

SYMPOSIA- ROUND TABLES- WORKSHOPS

1) SYMPOSIUM : DOMESTIC VIOLENCE

A)

INTIMATE PARTNER VIOLENCE AND DOMESTIC VIOLENCE IN SAME-SEX RELATIONSHIPS`

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When we talk about Domestic Violence (DV) we usually think to a women victim of a man: in our thoughts the husband. In this work our attention will be focused to Same-Sex-Couple. What do we know about DV in the SSC? We have for sure less information than that for the heterosexual couple. DV in lesbian and gay relationships has been an under-researched area but in recent years the Scientific Community has increasingly recognized its importance, focusing new studies on this issue. DV occurs at similar rates in SSC as well as in heterosexual couples. DV in homosexual relationships as in heterosexual relationships ranges from physical or sexual violence to psychological, emotional or economic abuse. If the heterosexual DV is a taboo, the homosexual one is more than a taboo. An explanation can be identified in the Minority Stress Model and in the social homophobia. Homophobia leaves the victim alone, and stops him/her from accessing to social support. As Astor said in 1996, this type of violence may be reinforced by the fear that acknowledging it may feed societal homophobia and contribute to prejudice the relationships. DV in SSC and homophobia is interrelated, and it needs to be investigated deeper.

B)**THE REPRESENTATION OF DOMESTIC VIOLENCE IN THREE ITALIAN DAILY NEWSPAPERS****Authors' names:**

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One of the aims of our research was to identify the differences between three Italian daily newspapers in the expression and therefore in the representation of Domestic Violence (DV). The software used for the analysis was T-Lab. We focalized our attention on the years 2002 and 2012 in order to point out the differences that there might be. In 2002, the research on the newspaper "Corriere della Sera" has produced a total of 12 articles; 4 of them were only available in the online version. The keywords we chose were "violence in the couple" and "violence wife". The keyword "stalking", absent in 2002, is one of the most common in 2012 (64 articles). The articles in "La_Stampa" (2002) were 43. "Violence husband" and "family violence" are the most encountered keywords, while "domestic violence" is the one that produces fewer results; in 2012, 69 articles occupying full pages. On "La_Repubblica" in 2002 the research provided 34 articles, 26 of which were only available in the online version. The first results have shown: an increased number of articles in the year 2012, differences in the ways of defining the DV, articles about the prevention of DV, a new image of the victim.

Γ)

‘NARCISSISTIC PERSONALITY DISORDER AND CHILD ABUSE. IS THERE A RELATIONSHIP?’

DG Lyrakos, Clinical Psychologist, Maastricht University, Elpis Care,
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The present study makes a preliminary investigation of the association between Narcissistic Personality Disorder and Child Abuse. It examines 10 convicted child abusers in terms of diagnosis and schema modes. Although the sample is too small for definite conclusion, it shows high associations between Narcissistic Disorder and/or Symptomatology, in terms of symptoms and way of thinking.

2) ROUND TABLE: PSYCHOSOCIAL CONSEQUENCES OF SEAFARERS’ PROFESSION

A)

‘ΠΟΙΕΣ ΟΙ ΨΥΧΟΚΟΙΝΩΝΙΚΕΣ ΕΠΙΠΤΩΣΕΙΣ ΤΟΥ ΕΠΑΓΓΕΛΜΑΤΟΣ ΤΟΥ ΝΑΥΤΙΚΟΥ ΣΤΟΝ ΙΔΙΟ ΚΑΙ ΣΤΗΝ ΟΙΚΟΓΕΝΕΙΑ ΤΟΥ; (WHAT ARE THE PSYCHOSOCIAL CONSEQUENCES OF THE SEAFARERS’ PROFESSION TO THEM AND TO THEIR FAMILIES?)’

Th. Tsouti, Ψυχολόγος, UK

Η ναυτιλία είναι μια από τις μεγαλύτερες βιομηχανίες παγκοσμίως η οποία γνωρίζει συνεχή ανάπτυξη. Η χώρα μας έχει μακρά παράδοση στην ναυτιλία και αποτελεί την νούμερο ένα δύναμη παγκοσμίως. Ένας από τους βασικούς παράγοντες ανάπτυξης που την απαρτίζει είναι ο ίδιος ο ναυτικός. Είναι ένας πολίτης του κόσμου που μας μεταφέρει ιδέες, γνώση και επαφή με άλλους πολιτισμούς και αξίες. Ο ίδιος καλείται να απουσιάζει, συνήθως, μεγάλες περιόδους από την οικογένειά του και τον ευρύτερο κοινωνικό του κύκλο. Επιλέγει έναν τρόπο ζωής που χαρακτηρίζεται από συνεχείς αποχωρισμούς και επανασυνδέσεις και μεταβάσεις από το οικογενειακό και κοινωνικό περιβάλλον που ανήκει στο εργασιακό περιβάλλον του πλοίου. Σύγχρονες έρευνες μας δίνουν πολύτιμες πληροφορίες σχετικά με τις ψυχολογικές επιπτώσεις στον ναυτικό και στην οικογένειά του από τις απαιτήσεις του επαγγέλματος αυτού. Κάποια από τα θέματα που θα μας απασχολήσουν σε αυτή την παρουσίαση είναι το

πώς διαμορφώνεται η σχέση του ζευγαριού, ποια είναι η ψυχοσυναισθηματική κατάσταση των συντρόφων και ποια των παιδιών στην οικογένεια .

The shipping industry is one of the largest industries worldwide with a continuous growth. Our country has a long tradition in this industry with a leading position globally. One of the main factors of growth that composes it, is the Seafarer himself. He is a citizen of the world who brings us concepts, knowledge and contact with other cultures and values. He is absent usually for long periods of time from his family and his broader social cycle. The seafarer chooses a lifestyle characterized by continuous separations, reunions and transitions from the family and social environment he belongs to, to the one of the ship's environment. Recent research gives us valuable information about the psychological impacts on the seafarer and his family that derive from the requirements of this profession. Some of the issues considered in this presentation are, how the couple's relationship is formed and what the psychological and emotional state for each of the spouses and the children in the family is.

B)

‘Η ΧΡΗΣΗ ΤΟΥ ΕΡΩΤΗΜΑΤΟΛΟΓΙΟΥ ΑΞΙΟΛΟΓΗΣΗΣ ΤΗΣ ΣΥΜΠΕΡΙΦΟΡΑΣ (MCMI-III) ΣΤΗΝ ΑΞΙΟΛΟΓΗΣΗ ΠΡΟΣΩΠΙΚΟΥ (USE OF BEHAVIOR EVALUATION QUESTIONNAIRE (MCMI-III) FOR PERSONNEL EVALUATION)’

A Golfi, Εργασιακή Ψυχολόγος Hellas EAP, ΔΓ Λυράκος, Κλινικός Ψυχολόγος,
Maastricht University, Elpis Care, NETHERLANDS

Η εξέλιξη των μεθόδων και μέσων αξιολόγησης προσωπικού αποτελεί θέμα που απασχολεί σταθερά την κοινότητα της σύγχρονης εργασιακής/οργανωτικής ψυχολογίας, της Ψυχομετρίας αλλά και της Διοίκησης Ανθρώπινου Δυναμικού. Πολλά εργαλεία έχουν δημιουργηθεί με σκοπό να αξιολογήσουν τους παράγοντες ψυχοκοινωνικών κινδύνων στην εργασία καθώς και εργαλεία που αξιοποιούνται στην επιλογή του προσωπικού ανάλογα με την εργασιακή θέση, τις ικανότητες και το συμπεριφορικό και ψυχολογικό προφίλ των υποψηφίων. Τα εργαλεία αυτά έχουν την τάση είτε να είναι περιορισμένων δυνατοτήτων αναφορικά με τους τομείς αξιολόγησης είτε είναι πολύ μεγάλα, χρονοβόρα και δύσχρηστα στην συμπλήρωση. Το Ερωτηματολόγιο Αξιολόγησης της Συμπεριφοράς (MCMI-III) είναι ένα εργαλείο σταθμισμένο σε ελληνικό πληθυσμό, σύντομο (175 ερωτήσεις) και με χρόνο συμπλήρωσης 30' περίπου. Η ανάλυση των αποτελεσμάτων της ελληνικής έκδοσης του MCMI-III προσφέρει μια καλή περιγραφή της συμπεριφοράς και του

ψυχολογικού προφίλ του ατόμου και μπορεί να αποκτήσει μια αξιόπιστη και έγκυρη «θέση» στα εργαλεία επιλογής και αξιολόγησης της συμπεριφοράς υποψηφίων και εργαζομένων σε έναν οργανισμό.

Γ)

‘ΨΥΧΟΛΟΓΙΚΑ ΚΑΙ ΨΥΧΙΑΤΡΙΚΑ ΠΡΟΒΛΗΜΑΤΑ ΠΑΙΔΙΩΝ ΝΑΥΤΙΚΩΝ ΠΟΥ ΕΛΕΙΨΑΝ ΜΕΓΑΛΑ ΔΙΑΣΤΗΜΑΤΑ ΣΕ ΜΙΚΡΗ ΗΛΙΚΙΑ ΤΩΝ ΠΑΙΔΙΩΝ, ΣΥΝΕΠΕΙΕΣ ΚΑΙ ΘΕΡΑΠΕΙΕΣ (PSYCHOLOGICAL & PSYCHIATRIC PROBLEMS OF CHILDREN OF PEOPLE WORKING IN CARGOS AND ABSENT FOR BIG PERIODS WHEN THE CHILDREN ARE VERY YOUNG, CONSEQUENCES & THERAPIES)’

Dr. J Kouros MD Psychiatrist/Ps/President and Scientific Director of the A.P.P.A.C.,
GREECE

3) ROUND TABLE : DIVORCE AND PROBLEMS IN CHILDREN

Dr. J. Kouros, President and Scientific Director of the A.P.P.A.C.,

H. Gonou, Lawyer,

Dr. G. Freris, Child Psychiatrist, Director of ‘Sotiria’ Public Gen. Hospital of Athens,

EFTA Member Athens,

GREECE

4) WORKSHOP : THE MOVING SENSE

A Kougioufa, Dance therapist, B.Ed. GADTR, Senior President of the Greek Association of Dance therapists, GREECE

It is through the senses of our body, that we become aware of our self and the world around us. Touch, sound, sight, smell, taste , kinesthesia(balance, body position) and the combinations of these, inform us of who we are , how, where, when, allowing us to enter into a

dialogue with the environment and rediscover parts of ourselves which may lead to a sense of wholeness.

- It is advisable for the participants to wear comfortable clothes.

5) WORKSHOP: WORKING WITH PEOPLE WHO SELF-HARM

Laura Farleigh MA UKCP Reg. BACP Acc.
Integrative Arts Psychotherapist Trainer and Group Facilitator

Sharon Blacker Dip.Couns. MBACP
Psychodynamic Counsellor Trainer and Group Facilitator

UNITED KINGDOM

This workshop will empower participants to give emotional and practical support to people who harm their bodies. It is aimed at: mental health professionals, teachers, health professionals, counsellors, head teachers, nurses, probation officers, youth offender support teams, social workers, social anthropologists, teaching and medical staff in colleges and universities.

A person who harms their own body, wounding the skin and drawing blood, is feeling so helpless and confused that they are unable to find any other way of managing mental anguish and chaos that arises from their unmanageable emotions. This goes far beyond adolescent angst; self-harm shows that the mind has slipped away from its ordinary perspective, losing sight of pain and danger, therefore giving in to an act that will bring an immediate solution to emotional pain. Self Harm modifies a state of mind that would otherwise become unbearable.

During the Workshop there will be time for personal reflection to allow participants to explore their own self-harming tendencies such as smoking, driving too fast, abuse of over the counter medication, which will better equip them to understand and contain self-harm in their clients. Learning methods of the workshop will include an analysis of the primary causes of self-harm, theoretical templates to underpin our thinking. Case studies will be used to bring theory to practice and therefore increase confidence. Participants will have a space to explore their own reactions and learn practical skills to support people who self-harm.

The workshop will include:

- Definition of self-harm
- How physical pain drowns out emotional distress
- Who is at risk? (Including, looking at primary attachment, lack of attuned primary handling, psychosomatic indwelling, environmental insecurity)
- Different types of self-harm
- Why do people harm themselves?
- The brain's response to anxiety

- Common responses to self-harm
- Clinical study
- Participants' case material
- Helping the client reduce their unmanageable feelings through the Therapeutic Relationship.
- Educating the Client to help them pre-empt and moderate their response of overwhelming feelings when they lose the ability to self-regulate, or the capacity for cognitive reasoning.
- Identifying structures for self-support
- Resources: books, help-lines, websites

“Developing an understanding is in itself, containing of anxiety” Bion (1962)

6) INTERACTIVE TRAINING WORKSHOP : BUILDING TRUST AND COMMUNICATION

Dr. A Sotirchou, M.A., Psychologist, Psychotherapist, Counselor
Center of Psychological Applications, Athens, GREECE

The interactive workshop will train participants in techniques that ensure effective communication. In addition the workshop will introduce and train in techniques that are important to the building of trust amongst members of newly formed groups. As a result of such techniques the participants as well as the trainer develop a relationship that ensures the positive outcome of any workshop.

7) ROUND TABLE : CLINICAL AND LEGAL ASPECTS OF HOMICIDAL BEHAVIOR IN SCHIZOPHRENIA

‘Schizophrenia and homicide’
Petsas Dimitrios – Psychiatrist, Psychiatric Hospital of Attica, Daphni

‘Issues regarding capacity to stand trial in schizophrenia’
Tsopeas Christos - Psychiatrist, Psychiatric Hospital of Attica, Daphni

The psychiatric community has clearly accepted the fact that mental illness alone does not usually lead to violent behavior, unless the patient also has a substance use disorder or history of violence. In spite of that, when a psychiatric patient reaches the

point of violent behavior, dramatic acts may occur and peoples' reflex reactions appear in an excessive way. A homicide committed by a patient suffering from schizophrenia is always a reason for reinforcing vicious beliefs related to schizophrenic patients. The relation between schizophrenia and homicide, the necessary preconditions that lead a schizophrenic patient to a life threatening or a life – taking action, along with other basic parameters and issues regarding capacity to stand trial in schizophrenia will be discussed.

a. **ROUND TABLE: INTENSIVE CARE UNIT SYNDROME**

'EARLY DIAGNOSIS AND TREATMENT OF INTENSIVE CARE UNIT SYNDROME'

'Έγκαιρη διάγνωση και αντιμετώπιση του συνδρόμου της ΜΕΘ'

D Petsas, Psychiatrist, Psychiatric Hospital of Attica, Daphni

'INTENSIVE CARE UNIT SYNDROME: THERAPEUTIC INTERVENTIONS – PROGNOSIS'

'Σύνδρομο της ΜΕΘ : θεραπευτικές παρεμβάσεις – πρόγνωση'

Il Petsa, Cardiologist, specializing in Intensive Care Medicine, General Hospital 'G. Gennimatas', Intensive Care Unit

Η έγκαιρη αναγνώριση του συνδρόμου της ΜΕΘ αποτελεί μια παράμετρο καθοριστική για την πορεία της υγείας του ασθενούς. Παρά, όμως, τα υψηλά ποσοστά εμφάνισης του συνδρόμου, η διάγνωση φαίνεται να μην τίθεται σε μεγάλο ποσοστό των περιπτώσεων αυτών. Η ευρύτητα και η ένταση των συμπτωμάτων, με τα οποία αυτό, συνήθως, εκδηλώνεται, καθιστά αδικαιολόγητη την παράλειψη αυτή. Στα πλαίσια της Διασυνδεδετικής Ψυχιατρικής η συμμετοχή και ο ρόλος του Ψυχιάτρου προς την κατεύθυνση της έγκαιρης διάγνωσης, αλλά και αντιμετώπισης του συνδρόμου της ΜΕΘ, είναι καθοριστικός. Με δεδομένη την αλληλεπίδραση μεταξύ των ψυχιατρικών συμπτωμάτων και αυτών της υποκείμενης σωματικής νόσου, η πρόγνωση συνδέεται άρρηκτα με το βαθμό και την ποιότητα της συνεργασίας μεταξύ των ψυχιάτρων και των ιατρών της ΜΕΘ. Στη στρογγυλή αυτή τράπεζα θα γίνει αναφορά σε παραμέτρους αυτής της εξαιρετικά σημαντικής συνεργασίας, η εξασφάλιση της οποίας δε μπορεί παρά να αποβεί σε όφελος του ίδιου του ασθενούς.

b. **ROUND TABLE: PROFESSIONAL EXHAUSTION SYNDROME IN INTENSIVE CARE UNIT**

i) **'CAUSES AND CONSEQUENCES OF PROFESSIONAL EXHAUSTION SYNDROME IN INTENSIVE CARE UNIT'**

‘Αίτια και συνέπειες της εμφάνισης του συνδρόμου επαγγελματικής εξουθένωσης στις ΜΕΘ’

Il Petsa, Cardiologist, specializing in Intensive Care Medicine
General Hospital ‘G. Gennimatas’, Intensive Care Unit

ii) ‘PREVENTION OR TREATMENT POSSIBILITIES OF PROFESSIONAL EXHAUSTION SYNDROME IN INTENSIVE CARE UNIT’

‘Δυνατότητες πρόληψης ή αντιμετώπισης του συνδρόμου επαγγελματικής εξουθένωσης στις ΜΕΘ’

D Petsas, Psychiatrist, Psychiatric Hospital of Attica, Daphni

Σε κάθε επαγγελματικό χώρο - και σίγουρα σε μεγάλο βαθμό στο χώρο της υγείας - η εμφάνιση του συνδρόμου της επαγγελματικής εξουθένωσης είναι από δυνητικά υπαρκτή ως εξαιρετικά πιθανή. Ο χώρος των Μονάδων Εντατικής Θεραπείας, αποτελεί από μόνος του ένα πλαίσιο, στο οποίο αυτό το φαινόμενο δύναται να εκφραστεί, ακόμη και στην πιο ακραία του μορφή. Τα αίτια, που συνδέονται με το ενδεχόμενο αυτό είναι πολλά και σε μεγάλο βαθμό σχετίζονται (άμεσα ή έμμεσα) με τη βαρύτητα της κατάστασης των νοσηλευόμενων. Στη στρογγυλή αυτή Τράπεζα θα γίνει εκτενής αναφορά και περιγραφή αυτών των αιτιών. Θα επιδιωχθεί να τονιστεί η αξία της πρόληψης, θα αναφερθούν και θα συζητηθούν τρόποι, μέσω των οποίων, μπορεί κάτι τέτοιο να καταστεί δυνατό. Θα τονιστεί, επίσης, η μεγάλη σημασία της αντιμετώπισης του συνδρόμου επαγγελματικής εξουθένωσης στη ΜΕΘ, εφ’ όσον οι δράσεις πρόληψης έχουν αποτύχει ή δεν έχουν καν υπάρξει, καθώς και των κινδύνων, που προκύπτουν τόσο για τον ίδιο τον επαγγελματία, όσο και για τους θεραπευόμενους, σε περίπτωση υποτίμησης, απαξίωσης ή υποβάθμισης της βαρύτητας του συνδρόμου.

8) SYMPOSIUM : WORKING PROBLEMS IN A BIG PSYCHIATRIC HOSPITAL

1

ΨΥΧΙΑΤΡΙΚΗ ΝΟΣΗΛΕΙΑ ΚΑΙ ΒΑΘΜΟΣ ΤΑΥΤΙΣΗΣ ΔΙΑΓΝΩΣΗΣ ΕΙΣΟΔΟΥ ΚΑΙ ΔΙΑΓΝΩΣΗΣ ΕΞΟΔΟΥ

PSYCHIATRIC HOSPITALIZATION AND ACCORDANCE RATE BETWEEN ADMISSION AND DISCHARGE DAY DIAGNOSIS

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⁵ Ψυχίατρος – Ψυχίατρος, Επιστημονικός Συνεργάτης 5^{ου} Ψ.Τ.Ε. – Ψ.Ν.Α. Δαφνί
⁶ Ειδικευόμενη Ψυχιατρικής. 6^ο Ψ.Τ.Ε. – Ψυχιατρικό Νοσοκομείο Αττικής, Δαφνί

Εισαγωγή : κατά τη διάρκεια της ακούσιας εξέτασης ψυχικά ασθενών στο εφημερείο, η ακριβής διαγνωστική προσέγγιση δεν αποτελεί πανάκεια, όμως μπορεί να αποτελεί δείκτη, που να συνδέεται με την ορθή (ή μη ορθή) εκτίμηση περί της αναγκαιότητας στέρησης της ατομικής ελευθερίας.

Σκοπός : να καταγράψουμε και να υπολογίσουμε το βαθμό ταύτισης μεταξύ των αρχικών διαγνώσεων (στο εφημερείο) και των τελικών διαγνώσεων (στο Ψυχιατρικό Τμήμα Εισαγωγών κατά το εξιτήριο), που αφορούν σε ακούσια νοσηλευόμενους ασθενείς.

Υλικό – Μέθοδος : έγινε τυχαιοποιημένος, συγκριτικός έλεγχος μεταξύ των αρχικών και των τελικών διαγνώσεων, σε 80 φακέλους ασθενών, που νοσηλεύθηκαν ακουσίως και έλαβαν εξιτήριο από το 6^ο Ψ.Τ.Ε. του Ψ.Ν.Α. Δαφνί στο χρονικό διάστημα μεταξύ Φεβρουαρίου 2012 και Φεβρουαρίου 2013. Χρησιμοποιήθηκε η περιγραφική μέθοδος.

Αποτελέσματα : στους 72 ασθενείς υπήρχε πλήρης ταύτιση όσον αφορά στη διάγνωση (΄΄ψυχωτική συνδρομή΄΄), ενώ σε 6 και 2 περιπτώσεις αντίστοιχα υπήρξε μονήρους κατεύθυνσης διαφοροποίηση μεταξύ της αρχικής ΄΄σχιζοφρένειας΄΄ και της ΄΄διαταραχής προσωπικότητας΄΄ προς την τελική διάγνωση της ΄΄σχιζοσυναισθηματικής διαταραχής΄΄.

Συμπεράσματα : υπάρχει σαφώς επιτυχής διαγνωστική προσέγγιση των ακουσίως εξεταζόμενων και στη συνέχεια νοσηλευόμενων ασθενών στο εφημερείο του Ψυχιατρικού Νοσοκομείου, κάτι που πιθανώς να συνδέεται είτε με το αυξημένο αίσθημα ευθύνης των ψυχιάτρων που εμπλέκονται στη διαδικασία ενδεχόμενης στέρησης της ελευθερίας, αλλά και προστασίας των ψυχικά ασθενών ατόμων, είτε στη μεγάλη εμπειρία σε ψυχιατρικά περιστατικά μεγάλης βαρύτητας, τα οποία προσέρχονται σε μεγάλο ποσοστό στο ειδικό Νοσοκομείο.

2

Η ΑΠΟΥΣΙΑ ΨΥΧΙΑΤΡΙΚΗΣ ΕΠΑΝΕΞΕΤΑΣΗΣ ΚΑΙ ΔΙΑΓΝΩΣΤΙΚΟΥ ΕΠΑΝΑΠΡΟΣΔΙΟΡΙΣΜΟΥ ΣΕ ΣΥΝΔΥΑΣΜΟ ΜΕ ΜΕΙΟΝΕΚΤΗΜΑΤΑ ΤΟΥ ΣΥΣΤΗΜΑΤΟΣ ΠΑΡΟΧΗΣ ΨΥΧΙΑΤΡΙΚΩΝ ΥΠΗΡΕΣΙΩΝ ΥΓΕΙΑΣ THE ABSENCE OF PSYCHIATRIC RECONSULTATION AND DIAGNOSTIC REEVALUATION IN COMBINATION WITH THE DISADVANTAGES OF THE PROVIDED PSYCHIATRIC HEALTH SERVICES SYSTEM

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Γυναίκα, 78 ετών, προσήλθε στα Εξωτερικά Ιατρεία αναφέροντας χρόνια λήψη χλωροπρομαζίνης (μέχρι προ τριετίας 300 mg και έκτοτε 100 mg ημερησίως), λεβομεπρομαζίνης 25 mg ημερησίως και βενζεξόλης υδροχλωρικής 5 mg ημερησίως. Λόγος της επίσκεψης η από καιρού αδυναμία ανεύρεσης του τελευταίου εκ των σκευασμάτων, αίτημα η ενδεχόμενη αντικατάστασή του με άλλο σκεύασμα.

Από το ιστορικό προέκυψε εμφάνιση έντονα (;), καταθλιπτικού και αγχωτικού τύπου συμπτωματολογίας σε ηλικία 40 ετών. Περιγράφονται εκδηλώσεις, που ενδεχομένως να παραπέμπουν σε συνοδά οιστριονικά στοιχεία. Σχεδόν αποκλείστηκε η ύπαρξη ψυχωσιόμορφων εκδηλώσεων. Η χορήγηση της ανωτέρω αναφερόμενης φαρμακευτικής αγωγής οδήγησε σε ύφεση των συμπτωμάτων σε διάστημα μερικών μηνών. Για τα επόμενα τριάντα οκτώ χρόνια γινόταν λήψη της φαρμακευτικής αγωγής, χωρίς ουσιαστικά να εξεταστεί η ασθενής, τηρώντας μια διαδικασία τυπικής συνταγογράφησης και εν τη απουσία οιασδήποτε συμπτωματολογίας. Πρόσφατα ένας εκ των συνταγογραφόντων (38 χρόνια μετά), υπέδειξε την ανωτέρω αναφερόμενη μείωση της χλωροπρομαζίνης. Κατά την κλινική εξέταση, η ασθενής δεν εμφάνιζε ενεργό ψυχοπαθολογία, ενώ και η κατάσταση της σωματικής της υγείας ήταν εξαιρετική. Η απουσία συμπτωματολογίας επί δεκαετίες και το πέρασμα της θεραπευόμενης στην τρίτη (65-74) και τέταρτη (75-90), κατά τον Παγκόσμιο Οργανισμό Υγείας, ηλικία, καθιστούσε δεδομένη, αλλά, όπως αποδεικνύεται, όχι και αυτονόητη, την ανάγκη ουσιαστικής επανεξέτασης και επαναπροσδιορισμού της φαρμακευτικής αγωγής, ανεξάρτητα από την όποια (και όποιας ορθότητας) διάγνωση που είχε τεθεί προ 38 ετών. Η έλλειψη πληροφόρησης και η γενικότερη απουσία κατάλληλης ψυχοεκπαίδευσης των θεραπευόμενων, σε συνδυασμό με τα κενά στην παροχή (ψυχιατρικών υπηρεσιών, είτε αυτά αφορούν σε θεσμικές παραμέτρους, είτε αυτά συνδέονται με το βαθμό ευσυνειδησίας εκάστου εκ των θεραπειών, μπορεί να οδηγήσουν, σε φαινόμενα σαν τα ανωτέρω, ενώ διανύουμε τη δεύτερη δεκαετία του 21^{ου} αιώνα.

ΣΥΧΝΟΤΗΤΑ ΕΦΑΡΜΟΓΗΣ ΤΟΥ ΠΡΟΣΤΑΤΕΥΤΙΚΟΥ ΚΛΙΝΟΣΤΑΤΙΣΜΟΥ ΣΤΑ ΠΛΑΙΣΙΑ ΤΗΣ ΛΕΙΤΟΥΡΓΙΑΣ ΕΝΟΣ ΨΥΧΙΑΤΡΙΚΟΥ ΤΜΗΜΑΤΟΣ ΕΙΣΑΓΩΓΩΝ

THE FREQUENCY OF PRECAUTION MEASURES, AS RESTRAINT, TAKEN IN A PSYCHIATRIC EMERGENCY DEPARTMENT

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Εισαγωγή : το ζήτημα του προστατευτικού κλινοστατισμού έχει γίνει αντικείμενο εκμετάλλευσης τόσο από το κίνημα της αντιψυχιατρικής, όσο και από κάποιους

επαγγελματίες ψυχικής υγείας (από όλους τους κλάδους), που επιδιώκουν το διαχωρισμό (σχάση - splitting) των επαγγελματιών, με κριτήριο τη χρήση αυτού του μέτρου.

Σκοπός : να καταδειχθεί αν – και σε τι βαθμό – ισχύουν οι αναφορές για υπέρμετρη χρήση του προστατευτικού κλινοστατισμού (‘‘ένας στους τρεις είναι δεμένος’’) σε ψυχιατρικά Τμήματα.

Υλικό – Μέθοδος : έγινε καταγραφή του αριθμού των περιπτώσεων, που χρειάστηκε να τεθεί κάποιος ασθενής υπό προστατευτικό κλινοστατισμό στο 6^ο Ψ.Τ.Ε. του Ψ.Ν.Α. Δαφνί για το χρονικό διάστημα μεταξύ 1-3-2012 και 31-12-2012. Χρησιμοποιήθηκε η περιγραφική μέθοδος.

Αποτελέσματα : σε περίοδο 10 (δέκα) μηνών κρίθηκε αναγκαία η χρήση του προστατευτικού κλινοστατισμού 130 φορές ακριβώς, δηλαδή 10 φορές/μήνα, ήτοι 0,33 φορές ημερησίως, ποσοστό κατά 30-40 φορές μικρότερο από όσα κατά καιρούς αναφέρονται από πολλούς, χωρίς συγκεκριμένα στοιχεία.

Συμπεράσματα : η αυθαίρετη χρήση ‘‘υψηλών ποσοστών χρήσης του προστατευτικού κλινοστατισμού’’, που δεν ανταποκρίνονται στην πραγματικότητα, θέτουν ποικιλοτρόπως σε κίνδυνο τις όποιες προσπάθειες γίνονται με στόχο την προστασία των ψυχικά ασθενών και εκθέτουν αδικαιολόγητα επαγγελματίες ψυχικής υγείας. Είναι, όμως, σίγουρο ότι τα ποσοστά αυτά πρέπει να καταγράφονται και να αξιολογούνται συγκριτικά συνεχώς, ως ενδεικτικά στοιχεία ελέγχου του γενικότερου ψυχιατρικά επιτελούμενου έργου.

4

ΧΟΡΗΓΗΣΗ ΨΥΧΙΑΤΡΙΚΩΝ ΓΝΩΜΑΤΕΥΣΕΩΝ : Ο ΚΙΝΔΥΝΟΣ ΜΕΤΑΤΡΟΠΗΣ ΜΙΑ ΑΥΣΤΗΡΑ ΠΡΟΛΗΠΤΙΚΗΣ ΙΑΤΡΙΚΗΣ ΠΡΑΞΗΣ ΣΕ ΓΡΑΦΕΙΟΚΡΑΤΙΚΗ ΔΙΑΔΙΚΑΣΙΑ

PROVIDING PSYCHIATRIC HEALTH CERTIFICATES : THE RISK OF TRANSFORMING A STRICTLY MEDICAL PREVENTIVE ACT IN BUREAUCRATIC PROCEDURE

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Εισαγωγή : η χορήγηση ψυχιατρικής γνωμάτευσης αποτελεί για τον ψυχίατρο μέρος μια συνολικής διαδικασίας ουσιαστικής και πλήρους εξέτασης ενός ατόμου, αλλά από τους μη ειδικούς, ακόμη και επαγγελματίες υγείας, θεωρείται, συχνά, μια τυπική, ολιγόλεπτη διαδικασία.

Σκοπός : να καταγράψουμε τη συχνότητα εμφάνισης πολιτών, που ζητούν στα Εξωτερικά Ιατρεία να τους χορηγηθεί ψυχιατρική γνωμάτευση άμεσα και χωρίς ουσιαστική εξέταση

Υλικό – Μέθοδος : έγινε καταγραφή των ανωτέρω περιστατικών (μόνο όσων ζητούσαν άμεσα τη γνωμάτευση) για το χρονικό διάστημα μεταξύ 1-1-2012 και 31-12-2012. Χρησιμοποιήθηκε η περιγραφική μέθοδος.

Αποτελέσματα : κατεγράφησαν 32 τέτοια περιστατικά (28 άνδρες, 4 γυναίκες), εκ των οποίων μόνο 6 ήταν προγραμματισμένα ραντεβού, με τους υπόλοιπους να προσέρχονται εκτός προγράμματος. Στο σύνολό τους αρνήθηκαν τη λήψη αναλυτικού ιστορικού, τη συμμετοχή σε κάποιο ψυχομετρικό τεστ ή σε όποια άλλη διαδικασία, πλήν της άμεσης λήψης της γνωμάτευσης.

Συμπεράσματα : με δεδομένη την πίεση, που ασκείται από τους ενδιαφερόμενους, υφίσταται σημαντικός κίνδυνος να χορηγηθούν ψυχιατρικές γνωματεύσεις, που να πιστοποιούν ως ψυχικά υγιή, άτομα ψυχικώς πάσχοντα, με προφανείς τους παρεπόμενους κινδύνους από τη χρήση αυτών των γνωματεύσεων. Είναι σαφές ότι ο ψυχίατρος οφείλει να εξασφαλίζει την προστασία του κοινωνικού συνόλου, αλλά, είναι επίσης, απαραίτητο και το κράτος να εγγυάται την ασφάλεια, όσων καλούνται να επιτελέσουν το έργο αυτό.

5

ΑΠΟ ΤΗΝ ΚΟΙΝΟΤΗΤΑ ΣΤΟ ΨΥΧΙΑΤΡΕΙΟ : ΑΠΛΗ ΕΠΙΣΤΡΟΦΗ Ή ΚΑΤΑΣΤΡΟΦΙΚΗ ΠΑΛΙΝΔΡΟΜΗΣΗ ;

FROM THE COMMUNITY TO THE ASYLUM : A SIMPLE RETURN OR A DISASTROUS INVOLUTION ?

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Εισαγωγή : οι παλινωδίες σε σχέση με την πορεία της Ψυχιατρικής Μεταρρύθμισης στην Ελλάδα, σε συνδυασμό με την οικονομική ύφεση, οδήγησαν μοιραία στην εμφάνιση πολλών σεναρίων, μεταξύ των οποίων και αυτό του κλεισίματος των εξωνοσοκομειακών στεγαστικών δομών και της επιστροφής των ασθενών στο ψυχιατρείο.

Σκοπός : η καταγραφή της θέσης των ενοίκων των δομών σε σχέση με το ενδεχόμενο επιστροφής τους στα ψυχιατρεία.

Υλικό – Μέθοδος : σε 42 ασθενείς τριών δομών του Ψ.Ν.Α. Δαφνί τέθηκε ερώτημα με δυνατότητα επιλογής μίας εκ των πέντε απαντήσεων σε σχέση με το ενδεχόμενο επιστροφής τους στο Ψυχιατρείο.

Αποτελέσματα : 8 ένοικοι (ποσοστό 19,04%) απάντησαν “σε καμία περίπτωση”, 18 (42,86%) “θα προτιμούσα να μη γυρίσω”, 8 (19,04%) “μου είναι αδιάφορο”, 6 (14,3%) “θα προτιμούσα να γυρίσω”, 2 (4,76%) “θέλω οπωσδήποτε να γυρίσω”

Συμπεράσματα : παρά το μικρό δείγμα, εκφράστηκε σαφώς η τάση παραμονής των ψυχικά ασθενών – ενοίκων στην κοινότητα. Καταγράφηκε σε κάποιο βαθμό και εμμέσως το επιπεδωμένο συναίσθημα κάποιων ασθενών, αλλά και η σημασία του

ρόλου του ιδρύματος για κάποιους ασθενώς, είτε αυτό συνδέεται με το στοιχείο της ιδρυματοποίησης, είτε με παράγοντες, που καθιστούν το μοντέλο του κέντρου μια ουσιαστική εναλλακτική στο μοντέλο της διασποράς.

9) SYMPOSIUM : EARLY CHILDHOOD PROBLEMS

Group a

Chair: T. Sidiropoulou

1.

BETWEEN BODY AND MIND: THE PLEASURE OF READING

M Sidiropoulou, Phd cand. Social Anthropology

The meaning of pleasure in reading is often on the margin, under the powerful symbolism and social representations culturally associated with books. In this research reading is seen as comprehensive meaning and the use of the books as plural concept. Through the navigation of the book pages, between bodily and intellectual processes of reading, underground streams -sometimes strong sometimes less- have been detected. These lead the discussion in a rhetoric of pleasure. This area, highlighted by the "readers" of research, characterized by assertions and power relations.

2.

THE 'PEDAGOGICAL MODEL' OF EVALUATION OF SCHOOL READINESS AND THE IMPORTANCE OF THE EXTENSION OF SCHOOLING IN KINDERGARTEN

E Mousena, Ph.D. Education Policy, Preschool Advisor

Children in preschool age are confronted with a series of transitions, for which the evaluation of results are positive or less positive. The increased scientific and political interest in early childhood education and care simultaneously poses the challenge for coordination of programs and services provided with regards to the rest of the school system.

In an effort to reduce the difficulties of the transition of children from Kindergarten to Primary School, the school readiness assessment is a useful measure. This paper presents the basic principles, the institutional framework and procedures for assessing

school readiness in an effort to implement a “pedagogic model” that can guarantee positive results.

3.

INTRODUCING PERSONA DOLLS TO THE PRE-SCHOOL CLASSROOM

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S. Dimitriadi,¹ S. Kollara,² M. Michali³

Persona Dolls is a powerful and innovative educational tool to tackle exclusion due to discrimination in pre-school education, as well as in the first two grades of primary education. It has been used with success in a lot of countries in almost all continents. The present research conducted in Greece, is only a part of a wider research project and describes how this tool was introduced to Greek student-teachers and the training they received. It also describes how these trained-student teachers implemented the Persona Doll approach in their early years classroom and the impact that this had on both the children and the adults in their environment, i.e. teachers, parents and directors. The approach to research followed was a qualitative one and the methodology was child-centred, while the evidence was collected by means of triangulation of data. Due to sensitivity of research topic, all necessary measures were taken in order to stay in line with the ethical issues in early childhood research. The research findings indeed confirmed the positive outcomes that have been identified in other international studies regarding the implementation of the approach. Moreover, it became evident that although this educational tool has been designed for trained professionals, it can equally and effectively be used by trained student-teachers.

4.

OBJECT PLAY AS A MEANS OF COMMUNICATION BETWEEN THE CHILD AND THE ADULT

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Play is an activity that starts spontaneously from infancy. It takes different forms over the life span of the child, depending on the accomplishments on an emotional, cognitive, kinetic and social level. Parallely, play constitutes one of the most important activities that contribute to the organization of self, as well as to cognitive and emotional development (Papadopoulou, 1999).

In my dissertation I will be looking at how play becomes a means of communication between the child and the adult. The questions that will be explored are around how does the infant and toddler present with the object (materialistic) play? How does the infant and toddler present with the object play and the adult (mother- educator)? How the child presents when playing alone and when playing with an adult? Moreover, in my dissertation, I would like to add my role, my role as an educator since this master's enabled my development as a professional and helped me view things from a different perspective.

Play is the everyday tool of my work. I am an educator for preschool age children and the last five years I have been working in a kindergarten. Play for me is the first means of creating a contact with children of this age. The importance of play in the development of the child and in its relation to his parents I believe could be utilized by professional educators of preschool age, during their contact with the children and the families. This in its own way could inform and sensitize the parents around different aspect of a child's play. In this aspect, the exploration of this theme I believe will contribute in the sensitization of both parents and professionals in order to comprehend, value, and respond to the challenges a child's play might present with.

The child develops significantly through play activities. The child in play works with concepts that are independent from the ordinary objects and the use they represent. Thus, a very interesting contradiction is created, where the child intertwines real acts with real objects. Winnicott in his theory of play explains that the infant and the object are incorporated in each other. The infant's opinion about the object is subjective and the mother must prepare the infant to attain what it is ready to discover. The mother or the motherly figure restores the object the infant has denied and in its turn it comes back to be accepted again. More specifically, the mother (or part of the mother) is in an in between stance of being that which the infant has the ability to discover and (alternatively) being her own self that is waiting to be discovered. If the mother plays her role well for a big enough period of time, then the infant has the experience of its magical dominance 'omnipotence' (Winicott, 1962).

5.

EXPLORING THE NARRATIVE SKILLS OF YOUNGER CHILDREN

T Sidiropoulou, Assistant Professor of Psychopedagogics, Early childhood Dept., Technological Educational Institution (TEI) of Athens,

A Poulakida, MEd Education, Research Fellow, Early Childhood Education (E.C.E.) Dept., TEI of Athens,

M Christidou, Speech Therapist

Our study examines the degree that gender and cultural factors influence the preschooler's narrative skills. The methodological frame combines the qualitative content analysis of the children's narrations and the use of quantative approaches in

several narrative fields. The results have pedagogical extensions, which highlight the meaning of the narrations either the children are listeners or participants. The organisation and interpretation of the children's narrative experiences concern the interest of Psychologists. They study the contribution of narrative experiences in the cognitive development of a child and also their utilization as a connection between individual and collective procedures.

Group b

Chair: C. Tsaoula

1.

THE AREA OF A DAYCARE CENTER, AS A MEAN OF WELCOMING THE CHILD AND ITS FAMILY: RESEARCH IN THE MUNICIPALITY OF RHODES

Zerva Maria, Professor of Scientific Applications- Early Childhood Education Dept. TEI of Athens

Atsiknouda Despina, Teacher of Early Childhood Education

Makrogika Maria-Evangelia, Teacher of Early Childhood Education

The educational space plays a very significant role, not only to the educational process, but also to the infant's smooth transition from its family to the school environment. Therefore, we considered that it would be worthy to deepen the value of a certain space and its organization during this period, which is particularly demanding.

The purpose of our study was to describe the welcome space in preschool institutions, during the adjustment period of those children who would attend there for the very first time, as well as their families. In this very space, is where the institution reflects its pedagogical purpose, philosophy and ways of organization.

In order to collect our data, a protocol was made and used, which was filled in by the researchers, by visiting and observing 17 daycare centers of the municipality of Rhodes (urban, suburban, rural areas of the island).

The data were about the building infrastructure of the entrance (security, requirements, equipment). Moreover, they were about the search of educational interventions, which aim to the visitor's approach to the preschool services (friendly welcome space, view of the pedagogical work) and the possible existence of elements that would create a "negative" perspective.

Evaluating the spaces in our sample, we can see that although there is care for organizing them (arranging, cleanness, balance of colors used), in most cases, they appear to have a certain limitation or even absence of those elements needed to show that, these are spaces destined to children and that the educational programs are performed according to their needs, interests and demands.

2.

PRESCHOOL CHILDREN'S OPINIONS ABOUT MODERN FAIRY TALES

M Schiza, Msc Education, Research Fellow, Early Childhood Dept. TEI of Athens, I Kioussi, Teacher of Early Childhood Education, M Kaplaneli, Teacher of Early Childhood Education

The wolf is stereotypically supposed to be aggressive and evil in most fairy tales. Throughout our study we tried to find out whether the stereotype of the evil wolf may be changed. The children easily identify with the “good character” of stories. Today authors highlight new social messages to children and transform the bad wolf into a benevolent and sympathetic hero. Traditional authors created unnecessary fear and they didn't defend animal rights. In the first stage wolf's characteristics were eliminated through the text of six traditional and modern tales. Then children's behavior was observed. An observation protocol was completed thirty six times after the observation of children's behaviour. Specifically they were observed while they were listening to their preschool teacher read the different fairy tales. According to the results the evil wolf might be reversed to a good wolf and children tend to feel sympathetic towards him. The big bad wolf doesn't take centre stage anymore. This time round it's a good little wolf's time to shine and to diminish traditional stereotypes.

3.

THE TRAINING AND FURTHER EDUCATION OF PRESCHOOL EDUCATORS IN HEALTH PROMOTION ISSUES

1. V. Salonides (1) Teacher of Early Childhood Education, MSc Applied Public Health
2. R. Iatrou (2) Teacher of Early Childhood Education
3. Z. Varouchas (2) Teacher of Early Childhood Education

The training and lifelong learning of preschool educators are key factors in determining the attitude of young children. The present dissertation aims to investigate the knowledge of preschool teachers and administrators working in nurseries, on matters relating to health promotion. The contribution of this study is the identification of the various weaknesses that can be found in kindergartens in terms of health promotion and the consequent provision of information to policy makers in order to heal these inefficiencies.

The empirical study approach was adopted since it is the most appropriate method to collect primary data at a specific point in time. A structured questionnaire was, moreover, used as a tool for collecting primary data, since that methodological approach was considered as the most appropriate for achieving the purpose and the objectives of the study.

According to the empirical results the training and lifelong learning of preschool teachers are lacking in some areas of health promotion and the level of further education is not consistent with the current scientific climate. The empirical results lead to interesting observations and consequent proposals to improve the level of compliance with health rules at nurseries. More specifically, the present study suggests the enhancement of the staff with specific and practical knowledge, the

training of employees on issues relating with health promotion using the principles of experiential learning and the enhancement of group cooperation involving different divisions and services.

Keywords: *health promotion, day nursery, preschool educator, educational program, training and education.*

4.

EXPERIENCE IN PUBLIC AND PRIVATE SPHERE ON EPISTEMOLOGICAL AND POLITICAL LEVEL.

A FEMINIST APPROACH

Sidiropoulou Maria (Phd cand. Social Anthropology University of the Aegean)

Polyvaka Evagelia (MPhil in Education A.P.Th)

The paper covers a theoretical epistemological discussion about the shift in research areas that have recently been "validated" by research. Under this light new comprehensive research areas of research, like experience, everyday life, private sphere and reflection have emerged. This shift with feminist origins has critical and wide implications for contemporary research in social sciences.

5.

THOUGHTS AND EMOTIONS OF STUDENTS INVOLVED IN THE EVALUATION OF THEIR STUDIES AND OF THEMSELVES THROUGH THEIR PORTFOLIOS

C.Tsaoula, Lecturer, Department of Early Childhood Education, Technological Educational Institute of Athens, E Vagi-Spyrou, Advisor of Pre-School Education, Ministry of Education, Greece

Within the educational community, the discourse on the evaluation of the contributors in education -based on their accomplished work- started rather late in Greece but has carried on intensively since. Simultaneously, there is intense research concern relating to other forms of evaluation that focus on the person receiving educational knowledge. Our endeavour today is to attempt a first assessment of the findings according to a form of evaluation that we have been using for five years as teachers in tertiary education in the context of our workshop courses.

This is a survey conducted on a sample of 150 students and concerns their impressions and the degree of their personal involvement through a non-formal/alternative form of evaluation. During the six-month workshop course they experienced the development and accomplishment of their own tool of evaluation, the student portfolio in electronic format which is thought more compatible and friendlier with the expressive ways of young people.

The survey aims at detecting the thoughts and feelings of the students in a form of evaluation characterized as authentic. We tried through content analysis of a short written narration by them to explore its main features, their perception of creativity and their ability to draw conclusions with deliberate, systematic use of previous

experience, the adoption, in other words, of a reflective practice in areas of their learning.

The first findings showed both the positive evaluation of the particular experience as well as individual difficulties of the students regarding their ability to distinguish the creative part of the experience from its reflective perception.

ANNOUNCEMENTS & LECTURES

1) 'BRAIN MECHANISMS OF CREATIVITY: POSSIBLE WAY FOR ENHANCING COGNITIVE ABILITY AND SOCIAL-BEHAVIORAL REHABILITATION'

Rodionov A., Starchenko M., Pinina O.

Rodionov A., - Mr., Doctoral candidate, Psychophysicologist, Psychologist

Starchenko M., - Ms. PhD, Psychologist

Pinina O. – Mrs., Student

Rodionov A., Starchenko M. – Researchers in Neurophysiology of consciousness and thinking Research Group, N.P. Bechtereva Institute of Human Brain Russian academy of sciences, Saint Petersburg, RUSSIA

Pinina O. – Student in Laboratory of physiological brain states, N.P. Bechtereva Institute of Human Brain Russian academy of sciences, Saint Petersburg, RUSSIA

It is known that creativity and intelligence are connected with one another up to a particular level (IQ of 120), after which they may be considered as two independent domains. This fact taken together with results of modern neuroimaging studies leads to the assumption that creative and intellectual processes may occur in the brain as a systems of distinct, common and to some extent overlapped mechanisms.

In this presentation the authors summarize their experience from the application of different EEG methodologies (spectral analysis, ERS/ERD, ICA, sLORETA) as well as standardized psychological inventory in the study of actor's creativity and divergent thinking from both neural and psychological perspectives.

It was shown that the actors exhibited higher level of creativity (Guilford test) and more advanced language and memory skills. Comparing these results with results of EEG studies we argue that the actors have ability better adapt their mechanisms of attention to suit not only the creative but also uncreative task demands.

Our findings provided a background for better understanding the decrease of fluency and originality (Guilford test) in children with expressive and receptive language disorders in comparison with normal children and may be used for developing new approaches for behavioral rehabilitation.

2) 'P300 SUBCOMPONENTS IN PATIENTS WITH SCHIZOPHRENIA AND OBSESSIVE-COMPULSIVE DISORDER'

Pronina M., Poliakov Y., Ponomarev V., Müller A., Kropotov J.

MSc M. V. Pronina; MD, PhD Y.I. Poliakov; PhD V. A. Ponomarev; Director A. Müller; Professor J. D. Kropotov

Pronina M., junior researcher, Laboratory of Neurobiology for Action Programming, N.P. Bechtereva Institute of the Human Brain of Russian Academy of Sciences, Saint Petersburg, RUSSIA.

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Müller A., Director of Praxis für Kinder: Organisation und Entwicklung, Chur, SWITZERLAND, CEO Brain and Trauma Foundation, SWITZERLAND

Kropotov J., Director of the Laboratory of Neurobiology for Action Programming, Bechtereva Institute of the Human Brain of Russian Academy of Sciences, Saint Petersburg, RUSSIA, Professor, The Norwegian University of Science and Technology (NTNU), Trondheim, NORWAY

Symptoms of obsessive-compulsive disorder (OCD) and schizophrenia point on disturbances in executive system. Analysis of P300 components for event-related potentials (ERPs) is used to study functioning of this brain system.

The aim of the study was to determine differences of P300 subcomponents for ERPs in Go-NoGo test from patients with OCD and schizophrenia compare to control group. Subjects were 70 schizophrenia patients and 13 patients with OCD in age from 18 to 42. Test consisted of pairs for visual stimuli: animal-animal (Go), animal-plant (NoGo), plant-plant (Ignore) and plant-human (Novel), presenting in random order. Probe Novel was accompanied by sound. Participants were instructed to press the button as quickly as possible only after Go probes. Four independent components (ICs) corresponding to P300 subcomponents of conservative ERPs were pick out from the 19-channel EEG data. Topographies were determined by means of sLORETA.

We found significant decrease in amplitude of all analyzed components in patients with schizophrenia and only one component diminishing in OCD patients.

Obtained results are in coincidence with the idea of stronger brain dysfunction in schizophrenia than in OCD and provide the possibility of using method of ICs for diagnostics of these disorders.

Supported by NSc-5405.2012.4 and RGNF 11-06-00214a

3) 'BURNOUT AND SOCIODEMOGRAPHIC - ORGANIZATIONAL FACTORS IN HEALTH PROFESSIONALS'

Prof. R Yslado PhD, R Atoche, B Cermeño, D Rodríguez, J Sánchez
Universidad Nacional Santiago Antunez De Mayolo, PERU

We aimed to identify, demographic and organizational factors related to Burnout Syndrome in health care at hospitals and clinics, located in Huari, Pomabamba and Sihuas, Ancash, Peru. We evaluated 76 health care professionals, ages 20 -59, both sexes, including physicians, registered nurses, midwives, dentists, psychologists, pharmacists, who completed the questionnaire "Burnout Syndrome in health care professionals of DIRES Ancash.2012" and Maslach Burnout Inventory - MBI (1997). We found that 57.9% of health care professionals had early stage Burnout Syndrome, 14.5% had intermediate stage and 27.6%, had final stage (high level of chronic job stress). There was a significant difference between the three percentages ($p < 0.05$). There was a statistically significant relationship ($p < 0.05$) between sociodemographic (lack of home owner – ship) and organizational factors, such as (contradictory orders from the boss; lack of, emotional and instrumental support among co-workers; and limited recreational activities, vacation time and days off, with the final stage of Burnout Syndrome. This study partially confirmed the general and the specific hypotheses. Further studies should evaluate if – interventions on these factors may reduce Burnout en health care workers.

Keywords: Burnout syndrome, sociodemographic factors, organizational factors, health care professionals.

4) 'INTELLIGENCE TEST REVISIONS - PROFIT FOR PATIENTS?'

M Vanhanen, Neuropsychologist/PhD
Niuvanniemi Hospital, Kuopio, FINLAND

Clinical psychologists need adequate tools for evaluating patients general intelligence level or to obtain a detailed analysis of cognitive functions. Widely applied methods for this purpose are different versions of the Wechsler's Intelligence test that have been revised with increasing frequency, suggesting a rapid progression in the science and development of intelligence testing. As an example, the adult version of American version of WAIS (1955) has been revised in 1981 (WAIS-R), 1997 (WAIS-

III) and in 2008 (WAIS-IV). The justification for revising these tests has been established with outdated normative data and with suggested changes in the factor structure of intelligence. However, there is scientific evidence that shifts in normative data has not taken place over the past years. If the already established versions are still valid supported by large amounts of published scientific literature, what is the actual benefit for patients of a revised test? Revision of the assessment methods should be based on scientific work showing their improved validity and reliability compared to the established version before they are released. Since this is not performed on a wider scale, are we using our patients as guinea-pigs without their consent? Pros and cons of frequently occurring test revisions are discussed.

5) 'CONTEMPORARY NEUROSCIENCES AND PSYCHOTHERAPY'

P Jevremovic, Senior Lecturer, G Vulevic, Psychologist

Faculty of Philosophy, Beograd, SERBIA

Contemporary developmental neurosciences emphasize the importance of body-brain-environment interaction for the development of mental phenomena and mental structures. Research into this area confirmed the thesis of those psychoanalytic schools who claim that the cohesive self is developed through internalization of the function of primary object, its capacity to recognize and regulate various affective and biological states during early development. An extensive research survey made by Schore suggests that the quality of the relationship with the caretaker influences the development of orbitofrontal cortex region which is primarily involved in adaptive interpersonal and moral behavior affect regulation, affect control, the capacity for mentalization and the development of autobiographical self. Right cerebral hemisphere contains an affective-configurational representational system which encodes the experiences of early interactions with the primary object. These experiences, which remain recorded at the level of implicit memory, influence subject's behavior and their perception of the world. Although right hemisphere development finishes until near the age of two, it could be reconstructed during psychotherapeutic process owing to its anatomic and biochemical features. These findings suggest that the relationship with the therapist is an important factor of psychological change which consequently urges re-evaluation of the biological approach to patient treatment.

Key words: neurosciences, psychotherapy, mentalization, orbitofrontal region

6) 'STATUS POST MENINGITIS AND ENCEPHALITIS? 20 YEARS AFTER INFECTION - PSYCHIATRIC CONSEQUENCES'

SD Kaludjerovic PhD/Medical Neurologist/Psychiatrist

Day Care Hospital, Belgrade, SERBIA

Infections of CNS are very severe disorders, if not treated can lead to death. Nowadays we still noticed presence of them.

In our study, we traced neurological and psychiatric problems of 30 patients, age 35+_5, both sex, had survived meningitis 80% and encephalitis 20% in their early adolescence. 12 to 14.

In Day care hospital they came because

Headache (cephalea)

Panic attacks

depression

Anxiousness

Control EEG

Compulsive behaviour, irritability

Emotional instability

If necessary, CT brain were observed.

Before study 80% patients got antiepileptics and analgetics.

AIMS

Find out are existing significance and link between infection of CNS (type bacterial or viral, duration, seizures if had happen) and psychiatric disorders 20 years after

method

Follow up study 30 patients, during one year, treated in Day care hospital,

EEG controlled. CT brain if necessary,

For measure depression used Beck, Montgomery A scales

For measure panic PAIS (3 subscales)

RESULTS

20 years after infection CNS notices than just 20% visible EEG abnormalities, no seizures but 10% got AE

50% dg as panic attacks, felt better after clonazepam

20% dg as depression, recovered on escitalopram.

10% dg as emotional instability, on th.

CONCLUSION

Evaluated study showed that duration of CNS infection and seizures in anamnesis, after 20 years consequented in irritability EEG as well as behaviour problems so needed th.

Bacterial infectious (pneumococcus, enterococcus) linked in depression mild. As difference viral infections more linked in anxiety and panic, and emotional instability.

7) 'NEUROPSYCHIATRIC EVALUATION OF TRAUMATIC BRAIN INJURY'

Dr. Akhilesh Jain, Specialist Gr-I (Psychiatry) HOD, Dept. of Psychiatry, Jaipur, INDIA

Introduction: Traumatic brain injury (TBI) is a major cause of disability. Assessment and treatment of TBI typically focus on physical and cognitive impairments, yet psychological impairments represent significant causes of disability and poor quality of life. Major depressive disorder (MDD) and coexisting anxiety may be the most common and disabling psychiatric condition in individuals with TBI.³

More elaborative studies may prove more informative and credible in recognition of this important secondary condition. Hence, the present study is designed

Aims & Objective: To investigate the prevalence and determinants of depression and anxiety in patients of TBI and its relationship with injury characteristics. This study has also tried to understand the relationship of depression and anxiety to quality-of-life outcome in a prospectively studied sample of TBI.

Material & Method: 156 Mild to moderate TBI patients of 18 years or older age were included in study after applying appropriate inclusion and exclusion criteria. Apart from recording their socio demographic profile and injury history, all participants were assessed on PHQ-9, GAD-7, WHOQOL-BREF and GCS to assess depression, anxiety, quality of life and severity of trauma respectively. All patients were subjected to neuroradioimaging to localize site of injury.

Results: Depression and anxiety was found in 46 v/s 29 percent cases respectively with majority (60%) of depressed cases qualifying for moderate severity as compare to anxiety. First three month after TBI was associated with maximum occurrence of depression and anxiety (68 % v/s 54 %). Strong correlation was found between severity of trauma and severity of depression and anxiety. Brain parenchyma contusion was most commonly implicated site to cause depression and anxiety with predominant involvement of left temporal and frontal lobe. Quality of life was poor in moderate head injury cases than the mild cases. Depressed and anxious patients had significantly poor quality of life than those who were not irrespective of their severity of injury.

Conclusion: TBI patients must be evaluated for concomitant mood and anxiety disorders. Timely treatment for these disorders may improve overall outcome and quality of life.

8) 'THE INFLUENCE OF COMMUNICATION STYLE ON PARENTS AUTHORITY STYLE'

Assoc. Prof. R Urea PhD
Bucharest University, ROMANIA

The role of the parents and their influences among children is an issue that raised intense interdisciplinary researches. Each parent has a unique way of communication with his child which is called the communication style and it is an important feature of human personality. Each parent through the communication style shape the children's personality and manifests different level of authority in the family.

This paper tries to reveal the influences that are manifest between the communication style and authority style: the wider goal is to elaborate special counseling programs address to parents for improving child- parent relationships.

We did our research on 60 parents, from urban environment, aged 35-52, 48.9% men and 51,1% women . We used as methods: Questionnaire SC (Analysis of Communication Style) and Questionnaire P.A. (Parents Authority Style Analysis)

The conclusions that came through allow us to see at parents the influences of the different communication style on their authority style.

Key words: social communication style, family, authority style.

9) 'A STUDY OF ADOLESCENT DEPRESSION IN RELATION TO COGNITIVE DISTORTION AND PARENTAL BONDING IN INDIA'

S. Acharya, Consultant

National institute of public co operation and child development, New Delhi, INDIA

Adolescent is a remarkable developmental period because of the in condolence of transitions and challenges that occur during this period of development. The objective of the study as to examine the contribution of parent-child relationship and cognitive distortions towards adolescent depressive symptoms. For this purpose total of 150 late adolescent boys were drawn through rundown sampling form Colleges and University Comports in the age range 18-19 in New Delhi. Reynolds Adolescent Depression Scale (William Reynolds, 2002) was applied to find out the severity of depressive symptoms in Parental bonding Instrument (Parker, Tupling and Brown, 1979) was used to assess the distorted or negative cognition. Parental bonding Instrument (Parker, Tupling and Brown, 1979) was applied to assess the children's perceptions of parent-child relationship in terms of parental behaviors and attitudes. Stepwise multiple regression analysis was applied to study the contribution of the predictor various variables of cognitive distortions (self criticism, self blame, helpless , care and father overprotection) towards the criterion total depression scores. It was revealed that self-criticism (B=0.60), helplessness (B=0.34), pre-occupation with danger (b=0.22), and Self Blame (B=0.14) were, positively contributing at adolescent depression. Father Overprotection (B=0.10) is positively contributing to depression in adolescent boys and Father care Dimension of parent child relationship is contributing negatively towards adolescent depression (B=0.10).

10) 'THE NEURO-COGNITIVE PSYCHOLOGICAL THERAPY OF O.C.D.: NON-PHARMACOLOGICAL APPROACH'

Ass. Prof. H. Alsheikh, Ph.D. Psychologist, SAUDI ARABIA

Background. – Obsessive compulsive disorder(OCD) is a highly debilitating neuropsychiatric condition with estimated lifetime prevalence of 2-3% more than twice that of schizophrenia. (chamberlain, S.R. ,et.al 2005) .Brain scan of OCD people have shown that they have different patterns of brain activity than people without OCD and the different functioning of circuitry within a certain part of the brain, the striatum , may cause the disorder. Some studies found dopaminergic hyper function in prefrontal cortex and serotonergic hypofundection in the basal ganglia glutamate dysregulation has also been the subject of recent research also its role in the disorder's etiology .

Method. – In the present study, a comprehensive neuro cognitive psychological test battery (NCPTB).was administered to patients with OCD and matched healthy control subjects. by using Neuro-cognitive psychological programme some functions (motor functioning, attention, language, memory, response inhibition, alternation learning, disinhibition, impulsivity, and temporolimbic symptoms executive control, vision, emotion, sensory function) improved.

Results. – OCD patients demonstrated improvement performance on tests of executive function and verbal fluency, dysexecutive symptoms, memory, response inhibition, alternation learning, disinhibition, impulsivity, and temporolimbic symptoms.

Conclusion. – Findings are consistent with the contention that brain is modified and plastic, we could use the neuro cognitive psychology to remedial and enrichment our functions .

11) ‘BEYOND THEORIES AND METHODS: PRESERVATION AND FORMATION OF AN EVOLVING PROFESSIONAL SELF DURING THE KNOWLEDGE ECONOMY THROUGH A SECOND-ORDER STANCE’

Parmenidou A.V.

BA (Hons) in Psychology, MMedSci in Psychiatry, University of Sheffield UK, Member of the British Psychological Society and the European Family Therapy Association, Greece

Background: We live through an era of revolutionary economic change - much more revolutionary than most realize. The beginning of the 21st century will be identified as the digital age and the reinvention of economic and social structures as a consequence. **Objective:** The purpose of this study is to explore the personal and professional development of therapists and counselors over their career life span in order to demonstrate their professional competence and evolution. The 2nd-order thinking is thought to be a viable framework for systemic change not only in family therapy but in other contexts as well. We aim to identify the professional and personal prerequisites that will facilitate unity in inner plurality the necessary move towards a second-order position respecting a cybernetic epistemology. **Method:** By introducing regulatory focus as a distinct motivational principle towards emotional and cognitive differentiation and guidelines for future cross-cultural research adopting this paradigm shift, the personal pillars of excellence and the efficacy of psychological services we demonstrate how this transition to professional training could lead to better integration, individuation and integrity. **Conclusion:** Undoubtedly the developmental process undergone by most therapists and supervisors starts with a first-order stance. Reaching a second-order therapy and supervision is likely to be a slow process that would depend on the individual’s professional and personal experiences, crises, self-reflection and work on his or her own growth.

12) ‘COGNITIVE SCHEMA THERAPY FOR DYSTHYMIA FROM SPOUSE ABUSE: A CASE STUDY’

DG Lyrakos, Clinical Psychologist, Maastricht University, Elpis Care,
NETHERLANDS

The present case study examines the therapy of a 42 years old woman, who was, mainly psychologically, but also physically and sexually abused by her husband. This case study presents the psychometric evaluation of the patient with the PAI and MCMI-III, the schemas and the schema modes produced, the main therapeutic aspects followed and the exposure that the patient had with her abuser.

13) 'THE CONCEPT AND PRACTICE OF SPIRIT POSSESSION WITHIN THE CONTEXT OF PSYCHIATRY'

A Ali MD
Northampton General Hospital, UK

This piece of literature attempts to explore the notion of spirit possession and how it affects the realm of psychiatry. Possession is a belief that an individual has been entered by an alien spirit or other para-human force, the possessor subsequently controls the possessed or changes their actions or identity. This topic is of great importance, because despite its wide prevalence it is often dismissed by most health care professionals as mere superstition, unworthy of discussion even when the patient suffering holds such beliefs. Possession state is a diagnostic entity in the International Classification of Disease -10 and the Diagnostic Statistical Manual IV. It has been argued that possession is a culture bound syndrome, this being said the manifestation of such a phenomenon varies among cultures whilst the foundational motif is the same. Notions of good health and disease remain largely influenced by religious beliefs. This is especially true in some parts of the world. Religions associated with spirit possession include; Christianity, Islam, Judaism, Buddhism and Southeast Asian and African religions. The following explores spirit possession in Islamic and Jewish cultures. Both these Abrahamic faiths are monotheistic and share numerous beliefs. In order to understand the possession phenomenon one must adopt all perspectives, these include psychopathological, sociological and anthropological. There have been many theories proposed in an attempt to give meaning to possession. The following work discusses these theories and later makes clear why such discussions are imperative even if empirical evidence cannot justify such a notion.

14) 'THE 'RACIALIZED' OTHER: INTOLERANCE AND POLITICAL EQUALITY IN BRAZIL AND THE UNITED KINGDOM'

Prof. JA Fantini
Department of Psychology, Federal University of Sao Carlos, BRAZIL

The implementation of Affirmative Action (Political Equality) in various spheres of Brazilian society, including in the university, and mainly implemented through a system of 'racial' quotas, have confronted cultural myths such as 'Brazilian cordiality' or 'racial democracy'. Affirmative Action is currently the subject of intense debate in Brazilian society, not only amongst intellectuals, academics and politicians, but amongst many sections of the population, including young students interested in entering the public universities. Conversely, in the United Kingdom, affirmative action or reverse discrimination, i.e. choosing someone solely on the grounds of their gender or racial group and not on their abilities, is illegal under UK anti-discrimination law. This perspective changes not only the legal status of such actions, but implies a change in perspectives towards modes of 'racializing the other'.

15) 'DO IT YOURSELF HEALTH: TEACHING CHILDREN HOW TO MAKE HEALTHIER LIFESTYLE CHOICES ON THEIR OWN'

Chair: Assoc. Prof. H Vrailas Bateman, in cooperation with the Development and Community Research Group (DCRG)

Helen Vrailas Bateman with the Development and Community Research Group (DCRG)

Helen Vrailas Bateman

Associate Professor and Chair

Psychology Department

Sewanee: The University of the South

Sewanee, Tennessee USA

The Development and Community Research Group (DCRG)

Undergraduate students

Psychology Department

Sewanee: The University of the South

Sewanee, Tennessee USA

Childhood obesity is becoming a problem of great concern in the United States and in other industrialized nations. Childhood obesity can lead to a greater risk of developing a variety of health problems. Childhood obesity can also lead to the development of psychological problems such as low self-esteem and depression. The *Healthy Bodies and Healthy Minds* program is an after-school program whose goals are to address the problem of childhood obesity by helping school-age children

understand the importance of good nutrition and exercise thus empowering children to make choices that support a healthier lifestyle.

One hundred and twenty school-age children participated in the “Do It Yourself Health” project in which children are taught how to make daily choices of simple fun exercises and child-friendly snacks. Assessment included written pre and post measures.

Results suggest that while there is evidence of retention of information by children, some factors seem to have a negative impact on post-test performance. Such factors include large class size ($n > 55$) and individual differences in students’ ability levels. These findings suggest that the growth and popularity of the program—while desirable—entails several implementation challenges that need to be addressed such as creating smaller activity groups.

16) ‘problems of communication among alcoholic young people: Power, Ambiguity and Submission’

Prof. M Tosi, Department of Clinical Sociology, University St Pio, Rome, ITALY

The paper describes the ambiguity of alcohol use, especially in Italy, amongst young people. This ambiguity is determined by the fact that alcohol is considered mainly as an instrument of social gathering and celebration.

If in the family prevail the nutritional and communication values and the positive use of alcohol in special occasions, in the peer group the use of alcohol mainly expresses a sense of belonging, a way to be released from adults and determine more strength in the group.

Thus we can point out a first ambiguity of these communications: who can drink? How much? In what occasions? Is drinking a ‘good’ thing or not?’

17) ΟΜΑΔΕΣ BALINT: ΕΝΑΣ ΤΡΟΠΟΣ ΠΑΡΕΜΒΑΣΗΣ ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ ΤΗΣ ΕΠΑΓΓΕΛΜΑΤΙΚΗΣ ΕΞΟΥΘΕΝΩΣΗΣ (BURNOUT) ΚΑΙ ΤΗΝ ΕΝΔΥΝΑΜΩΣΗ ΤΗΣ ΕΡΓΑΣΙΑΚΗΣ ΙΚΑΝΟΠΟΙΗΣΗΣ ΤΩΝ ΘΕΡΑΠΕΥΤΩΝ (BALINT GROUPS: INTERVENTION FOR AVOIDING BURNOUT AND INCREASING JOB SATISFACTION FOR THERAPISTS)

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Οι ομάδες Balint λειτουργούν από το 2004 στην Ψυχιατρική Κλινική του Γ.Ν.Α. "Γ. Γεννηματάς" με πρωτοβουλία και καθοδήγηση της Μ. Διαλλινά, ψυχιάτρου-ψυχοθεραπεύτριας.

Έχουν βοηθήσει 80 ειδικευόμενους ψυχιάτρους, ψυχολόγους και ψυχοθεραπευτές να σχετιστούν καλύτερα με τους ασθενείς τους. Μέσα από την παρουσίαση περιπτώσεων, οι συμμετέχοντες εστιάζονται στις δυσκολίες που συναντούν με τον θεραπευόμενο, διερευνούν τα έντονα συναισθήματα που αναδύονται στη σχέση τους μαζί του και εισάγονται σε βασικές ψυχοδυναμικές έννοιες όπως η μεταβίβαση, αντιμεταβίβαση και οι μηχανισμοί άμυνας. Η ομάδα δίνει την ευκαιρία στα μέλη της α) να μοιράζονται τα συναισθήματα και τις αντιλήψεις τους για την αρρώστια, την αναπηρία και το θάνατο, β) να κατανοούν τις συναισθηματικές αντιδράσεις τους, όπως παντοδυναμία, αβοηθητότητα, ανεπάρκεια απομάκρυνση από τον ασθενή, γ) να αναζητούν εναλλακτικούς τρόπους αντιμετώπισης δύσκολων περιπτώσεων, δ) να μειώνεται το άγχος τους και να αυξάνεται η αυτοεκτίμησή τους.

Η ομάδα συμβάλει επίσης στην ενίσχυση της επικοινωνίας και αλληλοϋποστήριξης μεταξύ των μελών, γεγονός που ελαχιστοποιεί την αίσθηση απομόνωσης που προκαλεί η εξουθένωση. Οι θεραπευτές ενθαρρύνονται να συνειδητοποιήσουν πως οι προσωπικές τους πεποιθήσεις, ψυχισμός και εμπειρίες υπεισέρχονται στη σχέση τους με τον ασθενή, και κυρίως πώς να τις επεξεργάζονται. Η ομάδα συμβάλει στην αύξηση αυτογνωσίας και ενόρασης του θεραπευτή με αποτέλεσμα τη βελτίωσή του σαν άτομο και σαν θεραπευτή.

18) 'Η ΑΠΟΤΕΛΕΣΜΑΤΙΚΟΤΗΤΑ ΤΗΣ ΨΥΧΟΘΕΡΑΠΕΙΑΣ ΣΤΟΥΣ ΣΥΓΓΕΝΕΙΣ ΤΩΝ ΑΣΘΕΝΩΝ

ME ΣΚΛΗΡΥΝΣΗ ΚΑΤΑ ΠΛΑΚΑΣ (EFFECTIVENESS OF PSYCHOTHERAPY ON RELATIVES OF

MULTIPLE SCLEROSIS PATIENTS)'

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19) PSYCHOSOCIAL INTERVENTION IN CASES OF MOBBING DURING THE PERIOD OF ECONOMICAL CRISIS

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ΨΥΧΟΚΟΙΝΩΝΙΚΗ ΠΑΡΕΜΒΑΣΗ ΣΕ ΠΕΡΙΠΤΩΣΕΙΣ ΗΘΙΚΗΣ ΕΡΓΑΣΙΑΚΗΣ ΠΑΡΕΝΟΧΛΗΣΗΣ ΣΕ ΠΕΡΙΟΔΟ ΚΡΙΣΗΣ

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K. Κοντός, Κοινωνικός Λειτουργός, πτυχ/ος ΤΕΙ Αθήνας.

Σκοπός της έρευνας ήταν η διερεύνηση των περιπτώσεων κάθετης ηθικής εργασιακής παρενόχλησης ως παράγοντα κινδύνου της υγείας των εργαζομένων, η αντιμετώπισή τους από το Σώμα Επιθεώρησης Εργασίας (Σ.ΕΠ.Ε), και οι αντιλήψεις και προτάσεις τους.

Μέθοδος: Συμμετείχαν επτά επιθεωρητές εργασίας και υγειονομικοί επιθεωρητές του Σ.ΕΠ.Ε στην Αθήνα και μια εργαζόμενη που υπέστη ηθική παρενόχληση. Επιλέχθηκαν μέθοδοι συλλογής δεδομένων (ημιδομημένες συνεντεύξεις, αφηγηματική συνέντευξη) από την ποιοτική παράδοση της κοινωνικής έρευνας. Οι συνεντεύξεις πραγματοποιήθηκαν την περίοδο Φεβρουαρίου-Απριλίου 2012.

Αποτελέσματα

Από την ανάλυση περιεχομένου των δεδομένων προέκυψε, ότι το Σ.ΕΠ.Ε. παρουσιάζεται ως ανίσχυρο στην αντιμετώπιση του φαινομένου λόγω της ανυπαρξίας λειτουργικού νομοθετικού πλαισίου, ενώ η ιατρική και ψυχοκοινωνική παρέμβαση, σε συνεργασία με τις επιθεωρήσεις, κρίθηκε πολύ σημαντική. Οι επιπτώσεις της παρενόχλησης στην ψυχική και σωματική υγεία είναι ιδιαίτερα σοβαρές. Σε αυτές καταγράφονται επίσης, η αναστάτωση των κοινωνικών σχέσεων των ατόμων και η διατάραξη της επαγγελματικής τους πορείας.

Συμπεράσματα

Κρίνονται απαραίτητα: α. η νομοθετική ρύθμιση για την προστασία και αντιμετώπιση του φαινομένου, β. η μελέτη και ανάδειξη των παραγόντων κινδύνου για την ψυχική υγεία των εργαζομένων, γ. η εκπαίδευση των ειδικών επαγγελματιών για την ανίχνευση και αντιμετώπιση των περιπτώσεων εργασιακής παρενόχλησης, κα.

20) ‘Η ΠΙΣΤΗ, ΤΟ ΕΛΛΕΙΜΜΑ ΚΑΙ ΤΟ ΧΡΕΟΣ ΣΤΟ ΔΗΜΟΣΙΟ ΤΟΜΕΑ. ΠΟΛΙΤΙΚΗ ΚΑΙ ΔΗΜΟΣΙΟΝΟΜΙΚΗ ΠΡΟΣΕΓΓΙΣΗ-ΕΥΡΩΠΑΪΚΗ ΚΡΙΣΗ

(FAITH, DEFICIT AND THE DEBT IN THE PUBLIC SECTOR. A POLITICAL AND FINANCIAL APPROACH-EUROPEAN CRISIS)

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Γενικώς, η οικονομική πίστη είναι ένα χρηματο-οικονομικό σύστημα, το οποίο διευκολύνει τη μεταφορά του κεφαλαίου από εκείνους οι οποίοι το κατέχουν εις αυτούς οι οποίοι μπορούν να το χρησιμοποιήσουν με την προσδοκία κέρδους και να πληρώσουν γι' αυτά στο μέλλον. Ο κρατικός προϋπολογισμός αποτελεί μία καταγραφή (δήλωση) των προγραμματισμένων κρατικών, με την ευρύτερη έννοια, δαπανών και εσόδων για το προσεχές οικονομικό έτος. Έτσι, οι κυβερνήσεις, με αυτό τον τρόπο, καταγράφουν το μέγεθος των χρηματο-οικονομικών τους υποθέσεων. Ο χειρισμός του ελλείμματος ενός προϋπολογισμού είναι ένα εργαλείο για τη δημοσιονομική πολιτική ώστε η Κυβέρνηση να είναι εις θέση να επηρεάσει το επίπεδο της συνολικής ζήτησης και απασχόλησης στον κοινωνικο-οικονομικό χώρο. Ο Keynes με επιχειρήματα υποστήριξε, ότι το Κράτος θα παρέμβαινε εκ προθέσεως στην ανισοσκέληση του προϋπολογισμού του με τη δημιουργία αύξησης της ζήτησης μέσα σε μία υποβαθμισμένη οικονομία και κοινωνία. Υπάρχουν δύο τρόποι αποκατάστασης της ισορροπίας του ισοζυγίου πληρωμών: α. η εξομάλυνση των εξωτερικών τιμών και β. η εξομάλυνση των εσωτερικών τιμών και εισοδημάτων. Αλλά πρέπει να εξετάσουμε τις αιτίες του πιστωτικού ή χρεωστικού ισοζυγίου πληρωμών πριν αποφασίσουμε εάν και κατά πόσο η συνολική κοινωνικο-οικονομική κατάσταση είναι στο σύνολό της ευνοϊκή ή μη ευνοϊκή στη χώρα. Το δημόσιο δάνειο είναι το αποτέλεσμα του δανεισμού ενός χρηματικού ποσού μίας Κυβέρνησης ή άλλου δημόσιου χαρακτήρα φορέα από ένα άλλο φορέα (άτομο ή κυβέρνηση ή οργανισμό). Το συνεπαγόμενο δημόσιο χρέος είναι ένα χρηματικό ποσό ή άλλο περιουσιακό στοιχείο που οφείλεται από μία Κυβέρνηση ή δημόσιο φορέα σε ένα άλλο πρόσωπο ή φορέα. Το χρέος αυτό είναι, ένα βασικό μέρος του όλου σύγχρονου κεφαλαιοκρατικού οικονομικού συστήματος. Τελικώς, το επιθυμητό όριο του ελλείμματος ή πλεονάσματος κυβερνητικού προϋπολογισμού, όσον και του ισοζυγίου πληρωμών, εξαρτάται από α. τους αιτιώδεις γενεσιουργούς παράγοντες αυτών (π.χ. κοινωνικοί, οικονομικοί, κοινωνιολογικοί κ.λπ.) και β. τη χρονική διάρκειά τους. Στο πλαίσιο δε της αντιμετώπισης της κρίσης, άρα και του δημόσιου χρέους, επιβάλλεται περαιτέρω η λήψη μέτρων για την προστασία της εθνικής οικονομίας, την αντιμετώπιση της δημοσιονομικής κρίσης, πέραν και των τεσσάρων μνημονίων, που υπογράφησαν στο πλαίσιο της εφαρμογής του μηχανισμού στήριξης της ελληνικής οικονομίας από τα κράτη – μέλη της Ζώνης του ευρώ και το Διεθνές Νομισματικό Ταμείο (Δ.Ν.Τ.), καθώς και για την προσαρμογή της ελληνικής νομοθεσίας στην Οδηγία 2006/123 του Ευρωπαϊκού Κοινοβουλίου και του Συμβουλίου, σχετικά με τις υπηρεσίες στην εσωτερική αγορά.

Λέξεις κλειδιά: πίστη, δάνειο, χρέος, δημοσιονομική πολιτική, κρίση

In general, credit is the financial system to facilitate transfer of capital from those who own it to those who can use it in expectation of profit, and to pay for them over an extended time period.

The government budget is a financial statement of the government's planned revenues and expenditures for the fiscal year. Governments use budgets to control

and record their fiscal affairs. The operation of a budget deficit is a tool of fiscal policy to enable government to influence the level of aggregate demand and employment in the economy and society. Keynes argued that government should intervene deliberately im-balancing its budget in order to inject additional aggregate demand into a depressed economy and society. There are two main ways of restoring balance of payments equilibrium, should an imbalance occur: a) external price adjustments and b) internal price and income adjustments.

But we must examine the causes of a credit or debit balance before we can judge whether the situation as a whole is favorable or unfavorable to the country. The public loan is the borrowing of a sum of money by one government or other public organization from another. The debt is an essential part of all modern, capitalist economies. Finally, the desirability of a governmental budget or a balance of payments deficit or surplus depends upon a. the events causing them (f.e. social, financial, sociological etc), and b. their persistence through time.

JEL Classification: (A₁₃, A₁₄, F₀₁, F₀₂)

Key words: credit, public loan, public debt, financial policy, crisis

21) 'THE EFFECT OF MINIATURE LEARNING ON SELF-EFFICACY OF CHILDREN WITH LEARNING DISABILITIES (10-14 YEARS OLD)'

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Introduction and aims: Visual art is an essential component in the total educational plan for students with a learning disability (Warren, 1993). The purpose of the present study was to explore the effect of study of miniature on self efficacy of children with nonverbal learning disability (NLD).

Methods: 20 children with NLD (10-14 years) were selected from Yousef Abad center and randomly were implementing in experimental and control groups. The experimental group took part in ten sessions of miniature with 45-60 min, while the control group was put on a waiting list. All participants completed the Sherer test (pre-test, mid-test, and past-test).

Results: The results of ANCOVA based on repeated measure revealed that Persian miniature had a significant effect on self efficacy ($P \leq 0/05$).

Discussion: A feeling of self-worth is a critical part of the learning process; Self-confidence and creativity is effective in all levels of learning (harris, 2008). According to Staff (2009) a paintbrush, a costume, a drum or paper, scissors and glue can be new tools for self-expression that boost confidence while providing opportunities for learning and practice. The findings of this study showed that simplify and enhance of paintings were effective in learning and self-efficacy of children with learning disabilities.

Keywords: Miniature, Self efficacy, Nonverbal learning disability

22) 'SLEEP DISTURBANCES IN YOUNG ADULTS'

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Introduction Sleep is important in everyday life. People usually need 6-8 hours sleep per day in order to function properly. Neuropsychologic studies though, reveal that human sleep can be easily disturbed and insomnia is a common complain.

Aims/Methods We studied the sleep quality of our students using the established Athens Insomnia Scale, evaluated in the Aeginition Hospital of Athens. Our initial sample included 100 students, 46 men and 54 women.

Results According to our initial data 64,8% of the females and 65% of the males suffer from some kind of insomnia. 18% of the population studied mentioned that their sleep was initiated very quickly, 47% thought it was slightly delayed, 26% delayed enough and 9% very delayed. During sleep, awakenings were estimated. About 52% mentioned no problem, 34% slight problem, 34% average problem and severe problem was presented by 2%. About 42% of those asked were awakened at the appropriate time in the morning, 41% slightly earlier, 15% quite earlier and about 2% a lot earlier. Students rated their sleep as adequate (44%), rather inadequate (39%),

inadequate enough (14%), and very inadequate (3%). Sleep quality was rated as good (by 36%), average (by 58%), not good (by 6%) and bad (by 0%). Next morning well being was reported normal by 18%, slightly low by 71%, quite low by 10% and very low by 3%. Next day functioning was estimated as full by 31%, slightly decreased by 57%, quite decreased by 10% and very decreased or absent by 2%. 63% mentioned no next day drowsiness, 57% slight next day drowsiness, 10% average drowsiness and very intense drowsiness was reported by 2%. Our data were compared with the data reported by older adults in the literature.

Conclusion/Discussion Quite significant disturbances in sleep patterns were reported by the young students, although it appears that sleep problems become worse as the age progresses. An overview of sleep physiology and pathophysiology is also presented focusing especially in sleep disorders.

23) 'GROWTH HORMONE USE AND ABUSE'

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Introduction Growth hormone (GH) is an invaluable treatment for children of short stature. It is though well known that GH is abused due to its lipolytic effects not only by people involved in sports but also by many who erroneously believe in its psychological effects as well.

Aims/Methods We developed a questionnaire in order to investigate the young adults' knowledge about this subject. One hundred students answered the questions (48 women and 52 men).

Results Most of the people were aware that GH is used clinically to help people with GH deficiency grow up. They also knew that GH is abused in order to improve body image and performance. 60% knew that this was due to its anabolic action and increase in performance but quite an important percentage (20%) insisted on its psychological uplifting effects. 50% of the males and the same percentage of the females were persuaded that using GH in non clinical grounds was erroneous. 15-20% were not convinced about this. People seem not to know that the GH use is under control and restrictions. Aspects were divided about psychological improvement in man after using GH. About 40% believe that the use of GH can lead to psychological and physical dependence. In fact they could not tell what the psychological improvement was in abusing GH.

Conclusion/Discussion We conclude that even educated adults do not know the exact indications, effects, and dangers of GH uses and also have a very vague idea of the benefits of GH abuse. Besides, they also have a very vague idea of what exactly are its psychological actions if any. Education of the public is important and is obviously lacking. In the current presentation, GH physiology, pathophysiology and clinical indications are also reviewed.

24) 'THE RELATIONSHIP BETWEEN GENERAL MEASURES OF PSYCHOLOGICAL DISTRESS IN REFUGEE CHILDREN AND RESETTLEMENT TIME IN THE HOST COUNTRY: THE AFGHAN COMMUNITY IN GREECE.'

E. TSAPAROPOULOU

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Aims: The aim of this study was to determine the relationship between general measures of psychological distress in Afghan refugee children and resettlement time in the host country. **Methods:** The study was carried out in the Afghani Community in the center of Athens in Greece. A sample of 70 families (140 participants) from the Afghan Community in Greece was randomly selected using the registration book of the Community. Both parent and child filled in the appropriate version (Dari version) of the Strength and Difficulties Questionnaire (SDQ). Pearson product-moment correlation coefficient and Multiple Regression statistical analyses were used for this research. **Findings:** The most important finding in this study was the dominant role of school attendance and parental participation in the labour market characterized as protective factors that may contribute to positive outcomes in refugee children resettled in the receiving country. **Conclusion:** These baseline findings could be a useful guide for educating mental health professionals and teachers to recognize and detect "arising" mental health disorders in young refugees which may require specific assessment and treatment strategies. Additionally, further research regarding the area of resilient factors and the process of resettlement is needed.

25) 'THE EFFECTS OF EMPLOYMENT ON THE POSTPARTUM PERIOD: A NEW MODEL OF THE EMPLOYED MOTHER'S MATERNAL ADAPTATION'

M Okocha

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A somewhat neglected field within the literature there are only a few key models that help outline maternal adaptation to employment. With changes in the gender balance of the global workforce, it does not come as a surprise that new mothers now make a substantial proportion of the labor force in the western world. On average a new mother can return to work just 10 weeks after delivery, however postpartum complications can last up to 7 months. Combined with incomplete recovery, domestic work and employment, developing a maternal role can be incredibly difficult for these new mothers.

The concept of adaptation is first described in Sister Roy's adaptation model (Roy 1989). She defines adaptation as the period in which a person responds to environmental role change, such as coping with a stimulus. Greenhaus and Beutell (1985) first described the effects of employment on mothers and in 1989 Frankenhaeuser's biopsychological transaction model proposed a neurochemical explanation for these effects. McCubbin (1996) and Grice (2007), describe the effects of family and time in relation to a mother's employment. What all these models show, is that there are many theories to explain the variation in ability of employed mothers to adapt, however a lack of collaboration between models seems to leave them all with shortcomings.

Employment interacts with all aspects of the mother's ability to develop into her maternal role. Using a literature review and a case report, I will try and persuade the audience to adopt a proposed new visual model incorporating all aspects of maternal adaption.

26) 'The Effectiveness of C.A.R.E. Module in Improving Knowledge of Primary Caregivers Of Children with Autism on Physical Care'

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Introduction

Autism is one of the most common developmental disorders that severely disrupt the normal developmental process. An overriding goal for all children with Autism is to function independently on physical care. This study is focused on increasing the knowledge of primary caregivers of preschool children with Autism regarding proper physical care, through the use of C.A.R.E (Creating A Responsive Environment) module “Alagang dapat, Alagang Sapat”.

Methodology

A Quasi-experimental non-equivalent control group design was utilized to evaluate the effectiveness of C.A.R.E module through a pre-test and post-test method. The 22 subjects from three institutions were divided equally into control and experimental groups. The pre-test was given to both groups prior to the 7-day intervention. Only the experimental group was supplemented with the C.A.R.E module. The post-test was given to both groups thereafter. The scores of the control and experimental groups were compared using Paired T-test.

Results

The pre-test and post-test scores of the control group did not show any significant difference. The pre-test and post-test scores of the experimental group, on the other hand, were significantly higher than the control group.

Conclusion

The C.A.R.E module was proven to be effective in improving knowledge of primary caregivers of preschool children with Autism on physical care.

27) ‘Growing up with a brother or sister with autism spectrum disorders.’

Author : Georgia Pavlopoulou Phd Candidate university of London, Institute of Education

The study will address the following research questions:

1. What is it like to grow up with a child with autism?
 - a. What have been the experiences of siblings in living with a brother or sister with autism spectrum disorders?
 - b. What is it like to interact with a sibling with autism?
 - c. What is the siblings’ understanding of autism?
 - d. What kinds of supports might be helpful?
 - e. What kinds of supports might be available?
 - f. What kind of support is not helpful or not available and why?

The underlying concern of the current study is how as professionals we may address the needs not only of the child with autism but also the needs of the typically developed sibling which lives with the child with autism.

Recently researchers have called for more reports of siblings' accounts of their experiences growing up in families with siblings with autism and also highlighted the need to further investigate the experience of siblings of children with autism, using qualitative methodology.

By employing a human scientific approach hopefully this research will help me gain more insight into the phenomenology of experience on sibling relationship in order to develop new policies, recommend new types of family support services and clinical planning that will engage siblings of children with autism in a proactive, non pathological way under the notion of family centered intervention.

28) 'Ways to improve reticent play behavior in children with high functioning autism'

E Kalyva, V Tsakiris, International Faculty of the University of Sheffield, UK
City College, Thessaloniki, GREECE

Most children with high functioning autism experience problems with their reticent play behavior that can lead to further social skills deficits. The aim of this study was to examine the effectiveness of three interventions on changing the reticent play behaviors of children with high functioning autism. The participants were 30 children aged 4-6 years old (23 boys and 7 girls) who were diagnosed with high functioning autism from the local educational authority. They were randomly assigned to one of the following intervention groups: circle of friends, social stories, and peer video modelling with 10 children per group. Each intervention lasted approximately 3 months and there was a follow-up 3 months later. It was found that all interventions brought about some changes, with the circle of friends being the most effective. More specifically, at post-intervention and at follow-up children with high functioning autism engaged in more onlooker play and passive watching, while they wandered off less and they were also less lonely and unoccupied. The findings are discussed in relation to suggestions for interventions to target social skills deficits.

29) 'Η ΑΠΟΤΕΛΕΣΜΑΤΙΚΟΤΗΤΑ ΤΗΣ ΨΥΧΟΘΕΡΑΠΕΙΑΣ ΣΤΟΥΣ ΣΥΓΓΕΝΕΙΣ ΤΩΝ ΑΣΘΕΝΩΝ ΜΕ ΣΚΛΗΡΥΝΣΗ ΚΑΤΑ ΠΛΑΚΑΣ (EFFECTIVENESS OF PSYCHOTHERAPY ON RELATIVES OF MULTIPLE SCLEROSIS PATIENTS)'

E Tsahagea¹, G Panagopoulos²
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Η ΣΚΠ επιδρά αρνητικά στις λειτουργίες και την επικοινωνία ολόκληρης της οικογένειας. Οι συγγενείς νοιώθουν τους ίδιους φόβους και το ίδιο αίσθημα αβεβαιότητας με τους ασθενείς. Νοιώθουν εξουθένωση, θυμό, άγχος, τύψεις για τη δική τους υγεία και κατάθλιψη. Αναφέρουν έλλειψη κοινωνικής ζωής και υποστήριξης από συγγενείς και φίλους, άγχος για το μέλλον των ασθενών, συζυγικά και οικονομικά προβλήματα, κούραση και αίσθηση φορτίου από την υπερπροστατευτική ανάληψη ευθυνών τους.

Ειδικότερα διερευνώνται οι ψυχικές διαταραχές που εμφανίζουν οι σύζυγοι, τα παιδιά, οι γονείς και τα αδέρφια των ασθενών.

Η ψυχοθεραπεία, σε ατομική ή ομαδική βάση, αποβλέπει στην εξεύρεση τρόπων αντιμετώπισης του άγχους και της κατάθλιψης που βιώνουν οι συγγενείς ώστε η νόσος να επηρεάσει όσο το δυνατόν λιγότερο τη ζωή τους.

Προτείνονται τρόποι θετικής προσαρμογής της οικογένειας, όπως η ανοιχτή επικοινωνία μεταξύ των μελών της και ο περιορισμός της κοινωνικής απομόνωσης της.

30) 'INTERFERENCE IN REFERENCE MEMORY OF TIMING TASKS'

Dr PC Filippopoulos, Programme Director, Counselling Psychology, Department of Psychology, City University, Northampton Square, London, UK

Auditory stimuli usually have longer subjective durations than visual ones for the same real duration, although performance on many timing tasks is similar in form with different modalities. One suggestion is that auditory and visual stimuli are initially timed by different mechanisms, but later converted into some common duration code which is amodal. The present study investigated this using a temporal generalization interference paradigm. In test blocks, people decided whether comparison durations were or were not a 400-ms standard on average. Test blocks alternated with interference blocks where durations were systematically shorter or longer than in test blocks, and interference was found, in the direction of the durations in the interference blocks, even when the interfering blocks used stimuli in a different modality from the test block. This provides what may be the first direct experimental evidence for a "common code" for durations initially presented in different modalities at some level of the human timing system. Recent findings from studies at City University London suggest that this common code not only is evident but could be manipulated by non specific modality parameters in single modality experimental procedures as well as multi- modality ones.

31) 'THE SMILE OF THE CHILD. INTERACTIVE, EDUCATIONAL TOOL FOR CONFRONTING BULLYING IN SCHOOLS (ΤΟ ΧΑΜΟΓΕΛΟ ΤΟΥ ΠΑΙΔΙΟΥ. ΔΙΑΔΡΑΣΤΙΚΟ ΕΚΠΑΙΔΕΥΤΙΚΟ ΕΡΓΑΛΕΙΟ ΓΙΑ ΤΗΝ ΑΝΤΙΜΕΤΩΠΙΣΗ ΤΟΥ ΣΧΟΛΙΚΟΥ ΕΚΦΟΒΙΣΜΟΥ)'

Dr. Alevizos, Psychologist, 'The Smile of The Child' Organization, Athens, GREECE

Το διάστημα από το Νοέμβριο του 2011 έως και το Μάιο του 2012 Το Χαμόγελο του Παιδιού συντόνισε το ευρωπαϊκό πρόγραμμα e-abc με στόχο την διερεύνηση και διαχείριση του φαινομένου του σχολικού εκφοβισμού. Στα πλαίσια αυτού του προγράμματος δημιουργήθηκε και το «Διαδραστικό Εκπαιδευτικό Εργαλείο για την Αντιμετώπιση του Σχολικού Εκφοβισμού» το οποίο είναι διαθέσιμο μέσω της ιστοσελίδας www.e-abc.eu. Το συγκεκριμένο cross media εκπαιδευτικό εργαλείο μπορούν να το χρησιμοποιήσουν οι εκπαιδευτικοί και να αφυπνίσουν συναισθηματικά τους μαθητές και τις μαθήτριες αναφορικά με το παιδί που εκφοβίζει, με το παιδί που εκφοβίζεται και με το παιδί που παρατηρεί. Μέσα από το εργαλείο οι μαθητές και οι μαθήτριες μπορούν αν επιλέξουν είτε την ιστορία του εκφοβισμού μέσα στο σχολικό περιβάλλον είτε την ιστορία του εκφοβισμού μέσα από το διαδίκτυο. Στη συνέχεια μπορούν να επιλέξουν τον χαρακτήρα από την οπτική του οποίου θα παρακολουθήσουν στην ιστορία και τελικά να επέμβουν στην εξέλιξη και λήξη της ιστορίας.

32) 'SOCIAL MEDIA AND RELATIONS: THE INFLUENCE OF SOCIAL NETWORKING SITES ON RELATIONSHIPS OF HETEROSEXUAL COUPLES. THE EXAMPLE OF FACEBOOK'

A Kalogeropoulou, Phd Cand., University of Athens, GREECE

Social networking sites are growing rapidly in the past ten years, especially with the emergence of Facebook, which changed the nature of social relations. Drawing on the findings of recent international literature and specialized research, we examine the positive and negative effects of Facebook on relationships of heterosexual couples, taking into account the peculiarities of the communication of this particular social networking site.

33)

‘ Η ΤΕΧΝΗ ΩΣ ΜΕΣΟ ΚΑΙ ΜΕΘΟΔΟΣ ΣΤΗΝ ΚΛΙΝΙΚΗ ΨΥΧΟΠΑΘΟΛΟΓΙΑ (ART AS MEDIUM AND METHOD IN CLINICAL PSYCHOPATHOLOGY) ‘

S Michalopoulou, Clinical Psychopathologist/Psychotherapist, Athens, GREECE

Η κλινική ψυχοπαθολογία και η τέχνη θα συναντηθούν μέσα σε ένα επιστημονικό έργο με μοναδικό στόχο την αλληλεπίδραση και κύριο άξονα την διερεύνηση και την αποτελεσματικότητα αυτής της σύζευξης.

Η Τέχνη ως ανθρώπινη δημιουργία και με βάση την πνευματική κατανόηση, την επεξεργασία και ανάπλαση, κοινών εμπειριών της καθημερινής ζωής σε σχέση με το κοινωνικό, πολιτισμικό, ιστορικό και γεωγραφικό πλαίσιο στο οποίο διέπονται, είναι ο τόπος όπου θα ασχοληθεί διαγνωστικά με την ψυχοπαθολογία και παρεμβατικά με την αντιμετώπιση / θεραπεία των ψυχικών διαταραχών.

Η τέχνη θα λειτουργήσει ως το μέσο, της παρατήρησης και της εκφοράς του συμπτώματος?

Η τέχνη μπορεί να είναι μια προτεινόμενη μέθοδος αναλυτικής – ψυχοθεραπευτικής διαδικασίας όπου πραγματώνεται, η επεξεργασία και η αλλαγή της αποκλίνουσας συμπεριφοράς?

Στόχος μας είναι να παρατηρήσουμε την λειτουργία της εικαστικής θεραπείας όπου χρησιμοποιείται η ελεύθερη έκφραση μέσα από τις εικαστικές τέχνες με την ανάλογη θεραπευτική απόσταση και την πλήρη διασφάλιση του επιστημονικού πλαισίου.

Η θεραπεία μέσω των εικαστικών (**art therapy**) προέρχεται από δύο κυρίως τομείς: την εικαστική τέχνη και την ψυχολογία και σημαίνει τη χρήση των εικαστικών με θεραπευτικό σκοπό. Σε μία τέτοια είδους θεραπεία ο θεραπευτής ζητάει από τον ασθενή να εκφράσει τα συναισθήματα, τα όνειρα και τα εσωτερικά του βιώματα μέσω ποικίλων καλλιτεχνικών μέσων. Το έργο τέχνης που δημιουργεί θεωρείται αναπαράσταση του αντικειμενικού κόσμου, αλλά το άτομο που δημιουργεί το έργο προβάλλει πάνω του τμήματα του εαυτού του και του αντικειμένου. Η σχέση που αναπτύσσεται είναι τριαδική, δηλαδή θεραπευτής-θεραπευόμενος-εικόνα. Η θεραπεία μέσω των εικαστικών μπορεί να είναι ατομική ή και ομαδική, βασιζόμενη στις υποκειμενικές ανάγκες του ασθενούς και καθοδηγούμενη από τον θεραπευτή δίνοντας ασκήσεις με συγκεκριμένη θεματική.

Η Art-Therapy (ή αλλιώς Εικαστική Ψυχοθεραπεία ή Ψυχοθεραπεία μέσω Τέχνης) βασίζεται στη δύναμη της καλλιτεχνικής έκφρασης και χρησιμοποιεί διάφορες

μορφές τέχνης ως μέσο επικοινωνίας, όπως η ζωγραφική, ο πηλός, το κολάζ, η φωτογραφία, η δημιουργική συγγραφή, η μουσική και η θεατρική αναπαράσταση. Σε αντίθεση με την ψυχοθεραπεία που βασίζεται μόνο στο λόγο, η θεραπευτική προσέγγιση μέσα από την τέχνη αναγνωρίζει τις καλλιτεχνικές διεργασίες και τους συνειρμούς σαν καθρέφτες των συναισθημάτων, της προσωπικότητας και των δυσκολιών του κάθε ανθρώπου. Η τέχνη με αυτό τον τρόπο αποτελεί τον καταλύτη, δηλαδή το βοηθητικό εργαλείο, που ενισχύει τη δυνατότητα του ανθρώπου να εκφραστεί.

Μέσα από την πλούσια βιβλιογραφία θα κάνουμε ένα ταξίδι πληροφοριών γνώσης και ενημέρωσης, για τις ψυχικές διαταραχές και στην συνέχεια δια μέσου της τέχνης θα επιχειρήσουμε να εντοπίσουμε να μελετήσουμε και να παρέμβουμε για την ενδεχόμενη αντιμετώπιση τους, έχοντας μια εικόνα ολοκληρωμένη μέσα από τις κλινικές παρατηρήσεις της επιστημονικής ερευνάς..

POSTERS

1)

‘Ο ΙΔΕΑΤΟΣ «ΑΛΛΟΣ» ΚΑΙ Η ΕΘΝΟΚΕΝΤΡΙΚΗ ΔΙΑΠΟΛΙΤΙΣΜΙΚΟΤΗΤΑ
(THE IDEAL ‘OTHER’ AND ETHNOCENTRIC INTERCULTURALISM)’
E Karasavidou, PhD Literature, Aristotle University of Thessaloniki, GREECE

Η μετάβαση μιας μονοπολιτισμικής κοινωνίας σε πολυπολιτισμική (ιδίως όταν συνεχίζεται σε εποχή κρίσης) κυοφορεί πλήθος διεργασιών στο κοινωνικό, οικονομικό και πολιτιστικό πεδίο, που σχετιζόμενες με την απόρριψη ή την αποδοχή αναπτύσσουν στρατηγικές δύσκολης εκ των πραγμάτων προσαρμογής ή φοβικής δυσπροσαρμογής.

Μια τέτοια μετάβαση, και μάλιστα σε ελάχιστο ιστορικό χρόνο, συνέβη στην Ελλάδα κυρίως από την δεκαετία του ’90 κι έπειτα, όταν όχι μόνο η έννοια του «άλλου» (με προεξάρχουσα την έννοια του μετανάστη) έπρεπε καταρχήν να συνδεθεί με πληθυσμούς που υποδεχόμασταν και όχι που «εξάγαμε», αλλά και η

(κυρίαρχη) αντίληψη του ατομικού και συλλογικού μας «εαυτού» έπρεπε να τεθεί σε μια βαθιά επαναδιαπραγμάτευση.

Στην ανακοίνωση μας αναφερόμαστε σε μία εμβληματική στρατηγική -που εντοπίσαμε σε πολυετή διδακτορική μελέτη- και ισχυριζόμαστε ότι την εφηύρε το πολιτισμικό φαντασιακό μας ώστε να προσαρμοστεί σε μια εποχή πολύσημης μετάβασης. Η στρατηγική αυτή αποτελώντας «διάμεσο» ανάμεσα στην ασφάλεια του μονοπολιτισμικού μας κόσμου και στις ανασφάλειες μιας πολυπολιτισμικής πραγματικότητας, προσδοκά να μη θιγεί ο συλλογικός ναρκισσισμός μας, είτε αφορά έναν «εγγενή ανθρωπισμό» είτε την «πολιτισμική πρωτοκαθεδρία» μας. Βασίζεται, έτσι, σε έναν «πολιτισμικά συναφή άλλον» (πχ ομόδοξο, όχι μουσουλμάνο, μικροαστό οικογενειάρχη όχι κοινωνικό ακτιβιστή κλπ) που μπορεί να γίνει πιο εύκολα αποδεκτός, αλλά και στην επαναεπιβεβαίωση των «δικών μας» πολιτισμικών προτύπων και πολιτισμικών εκφάνσεων ως των ανώτερων ουσιαστικά ανθρώπινων «καθολικοτήτων». Αποτελεί, έτσι, μονοπολιτισμική έκφραση μιας δύσπεπτης πολυπολιτισμικότητας. Μία, με άλλα λόγια, εθνοκεντρική διαπολιτισμικότητα. Ο εντοπισμός και η αξιολόγηση/αξιοποίηση αυτής της λειτουργίας στην παρούσα συγκυρία ενδέχεται να αποτελέσει ένα ακόμη εργαλείο στην κατεύθυνση μιας αντιφασιστικής παιδείας.

2)

‘EFFECTS OF ROUTINE SPIRITUALITY PRACTICE ON MENTAL HEALTH OF OLDER POPULATION IN 3 YEAR OLD AGE HOMES IN KOLKATA, INDIA’

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INTRODUCTION

Spiritual Practice has long been in vogue in different parts of the world. There have been several studies demonstrating its beneficial effects on mind and body. This study is an attempt to determine its impact on mental well being.

AIM

To assess the effectiveness of Spirituality Practice on Mental Health of a Geriatric Population selected from 3 different old age homes.

METHODS:

Study Type

Observational Mode.

Study Period

From 01.09.2012 to 30.11.2012 .

Country of Recruitment

India.

Study Domain

Mental Health of an Elderly group of population after exposure to spiritual practice.

Participant - Inclusion Criteria

60 Geriatric Inmates, 20 each from 3 different old age homes in North Kolkata, India.

1. Age 65 yrs. - 75 yrs.
2. Gender - 30 Male & 30 Female (10 each from 3 Centers).
3. Existence of an Informed Consent of each participant of the study.

Participant - Exclusion Criteria

1. Blindness / Deafness.
2. Dementia (excluded by MMSE screen, although old age related Minimal Cognitive Impairment-MCI could not be excluded).
3. Any Psychological /Neurological problem by detailed thorough examination.
4. Any prior H/O regular spirituality practice

Intervention

3 old age homes were selected randomly in the northern part of the city of Kolkata, India. 30 Male inmates, 10 each from each Center and 30 Female inmates, again 10 each from each Center were selected, meeting the inclusion and exclusion criteria.

Trained Spirituality practitioner was introduced who advocated daily Spirituality practices in the form of Yoga, Meditation and regular Prayers. The chosen participants were served with religious books in consistency with their own personal religious beliefs. Periodic Assessment was done at 0, 6 weeks & 12 weeks from the date of commencement of the study , using WEMWBS (Warwick - Edinburgh Mental Well-being Scale).

RESULT

The baseline WEMWBS score improved considerably after third assessment in about 70% of the participants which is quite significant because none of the participant had been regular follower of spirituality practices in their lives before being enrolled into the present study.

Statistically there was overall marginal increase in WEMWBS score among the female participants, male candidates over and above the increase in score although the significance of which is beyond the purview of the present study.

DISCUSSION

It is an well established fact that spiritual practice helps in mental well being. The

present study reinforces this belief. Routine and regular spiritual practices, even if pursued at a later age in life, can have a demonstrable positive effect on mental well being. So it could be concluded with reasonable certainty that in a society stiffened with stress ,spirituality should be a regular practice.

3)

‘PSYCHIATRIC SYMPTOMS OF INTERNET GAME ADDICTION PATIENTS IN THE CHILD AND ADOLESCENT PSYCHIATRIC CLINIC’

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Introduction and Aims : The prevalence of internet game use among children and adolescents has been increased in the recent years. Internet addiction has been found to cause various psychiatric symptoms and psychological problems. But there are a few studies about psychiatric symptoms along with internet addiction in Korea. The aim of this study was to examine the association between problematic internet game use and psychiatric symptoms in a sample of the Child and Adolescent Psychiatric Clinic, Ulsan University Hospital.

Methods : We analyzed data from 447 subjects who first visit the Child and Adolescent Psychiatric Clinic of the Ulsan University Hospital. Self-report Questionnaire consisted of demographic characteristics, AHI(Adolescent Happiness Index), BDI, BAI, K-ARS(Korean ADHD Rating Scale-parent version) and K-scale(Korean Internet Addiction Self-scale). The level of Internet addiction was categorized as either high-risk(≥ 108 ; group 3), potential risk(95 to 107; group 2), or no risk(≤ 94 , group 1) based on the total score. Data were analyzed using SPSS version 17.0 and one-way ANOVA and multiple logistic regression method were used.

Results : Thirteen adolescents met the criteria for high risk group of internet game addiction. In the high risk group, 10 were male and 3 were female adolescents. There was an mean difference among group 3(high risk) < 1 (no risk), 2(potential risk) in AHI ; whereas group 3(high risk) > 1 (no risk), 2(potential risk) in BDI, BAI, inattention, hyperactivity/impulsivity and K-ARS score. With multiple logistic regression analysis, K-scale was significantly related with male sex, BDI, ARS-hyperactivity/impulsivity score.

Discussions : We conclude that having male sex, happiness and depressive symptoms is associated with the risk of developing internet use disorders. Identification of psychiatric comorbidities may be useful in facilitating rational development of therapeutic and preventive strategies.

4)

‘PSYCHOLOGICAL ENVIRONMENT IN LATIN AMERICAN’

PAM Chavez

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The characteristic of this branch of psychology is the study of the relationship of their environment and the impact of that environment on their behavior, to talk about the SER, we refer to all biotic elements of nature and its relation to abiotic water, air, earth, fire, as part of living things, man, as an individual and your relationship with your partner, family, community, society, environment is the nature, the elements and built by this Being as affecting behavior.

This approach is relevant to the study of the structure of daily life, which addresses issues such as the effects of the environments in which we live and work, the environmental requirements of the crush and noise, the spatial dimension in interpersonal relationships, as feature of the physical environment or to a related problem.

In Latin America is of great interest to the study and research of environmental and ecological raised for specific situations, such as the emergence of environmental conflicts by mining, oil and forestry, but also the impact of external movements about the quality of life in the planet, the risks of destruction and involvement such as high levels of water pollution, air and soil of which we are victims daily.

In practice outlining procedures are to contribute effectively to that, being part of the problem, we are also part of the solution, with viable answers to help improve the quality of life on the planet.

Think globally and act locally, from different professional approaches considering the differences between cultural and ecological environments, with their behavioral changes.

5)

‘A REVIEW OF STRATEGIES FOR MANAGEMENT OF BEHAVIORAL AND PSYCHOLOGICAL SYMPTOMS OF DEMENTIA’

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Introduction: Behavioral and psychological symptoms of dementia (BPSD) represent a group of non-cognitive symptoms and behaviors occurring in patients with dementia. They mainly include agitation, psychosis, and mood disorders. The treatment of BPSD is one of the main therapeutic challenges, with >90% of demented individuals experiencing at least one of the symptoms through the course of their illness.

Aims/Methods: A comprehensive literature review on current treatments of BPSD was performed in order to recommend the best strategies for management of BPSD.

Results: No pharmacological therapy is approved by the FDA for the treatment of BPSD. A variety of medications are used for BPSD as their off-label indication, such as antipsychotics, antidepressants, Acetylcholinesterase Inhibitors, antiepileptics which at best have a modest efficacy while having a high risk in demented patients. There is emerging evidence that a variety of non-pharmacological interventions are significantly effective for improving BPSD.

Discussion: clinicians must approach BPSD on a case-by-case basis. Due to the growing number of elderly population in the world which will be followed by an increase in the population of demented patients there is an urgent need for further investigation to find effective treatments for troublesome consequences of this disease, including BPSD.

6)

‘DEVELOPMENT OF A SELF-REPORTED SCALE FOR ADHD IN CHILDHOOD: DELPHI STUDY AND PRELIMINARY DATA’

S. San Nicolás, Ph.D.¹; Ioseba Iraurgi, Ph.D.¹; Ana Estévez, Ph.D.¹; Fernando González, Ph.D.²; Mertxe Rodríguez, Psychologist³; Iban Onandia, Psychologist⁴; José Cáceres, Ph.D.^{1,5}; Manuel Hernanz, Ph.D.^{1,2}; Maite Urizar, Psychiatrist².

1-DeustoPsych R+D+I in Psychology and Health, University of Deusto, Bilbao. SPAIN; 2-Osakidetza-Health Department of the Basque Government. SPAIN; 3-Goizberri Psychotherapy Center; 4-AHIDA Association, Bizkaia. SPAIN 5-Navarra Health Service, Pamplona. SPAIN.

Introduction and aims: Although several psychometric instruments are widespread used to assess ADHD symptoms in childhood, none of them is designed to be completed by children themselves. The purpose of this study is to develop a self reported scale specifically designed to assess ADHD symptoms and signs (EA-TDAH). **Methods:** A preliminary scale was generated based on DSM-IV criteria for ADHD and related signs. The Delphi technique was used due to analyze content and apparent validity. A pilot study was conducted using a normative sample compound by 384 children and adolescents aged nine to 17 (51.7%, males). Participants also completed Rescorla and Achenbach’s YSR, chosen as gold standard criteria for validation. **Results:** The EA-TDAH scale was rated by experts as clinically useful. According to YSR’s DSM correspondences, participants were classified as possible ADHD cases (19.4%) and not ADHD cases. As expected, it was the first group that showed higher ratings in the new scale. Regarding psychometric properties it showed an adequate internal consistency ($\alpha=.87$) and an acceptable structural validity (three factor components: Inattention, Hyperactivity and Mixed symptoms related to ADHD). **Discussion:** Although further investigation with clinical samples is needed, EA-TDAH seems to be an adequate scale for assessing ADHD symptoms and signs.

7)

‘SOCIAL IMPAIRMENTS AND COMORBIDITY IN ADHD SYMPTOMS’

S San Nicolás Phd Candidate, I Iraurgi Phd

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Introduction and aims: Children and adolescents diagnosed with ADHD commonly present impairments in social functioning, probably as which may be a consequence of the core dimensions of the disorder. These behaviors can lead to rejection by peers and may trigger symptoms of anxiety, depression, and withdrawal. The aim of this study is to analyze whether the inattentive characteristics are also associated to impairments in socialization and, subsequently, to anxiety and depression symptoms. Methods: A normative sample of 382 children and adolescents (51.6%, males) with ages between nine and 17 was analyzed. The Achenbach and Rescorla’s Young Self Report was applied to participants in order to assess clinical and social characteristics. Self reported number of close friends, relationship with peers, and clinical variables anxiety-depression, withdrawal-depression, and social problems were considered. Results: According to YSR’s DSM correspondences, participants were valued as possible ADHD cases (19.4%) and not ADHD cases. T-test for mean differences showed significant differences in number of close friends ($t= 2.03$), anxiety-depression ($t= -6.54$), withdrawal-depression ($t= -4.56$), and social problems ($t= -6.22$). Significant and positive correlations were found between clinical variables. Discussion: Results suggest that children and adolescents who show inattentive characteristics are more likely to present social problems and anxiety-depression symptoms.

8) ‘ΨΥΧΟΔΙΑΓΝΩΣΤΙΚΗ ΠΡΟΣΕΓΓΙΣΗ ΤΗΣ ΕΠΙΘΕΤΙΚΗΣ ΕΠΙΚΙΝΔΥΝΟΤΗΤΑΣ ΚΑΙ Η ΨΥΧΟΛΟΓΙΚΗ ΑΝΑΛΥΣΗ ΤΗΣ ΨΥΧΙΚΗΣ ΚΑΤΑΣΤΑΣΗΣ ΕΝ ΒΡΑΣΜΟΥ ΨΥΧΗΣ (PSYCHODIAGNOSTIC APPROACH TO AGGRESSIVENESS RISK AND PSYCHOLOGICAL ANALYSIS OF THE IMPULSIVE AGGRESSIVE STATE)’

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Περίληψη

Ιστορικά, η επιθετικότητα και η επιθετική επικινδυνότητα, είναι ένα πρόβλημα το οποίο απασχόλησε σοβαρά τους ειδικούς λόγω της ιδιαιτερότητας τους. Η ψυχοδιαγνωστική προσέγγιση στην αξιολόγηση, την διερεύνηση και την πρόγνωση της επιθετικής συμπεριφοράς καθώς

και την πρόβλεψη για ασφάλεια, είναι τα στοιχεία τα οποία μέσα από την ανάλυση τους θέτουν την επικινδυνότητα, η οποία από την κλασσική άποψη εκφράζεται από την ψυχική κατάσταση εν βρασμού ψυχής.

Η ψυχική κατάσταση εν βρασμού ψυχής ως επιθετική αντίδραση έχει απασχολήσει ιδιαίτερα τους ειδικούς στον χώρο της δικανικής. Η ιδιαιτερότητα αυτής της ψυχικής κατάστασης είναι τέτοια, η οποία φέρει περισσότερο από μία μορφή. Το εκ βρασμού ψυχής και το εν βρασμού ψυχής είναι περισσότερο νομικοί όροι, προσδιορισμένοι για την φύση του εγκλήματος. Από ψυχολογικής και ψυχιατρικής πλευράς, το εν βρασμού ψυχής ως μία μορφή συναισθηματικής αντίδρασης και κατάστασης, εσωκλείει πολλά στοιχεία τα οποία μπορούν να μας δώσουν απαντήσεις για την δυναμική αυτής της κατάστασης.

Abstract

Historically, aggressiveness and aggressive dangerousness, is a problem which has been studied excessively and thoroughly by experts due to the particularity of the problem. The psychodiagnostic approach in evaluation, exploration and prognosis of aggressive behavior, as well as safety prediction, are all elements from which we can analyse the expression of the dangerousness, as an emotional state of affection.

The mental state in anger as an aggressive reaction has particularly interested the specialists in the juridical field. The particularity of this mental state is such that presents more than one form. Out of anger and in anger are more of legal terms, defined for the nature of the crime. From a psychological and psychiatric point of you, in anger (affect) as a form of emotional reaction and state, encloses many elements, which can provide answers for the dynamic of this state.

9)

‘THE USE OF PHOTOGRAPHY IN PSYCHOTHERAPY AND CONFLICT RESOLUTION’

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Στην παρούσα εργασία κατ’ αρχήν γίνεται μια εισαγωγική παρουσίαση του θέματος που αφορά στη χρήση της φωτογραφίας στην ψυχοθεραπεία αλλά και στην επίλυση ενδοπροσωπικών και διαπροσωπικών συγκρούσεων. Πιο συγκεκριμένα παρουσιάζεται ένα μοντέλο επίλυσης δια-προσωπικών συγκρούσεων με τη χρήση της φωτογραφίας μέσα από την ομάδα, όπου η φωτογραφία παίζει το ρόλο του διαμεσολαβητή. Αντλώντας από το γεγονός ότι η φωτογραφία χρησιμοποιήθηκε για πρώτη φορά στην ψυχιατρική το 1856 από τον Dr. Hugh Diamond, καθώς και το ότι σήμερα γίνεται χρήση της φωτογραφίας ευρέως στην ψυχοθεραπεία υπό τον όρο φωτοθεραπεία, γίνεται συζήτηση για τα πλεονεκτήματα μιας τέτοιας διαδικασίας. Ελέγχεται το γεγονός ανάδυσης συναισθημάτων κατά τη διαδικασία αλλά και η αλλαγή αντίληψης όσον αφορά την διαφορετικότητα του άλλου. Καθώς η φωτογραφία χρησιμοποιείται ως ένα μέσο που διεγείρει και επιτρέπει την ελεύθερη ροή του νου, ώστε να διευκολυνθεί η θεραπευτική διαδικασία, παρατηρούνται επιπλέον συμπεριφορές, όπως η ανάδυση και συζήτηση υπαρξιακών ζητημάτων. Τέλος, υποστηρίζεται ότι τέτοιου είδους διαδικασίες είναι απαραίτητες και αρκετά βοηθητικές, ιδιαίτερα σε άτομα που αντιμετωπίζουν δυσκολίες στην έκφραση ή τη λεκτική επικοινωνία.

10)

‘EATING DISORDERS AND BORDERLINE PERSONALITY CO-OCCUR – TREATMENT’

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Eating disorders characterized by severe problems with eating behavior. The Fourth Edition (DSM-IV), the official guidebook to the diagnosis of psychiatric disorders used by mental health providers, recognizes two specific types of eating disorders: anorexia nervosa and bulimia nervosa. The central feature of anorexia nervosa is a refusal to maintain a minimally normal body weight (body weight greater than 85% of that expected for the individual’s age and height). In contrast, the central feature of bulimia nervosa is the presence of binge eating, followed by behaviors that are attempts to compensate for the binge eating, such as self-induced vomiting, overuse of laxatives, excessive exercise, etc). Eating disorders and borderline personality frequently

occur together, but until recently, very little was known about the relationship between borderline personality disorder (BPD) and eating disorder conditions. People with borderline personality disorder have a greater prevalence of eating disorders than people in the general population. Experts have noted that one possible explanation is that BPD and eating disorders (particularly bulimia nervosa) share a common risk factor: both are associated with histories of childhood trauma, such as physical, sexual and emotional abuse). It could be that having a history of childhood trauma puts one at greater risk for both BPD and eating disorders. Which problem should be treated first? It may be that both the eating disorder and the BPD symptoms can be treated at the same time, but this may be decided on a case-by-case basis. Alternatively, in someone with very severe BPD symptoms that are either life-threatening or threaten to reduce their ability to engage in treatment, the BPD symptoms may be treated first.

11)

‘SOMATIZATION DISORDER – TREATMENT’

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Somatization disorder is characterized by multiple physical complaints (eg, pain; GI, sexual, and neurologic symptoms) over several years that cannot be explained fully by a physical disorder. Symptoms usually begin before age 30 and are not intentionally produced or feigned. Diagnosis is based on history after excluding physical disorders. Treatment focuses on establishing a consistent, supportive physician-patient relationship that avoids exposing the patient to unnecessary diagnostic testing and therapies. Somatization disorder is often familial, although the etiology is unknown. Somatization disorder occurs more often in women. Male relatives of affected women have an increased risk of antisocial personality and substance-related disorders. Specific diagnostic criteria include the following: Onset of multiple physical symptoms before age 30. Symptoms occurring over several years. Treatment seeking or impaired functioning. Pain affecting ≥ 4 body parts. ≥ 2 GI symptoms other than pain (eg, nausea, bloating, food intolerance). ≥ 1 sexual or reproductive symptom other than pain (eg, sexual indifference, erectile dysfunction). ≥ 1 neurologic symptom other than pain (eg, weakness, imbalance, loss of sensation). The diagnosis is supported by the dramatic nature of the complaints and the patient's sometimes exhibitionistic, dependent, and suicidal behavior. Treatment is usually difficult. Drug treatment of concurrent mental disorders (eg, depression) may help. Psychotherapy, particularly cognitive-behavioral therapy, may also help.

12)

ΎΣΥΓΚΡΙΤΙΚΗ ΠΑΡΟΥΣΙΑΣΗ ΤΗΣ ΨΥΧΟΚΟΙΝΩΝΙΚΗΣ ΠΡΟΣΑΡΜΟΓΗΣ ΤΩΝ ΓΥΝΑΙΚΩΝ ΣΤΗ ΔΙΑΡΚΕΙΑ ΤΗΣ ΚΥΗΣΗΣ (COMPARATIVE STUDY OF PSYCHOSOCIAL ADJUSTMENTS MADE BY WOMEN DURING PREGNANCY)

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ΕΙΣΑΓΩΓΗ & ΣΤΟΧΟΣ: Η ψυχο-συναισθηματική κατάσταση των γυναικών κατά την εγκυμοσύνη αποτελεί παράγοντα μείζονος σημασίας για το βίωμα της μητρότητας καθώς και την υγεία, ευημερία και ανάπτυξη του παιδιού. Στην παρούσα ανακοίνωση παρουσιάζεται μέρος των αποτελεσμάτων μιας ευρύτερης μελέτης που αφορά στην ψυχο-κοινωνική προσαρμογή των γυναικών κατά την περιγεννητική περίοδο. Συγκεκριμένα, μελετήθηκαν: α) τα επίπεδα κατάθλιψης και άγχους των εγκύων στη διάρκεια των τριών τριμήνων της κύησης και β) οι επιδράσεις μεταβλητών (δημογραφικών, προγραμματισμού της κύησης, ατομικού και οικογενειακού ιστορικού) στην εμφάνιση υψηλών επιπέδων συμπτωματολογίας.

ΜΕΘΟΔΟΣ: Το δείγμα αποτέλεσαν 138 γυναίκες, ηλικίας 20–43 ετών (M=30.14, SD=4.306), στην περιοχή της Θεσσαλονίκης. Τα εργαλεία που χορηγήθηκαν είναι: ένα ερωτηματολόγιο για κοινωνικο-δημογραφικά στοιχεία και μαιευτικού, ιατρικού και ψυχιατρικού ιστορικού, η Κλίμακα Επιλόχειας Κατάθλιψης του Εδιμβούργου (Edinburgh Postnatal Depression Scale, EPDS) και το Ερωτηματολόγιο Άγχους Εξαρτώμενου από την Κατάσταση ή την Προσωπικότητα του Spielberg (State-Trait Anxiety Inventory, STAI).

ΑΠΟΤΕΛΕΣΜΑΤΑ: Ένα σημαντικό ποσοστό γυναικών παρουσιάζουν ανησυχητικά υψηλά επίπεδα συμπτωμάτων καθ' όλη τη διάρκεια της κύησης, με ιδιαίτερος επιβαρυνμένα να εμφανίζονται το 1^ο και το 3^ο τρίμηνο. Η εικόνα μεταβάλλεται σημαντικά ανάλογα με την οικογενειακή κατάσταση, το εκπαιδευτικό επίπεδο, τον προγραμματισμό της κύησης και το ατομικό ιστορικό των εγκύων.

ΣΥΜΠΕΡΑΣΜΑΤΑ: Τα αποτελέσματα της παρούσας εργασίας παρουσιάζουν μια ιδιαίτερος ανησυχητική κατάσταση, ενισχύοντας την ανάγκη για έγκαιρη και έγκυρη ανίχνευση των γυναικών που χρήζουν άμεσης στήριξης ήδη από την αρχή της κύησης και το σχεδιασμός προληπτικών προγραμμάτων.



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13)

ΎΚΕΘΕΑ ΣΤΡΟΦΗ: ΜΙΑ ΘΕΡΑΠΕΥΤΙΚΗ ΚΟΙΝΟΤΗΤΑ ΓΙΑ ΕΦΗΒΟΥΣ ΧΡΗΣΤΕΣ ΠΟΥ ΜΑΘΑΙΝΟΥΝ ΤΗ ΖΩΗ. ΠΑΡΟΥΣΙΑΣΗ ΤΟΥ ΠΡΟΦΙΛ ΤΩΝ ΕΦΗΒΩΝ ΠΟΥ ΣΥΜΜΕΤΕΙΧΑΝ ΣΤΗ ΘΕΡΑΠΕΥΤΙΚΗ ΚΟΙΝΟΤΗΤΑ ΤΟ 2012 (KETHEA STROFI: A THERAPEUTIC COMMUNITY FOR ADOLESCENTS DRUG USERS WHO LEARN HOW TO LIVE. A PRESENTATION)

OF THE CHARACTERISTICS OF THE ADOLESCENTS WHO PARTICIPATED IN THE THERAPEUTIC COMMUNITY IN 2012)

S Zotou, Head of the Research Department of KETHEA STROFI, GREECE

Το ΚΕΘΕΑ ΣΤΡΟΦΗ είναι το πρώτο θεραπευτικό πρόγραμμα για έφηβους χρήστες ουσιών, το οποίο λειτουργεί στην Αθήνα από το 1988. Παρέχει εντατική εξωτερική φροντίδα σε εφήβους και νεαρούς ενήλικες που αντιμετωπίζουν πρόβλημα κατάχρησης ή εξάρτησης και, συνήθως, έχουν εγκαταλείψει το σχολείο και έχουν παραβατική συμπεριφορά. Η απεξάρτηση των εφήβων, συντελείται μέσα από ένα πρόγραμμα ποικίλων ψυχοκοινωνικών δραστηριοτήτων, αξιοποιώντας κυρίως τις αρχές του μοντέλου των Θεραπευτικών Κοινοτήτων, που προάγουν τη ζωή και ενισχύουν την ενεργή συμμετοχή των μελών στην θεραπεία, με θεραπευτικές, εκπαιδευτικές, ψυχαγωγικές και αθλητικές δραστηριότητες, ενθαρρύνοντας παράλληλα την ανάληψη πρωτοβουλιών από τους ίδιους με στόχο την ενίσχυση της αυτοεκτίμησης και αυτοπεποίθησής τους.

Η μελέτη του προφίλ των εφήβων που προσεγγίζουν το ΚΕΘΕΑ ΣΤΡΟΦΗ αποτελεί ένα μέσο καταγραφής των αναγκών των εφήβων χρηστών. Στόχος της παρουσίασης αυτής είναι η ανάδειξη των ιδιαίτερων χαρακτηριστικών των εφήβων που συμμετείχαν στη θεραπευτική κοινότητα του προγράμματος κατά το έτος 2012. Η διερεύνηση του προφίλ πραγματοποιήθηκε με το ερωτηματολόγιο First Treatment Demand Indicator, το οποίο χορηγείται στους εφήβους κατά την πρώτη τους επαφή με το πλαίσιο.

Τα αποτελέσματα δείχνουν τις ιδιαίτερες ανάγκες των εφήβων, το οικογενειακό τους ιστορικό καθώς και τη πορεία τους στη χρήση.

14)

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) - MEDICATION AND BEHAVIORAL TREATMENT

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ADHD is a problem with inattentiveness, over-activity, impulsivity, or a combination. For these problems to be diagnosed as ADHD, they must be out of the normal range for a child's age and development. ADHD is the most commonly diagnosed behavioral disorder of childhood. It affects about 3 - 5% of school aged children. ADHD is diagnosed much more often in boys than in girls. ADHD may run in families, but it is not clear exactly what causes it. Whatever the cause may be, it seems to be set in motion early in life as the brain is developing. Imaging studies suggest that the brains of children with ADHD are different from those of other children. Depression, lack of sleep, learning disabilities, tic disorders, and behavior problems may be confused with, or appear with ADHD. The symptoms of ADHD fall into three groups: Lack of attention (inattentiveness)-Hyperactivity-Impulsive behavior (impulsivity). Children should have at least 6 attention symptoms or 6 hyperactivity/impulsivity symptoms, with some symptoms present before age 7. The symptoms must be present for at least 6 months, seen in two or more settings, and not caused by another problem. The symptoms must be severe enough to cause significant difficulties in many settings, including home, school, and in relationships with peers. A combination of

medication and behavioral treatment works best. There are several different types of ADHD medications that may be used alone or in combination.

15)

`INSOMNIA - CIRCADIAN RHYTHM SLEEP-TREATMENT`

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Insomnia means that the person is not able to fall asleep; this is a very common sleep problem experienced by millions on occasion. An [insomnia sleep disorder](#) results in disruption of normal daily life, with the person is feeling tired for most of the time and often ends up worrying about this lack of sleep. There are a number of factors that may cause insomnia sleep disorder, including excessive intake of caffeine or alcohol, emotional difficulties, stress and other underlying diseases..Circadian rhythm sleep disorders occur when people's internal sleep-wake schedule (clock) does not align with the earth's cycle of darkness (night) and light (day). Jet lag and shift work commonly disturb the usual rhythms of sleep and waking. People cannot awaken or go to sleep when they need or want to. Doctors base the diagnosis on symptoms, sometimes using information from a sleep log and sleep laboratory testing. Good sleep habits and exposure to bright light can help people readjust their sleep-wake cycle. Circadian means around (*circa*) the day (*dies*). Circadian rhythms are the regular changes in mental and physical states that occur in about a 24-hour period—a person's internal clock. These rhythms are controlled by an area of the brain that is influenced by light (called the circadian pacemaker). After entering the eye, light stimulates cells in the back of the eye (retina) to send nerve impulses to this area. These impulses signal the brain to stop producing melatonin, a sleep-promoting hormone. Developing good sleep habits can help. Exposure of the eyes to bright light at appropriate times may be the most helpful strategy. Such exposure helps reset the internal clock.

16)

`ANOREXIA NERVOSA: PREVENTION AND TREATMENT AT PRIMARY HEALTH CARE`

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Introduction&Aims: Anorexia nervosa is a feeding behavior's disorder in relation to weigh control that substantially harms physical and psychosomatic health.

Highlighting Primary Health Care's (PHC) contribution at disorder's prevention and treatment, through a teenage girl's case description, is this study's aim.

Methods: Thorough personal and familial history, clinical evaluation, laboratory tests (blood, biochemical serological), radiological test, electrocardiogram were done.

Results: 14years-old girl appears reduced for her age weight&height (46kg, 1.65m), along with body loss~10kg during last month. No menstrual disturbances mentioned. The teenager appeared behavioral disorders, insufficient feeding lately (mainly yogurts and fruits), extremely dealing with her appearance and difficulty in interpersonal (with peers) relationships. Intense family problems are referred (recent parental separation). Physical examination: underweight, muffled heart sounds, no other pathological signs. B.P: 108-67mmHg.EKG: sinus rhythm, pulses: 60/min.T3:71.14 ng/dl (normal ranges-n.r:80-180), T4:5.35µg/dl (n.r:5-14.5), FT3: 1.95pg/ml (n.r:2.48-5.1), FT4:8.89pg/ml (n.r:9-16.7),TSH: 1.72 µU/ml (n.r:0.3-5). The relevant bradycardia as well as hypothyroidism were attributed to patient's malnutrition. Laboratory&radiological tests: within normal limits. The patient was referred to a Secondary Care Center and underwent a. psychiatric evaluation: teenager with elements of adaption's reaction and depression-like feeling without perception's disorders- and b. social worker's evaluation :patient improperly fed in an effort to manipulate her familial environment. The girl was referred to a Tertiary Center and was evaluated by child psychiatrist who diagnosed anorexia nervosa with depression's coexistence. She received treatment and reacted positively. **Discussion:** Early action and recognition of disease's first signs as well as quick combined treatment's start by PHC's carriers have positive results in reducing disease's impact.

17)

GENETIC MARKERS FOR VITAL EXHAUSTION (EPIDEMIOLOGICAL AND GENETICS STUDY OF PROGRAM WHO "MONICA, SUBPROGRAM "MONICA-PSYCHOSOCIAL")

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Introduction. Vital exhaustion (VE) can be caused by the abnormal dopamine synthesis.

Aim. To study associations between vital exhaustion (VE) and VNTR polymorphism in the DRD4 and DAT genes.

Methods: as part of the WHO program «MONICA» in 1994 surveyed a random representative sample of men aged 25-64 years (628 men). We used MONICA's scale for estimation of VE. Genotyping of VNTR polymorphisms studied gene DRD4, DAT was conducted according to published methods: gene DRD4 (Lichter JB et al., 1993; Schmidt D. et al., 2001), gene DAT (Mitchell RJ et al., 2000; Kang M. et al.,

1999; Stöber G. et al., 1998). Statistical analysis was used software package of SPSS 11.5. Chi square (χ^2) statistic was used to investigate whether distributions of categorical variables differed from one another in between the groups.

Results. The level of VE in a population of men aged 25-64 years was – 66.8%. With a VE significantly associated genotype, allele containing 7 dopamine receptor gene subtype 4 (DRD4) ($\chi^2=4.848$ $\nu=1$ $p<0.05$) and genotype 9/9 VNTR gene dopamine transporter protein DAT (OR=7.4 95%CI 2.4-22.6; $\chi^2= 16.238$ $\nu=1$ $p<0.0001$).

Discussion: In the population of men aged 25-64 VE were significantly associated with specific polymorphisms VNTR gene DRD4, DAT.

Keywords: vital exhaustion, the gene DRD4, a gene DAT

18)

RELATION OF DEPRESSION WITH ATTITUDE TOWARD THE HEALTH IN FEMALE POPULATION 25-64 YEARS IN RUSSIA: WHO PROGRAM MONICA-PSYCHOSOCIAL STUDY

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The aim: To study the relationship of depression (D) as cardiovascular risk factor and awareness and attitude towards the health in female population of 25-64 years in Russia.

Methods: Under the third screening of the WHO "MONICA-psychosocial" (MOPSY) program random representative sample of women aged 25-64 years (n=870) were surveyed in Novosibirsk. D was measured at the baseline examination by means of test "MMPI".

Results: The prevalence of depression (D) in the female population was 55.2%; major D was 12%. Positive self-rated health estimation decreased in women with major D. 100% women with major D had health complaints but 80% of them believe their healthcare is not enough ($\chi^2=17.69$ $df=4$ $p<0.01$). Women with major D significantly extended negative behavioral habits: smoking and unsuccessful attempts to give it up, low physical activity, they were less likely to follow a diet. Major D associated with high job strain and family stress, 70% of those had increased number of serious conflicts in the family during the year ($p<0.05$).

Discussion: Major D related to poor self-rated health, low level of awareness, unhealthy lifestyle and high levels of job and family stress.

19)

΄ΜΕΛΕΤΗ ΠΕΡΙΠΤΩΣΗΣ ΕΦΗΒΗΣ ΜΕ ΙΔΕΟΨΥΧΑΝΑΓΚΑΣΤΙΚΗ ΔΙΑΤΑΡΑΧΗ (A CASE STUDY OF AN ADOLESCENT WITH OBSESSIVE-COMPULSIVE DISORDER)΄

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Η ΨΔ στα παιδιά και στους εφήβους αποτελεί μια πιο συχνή διαταραχή από ότι είχε θεωρηθεί στο παρελθόν. Η κατανόηση της διαταραχής έχει αυξηθεί σημαντικά τα τελευταία χρόνια κυρίως λόγω της κλινικής και ερευνητικής σημασία που δόθηκε.

Παρουσιάζεται ατομική περίπτωση έφηβης 14 ετών, η οποία προσήλθε σε θεραπεία συνοδευόμενη από τους γονείς της. Κύριο αίτημα των γονέων ήταν η αντιμετώπιση του έντονου άγχους που βίωνε η έφηβη συνοδευόμενο από ιδεοληψίες μόλυνσης και ψυχαναγκασμούς πλύσιματος των χεριών με αποτέλεσμα να καταφεύγει σε τακτικό πλύσιμο/απολύμανση διάφορων σημείων του σώματος και του χώρου που θεωρούσε εστία μόλυνσης. Οι εν λόγω ιδεοληψίες προκαλούσαν έντονη δυσφορία, με αποτέλεσμα να εμφανίζει αποφευκτική συμπεριφορά σε πληθώρα συνθηκών. Επιπλέον διαπιστώθηκαν ελλείμματα στις συναισθηματικές και κοινωνικές δεξιότητες, κοινωνική απόσυρση, δυσκολίες στη συγκέντρωση, έκπτωση στη σχολική επίδοση και στις κοινωνικές δραστηριότητες της έφηβης.

Βάση της λήψης οικογενειακού ιστορικού, η μητέρα ανέφερε έντονη ανησυχία για τη εξελικτική πορεία της κατάστασης καθώς η έφηβη παρουσίαζε τοξική δερματίτιδα και αυξημένη κατανάλωση σαπουνιού/οιονοπνεύματος με αποτέλεσμα να υπάρχουν συχνοί καβγάδες στην οικογένεια και σημαντικές οικονομικές επιπτώσεις (π.χ. υψηλοί λογαριασμοί νερού, σημαντική αύξηση ρούχων για πλύσιμο).

Περιγράφονται συνοπτικά οι κύριες ψυχοθεραπευτικές τεχνικές (συμβουλευτικού-υποστηρικτικού και γνωστικού-συμπεριφοριστικού τύπου) που χρησιμοποιήθηκαν στις ατομικές συνεδρίες και στη συμβουλευτική γονέων.

Η συγκεκριμένη περίπτωση είναι ενδιαφέρουσα καθώς διαφαίνεται η σημασία της έγκαιρης και σωστής διάγνωσης, η συμβολή της καλά εδραιωμένης θεραπευτικής σχέσης και η αποτελεσματικότητα της γνωστικής-συμπεριφοριστικής θεραπείας ως μονοθεραπείας (χωρίς τη λήψη φαρμακευτικής αγωγής).

20)

΄ΠΑΡΟΥΣΙΑΣΗ ΠΕΡΙΠΤΩΣΗΣ ΕΦΗΒΗΣ ΜΕ ΜΕΤΑΙΧΜΙΑΚΗ ΔΙΑΤΑΡΑΧΗ ΠΡΟΣΩΠΙΚΟΤΗΤΑΣ ΚΑΙ ΣΥΝΥΠΑΡΧΟΥΣΑ ΔΙΑΣΧΙΣΤΙΚΗ ΔΙΑΤΑΡΑΧΗ ΤΗΣ ΤΑΥΤΟΤΗΤΑΣ (A CASE STUDY OF AN ADOLESCENT WITH BORDERLINE PERSONALITY DISORDER WITH CO-OCCURENCE OF DISSOCIATIVE IDENTITY DISORDER)΄

P Nikiforou, Clinical Psychologist, MSc, PhD(c), GREECE

Παρουσιάζεται ατομική περίπτωση έφηβης, 16 ετών, που τα τελευταία χρόνια ζει σε ανάδοχη οικογένεια λόγω αφαίρεσης της επιμέλειας από τους βιολογικούς γονείς. Η

ανάδοχη οικογένεια προσήλθε με κύριο αίτημα τη συμβουλευτική και ψυχοθεραπεία της έφηβης η οποία παρουσίαζε αρχικά τα ακόλουθα συμπτώματα: συνεχής προσπάθεια να αποφύγει φανταστική/πραγματική εγκατάλειψη συνοδευόμενη από επαναλαμβανόμενους αυτο-τραυματισμούς, ασταθείς και έντονες διαπροσωπικές σχέσεις με εναλλαγές μεταξύ ακραίων περιπτώσεων εξιδανίκευσης και υποτίμησης των "σημαντικών άλλων", έντονη ανάγκη επικέντρωσης της προσοχής των άλλων, παρορμητικότητα, έντονο άγχος και χρόνια αισθήματα κενού και μοναξιάς. Τα παραπάνω συμπτώματα συνοδεύονταν από τη συνύπαρξη δύο ξεχωριστών προσωπικοτήτων μέσα στην ίδια την έφηβη. Οι προσωπικότητες αυτές ήταν συνήθως διαφορετικές και εξέφραζαν αντίθετες πλευρές της ταυτότητας της. Η έφηβη είχε επίγνωση των διαφορετικών προσωπικοτήτων και κάποιες φορές προσέρχονταν στη θεραπευτική συνεδρία άλλοτε σαν "Πηγή" και άλλοτε σαν "Έλενα" (ονόματα διαφορετικών προσωπικοτήτων).

Από το οικογενειακό ιστορικό διαπιστώθηκε σοβαρή ψυχική νόσος στη μητέρα, ιστορικό σωματικής και σεξουαλικής κακοποίησης, ασταθής και ασυνεπής οικογενειακή φροντίδα με αποτέλεσμα την αφαίρεση της επιμέλειας της έφηβης από τους βιολογικούς γονείς.

Το θεραπευτικό πλάνο περιλάμβανε ατομικές συνεδρίες με την έφηβη σε εβδομαδιαία βάση και συμβουλευτική οικογένειας στην ανάδοχη οικογένεια. Γίνεται συνοπτική παρουσίαση του οικογενειακού ιστορικού, των ψυχοθεραπευτικών τεχνικών που χρησιμοποιήθηκαν αλλά και της έκβασης της ψυχοθεραπείας.

21)

`BURNOUT SYNDROME IN THE WORK PLACE FOR TEACHERS OF BASIC EDUCATION IN A PART OF THE PERUVIAN HIGH LANDS`

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The objective of this study was to describe the Burnout Syndrome in the work place and its associated factors and consequences. The study was transversal with a sample of 414 teachers from public elementary schools located at The Callejon de Huaylas, Ancash-Peru. The data collection included The Maslach Burnout Inventory (MBI) for educators. The sample selection was randomly done. Results: 7% of the teachers presented the syndrome in the work place and 56% presented one or two signs of burnout. The emotionally fatigued, the depersonalization and the low personal achievement were average. The risk factors included were: holding other jobs, teaching a lot of classes, being in a relationship, and working far away from home. Thus, they did not participate in developmental workshops, and lacked professional satisfaction. There were protection factors: To live in the same town where the work place was, to have tenure, and to work in a country side school. The consequences of the syndrome were: Lack of pride with their work and the desire to leave the teaching profession. Therefore, it is necessary to enhance the studies regarding the mental health of the Peruvian teachers in order to provide programs of promotion, prevention and rehabilitation.

22)

EPIDEMIOLOGICAL STUDY OF THE CLINICAL DATA AND MMPI RESULTS OF PERSONS WHO VISITED A.P.P.A.C. FOR THE PERIOD 2009-2012

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INTRODUCTION

The Association of Psychology & Psychiatry for Adults & Children (A.P.P.A.C.) offers out-patient mental health care nationally, since 1986, serving both the public and mental health care professionals. It mainly offers individual and group psychotherapy for children and adults, couples and families. Further, for almost 25 years now, A.P.P.A.C. actively promotes education with the objective to raise awareness for mental health matters and also embraces scientific research in order to improve diagnostics and therapeutic interventions in Greece.

The variety of cases received by the A.P.P.A.C. over the years has formed an important epidemiological database, on which we based our study. The aim of the present study is to present the epidemiological characteristics of the people who visited the association, striving to improve A.P.P.A.C. services as well as reach some useful conclusions for the mental health field. Additionally, the purpose of the research is the examination of the patterns of mental disorders during the 2009-2012 period, as follow-up to previous research for the period 2006-2008.

In the current study, the basic criteria for patient investigation was diagnosis using the internationally recognized personality test MMPI. We aimed to determine the proportion of patients and risk factors and correlate these with epidemiological factors such as gender, marital status and education level. We also investigated suicide risk, since it is a current phenomenon.

METHODOLOGY

111 patients were examined during the three-year period 2009-2011. We examined MMPI results, such as basic diagnosis, G.I., three most elevated scales and suicide risk. Also, demographics taken from each patient's history were noted, such as age, education, family status, hereditary predisposition and whether they were taking medication.

RESULTS

The mean age of patients was 32 years, 70 men and 41 women, with a rate of 71% and 37% respectively. Marital status examination, found that the majority were single - 78 patients corresponding to a rate of about 79%. Regarding the latter sample, 55 of them were male. Twenty-three percent (23%) of these patients were diagnosed with schizophrenia. Married patients constituted 16%, divorced 8% and widowed just 1% of the total sample.

The education level of most patients was post-graduate who amounted to 57% of the total sample, secondary schooling constituted 26% and primary schooling only 3%. Based on the research, the most common clinical diagnosis of patients presenting to the A.P.P.A.C. in the past years was within the range of schizophrenic disorders (paranoid schizophrenia, schizoaffective, schizoid type), a rate of 22% of the total sample. In our previous research it was depression with 36%. This was followed by anxiety neurosis with a rate of 20%, depression 19%, passive-aggressive personality

15%, hysteria 7%, emotionally unstable personality 5% and finally manic depression 3%.

According to our results, there was no suicide risk for about 48% of patients while 26% had suicidal ideation and thus a possibility of an attempt. Of these, 22% exhibited a possibility for a successful suicide attempt, and for 4% this probability was even greater. A recent example is Mr. Sotiris P., a 30-year old single, male university graduate, who committed suicide...

CONCLUSIONS

From the study results, it appears that most patients who visited A.P.P.A.C. during the 2009-2011 period, suffered from schizophrenia and a general increase in clients with psychosis was noted. Factors that seemed to be related to this increase was male gender, marital status and highest level of education.

ΕΠΙΔΗΜΙΟΛΟΓΙΚΗ ΕΡΕΥΝΑ ΕΠΙ ΤΩΝ ΚΛΙΝΙΚΩΝ ΔΕΔΟΜΕΝΩΝ ΚΑΙ ΜΜΡΙ ΤΩΝ ΕΠΙΣΚΕΨΕΩΝ ΣΤΗΝ ΑΡΡΑC 2009-2012

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Εισαγωγή:

Η Ε.Ψ.Ψ.Ε.Π από το 1986 αποτελεί φορέα εξωνοσοκομειακής παροχής υπηρεσιών Ψυχικής Υγείας σε πανελλήνιο επίπεδο για την εξυπηρέτηση κοινού και ιατρών στον τομέα της Ψυχικής Υγείας. Προσφέρει κυρίως ατομική και ομαδική ψυχοθεραπεία για παιδιά, ενήλικες, ζευγάρια και οικογένειες. Επίσης, για σχεδόν 25 χρόνια τώρα, η Ε.Ψ.Ψ.Ε.Π. προωθεί ενεργά την εκπαίδευση με στόχο να αυξήσει την ευαισθητοποίηση σχετικά με ψυχολογικά ζητήματα στην Ελλάδα και αγκαλιάζει την επιστημονική έρευνα προκειμένου να ανεβάσει το επίπεδο στους τομείς της διάγνωσης και θεραπευτικής παρέμβασης.

Το εύρος των περιστατικών που δέχεται η Ε.Ψ.Ψ.Ε.Π έχει δημιουργήσει με την πάροδο των ετών μια σημαντική βάση επιδημιολογικών δεδομένων, όπου και βασίσαμε την έρευνά μας. Στόχος της παρούσας έρευνας είναι να παρουσιάσει τα επιδημιολογικά χαρακτηριστικά των ατόμων που δέχονται τις υπηρεσίες της Ε.Ψ.Ψ.Ε.Π αποσκοπώντας στην βελτίωση των υπηρεσιών αυτών αλλά και στο να βγουν γόνιμα συμπεράσματα όσον αφορά τις επιστήμες της Ψυχικής Υγείας. Επιπρόσθετα, σκοπός της έρευνας είναι η απόδοση της διαμόρφωσης των ψυχικών νόσων κατά την περίοδο 2009-2012, εν συνεχεία της προηγούμενης έρευνας, περιόδου 2006-2008. Αυτή τη φορά με βασικό κριτήριο οι υπό έρευνα ασθενείς να έχουν διαγνωσθεί μέσω του διεθνούς αναγνωρισμένου τεστ προσωπικότητας ΜΜΡΙ. Το ζητούμενο και εδώ ήταν να προσδιορίσουμε το ποσοστό των πασχόντων και ποιοι είναι οι παράγοντες κινδύνου, να συσχετιστούν με επιδημιολογικούς παράγοντες όπως το φύλο, η οικογενειακή κατάσταση και το επίπεδο εκπαίδευσης. Εδώ διερευνήθηκε και το ποσοστό της τάσης αυτοκτονίας, μιας και είναι ένα φαινόμενο επίκαιρο.

Μέθοδος:

Εξετάστηκε ο πληθυσμός 111 ασθενών κατά τη τριετία 2009-2011. Καταγράψαμε τα αποτελέσματα των τεστ MMPI, όπως η βασική διάγνωση, το G.I, τις τρεις πιο ανυψωμένες κλίμακες και το suicide risk. Ακόμη, δημογραφικά στοιχεία αντλήθηκαν από το ιστορικό του κάθε ασθενούς όπως η ηλικία, η εκπαίδευση, η οικογενειακή κατάσταση, η κληρονομική προδιάθεση και αν έγινε λήψη φαρμάκων.

Αποτελέσματα:

Η μέση ηλικία των ασθενών κυμαίνεται στα 32 έτη, 70 άντρες και 41 γυναίκες με ποσοστό 71% και 37% αντίστοιχα. Στη μελέτη της οικογενειακής κατάστασης διαπιστώθηκε ότι η πλειονότητα είναι άγαμοι, 78 ασθενείς που αντιστοιχεί σε ποσοστό της τάξεως του 79% περίπου. Όσον αφορά το προαναφερθέν δείγμα, οι 55 από αυτούς είναι άντρες. Το 23% των συγκεκριμένων ασθενών έχουν διαγνωσθεί με σχιζοφρένεια. Οι έγγαμοι καταλαμβάνουν το 16%, οι διαζευγμένοι το 8% και οι χήροι μόλις το 1% του συνολικού δείγματος.

Το επίπεδο εκπαίδευσης των περισσότερων ασθενών είναι ανώτατο πανεπιστημιακό και ανέρχεται σε ποσοστό 57% του συνολικού δείγματος, επίπεδο δευτεροβάθμιας εκπαίδευσης έχει το 26% και πρωτοβάθμιας μόλις το 3%.

Βάσει της έρευνας, η συχνότερη κλινική διάγνωση των ασθενών που προσέρχονται στην Ε.Ψ.Ψ.Ε.Π τα τελευταία χρόνια εντάσσεται στο φάσμα των σχιζοφρενικών διαταραχών (σχιζοφρένεια παρανοϊκού, σχιζοσυναισθηματικού, σχιζοειδούς τύπου), ποσοστό της τάξεως του 22% από το συνολικό δείγμα. Στην προηγούμενη έρευνα ήταν η κατάθλιψη με ποσοστό 36%. Ακολουθούν οι αγχώδεις νευρώσεις με 20%, η κατάθλιψη με 19%, η παθητικο-επιθετική προσωπικότητα με 15%, η υστερία με 7%, η συναισθηματικά ασταθής προσωπικότητα με 5% και τέλος η μανιοκατάθλιψη με 3%.

Suicide risk:

Σύμφωνα με τα αποτελέσματά μας, για το 48% των συγκεκριμένων ασθενών δεν υπάρχει κίνδυνος απόπειρας αυτοκτονίας, το 26% εξ αυτών έχει αυτοκτονικό ιδεασμό και συνεπώς υπάρχει ενδεχόμενο μιας απόπειρας. Για το 22% υπάρχει πιθανότητα μιας επιτυχημένης απόπειρας αυτοκτονίας και για το 4% η πιθανότητα αυτή είναι ακόμα μεγαλύτερη. Πρόσφατο παράδειγμα ο κύριος Σωτήρης Π. Ανύπαντρος άντρας 30 ετών, απόφοιτος ανώτατης σχολής ο οποίος αυτοκτόνησε....

Συμπεράσματα:

Από τα αποτελέσματα της έρευνας φαίνεται ότι οι περισσότεροι ασθενείς που ήρθαν την περίοδο 2009-2011 έπασχαν από σχιζοφρένεια και γενικότερα παρατηρείται μια αύξηση στους πελάτες με ψυχώσεις. Παράγοντες οι οποίοι φαίνεται πως σχετίζονται με την αύξηση αυτή είναι το αντρικό φύλο, η οικογενειακή κατάσταση καθώς και το ανώτατο επίπεδο μόρφωσης.