keywords: Spirituality, body-mind, psyche-soma, schizophrenia, somatization

The aim of this study was to expand knowledge about the phenomenon of spirituality as a dimension of personality (MacDonald, 2000; Skrzypinska, TNS, 2014, 2022) in the aspect of psycho-somatic functioning of a person. Two perspectives were adopted: 1) "mind" (psyche) and 2) "body" (soma). The functioning of spirituality was tested in two conditions important for efficient vs. disabled functioning of personality. As an example of dysfunctional behavior, the following were taken into account: 1) split personality and dereism characteristic of the image of schizophrenia, 2) somatization through emotions. Two groups of hypotheses were created for: 1) Mind/psyche (regarding the comparison of spirituality of healthy people and people with schizophrenia), 2) Soma/body (regarding the comparison of functioning of healthy and somatizing people).

We used: *Expression of Spirituality Inventory - Revised (ESI-R)* (MacDonald, 2000, adapted by Skrzypinska, Jurek, Brewczyński and MacDonald, 2025); *Four Dimensional Symptom Questionnaire (4DSQ)* (Terluin, 2006); *Satisfaction with Life Scale (SWLS)* (Diener et al., 1984); *Emotions Measurement Scale* (Była & Wojciszke, 2004); *My Spiritual Experiences* (Skrzypinska, 2017). The study included: 1) people with schizophrenia, simple and paranoid, during hospital treatment (N=145), 2) somatizing people from the general population (N=252). The spirituality of healthy people was more individualized and integrated with everyday life, while in sick people it took on a more formal and communal character, which may limit the diversity of spiritual experiences. Extensive spirituality coexists with a reduced level of somatization, which may have significant consequences for psychotherapy and supporting spiritual development as a health service.



# Adverse Childhood and Adolescent Experiences, Psychological Resilience, and Social Competence Among LGBTQ+ Individuals

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Keywords: Adverse Childhood and Adolescent Experiences, LGBTQ+, Resilience, Social Competence, Trauma

The aim of the present study was to analyze the relationship between adverse childhood and adolescent experiences and psychological resilience and social competence among individuals of different sexual orientations. In addition, the study examined whether non-heterosexual individuals differ significantly from heterosexual individuals in the intensity of the measured variables. A total of 448 individuals participated in the online survey, including 179 heterosexual individuals ( $M_{age} = 27.13$ ;  $SD = 7.25$ ) and 269 non-heterosexual individuals ( $M_{age} = 25.23$ ;  $SD = 7.47$ ), with a predominance of women (61.2%). The instruments included the Childhood and Adolescence Trauma Experience Questionnaire (KDD-58), the Resilience Measurement Scale (SPP-25), and the Social Competence Questionnaire (KKS). In the study, the correlation matrix was computed using Pearson's  $r$  coefficient. Between-group comparisons were conducted with the Mann-Whitney  $U$  test. Effect size for group differences was estimated using the rank biserial correlation coefficient. ( $r_g$ ). Non-heterosexual individuals scored significantly higher in traumatic experiences ( $r_g = .357$ ) and significantly lower in psychological resilience ( $r_g = .301$ ) and social competence ( $r_g = .251$ ) compared to heterosexual individuals. In the non-heterosexual group, traumatic experiences were negatively correlated with resilience ( $r = -.171$ ;  $p = .005$ ) and social competence ( $r = -.223$ ;  $p < .001$ ). Psychological resilience was strongly correlated with social competence ( $r = .745$ ;  $p < .001$ ). The results reveal significant differences in traumatic experiences and psychosocial functioning between heterosexual and non-heterosexual individuals, as well as a significant link between early trauma and psychosocial functioning in the LGBTQ+ population.

# Work Addiction in the Context of Personality Factors, Identity Processes, and Sexual Arousability Among Women

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*Status: Accepted*

*Keywords: Dark Triad, identity, sexual arousability, workaholism*

**Abstract:** Addictive behaviors like workaholism often arise from a strong drive for success, which can also impede recovery. Sexual arousal regulation is influenced by both internal and external factors, while identity formation—especially during adolescence—interacts with personality traits that may either contribute to or protect against addiction.

**Aim:** This study aimed to examine the relationships between personality traits (including the Dark Triad) and identity development dimensions in relation to workaholism and sexual arousability among women.

**Material and Methods:** The study involved 413 women who completed a sociodemographic questionnaire and several psychological assessments: HEXACO-60, The Dirty Dozen Scale, Dimensions of Identity Development Scale, Work Addiction Risk Test, and Sexual Arousability Inventory. Statistical analyses included the Shapiro-Wilk test and Spearman's rank correlation.

**Results:** A strong negative correlation was found between honesty-humility and Dark Triad traits. Moderate negative correlations were observed between emotional arousal/perfectionism and ruminative exploration with extraversion, and between workaholism and emotional arousal/perfectionism with agreeableness. Positive correlations

emerged between commitment-making and identification with commitment and extraversion, and between emotional arousal/perfectionism and the Dark Triad.

Conclusions: Honesty-humility may be negatively associated with Dark Triad traits. Extraversion appears to reduce ruminative exploration and emotional arousal/perfectionism while enhancing identity commitment. Agreeableness may protect against workaholism and emotional arousal/perfectionism. Conversely, emotional arousal and perfectionism may be linked to higher Dark Triad traits.

# Procrastination, Fear of Failure, Self-Efficacy, and Life Satisfaction in Adults With and Without ADHD: A Correlational and Comparative Study

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*Status: Accepted*

*Keywords: ADHD, Fear of Failure, Life Satisfaction, Procrastination, Self-Efficacy*

The aim of this study was to assess the significance of relationships between procrastination, fear of failure, generalized self-efficacy, and life satisfaction in a group of adults diagnosed with ADHD. Additionally, individuals with and without an ADHD diagnosis were compared in terms of the intensity of the measured psychological variables. The study included 228 adults: 115 with ADHD ( $M_{age} = 33.23$ ;  $SD = 8.42$ ; 76.5% women) and 113 without a diagnosis ( $M_{age} = 39.86$ ;  $SD = 9.24$ ; 74.3% women). The following psychometric tools were used: the Procrastination Scale (PPS), the Performance Failure Appraisal Inventory (PFAI), the Generalized Self-Efficacy Scale (GSES), and the Satisfaction with Life Scale (SWLS). T-test analyses revealed significantly higher levels of fear of failure ( $d$  Cohena = 1.01) and procrastination ( $d = 2.06$ ), and lower levels of life satisfaction ( $d = .53$ ) and generalized self-efficacy ( $d = .41$ ) among individuals with ADHD compared to those without a diagnosis. In the ADHD group, fear of failure was positively correlated with procrastination ( $r = .382$ ), and negatively correlated with life satisfaction ( $r = -.401$ ) and self-efficacy ( $r = -.509$ ). Procrastination was negatively associated with both life satisfaction ( $r = -.371$ ) and self-efficacy ( $r = -.296$ ). Self-efficacy showed a positive relationship with life satisfaction ( $r = .468$ ). All results were significant at  $p \leq .001$ . The obtained results indicate significant relationships between emotional and motivational variables in individuals with ADHD, highlighting the potential health-promoting importance of strengthening self-efficacy and reducing fear of failure for psychosocial functioning in this population.

# The Impact Of Belief In Free Will On Willingness To Help And Victim Blaming In Religious And Non-Religious People

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*Keywords: belief in free will, determinism, religiousness, victim blaming, willing to help*

Free will can be understood as the ability to choose and act independently of external influences and deterministic factors. We tested the effect of the degree of belief in free will on the willingness to help and the attribution of blame to victims by religious and non-religious people. It was predicted that the effect would be stronger in religious individuals. There were 204 subjects ( $M = 20.33$  yrs,  $SD = 1.58$ ), including 100 religious people (39.70% women) and 104 non-religious people (40.70% women). The experiment was designed in the Psytoolkit platform. Subjects were randomly assigned to (1) the control group - starting by filling the Free Will and Determinism Scale (FAD-Plus) - or one of two experimental groups, reading before FAD-Plus the text regarding: (2) free will, or (3) determinism. Next, all individuals read stories and rate on a seven-point Likert scale how much they would give the protagonist help and how much they would blame the victims. It turned out that religious people had a higher belief in free will than non-religious people. Religious people's belief in free will was also more resistant to deterministic belief manipulation than non-religious people's belief in free will. Only in non-religious people, the manipulation of belief in free will made people with a higher score in FAD-Plus compared to those with a lower score more willing to help others, while being more inclined to blame victims. It appeared that the manipulation used had a greater effect on non-religious people compared to religious people.

# Porn, Value Conflict, and Well-Being: A Study of Polish Adults

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Status: Accepted

Keywords: addition, porn, pornography, value conflict, well-being

The aim of this study was to examine the relationships between pornography addiction, life satisfaction, and value-consistent action, understood as personally chosen life directions within the psychological flexibility model in Acceptance and Commitment Therapy. The analyzed sample consisted of 271 Poles ( $M_{\text{age}} = 25.80$ ,  $SD = 25.80$ ), including 222 women, who completed online questionnaires: the Brief Pornography Screen, the Valued Living Questionnaire, and the Satisfaction with Life Scale. A correlation matrix was calculated using Spearman's rho, with sex differences controlled using the Mann-Whitney  $U$  test. A weak positive correlation was found between pornography addiction and value-inconsistent action ( $\rho = .14$ ;  $p = .02$ ), as well as a weak negative correlation between pornography addiction and life satisfaction ( $\rho = -.14$ ;  $p = .02$ ). Value-consistent action was strongly positively associated with life satisfaction ( $\rho = .63$ ;  $p < .001$ ), whereas value-inconsistent action was moderately negatively associated with life satisfaction ( $\rho = -.55$ ,  $p < .001$ ). Significantly higher levels of value-inconsistent action were observed among females compared to males ( $U = 4050.5$ ,  $p = .009$ ;  $M_{\text{male}} = 108.89$  vs.  $M_{\text{female}} = 141.25$ ;  $r_g = .24$ ), as well as significantly lower levels of pornography addiction among females compared to males ( $U = 3496.5$ ,  $p < .001$ ;  $M_{\text{male}} = 127.25$  vs.  $M_{\text{female}} = 173.66$ ;  $r_g = -.34$ ). Overall, the findings indicate that pornography addiction may be associated with lower life satisfaction and higher levels of value-inconsistent action, and that gender differences are present in the levels of these variables.

# Attitudes Toward Homosexuality in the Context of Aggression, Anxiety, and Empathy: A Preliminary Report

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Keywords: Aggression, Anxiety, Attitudes Toward Homosexuality, Empathy

The aim of the present study was to assess the significance of the relationships between attitudes toward homosexuality and selected psychological traits such as anxiety, aggression, and empathy. Additionally, homosexual and heterosexual individuals were compared in terms of the intensity of these attitudes and traits. The study included 840 participants, comprising 62 homosexual individuals ( $M_{age} = 23.13$ ;  $SD = 5.88$ ; 67.7% women) and 778 heterosexual individuals ( $M_{age} = 23.24$ ;  $SD = 4.93$ ; 73.4% women). The following psychometric instruments were used: the Attitudes Toward Homosexuality Scale (SPWH), the Aggression Questionnaire (BPAQ), the Empathic Sensitivity Scale (SWE), and the Anxiety Inventory (STAI). In the Mann-Whitney U analysis, homosexual individuals reported higher levels of supportive attitudes ( $r_g = .471$ ), anger ( $r_g = .208$ ), hostility ( $r_g = .258$ ), personal distress ( $r_g = .271$ ), and trait anxiety ( $r_g = .336$ ), whereas heterosexual individuals showed higher levels of critical ( $r_g = -.486$ ), anxious ( $r_g = -.215$ ), and discriminatory ( $r_g = -.356$ ) attitudes. In the homosexual group, the following significant correlations were observed ( $p < .05$ ): supportive attitudes were positively associated with empathic concern ( $\rho = .404$ ), personal distress ( $\rho = .402$ ), and perspective taking ( $\rho = .262$ ). Discriminatory attitudes were positively correlated with physical aggression ( $\rho = .276$ ), and trait anxiety was associated with anger ( $\rho = .416$ ) and hostility ( $\rho = .624$ ). Empathic concern and perspective taking were significantly related to lower levels of aggression and more supportive attitudes. These results suggest that emotional and normative profiles differ as a function of sexual orientation.

# Polish Dentists in the COVID-19 Pandemic: Stress, Coping Strategies and Well-Being – A Network Approach

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*Keywords: COVID-19, Social network analysis, coping strategies, dentists*

**Background:** The first wave of COVID-19 placed significant psychological demands on dentists, yet the relationships between perceived stress, coping strategies, and well-being remain underexplored.

**Aim:** To examine associations among coping strategies, life satisfaction, and stress in dentists during the pandemic, using network-based visualization.

**Methods:** A sample of 309 Polish dentists (aged 25–64) practicing clinically from March to May 2020 completed the Mini-COPE, the five-item Satisfaction with Life Scale (SWLS-5), and the four-item Perceived Stress Scale (PSS-4). The Mini-COPE structure was re-evaluated using maximum-likelihood exploratory factor analysis (EFA) with varimax rotation. Model fit was assessed with the Tucker-Lewis Index (TLI) and root-mean-square residual (RMSR). Social network analysis (SNA) mapped connections among sociodemographic variables, life satisfaction, stress, and the eight coping factors.

**Results:** EFA identified eight coping dimensions, explaining 73% of the variance (TLI = 0.821; RMSR = 0.02). Empirically guided item reduction produced a 19-item unidimensional coping scale with good internal consistency (Cronbach's  $\alpha = 0.70$ ; Guttman's  $\lambda_6 = 0.82$ ) and construct validity. SNA integrated the eight coping factors with nodes for perceived stress, life satisfaction, and sociodemographic variables, revealing their covariance.

**Conclusions:** Dentists' coping strategies during the first COVID-19 wave are effectively captured by an eight-factor mini-COPE. Paired with SNA, this refined instrument provides a concise framework for monitoring the psychological impact of future health crises on dental professionals.



# Parental Burnout in the Context of Perfectionism, Self-Efficacy, and Life Satisfaction Among Mothers: A Correlational and Comparative Study

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*Status: Accepted*

*Keywords: Life Satisfaction, Mothers, Parental Burnout, Perfectionism, Self-Efficacy*

The aim of the present study was to assess the significance of relationships between parental burnout and perfectionism, general self-efficacy, and life satisfaction. Additionally, mothers and childless women were compared in terms of the intensity of the studied variables. The study involved 1,417 women, including 874 mothers ( $M_{age} = 35.97$ ;  $SD = 6.15$ ) and 543 women without children ( $M_{age} = 27.61$ ;  $SD = 7.28$ ). The following psychometric instruments were used: the General Self-Efficacy Scale (GSES), the Adaptive and Maladaptive Perfectionism Questionnaire (KPAD), the Parental Burnout Assessment (PBA), and the Satisfaction with Life Scale (SWLS). Mann-Whitney U tests revealed that mothers scored significantly lower on both maladaptive perfectionism ( $rg = .16$ ) and adaptive perfectionism ( $rg = .24$ ) compared to women without children. No significant differences were found in general self-efficacy or life satisfaction between the two groups ( $p > .05$ ). In the group of mothers, parental burnout was significantly associated with lower life satisfaction ( $\rho = -.467$ ), higher levels of maladaptive perfectionism ( $\rho = .525$ ), and lower self-efficacy ( $\rho = -.298$ ). Life satisfaction was negatively correlated with maladaptive perfectionism ( $\rho = -.446$ ) and positively with self-efficacy ( $\rho = .342$ ). Self-efficacy was strongly negatively associated with maladaptive perfectionism ( $\rho = -.464$ ) and positively with adaptive perfectionism ( $\rho = .311$ ). All  $p$ -values  $< .001$ . These findings highlight the potential value of parental burnout prevention strategies aimed at strengthening realistic standards and a sense of personal agency, which may play an important role in promoting maternal mental well-being.

# The Concept of Well-Being in Foreign Language Teaching

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*Presenter Preference: Blitz Presentations (5 min) – On-site (Sosnowiec PL)*

*Status: Accepted*

*Keywords: classroom atmosphere, foreign language teaching, wellbeing*

The presentation will discuss the issue of emotional intelligence and classroom relationships as far as English language teaching is concerned. It will focus on the strategies useful in creating such an environment that will prevent stress and contribute to both teacher's and student's wellbeing in the process of foreign language teaching and learning. The presentation will try to prove that teachers are supposed to be the foundation of the positive classroom atmosphere. It will also discuss the challenges of teaching in large groups. The presentation will explain the importance of teacher-student relationship to both teacher and student wellbeing.

# Light Triad, Depression, and Life Satisfaction: A Preliminary Report

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*Keywords: Depression; Light Triad; Life Satisfaction*

The aim of the present study was to assess the significance of the relationships between the Light Triad of Personality—Faith in Humanity, Humanism, and Kantianism—and indicators of psychological health, namely depressive symptoms and life satisfaction. A total of 241 individuals (76.8% women), aged  $32.06 \pm 10.62$ , participated in the online study. Psychological variables were measured using the Light Triad of Personality Scale, the Depression Assessment Questionnaire (KPD), and the Satisfaction with Life Scale (SWLS). Faith in Humanity was found to be significantly, weakly, and negatively correlated with depression ( $\rho = -0.248$ ;  $p < .001$ ), and moderately and positively correlated with life satisfaction ( $\rho = 0.415$ ;  $p < .001$ ). Humanism showed a moderate positive correlation with life satisfaction ( $\rho = 0.310$ ;  $p < .001$ ). Kantianism was not significantly related to any of the studied variables. The overall Light Triad score was weakly and negatively associated with depression ( $\rho = -0.194$ ;  $p = .003$ ) and moderately and positively associated with life satisfaction ( $\rho = 0.353$ ;  $p < .001$ ). These findings suggest that specific Light Triad traits are associated with greater life satisfaction and lower levels of depressive symptoms. In the studied sample, Kantianism—despite its theoretically prosocial nature—was not significantly related to indicators of well-being. The results point to the potential importance of prosocial personality traits for psychological functioning.