PSI Early Graduate Group Conference 2018

Looking Ahead:
The Future of Psychology

Abstracts

The Psychological Society of Ireland
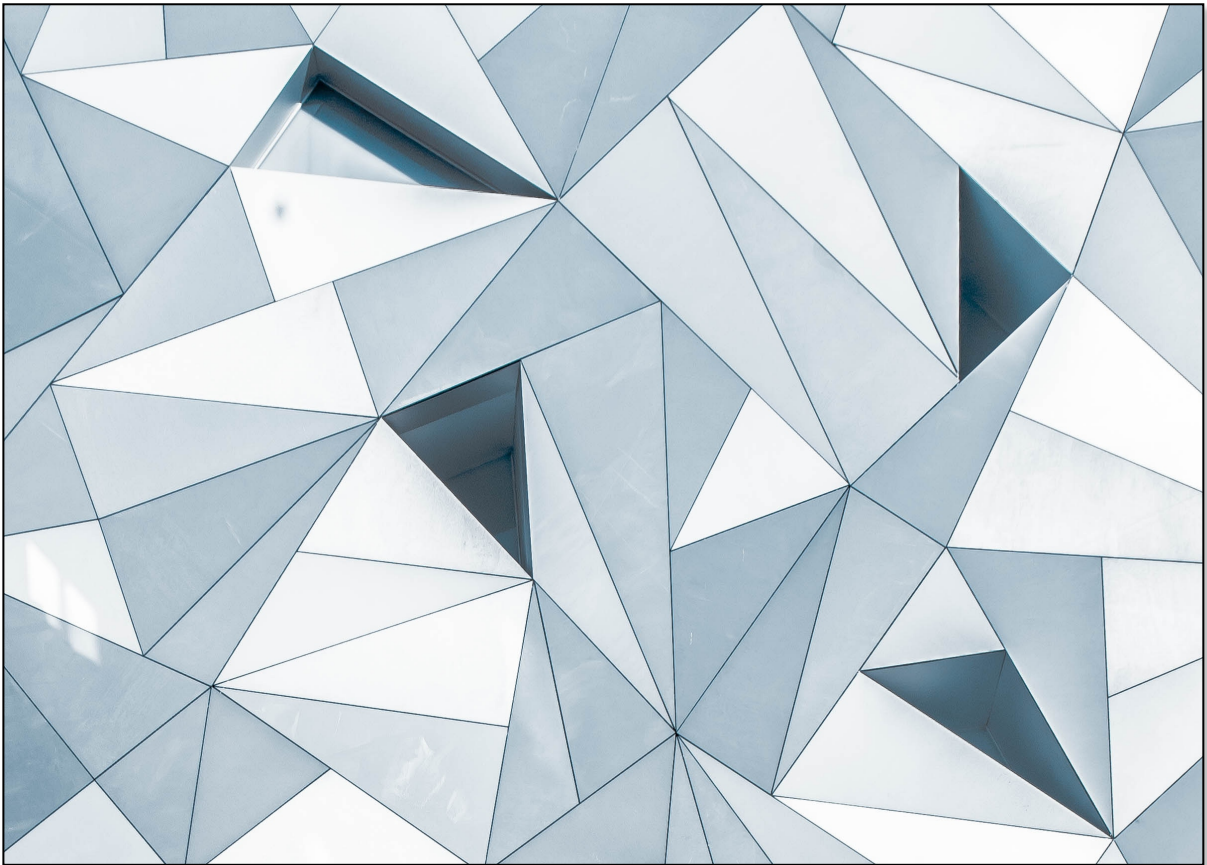
Cumann Síceolaithe Éireann
Early Graduate Group

-A-

Poster Presentation

Attitudes towards people with Autism Spectrum Disorders. Humour as a vehicle for positive change in perceptions.

Katie Aston

Background: Ingroup bias proves that people like people whom they believe are more like themselves. Previous research in ASD humour suggests it may be different in style but not a deficit. This led to a question of whether humour could be a common ground between ASD and non-ASD populations for amelioration of perceptions. Aim: The aim of the present study was to assess perceptions of people with Autism Spectrum Disorder (ASD) in relation to Humour. Method: A mixed-methodology study was conducted. The quantitative element of the study used questionnaires to assess perceptions surrounding ASD. Level of contact with people with ASD was assessed, as were autistic traits that the participants may exhibit. Participants were assigned to one of two video conditions, condition one showed people with ASD being funny, the second showed comic depictions of characters with stereotypically autistic traits in the media. Perceptions of ASD were reassessed. The qualitative element used semi-structured interviews with people with ASD and people with experience working with people with ASD to explore their views on humour and other stereotypes in ASD. Results: A pilot study using the same videos suggested that although both conditions positively changed participants perceptions, condition one improved perceptions more.

-B-

Oral Presentation

"'cause it's a real blokey thing to do". The breakthrough progamme: opening the door to psychotherapy through mixed martial arts.

Niamh Bird

Ireland had 392 deaths by suicide in 2017, with 3.9 times more male than female. Men are least likely to access services, leading to calls for gender-specific treatment options. The current research sought to establish the impact of a 10-week programme combining MMA and one-to-one psychotherapy on young males' mental-health, and determine factors that impact help-seeking. Participants were 7 males (20-35; M=24.57), referred from community, primary, and specialised mental-health services. Semi-structured interviews explored participant experiences, and quantitative surveys established demographics, aggression (Aggression Questionnaire; Buss & Perry, 1992), well-being (GHQ-12; Goldberg & William, 1970), and self-report ratings of mental-health and anxiety. Interviews and surveys occurred before and after the programme. Facilitators of help-seeking included combining physical and mental-health, improving routines, self-discovery, and hope. Barriers included gender-norms, and absence of positive role-models. Mean aggression (M=20.4), GHQ-12 (M=21.8), and self-report anxiety (M=2.8) scores decreased. Self-report ratings of mental-health (M=4.8) increased. Participants revealed sport provided structure and fitness, counselling as pivotal for personal-growth, and positive male role models as meaningful. Improved relationships, work-life and self-esteem were reported. Findings support previous research indicating combining sports and psychotherapy positively impacts young male's mental-health. Sport provides an acceptable doorway into psychotherapy, providing space to explore personal issues.

Oral Presentation
The public stigma of suicide: an organisational perspective
E. L. Bohan & A. Minescu

Introduction: Suicide is a concerning issue globally, with 459 suicides reported in Ireland in 2014. Mental disorders are recognised as a major risk factor for suicide, yet those suffering from mental illnesses, and those at-risk of suicide often experience public stigma. This study sought to provide an investigation into the public stigma of suicide in Ireland. Methods: In doing so, semi-structured interviews were conducted with seven practitioners working or volunteering on behalf of organisations that offer support services to individuals at-risk of, or affected by suicide. An inductive, latent, thematic approach analysed the prominent themes within the data, which detailed the perspectives of the practitioners. Results: The analysis established four overarching themes pertinent to the public stigma of suicide, including the stigmatised, facilitators of public stigma, reality of public stigma and generational differences. These results indicate that the public stigma of suicide is firmly prevailing in Irish society today. Conclusions: Overall, the results highlight the need for the development of a multi-layered theoretical framework of the public stigma of suicide, which is topical in Irish society and recognises suicide as being within the greater societal context.

Poster Presentation
Fitspiration and Body Positivity; Social Media Trends and Motivation to Engage in Health Behaviour
Laura Buckley

The obesity crisis is an ongoing problem for western societies; many health promotion campaigns have tried and failed to address this concern. As people are turning to social media for health information, the new image trends of 'fitspiration' and 'body positivity', may play a role in motivating people to engage in various health behaviours. Utilising the Protection Motivation Theory and Social Comparison Theory, the present study experimentally examined if viewing fitspirational or body positive images can have an effect on participant's motivation to engage in health behaviour and body image. Participants (N=198, Mage=26.24) were randomly allocated to view one of three image conditions, fitspirational, body positive and control. Results showed no difference between viewing fitspirational images and body positive images on motivation to engage in health behaviour or body image but, both conditions were significantly different from the control. The findings tentatively suggest that fitspiration and body positive images have the capacity to be used in further health promotion campaigns.

Oral Presentation
Impact of sentence length, sentence complexity and truthfulness on perceived deception online
Sally Byrne

Aims: The present study aimed to evaluate the perception of deception detection online. H1: Long sentence length for Sarah, low sentence complexity for Sarah, gender of the participant or low trustfulness levels of the participant, will be useful in predicting the low honesty scores for Sarah. H2: Long sentence length for Cian, low sentence complexity for Cian, gender of the participant or low trustfulness levels of the participant, will be useful in predicting the low honesty scores for Cian. Methods: 163 participants were recruited for this experiment, which explored the relationship between sentence length, complexity, gender, trustfulness and perceived honesty.
Results: Two multiple regressions were conducted. The honesty scores, sentence length and complexity for Sarah and the gender and trustfulness of the participants were analysed. analysed. A significant model was found: $F(4, 158)= 3.176$, $p=.015$, adjusted $R^2= .051$.

Trustfulness was the only significant predictor, $T(4, 158)= 2.596$, $p= .010$. The honesty scores, sentence length and sentence complexity for Cian and the gender and trustfulness of the participants were analysed. There was no significant model found: $F(4, 158)= .377$, $p= .825$, adjusted $R^2 = -.016$. Conclusions: The results suggest that trustfulness is a significant predictor of detection when potential deception originates from females.

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Poster Presentation
Are implicit attitudes towards intellectual disability influenced by social contact and/or empathy levels.
Ciara Cahill

Previous research highlights a disproportionate ratio of direct versus indirect measurement of attitudes towards Intellectual Disability (ID), with the majority of studies focusing on explicit attitudes. Accordingly, this study sought to fill this gap in the literature by examining factors that influence implicit attitudes towards ID. Empathy and social contact were chosen as they have consistently shown a more positive association with explicit attitudes towards ID. Participants were 32 university students aged 18 to 24 years old. The gender ratio was 11:21. A quantitative cross-sectional design was used to examine the interaction between participants' implicit attitudes towards ID and their empathy levels and/or their level of social contact with individuals with an ID. An Implicit Associations Task was used to measure participants' implicit attitudes towards intellectual disabilities. Empathy levels were measured using the Toronto Empathy Questionnaire and the participants' level of social contact was determined using the Contact with Disabled Persons Scale (CDP). A two-way non-repeated Anova was conducted on SPSS and found no significant interaction between empathy and social contact levels in terms of implicit attitudes towards ID [$F(1,28)=0.24$, $p=0.628$]. In addition, a significant main effect was not found for empathy [$F(1,28)=0.032$, $p=0.859$] or social contact [$F(1,28)=4.097,p=0.053$].

Poster Presentation
"I don't just want to speak; I want to know that I'm being heard": A Thematic Analysis of Experiences of Service Provision for Adults with Intellectual Disability
Aoife Clancy & B Coughlan

Background: Services for people with intellectual disability (PWID) in Ireland are currently built on person-centered models of support. Current research examining service provision for PWID focuses on self-determination, independence and voice of service users (SU). Despite current person-centered approaches, minimal research exists exploring SU own experiences with accessing services. Aim: The current pilot study aims to explore the experiences of service provision in PWID and their voice in the delivery of supports and services in an Irish setting. Methods: A qualitative approach was chosen in interviewing six PWID (male n=3, female n=3) accessing day services from the supporting organisation. An interview schedule was designed and interviews were recorded and transcribed verbatim. A thematic analysis of the interviews was implemented. Results: A thematic analysis revealed four main themes; 'Decision-making: "I'm glad I make my own decisions"', 'Person-centeredness: "Everything about me" ', 'Relationships with Staff' and 'Service Environment'. Within these main themes, 9 subthemes were generated. Discussion: Individuals reported mainly positive experiences of service provision and personcentered planning (PCP). Challenges to being heard and involved with services are discussed. Strengths and limitations of the study are outlined, and future considerations for clinical practice are presented.

Oral Presentation
Understanding ASD using Predictive Coding Theory: An MEG Analysis Study
Dr. Jason Chan, Dr. Christine Freitag, Dr. Michael Siniatchkin, Michael Sachse, Dr, Angela Ciaramidaro, Michael Naumer, Alexandra Tinnermann, Jasper von den Bosch, Prof. Dr, Kaiser and Cliona Hunt

Background: Previous research has suggested that individuals with autism (ASD) exhibit impairments in multisensory processing compared to neurotypical individuals. The neurophysiological mechanism behind this atypical multisensory integration remains largely unknown. Aims: The aim of the current study is to determine what neurological differences are associated with an increased window of integration in individuals with ASD. It is expected that participants with ASD will exhibit a wider temporal integration window compared to health controls and the difference in illusion perception will be modulated by differences in beta and gamma-band activity. Method: Participants' multisensory integration was assessed using the sound-induced flash illusion. Neural signals from the MEG recordings of 19 individuals with ASD and 19 neurotypical controls aged between 14 and 27 years old were compared. Time frequency analysis was conducted using MATLAB and FieldTrip. Results: For the behavioural task a 2x7 mixed design Anova was conducted and there were main effects for group and SOA. For the MEG task a within groups Anova was conducted, a significant difference in the brain activity at the beta-band frequency (12-25Hz) pre-stimulus was found for those who did and did not perceive the illusion.

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Oral Presentation
Holistic processing of words and faces in dyslexia.
Kate Darmody, Nuala Brady, Sarah Cooney, Michael Horgan & Fiona Newell

This study investigates visual word and face recognition in college students with dyslexia using tasks that are designed to test for impairments in 'holistic' processing, a form of processing in which object parts (e.g., the letters of a word, or the features of a face) are integrated into a perceptual whole. Recent research in dyslexia suggests an important role for anomalous orthographic processing (discriminating the visual shape or form of words) in dyslexia. The current study expands on this research using a 'composite stimulus' task to specifically study holistic processing of both words and faces. The research design compares the performance (measured by reaction times and accuracy) of two groups of college students, a sample who have a formal diagnosis of dyslexia and a control sample of typical readers, on two perceptual tests. These include the Vanderbilt Holistic Face Processing Test and a variant of this test using words based on an experiment by Wong et al. (2011). Both experiments measure how participants consolidate information from parts of the words or faces, which is expected to be impaired in dyslexia. Of particular interest is whether both face and word recognition are impaired in dyslexia, given known interdependence between the regions of the brain (right and left fusiform gyrus) associated with face and word processing.

Neuroprotective Effects of Rasagiline in a Zebrafish 6-OHDA model of Parkinson's Disease

Niamh Davoren

Background: Parkinson's Disease (PD) is a neurodegenerative disease which affects motor activity. PD is chronic and progressive, thus the need for neuroprotective drugs, as opposed to symptom-alleviating drugs, is crucial. Rasagiline is a currently-marketed PD drug which has recently demonstrated neuroprotective potential in evidence-based literature. Zebrafish are a popular PD model due to their high gene homology to mammals, high fecundity and ease of drug delivery. COX-2, TGF-β1 and Bcl-2b are inflammatory genes thought to be involved in PD. This study aimed to examine the neuroprotective effects of rasagiline in zebrafish, in terms of locomotor movement and gene expression. Method: 6-OHDA neurotoxin PD model in zebrafish larvae was employed. Larvae were treated with 6-OHDA, rasagiline, 6-OHDA and rasagiline or control. Locomotor activity was assessed using DanioVision equipment. Gene expression was analysed using RT-qPCR. One-Way ANOVA with Dunnett's multiple comparisons was utilized. Results: 6-OHDA significantly induced locomotor deficits versus control. Rasagiline didn't reverse the 6-OHDA-induced locomotor deficit. However, rasagiline provided a partial rescue effect. No genes were significantly altered by either of the drug treatments. Discussion: These findings further validate the 6-OHDA neurotoxin model and zebrafish as a PD model. With more replicates, rasagiline may have significantly reversed locomotor deficits.

'Type D Personality and Cardiovascular Reactivity to Stressors

Maria Dillon

Background: Research has shown that individuals with Type D personality are more likely to exhibit abnormal cardiovascular reactivity to stressors when compared to other personality types. The present study investigated individuals with Type D personality and their cardiovascular reactivity to stressors. Methods: The sample consisted of 97 participants, aged between 18 and 53. Type D personality was assessed using the DS14. A moderate level of stress was induced using the stress task. This involved a speech component and a maths component. Cardiovascular reactivity was measured using a Finapre Finometer Pro. Results: Although no significant effect on cardiovascular reactivity was found between Type D and non-Type D personality, when split by gender it was found that Type D males showed a significantly reduced heart rate (HR) when exposed to the stressor, whereas Type D females showed a significantly increased HR when exposed to the same stressor. This effect was stronger in males. Conclusion: It would appear that the specific cardiovascular mechanisms through which Type D and non-Type D individuals are affected, differ by gender. Further research with a larger sample would be required to improve generalizability.

Understanding "non-responders" to parenting interventions for childhood anxiety presentations

Julie Dorgan, University College Cork, Dr Christopher McCusker, University College Cork, Dr Gary Byrne, Health Service Executive

Introduction: Previous research has verified the effectiveness of parenting programmes in treating childhood anxiety presentations. However all research identify a subgroup of non-responders to treatment. The present study examined factors associated with non-responding and explored the personal experiences of both responders and non-responders. Methodology: Parents of children who attended one of four From Timid to Tiger parenting programmes were invited to participate. Parents perception of their child's level of anxiety and behaviour pre and post group were measured, as well as parents experience of the service and family functioning. Focus groups and individual interviews were utilised with parents whose children responded (n=10) and did not respond (n=7) to the parenting programme. Results: Responders scored higher in presenting levels of anxiety than non-responders. Responders scored higher than non-responders for prosocial behaviour. Responders rated the care they received higher than non-responders. No difference regarding family functioning was found between responders and non-responders. Thematic analysis was used to analyse interview data. Six superordinate themes emerged, regarding (i) centrality of parents, (ii) relationship change, (iii) seeing the difference, (iv) centrality of groups, (v) an a-ha experience and (vi) wanting more. Conclusion: Clinical implications are discussed regarding findings from this study.

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Poster Presentation
At What Cost Does Money Make the World Go Round? Causes and Effects of Materialism Cherish Milen Faustino

This cross- sectional study was conducted to further explore the relationship between materialism and mental health and its individual and social causes among two nationality groups, to test further environmental indicators of materialism, a subgroup was created : the Irish (N=43), Filipinos in Ireland (N=40) which were divided into their length of residency and Filipinos in the Philippines (N=40). Depression, Anxiety, Stress Scale (DASS) was used to measure mental health indicators, the Aspiration Index (AI) to assess materialistic goals into two subscales: the intrinsic and extrinsic goals. Contrary to previous research this will not solely focus in the differences in socioeconomic status but rather it will examine their Subjective Social Standing (SSS) using the community ladder that may indicate their wealth, income and educational background. Results has indicated significant levels of SSS within the three groups, therefore showing different levels of motivation in pursuing intrinsic and extrinsic goals. Filipinos in the Philippines were found to be more materialistic and showed that there were no significant relationship between materialism and DAS, however when extrinsic goals increases, anxiety levels go up, consequently, when intrinsic levels increases, DAS goes down. This study showed that inequality and insecurity from an individual's environment, social context and personal histories could cause an individual to put a greater emphasis on pursuing extrinsic to intrinsic goals.

Poster Presentation
Assessing Adolescent Perceptions of Acquired Brain Injury: Confirmatory and Exploratory Factor Analysis
Eadaoin Foden & Dr. Donal Fortune

Acquired Brain Injury (ABI) is the leading cause of death and disability in young adults aged 18-35. The objective of this study is to develop an instrument to measure adolescent's intrinsic attitudes towards misconceptions surrounding ABI. The Community Attitudes toward Mental Illness (CAMI) scale was revised to address ABI perceptions rather than mental illness. A sample of 408 TY students (Mean age= 15.49) from the Mid-West was

utilized for this study. The participants completed the updated and revised CAMI questionnaire, containing 40 questions in total. The data was analysed using Exploratory Factor Analysis (EFA) and Confirmatory Factor Analysis (CFA). Results and analysis finalities ongoing (Early-August completion date).

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Poster Presentation
The magic hand: Plasticity of mental hand representation
Toni Galligan, Gianna Cocchini, Laura, Mora, Gustav Kuhn

Internal spatial body configurations are crucial to successfully interact with the environment and to experience our body as a three-dimensional volumetric entity. These representations are highly malleable and are modulated by a multitude of afferent and motor information. Despite some studies reporting the impact of sensory and motor modulation on body representations, the long-term relationship between sensory information and mental representation of own body parts is still unclear. We investigated hand representation in a group of expert sleight-of-hand magicians and in a group of age-matched adults naïve to magic (controls). Participants were asked to localise landmarks of their fingers when their hand position was congruent with the mental representation (Experiment 1) and when proprioceptive information was "misleading" (Experiment 2). Magicians outperformed controls in both experiments, suggesting that extensive training in sleight of hand has a profound effect in refining hand representation. Moreover, the impact of training seems to have a high body-part specificity, with a maximum impact for those body sections used more prominently during the training. Interestingly, it seems that sleight-of-hand training can lead to a specific improvement of hand mental representation, which relies less on proprioceptive information.

Poster Presentation
Alexithymia and Emotion Regulation: A correlational study in a sample of teenagers with Autism Spectrum Disorders (ASD).
Emer Gormley, Christian Ryan, Christopher Mc Cusker,

Background: Teenagers with autism spectrum disorder (ASD) engage in higher levels of ineffective and maladaptive emotion regulation strategies than their typically developing (TD) peers. It has recently been suggested that the difficulties in emotion regulation that people with ASD face is not necessarily a characteristic of ASD but rather due to co-occurring alexithymia. Without being able to recognise and describe their own emotions, it is difficult for people with alexithymia to regulate these emotions.Aim: To identify if there is a link between the degree of alexithymia in teenagers with ASD and emotional dysregulation.Method: Forty-three teenagers with ASD, along with a parent/guardian, were recruited. Participants completed self-report questionnaires related to: 1. ASD severity, 2. emotional regulation and 3. alexithymia. Relationships between these three variable were explored using correlational analysis and multiple regression.Results: We found statistically significant correlations and effect sizes between specific aspects of alexithymia and emotion regulation in teenagers with ASD. Regression analyses found that together, alexithymia identification and alexithymia communication were significant predictors of emotion regulation while ASD severity was not. Conclusion: Partial support for the hypothesis that alexithymia plays a specific role in explaining emotional dysregulation in teenagers with ASD was found. Nonetheless, clinical implications are discussed.

-H-

Living in a heteronormative world: LGBT forums versus LGBT Facebook groups as sources of support and well-being.
Miriam Hand

Existing research on online support groups suggests that in-group identification mediates the relationship between social support and well-being. Since anonymity is theorised to increase group salience, it was hypothesised that the anonymous environment of LGBT support forums would engender a greater level of in-group identification than LGBT Facebook groups, where the use of real names is mandatory. As no research to date had considered LGBT support and well-being on these specific platforms, the current study also explored the relationships between social support, in-group identification, and well-being within each environment. An online survey was completed by a convenience sample of 114 LGBT adults. As expected, in-group identification was found to be significantly higher on LGBT forums than on LGBT Facebook groups. However, no relationship was found between either social support and well-being, nor between in-group identification and well-being, on either platform. The findings may be partially explained by the characteristics of the sample; most respondents were out offline, felt comfortable with their identity, and lived in an urban area, and thus may have been less dependent on online support. Future research might focus on a younger, more rural, cohort for whom online support may be more crucial.

Poster Presentation
What are the experiences of caregivers of school-aged children with autism in accessing and utilising health care services? A cross-sectional survey.
Hehir, A, Walsh, C, Lydon, S

Introduction: Individuals with Autism Spectrum Disorder (ASD) are more likely to experience health problems, and greater mortality, than the general population[1]. This may reflect an inequality in healthcare service provision whereby individuals with ASD have less access to appropriate healthcare[2]. The aim of this study was to identify barriers and unmet healthcare needs experienced by caregivers of school-aged children with autism when accessing healthcare for their child. Methods: Caregivers of school-aged children with autism were asked to complete an anonymous questionnaire about accessing healthcare for their child. The questionnaire assessed demographic information, unmet healthcare needs and perceived barriers to accessing care. Results: This study is ongoing, but to date, 29 participants (82.8% female) have returned the questionnaires. Children were reported to have experienced unmet healthcare needs within the past year by 58.6% of parents, with mental healthcare services being the most frequently reported unmet need (27.6%). Sensory issues were endorsed as a barrier by 96.6% of parents, while 72.4% of parents reported that waiting lists for services was a frequent barrier. Conclusions: These finding add to the literature indicating that there are substantial unmet healthcare needs and barriers to healthcare access among children with ASD in Ireland.

Oral Presentation
Exploring the effect of the home learning environment and parental involvement on cognitive development in early childhood
Clara Hoyne and Suzanne M. Egan

A good quality home environment with involved parents who engage in a variety of home learning activities, demonstrate positive outcomes for cognitive development in early childhood. The aim of this research was to examine these effects in Irish children. Data from 3-year olds and 5-year olds in the infant cohort of the Growing up in Ireland study

were used. The primary caregiver questionnaire data measured variables in the home learning environment and maternal and paternal factors. Cognitive outcomes were measured using the British Ability Scale (BAS) Naming Vocabulary and Picture Similarities scales. The results indicated that the home learning environment at age 3 had greater impact on Naming Vocabulary than Picture Similarity scores, although it had a significant impact on both measures of development, even after other factors were controlled for. At age 5 the effects were not as strong though still significant. Maternal factors contributed more to the regression models than paternal factors. The number of books in the home consistently emerged in the regression models as an important element of the home learning environment. This study suggests that the vocabulary dimension of the British Ability Scale may be more susceptible to change from the home learning environment than non-verbal reasoning. A quality home learning environment is critical for later development and success in life.

Oral Presentation

The effect of early adaptive schemas on theory of mind in psychosis & healthy particapants, as moderated by childhood trauma.

E. Hunt a D. Mothersill a,b, D. Morris a,b, A. Corvin b, G. Donohoe ,a,b
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Introduction: Theory of mind (ToM), the ability to infer the mental states of others, is significantly impaired in psychosis. Early adaptive schemas (EAS), cognitive heuristics for how one interacts with the world, provide a promising means through which positive social environment may alter ToM. Method: A moderation analysis was conducted to investigate the extent to which CT moderates the influence of EAS on ToM (18 patients & 38 healthy participants). To investigate the association of EAS on BOLD response during ToM, an exploratory fMRI analysis of whole brain multiple regression was performed. Results: The effect of CT on the relationship between EAS and ToM was significant in patients, reducing the effect of EAS on ToM. However, at high CT and high EAS, the effect of EAS on ToM was reversed. The fMRI analysis resulted in significant EAS associated BOLD response in participants. Conclusion: CT's effect on the relationship between EAS & ToM relates well with previous literature on its negative impact on social cognition. However, the antagonistic effect at high levels of EAS and CT is unexpected. It could be speculated that there is some form of corruption of EAS in the presence of the two-opposing social environmental factors.

Poster Presentation

"i can be given support by people who understand my problems…" young peoples' views and experiences of their help-seeking journey through a child and adolescent mental health service (camhs) – a pilot study on the practical implementation of service user research in secondary care mental health services.

Emma Hickey,

The participation of young people in informing the delivery of high quality care is integral to a child-centred and rights-based approach to mental healthcare provision. It was the aim of this research to describe the process through which the views and experiences of service-users were captured in one CAMHS setting. Method: Young people were invited to participate in a focus group which explored their journey through CAMHS. Young people were asked to give feedback on how satisfied they were with the service, via a questionnaire. Results: Quantitative data indicated high satisfaction levels with professionals' ability to listen and understand the difficulties discussed and the support

provided to manage and deal with presenting issues. Areas with lower satisfaction levels were noted in developing relationships between the young person and family or carers and improving family and carers' knowledge of the young person's difficulty. Four themes emerged from focus group and qualitative survey data: (i) The Help-Seeking Journey (ii) The Therapeutic Alliance (iii) Discovery (iv) Future Directions. Conclusion: Implications for clinical practice include dealing with stigma and shame as a therapeutic theme, separate consultations for parents and young person and facilitation of parent psycho-education groups to better support parents. As recruitment for the focus group was a considerable challenge, clinicians may find it useful to employ a triangulated approach to data collection.

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Poster Presentation
Mental Health Literacy and Stigma – An Analysis of the Efficacy of Ireland's Awareness   Campaigns
Elsa Kallman

In 2006, the HSE created the strategy document, 'A Vision for Change' (AVFC), which established guidelines to foster positive mental health across Ireland. In 2015, Mental Health Reform (MHR) conducted an analysis of the progress made since AVFC was introduced. The analysis found that while several different approaches to mental health awareness and literacy had been established, it was unclear if any of the initiatives were, in fact, effective. Determining which approach is the most effective in promoting mental health literacy and reducing stigma became the basis for this research project. An online, anonymous survey was conducted. Participants were asked about their mental health literacy and stigma, then randomly shown one of three educational awareness interventions. Follow-up questions assessed the participants' literacy and stigma post-intervention. Now in the final stages of data collection, the results are being evaluated. The goal is to determine what approaches are currently working, or not, so that HSE can provide additional resources to the most effective approaches that are supporting positive mental health awareness in Ireland.

Poster Presentation
An exploration of how Irish female adolescents experience the social media site Instagram.
Caoimhe Kelly and Dr. Conor Linehan

Mental health among teenagers in Ireland today has become an area of significant concern, while this has also coincided with the increased concern surrounding teenagers and their online social networking behavior. At present there is limited research conducted on Instagram, especially among females under the age of eighteen. The aim of the current study is to explore how Irish female adolescents experience Instagram in relation to their overall mental health. This study is the first of its kind with this population, and is of an exploratory nature. Therefore, a qualitative approach was adopted to gain a richer experiential account. The current sample includes eleven Irish teenage girls between the ages of 15 and 17. Interview diaries were utilised along with individual semi-structured interviews. Thematic analysis was employed to analyse the data and identify meaningful themes. Three main over-arching themes were identified, along with relative subthemes. These include: curating an online presence (crafting an identity; and autonomy); socialising (creating social capital; maintaining social capital; exchanging social capital; loss of meaningful offline relationships; and social feedback); making sense of their Instagram experience (awareness of the influence of Instagram; reflecting on their use of Instagram;

and privacy and safety awareness). Findings revealed both positive and negative outcomes. The most prominent findings pertains to overall well-being being associated with how Instagram is utilised.

Oral Presentation

Processing Speed Performance and Functioning in Young Adolescents Experiencing Subclinical Psychotic Experiences

Joanne Kenney PM, Kelleher I, Healy C, Dooley N, Carey E, Adair A, Campbell D, Coughlan H, O'Hanlon E, Cannon M

Neurocognitive impairments are prevalent in psychosis, beginning on average in early adolescents with particular impairment in speed of processing and nonverbal working memory (Kelleher et al., 2012). It is important to understand the impact of cognitive impairment on functional ability, particularly in early stages of illness which may assist in the development of targeted therapeutic strategies.A population sample of 212 adolescents (11-13 years) partook in the study, which included community-based adolescents who report experiencing psychotic symptoms but who were not clinically diagnosed. Psychotic symptoms were assessed using the psychosis section of the Schedule for Affective Disorders and Schizophrenia. Six cognitive domains were assessed using the MATRICS consensus cognitive battery. Functioning was assessed using the Children's Global Assessment Scale. Six separate linear regression analyses were performed to test the predictive capacity of each cognitive domain of the MATRICS battery on functioning. In the entire sample, speed of processing significantly explained 14% of the variance in functioning (F(3, 128) = 6.71, p = 0.0003). When the sample was subdivided into those who ever experienced subclinical psychotic experience (PEs) (n=57) versus those that did not (n=70), speed of processing significantly predicted 25% of the variance in functioning in the PE group (F(3, 57) = 1.18, p =0.32). However, no effect was found in the group without PEs (F(3,70) = 1.18, p =0.32). No other cognitive domain predicted functioning. Speed of processing appears to be a core cognitive deficit in psychosis which impacts on functioning in young adolescents particularly in those experiencing psychotic symptoms. This research highlights the potential of speed of processing as a possible viable target for early intervention in psychotic disorders.

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Oral Presentation

Chatbot-delivered cognitive defusion versus cognitive restructuring for negative self-referential thoughts

Joseph Lavelle Supervisor Associate Professor Louise McHugh

Negative self-referential thoughts are posited to be involved in a range of psychological disorders ranging from depression and anxiety to disorganized eating. While the Cognitive Behavioural Therapy technique known as cognitive restructuring has most frequently been used as an intervention for such thoughts, defusion from Acceptance and Commitment (ACT) has been demonstrated to significantly reduced believability, discomfort with, and negativity of thoughts while increasing willingness to have such thoughts. Research has demonstrated the effectiveness of computerized CBT and ACT while research on the delivery of CBT via automated conversational agents (chatbots) has suggested the preliminary effectiveness of such interventions in reducing depression and anxiety symptoms. The present research intends to compare chatbot-delivered defusion relative to chatbot delivered cognitive restructuring and a non-active control. It is hypothesized that both active interventions will be effective but that the defusion chatbot will be see greater reductions in discomfort, negativity, and believability of negative thoughts and greater increases in willingness than cognitive restructuring.

Oral Presentation

An examination of the factors impacting children's attitudes toward peers with Autism Spectrum Disorder and the evaluation of a video-based intervention to improve attitudes.
Helena Lee

This two-part study first examined factors predicting the behavioural and cognitive attitudes of typically developing children toward peers with Autism Spectrum Disorder (ASD). A three-session pilot intervention was then implemented and changes in behavioural and cognitive attitudes were evaluated. Participants for Study 1 were 2nd -4 th class pupils in two mainstream primary schools (N=154). Participants completed questionnaires assessing their similarity and responsibility rating of peers with ASD, as well as their cognitive and behavioural attitudes. Participants' parents/guardians completed a demographics form, indicating their child's age, gender, and social contact with individuals with ASD. One school was selected for Study 2 (N=59), where the pilot intervention was delivered across three weeks. Participants were randomly assigned to one of three conditions: video with facilitation, video only, and control. In Study 1, having a friend with ASD and high similarity rating predicted positive behavioural and cognitive attitudes. Gender and lower perceived responsibility for behaviours predicted positive behavioural attitudes only. In Study 2, the intervention was found to have no impact on cognitive or behavioural attitudes. Study 1 provides preliminary evidence for the efficacy of interventions emphasising similarity and the lack of responsibility of children with ASD for their behaviours. Study 2 highlights that for successful intervention, strict scheduling and multiple, high content sessions are fundamental.

Oral Presentation

Gender Role Conflict, Emotional Approach Coping, Self-Compassion and Distress in Prostate Cancer Patients: A Model of Direct and Moderating Effects
Jennifer Lennon, David Hevey, Louise Kinsella

Gender role conflict may compromise adjustment to prostate cancer by shaping how patients perceive the illness and cope with their illness. Given mixed findings regarding how gender role conflict interacts with emotional approach coping to regulate distress in this population, this study examined the effects of emotional approach coping, when considered alongside self-compassion. 92 participants completed questionnaires measuring gender role conflict, emotional approach coping, self-compassion and distress. A moderated mediation model was tested, where emotional approach coping mediated the path between gender role conflict and distress and self compassion moderated paths between (a) gender role conflict and emotional approach coping, and (b) gender role conflict and distress. Results partially supported this model; all study variables predicted distress in expected directions. Emotional approach coping did not mediate associations between gender role conflict and distress. Self-compassion moderated the pathway between these variables. Results indicated that higher self-compassion might protect men from distress related to emasculating aspects of having cancer. Interventions that foster Self Compassion are increasingly being used to support cancer patients in managing distress. Understanding mechanisms through which self-compassion influences distress will have implications for using such interventions in prostate cancer patients. Further investigation is required to understand how self-compassion interacts with emotionality and influences distress.

-M-

Poster Presentation
The Development of a Psychological Resilience Measure for Physicians
Caoimhe Madden

Psychological Resilience (PR) plays a preventative role in protecting an individual from experiencing burnout. Despite high burnout prevalence, the study of PR amongst physicians is hampered by a lack of resilience measures designed specifically for this population. This study describes the development and validity assessment of an instrument designed to measure the perceived PR of physicians. Method. A 37-item PR questionnaire was developed and distributed to doctors in Ireland. Construct validity was established through a confirmatory factor analysis and internal consistency was assessed using Cronbach's alpha. Discriminant and convergent validity were assessed through correlating PR measure responses with the subscales of the Maslach Burnout Inventory- Human Services Survey (MBI-HSS).Results. 292 survey responses were suitable for inclusion. Confirmatory factor analysis resulted in a 20-item questionnaire with three subscales: job gratification, protective practices, and protective attitudes. There were significant negative correlations between the three subscales and the emotional exhaustion and depersonalization subscales of the MBI-HSS, and significant positive correlations between each of the three subscales and the MBI-HSS personal accomplishment subscale. Conclusions. This study is a promising start in the development of an instrument to measure the PR of physicians.

Poster Presentation
A systematic review of training strategies to teach staff implementation of behavioural interventions.
Dearbhaile Mahon, Helena Lydon, Edith Walsh, Jennifer Holloway

Many individuals with intellectual disabilities (ID) present with behaviours that challenge, which in turn impacts their social inclusion. Behavioural interventions have been shown to yield the best outcomes in reducing behaviours that challenge and increasing positive skills for individuals with ID, thus increasing overall quality of life. Within ID services across Ireland, the delivery of behavioural interventions is commonly referred to as Positive Behaviour Support, and is delivered in the form of a Behaviour Support Plan (BSP). Key to the effectiveness of BSP's, is consistent and accurate implementation by care staff. To provide staff with the pre-requisite skills necessary to effectively implement BSP's, staff training is essential. Existing literature on staff training indicates that, a variety of different training packages have been used for teaching behaviour analytic skills. However, Systematic Literature Reviews related to staff training in Positive Behaviour Support have focused on the outcomes of staff training (e.g. MacDonald & McGill, 2013) rather than identifying the components responsible for training efficacy. The objective of the current systematic literature review was to evaluate procedures for training staff in Positive Behaviour Support from 1990-2017 across children and adults with developmental disabilities, to identify what were the most effective staff training components.

Oral Presentation
A Qualitative Analysis of the Experience of Bereaved Parents with No Surviving Children: Exploring the Views of Parents and Professionals.

Katie McClean, Nicola Mitchell, Peter Hanlon, Elizabeth Nixon & Suzanne Guerin

This study explores the experiences of bereaved parents with no surviving children. Parental bereavement is itself among the most profound human experiences. The specific grief of bereaved parents with no surviving children is rarely researched in western culture. This is a qualitative analysis exploring the experiences of six bereaved parents with no surviving children (Males = 2, Females = 4), and six professionals (Males = 2, Females = 4) providing support to this group. Parents reported their bereavement felt like the loss of their future and a profound change in their identity. They described their grief as recurrent, found it difficult to be near other parents or children, and needed specific supports with similarly bereaved parents. The issue of future children was complicated by age, by fears of losing another child and by guilt. Parents emphasised the importance of keeping the memory of the child alive, and of acknowledging their own life left to live. Implications are discussed in terms of the need to recognise the unique experience of these parents in the development and provision of support services.

Oral Presentation

Homelessness: A trauma contagion?
Megan McGinley

Frontline staff in homeless services are faced with intense daily challenges due to the complex needs of the population with which they work. Increasing rates of homelessness, along with changing profiles and patterns of drug use, are compounding the demands placed on these staff. Three questions will be addressed throughout this research; what is the impact on frontline staff from the increasing demands placed on homeless services, what is staff's experience of working with a homeless population, in what ways does working with a specifically homeless population impact on staff's well-being? This research was conducted through semi-structured qualitative interviews in order to gain an insight into staff's lived experiences. 9 frontline staff of the Cork Simon Community were interviewed. Interviews were transcribed verbatim and are being analysed using theoretical thematic analysis so that results will be accessible to a wider, non-expert audience. Themes that have been identified in the provisional results are; primary trauma, burnout, the chaos of the shelter environment, and structural barriers. Results will be finalised before time of conference. It is intended that issues identified in the results will be used to inform public policy development, service delivery, and support services for staff.

Oral Presentation

Privileging the voice of parents and children in parenting research: How parents' and children's experiences of family life and parenting programmes in marginalised communities can inform educational welfare policy and practice.
Anne-Marie McGovern

The inclusion of the voices of parents and children from marginalised communities is a departure from traditional rigid assumptions in parenting research. This study sought to explore parents' experiences of family life and participation in the Parents Plus Children's Programme (PPCP), as well as children's perspectives on how they navigate the different settings of home, school and community in a marginalised community in Dublin. Applying a community psychology perspective and Bronfenbrenner's (1979) bio-ecological model, the primary research question posed was how parents' and children's perspectives and experiences of family life and PPCP in marginalised communities, can inform formal educational welfare policy and practice in DEIS schools. Employing a case study approach, qualitative research methods were used to gather data from seven parents and eight

children. This study found that the ability to parent effectively was either supported, hindered or disrupted by people, community influences (e.g. crime) and situations (e.g. adequate housing), often outside of their control. While PPCP was a support to most parents, where isolation and marginalisation were felt most profoundly, PPCP couldn't address the larger social issues impacting on parenting practices. For children, how their families were perceived in the school, especially Traveller families, influenced their experiences.

Oral Presentation
Gay 'boys don't cry' either. Emotion and gender roles in gay men.
John McMahon

Emotional expression plays a vital role in men's mental health. However, emotionality is still perceived a feminine response and its restriction is enmeshed in male identity. Gay men's supposed relationship to femininity infers they are less emotionally restrictive. This paper offers statistical evidence and conceptual theory that counters this. A quantitative study (n = 300) was undertaken on self identified heterosexual and gay adult men contacted through targeted social media websites. It hypothesised that gay men have higher levels of restricted emotionality than their heterosexual counterparts; and that gendered sex roles (masculinity, femininity) influence these levels. Used constructs, and corresponding scales measured conflicted gender roles, restricted emotionality and gender role scores. Findings revealed no statistical emotional restriction differences between gay and heterosexual men. However, there were significant differences in their gender roles. Heterosexual men's emotional restriction is dictated by a specific masculinity category (a combination of high masculine and low feminine scores), and the avoidance of femininity through low feminine scores. Gay men's higher feminine scores, and reduced masculine category frequency would then mistakenly suggest lower emotional restriction scores. This allows the development of conceptual theory that gay men construe masculinity and femininity differently to heterosexuals, affecting their emotional expression.

Poster Presentation
The Mediating Role of Social Support in the Relationship between Emotion Awareness and Social Anxiety
Laura Moore

A lack of emotion awareness and low levels of social support have been individually implicated in the development of high levels of social anxiety in young people. Emotion awareness is a recognized precursor to social support, thus it is plausible that social support mediates the relationship between emotion awareness and social anxiety. This longitudinal study examined the mediating effect of social support from close friends on the relationship between emotion awareness and social anxiety in a sample of young people (N = 298) aged between 8 and 17 years over a two year period. Mediation analysis found that three aspects of emotion awareness; attending to other's emotions, verbal sharing of emotions, and not hiding emotions, had an indirect effect on social anxiety, through social support from close friends. Further, moderated mediation analysis found that the indirect effect of attending to others' emotions on social anxiety, through social support, was stronger for adolescents, aged 13 to 17 years, compared to those aged 8 to 12 years. Findings indicate that young people with greater emotion awareness experience greater support from close friends and are increasingly protected from social anxiety over time.

Poster Presentation
Positive Living in a Stressful World: Evaluating a pilot programme for increasing resilience within a secondary mental health service
Dr. Lucy Moore, Laoise O'Reilly, Matthew Mitchell, Sophie Reddy, James Sheerin, Emer

Long, Una O'Boyle-Finnegan, Roisin Long, McKenzie Dow, Gráine Murphy, Susan Devoy, Bronagh Donohoe

Objectives: This ongoing study aims to examine whether a psychoeducation group adapted from Padesky and Mooney (2012) could increase participants resiliency, thereby providing an effective method of waitlist management. To augment a previous analysis, we utilise a recognised additional measure of resilience, the Connor-Davidson Resilience Scale. Design: This study uses quantitative within-subjects design. This non-randomized design is used for generalizability to "real-life" services. Method: 6 group sessions were held bi-weekly for three weeks. Data were collected at baseline (session 1) and post-intervention (session 6). The measures used were the Mental Health Continuum, Brief Resilience Scale and Connor-Davidson Resilience Scale. Results: Previous iterations of this study have shown a statistically significant increase in self-reported positive mental health experiences though this was not observed in resilience scores. With the addition of the new measure, a statistically significant improvement in resilience is seen alongside improvements in self-reported mental health. Conclusion: Results suggest a resilience-based psychoeducation group could be an effective programme for fostering overall well-being and increasing resilience among service users in a secondary mental health service. This group could be considered by busy mental health services as a promising low-threshold option to bridge the waiting time for psychological interventions.

Poster Presentation
Enhancing perceptions of control in depressed and non-depressed volunteers using a mobile phone intervention.
Rachel Msetfi, Donal O'Sullivan, Amy Walsh, John Nelson; Pepijn Van de Ven

Depressive realism is the concept that those with depressive symptoms are accurate in their judgements of perceived control compared to their non-depressed counterparts. Research suggests this difference is not owing to the more realistic nature of depressed people but due to differences in contextual processing. The majority of the existing literature has investigated this in a laboratory setting and thus results cannot be fully generalised to real life. This research examines whether effects of depression and context from laboratory-based experiments can be generalised outside of the laboratory. Using a mobile phone application, containing a contingency judgement task, participants were randomly assigned to a low vs. high outcome density condition and control vs. context instructions condition. Results showed an effect of depression on perceived control. An effect of context was seen for participants who received the tangible definition of context. Participants who received the context instructions did not engage in outcome density bias. Contextual control ratings showed an impact of context as depressed participants' (who received the context instructions) ratings become more accurate throughout the study. These results generalise biases in perceived control outside of the laboratory and highlight the role of contextual processing in judgements of control.

-N-

Oral Presentation
From Silence to Noise: LGBT Experiences of Disclosing Sexual Violence.
Niamh Ni Dhomhnaill

This presentation aims to explore the research poor area of the disclosure process of sexual violence (SV) from the perspective of LGBT+ people. Ten semi- structured interviews were used to examine adult LGBT+ experiences of disclosing SV. The role of the senses (sight, hearing, and touch) was explored in the analysis, and was subsequently mapped on to post- traumatic responses (fight, flight, freeze). The data were then examined using

Thematic Analysis (Braun & Clarke, 2006) to code the data; a secondary layer of analysis was performed on the same data using a linguistic model to structure experience through metaphor (Lakoff & Johnson, 2003); and a final layer of analysis was carried out using diacritical hermeneutics (Kearney, 2011). Results indicate that although the experience of disclosing SV is a distressing process, it can be made easier by societal and organisational approaches which encourage victims/ survivors of SV to feel safe to disclose their experiences. The data also suggests that identifying as LGBT+ means that disclosing SV has an added layer of difficulty for fear of prejudicial responses from statutory bodies, or for fear of being 'outed' if the person has not yet disclosed their gender or sexual identity to others.

Oral Presentation

Revenge Porn: An exploration of young males' attitudes and perceptions towards Image-based sexual abuse.
Áine Ní Ghráda

Technology faciliatated sexaul violence (TFSV) is a collective term for the range of criminal, civil and otherwise harmful sexually aggressive behaviours perpetrated against women with the aid or use of technologies (Henry & Powell, 2015b). One of the six forms of TFSV is image-based sexual abuse, commonly referred to in public discourse as 'revenge porn'. Henry and Powell (2016) define image-based sexual abuse as the 'distribution of sexually explicit or intimate images (photos or videos) without the consent of the subject'. In order to be classified as image-based sexual abuse, the perpetration of image-based sexual abuse relies on the presence of a victim, a perpetrator, and bystander(s) to witness the image-based sexual abuse, and in some cases re-distribute the content. Recent research on image-based sexual abuse has focused on perpetrators and victims (Pina, Holland & James, 2017; Bates, 2015), however despite their crucial role, bystanders have been neglected in research. Bystanders have the potential to intervene when confronted with image-based sexual abuse and previous research has highlighted the positive impact bystander interventions have in the prevention of sexual violence that takes place offline (Elias-Lambert & Black, 2015). The role of bystanders in online sexual violence therefore warrants research. This study aims to explore the attitudes and perceptions of young male bystanders towards image-based sexual abuse. Semi-structured interviews were carried out and thematic analysis identified three main themes and eight sub-themes. Among the findings, factors such as terminology, sexuality, gender stereotypes and misogyny were found to influence participants' perceptions and attitudes. Participants described typologies of perpetrators and victims and discussed the terminology and legislative reform needed to address image-based sexual abuse. Recommendations include similar research with female bystanders, the development of bystander interventions and the duty of the technology industry in addressing image-based sexual abuse.

-O-

Oral Presentation

An exploratory study of Compassion Focused Therapy as an intervention for Psychosis.
Emily O Callaghan, Dr Edel Crehan, Una O Boyle Finnegan, Emily O Callaghan

The current exploratory study in St Patricks University Hospital is examining whether Compassion Focused Therapy for Psychosis is effective and helpful intervention for patients recovering from psychosis. The study aims to explore both clinical outcomes and the experiences and opinions of participants of Compassion Focused Therapy. Recent research has explored the effectiveness of CFT in treating a number of mental illnesses including personality disorders (Lucre & Corten, 2013), depression, anxiety (Pauley &

McPherson, 2010) and eating disorders (Gale, Gilbert, Read & Goss, 2014). However, few controlled trials have been administered with CFT and Psychosis. Braehler et al. (2013) have revealed promising results suggesting that CFT is a safe and effective therapy method to use within this population. Braehler et al. (2013) revealed a significant increase in self-compassion within clients correlated with reductions in depression, negative beliefs about psychosis and fears of relapse compared to a control group with treatment as usual (TAU). The research in St Pats is ongoing, with 5 sets of time 1, time 2 and time 3 data sets available from the 1st CFT-P pilot (2017) and 8 sets of time 1 data sets available from the current pilot (currently ongoing). It is in early on in terms of data analysis, but results are promising with significant improvements in compassion and emotion regulation being evident. Utilising CFT for the treatment of psychosis is a new and innovative approach, with limited research ongoing in the area. This research aims to contribute to the existing data in the area of CFT and Psychosis.

Oral Presentation
Self-compassion as a protective factor against psychological distress in young adults
Cathal Ó Curraoin

The transition from childhood to adulthood can be a difficult time for young adults. This study examined how experiences of childhood trauma and attachment style related to depression, somatisation, depersonalisation and self-compassion in young Irish adults. A cross-sectional design was employed. 208 young adults completed an online survey that included standardised measures of the variables above. Multiple regression, logistic regression and mediation analysis were used to analyse the data. Self-compassion and attachment anxiety were found to be significant predictors of depersonalisation, depression and somatization. Emotional abuse and self-compassion predicted clinical levels of depersonalisation in this sample. Self-compassion mediated the relationship between attachment anxiety and depersonalisation, and the relationship between attachment anxiety and somatisation. The use of depersonalisation as a defense against overwhelming emotions may have its roots in childhood trauma and insecure attachment. The results suggest that individuals who have experienced emotional abuse may learn to regulate their emotions by detaching from their experiences. This study highlights the importance for clinicians of cultivating self-compassion in clients, allowing them to reduce reliance on depersonalisation as a defense mechanism. Over time, through desensitisation, clients can learn to regulate distressing emotions through being kind to oneself, rather than depersonalising.

Poster Presentation
The Positives and Negatives associated with GAA Membership.
O'Neill, D. & Muldoon, O.T.

Physical activity studies have shown numerous benefits associated with increased participation, these increase further when physical activity is achieved though sport participation. There also appears to be negatives associated with this as athletes are seen to partake in binge drinking habits more often than non-athletes and impulsivity is more likely to occur when in peer groups. The aim of this research was to investigate whether participating at different levels of a sporting group, the Gaelic Athletic Association (GAA) in Ireland, had an effect on positive and negative variables (binge drinking, psychological wellbeing, impulsivity, social relatedness, social identity and physical activity) and whether impulsivity predicted psychological wellbeing and was mediated through relatedness and binge drinking. A questionnaire was completed by participants measuring all the variables and a binge drink intention item. 128 males participated in the study. Level of GAA had a significant effect on binge drinking, drink intention and physical activity. Impulsivity had a

direct negative effect on psychological wellbeing but was not sequentially mediated through social relatedness and binge drinking. Implications and limitations of the study are discussed.

Poster Presentation
An Exploratory Study Investigating Adolescents' Experience with Snapchat
Kate O' Neill

Background: Due to the recent rise in popularity of the social media application 'Snapchat', and much discussion in psychological literature regarding the influence of social media on adolescent well-being, the present study investigated adolescent's experience with Snapchat. Aims: The aim of the present study was to further our understanding of adolescents social and emotional experience of Snapchat and identify any possible influences on their well-being. Method: The present study was qualitative in nature. A Snapchat Diary coupled with a semi structured interview was employed and analysed using thematic analysis. Participants consisted of 19 females in 5th year of an Irish secondary school. Results: Thematic analyses revealed four main themes regarding adolescent's experience with Snapchat; Use of Snapchat to keep in contact, Viewing of Snapchat stories can elicit negative feelings, That teens find Snapchat addictive and finally, the use of Snapchat as a means to 'show off' their alcohol consumption. Conclusions: The present findings highlight the potential for Snapchat to act as both and negative and positive influence on adolescent well-being. Snapchat may aid social connectedness among friends, but may also promote negative feelings of social comparison and FOMO and encourage alcohol consumption. Finally, Snapchat may also be particularly addictive for teens.

Oral Presentation
Spontaneous helping behaviour of female and male (pre-)adolescents with and without autism: A matter of motivation?
Rachel O'Connor, Lex Stockmann, Carolien Rieffe

Young people with autism are thought to be less socially motivated than their peers, which contributes to a cascade of social difficulties. However, emerging research is suggesting that girls with autism may differ from boys in terms of their social abilities and tendencies. Yet unknown is how boys and girls with autism differ in terms of their pro-social behaviour, which is a vital component in building relationships. Helping is a subtype of pro-social behaviour reflecting a response to an instrumental need, which is currently poorly understood in youngsters with autism. The present study investigated social motivation using the Social Responsiveness Scale and responses to another's instrumental need using an in-vivo paradigm. Participants were 233 (pre-)adolescents (m = 12.46 years, SD = 15.60 months) with and without autism. Our results demonstrated that boys and girls with autism have similar levels of social motivation, which was surprisingly unrelated to their helping behaviour. In fact, when the experimenter needed help, they looked and smiled as much as their peers, but they actually helped significantly less. We discuss the possibility that their lack of helping behaviour is due to difficulty initiating action in a social context, rather than a lack of social motivation.

-P-

Poster Presentation
A stepped care approach to teacher psychoeducation through workshops facilitated by Assistant Psychologists in Primary Care Psychology
Colm Peelo, Roseanne McKenna, Tamara Dimic

In Ireland by the age of 13 years, 1 in 3 young people are likely to have experienced a mental disorder1. Teachers report insufficient education and little consultation with mental health professionals in supporting students with mental health difficulties2. Students with emotional and behavioural difficulties were perceived by teachers as the most challenging group to support within the classroom3. The aim of this project was to deliver and evaluate two workshops on attachment and anxiety in order to equip teachers with the knowledge and skills to support students in the classroom.

Workshops were delivered to 16 teachers who attended the Wellbeing Summer Programme organized by Family Matters (ABC) programme, Ballyfermot/Chapelizod Partnership. Daily questionnaires were administered to evaluate the workshops using quantitative and qualitative methods. Quantitative results indicate that teachers found the workshops helpful across all domains; content, facilitators teaching, group discussions and videos. Qualitative analyses suggest that teachers found the practical strategies provided most useful. The information helped them to understand and improve their ability to recognise emotional and behavioural difficulties in context of attachment and anxiety. These findings indicate that teachers would benefit from mental health training and consultation, as part of a stepped care approach.

-R-

Poster Presentation

E-cigarettes: Prevalence and Perceptions Among University Students
Catherine Rice

Background: The use of e-cigarettes has grown exponentially since their introduction in 2007. With little conclusive evidence regarding e-cigarette safety it is important to monitor their use, particularly among vulnerable populations. This study explores the prevalence and perceptions of e-cigarettes among university students in accordance with the Theory of Reasoned Action; exploring attitudes, subjective norms, and behavioural intentions regarding the use of e-cigarettes. Method: Data was obtained from 146 participants in a cross-sectional online survey of university students. Findings: One hundred precent of participants (N = 146) were aware of e-cigarettes, while 62% (N = 90) reported having tried e-cigarettes, and 12% (N = 17) identified as e-cigarettes users. The main reason for e-cigarette use was taste, followed closely by health benefits. Results demonstrated a significant difference ($p = <.001$) in attitudes towards e-cigarettes between users and non-users, while no differences were identified in perceived subjective norms between groups (p = .154). Discussion: This research provides an insight into e-cigarette culture among university students, and provides the foundation for further research and the development of effective health promotion materials and behavioural change interventions to ensure the safe and responsible use of this new technology.

-S-

Oral Presentation

Conscientiousness and cardiovascular reactivity: sex differences and similarities in acute stress response
Amanda Sesker

Conscientiousness is a core trait within the five-factor personality model signifying an individual's diligence and concern over outcomes. Research suggests that a significant impact of trait influence on cardiovascular psychophysiology since high conscientiousness is associated with pro-health behaviours and lower disease risk. The influence of sex in this

relationship is uncertain. No significant sex differences in mortality risk have been reported for conscientiousness, and studies on sex within the cardiovascular reactivity paradigm (CVR) have reported that males and females demonstrate similar response patterns when exposed to similar standardized tests. As such, this study sought to investigate whether differences in CVR were moderated stronger by conscientiousness than by sex. 84 college students were analysed using a matched-subjects design. Mixed-factorial ANCOVAs found significant sex interactions for systolic (SBP) and diastolic (DBP) blood pressure, cardiac output (CO), and total peripheral resistance (TPR). Rank differences in conscientiousness were observed for CO and TPR, where mid-range conscientiousness demonstrated the most adaptive profile. Males demonstrated optimal responsivity compared to females. Sex differences and personality may exert a significant influence during recurrent acute stress exposure, although the influence of social cognitive appraisals on the present paradigm is unclear. More data are necessary to clarify potential associations.

Poster Presentation

Change the way you ACT: Is group ACT an effective intervention in an adult Community Mental Health Setting?

James Sheerin, Laoise O'Reilly, Sophie Reddy, Matthew Mitchell, Dervla Gallen, Shona Mahon, Gráinne Murphy, Bronagh Donohoe, Rebecca Corr, Alison Clarke, Emer Long, Roisin Long
Cluain Mhuire Secondary Mental Health Service, St. John of Gods

Objectives: Individual ACT is effective in reducing symptoms of anxiety and depression, however, no research has yet evaluated effectiveness of group ACT for people with anxiety disorders, attending secondary mental health services. This study uses a qualitative interview to answer the following study question:- Do (i)ACT specific factors and (ii)group factors, contribute to reducing symptoms and increasing quality of life in group "ACT for Anxiety" participants? Design: Qualitative data is analysed using the Braun and Clarke model for thematic analysis. Both etic and emic code categories are used. Method: An Introduction & Commitment session, followed by 10sessions of group ACT. A booster session is offered 3weeks later. Participants attending 6+sessions are contacted after 3months and invited to attend a recorded session, using the 'Client Change Interview Protocol'. Results: Themes include: group support; incorporation of ACT techniques and principles into everyday life; reduced symptoms of anxiety and depression; improvements in quality of life. Conclusions: Group "ACT for Anxiety" can be effective for reducing anxiety and depression and improving quality of life in adults attending a secondary mental health service. Both group and ACT specific factors contribute to these changes. The study adds to literature on the effectiveness of enhanced traditional therapies.

Oral Presentation

Barriers to Accessing Dual Diagnosis Treatment: Perspectives from Frontline Professionals

Jamie Speiran

Dual diagnosis is the comorbidity of substance abuse and mental health issues. It is currently a highly serious and prevalent problem in Ireland, often intersecting with homelessness. Current service provision for dual diagnosis is not integrated. Objective To gain insight into factors effecting the treatment of individuals with dual diagnosis through interview of frontline professionals working across homelessness, addiction and mental health services.Methods Interviews were conducted with 9 practitioners from diverse social and healthcare services and professional backgrounds, who all encountered dual diagnosis regularly through their work. Qualitative methodology was employed, with thematic analysis (Braun, & Clarke, 2006) used to establish the overarching themes. Results Three central

themes pertinent to dual diagnosis were identified: (1) Complexity of Clients' Lives, (2) Adapting to Clients' Needs, and (3) Issues around Service Delivery. Sub-thematic factors which comprised these main themes were also outlined.

Conclusion This study provided valuable insight into professional perspectives of dual diagnosis and homelessness. There are: issues with service provision (i.e. need for improved outreach and inter-service communication); concerns for client wellbeing (i.e. recognising trauma & vulnerability, and facilitating service engagement); and professional support due to the isolating effects of non-integrated services, and the risk of burnout.

Oral Presentation

Introducing the social robot MARIO to people living with dementia in long term residential care: Reflections
Sarah Summerville

MARIO is a social robot developed with and for people living with dementia (PLWD) to promote social connectivity, and reduce loneliness and isolation. MARIO provides applications that PLWD can access via speech and touchscreen commands. These applications include My Calendar, (daily schedules and appointments); My Music (personalised music) and My Memories (photographs of family, friends and significant life events). MARIO was developed, tested and evaluated with PLWD in a long-stay residential setting over a 13-month period from September 2016 to October 2017. During the first five months of MARIO's introduction to PLWD, researchers maintained a reflective practice diary capturing their experiences of this process and helping identify strategies that enhance PLWD's engagement. Reflections were analysed in NVIVO 11.4 using thematic analysis, guided by a qualitative descriptive methodology. The following themes emerged: (1) Level of interest in having MARIO present in long-term residential care, (2) MARIO's appearance and functionalities, (3) Engaging with MARIO, (4) Researchers' Recommendations for Introducing Robots in Dementia Care and (5) Impact on researchers. Key strategies were also identified which may facilitate engagement of PLWD with social robots. This work highlights the important contribution of reflective practice to the introduction and development of social robots in dementia care.

-T-

Oral Presentation

"Bumps in the Seats": Barriers and Facilitators in Implementing an Innovative Infant Mental Health Based Intervention for Expectant Parents in a Community Setting
Mary Tobin

Background. In Ireland, as in other western countries, parenting is viewed as a modifiable pathway that can act as a buffer for childhood adversity (Department of Children and Youth Affairs, 2014; Quigley & Nixon, 2016). Infant mental health practitioners see the perinatal period as a time of both vulnerability and opportunity (Hayes et al., 2015), when preventative parenting interventions may be beneficial. Effective implementation of interventions depends on successful recruitment and retention – which are particular challenges with innovative programmes for 'hard to reach' populations in community settings. Aims. This study aims to add to the evidence base on the research-to-practice implementation gap through a qualitative formative evaluation of a planned implementation of an innovative, community-based infant mental health-focused intervention for expectant parents within an Area Based Childhood Programme organisation. Method. A thematic analysis of data from six semi-structured interviews with staff and potential external referrers was combined with ethnographic researcher field notes. Results. Three master themes organised the data: *Relationship-based practice as a crucial facilitator for*

implementation; *Reconciling different ways of working in an interdisciplinary context*; and *Considering complex contexts for implementation*. Conclusions. The theoretical, methodological, and practice-focused recommendations can assist practitioners in implementing innovative interventions in interdisciplinary contexts.

-W-

Oral Presentation

Effects of the Oral Contraceptive Pill: Psychological and Physiological Variables.
Walsh, A. O'Brien, S. & Gallagher, S.

Oral contraceptives are one of the most widely used contraceptives in the western world. Multiple variations of the oral contraceptive pill now exist with limited research examining the psychological impact they may have. The current study examined the psychological and physiological impact of Dianette, Ovranette and Yasmin. Participants (*N*=84) recruited from a university population completed a questionnaire, which included the Beck Depression Inventory, Beck Anxiety Inventory, Perceived Stress Scale and General Health Questionnaire. Height, weight, pulse and blood pressure were also obtained from participants. Results found no significant effect on the psychological variables. An effect was observed in physiological variables; an increase in systolic blood pressure (SBP) in those using Dianette and Ovranette. Those on the fourth week of their pill cycle had significantly higher ratings than the control group. Similarly the purpose for which participants were using the OCP had an effect on SBP. This increase was also observed in diastolic blood pressure however, only in the group who answered 'other'. These findings in relation to week of pill cycle and SBP are particularly interesting and pave the way for further research.

Oral Presentation

"Sorry mate, I didn't see you!": Inattentional blindness for motorcycles under perceptual load.
Derek Walsh

Background: In Ireland, motorcycles account for less than two percent of all vehicles, but 12 percent of all road traffic deaths. A common cause of motorcycle deaths are so-called 'looked but failed to see' collisions; a scenario which usually occurs at junctions when a driver moves into the path of an oncoming motorcyclist. The current study examined the effect of perceptual load on inattentional blindness for motorcyclists at junctions. Method: 74 participants took part in simulated driving scenarios imposing either high or low visual perceptual load. Awareness of 3 critical stimuli (a polar bear, a jaywalking pedestrian, and a motorcycle) was assessed during the drive. Results: The results demonstrated a significant effect of perceptual load on drivers' inattentional blindness. For all stimuli, those in the high load condition displayed higher levels of inattentional blindness, e.g., 76% of participants detected the motorcycle under low load, but just 49% detected the motorcycle under high load. Conclusion: The findings suggest perceptual load may be an overlooked factor in 'looked but failed to see' road traffic collisions.

Oral Presentation

Reflecting on the lived experience of an Assistant Psychologist in a clinical setting
Geralynn Walsh, M.Sc. and Emma Ryan M.Sc.

The Psychological Society of Ireland reference the development of reflective practice as a pivotal skill in Clinical Psychology. As Assistant Psychologists whose roles have moved from voluntary to a newly developed paid grade within the Health Service Executive, the authors find themselves in a novel position. With approximately 18 months voluntary and

paid Assistant Psychologist experience each, the authors completed this reflective piece of work which focuses on their learning's to date. This article aims to give a personal perspective and lived experience of working as an Assistant Psychologist by discussing the following roles and responsibilities; 1) Training and Research, 2) Client Work and 3) Supervision. Within this, the authors identified similarities within their experiences, such as supervision structure and differences, such as the client contact experience gained across various professional settings. These are considered in terms of Assistant Psychologist skill and competency development and the positive impact of the AP role in enhancing the client's experience of service provision.

<p style="text-align:center">Oral Presentation</p>

The Quarter-Life Crisis: Investigating emotional intelligence, self-esteem and maximization as predictors of coping self-efficacy
Orla Walsh

The inspiration for this mixed methods research was to investigate the correlation between emotional intelligence, self-esteem, maximization and the criterion variable coping self-efficacy and to investigate self-reported experiences of a perceived crisis in early adulthood and coping mechanisms employed and recommended. As hypothesized a multiple regression analysis showed self-esteem and emotional intelligence (TEI) significantly predict coping self-efficacy and a Pearson r Correlation and linear regression showed that high levels of maximization negatively correlated with coping self-efficacy. There were also the findings that work-related stress and dissatisfaction and relationship and mental health issues can be significant factors in a quarter-life crisis period and physical exercise, positive thinking and talking therapy can be significant adaptive coping mechanisms to deal with the crisis. The main conclusions from this research are further research into the positive association between emotional intelligence, self-esteem and coping self-efficacy is warranted as is further research into maximization and coping self-efficacy and the concept of a quarter-life crisis.

<p style="text-align:center">Oral Presentation</p>

An Evaluation of Access to Psychological Services Ireland: Years Two and Three
Zara Walsh and Lisa Clogher

Aims: To evaluate the clinical effectiveness of Access to Psychological Services Ireland (APSI), a primary care service operating under a stepped care model, providing a range of therapeutic interventions to adults with mild-to-moderate mental health presentations. Method: A repeated measures design was used to evaluate the clinical outcomes of service users who completed one or more interventions with APSI within a two-year period. Psychometric measures of psychological distress (K-10), everyday functioning (WSAS), health and economic outcomes (Eco-Psy and EQ-5D-3L), anxiety (GAD-7) and depressive (PHQ-9) symptomatology were administered to service users at assessment, post-intervention and three month follow-up. Findings: A total of 567 service users (mean age = 41.6) completed an intervention. Statistically and clinically significant reductions were observed on measures of clinical distress, daily functioning and economic outcomes between assessment and follow-up for those who completed brief cognitive behavioural therapy (bCBT) and guided self-help (GSH). There were mixed results for those who completed computerised CBT (cCBT). Conclusions: APSI can provide effective, low-intensity therapeutic interventions that can reduce clinical distress for those with mild-to-moderate mental health presentations in a primary care setting.

<p style="text-align:center">Oral Presentation</p>

Sensitivity, Now What?: An exploration of highly sensitive people in university.
Tim van Wanrooij

High sensitivity is a personality trait/characteristic that is found in 15%-20% of humans and in over 100 animals and insects. The core differences between an HSP (highly sensitive people) and a non-HSP is that an HSPs processes information more thoroughly due to a more fine-tuned central nervous system. HSPs tend to be observant, perfectionistic, highly empathetic, creative and emotionally responsive — often require more time to respond to a situation, becomes more easily overstimulated and can observe patterns and changes in a person or environment more quickly. Arguably, one's more sensitive nature is of influence on their experience of study or psychotherapy. This study is the first to cross-culturally and empirically explore the highly sensitive student's experience of university, using a mixed-methods design. This study is a partial replication of a study, done by the present author, in 2015 in The Netherlands (N=256). The study compared quantitative and qualitative data gathered from Trinity College Dublin (Ireland) to the Wanrooij (2015) data from Avans University of Applied Sciences 's-Hertogenbosch (The Netherlands). A response of (N=111) was received on the standardised SPS Questionnaire, 84% of the social work students are female and with a mean age of 26. Top-down, the five highest scoring students were interviewed about their experience of university. The study brieflyexplored the possible effect of high sensitivity in psychotherapy, these findings are preliminary due to the lack of depth of this exploration. Preliminary findings would be interesting to share at the conference as the findings are particularly relevant for mentalhealth professionals and psychotherapists. There is strong evidence for the hypothesis that highly sensitive students experience their trait in almost identical ways, regardless of gender, age or country of origin. Between the Irish and the Dutch sample, there is no significant difference on questionnaire scores, student's experience of the trait and university are almost identical; bidirectionally strengthening the findings of Wanrooij's original (2015) and the current (2018) study.