


1st National Conference ARPP-India



Mental Health & Rehabilitation: Bridging the Gap Across Lifespan

Conference Souvenir

Conference 21st – 22nd January 2021

Pre-Conference workshop 19-20 January 2021

www.rehabilitationpsychologistsindia.org

ARPP (India)



Association of Rehabilitation Psychologists and Professionals, India is a professional organization formed with the aim and objective of advancing the concepts of psychological rehabilitation for Persons with Disabilities and Chronic Health Conditions.

MISSION STATEMENT

The mission of ARPP -India is to develop and evolve standards of care, help create human resource and guide policy makers in the field of rehabilitation psychology in India.

VISION STATEMENT

- To formulate and disseminate evidence-based practice guidelines of psychological rehabilitation for Persons with Disabilities and Chronic Health Conditions.
- To promote research in the field of rehabilitation psychology.
- To draft educational and training standards in the field of rehabilitation psychology.
- To be a trusted partner and think tank for the Government of India in policy making.
- To create community awareness regarding the need for psychological rehabilitation for Persons with Disabilities or Chronic Health Conditions.

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Mental Health & Rehabilitation: Bridging the Gap Across Lifespan

ARPP – India Conference 2021

This conference is an opportunity to bring to fore mental health issues across various stages of life, namely, infancy, childhood, adolescence, adulthood and old age.

This is a forum to speak, listen to and discuss the subject through cross-sectional, descriptive and analytical studies, case reports and stories of hope.

With this holistic approach attempts will also be made to provide feedback to clinicians/psychologists, academicians, policy makers and programmers to strengthen the area of rehabilitation psychology and improve the quality of life of those suffering with mental illnesses and their families.



ARPP - India takes great pleasure in inviting all the participants to attend the 1st Virtual Conference on Mental Health & Rehabilitation: Bridging the Gap Across Lifespan scheduled for 21-22 January 2021 and pre-conference workshops scheduled for 19-20 January 2021

जी. किशन रेड्डी
G. KISHAN REDDY



गृह राज्य मंत्री
भारत सरकार
MINISTER OF STATE FOR
HOME AFFAIRS
GOVERNMENT OF INDIA

Date: 26th December '2020

MESSAGE

I am happy to know that **“Association of Rehabilitation Psychologists & Professionals (ARPP-India)**, a registered Society engaged in conducting Workshops and Seminars to Rehabilitation Psychologists and Professionals, is conducting 1st National Conference on **“Mental Health & Rehabilitation: Bridging the Gap Across Lifespan”** in January '2021, in which the rehabilitation professionals across the country will take part through virtually.

I take this opportunity to congratulate and compliment the National President and office bearers of Association of Rehabilitation Psychologists and Professionals (ARPP-India) for conducting such event and hope that this conference will enhance the knowledge in preparing for difficult situations like COVID-19 Pandemic.

I wish all the best and very success.


(G. KISHAN REDDY)

KOPPULA ESHWAR

Minister for Scheduled Castes Development,
Minority Welfare, Disabled Welfare &
Senior Citizens Welfare
Government of Telangana



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MESSAGE

Heartfelt wishes to the members of Association of Rehabilitation Psychologists and Professionals (India). Happy New Year to each and everyone.

I would also like to take this opportunity to congratulate ARPP (India) for organizing their 1st National Conference in January-2021 on Mental Health & Rehabilitation. Bridging the Gap across Lifespan. The theme is very relevant and the comprehensive information will enhance the knowledge of all delegates and Rehabilitation Psychologists attending the conference.

We appreciate the role ARPP (India) is undertaking towards the welfare of Rehabilitation Psychologists as well as the Mental Wellbeing of all. We wish you all the support to be part of Bangaru Telangana/Future India.

I wish all the members of ARPP (India) and their family the very best and success in their future Endeavour.

Dated: 22-12-2020


(KOPPULA ESHWAR)

BANDI SANJAY KUMAR

Member of Parliament (Lok Sabha)
Karimnagar (Telangana)

Bharatiya Janata Party Telangana State President

Member :

- Standing Committee on Urban Development
- Committee on Welfare of OBC
- AIIMS, Bibinagar
- Tobacco Board
- State Level Committee on Minority Affairs



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MESSAGE

My heartfelt wishes to the Members of ASSOCIATION OF REHABILITATION PSYCHOLOGISTS AND PROFESSIONALS (ARPP) (INDIA). I wish Happy New Year to each and every one.

I would also like to take this opportunity to congratulate ARPP (INDIA) for organising their 1st National Conference in January 2021 on "Mental Health & Rehabilitation: Bridging the Gap Across Lifespan". The theme is very relevant to the times when the world is fighting with Covid-19 situation. Deliberations of the Conference will not only enhance the knowledge of all delegates and Rehabilitation Psychologists but also help all the stakeholders in preparing for the difficult situations.

I appreciate the role ARPP (INDIA) is undertaking towards the welfare of Rehabilitation Psychologists as well as the Mental Wellbeing of all. I extend all the support to be part of Bangaru Telangana/Atma Nirbhar Bharat.

I wish all the members of ARPP (INDIA) and their family very best and grand success of the Conference and also in their future endeavours.

With best wishes,

(BANDI SANJAY KUMAR)

Date: December 25th, 2020

Place: Karimnagar.

डा. सुबोध कुमार
सदस्य सचिव
DR. SUBODH KUMAR
Member Secretary



भारतीय पुनर्वास परिषद्
सामाजिक न्याय और अधिकारिता मंत्रालय का एक सांविधिक निकाय
दिव्यांगजन सशक्तिकरण विभाग
भारत सरकार
REHABILITATION COUNCIL OF INDIA
A Statutory Body of Ministry of Social Justice and Empowerment
Department of Empowerment of Persons with Disabilities (Divyangjan)
Government of India



MESSAGE

It is a matter of immense pleasure that Association of Rehabilitation Psychologists and Professionals (India) is organizing its first Virtual National Conference on January 19-22, 2021. The Theme - Mental Health & Rehabilitation: Bridging the Gap across Lifespan is extremely relevant and the need of the hour. The mandate of the Rehabilitation Council of India is to regulate and monitor the training programmes in the field of disability rehabilitation and special education for the ultimate benefit of the persons with disabilities (Divyangjans). Conducting such type of conferences, really enhances the knowledge and skills of qualified professionals, personnel and other stake holders working in the field of disability rehabilitation and special education.

I'm sure that the webinar will certainly strengthen the field particularly Rehabilitation Psychology and attempt to provide quality education for better services to persons with disabilities (Divyangjans). On behalf of the Rehabilitation Council of India, I congratulate all the members of ARPP (India) and wish all the best for a successful conference.

(Dr. Subodh Kumar)
Member Secretary, RCI
& Secretary, NBER

Place : New Delhi

Date : 19 January, 2021

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Please Recycle

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DEPARTMENT OF EMPOWERMENT OF
PERSONS WITH DISABILITIES (DIVYANGJAN)
MINISTRY OF SOCIAL JUSTICE & EMPOWERMENT
GOVERNMENT OF INDIA
PT. DEENDAYAL ANTYODAYA BHAWAN,
NEW DELHI - 110 003

Dated: 18th January, 2021

MESSAGE

It gives me great pleasure to know that the first Virtual National Conference of Association of Rehabilitation Psychologists and Professionals, India, is being held during 21-22 January, 2021 on 'Mental Health and Rehabilitation: Bridging the Gap across Lifespan'.

2. Problem of mental health is not limited to persons with disabilities and those suffering from chronic health conditions. Modern lifestyle and stress has exposed every individual to continued sense of fear, uncertainty and confusion. What is more serious is that many of them are not willing to accept the malady and the remedy. So they remain untreated, medically or through rehabilitation. COVID pandemic has proved that we are all psychologically vulnerable and that too easily.

3. Hence the serious need for finding lasting solutions for growing malaise through training and education of rehabilitation professionals, and research concerning mental health rehabilitation. I hope the National Conference will have fruitful deliberations and I wish it all success.


(K.V.S. Rao)



सर्जन रियर एडमिरल शीला एस मथाई, वीएसएम
कमान अधिकारी

**Surgeon Rear Admiral Sheila S Mathai, VSM
Commanding Officer**

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07 Jan 2021



MESSAGE

I am happy to know that the Association of Rehabilitation Psychologists and Professionals India is holding the 1st Virtual Conference on "Mental Health and Rehabilitation Bridging the Gap Across Lifespan" on 21-22 Jan 2021 with preconference workshops on 19-20 Jan 2021.

The initiative to go virtual during these COVID times and the theme chosen for this unique conference are indeed commendable. Mental Health is the cornerstone of a healthy and fulfilling life and this is all the more evident in times of adversity.

It is never too young to start investing in our mental health and never too old to continue. Community awareness and acceptance of mental health as an important aspect of our existence is still low and it is organizations like the ARPP and conferences like this that will go a long way in disseminating correct information and paving the way to a more acceptable and realistic approach to mental health problems.

I congratulate the organizers on their stellar efforts and wish them and all the delegates the very best in their endeavors.

(Sheila S Mathai)
Surgeon Rear Admiral
Commanding Officer

Message from President



Dear Delegates,

On behalf of the Association of Rehabilitation Psychologists and Professionals (India), I would like to invite you to attend the 1st National Conference of ARPP - India to be held on 21-22 January 2021.

Since its inception in February 2020, this symposium has served as the premier forum for the exchange of ideas and information related to Rehabilitation Psychology and Mental Health Issues. This conference is an opportunity to bring to fore mental health issues across various stages of life, namely, infancy, childhood, adolescence, adulthood and old age. This is a forum to speak, listen and discuss the subject through cross-sectional, descriptive and analytical studies; case reports and stories of hope, with this holistic approach attempts will also be made to provide feedback to clinicians/psychologists, academicians, policy makers and programmers to strengthen the area of rehabilitation psychology and improve the quality of life of those suffering with mental illnesses and their families. This year the main theme is: **"MENTAL HEALTH & REHABILITATION: BRIDGING THE GAP ACROSS LIFE SPAN"** and Sub themes are Infancy and Childhood, Adolescence, Adulthood, Ageing, Trauma, Addiction, Abuse, Psychosocial & Gender Issues. Expand your horizon by attending sessions from ARPP - India. The format of the symposium will consist of informative discovery, translational, and clinical sessions and workshops, as well as programs for students and early career investigators. Plenary sessions and workshops are being planned to focus on topics of current research and practice issues. Please join us in this Virtual National Conference for what promises to be an excellent meeting.

Dr. Atla Srinivas Reddy

Message from Vice President



Dear Participants,

On behalf of the Association of Rehabilitation Psychologists and Professionals (India), I would like to invite you to attend the 1st National Conference of ARPP -India to be held in Virtual Conference on January 21-22, 2021.

The world is a rapidly changing place. Among the fastest changing aspects are those related to how people communicate and interact with each other. Despite the tremendous changes globally, man's ultimate search in lifetime has always and ultimately been the search of happiness.

The primary goal of this conference is therefore marching towards happiness. This conference aims towards informative discovery, translational, clinical sessions and workshops, as well as programs for students and early career investigators. Public lecture and networking opportunities will round out the program by enhancing happiness so that it could be imbibed in the society and thus guiding the nation towards a positive development.

Please join us in this Virtual National Conference an excellent forum to share with us your experiences.

Dr. T. S. Rao

Message from General Secretary



Dear Delegates,

ARPP (India), as the National Association of licensed Rehabilitation Psychologists is fast emerging as a force ready to shoulder responsibilities entrusted by its members. In the past one-year, National level webinars, awareness programs, World Mental Health Day celebration were some of the highlights of its many activities. Now, we intend to organize our Virtual National Conference in the month of January to identify and recognize talent among our fraternity. Also, it will give us an opportunity to interact with national and international speakers of repute.

I would like to take this opportunity to invite Rehabilitation Psychologists and Doctoral students of Psychology involved in innovative research to use this coveted platform for productive interactions. I am also looking forward to learning new developments and disseminate knowledge in the field of Psychology in general and Rehabilitation Psychology in particular for all participants.

Let's together make this conference a grand success.

With best wishes,

Dr. Rajiv Nandy

Message from Conference Chairperson



Dear Friends,

ARPP-India is proud to host its first national conference titled Mental Health & Rehabilitation: Bridging the Gap across Lifespan from 21st-22nd January 2021.

Our aim is to break new grounds in research & pedagogy in multifaceted domains of Psychology. Through this conference we bring together academics, experts, medical practitioners and mental health professionals to deliberate & discuss evidence based research specific to Indian context along with the new findings in the ever expanding field of Psychology.

We endeavour to bring an invigorating & qualitative learning experience to all the attendees.

With best wishes for the New Year 2021 & warm regards,

Dr Sanjana Seth

The Organizing Team

Organizing Secretaries & Registration Team



Dr. Vandana Patil



Ms. Aparna Vemuri



Ms. Anindita Mukherjee



Ms. Neeta Jain

The Organizing Team

Scientific Committee



Dr Sanjana Seth



Dr Seema Zutshi Kaul



Dr. N.R. Nappinnai



Dr. Neerja Thergaonkar

The Organizing Team

Finance Committee



Dr. Rajpal Kaushik

Website Team



Ms. Aparna Vemuri



Dr. Neerja Thergaonkar



Ms. Vaishnavi Kulkarni

The Organizing Team

Certificate Team



Ms. Archana Bansal



Ms. Vaishnavi Kulkarni



Ms. Neetu Sharma

Sub-Themes



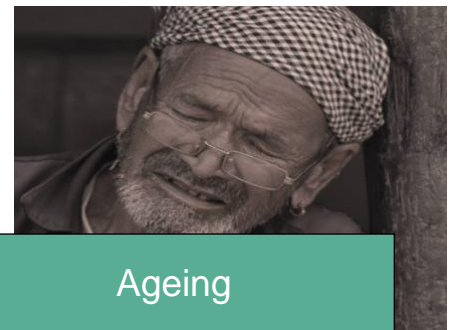
Infancy & Childhood



Adolescence



Adulthood



Ageing



Trauma, Addiction,
Abuse



Psychosocial & Gender
Issues

Chief Guest



Dr Subodh Kumar

Member Secretary

Rehabilitation Council of India (RCI), New Delhi

Secretary, National Board of Examinations in Rehabilitation (NBER)

Chief Guest



Shri KVS Rao

Director

(Policy matters, RCI, UNCRPD, Research scheme, NURDS, NUD, Early Intervention, National Fund)

Government of India

Ministry of Social Justice and Empowerment

Department of Empowerment of Persons with Disabilities (Divyangjan)

Guest of Honour



Dr Himangshu Das

Director

National Institute of Empowerment of Persons with Visual Disabilities NIEPVD, Dehradun



Pre- Conference Workshop Schedule

ARPP-India will be holding two-day pre-conference workshops. These will be offered by experts from academia, research institutes and industry. The workshops will be held on 19 – 20 January 2021. Participation in the workshop requires a registration for ‘ARPP-India Conference 2021’ and is subject to no additional workshop registration fee except “*Pearson India Training & Assessment Specialists Millon Clinical Training Inventory – IV (MCMI-VI)* “. Registration will be done using the conference registration form.

Day 1

19th January 2021



Dr Shishir Palsapure

Rationale Emotive Behavior Therapy (REBT)

10:00 am – 1: 00 pm (3 Hours)

Lunch Break



Ms. Niti Sharma

Pearson India

Training & Assessment Specialists

Millon Clinical Training Inventory – IV (MCMI-VI)

2: 00 pm - 4: 30 pm (2.5 Hours)

(Registration Fees – 1500/-

Registration open till 15th January 2021)

[Click here to register](#)

Day 2

20th January 2021



Dr Sabeen Rizvi, PhD

Cognitive Behavior Therapy (CBT): An Evidence & Skill based approach to Mental Health Interventions

10:00 am - 1:00 pm (3 Hours)

Lunch Break



Ms. Rupali Mobhe

An Advanced training on Specific Learning Disability & it's recommendation

2:00 pm - 4:00 pm (2 Hours)

Tea Break



Ms. Marlyn Mathew

Play and its importance in overall development of an individual

4:30 pm - 6:00 pm (1.5 Hours)



Conference Scientific Program

Day 121st January 2021

- 9: 30- 9: 45 Inauguration Ceremony
- 9:45 – 10:00 Presidential Address – Dr. Atla Srinivas
- 10: 00 - 10:10 Address by Chief Guest - Dr. Subodh Kumar, Member Secretary, RCI & Secretary, National Board of Examination in Rehabilitation (NBER)
- 10: 10 - 10:15 Address by Chief Guest – Shri K.V.S. Rao, Director (Policy matters, RCI, UNCRPD, Research scheme, NURDS, NUD, Early Intervention, National Fund), Ministry of Social Justice and Empowerment Department of Empowerment of Persons with Disabilities (Divyangjan)
- 10: 15 – 10: 30 Keynote Address by General Secretary – Dr. Rajiv Nandy
- 10:30 – 11: 30 Keynote Address - **Disability Issues in Practice & Policy** - Dr Himangshu Das, Director National Institute for Empowerment of Persons with Visual Disabilities NIVH (Divyangjan), Dehradun
- 11:30 – 11:55 Tea Break**
- 12: 00 – 12:55 Panel Discussion – **Scope of Rehabilitation Psychology in Medical Practice**
Moderator: Dr. Neerja Thergaonkar
Dr. Manvir Bhatia (Neurologist)
Dr. Animesh Vatsa (Surgeon)
Dr. Ranjeet Thergaonkar (Pediatric Nephrologist)
Dr. Priya Chockalingam (Preventive Cardiologist)
Dr. Arvind Krishnamoorthy (Surgical Oncologist)
Dr. Deepak Gupta (Child Psychiatrist)
- 1:00 – 1: 30 **Research in Rehabilitation Psychology – Connecting theory with practice**
Dr. Tushar Singh, Assistant Professor, Department of Psychology, Banaras Hindu University, Moderator: Ms. Anindita Mukherjee

| | |
|----------------------|---|
| 1:30- 2:30 | Lunch Break |
| 2: 30 – 4:00 | Scientific Paper Session – Chairperson – Dr. Seema Zutshi Kaul |
| Deepali Bajaj | Early identification and interventions for children with dyslexia: experiences of parents and school counselors |
| Shruti Parthasarathy | Impact of COVID-19 on the Mental Health of Health Care Workers in a Remote Island Scenario |
| Namitha G C | Eating Behavior during the COVID-19 Pandemic Lockdown |
| Prerna Singh | A study on the ‘swipe-right’ online dating trend: tinder motives, sexual attitude, and dark triads |
| Sharmistha Mondal | Difficulties in Emotional Regulation and Suicidal Ideations among Young Adults: Through the Lens of Willful ignorance |
| Akhilesh Parab | Transition of Alcohol Use behaviours amidst COVID-19 Pandemic in India |
| Subhasri V | Cannabis Use trends in young Indian adults during COVID-19 Pandemic |
| Aafreen Mushtaq | Gender Differences in Coping Strategies Among Visually Impaired City College Students |
| 4: 00 – 4: 10 | Tea Break |
| 4:15 – 5: 00 | Intimate Partner Violence/ Interpersonal Abuse and Mental Health |
| | Ms. Ashwini N.V- Consultant Psychologist, Founder-Director Muktha Foundation |
| | Moderator – Dr. Nappinnai |
| 5:05 – 5: 15 | Summarizing the Day – Dr. Seema Zutshi Kaul |

Day 2

22nd January 2021

09:30 – 9: 35 Introduction – Ms. Vaishnavi Kulkarni

09:40 – 10: 35 **New Horizons** –Dr. Juzer Tyebkhan, Neonatologist, Storelly Children’s Hospital, Edmonton, Alberta Canada- **Neuroprotective Environment and High-Risk Preterm Infants in the NICU: New Pathway for Rehabilitation Psychology?**

Moderator - Dr. Neerja Thergaonkar

10:40 – 11:20 **Trauma and EMDR Therapy** – Dr. Sushma Mehrotra, Consultant Psychologist NIMAI Healthcare, Mumbai, Founder president of EMDR - India

Moderator – Dr. Neerja Thergaonkar

11:20 – 11: 25 **Tea Break**
pm

11:30 – 12: 25 Panel Discussion- **Collaborating with Multispecialty Approach**

Moderator – Dr. Rajiv Nandy

Dr Arti Nair (Physiotherapist)

Dr Durgesh Pathak (Occupational Therapist)

Dr Pratibha Karanth (Speech & Language Pathologist)

Prof. Amitav Mishra (Special Education)

12:30 – 1: 00 **Psychometric Assessment in clinical practice – Critical Perspective**

Ms. Beena Sawant, Consultant Rehabilitation Psychologist, Department of Psychiatry, JJ Hospital, Mumbai

Moderator: Dr. N. R. Nappinnai

1:05 – 1: 35 **Issues in Ageing: Assessment & Rehabilitation** – Dr Sangeeta Bhatia, Associate Professor, Department of Psychology, Gargi College, University of Delhi, Moderator - Dr Sanjana Seth

1:30 – 2:00 Lunch Break

2:00 – 3: 00 Scientific Paper Session – Chairperson – Dr. Seema Zutshi Kaul

Pratiksha Sharma Social functioning, pragmatic comprehension and emotion regulation in autism: a conceptual paper

Vaishnavi Kulkarni Correlation study between existential vacuum and levels of internet addiction and gender difference in internet addiction among young adults

Dr Anindita Majumdar Perceived life-stress and coping in parents with intellectually disabled children and control

Aparajita Chakraborty Implementation of few behavior therapy techniques on an adult with intellectual disability: a case study approach

Aafreen Mushtaq Gender differences in coping strategies among visually impaired city college students

Dr Pankaj Singh Coronavirus (Covid -19 pandemic): emotional instability and psychological implications on mental health systems- a cross-sectional study

Nayaneeka Dutta Facial morphology and stereotypic cues in the detection of sexual orientation

3: 00 – 3:15 Tea Break

3: 15 – 3:30 Valedictory Function – Ms. Vaishnavi Kulkarni

3: 30 – 5:00 General Body Meeting (ARPP-India Members Only)

The background is a complex, organic pattern of teal and light blue colors, resembling marbled paper or a microscopic view of a biological specimen. The colors are layered and blended, creating a sense of depth and movement. A thin black rectangular border frames the text in the center.

Our Guest Speakers



Abuse, Trauma & EMDR

Dr Sushma Mehrotra

M.Phil., PhD Clinical Psychology

Clinical Psychologist, NIMAI Healthcare, Bandra, Mumbai

Founder Past President EMDR India

Chair (Training), Standards & Accreditation Committee of EMDR Asia

Eye Movement Desensitization and reprocessing (EMDR) is a form of psychotherapy that was developed to resolve symptoms resulting from disturbing and unresolved life experiences. It uses a structured approach to address past, present, and future aspects of disturbing memories. The approach was developed by Dr. Francine Shapiro in 1989. Today, EMDR is accepted as a valid method of treatment for PTSD by the American Psychological Association and the American Psychiatric Association and widely used in USA, Europe and many parts of Asia.

EMDR therapy is recommended for children, adolescents and adults with PTSD by World Health Organization (W.H.O.2013). The EMDR psychotherapy can be used for children and adults for behavioral, adjustment, interpersonal and emotional problems besides extreme traumatic experience resulting from natural and man-made disasters. EMDR as a psychotherapeutic intervention can be structured for individual as well as for group intervention involving school authorities, teachers, parents, education department and NGOs working with children in different settings.

EMDR Association is registered in India (Registered under Society Registration Act, Maharashtra State, and Registration No.1768). Trauma Recovery/EMDR Humanitarian Assistance Programs USA supports the EMDR Association of India in its bid to become an organized independent body that can conduct trainings, workshops, seminars and conferences, community-based outreach projects/program post disaster in India and other parts of Asia.



Neuroprotective Environment and High-Risk Preterm Infants in the NICU: Scope for Rehabilitation Psychology

Dr Juzer Tyebkhan

MBBS, MRCP(UK), FRCP(C)

Neonatologist, Storelly Children's Hospital, Edmonton, Alberta Canada

NIDCAP (Newborn Individualized Developmental Care and Assessment Program) Trainer, Edmonton NIDCAP Training Centre
Canada

Very Preterm Infant – i.e., infants born at or below 28 weeks of gestation, experience. Neurodevelopmental Challenges faced by Preterm Infants: Advances in Neonatology have led to increased survival of extremely preterm infants, but many of these children have long lasting Neuro-Developmental Impairment (NDI). This presentation will summarize the types of NDI that affect very preterm children and their prevalence. The prevalence of neurobehavioral and neuropsychologic challenges will be highlighted, as a relatively new finding in the area of Neonatal Follow Up. We will touch on the “gap” - between NDI for which we have the most data and for which most Neonatal Follow Up programs are focused, compared to NDI that affect many more children who are not followed for systematic evaluation, and who do not get Rehabilitative Therapy as a result.

Neuroprotection: what works, and what doesn't? : Neuroprotection = Brain Protection, which should mean a reduction in the numbers of children with NDI. I will mention neonatal interventions that have led to improved neurodevelopmental outcomes, as well as those that have not had impact on these longer-term outcomes.

The relative paucity of NICU based interventions that are Neuroprotective - i.e. lead to reduced NDI – will be highlighted. The role of Parental Involvement in caregiving, as a powerful neuroprotective intervention, will be emphasized.

The Synactive Model: a framework for understanding Preterm Infant Development: An framework by which we can understand the developmental pathways of the preterm infant – the Synactive Model – will be presented. This will illustrate how the principles of Child Development, and of Developmental Therapy, are applied to the very preterm infant while in the Neonatal Intensive Care Unit.

The Most Effective Neuroprotective Environment: By the time that we reach this part of the presentation, participants will know that the most effective neuroprotective environment for a preterm baby, is the socio-emotional environment provided by prolonged, physical contact of the baby with his / her PARENTS. This is my most important take-home message.

The Role of Psychologists in Supporting Neuroprotection in the NICU: The neuroprotective effects of that parental environment can only be achieved if the parents take on an active parenting role. Mental health challenges are common in parents whose infants are in the NICU; these mental health challenges are often not diagnosed and therefore not treated. However, mental health difficulties that are not addressed impact parents' ability and competence as "Active, Engaged Parents" and their success at providing that optimal neuroprotective environment. The role of Psychologists in the NICU, to support and treat parents will be summarized, together with some of the practicalities of introducing this role into the technology oriented, high stress environment of the NICU.

NIDCAP: a systems-based, family- centered intervention for Neuroprotection in the NICU: NIDCAP – the Newborn Individualized Developmental Care and Assessment Program – will be presented. NIDCAP is an evidence-based, family-centered, systems-oriented model of care of infants and their families in the NICU, and is based on the Synactive Model of Development. NIDCAP integrates Psychology as a required specialty within the NICU, for best outcomes.

I will present briefly the outcomes of the research studies of NIDCAP, and how NIDCAP can be introduced to NICU's, and the potential role of Psychologists as critical members of the intervention team.

The introduction of NIDCAP to NICU's in India, with the collaboration of Psychologists, might be a topic for discussion at the end of the presentation.



Research in Clinical Practice- Connecting theory with practice

Dr Tushar Singh

PhD

Assistant Professor Psychology

Department of Psychology

Banaras Hindu University, Varanasi

Research being the backbone of any scientific discipline is also an integral part of rehabilitation psychology. Research is not only needed to advance our understanding of the causes, modifiers and consequences of a psychological problem but it also helps the rehabilitation professionals to develop and test the effectiveness of a new rehabilitation and support programs intended to bring positive changes in their clients.

However, in the past few decades, a decline in the interests of rehabilitation researchers has been seen to develop and conduct comprehensive research programs. As rightly noted by Walter Frontera (2011) in his editorial for the journal *Revista da Sociedade Portuguesa de Medicina Física e de Reabilitação*, “the future survival of a medical specialty depends on the strength of the evidence supporting its practice and the relevance of its contribution to the health and quality of life of the population in general”. These evidences can only be generated through scientific research.

Using some of the evidences from our research conducted on the survivors of acid attack, domestic violence and rape, my talk will focus on the need and challenges of conducting advanced scientific research in the area of rehabilitation psychology and would call for the formation of a task-force under the aegis of the Association of Rehabilitation Psychologists India for (a) identifying research priorities for rehabilitation psychologists, (b) supporting members of the association in the planning, prioritization and conduction of applied researches in this area, and (c) organizing workshops and training programs for creating a pool of future researchers in this area.



Interpersonal Abuse/Violence and Mental Health

Ms. Ashwini NV

PhD (Perusing)

Consultant Psychologist

Founder- Director, Muktha Foundation, Bangalore

Interpersonal Abuse refers to all forms of abusive behaviour that ranges from violation of rights and boundaries to intense violence in any interpersonal relationship. The session focuses on understanding the relationship between interpersonal abuse and mental health from the perspectives of victims of abuse, perpetrators of abuse, and those who witness such abuse. It shall be discussed in the context of Child Sexual Abuse, Bullying, Dating Violence, Domestic Violence, Intimate Partner Violence. The levels of prevention of violence shall be discussed, along with various approaches to prevent interpersonal violence. The session ends emphasizing the role of mental health professionals in prevention of violence.



Psychometric Assessment in Clinical Practice – Critical Perspective

Ms. Beena Sawant

M.Phil., PhD (Perusing)

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Mental illness unlike somatic illness cannot be tested in pathology laboratories or on X Rays and ultrasonography. When a person undergoes psychological illness, many a time, it becomes difficult to come to a proper diagnosis for treatment as it depends on the symptoms a person shows or describes verbally. What is obvious might not be the truth. For instance, a person reporting relationship conflicts or reporting loss of a job may be in depression.

The practice of psychological assessment is highly scientific more than merely administering or generating a score. Patients generally use everyday language in describing the behaviours problems and in expressing their fears and concerns. Based on the clinical interview, the psychologist gauges the underlying problem and chooses appropriate psychometric test. Common issues may be related to job stress, adjustment issues, family problems in adults and low academic performance, restlessness, behaviours problem in children, but a through psychometric evaluation helps the psychologist understand the underlying emotional problems triggering these behaviours.

Conceptualizing the problem of the patient, administering, assessing the results of the test; and generating a psychological report is a highly skilled job. Communicating the results of the report scientifically and correctly is an important responsibility for the psychologist.

Beyond formal cognitive testing, psychologists can also assist in working with family members, friends, or caregivers to provide information and support services. Also, given their formal training in research methods, psychologists can also participate in study design and implementation involving short-term inpatients, which is particularly important given the unique opportunity and continued need for prospective rather than retrospective research paradigms in this setting. The role of psychologists in the rehabilitation setting goes beyond simply assessing and reporting results. One of the greatest values of psychologists in a rehabilitation setting is their expertise with interventions for cognitive, emotional, and behavioral problems.



Issues in Ageing: Assessment & Rehabilitation

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Though aging brings a decline in functional capacities especially in the older population, many senior citizens are able to live a meaningful and independent life, but at the same time the fact remains that there are some who are unable to do so. This results in considerable impairment in their ability to carry out activities of daily living and to lead an independent and meaningful life. Frail, older adults are particularly vulnerable to functional decline as a result of illness, and rehabilitation is an essential part of medical care for this population. Rehabilitation of older adults involves an active process, and to be effective it requires a coordinated multidisciplinary team approach, that aims to improve function and enable subjects to live their lives to the fullest potential. The trend clearly reveals that aging in India will become a major social challenge in the future and vast resources will be required towards the support, care and treatment of the older persons. In order to cope with these problems, it is necessary to educate & impart training to the family and immediate caregivers of the older persons who can take care of older persons within the community setting itself. In other words, the primary focus of optimizing care for the elderly should not be based only on the medical paradigm. Assessment of the functional status can begin at home if there is enough awareness of the signs that raise caution towards frailty, or a cognitive decline or and/early symptoms of depression.

Assessment modules in geriatrics are based on measuring both the Functional capacity, for example the Activities of Daily Living, and issues in cognition, namely the three D's: Delirium, Depression, and Dementia. This talk will focus on the early warning signs so that by identification of these signs by the family within one's home itself, optimal support can be provided both by the family as well as a timely intervention by the medical specialist leading to effective rehabilitation.

A long, illuminated walkway with a series of triangular frames leading to a body of water at night. The walkway is covered in snow and has a railing on the left. The triangular frames are made of dark wood and are illuminated from within, creating a bright path. The background is a dark blue sky and a body of water.

Abstracts for Oral Presentations

EARLY IDENTIFICATION AND INTERVENTIONS FOR CHILDREN WITH DYSLEXIA: EXPERIENCES OF PARENTS AND SCHOOL COUNSELORS

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Dr. Sangeeta Bhatia, Associate Professor, Department of Psychology, Gargi College, University of Delhi,
Delhi

Objectives: The present study explored the lived experiences of mothers and counselors of children with dyslexia.

Methods: In keeping with qualitative designs, a phenomenological approach was adopted to understand the needs, concerns, and challenges encountered by mothers (N=20) and school counselors (N=20) in caring for children with dyslexia.

Results: The narratives of mothers indicated that they had limited knowledge of dyslexia and expressed a need to learn to how to assist their children so as to facilitate their academic learning as also ensuring their emotional well-being. In addition, their narratives highlighted the lack of support they experienced from their child's school with respect to information related to dyslexia. The narratives of the counselors further revealed an ignorance in teachers about dyslexia which resulted in a delayed diagnosis as also a lack of empathy that has implications for the child's emotional well-being.

Conclusions for practice: The findings of this study suggest the need to have psycho- educational interventions both for parents and teachers in order to increase their awareness and provide socio-emotional support to children with dyslexia. It is equally important to provide social support for parents, especially mothers, so as to alleviate their burden and facilitate their coping in optimally managing their child. The importance of early identification of children with dyslexia cannot be emphasized enough as they not only learn to read according to their developmental stage but also understand why reading is hard for them and in this they can eventually learn to become self-advocates.

Keywords: psychosocial, children with dyslexia, interventions

IMPACT OF COVID-19 ON THE MENTAL HEALTH OF HEALTH CARE WORKERS (HCWS) IN A REMOTE ISLAND SCENARIO

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Surg Lt Cdr Jinshu S. Lalu, OIC, Station Health Organization, Indian Navy, Andaman & Nicobar Islands

ABSTRACT

Objectives: The COVID-19 pandemic has greatly compromised the physical, psychological and social lives of every single individual today. Fear of contracting the COVID-19 virus has caused serious psychological distress leading to an increase in levels of anxiety and other stress related symptoms in the general population. Healthcare workers have been instrumental in containing the spread of the disease, risking their own lives as well as their families in this process. They face unprecedented stress and pressure at their workplace dealing with COVID- 19 patients. The aim of this study was to assess the impact of the COVID-19 pandemic on the mental health of healthcare workers in a remote island.

Methods: A questionnaire was devised to measure anxiety and depression levels, HCWs' feelings towards their jobs, perceived stressors and motivational factors to encourage continuation of work in future outbreaks. Additionally, the Brief Resilience Scale was used to evaluate the levels of resilience in HCWs in the Andaman and Nicobar Islands. The responses were downloaded to Microsoft Excel, coded and analysed. The statistical significance for the data was found. The data was reported in terms of mean and standard deviation for the varying levels of stress in different socio-demographic groups, and the degree to which the respondents agreed with the statements presented in the questionnaire.

Results: Out of 123 responses, 25.2% respondents showed signs of clinically significant anxiety and 27.6% of clinically significant depression as per the PHQ-4. Laboratory staff (incl. diagnosticians) and paramedics reported highest symptoms of anxiety and depression, while doctors reported the least. Resilience was highest in doctors and lowest in lab staff as per the BRS. Further, remoteness of the islands was the fourth most stressful factor after fear of spreading the disease to friends and family, lack of a vaccine and increasing number of positive cases.

Conclusions for practice: During the COVID-19 pandemic, HCWs were subjected to high stress levels. The relative levels of anxiety, depression, stress and resilience varied greatly amongst different socio-demographic variables like gender, profession and age.

Keywords: COVID-19, Pandemic, Mental Health, Health Care Workers, Frontline Warriors, Andaman and Nicobar Islands, Remote Island.

EATING BEHAVIOUR DURING THE COVID-19 PANDEMIC LOCKDOWN

Namitha G C, Christ Deemed to be University

Madhavi Rangaswamy Assistant Professor Christ Deemed to be University

ABSTRACT

Objective: The study's main objective was to understand the eating behavior of young adults during the lockdown period to see if the changes in lifestyle and sedentary home bound living has created an environment that potentiates emotional eating.

Methods: A web-based survey was conducted using google forms. The quantitative and qualitative data was obtained from 253 young adults (M=68, F=185) (Mean age 21 years).

Results: 15% have a mental health issue as shown by the GHQ scores. 3% had symptoms meeting criteria for an Eating Disorder which was measured using the Eating Disorder checklist. It is interesting that even though 85% have reported noticing an increase in food related posts on social media, 64% of the sample have reported that social media has not influenced their eating patterns. Elaborate meals and experimenting more with food increased during the lockdown, however individuals had healthier food than before. People also reported ordering less food from outside than before. This interesting result may perhaps be due to a sharper focus on community living, health and wellness during the pandemic and investing time on healthier patterns of living. However, the 40% of individuals reporting eating unhealthy food and the 26% who indulged in binge eating more than usual suggest the influence of stress experienced during the lockdown

Conclusions for Practice: These results of increase in eating unhealthy food and individuals indulging in binge eating underscore a need for examining the stress experienced by individuals and their eating patterns in order to prevent the development of eating disorders.

Keywords: Emotional eating, Eating behavior

CORRELATION STUDY BETWEEN EXISTENTIAL VACUUM AND LEVELS OF INTERNET ADDICTION AND

GENDER DIFFERENCE IN INTERNET ADDICTION AMONG YOUNG ADULTS

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Poorva Kulkarni, Student, "Mind and Brain" Humboldt University, Berlin

ABSTRACT

Objectives: The aim of the present study was to study the correlation between Existential Vacuum and Levels of Internet Addiction among young adults as well as to study the Gender Difference in Internet Addiction (scores on the scale).

Methods: Data were collected from 113 college students (Females, n=65) from Pune City of age range 18 to 26. Arts (Graduate and Postgraduate) and engineering (Graduate and Postgraduate) students were selected for this. Socio-Economic Status was controlled. Students from Middle class families, students who use internet and to whom internet is available are included in the study. Co relational Research design was used. Tools- Demographic Sheet- Including questions about age, gender, education, occupation, availability, comfort with internet, frequency of use, duration and content, Purpose in life test by Crumbaugh & Maholick, 1964, Internet addiction test by Dr. Kimberly Young (1998), SESS-BR (Socio- Economic Status Scale) by Rajeev Lochan Bharadwaj. Consent of all participants and institutes was taken before administration of scales. Instructions were given properly. Scoring, interpretation and statistical analysis were done.

Results: The data is normal distributed. Product moment was used to examine correlation between Internet addiction and Existential vacuum. The t test was used to see gender difference on between Internet addictions. Result shows that there is no correlation between Existential Vacuum and Levels of Internet Addiction among Young Adults. Result shows that there is no Gender Difference in Internet Addiction among Young Adults.

Conclusions for practice: Result shows that there is no correlation between Existential Vacuum and Levels of Internet Addiction and no Gender Difference in Internet Addiction among Young Adults.

Keywords: Internet Addiction, Existential Vacuum, Purpose in Life, Young Adults, Gender difference

PERCEIVED LIFE-STRESS AND COPING IN PARENTS WITH INTELLECTUALLY DISABLED CHILDREN AND CONTROL

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ABSTRACT

Background: Parenting requires a great deal of patience and commitment. It is not only about providing child with basic necessities of life, like- food, shelter, clothes, etc.; but it is also about the process of engaging the child in learning life skills, value education, behavior training/ modifications and many more. However, when a parent is dealing with a child with special need, like Intellectual Disability (ID), the parent's task of caregiving and helping the child learn skills become even more complicated. This complex nature of parenting can make the parents perceive their life as stressful and tedious. In order to ease the stress, generated from robust task of parenting and caregiving, people often engage in different ways of coping.

Objectives: The objectives of the present study, therefore, to examine the difference in perceived life-stress and ways of coping between parents having a single child (with ID), having two children (one with ID and one without any disability) and control group (with one or two children without any disability).

Methods: Sample size of 100 parents (50 for ID category and 50 for without disability) were recruited through Purposive technique. Data was collected from both male and female parents, after obtaining informed consent, for each category by administering quantitative measures- Perceived Stress Scale and Ways of Coping Questionnaire-R.

Results: Data, thus, collected were analyzed following appropriate statistical methods (Descriptive and Inferential). The observations revealed existence of difference in perceived life-stress and ways of coping between the parent groups. Gender was indicated as a significant factor.

Conclusions for Practice: The findings could be utilized in understanding parenting stress between the three specific categories of parents under this study. Further, it would be helpful in understanding the coping strategies employed by parents to deal with their parenting related stress as per their circumstances. As the gender difference was significant in this study, this knowledge of how much stress the male and female parents were experiencing and how they were able to cope with their life stress would definitely help in therapeutic/ special educational session planning, psycho-educational training, rehabilitation and management of individuals with similar concerns.

Keywords: Parenting, Intellectual Disability, Stress, Coping

IMPLEMENTATION OF FEW BEHAVIOR THERAPY TECHNIQUES ON AN ADULT WITH INTELLECTUAL
DISABILITY: A CASE STUDY APPROACH

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ABSTRACT

Background: Behavior therapy is believed to be one of the potential attempt to regulate and control behavioral troubles. Through the learning and conditioning paradigm, namely, classical and operant, it has been succeeding in establishing it's positive impact on behavior. It seeks to identify and help change potentially self-destructive or unhealthy behaviors. However, it is a common misconception that Behavior therapy is effective for children with intellectual disability. But, research shows that it is equally effective for adults as well. It is also effective, even when few psychotic features are additional with the intellectual disability. Index client, D.S. , 37 years old, female, no formal education, was institutionalized and referred for behavioral assessment and subsequent therapy, without any reliable information provider and adequate background information. The chief complaints were poor self hygiene,snatching things from others, stealing, aggressiveness and demanding behavior. When assessment was done, it was observed to fall under the category of 'Moderate Intellectual Disability'. Behavioral observation had shown hallucinatory behavior, conceptual disorganization, suspiciousness and hostility. Despite initial uncooperativeness, baseline assessments were done. Behavior analysis was done, in terms of antecedent, behavior and consequence. Short term and long-term goals were set. Positive reinforcement, token economy were set. Intraverbal communication was also taught.

Objectives: The objective of the present case study is to observe how behavior modification technique helped to treat a patient with intellectual disability, along with psychotic features.

Methods: Case study; female, 37 years old.

Results: Behavioral assessment which were done intermittently to assess the progress of the index client, reflected few positive outcomes, like waiting for her turn, decrease in violent behavior, thus indicating that few of her behaviors be taught. Treatment had to be discontinued as she was transferred to another institution.

Conclusions for Practice: Thus, it may be concluded that Behavior therapy is effective for treating patient with intellectual disability, along with psychotic features. It would help to formulate more technique to treat the patients with behavioral trouble.

Keywords: Behavior Therapy; Psychotic; Intellectual Disability; Positive Reinforcement.

A STUDY ON THE 'SWIPE-RIGHT' ONLINE DATING TREND: TINDER
MOTIVES, SEXUAL ATTITUDE, AND DARK TRIADS

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Saima Khatoon, Amity University Kolkata

ABSTRACT

Objectives: The present study aims to investigate the motivating factors for young adults to indulge in the active use of the dating application- Tinder. The present study has also tried to explore the relationship between sexual attitudes among young adults and their Tinder motives, using the Brief Sexual Attitude Scale. The study then explores a correlation between the three dark triads of personality- Machiavellian, Psychopathology, and Narcissism, with Tinder Motives and Sexual Attitude.

Methods: Three questionnaires were used for the purpose of the study- Tinder Motive Scale, Brief Sexual Attitude Scale, and The Short Dark Triad. Using Descriptive Statistics and Correlational methods, results of Heterosexual Single participants were analyzed.

Results: Sexual permissiveness and instrumentality had a significant correlation with the sexual experience motives of Tinder.

Conclusions for practice: As our lifestyles continue to change and manifold, online dating has become a popular choice among young adults. In the future, the study can be useful in exploring the relationship between dark triads, sexual attitude, and anti-social use of Tinder.

Keywords: Online Dating, Tinder, motivating factors, dark triad, sexual permissiveness

DIFFICULTIES IN EMOTIONAL REGULATION AND SUICIDAL IDEATIONS AMONG YOUNG ADULTS: THROUGH THE LENS OF WILLFUL IGNORANCE

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ABSTRACT

Objectives: To understand the relationship between difficulties in emotional regulation and suicidal ideations among young adults. And explore the role of willfully ignoring the vulnerabilities indicating difficulties in regulating emotions, in influencing with suicidal ideations and leading to substance consumption as a means of coping.

Method: It is an explanatory sequential mixed method design. In quantitative phase 1, the sample consists of 100 young adults within the age range of 18 to 30 years. Difficulties in Emotional Regulation Questionnaire (36 items) and Suicide Behaviors Questionnaire (90 items) are used. Using SPSS-25 software, normality test and correlational analysis between the two variables are performed. Further, in qualitative phase 2, based on the results from phase 1, 30 participants with greater difficulty in emotional regulation and suicidal ideations are selected and interviewed using a semi-structured interview, where the role of willful ignorance and substance consumption (means of coping) is explored and understood using thematic analysis.

Results: In the phase 1, Pearson's product moment correlation is run and moderate positive correlation (.371, $p < .005$) is found. 30 out of 100 participants (21 – female; 9 – male) engaged in suicidal behaviors. In the phase 2, thematic analysis reveals that all the 30 participants engage in willful ignorance, while some of them agree the defense mechanism being one of the major reasons leading to their suicidal behaviors and alcohol abuse and are willing to seek help. Whereas some participants deny and emphasize on the temporary benefits they got by willfully ignoring vulnerabilities. The act helped them overcome their fear and reduce their stress majorly. Besides, denial, familial influence, peer influence, television, social media platforms are found to influence this.

Conclusions for practice: Even though, individuals are aware of the vulnerabilities, they willfully ignore them either due to certain internal or external factors. They lack insight on the unconscious rewards gained. Hence, during rehabilitation, it is necessary to make them aware of this defense and teach them healthier coping mechanisms to deal with their stressful situations, enhancing the treatment process. Besides, teaching families, peers, caregivers and clients themselves, to look out for vulnerabilities and teaching them healthier ways of avoiding willful ignorance can further foster awareness and provide required assistance at the earliest.

Keywords: Willful ignorance, Emotional regulation, Substance consumption, Suicidal ideations.

TRANSITION OF ALCOHOL USE BEHAVIOURS AMIDST COVID-19 PANDEMIC IN INDIA.

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Objective: The restrictions that were imposed in the course of the lockdown in the initial months of this pandemic necessitated intense behaviour change in most individuals. The concerns of those who need alcohol was especially in focus.

Methods: Using a survey method this study was designed to understand alcohol use behaviours in a young adult Indian population and to explore changes in these behaviours and to compare if the group with higher drink problems are showing different behaviours to those who have fewer drink problems (based on AUDIT score). The survey comprised questions on alcohol consumption; craving, drinking patterns, self-monitoring and illegal alcohol purchase. The participants responded for two sets of these questions: Pre-pandemic and Pandemic. A total of 167 participants (100 = male; 65 = female; 2= other) responded to the survey over a span of 3 months (May' 2020-August' 2020).

Results: Cronbach's alpha for the pre-pandemic and pandemic survey questions was found to be 0.919 and 0.929 respectively indicating a high consistency. Age of First Drink was moderately negatively correlated with Alcohol Usage (-0.348) and Craving (-0.305). Individuals with audit score over 7 reported higher craving. Chi-square analysis showed that the High AUDIT score group had fewer drinks and drank less often during the pandemic times. However, the Low AUDIT score group did not change how many drinks they had but they drank less often. The significant differences in alcohol use behaviour between High and Low AUDIT score groups for the pre-pandemic phase remained significantly different between groups for the pandemic phase as well. However, it was interesting to note that only self-monitoring behaviour from all the alcohol use behaviours was similar between High and Low AUDIT drinking groups in both the phases.

Conclusions for practice: The paper will discuss these results in the context of issues and concerns of managing wellbeing of individuals with addiction and will highlight implications for policies in disaster management.

Keywords: COVID-19, Pandemic, Alcohol, Craving, AUDIT.

CORONAVIRUS (COVID -19 PANDEMIC): EMOTIONAL
INSTABILITY AND PSYCHOLOGICAL IMPLICATIONS ON
MENTAL HEALTH SYSTEMS- A CROSS-SECTIONAL STUDY

Dr.Pankaj Lakhan Singh (Ph.D in clinical psychology) , NKPSIMS & Lata Mangeshkar Hospital & Research
Centre, Nagpur (Maharashtra)

Dr. Anjali Jayjit Edbor (MD in Peadiatrics), NKPSIMS & Lata Mangeshkar Hospital & Research Centre,
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ABSTRACT

Objective: The present study has two main aims. The primary one is to explore the psychological state status of the overall adult population in India during COVID-19 outbreak, in terms of the psychological impact caused by the Pandemic, and therefore the other is to gauge the extent to which the subsequent variables are associated to psychological impact, Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness.

Methods- Cross-sectional study (Questionnaire-based study). The study was approved by the ethics committee's board of NKPSIMS & Lata Mangeshkar Hospital and Research Centre Nagpur. Conducted standardised test Big 5 Inventory. Data collection period comprised between April 2020 after the WHO declared the outbreak a Pandemic) to August 2020.

Results – The paired t-test outcomes obtained from pair1 (Neuroticism) problem was -1.467 (t -1.155 statistically not significant). Pair 2 (Agreeableness) problems were 3.600 (t 3.907 statistically significant). Pair 3 (Extraversion) problem was -1.200 (t -1.230, statistically not significant). Pair 4 (Conscientiousness) problem was 1.389 (t 1.401 statistically not significant), and pair 5 (Openness) problem was -.178 (t -.204 statistically not significant).

Conclusions for practice- Such Major COVID-19 Pandemic would have negative effects on someone – openness, conscientiousness, extroversion, agreeableness, and develop neuroticism- depression, sadness, anxiety, and aggression. First educate the peoples about the mental and emotional psychological reactions, effects and management. Secondly encourage them for practical hobbies like – Drawing, dancing, singing, crafting, gardening, educating children, develop creative and meaningful videos to increase people during COVID-19 Pandemic period. Third accurate coordination and regular communication about the COVID-19 Pandemic physical health and psychological health. Fourth this study indicates the psychotherapy approaches that consider to the advance of emotional regulation skills could be particularly effective (Related to psychotic experiences) and it is often potentially significant early intervention target in non-clinical subjects.

Key words- Big 5 Inventory, emotional health, counselling.

CANNABIS USE TRENDS IN YOUNG INDIAN ADULTS DURING COVID-19 PANDEMIC

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ABSTRACT

Objective: Cannabis/ Marijuana is the second most commonly used drug in India with 3.1 crore users with 72 lakh problem users in the year 2018 alone. Repeated cannabis use has been associated with short-term and long-term range of adverse effects in the social and cognitive domains.

Method: This study, using a web-based survey of cannabis use behaviours was aimed at understanding cannabis use in young Indian adults during lockdown. The quantitative and qualitative data was obtained from 94 young adults (M= 64, F= 30) (Mean age 22 years).

Results: 56.4% of the sample who have used cannabis more than once in their life time did not have access to cannabis during the lockdown period (May' - August' 2020). However, 54.3% report using cannabis in the last one month while 45.7 % report using the substance prior to the last month. It is interesting to note that 51% report a change from their pre-pandemic cannabis use while 36% report no change. Of the 43.6 % of the sample who had access to cannabis, 39% of them smoked less than usual and 48.7% cleaned their cannabis cautiously to counter low availability of the substance. Around 20-25% of the sample reports regulating the substance to extend access to use, and smoking cigarettes more to compensate for cannabis use. Qualitative responses also suggest that individuals tend to feel positive about the change towards lesser use of cannabis. Analysis of variance computed for mean craving scores grouped based on the motives of cannabis use showed a statistically significant difference.(F=6.80, p<0.001).

Conclusions for practice: These preliminary results suggest that artificial restrictions in supply of cannabis induces both positive and negative changes in behaviour and this has interesting implications for both prevention and rehabilitation protocols.

Keywords: Cannabis trends, COVID- 19, lockdown, anxiety.

SOCIAL FUNCTIONING, PRAGMATIC COMPREHENSION AND EMOTION REGULATION IN AUTISM: A CONCEPTUAL PAPER

Pratiksha Sharma¹ and Madhavi Rangaswamy²

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ABSTRACT

Background: Transition from childhood to adulthood is bridged by a period of social and emotional upheaval, that we call adolescence. Individuals with autism spectrum disorder (ASD), who have deficits in social communication, find this period extremely challenging. Autism has found to be associated individually with deficits in pragmatic comprehension and emotion regulation (ER), both affecting social functioning of individuals. Brain areas like prefrontal cortex, superior temporal gyrus and fronto-temporal networks involved in pragmatic comprehension and emotion regulation are reported to be overlapping.

Objective: Existing literature has studied these domains independently in ASD and lack inclusive viewpoint on such closely related concepts. This study aims at reviewing the existing literature on these variables in order to understand their interplay in adolescents with ASD.

Methods: Systematic review of published literature on pragmatic comprehension and emotion regulation and their relationship with social functioning with adolescents (12-18 years) with ASD as participants.

Results: Grounded in the prevailing objective and behavioral data, this conceptual paper proposes a new model of interaction among emotion regulation, pragmatic comprehension and social functioning in adolescents with ASD. This model provides opportunities for further investigations to examine the link between language process of pragmatic comprehension and emotion regulation. Studies with correlational and mediation design can be employed to rejoiner questions like, can pragmatic comprehension limit or support emotion regulation; Does ER mediate interaction between pragmatic comprehension and social functioning?

Conclusions for Practice: Understanding the functional dynamics between pragmatic comprehension and emotion regulation can help service provider enhance existing and design new social-communication intervention for adolescents with ASD. The ultimate aim of this conceptual model is to enhance the educational and vocational outcomes of the adolescents with ASD.

Keywords: social functioning, pragmatic comprehension, emotion regulation, autism.

GENDER DIFFERENCES IN COPING STRATEGIES AMONG VISUALLY IMPAIRED CITY COLLEGE STUDENTS

Aafreen Mushtaq, Nuzhath Banu & Kavitha Dhanaraj

Justice Basheer Ahmed Sayeed College for Women, Chennai, Tamilnadu

ABSTRACT

Objective: The study was intended to understand the gender difference in coping strategies used by visually impaired college students.

Methods: 40 visually impaired students (blindness ranging from 20% to 100%) participated in the study, where 20 students were males and 20 students were females, aged between 17-23 years. Ex post facto design and convenience sampling was used. The Coping Inventory for Stressful Situations (CISS), a 48-item scale, which measures task, emotion and avoidance oriented coping strategies was administered. Data was obtained in person by administering the tool in the form of Braille. Statistical analysis was done using Independent t tests.

Results: The results revealed that male visually impaired students tend to use avoidance oriented coping strategies in difficult situations, especially the social diversion strategy. Females on the other hand did not use significantly any one particular coping strategy to deal with stressful situations. Also, no significant differences were found in coping strategies across the students with varied percentage of blindness in this study.

Keywords: Coping Strategies, Visual Impairment, Gender Difference

FACIAL MORPHOLOGY AND STEREOTYPIC CUES IN THE DETECTION OF SEXUAL ORIENTATION

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Department of Psychology Christ University, Bangalore

ABSTRACT

Objective: Indeed, the remarkable ability of the human brain to form complex social categorizations is well documented. In light of our emerging interest in the bio-psycho-social facets of gender and sexuality, the following study aims to review extant literature on the use and significance of morphological features and stereotypic cues in the detection of sexual orientation. Individuals tend to rely on both facial and socially informed features to form crude judgments about sexual orientation. The overarching objective of the study therefore, is to synthesize findings across a vast body of literature and determine an evidence-based hierarchy of said cues. Further, it stands to explore the sociocultural nuances of sexual orientation across both eastern and western contexts.

Methods: In order to locate relevant literature for the purposes of this review paper, a systematic search was executed across several databases; namely Google Scholar, Science Direct, PubMed, ResearchGate and Springer Journals. The keywords, sexual orientation, detection, gendered cues, stereotypic cues, gaydar, auditory cues, gait and body shape, facial morphology, adornments, occupational choices, cultural context, film and television were used across all four databases. Research published in the last ten years was given strict preference. Exceptions were made for papers published outside the stipulated period, in the event that they presented crucial theoretical paradigms. Studies embodying experimental and quantitative designs were prioritized and complete texts were procured for the purposes of this review.

Results: A review and synthesis of findings across literature revealed glaring consistencies in support of the significance of morphological features. Under ordinary circumstances, individuals were shown to develop largely accurate judgements of sexual orientation while relying on cues pertaining to facial morphology. Numerous studies unearthed real-time morphological differences in the facial features of individuals who identified as homosexual and heterosexual. At present, the differences in these features are unattributable to social factors. The study of stereotypic cues, such as those of gait and acoustics, generated crucial, yet contested data. While noteworthy differences in the bodily and acoustic parameters of heterosexual, gay and lesbian individuals failed to emerge, the use of its related stereotypes proved to be rampant. On account of paltry research pertaining to the study of stereotyped adornment, attire and career cues, a sizeable gap in research was identified.

Conclusions for practice: Exploring the dynamics of sexual orientation and our reliance on stereotypes in making judgements of the same is crucial to the study of discrimination, marginalization and exclusion. By discovering the prevalence and use of wrongful stereotypes and morphological cues in daily interactions, attempts may be made to identify and resolve the precipitants and perpetuators of violations against sexual minorities. Understanding the widespread use of generalized, formulaic stereotypes in regard to the LGBTQIA+ community, is further mandated in the clinical frame of queer affirmative therapy. It is only by acknowledging the interplay of wrongfully used cues and the oppression, trauma and erasure experienced by the community, that we can truly stand to affirm the intersectional experiences of its members.

Keywords: sexual orientation, gendered cues, stereotyped cues, facial morphology

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