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## 15<sup>th</sup> Annual International Conference on Psychology

### 24-27 May 2021, Athens, Greece

#### Tentative Program (*Athens Local Time*)

(Note: each presentation includes at least 10 minutes for questions and discussions if available)

### Monday 24 May 2021

**10.00-11.00**

#### Registration

**11.00-11.30**

#### Opening and Welcoming Remarks:

- **Gregory T. Papanikos**, President, ATINER
- **Thanos Patelis**, Head, Psychology Unit of ATINER & Lecturer, Teachers College at Columbia University and Achievement and Assessment Institute, Univ USA.

**11.30-12:00**

**Jose-Julian Escario**, Professor, University of Zaragoza Spain.

*Title: Predictors of Adolescent Truancy: The Importance of Cyberbullying, Peer Behaviour and Parenting Style.*

▼ *Summary*

**12:00-12:30**

**Rita Zukauskiene**, Professor, Mykolas Romeris University Lithuania.

*Title: The Role of Adolescents in Changing Pro-environmental Habits in the Family.*

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The aim of the current cross-sectional representative survey of adolescents and one of their parents (guardians) in Lithuania was to investigate the bidirectional influences of parents' information-induced pro-environmental intentions and behavior. The dataset includes 508 households with at least one adolescent (age 13 – 17) and one parent (or guardian). In each family, the adolescent and parent individually completed a questionnaire related to three pro-environmental consumption practices: reducing the purchase of bottled water, using reusable shopping bags, and recycling plastic. Overall, we found that both adolescents and their parents influence each other's pro-environmental intentions and behaviors. Although the influence mechanisms for different types of behaviors differ slightly, our study showed that adolescents' attempt to influence parents' behavior is particularly important for promoting all three types of parents' plastic waste-related pro-environmental behaviors. Also, both parents' and adolescents' awareness of need is especially important for promoting intergenerational transmission of behaviors to decrease bottled water use and plastic recycling. These findings suggest that the education of young people may especially matter for environmental efforts in the family.

**12:30-13:00**

**Goda Kaniusonyte**, Associate Professor, Mykolas Romeris University, Lithuania.

*Title: Effects of the Intervention Program "Aquatonic" to Pro-Environmental Identity and Motivation.*

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The “greening” of individual behaviors is an important component of mitigating climate change and other human-caused environmental problems (Dietz et al., 2009). Adolescents are an important target group for promoting pro-environmental behaviors as they are at the life stage of forming their systems of beliefs, morals, and values. The important indicators of environmental identity and motivation to act in pro-environmental way. Thus, the aim of the current study is to assess the intervention program “Aquatic”, targeted at the reduction of tap water use. Quasi experimental design has been chosen. In the first assessment (1st pre-test) 5 high schools in Lithuania participated in the study ( $n = 924$ , 54.2% girls, age range  $M=15.22$ ,  $SD=0.69$ ). After the evaluation of outcome indicators two matching schools were chosen for the next stage: experimental ( $n = 233$ ) and control ( $n = 182$ ). In the second (2nd pre-test) sample consists of 414 adolescents (53.8% girls, age range from 13 to 17,  $M=15.43$ ,  $SD=0.59$ ) from both schools. The intervention took place in February 2020, then conducted in March ( $N = 347$ ) with two follow ups in June 2020 ( $N = 275$ ) and October 2020 ( $N = 370$ ). The last follow-up will take place in January 2021. The effects of the intervention were evaluated measuring the change of environmental identity (U-MICS in environmental domain, Crocetti, Rubini, & Meeus, 2008) and environmental motivation (MTES, Pelletier et al., 2008). In the paper the results of all waves will be presented, and the impact of the intervention will be discussed.

### 13:00-13:30

**Audra Balunde**, Junior Research Fellow, Environmental Psychology Research Centre, Mykolas Romeris University, Lithuania.

**Goda Kaniusonyte**, Associate Professor, Mykolas Romeris University, Lithuania.

**Title:** Do General Environmental Considerations and Personal Norms are Related to Future Pro-environmental Actions of Adolescents? A Longitudinal Examination of the Identity-personal Norms Model.

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The values-identity-personal norms model of pro-environmental behavior (van der Werff & Steg, 2016) posits that the stronger people’s general environmental considerations (i.e., values and environmental self-identity), the more likely that they would feel morally obliged to act pro-environmentally. Yet this has been mostly tested in cross-sectional studies, therefore in this study we will aim to answer two questions. First, whether general environmental considerations and personal norms are related to pro-environmental behavior (i.e., tap water use instead of bottled water) of adolescents in two distinct time points. Second, whether these general environmental considerations, personal norms, pro-environmental intentions and behaviors are related to corresponding variables measured after three months. Studies were conducted in two administrative regions in Lithuania. Informed consent was obtained from parents or guardians of the participants. The final sample consisted of 340 participants (56.8 % females) aged 14-17 ( $M = 15.24$ ,  $SD = .71$ ). Only cases that overlapped in both time points were used for the analysis. Primary analysis indicated that adolescents’ biospheric values and environmental self-identity were related cross-sectionally to their personal norms and to act pro-environmentally and to pro-environmental behavior in two different time points. Also, biospheric values, environmental self-identity, personal norms, intentions and pro-environmental behavior in Time 1 were related to the respective variables in Time 2. In addition, biospheric values, environmental self-identity and personal norms in Time 1 were significantly related to intentions and behavior in Time 2 (except environmental self-identity and behavior relationship, which was insignificant). This is the first evidence that general environmental considerations and personal norms can explain future pro-environmental behavior of adolescents. These findings have important practical implications for educational interventions aimed at reducing the environmental behavior of adolescents.

### 13:30-14:00

**Yuliya Kovalenko**, Quality Assurance Manager, St. Fatima School, Egypt.

**Title:** Impact of Hard Lockdown on Coping Patterns in University Youth.

▼ Summary

### 14:00-14:30

**Beata Mirucka**, Lecturer, University of Bialystok, Poland.

**Title:** Significant Predictors of Psychological Distress in the Group of Polish Young Adults During the COVID-19 Epidemic Outbreak: Sequential Mediation Model.

▼ Summary

### 14:30-15:00 Lunch

### 15:00-15:30

**Rosa Novo**, Associate Professor, University of Lisbon, Portugal.

**Barbara Gonzalez**, Assistant Professor, Lusofona University of Humanities and Technologies, Portugal.

**Title:** Personality and Psychopathology Assessment: New Indexes for Positive Impression Management.

▼ Summary

### 15:30-16:00

**Kamila Sobol**, Assistant Professor, Concordia University, Canada.

**Title:** Fending off Failure: How Choosing the Lesser Evil Eradicates the Negative Consequences of Goal Failure.

▼ *Summary*

**16:00-16:30**

**Shirlyn Garrett-Wilson**, Assistant Professor, Chicago State University, USA.

*Title: Historical/Intergenerational Trauma.*

▼ *Summary*

**16:30-17:00**

**La Toya Patterson**, Assistant Professor, Chicago State University, USA.

*Title: The Significance of Social Support among Black Mental Health Counselors: The Role of Counselor Educators and Supervisors in Combating Race-Related Stress.*

▼ *Summary*

**20:30-22:30**

**Greek Night**

## Tuesday 25 May 2021

**08:00-11:00 Urban Walk**

**12:00-12:30**

**Simas Poskus**, Lecturer, Mykolas Romeris University, Lithuania.

*Title: Does the Threat of Potential Water Contamination Affect Adolescents' Bottled Water Consumption?*

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Ensuring access to clean drinking water is vital for everyone and when unexpected events disrupt the normal ways society consumes water or makes certain water sources risky, a variety of reactions, some of which might lead to increased bottled water consumption in hopes of choosing the safest option. However, these changes in behavior are likely to occur in response to perceived risk, and by controlling risk perceptions communities can both direct consumers toward clean water and potentially reduce impulsive consumption of bottled water thus reducing plastic waste. We investigate bottled water consumption behavior comparing two samples of adolescents after an ecological disaster that had the potential to contaminate municipal water for one sample. The affected group consists of 221 adolescents (56.6% were girls,  $M = 15.44$ ,  $SD = 0.60$ ), while the control group consisted of 156 adolescents (56.4% were girls,  $M = 15.50$ ,  $SD = 0.55$ ). The Comprehensive Action Determination Model (CADM) was used as a basis for the comparison both on a mean and model-path levels, while a simple mean perception was used as a quasi-experimental manipulation check. The variables of the CADM were analyzed both on the mean level and on the model level – comparing path coefficients between the two groups. While predictive models function similarly for both groups, some interesting findings emerge when investigating how the affected group approaches bottled water consumption compared to the control.

**12:30-13:00**

**Oksana Malinauskiene**, Junior Research Fellow, Mykolas Romeris University, Lithuania.

*Title: Reducing Bottled Water Use among Adolescents.*

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Adolescence has been defined as a manifold developmental stage providing many opportunities for formation of pro-environmental attitudes and behaviors (Krettenauer, 2017). It is an important age group for applying pro-environmentally oriented behavioral change (e.g. Clark, 2007). One of the unsustainable behaviors is the use of bottled drinking water. One of the common harmful behaviors for the environment in Lithuania (Malinauskiene et al., 2019) is purchasing water in the single-use bottles (69.4% of all adolescents). The Comprehensive Action Determination Model (CADM; Klöckner & Blöbaum, 2010) was used as a theory of change for the development and evaluation of a pro-environmental behavior intervention in which the aim was to investigate whether CADM variables differ over four measurements when an intervention program "Aquatic", targeted the reduction of bottled water use, has been implemented. The first measurement was conducted with four-month intervals. A total of 419 adolescents (9<sup>th</sup> and 10<sup>th</sup> grades) participated in the intervention program "Aquatic" (52.8% were girls,  $M = 15.21$ ,  $SD = .64$ ). The sample size for this study was 152 adolescents (71.1% were girls). The age of participants ranged from 14 to 17 ( $M = 15.28$ ,  $SD = .75$ ) at T1. Results of the measures indicated that CADM variables such as Awareness of need, Awareness of consequence have not changed over the four measurements; Perceived behavioral control, Habit formation, Personal norm, Intention changed over the four measurements. Future directions of the study results will be discussed.

**13:00-13:30**

**Dovile Grigiene**, PhD Student, Vilnius University, Lithuania.

*Title: The Importance of Gender Identity in Suicide Process: Lithuanian Sample Analysis.*

▼ *Summary*

**13:30-14:00**

**Janaina Pereira**, Clinical Psychologist, Montepio Elderly Residences, Portugal.

*Title: Patients in Opioid Maintenance Programs: Psychological Features that Predict Abstinence.*

▼ *Summary*

**14:00-14:30**

**Ilaria Tercelli**, Doctoral Student, University of Essex/ Tavistock and Portman NHS Foundation Trust, UK.

*Title: Experiences of Working-Age Adults with Depression of Psychodynamic Couple Therapy: A Thematic Analysis Using a Phenomenological Approach.*

▼ *Summary*

**14:30-15:00 Lunch****15:00-15:30**

**Elvis Popaj**, Avanced Schema Therapist, Center for Psychotherapy and Counselling, Albania.

*Title: Exploring how Parents Cope with the Death of their Child.*

▼ *Summary*

**15:30-16:00**

**Patricia Oswald**, Professor, Iona College, USA.

**Katherine Zaromatidis**, Professor, Iona College, USA.

*Title: Developing Human Capital in an At-risk School Population: Pairing Social Justice Initiatives and Pre-professional Experiences.*

▼ *Summary*

**16:00-16:30**

**Dena High-Rogers**, Assistant Professor, Chicago State University, USA.

*Title: Self-Care, & Maintaining Good Mental Health.*

▼ *Summary*

**16:30-17:00**

**Kalman Kaplan**, Professor, University of Illinois, USA.

*Title: Biblical Psychotherapy: Reclaiming Scriptural Narratives For Positive Psychology and Suicide Prevention.*

▼ *Summary*

**20:00-21:30**

**Dinner**

**Wednesday 26 May 2021**  
**Educational Islands Cruise**

**Thursday 27 May 2021**

**Delphi Tour**



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