

and enable every student to participate in sports.

Conclusions: Through the assessment of the index system framework of the psychological impact of sports on college students under the normal situation of epidemic prevention and control, the data of the indexes were analyzed quantitatively by qualitative evaluation to reflect the importance of risk factors, and the assessment system of 1 primary index and 12 secondary indexes was established to construct the theoretical system of the index system framework of the psychological impact of sports on college students under the normal situation of epidemic prevention and control are depression, academic pressure, employment pressure, and anxiety. Physical exercise has a significant and effective intervention effect on the psychological regulation of college students, which can cathartic, offset and transfer the negative emotions of college students in school, and can relieve stress and improve students' psychological health.

Acknowledgements: Hubei Provincial Teaching Research Project (2021447).

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PANDEMICS, SOCIETY AND MENTAL HEALTH: WHAT TO LEARN FROM THE PAST

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The coronavirus disease 19 (COVID-19) pandemic has severely shaped our everyday lives. It globally impacted not only somatic and mental health but also society, economics, political changes, and culture. Moreover, the history teaches us that pandemics have traditionally been the historical mirrors not only reflecting the socio-cultural changes but also causing many of them. Past pandemics, natural disasters, and current health challenges suggest that many psychological and socio-cultural changes occur following the pandemics.

Here we summarize and present the findings from previous literature on pandemics influencing societal changes and mental health as well as socio-cultural context leading to emerging of pandemics, in general. We discuss societal and economic changes, religious beliefs and their plasticity within broad health challenges. We also discuss isolation, fear and stigma as elements following almost every pandemic. More specifically, we offer societal, psychological and cultural similarities and differences between COVID-19 and previous, historically meaningful pandemics.

The pandemic offers valuable lessons on individual and global perspective. They are not just a biological phenomenon but also practical medical, socio-cultural and political questions. COVID-19, as one of the most global pandemics so far, became global illness with locally diverse outcomes, framed in culture specific context. Learning from the past and turning to post-pandemic future, history teaches us that we should rely on global solidarity and cooperation to foster mental health and positive societal changes.

Key words: COVID-19 pandemics, mental health, society

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PATHOLOGICAL NARCISSISM IN THE CONTEMPORARY SOCIETY

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Pathological narcissism as a transdiagnostic concept is associated with a spectrum of characteristics that undermine interpersonal functioning. Personality pathology is in focus of presentation with regard to social parameters, shame and mentalization. Narcissistic vulnerability seems to be more strongly related to suicidal tendencies than narcissistic grandiosity, while experience of shame represents one of the underlying mechanisms of this relationship among psychiatric outpatients. My team also has investigated the complex relations among pathological narcissism, negative parenting, and interpersonal forgiveness in psychiatric outpatients. Narcissistic vulnerability seems to be more strongly related to negative parenting and interpersonal forgiveness than narcissistic grandiosity, while it also represents one of the underlying mechanisms of the negative parenting–interpersonal forgiveness relationship. The clinical implications of these findings are discussed in relation to pathological narcissism and lack of forgiveness. Clinical

presentations of pathological narcissism suggest that empathy is deficient in these individuals with implications to a diverse set of motivational and social factors. Consistent with research, empathy is multidimensional, involving emotional and cognitive processes associated with a capacity to respectively understand and respond to others' mental and affective states. Given the complexity of pathological narcissism, empathy and social parameters, my team proposes that multiple relationships can exist between these constructs. Our experience regarding therapy in the treatment of difficult personality and eating disorders patients show that psychodynamic is crucial for understanding individual cases. Many difficult patients with pathological narcissism have a so-called borderline personality organization (the term created by psychiatrist Otto Kernberg), which would explain why so many difficult patients have a highly ambivalent relationship and significant problems in social relationships. The aim of this work is analysis of some fundamental questions about detection, management and treatment for people with pathological narcissism and/or personality disorders with some social implications. At the end of this work, I summarize the literature on empathy, mentalization and pathological narcissism regarding social implications.

Key words: Narcissism, personality pathology, empathy

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THE EVOLUTION OF THE CONCEPT OF TRANSGENERATIONAL TRAUMA AND PSYCHODYNAMICS

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In this talk we examine the concept of transgenerational (including intergenerational and historical) trauma, its recent history and the contemporary trends. We start with an examination of how the idea of heritable, transgenerational (initially "second generation") trauma was first developed by the psychoanalytic psychiatrists working with the communities of Holocaust survivors in the North American cities after the Second World War. From there, through the work of psychiatrists and social workers, this concept has spread worldwide. It has found especially fertile ground among indigenous peoples of former colonial empires who explained persistent health and social disparities (such as high rates of alcoholism, mental illness and incarceration) as the consequences of deep trauma inflicted by colonization. Yet in the 1990s, in line with the broader trend towards biological psychiatry and following on from the work with the Vietnam war veterans, the transgenerational trauma was increasingly conceptualized in terms of the changes in the levels of stress hormones in the parental generation and the impact of the parental hormone level on the offspring corticosteroid hormone receptors. The new field of epigenetics has provided a molecular link between early developmental environments of and the activity of genes coding for hormones and receptors. "Epigenetics" has become synonymous with transgenerational trauma, yet human epigenetic studies of transgenerational trauma are still in their early days. Most studies of transgenerational trauma continue to be conducted using the tools of psychologists and psychiatrists. What is interesting, however, is that most focus on the large scale, collective trauma, similar in nature if not in scale to the Holocaust, and many are used to support a political argument rather than to consider how transgenerational trauma could be healed. In the final part of this talk we will discuss psychodynamic approaches to the treatment.

Key words: Trans-generational trauma, psychodynamics, epigenetics, Holocaust survivors, Vietnam war veterans

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PSYCHOTRAUMA AND RESILIENCE IN THE MODERN WORLD: PUBLIC AND GLOBAL MENTAL HEALTH PERSPECTIVE

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