



17th European Congress of Psychology

Psychology as the Hub Science: Opportunities & Responsibility

5-8 July 2022, Ljubljana, Slovenia

Book of Abstracts

Congress organiser

Slovenian Psychologists' Association
Under the Auspices of the European Federation of Psychologists' Associations

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These results showed the importance from the preventive perspective of the psychological eudaimonic wellbeing for the promotion of health represented in the variables of Physical Health Perception, Sleep Quality and Healthy habits in young adulthood. The implications of these results are discussed in order to include these variables in public health policies.

Predictors of Change in Gambling Behavior Among Adolescents

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P14-3-3

Adolescent gambling is associated with multiple negative social and psychological outcomes. We aimed to identify predictors of change in gambling behavior in 596 adolescents aged 12-17 years ($M = 14.93$; $SD = 1.39$) surveyed at two-time points over 1-year. The studied variables were: individual, social and contextual factors, and alcohol and tobacco use. Participants were categorized according to their initial levels of gambling (non/occasional or frequent gamblers) and their changes in gambling behavior (initiation, increase or decrease/cessation). Among the participants with the same initial level of gambling, we compared those who changed their behavior with those who did not by logistic regression analyses. Specifically, we examined the predictors of initiating gambling among non-gamblers, becoming a frequent gambler among non-gamblers and occasional gamblers, and the predictors of reducing or ceasing gambling behavior among frequent gamblers. Of the 440 non-gamblers at baseline, 160 initiated gambling during the one-year follow-up. Favorable attitudes toward gambling ($OR = 1.66$) and more frequent alcohol use ($OR = 2.73$) at baseline were predictive of increased likelihood of initiating gambling, while higher self-efficacy to refuse gambling ($OR = 0.72$) and more frequent tobacco use ($OR = 0.59$) were related to a decreased likelihood. Of the 546 non-gamblers and occasional gamblers, 47 became frequent gamblers. Favorable attitudes toward gambling ($OR = 3.50$), being more exposed to gambling advertising ($OR = 1.88$) and more frequent alcohol use ($OR = 2.52$) at baseline were associated with the risk of becoming a frequent gambler. Of the 50 frequent gamblers, 23 reduced or ceased their gambling behavior. Self-efficacy to refuse gambling ($OR = 7.44$) was associated with this reduction or cessation, while more frequent alcohol use ($OR = 0.18$) was associated with decreased likelihood to reduce/cease gambling behavior. These findings highlight the association between frequent alcohol use and the initiation/increase of gambling behavior. Moreover, self-efficacy to refuse gambling was the main predictive variable for gambling reduction or cessation among adolescents.

The Protection Motivation Theory as a Predictor of the Use of Protective Behavioral Strategies among Young Adults

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P14-3-4

Alcohol Protective Behavioral Strategies (PBS) have shown to be effective in minimizing alcohol-related negative consequences. However, previous studies on the explanatory factors of PBS use are scarce. The Protection Motivation Theory (PMT) is a social cognition theory which attempts to explain intention to use protective behaviors in respond to health threats such as alcohol-related negative consequences. According to PMT, the likelihood of engaging in protective behaviors when facing a threat is a product of two processes: threat appraisal (perceived severity and perceived vulnerability to the threat) and coping appraisal (response efficacy and perceived self-efficacy for using a protective behavior). We examined the predictive utility of the PMT on the intention to use PBS related to the Manner of Drinking (MOD) among a community sample of young adults. Prospective study that recruited 360 young adults aged 18-24 years by targeted sampling procedure ($M_{age} = 21.15$ [$SD = 2.23$]; female = 50.3%). Most baseline participants (94.2%, $n = 339$) completed a 2-months follow-up assessment. Perceived severity and perceived vulnerability to alcohol use, perceived efficacy of MOD strategies to reduce alcohol-related negative consequences, and self-efficacy to engage in MOD strategies were measured at baseline, and intention to use MOD strategies at follow-up. A multiple lineal regression model for predicting intention to use MOD strategies was used. Perceived severity ($\beta = .13$, $p = .017$), response efficacy ($\beta = .270$, $p < .001$), and self-efficacy ($\beta = .240$, $p < .000$) were positively associated with high intention to use MOD protective strategies. In line with previous research, our findings demonstrated that coping-appraisal components of PMT are more explanatory of protective behaviors than threat-appraisal components. These results may be useful to inform interventions aimed at increasing PBS use among young adults. [This project has been funded by I+D+i Biomedical and health sciences in Andalusia (PI-0503-2018, PI: Fermín Fernández Calderón), and by Ministry of Universities of the Government of Spain (FPU19/01413).]

LullaBed®, a Unique Approach for Rehabilitation to Improve Quality of Life

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P14-3-5

LullaBed® is a rehabilitation method developed and implemented by Jelizaveta Haustova. The unique approach of LullaBed® combines elements of music therapy, fairy tale therapy completed with the movement of a patented crib and its surrounding to treat chronic conditions conducted