

I Leipzig-Evora-Zwickau Scientific Meeting in Health Sciences
and Human Development

VI Leipzig-Évora Scientific Meeting in Psychology

NEW HORIZONTS, NEW PARADIGMS IN HEALTH AND HUMAN DEVELOPMENT

Universidade de Évora | Colégio Luís António Verney

Anfiteatro 1
3rd and 4th October 2022

ABSTRACT BOOK



CHRE.



Westsächsische Hochschule Zwickau
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Abstract Index

A program family for preventive and interventive stress management – theoretical and practical aspects .	8
Konrad Reschke.....	8
Profiles of Emotional Intelligence and Vulnerability to Stress in Secondary School Teachers	8
Maria João Beja, Maria Glória Franco & João Almeida.....	8
Environmental contamination: an (almost) neglected factor in stress?	9
M. Ramiro Pastorinho	9
Relationship of anxiety management types and health-related variables of people during lockdown in a German sample.	9
Sebastian Mueller Haugk & Marcus Stueck.....	9
Moral Distress in the Corona Pandemic – Ethics Support for Health Care Professionals in Germany	10
Beate Mitzscherlich.....	10
“Leipziger Kurzfragebogen für chronischen Stress” (LKCS) – Psychometric studies for Portuguese population.....	10
Adelinda Candeias, Edgar Galindo, Konrad Reschke, A. Felix, & C. Silva	10
Health Psychology and pandemics: What did we learn?	11
Edgar Galindo.....	11
Technical innovations in stroke rehabilitation - A mixed-methods approach for development of non-invasive, brainwave-guided, functional muscle stimulation.....	11
Tom Schaal, Tim Tischendorf, Julia Winterlich & Stefanie Liebl.	11
Stress and well-being in pandemics: A study with students.	12
Adriana Félix & Adelinda Candeias	12
Non-pharmacological interventions for chronic pain: systemic basis	12
Natalya Polyvyanaya	12
Career adaptability, subjective well-being and academic achievement in higher education Angolan students	12
Ana Maria Rocha & Jacobus G. Maree.....	12
Why Dyslexia is a risk for the personality development?	13
Evelin Witruk	13
Communication is in your hands: online course to promote communication about sexuality in parents of deaf youth.	13
Susana Bárcena, Ileri López & José Manuel Meza.....	13
Coparenting, Family Resilience and Parental Burnout	13
Maria Glória Franco, Maria João Beja & Natalie Santos	13
Inclusive attitudes: emotional, cognitive and behavioral differences between teachers and therapist.....	14
Adelinda Candeias, Heldemerina Pires, Clarisse Coelho, Edgar Galindo & Adriana Felix.....	14
Sustainable living in old age by the use of technical assistance – some theoretical remarks and insights in practical applications	14
Martin Grünendahl,	14
Effects of a psychomotor intervention on psychomotor profile in institutionalized elderly with mild dependency and cognitive deficit	14
Ana Morais, Filipa Pereira & Gabriela Almeida.....	14

Ageing Health and Integrative Lifespan.....	15
Catarina Pereira, Gabriela Almeida & Jorge Bravo	15
Ageing and Well-Being: Views, Experiences and Contexts	15
Luísa Grácio, Maria João Carapeto & Heldemerina Pires	15
The Pandemic Management Theory. COVID-19 and biocentric development	16
Marcus Stueck.....	16
Woman and the Phenomenon of Forgiveness	16
Sharapat Sultanaliyeva, Fatima Tashimova & Alena Garber.....	16
Teacher's health and well-being: Relationships with teacher's health, organizational health and optimism	17
Liberata Borralho, Adelinda Candeias e Saúl Neves de Jesus	17

Inclusive attitudes: emotional, cognitive and behavioral differences between teachers and therapist

Adelinda Candeias, Heldemerina Pires, Clarisse Coelho, Edgar Galindo & Adriana Felix

The inclusive education is a reality even more important in the educative politics, in order to reform the educative system, consequence of the international conjecture that constitutes the legislation which takes part the inclusive school. The way each professional perspective the inclusion process is based in attitudes that affects his educational practices. The main goal of this study is understand teacher's and specialized technician's attitudes and practices about inclusive education. The quantitative nature of this study involved an intervention group of (N=470), questioned with the instrument ITAI, created for this study. The data analysis reveals more intense attitude about inclusion by the specialized technician's, when compared with the teachers, with a bigger evidence in the affective dimension. Finalizing, this study points the importance of the attitudinal component in good inclusive practices.

Sustainable living in old age by the use of technical assistance – some theoretical remarks and insights in practical applications

Martin Grünendahl,

West Saxon University of Applied Sciences Zwickau, Germany

The paper will first address some theoretical thoughts on the relation between old age and the use of technology and whether there are more opportunities or threads to it. Useful preconditions for a successful use of technical equipment will also be mentioned. The model of acceptance of technology by Davis will be introduced to later discuss some evidence of our own research projects in this field.

The main topic of the paper is the insight in some of the projects we realized at Zwickau university focused mainly on the technical equipment of homes for independently living older citizens. The technological basis and the options for an independent and safe living created by that will be presented. The question, whether a sustainable way of living for older people can be facilitated through the use of smart technology will be discussed in the end.

Effects of a psychomotor intervention on psychomotor profile in institutionalized elderly with mild dependency and cognitive deficit

Ana Morais, Filipa Pereira & Gabriela Almeida

University of Evora, Portugal

Institutionalized elders tend to have a higher dependency on the performance of basic and instrumental activities of daily living, as well as a higher percentage of cognitive deficit and poorer psychomotor performance. This presentation intends to analyse the impact of a psychomotor intervention in four variables, psychomotor profile and three specific components (motor prevalence, cognitive prevalence and physical constraints), assessed by the Examen Géronto-Psychomoteur (EGP) adapted for Portuguese population. The sample consisted of nine elders (M=77.44yrs; SD=8.99) institutionalized in a nursing home residence, all with mild dependency and cognitive deficit. The intervention was conducted for 30 group sessions. Each session was structured in five moments: reality orientation activity, warm-up, core activity, cool-down and finishing ritual. Data analysis was performed with descriptive analysis and Wilcoxon statistical test. The results from data comparison in pre- and post-intervention showed significant improvements in the psychomotor profile and in the cognitive prevalence component. It was also checked the differences in each elder person for the four variables. This study intends to advance with contents about the importance of the psychomotor intervention in geriatric care, specifically integrated in a multidisciplinary rehabilitation team.

Ageing Health and Integrative Lifespan

Catarina Pereira, Gabriela Almeida & Jorge Bravo

University of Evora, Portugal

Elder boom obeys specialized and integrative answers. Present situation may lead to the system collapse. Our research team focus on the design of integrative risk prediction and intervention models targeting older adult's lifespan. We develop:

- Cross-sectional and longitudinal studies identifying the determinant risk factors to prevent the emergence of health conditions, dependence, or other negative events compromising quality of life and lifespan.
- Tools assessing the aforementioned factors (a gap in instruments was identified).
- RCT focused on intervention programs (Psychomotor therapy, exercise, cognitive, cognitive-motor interactive, therapeutic relaxation, and others) targeting older adults with different functionality levels.
- Programs cost effectiveness analysis.
- Integrative algorithms -using information and communications technology - with measures and recommendations for intervention including:
 - The determinant risk factors and respective high-low risk cut-offs for negative events (Ex. fall, or dependence).
 - Assessment tools propose.
 - Analytic report computed automatically by the informatic system based on evaluation.
 - Recommendation about how to hierarchize older adults' needs.
 - Recommendations for intervention.
 - Perioded and targeting at individual needs.
 - The adjusted intervention programs (exercise, interactive cognitive-motor, others) and specificities.
 - Monetizing resources.
- Individual and community indicators for the interventions effectiveness analyze.

Ageing and Well-Being: Views, Experiences and Contexts

Luísa Grácio, Maria João Carapeto & Heldemerina Pires

University of Evora, Portugal

The growing aging of the population has brought to the fore the problem of how to age with greater quality of life and well-being. The goal of this work is to describe and reflect on the research, qualitative and/or quantitative, that we have been developing to improve our understanding about the factors associated with well-being and quality of life in aging. First, a set of studies aimed to understand the point of view of the elderly about specific contexts of their lives. Some studies focused the rights that the elderly perceive to have and their daily experiences, both negative and positive, in the residential structures where they live. Other studies, with elderly people who live in their own home, intended to enlighten the elderly's perception of aging and associated losses and gains, the role of spirituality/religiosity or the perceived contribution to well-being of attending a senior university. A second set of studies focused others' perspectives on aging and the elderly and provided some contributions to understand how youth describe the positive functioning of middle-aged and elderly people, or how the perception of affection received from grandparents is associated with the well-being of youth. Questions for future research are also discussed.