



Program of the "VIth Leipzig-Evora-Zwickau Scientific Meeting in Psychology and Health Sciences: "New Horizons, New Paradigms in Health and Human Development". Western Saxonian University of Applied Sciences, Zwickau, Germany, on 19th and 20th October, 2023.

THURSDAY 19TH OCTOBER

- 9.30** **Opening Session, Welcoming; Chair: Beate Mitzscherlich (Zwickau)**
- 9.45- 10.00** Edgar Galindo (University of Evora)
The Aftermath of the Pandemic: Psychosocial Effects of Covid 19 Containment Measures
- 10.00 -10.15** Asanka Bulathwatta, Rekhani Lakshika (University of Peradeniya, Sri Lanka).
Utilization of Emotional Creativity in the Context of Trauma to Foster Motivation for Achievement

Section 1: Children Health and Family Matters. Chair: Gabriela Almeida (Evora)

- 10.30-10.45** Ilona Bidzan-Bluma , Małgorzata Lipowska, Mariola Bidzan, (University of Gdansk)
Cognitive functions of pre-adolescent children practicing gymnastic or soccer
- 10.45-11.00** Gustavo Felix & Patricia Melendez (University of Veracruz/Mexico)
Child abuse and Domestic Violence: Study conducted with Parents of preschool children in Xalapa/Mexico
- 11.15** **Coffee Break**
- 11.30 -11.40** Małgorzata Lipowska, Wiktoria Walenista, Katarzyna Sitnik-Warchulska, Iana Markevych, Marcin Szwed, Bernadetta Izydorczyk (University of Gdansk)
The role of family health and socio-economic status in the severity of cognitive dysfunctions of school-age children with ADHD (online)
- 11.40-11.50** Małgorzata Lipowska, Ariadna Łada-Maśko, Mariola Bidzan, Urszula Sajewicz-Radtke, Bartosz M. Radtke (University of Gdansk) **Going Through the Adolescence having Disabled Sibling: Parental Attitudes as Predictors of the Risk of Internalizing and Externalizing Disorders among Healthy Adolescents (online)**

11.50-12.00 Gloria Franco, R. Baptista, & Maria Joao Beja (University of Madeira)
Parental Meta Emotion and Coparenting (online)

12.00- 12.15 Heldemerina Pires & Susana Pequito (University of Evora) **Grade retention, prosocial behaviour, and difficulties (SDQ) in vocational education**

Section 2 (Future) Employees Health. Chair: Tom Schaal

12.30-12.45 Aaron Freier & Gabriele Buruck (University of Applied Sciences Zwickau)
Do not disturb! A Laboratory Experiment on the Influence of Digital work Interruptions on Perceived Workload at an Office Workplace.

12.45-12.55 Liberata Borralho, Adelinda Candeias, Joao Viseu & Saul Jesus (University of Evora) **Healthy school, Healthy teachers: Mediating effect of optimism (online)**

13.10 **Lunch Break (Mensa)**

13.45 **Transfer to Ubineum**

14.00-15.00 **Excursion to the Ubineum: Smart homes – the future of autonomous living in old age?**

Section 3: Health in Old Age: Chair: Adelinda Candeias

15.00-15.15 Catarina Pereira, Jorge Bravo, Hugo Rosado & Gabriela Almeida, (University of Evora) **Ageing healthy, autonomous, and safe**

15.15-15.30 Aleksandra Błachnio (University Kazimierz Wielki, Bydgoszcz, Poland)
Discovering self-compassion in young-old and old-old Poles.

15.30-15.45 Gabriela Almeida, Jorge Bravo, Hugo Rosado, & Catarina Pereira (University of Evora)
Perceiving Action Capabilities: Insights from the SF-APT and Future Perspectives for Safety and Well-being

16.00 -16.10. Luísa Grácio, Joana Canhoto, Heldemerina Pires & Maria João Carapeto (University of Evora) **Old Adults Perspectives on Aging Related Changes, Gains and Losses (online)**

16.10-16.35 Ramiro Pastorinho (University of Evora)
Environmental Chemicals: the linchpin of healthy aging?

16.35-17.00 Marcus Stueck & Sebastian Mueller Haugk (DPFA Academy, Leipzig)
New perspectives towards health – first research results of biocentric health variables

17.00 **Coffee Break**

17.30- 18.30 Konrad Reschke (Chair) & Markus Stueck
30 years of research and Intervention in human development – Remembering the work of Evelyn Witruk (+2023) + International Guest Speakers (online)

FRIDAY 20th OCTOBER

Section 4 Digital Competencies in a changing world. Chair: Martin Gruenendahl

- 9.00-9.10** José Enrique Díaz Camacho and Patricia Núñez Mercado (University of Veracruz, Xalapa, Mexico) **Best Practices of Online Education (online)**
- 9.10-9.25** Tim Tischendorf & Tom Schaal (University of Applied Sciences Zwickau) **Digital competencies in international comparison - A challenge for society as a whole**

Section 5 Psychological Interventions, Inclusion, Psychosocial Support Chair: Catarina Pereira

- 9.35-9.50** Adelinda Candeias & Adriana Félix (University of Evora) **Psychological Intervention in Intergenerational Settings: Results from P-I-N Program in Cri(activa) age, Health and Well-being**
- 9.50-10.15** Monika Wiech (Gdansk University of Physical Education and Sport) Dagmara Budnik-Przybylska (University of Gdansk) **Changes in Mood State after Aquatic Training in Elderly Woman**
- 10.15** **Coffee Break**
- 10.45-10.55** Adriana Félix, Clarisse Coelho; Gabriela Almeida; Antonio Portelada, Adelinda Candeias (University of Evora) **Therapeutic and Pedagogical Support in Educational Inclusive Settings: Results from the Online Survey in Portugal (online)**
- 10.55-11.10** Martin Gruenendahl (University of Applied Sciences Zwickau) **Research on inclusion including young students – a critical review of opportunities and limitations over almost a decade of work**

Final Session. Chair: Edgar Galindo

- 11.20-11.35** Catarina Vas Velho (University of Evora) **Putting Well-being in Perspectives- A discussion about (re-) searching processes**
- 11.35 -11.50** Beate Mitzscherlich, Y. Ieromina, D. Smetankina, & S. Tshernykh (University Zwickau/Leipzig/Odessa) **Psychosocial Support for Ukrainian War refugees in Leipzig**
- 12.00-12.30** **Final Discussion and Planning for 2024**
- 12.30** **Lunch (Mensa)**

Sightseeing in Zwickau or Transfer to...Leipzig, Dresden, Berlin...



