

Resumos da 6ª Mostra de Doutorado em Psicologia – PsihDay

Universidade de Coimbra, Faculdade de Psicologia e de Ciências da
Educação
Coimbra, maio de 2023

A afirmação da Faculdade de Psicologia e de Ciências da Educação da Universidade de Coimbra (FPCE-UC) passa por uma aposta na investigação de excelência e pela consolidação de uma cultura científica que, desde cedo, promova a interação dos/as estudantes com as suas estruturas de investigação (Centro de Investigação, Laboratórios, Observatório). A valorização do desenvolvimento de competências transversais no percurso formativo é também a aposta de uma formação universitária em estreita ligação com a investigação. Neste enquadramento, a Mostra de Doutorado em Psicologia assume uma especial importância enquanto iniciativa de promoção e valorização da investigação realizada na área da Psicologia na FPCE-UC. Esta Mostra é, também, um espaço privilegiado para a apresentação, pelos/as estudantes, dos seus projetos de doutoramento, quando numa fase mais inicial do seu percurso, e para a apresentação pública dos resultados dos seus projetos, oferecendo-lhes uma experiência em tudo idêntica ao de um congresso científico. E porque a Mostra de Doutorado em Psicologia se insere no âmbito de uma unidade curricular do curso de Doutorado em Psicologia (“Competências Científicas Transversais”), esta iniciativa também possibilita o treino de apresentação de comunicações científicas, e ainda o debate e a partilha de conhecimento numa lógica “multidisciplinar”, no denominador comum que é a Psicologia.

Assim, no dia 17 de maio de 2023, no Edifício 1 da FPCE-UC, realizou-se a VI Mostra de Doutorado em Psicologia. Esta sexta edição marcou o regresso ao formato das primeiras edições, com apresentação de um Poster, mas acrescentando uma apresentação oral em cinco minutos, enquadrada numa sessão temática e moderada por docentes e investigadores/as de diferentes áreas da Psicologia. Todas/os as/os doutorandas/os em Psicologia na FPCE-UC foram convidadas/os a participar, independentemente da fase em que se encontravam os seus projetos. Nesta edição da Mostra, os trabalhos foram apresentados em duas modalidades: *projeto de investigação*, que corresponde à modalidade mais oportuna às/aos estudantes no 1º ano de doutoramento, e *estudos empíricos*. O número de participantes foi

bastante significativo: pudemos contar com 24 estudantes na modalidade *projeto de investigação* e sete estudantes na modalidade *estudos empíricos*, que apresentaram os seus trabalhos em sete sessões temáticas. Na presente edição da Mostra de Doutoramento, as/os estudantes primeiras/os classificadas/os em cada modalidade receberam o habitual prémio atribuído pela Direção da FPCE-UC. Como já tem sido usual, as/os classificadas/os nos primeiros três lugares em cada modalidade foram convidadas/os a realizar uma apresentação oral mais longa inserida em dois simpósios, a ter lugar na semana de comemorações da FPCE-UC, em novembro de 2023.

Tal como nas edições anteriores, a Comissão Organizadora da Mostra de Doutoramento em Psicologia foi composta exclusivamente por estudantes de doutoramento em Psicologia e as/os doutorandas/os que fizeram apresentações na VI Mostra de Doutoramento em Psicologia foram convidadas/os a submeter os respetivos resumos para publicação na *Psychologica*. Os agradecimentos necessários são vários. Agradecemos às/aos estudantes de doutoramento que participaram nesta edição da Mostra. Agradecemos o trabalho crucial das/os orientadoras/es na supervisão científica das/os estudantes e das apresentações realizadas. Agradecemos o trabalho exemplar dos membros do júri, composto por investigadores e docentes externos à FPCE-UC (Doutores Ana Carvalho, David Lourenço Rodrigues, João Tiago Oliveira e Patrícia Pascoal). Agradecemos às/aos investigadoras/es a disponibilidade para moderar as sete sessões temáticas (Doutores Ana Rita Silva, Luís Pires, Nélio Brazão, Nuno Rodrigues, Raquel Pires e Sérgio Carvalho). Uma palavra de agradecimento, também muito especial, para as/os estudantes da Comissão Organizadora desta Mostra de Doutoramento, sem as/os quais não teria sido possível organizar este evento.

Comissão Científica

Coordenador do Doutoramento em Psicologia (Marco Pereira) e membros da Comissão de Coordenação do Doutoramento em Psicologia (Doutoras Ana Rita Sousa e Silva, Maria Cristina Canavarro e Teresa Rebelo).

Comissão Organizadora

Andreia Jesus, Cláudia Pires, Daniel Seabra, Joana Filipa Lopes, Maria Inês Clara, Mariana Linharelhos e Raquel Guiomar.

Improving the well-being of students with Specific Learning Disorders: Treating dyslexia using mindfulness-based interventions

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Abstract

Dyslexia is a Specific Learning Disorder (SLD) involving reading disabilities associated with negative emotional consequences. SLD and its outcomes are lifelong conditions with a considerable impact on well-being. Although the literature on dyslexia is extensive, research on treatments for dyslexia is much more limited. Based on evidence on the benefits of mindfulness interventions on the learning process related to SLD, this research aims to investigate the impact of a mindfulness-based intervention (MBI) in the treatment of dyslexia and in diminishing psychological distress related to the disorder. The research is organized into two studies: (1) a correlational study examines the relationship between mindfulness traits and a set of variables related to dyslexia: reading ability (fluency, accuracy), psychopathological symptoms (anxiety, depression), psychological attitudes (self-compassion, self-efficacy, self-criticism, shame), and executive functions; (2) a randomized pilot controlled study examines the feasibility of MBI for children with dyslexia and provides preliminary evidence on clinical effectiveness. Using a pre and post-test between-subject design, 100 children with dyslexia aged 9-12 are randomized into an experimental mindfulness group and an active control group. Both groups undergo a specific eight sessions intervention (Mindfulness vs. Control). It is hypothesized that mindfulness traits positively correlate with the set of dyslexia-related variables and that MBI is feasible in treating dyslexia and diminishing psychological distress. The present study attempts to address multiple gaps, making significant contributions. First, the study extends research on mindfulness and its impact on reading disorders. Thus, determining the relationship between mindfulness

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traits and dyslexia related variables will provide insight into whether mindfulness skills act as a protective factor for dyslexia outcomes. Second, it explores whether mindfulness-based approaches are suitable for the rehabilitation of reading disorders. Third, it collects preliminary data on the efficacy of MBI, paving the way for understanding the potential mechanisms through which mindfulness may influence dyslexia difficulties and outcomes.

Keywords: childhood; dyslexia treatment; mindfulness-based intervention; psychological distress; reading ability.

Characterizing executive functions in Portuguese preschoolers: BRIEF-P contributions

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Abstract

Executive Functions refer to a set of cognitive processes that regulate and supervise cognition, emotion, and behavior. These include planning, anticipation of consequences, behavior modulation, and shifting. Assessing executive functions, due to their complex nature, is a challenging task, especially in preschoolers. As a result, behavioral rating scales that rely on information from parents and teachers have been used as assessment tools. Despite their importance, there is a lack of valid instruments to assess executive functions in preschool-aged children in Portugal. The main objective of this research is to validate the “Behavioral Inventory of Executive Functions, Preschool version” (BRIEF-P) for the Portuguese preschool population through a series of normative, reliability (e.g., internal consistency, interrater agreement, test-retest stability), and validity (e.g., construct validity by analyzing the factor structure through ESEM), exploratory factor analysis (EFA), and confirmatory factor analysis (CFA), intercorrelations; convergent and discriminant validity by correlating BRIEF-P scores with other behavior rating scales and performance-based tests, and ANOVA test; predictive validity by correlating BRIEF-P scores with school grades by the end of first grade, and ANOVA; criterion validity by analyzing sensitivity to clinical problems’ studies. BRIEF-P is a reliable instrument that has been validated across different populations and is often used in clinical evaluations and empirical research. Consists of 63 items organized into five clinical scales (Inhibit, Shift, Emotional Control, Working Memory, and Plan/Organize), which form three composite indexes (Inhibitory Self-Control, Flexibility, and Emergent Metacognition) and an overall composite score (Global Executive Composite), plus two validity scales (Inconsistency and Negativity). The same version is completed by parents, teachers, or any adult who

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knows the child from home, school, or any other context. This investigation will result in a solid instrument that can contribute to the early identification and characterization of Portuguese children with deficits in executive functions for subsequent early intervention.

Keywords: BRIEF-P; executive functions; preschool.

Promoção da relação entre mães e filhos vítimas de violência doméstica acolhidas em Casa de Abrigo

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Resumo

A Violência Doméstica (VD) pode ter consequências a diversos níveis, nas vítimas diretas e indiretas, bem como na relação entre as figuras parentais e as crianças. Este fenómeno afeta o exercício da parentalidade pela alteração negativa no funcionamento familiar, nas práticas educativas e na vinculação. A existência de uma vinculação insegura e de um ambiente traumático produz alterações negativas em termos fisiológicos, emocionais, cognitivos e comportamentais que afetam o desenvolvimento saudável da criança. Considera-se que estas alterações possam levar, posteriormente, a um prognóstico de desenvolvimento de patologias e da construção de relações tóxicas, na idade adulta. A intervenção no funcionamento parental, nomeadamente na qualidade da relação mãe-filho(s) em casos de VD é escassa e por norma de carácter psicoeducativo/informativo, envolvendo apenas a mãe. Embora se considere as Casas de Abrigo como uma resposta de acolhimento para estas vítimas num momento limite da sua segurança, podemos também vê-las como uma oportunidade terapêutica na (re)estruturação desta relação. O *Video Interaction Guidance* (VIG) é uma ferramenta eficaz na promoção da relação mãe-filho(s) que envolve esta diáde no processo de intervenção e constitui-se como uma metodologia versátil com resultados positivos em diversas populações, nomeadamente, com antecedentes de VD e em intervenções a curto prazo. Por esta razão, o VIG é a ferramenta escolhida, neste estudo, para a promoção de relações positivas entre mães e filho(s) em contexto de Casa de Abrigo. O objetivo deste estudo é analisar a utilidade da intervenção VIG como forma de promover a qualidade da relação entre mães e filhos vítimas de violência doméstica acolhidos em Casa de Abrigo.

Palavras-chave: Casa de Abrigo; funcionamento parental; video interaction guidance; violência doméstica.

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MPPAI-dual Trial: A randomized controlled trial to evaluate a gender and dual-parent sensitive mindful parenting post-adoption intervention

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Abstract

Evidence-based post-adoption interventions aimed to promote parental well-being and parenting quality are an urgent need worldwide. Mindful Parenting Interventions have emerged as a promising approach in the field: in addition to being effective in improving both parents and children's outcomes in a variety of problematic contexts, recent data indicate that Mindful Parenting Interventions are highly acceptable among both adoptive fathers and mothers, which suggests that including the parental dyad in these interventions may be a promising practice among adoptive dual-parent families. Both fathers and mothers seem to contribute to the child's well-being and including the parental dyad in parenting interventions seems to improve both parents' and child's outcomes, maintaining them over time. However, to ensure the involvement of both parents, it is essential to ensure that the intervention meets both fathers and mothers needs and preferences. This study aims to develop and evaluate a gender and dual-parent sensitive Mindful Parenting Post-Adoption Intervention (MPPAI-dual). Specific aims are to: (1) develop the MPPAI-dual protocol; (2) assess the acceptability and feasibility of the MPPAI-dual; (3) assess the efficacy of the MPPAI-dual; (4) investigate the mechanisms explaining the treatment response to the MPPAI-dual; and (5) evaluate the cost-effectiveness of the intervention. Parental dyads with adopted children under 18 years old who are interested in participating together in MPPAI-dual will be eligible. A feasibility study to assess the acceptability, feasibility, and preliminary efficacy of the MPPAI-dual protocol will be conducted, to adjust

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the MPPAI-dual protocol. After, a three-arm randomized controlled trial (RCT) will be conducted to assess MPPAI-dual efficacy. In both studies, outcomes will be measured through self-report questionnaires. Lastly, cost-effectiveness analyses will be conducted. By developing and implementing evidence-based interventions among adoptive parents, we are contributing to increasing the resources available to support adoptive families in the post-adoption period.

Keywords: dual-parent adoptive families; efficacy; feasibility; mindful parenting interventions; post-adoption.

REMINDER4Care: Validation of a dementia risk reduction program for socially isolated institutionalized older adults

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Abstract

Social isolation is one of the modifiable risk factors for dementia. Moreover, 4% of dementia incidents can be assigned to social isolation in later life. Furthermore, social isolation can increase the risk of developing dementia by around 27% over nine years compared with non-isolation among older adults. In addition, lonely older adults had a higher dementia risk at ten years than those who were not lonely. Residential Aged-Care Facility (RACF) users are particularly vulnerable to social isolation and loneliness, amplified by the COVID-19 pandemic considering the practices implemented to reduce the spread of the virus. Despite many studies demonstrating the efficacy of multidomain lifestyle-based interventions to prevent cognitive decline in individuals at a higher risk of developing dementia (e.g., FINGER trial), they do not focus on isolated populations and preventing isolation. Therefore, we aim to test and validate a dementia risk reduction program targeting RACF users, incorporating cognitive training, group activities, education, and mindfulness. Two studies will be developed: a) the first study will test the feasibility of an available dementia risk reduction program (REMINDER) with older adults assisted by RACF, incorporating a participatory design to co-create an adapted version (REMINDER4Care) for further testing; b) the second will validate the REMINDER4Care program in a cluster randomized controlled trial (RCT). With the creation of a feasible

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and tailored tool, we expect to help to increase a meaningful social network and improve the functionality and well-being of RACF users. This will be one of the first dementia risk reduction programs targeting this particular population, increasing the capacity of RACF to offer evidence-based preventive and non-pharmacological interventions to their users at risk of developing dementia.

Keywords: COVID-19; dementia risk reduction; older people; residential aged-care facility; social isolation.

Prevenir o desenvolvimento de perturbações emocionais: Estudo de aceitabilidade, viabilidade e eficácia de uma adaptação do Protocolo Unificado para a população com níveis subclínicos de sintomatologia ansiosa e depressiva

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Resumo

As Perturbações Emocionais (PE) apresentam elevadas prevalências a nível global, particularmente as perturbações de ansiedade e humor (31% e 28.9%, respetivamente). Atualmente, também a proporção de doentes que apresentam sintomatologia subclínica de depressão e/ou ansiedade (i.e., sujeitos que reportam sintomas com relevância clínica, mas não preenchem critérios para um diagnóstico) se tem revelado significativa, afetando negativamente a vida dos sujeitos (e.g., aumento do risco de desenvolver uma PE). Os cuidados de saúde primários têm sido indicados como um dos principais contextos a que estes indivíduos recorrem, albergando uma percentagem considerável destes doentes. Contudo, devido à falta de recursos humanos e ao elevado número de doentes que necessitam de cuidados de saúde mental, é frequente que estes sujeitos enfrentem longas listas de espera até receberem o tratamento que necessitam. Por estes motivos, os cuidados de saúde primários parecem ser um contexto eficaz para implementar intervenções preventivas, especialmente intervenções transdiagnósticas, como o Protocolo Unificado (PU). O PU intervém ao nível das PE e foca-se nos mecanismos transdiagnósticos (e.g., neuroticismo)

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partilhados por estas perturbações, tendo como principal objetivo aumentar a tolerância dos sujeitos às emoções intensas/frequentes e promover a aquisição de estratégias de regulação emocional mais adaptativas. O PU apresenta diversas vantagens (e.g., redução dos custos/tempo para profissionais) e tem demonstrado ser eficaz em várias populações/contextos. Este projeto pretende desenvolver uma versão breve do PU (PU-PREVENT), em formato grupal, para intervir com a população com sintomatologia de depressão e/ou ansiedade subclínica. Para tal, pretende realizar-se um estudo piloto para avaliar a aceitabilidade e viabilidade do PU-PREVENT e, posteriormente, um ensaio clínico randomizado (RCT) para avaliar a eficácia do PU-PREVENT para reduzir a sintomatologia de depressão e/ou ansiedade, os mecanismos transdiagnósticos, as dificuldades de regulação emocional, a qualidade de vida e o afeto negativo/positivo.

Palavras-chave: intervenção transdiagnóstica; perturbações emocionais; protocolo unificado; PU-PREVENT; sintomas subclínicos.

ACT as a transdiagnostic approach to adolescents' anxiety disorders: Study protocol for a randomized controlled trial

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Abstract

Anxiety disorders (ADs) are the most common mental health problem in adolescence. Particularly, Social Anxiety Disorder (SAD) and Generalized Anxiety Disorder (GAD) are highly prevalent and associated with substantial impairments. Evidence suggests that transdiagnostic approaches may more truthfully reflect the complexity and dimensionality of mental health problems, and, so, treatments should be directed towards addressing broader processes. Acceptance and Commitment Therapy (ACT) is a transdiagnostic approach to behavioral change that proposes Psychological Inflexibility/Flexibility (PI/PF) as the root of human suffering/flourishing. Promising findings about ACT's efficacy on adolescents' mental health problems have been found. However, methodologically robust designs investigating ACT's efficacy on adolescents' ADs are still scarce and mechanisms underlying change during those interventions have not been investigated. This study aims to adapt (from the ACT@TeenSAD), implement, and investigate the efficacy of an online delivered (through videoconference) ACT intervention to adolescents presenting SAD or GAD. A Randomized Controlled Trial (RCT) with a parallel design will be conducted. Adolescents aged between 14- and 18-years old meeting inclusion and exclusion criteria as assessed through a clinical structured interview will be randomly assigned to one of three groups (i.e., Control, GAD intervention, and SAD intervention groups; n=29 per

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group). Outcome variables (i.e., anxiety symptoms, PI/PF processes, and flourishing) will be assessed at pre-intervention, post-intervention, and at three- and six-month follow-ups. We expect improvements in outcome variables from pre- to post-intervention only in the groups receiving intervention. Additionally, similar effects on outcome measures are expected in both intervention groups with gains being maintained over time (i.e., at three- and six-months follow-up). Finally, changes in PI/PF processes are expected to predict changes in outcome variables in both intervention groups. This RCT will provide valuable insights that can potentially enhance the efficacy of treatment modalities, contributing to improved well-being for adolescents with ADs.

Keywords: Acceptance and Commitment Therapy; adolescents; anxiety disorders; psychological flexibility/inflexibility; randomized controlled trial.

Through nightmare eyes: Nightmare disorder and EMDR therapy in Portuguese adults

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Abstract

As a clinical problem, nightmares are underreported, undertreated, and underdiagnosed, despite their significant impact on sleep and everyday functioning. Adequate and specific therapeutic response to nightmares is associated with better sleep quality, lower daytime sleepiness and reduced insomnia symptoms. There is some empirical support for Eye Movement and Desensitization Therapy (EMDR) for treating nightmares and nightmare disorder, but its evidence is insufficient, especially in comparison with Imagery Rehearsal Therapy (IRT), the most empirically supported psychological treatment. Since nightmares and nightmare disorder can negatively impact physical and mental health and it is important to empirically evaluate new and promising interventions (namely EMDR), we intend to study the estimated frequency of nightmare disorder and chronic nightmares and the feasibility of this new treatment method in Portuguese adults, from a clinical and epidemiological perspective. Our research project proposes three studies to address this issue. In Study 1, we will adapt three nightmare assessment instruments for the Portuguese adult population (i.e., Disturbing Dream and Nightmare Severity Index (DDNSI), Nightmare Effect Survey (NES), Nightmare Disorder Index (NDI)). In Study 2, we will estimate the frequency of nightmare disorder and chronic nightmare symptoms among Portuguese adults, based on quota sampling via social media and mailing lists. In Study 3, we will assess the feasibility of an adaptation of the EMDR standard protocol and the Luber protocol for traumatic nightmares to treat chronic nightmares and nightmare disorder. In conclusion, this research will hopefully provide a better understanding of nightmare presence in the Portuguese adult population, as well as exploring new treatments methods. It also aims to increase awareness among the general population and mental health professionals about this disorder and the need for adequate diagnosis and specialized intervention.

Keywords: nightmares; Adults Nightmare Disorder; EMDR.

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Promoção do bem-estar mental em adolescentes: Eficácia de uma intervenção preventiva em contexto escolar baseada no Protocolo Unificado

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e Daniel Rijo⁴

Resumo

A adolescência é considerada uma fase crucial do desenvolvimento. A prevalência de perturbações mentais nesta fase é elevada e muitos jovens não têm acesso a intervenção, interferindo no seu funcionamento social e académico, com impacto ao longo de toda a vida. De acordo com a Organização Mundial de Saúde (OMS), os Objetivos de Desenvolvimento Sustentável (ODS) 2030 definem como prioritárias as intervenções preventivas e de promoção da saúde mental na adolescência. Adquirir estratégias de regulação emocional adaptativas neste período é essencial para a prevenção de psicopatologia. O Protocolo Unificado para o Tratamento de Perturbações Emocionais em Adolescentes (PU-A), uma intervenção cognitivo-comportamental transdiagnóstica, mostrou ter impacto na redução de sintomas depressivos e ansiosos, assim como na melhoria da qualidade de vida dos jovens. Apesar disso, a eficácia desta intervenção nesta faixa etária foi ainda pouco estudada. Este projeto será o primeiro a testar a eficácia de uma intervenção preventiva baseada no PU-A para a promoção do bem-estar mental dos adolescentes nas escolas portuguesas, assim como a avaliar mudanças nos processos transdiagnósticos, como a flexibilidade cognitiva, o *Mindfulness* e a tolerância ao sofrimento.

Palavras-chave: Protocolo Unificado; adolescentes; regulação emocional; processos transdiagnósticos; contexto escolar.

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Green Organizational Culture: Facilitators, development of an intervention model and analysis of its effects

Joana Lopes¹ and Teresa Rebelo²

Abstract

The multiple attempts to solve environmental problems without particular success seem to suggest that it is necessary to change behaviors and culture (Adams et al., 2018). It is known that the human factor is the main contributor to environmental problems (Intergovernmental Panel on Climate Change, 2021), which has led organizations to recognize their role as change agents. It is in this context that it is important to consider green organizational culture, which is a construct that reflects how important environmental problems are for an organization (Piwowar-Sulej, 2020). The contribution of organizations to climate emergency must be followed by changes in the behavior of employees and organizational culture. It is important to develop studies and interventions aimed at the development of green organizational cultures. This study aims to advance scientific knowledge about green organizational culture, through the development and validation of an intervention model and the study of variables that can be facilitators of the development and stabilization of this cultural orientation, such as citizenship behavior for the environment, transformational green leadership, organizational commitment, pro-environmental behaviors at work and orientation for environmental sustainability. This work consists of a study with an intervention component, mixed methods, and a quasi-experimental design. It takes place in an organizational context and includes an experimental and a control group, with N close to 80. In terms of data collection, our qualitative data will be obtained through documental analysis, and interviews with leaders and focus groups, while our quantitative data relies on the validation and application of measuring instruments, that will be applied before, immediately after, and three months after the intervention. With this methodology, we aim at the creation, development, and application of an intervention model for the promotion of green organizational culture, as well as to identify the main facilitators of this cultural orientation.

Keywords: environmental sustainability; facilitators; green organizational culture; organizations; sustainable development.

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Knowledge management, decent work, and empowering leadership: A longitudinal investigation using mixed-methods

João Teixeira¹, Leonor Pais² and Nuno Rebelo dos Santos³

Abstract

The International Labour Organization mentions Decent Work (DW) as a guarantee that all can access dignified and productive work with freedom, equity, and dignity (ILO, 2022). Pais (2014) understands Knowledge Management (KM) as an organizational capacity to incorporate knowledge into its actions, viewing it as a resource that increases as it is used. Empowering Leadership (EL) is a process of organizational influence through the acceptance of shared objectives (Mónico et al., 2019). This research will take place in the Portuguese Air Force (PoAF) and study the relationship between DW, KM, and the role of EL. The objectives are to characterize the PoAF regarding the three variables; to evaluate the relationship between DW and KM, the role of EL, and the impact of the interventions; to disseminate the generated knowledge within the scientific and professional-organizational community. This will be done through four integrated stages contributing to organizational psychology by providing empirical evidence regarding EL, KM, and DW in a military context.

Keywords: decent work; empowering leadership; knowledge management.

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Perfil neuropsicológico de jovens adultos e adultos com comportamentos aditivos

Margarida Ferraz¹, Lígia Ferros² e Manuela Vilar³

Resumo

A dependência de substâncias é caracterizada por um padrão de consumo patológico e engloba um conjunto de sintomas cognitivos, comportamentais e fisiológicos, que incapacitam o indivíduo e acarretam consequências significativas para o próprio/outros. No domínio cognitivo, as funções executivas, capacidades necessárias para controlar e autorregular o comportamento, apresentam um comprometimento acentuado, derivado do consumo de substâncias. Este comprometimento pode potenciar a adoção e a manutenção de comportamentos impulsivos e de risco, tais como o consumo de substâncias psicoativas, podendo inclusive contribuir para a não-adesão às intervenções terapêuticas. A presente investigação versa o estudo do impacto da dependência de substâncias no funcionamento (neuro)psicológico, com ênfase no domínio cognitivo/funções executivas (integrando também dimensões personalísticas e de sintomatologia psicopatológica). Recorrendo a uma amostra clínica composta por 150 indivíduos jovens adultos/adultos com problemática aditiva, internados em Comunidades Terapêuticas, pretende-se verificar o dano cognitivo inerente ao consumo de substâncias psicoativas, em comparação com o grupo controlo. A investigação, de natureza quantitativa, integra um protocolo de avaliação (neuro)psicológica, que inclui instrumentos de desempenho e de autorrelato, visando avaliar os domínios cognitivos, de personalidade, sintomatologia psicológica, exagero de sintomas e esforço insuficiente, validados/com estudos de validação em curso para a população portuguesa. Uma melhor compreensão e aprofundamento desta problemática, tendo por linha de investigação o perfil neuropsicológico do indivíduo, permitirá o desenvolvimento de estratégias de intervenção personalizadas, mais adequadas e eficazes, com foco na área cognitiva e funcional.

Palavras-chave: avaliação neuropsicológica; comportamento aditivo; dano cognitivo; funções executivas; toxicod dependência.

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Decent work, empowering leadership, responsible leadership, and ethical leadership at the University of Coimbra: A longitudinal investigation using mix-methods

Maria Helena Matos¹, Nuno Rebelo dos Santos² and Leonor Pais³

Abstract

Decent Work is an aspirational concept introduced in 1999 by the International Labor Organization (ILO), currently included in the 8th Sustainable Development Goal of the United Nations 2030 Agenda. This project assesses the extent to which the way leadership is exercised affects employees' perception of decent work: Empowering Leadership (which strengthens the autonomy of employees), Responsible Leadership (which harmonizes the organization's activity with the ecosystem), and Ethical Leadership (which seeks to act in a manner consistent with the values and moral principles of the organization and the society). This study aims to characterize the relationship between Decent Work, Empowering Leadership, Responsible Leadership, and Ethical Leadership and how the dimensions of the four concepts are associated. Data will be collected through four questionnaires, the Decent Work Questionnaire, Empowering Leadership Questionnaire, Responsible Leadership Questionnaire, and Ethical Leadership Questionnaire, applied to University of Coimbra (UC) employees ($n = 3000$), using descriptive and inferential statistical analysis. The analysis will make it possible to characterize the relationship between Decent Work and Empowering Leadership, Responsible Leadership, and Ethical Leadership concerning the existing correlation level regarding global scores and the dimensions of the four evaluated constructs. The initial characterization will provide inputs for the design of the intervention. In addition, other inputs will be considered, such as the general context of the UC, time, financial, and resource constraints of another nature, as well as aspects related to the UC's strategy and its operationalization in the different organizational units. It is

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hoped that the results of this study will clarify the existing relationships between Decent Work and Empowering Leadership, Responsible Leadership, and Ethical Leadership and that it will allow characterizing organizational intervention designs capable of improving the exercise of leadership and thus positively affecting the perceived Decent Work.

Keywords: decent work; empowering leadership; responsible leadership; ethical leadership; employees.

Desenvolvimento e estudo de exequibilidade de uma intervenção breve *online* baseada no Protocolo Unificado para o Tratamento Transdiagnóstico de Perturbações Emocionais (PU) para estudantes na transição para o Ensino Superior

Maria Inês Caçador¹, Maria Cristina Canavarro² e Marco Pereira³

Resumo

A transição para o Ensino Superior (ES) envolve diversos novos desafios. Dificuldades em lidar com estes desafios podem ser um risco acrescido para os/as estudantes desenvolverem sintomas de ansiedade/depressão ou perturbações emocionais (PE), cuja prevalência tem aumentado. Contudo, apenas uma minoria de estudantes recebe ajuda profissional adequada. Atendendo aos desafios desta transição e impacto muito negativo da não intervenção na sintomatologia e nas PE nestes estudantes, intervenções eficazes que atendam às suas necessidades de saúde mental e preferências são fundamentais. O Protocolo Unificado para o Tratamento Transdiagnóstico de Perturbações Emocionais (PU) é uma abordagem de intervenção transdiagnóstica cognitivo-comportamental promissora nas PE (e sintomatologia ansiosa/depressiva) que pode ser adaptada para aplicação em formato *online*. Intervenções *online* são mais breves e apelativas para estudantes no ES, sendo eficazes na redução da sua ansiedade/depressão. Como o PU já mostrou eficácia em formato *online*, este projeto de investigação, pioneiro em Portugal, pretende desenvolver e testar a exequibilidade de uma intervenção breve *online* baseada no PU para estudantes na transição para o ES com sintomatologia ansiosa e/ou depressiva clinicamente significativa. O projeto terá um primeiro estudo de caracterização da saúde mental dos/as estudantes

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nesta transição e análise dos mecanismos transdiagnósticos e competências psicológicas subjacentes ao risco de sintomatologia psicopatológica, incluindo ansiedade aos testes. Posteriormente, num estudo com grupos focais de estudantes na transição para o ES e em fases posteriores, serão avaliadas as necessidades de saúde mental dos/as estudantes nesta transição, preferências e adequabilidade de uma intervenção breve *online* baseada no PU. Os dois estudos informarão o desenvolvimento da intervenção, cuja aceitabilidade, viabilidade e evidência empírica preliminar da eficácia terapêutica serão testadas num estudo piloto randomizado controlado com duas condições experimentais (intervenção breve *online* baseada no PU vs. emotions 101). Espera-se disponibilizar a estes estudantes uma intervenção mais flexível, sustentável e potencialmente mais eficaz.

Palavras-chave: ansiedade; depressão; intervenção *online*; Protocolo Unificado; transição para o Ensino Superior.

A first look at the impact of every-day language in disordered eating behaviours

Maria Leonor Feio¹, Cláudia Ferreira² and Vitor Zimmerer³

Abstract

Eating disorders are mental illnesses that are usually characterised by physical and psychological behaviours related to food. Disordered eating is, in turn, a combination of behaviours that are present in the symptomatology of eating disorders, but can occur without the disorder being clinically significant. In other words, individuals living with eating disorders will show disordered eating, but individuals that show disordered eating may not have an eating disorder. Previous research has connected the use of social media to worse disordered eating. This effect has been found in relation to activity in all major social media platforms – Instagram, Facebook, Twitter and Snapchat. Considering these platforms allow sharing both images and text, it is possible that the effect comes from the language people use in these platforms. This study will be the first one to investigate, specifically, the effect of words on disordered eating behaviours. To achieve this, the present study will create and validate a list of food/body-related words that are perceived as being positive, negative or neutral by the general population. This list will then be used to ask participants how often they use/hear those words. In parallel with this, the present study will also use standardized questionnaires to evaluate participants' eating behaviours. This will be done in both a correlational and a longitudinal study. This way, the connection between language use and eating behaviours will be better understood.

Keywords: disordered eating; eating disorders; every-day language; language processing; social media.

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Sex differences in threat processing in adolescents with social anxiety disorder

Mariana Linharelhos¹, Rúben Sousa², Daniel Rijo³, Paula Vagos⁴
and Nicola Petrocchi⁵

Abstract

Emotion regulation is based on the balance between three systems (threat, drive, and soothing). According to Gilbert's Evolutionary Model, the over-activation of the threat system generates increases in Sympathetic Nervous System (SNS) activity, decreases in HRV, and increased emotion dysregulation. Higher HRV is associated with Parasympathetic Nervous System (PNS) activity and adaptive emotion regulation. Social Anxiety Disorder (SAD) is linked with emotion dysregulation in adolescence and patients with SAD usually display lower HRV than healthy controls. However, literature on sex differences in adolescents with SAD is sparse and inconsistent. We aimed to explore whether females with SAD significantly differed from males in their emotional response to threat system stimuli. To do so, we monitored the participants' HRV and self-reported emotions during an emotion regulation task, which contained three 5-minute intervals for baseline, reactivity, and recovery. Baseline and recovery stimuli were emotionally neutral images. The threat system reactivity stimulus was an audio scenario depicting a situation in which the adolescent encounters their closest friends talking behind their back and confrontation ensues. In response to the threat stimulus, females displayed significant increases in SNS activity across all time periods, while males maintained a high level of

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SNS activity. Females presented significant decreases in HRV/PNS activity across all time periods, while males' HRV/PNS activity significantly increased. Females reported more severe increases of negative affect and decreases of relaxed positive affect than males. These findings add to our understanding of emotion regulation and sex differences in adolescents with SAD, corroborate the theoretical assumptions of the Evolutionary Model, and corroborate previous research. Limitations of this study were its small sample size and exploratory nature. These findings should not be generalized, so, in the future, we aim to test psychophysiological responses to emotion regulation systems' stimuli, comparing community adolescents and adolescents with SAD in larger samples.

Keywords: emotion regulation; social anxiety disorder; heart rate variability; evolutionary model; adolescence.

The causal framework underlying KindMap – An e-mental health intervention tool for improving well-being and mental health in people facing infertility

Naír Carolino¹, Ana Galhardo², Marina Cunha³
and José Pinto Gouveia⁴

Abstract

Infertility is a medical condition affecting one in six adults worldwide (WHO, 2023). Its consequences extend to emotional, relational, and social life domains and may include long-term mental-health impairments (Hazlina et al., 2022). Experiencing infertility may induce infertility-related stress, anxiety, and depression and activate maladaptive emotion regulation mechanisms (Fallahzadeh et al., 2019; Galhardo et al., 2020; Rooney & Domar, 2022). The KindMap is a stand-alone, cost-free e-mental health tool presenting a low-intensive psychological intervention comprising mindfulness, Acceptance and Commitment Therapy (ACT), and compassion components. The KindMap contents are derived from the Mindfulness-Based Program for Infertility (MBPI) – an in-person psychological group intervention that showed improvements in mental health indicators (Galhardo et al., 2013), with sustained benefits for seven years regardless of people's reproductive outcomes (Galhardo et al., 2019). Although infertility self-efficacy was identified as an MBPI mechanism of change in decreasing depression, other components are yet to be studied (Galhardo et al., 2018). This study aims to test the causal theory underlying KindMap, exploring potential mechanisms of change and theorising how KindMap

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works. Specifically, analyse whether the changes in well-being (primary outcome) and mental health indicators (depression, anxiety and infertility-related stress – secondary outcomes) are related to mindfulness, self-compassion, psychological flexibility, and infertility self-efficacy. Our hypothesis is that using the KindMap web app may enhance overall well-being and reduce indicators of depression, anxiety, and infertility stress by fostering psychological flexibility, mindfulness, self-compassion, and a heightened sense of self-efficacy for coping with fertility challenges.

Keywords: Acceptance and Commitment Therapy; compassion; e-mental health; infertility; mindfulness.

Quality of life in different psychopathological groups in the Portuguese population

Sandra Brito¹, Mário Rodrigues Simões², Marco Pereira³
and Manuela Vilar⁴

Abstract

Quality of life (QoL) has been recognized as a central concept in health care, but there is still some lack of consensus around its assessment and application, particularly in the field of mental health, as well as how the results of QoL assessment can be used. In psychiatry, the interest in measuring QoL was stimulated by the movement to de-institutionalize individuals with mental illness and by a parallel interest in assessing dimensions of everyday life such as isolation, personal security, poverty. The measures of QoL were successful in comparing different populations of people with mental illness in different circumstances and with different treatment conditions. However, when applied to the field of mental health, the strengths and weaknesses of the concept of “quality of life” become particularly evident. There are methodological and conceptual issues that need further study and deepening. The objective of the present research project is to explore the concept of QoL, as assessed by the WHOQOL-Bref, in different psychopathological groups: 1) in a clinical population, divided into different diagnostic groups (depressive disorders, anxiety disorders, psychotic disorders, alcoholism, post-traumatic stress disorders, personality disorders and adjustment disorders); and 2) in a control group from the general population (community). We also intend to verify the variability of QoL scores and their distribution, considering sociodemographic variables (e.g., gender, age,

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education), as well as their association with other variables, particularly those related to psychopathological symptomatology and transdiagnostic psychological processes. In this project, participants will complete a research protocol comprising a sociodemographic and clinical questionnaire, as well as the following self-reported questionnaires: World Health Organization Quality of Life (WHOQoL-Bref), Symptom Check List – Revised (SCL-90-R) and the Multidimensional Emotional Disorder Inventory (MEDI).

Keywords: mental health; psychological morbidity; psychopathology; quality of life.

Firefighters' emotion regulation through virtual reality

Soraia Oliveira¹, Carla Carvalho², Ana Pinto³ and Sonia Gondim⁴

Abstract

Working as a firefighter is unique due to the emotional and physical requirements, hazards, and risks involved. Firefighters encounter life-threatening situations on a daily basis (e.g., fire suppression, traffic accidents with multiple victims needing rescue, or pre-hospital emergencies). Despite the growing interest in studying emotional regulation in firefighters, the few studies on this topic focus mainly on post-traumatic stress, coping, and leaders' decision-making. As far as we know, no study focuses on the emotional regulation interventions' preventive and desensitizing roles with these professionals using virtual reality (VR). Using multi methods, we intend to capture and understand the regulatory processes of Portuguese firefighters. For this purpose, we will use VR, physiological measures, and self-response scales. This work is divided into four steps: (1) a systematic literature review on how firefighters regulate their emotions in particular situations; (2) the mapping of their emotional demands, in three levels (high, moderate, and low), through focus groups and scale; (3) the development of a research and intervention methodology capable of capturing the emotional regulatory process of these individuals (through VR) and their emotional profiles; and (4) an application (App) development for firefighters. Using VR in this topic is innovative, allowing to design 'serious games' (based on gamification principles), aiming to encourage and engage firefighters to (re)learn adaptive emotion regulation strategies, through a more accessible and more enjoyable methodology compared to traditional approaches. This study will allow us to prevent and/or mitigate the adverse effects of emotional demands on firefighters' mental health. It is intended that the

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results of this investigation contribute to the deepening of knowledge in the investigated domain and to the prevention and mitigation of the risks associated with the profession under study, ultimately contributing to the promotion of the mental health of firefighters.

Keywords: app; emotional demands; emotion regulation; firefighters; virtual reality.

Collective imaginary of health professionals about adolescents with mental disorders

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Abstract

The present investigation aims to know the ideas, fantasies, and conscious and unconscious beliefs that health professionals have about adolescents who experience mental health issues. It is justified insofar as the conceptions about adolescence that guide professionals in their practices are not always conscious, and even when they are, they need reflection and questioning for theoretical, clinical, and ethical direction. Added to this is the overload that can affect professionals who take on this task since caring becomes even more arduous and complex in cases of significant emotional distress, social vulnerability, and social inequality and prejudice. For that, qualitative research was carried out with health professionals, invited to individual interviews, online or in person, using the mediator-dialogical resource Procedure of Drawing-Story with Theme (PDST). The interview is divided into three stages. The first explores the professional experience of the participant. In the second, they are invited to make two Drawing-stories, one about “An adolescent with mental disorders”, and another about “This adolescent ten years from now”. Finally, the participant is invited to present their productions and free dialogue. The interviews are recorded and transcribed so that a content analysis can be carried out, to organize the meanings underlying both the participants’ speeches and the graphic productions. The meanings found are shared with the research group for triangulation of the results, aiming to expand the meanings that emerge from the material and limit the researcher’s bias. Finally, theoretical reflections that articulate the results with theories and studies in the focused area are expected to produce subsidies to qualify professional practices in adolescent mental health and collaborate with the creation of public policies aimed at the well-being and integral development of adolescents.

Keywords: adolescence; health professionals; mental health; psychoanalysis; qualitative research.

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