

Supporting teacher wellbeing and mental health

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Background: Recent studies suggest that teachers display a high level of stress and mental health problems. More specifically, researchers have reported an association between teachers' and students' mental health and well-being. This study examines the correlation between a high level of stress and its effects on teacher presentism and the quality of the classroom.

Methods: The authors conducted a study with third-grade teachers to investigate the connection between teachers' mental health and student outcome. They examined the associations between third-grade teachers' self-reported symptoms of clinical depression and their student's classroom experiences. The experiences of eight students described by the Individualizing Student Instruction Framework were investigated, which included the examination of students' independent and group work, academic instructions led by the teacher in various student groupings and teachers planning and organization of academic instructions.

Findings: A multilevel modeling revealed negative correlations between teachers' depressive symptoms and

1. Teacher-facilitated academic instructions given to the whole class
2. Teachers' planning and organizing of the instruction

Results suggest that teachers experiencing negative symptoms of mental health are less likely to be productive, ultimately resulting in lower-quality classrooms.

Conclusions: Teacher-facilitated academic instruction and planning/organizing the instruction require more effort from the teachers, due to the task of managing/monitoring students' behavior. Teachers experiencing more depressing symptoms displayed lower levels of effort while in a large classroom setting. Recent studies suggest that indicators of clinical depression (decreased energy motivation and burnout) are associated with lower levels of productivity in classroom management which were observed in this study.

Joint Event

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Biography

Efemona Israel Owode is an accomplished educator with over 10 years of experience teaching children of different ages and nationalities. Her passion for teaching and her commitment to the education of children has earned her a reputation as an exceptional teacher in the field of early years and Special Educational Needs (SEN). She holds a Bachelor of Science degree, a Postgraduate Diploma in Education and a Montessori Diploma, which have given her a solid foundation in both mainstream and alternative teaching methods. She has also completed additional professional development training in SEN, allowing her to effectively meet the needs of all students in her classroom. Throughout her career and as she is fondly called has worked with children from diverse backgrounds and has developed a keen understanding of the unique challenges that each child faces in their learning journey. She has a talent for creating a safe and nurturing learning environment that allows children to thrive and reach their full potential. Her dedication to the success of her students has earned her the respect and admiration of parents and colleagues alike.

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Core stories as identity preservers for older adults with dementia

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Background: People with dementia have difficulties in performing short-term memory tasks while their long-term memory is preserved relatively well, even in moderate and advanced stages of the illness. Life stories, therefore, have a double significance for older people with dementia. They provide them with a sense of capability and success and at the same time, they promote opportunities to present their narrative identities. This step helps them to reconstruct their self-identity in order to better cope with the challenges of dementia.

Methods: A qualitative research examined the narrative identity construction process of older adults with dementia. Three creative reminiscence groups of older adults with mild dementia took part in different day care centers in Israel. Each group met with the researcher for 10 weekly 45-minute sessions. Life stories of 21 people with mild dementia were recorded and analyzed. The data analysis included literary methodology and content analysis.

Findings: Four categories of narrative identities were found: Being a part of the big story; the high achievers and the successful; the different and special; and life in the shadow of trauma. It was also found that the stories the participants tended to repeat on were those stories that clustered a few narrative identities together. These life stories are at the core of the identity definition and therefore they are termed 'core stories'.

Conclusions: 'Core stories' enable people with dementia to construct a positive self-identity and to effectively achieve 'ego integrity'. In order to help people with mild dementia accomplish this process, it is recommended to stimulate their long-term memory and to encourage them to take part in well-constructed reminiscence processes.

Biography

Dovrat Harel, PhD, is a certified drama therapist, senior supervisor and lecturer at the Drama Therapy Program, Tel Hai College, Israel. She is a member of The Interdisciplinary Research Center for Arts and Spirituality: Therapy, Education and Society at Tel Hai College. Her research areas include drama therapy and bibliotherapy with older adults, creative arts therapies with people with dementia, drama therapy for family caregivers and sexual assault against women in late life. She developed creative therapeutic methods for the older population, which she has been invited to teach in several countries. She has presented her work at international conferences and published in international referred journals and books.

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Exploring the importance of using phenomenology of temporality in perception of control to aid improvement in mental health outcome: Trajectory findings

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Background/Introduction: Extant literature has highlighted the importance of perception of control in several fields of human endeavor, including political, economic, social and technological domains, including health. A dearth of literature exists however, on the relationship between perception of control and the temporality phenomenon in the experiences of mental health service users.

Purpose: The aim of this qualitative study was to investigate the perceptions of African and Caribbean service users with experience of mental health services, on Locus of Control (LOC) within the context of the tension between care and control.

Methods: Informed by an Interpretivist approach, this study was conducted via in-depth interviews (N=10) and two focus groups (N=14). Purposive sampling methods were used to recruit mental health service users from a South London Borough to participate in the study. Data were collected through a semi-structured interview schedule and a focus group guide. Data analysis was informed by an Interpretive Phenomenology Analysis approach in the examination of the LOC profiles and service user perspectives.

Results: Findings from Interpretive Phenomenological Analysis (IPA) indicate that the location of service users within the internal and external continuum is impacted by the phenomenology of temporality because of several social, cultural and economic factors, which characterized their experiences in their recovery journeys.

Conclusions: The findings suggest that opportunity exists for the relationships between these concepts as they interplay in the experiences of the service users are harnessed by healthcare professionals. This is to promote service user engagement, ownership, sense of efficacy, agency and overall positive outcomes for recovery in mental health and other healthcare domains.

Keywords: African, Caribbean, Phenomenology of temporality, Locus of Control, Mental health.

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Biography

Stephen Joseph is a Lecturer of Nursing in the School of Health and Social Care. He has a clinical background in adult and mental health nursing in Australian states, with experiences in acute inpatient, emergency responses, community care teams, case management settings, young person's mental health and coordinating a mental health support charity in London. His lecturing experience in the United Kingdom and Australia include health and social care, leadership and management in healthcare and research skills at undergraduate and postgraduate levels. He has also provided supervision for Master dissertations in health and social care and advice to doctoral students. He is passionate about evidence-based approaches to holistic health care, health promotion via psycho-socio-cultural ambits and innovation laden-evidence informed education in healthcare.

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Relationship building between peer support worker and person in recovery in the community-based one-to-one peer support service of mental health setting

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Peer support has been a rising prevalent mental health service in the globe. Researchers have attempted to explore the unique good qualities of peer support service that benefit those who are in the Progress of Recovery (PIRs). Empirical researchers found that the strength of the relationship between those who sought for change and the change agents positively related to the outcomes in one-to-one therapies across theoretical orientations. However, there is lack of literature on investigating the relationship building between the Peer Support Workers (PSWs) and the PIRs in the one-to-one community-based peer support service. This study aims to identify and characterise the relationship in the community-based one-to-one peer support service from the perspectives of PSWs and PIRs; and to conceptualize the components of relationship building between PSWs and PIRs in the service. The study adopted the constructivist grounded theory approach. 10 pairs of the PSWs and PIRs participated in the study. Data were collected through multiple qualitative methods, including observations of the interactions between the PSWs and PIRs in the sessions of the community-based one-to-one peer support service; and semi-structural interviews with the PSWs and PIRs separately. The preliminary findings showed that PSWs and PIRs identified their relationship as “life alliance”. Empathy was found to be one of the key components of the relationship between the PSWs and the PIRs. Unlike the empathy as explained by Carl Roger, in which the service provider was able to put themselves into the shoes of the service recipients, as if he was the service recipients, the intensity of the empathy was much greater in the relationship between PSWs and PIRs because PSWs had the lived experience of mental illness and recovery. The dimensions of the empathy in the relationship between PSWs and PIRs was found to be multiple, not only related to the mental illness, but also related to various aspects in life, like family relationship, employment, interest of life, self-esteem and etc.

Biography

Yammi Man Yan Yuen is the PhD candidate of The Department of Social Work and Social Administration, The University of Hong Kong. She possesses almost 10 years of frontline experiences in the community mental health and social services. In working with the peer support workers, she sees the strengths and resilience of this population. She strives to promote the resilience of the persons in recovery from mental illness and their careers.

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The effectiveness of acceptance and commitment group therapy on body image, sexual schema and marital intimacy in women with breast and uterus cancers

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Statement of the Problem: Regarding the high prevalence of female cancers and the role of body image and marital satisfaction in the quality of life and surveillance, the present study aimed to assess the effectiveness of Acceptance and Commitment-based Group Therapy (ACGT) on body image, sexual schema and marital intimacy in women with breast and uterus cancers.

Methodology and Theoretical Orientation: The statistical population of this clinical trial included all women with breast cancer or cervical cancer who were resident in Mashhad city (the second populous city in Iran). Seventy patients were selected and divided into two experimental and control groups randomly. The experimental group received eight weekly sessions of ACGT, while the controls were placed on the waitlist. Research instrument included Body Image Concern Inventory, Sexual Self-Schema Scale for Women, Marital Intimacy Questionnaire. Data analyzed through SPSS software version 26 and MANCOVA test.

Findings: The findings indicated that the CBGT showed reduced worry about body image, while the scores of sexual self-schema and marital intimacy increased compared to the controls (P<0.001) [Table 1].

Variables	SS	Df	MS	F	P	Effect size
Body image	232.9	1	232.9	268 / 8	0.001	0.8
Sexual schema	1324.28	1	1324.28	172.6	0.001	0.72
Marital intimacy	1813.5	1	1813.5	1026.6	0.001	0.94

Table 1: The results of univariate analysis of covariance for group therapy based on acceptance and commitment

Conclusions: It seems that group therapy based on acceptance and commitment is an effective method to improve body image, sexual self-schema and marital intimacy in women with cancer.

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Biography

Farhad Seifi received his bachelor's degree in psychology and his master's degree in clinical psychology from Shahid Bahonar University. The focus of his recent research is on the Suicide Ideation, psychotherapy methods and techniques, resilience, body image, trauma, OCD, BDD, sexual dysfunctions and paraphilia.

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Effects of an attachment-based intervention program on happiness, resilience and psychological well-being among adolescent girls

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Statement of the Problem: Attachment has a strong relationship with happiness, psychological well-being and resilience. Attachment is applied to a sustained emotional bond between an evolving child and someone who has the duty to take care of him/her. This bond is formed when a warm, intimate and stable relationship is established between the child and mother for both of whom it is satisfactory and gratifying. In the early days of life, children internalize the availability and support of their caregivers. Children gradually form “internal working models”. Children’s expectation of availability, reliability and ability to provide safety and comfort on the part of parents is the main theme of internal working patterns. The aim of the present study was to the effectiveness of an attachment-based intervention program in improving the happiness, resilience and psychological well-being of adolescent girls.

Methodology and Theoretical Orientation: The study used a quasi-experimental pretest-posttest nonequivalent control group design. The research population for this study comprised all the mothers and their adolescent daughters in Tehran, Iran. 45 eligible mothers who volunteered to participate in the research along with their daughters were chosen and randomly assigned into two experimental and waiting-list control groups. Attachment-based training package was implemented for mothers in the experimental group during 8 weekly sessions of 90 to 120 minutes each. Adolescents participating in this study completed Resilience Scale, Happiness Questionnaire and Psychological Well-Being Questionnaire in the pretest and posttest [Table 1].

Variable		Sum of squares	Degrees of freedom	Mean square	F	Significance level	Eta-squared (η^2)
Happiness	Modified model	831.98	2	415.99	36.78	0.001	0.63
	Interaction	202.75	1	202.75	17.92	0.001	0.29
	Pretest	257.51	1	257.51	46.64	0.001	0.52
	Group effect	279.62	1	279.62	24.72	0.001	0.37
	Error	474.99	42	11.3			
Resilience	Modified model	1394.93	2	697.46	101.83	0.001	0.82
	Interaction	60.63	1	60.63	8.85	0.005	0.17
	Pretest	1166.43	1	1166.43	17.31	0.001	0.25
	Group effect	249.3	1	249.3	36.4	0.001	0.46
	Error	287.64	42	60.84			
Well-being	Modified model	2285.2	2	1142.6	21.69	0.001	0.5
	Interaction	761.59	1	761.59	14.46	0.001	0.25
	Pretest	2023.31	1	2023.31	38.41	0.001	0.47
	Group effect	607.88	1	607.88	11.54	0.001	0.21
	Error	2211.99	42	52.66			

Table 1: Multivariate analysis of covariance to examine the effect of attachment-based intervention on happiness, resilience and well-being of adolescents

Findings: The results of multivariate analysis of covariance demonstrated that the impact of attachment-based intervention program on the scores of happiness, resilience and psychological well-being of adolescents is significant after controlling the pretest effects.

Conclusions: Findings of this study highlight the importance of attachment-based training to promote positive capabilities of adolescent girls, such as resilience, happiness and well-being.

Biography

Hossein Shareh is a professor of clinical psychology in the Department of Educational Science, Hakim Sabzevari University, Sabzevar, Iran. He has published over 200 articles, abstracts and presentations. His research interests and recent publications are on psychotherapy methods and techniques, resilience, attachment, mood and anxiety disorders, addiction, trauma, OCD, BDD, sexual dysfunctions, paraphilia, suicide, personality and chronic diseases (MS, diabetes).

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